USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Protein (g) ; Carbohydrate, by difference (g) ; Tryptophan (g)

Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: Household
Report Run at: October 08, 2016 22:35 EDT

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
05708	Turkey, retail parts, breast, meat only, with added solution, raw	1171.0	1.0 breast	257.50	0.00	3.009
05711	Turkey, retail parts, breast, meat only, cooked, roasted	863.0	1.0 breast	254.67	0.00	3.141
13953	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	569.0	1.0 roast (yield from 690g raw meat)	148.22	0.00	0.973
36629	Restaurant, Chinese, orange chicken	648.0	1.0 order	93.70	145.54	0.732
01258	Egg, white, dried, stabilized, glucose reduced	107.0	1.0 cup, sifted	89.97	4.83	1.527
05305	Ground turkey, raw	453.6	1.0 lb	89.18	0.00	1.012
01136	Egg, white, dried, powder, stabilized, glucose reduced	107.0	1.0 cup, sifted	88.17	4.78	1.355
36633	Restaurant, Chinese, sesame chicken	547.0	1.0 order	78.39	147.03	--
36617	Restaurant, Chinese, lemon chicken	623.0	1.0 order	73.95	128.40	0.878
36621	Restaurant, Chinese, sweet and sour chicken	706.0	1.0 order	71.31	168.45	0.748
36618	Restaurant, Chinese, general tso's chicken	535.0	1.0 order	69.02	128.35	0.760
16108	Soybeans, mature seeds, raw	186.0	1.0 cup	67.87	56.10	1.099
16110	Soybeans, mature seeds, roasted, salted	172.0	1.0 cup	66.31	51.98	0.881
16410	Soybeans, mature seeds, roasted, no salt added	172.0	1.0 cup	66.31	51.98	0.881
35190	Salmon, red (sockeye), filets with skin, smoked (Alaska Native)	108.0	1.0 filet	65.47	0.00	--
16076	Lupins, mature seeds, raw	180.0	1.0 cup	65.11	72.67	0.520
36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	339.0	1.0 serving	64.41	26.44	0.827
11667	Seaweed, spirulina, dried	112.0	1.0 cup	64.37	26.77	1.040
13379	Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	235.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	63.87	0.00	0.421
16119	Soy meal, defatted, raw	122.0	1.0 cup	60.02	43.79	0.797
36619	Restaurant, Chinese, kung pao chicken	604.0	1.0 order	58.95	41.49	0.713
21255	BURGER KING, DOUBLE WHOPPER, with cheese	399.0	1.0 item	57.74	53.94	0.399
36626	Restaurant, Chinese, chicken and vegetables	693.0	1.0 order	56.69	37.28	0.513
21399	Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	355.0	1.0 item	55.02	44.80	--
36011	T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	176.0	1.0 serving	54.60	0.83	0.730
36622	Restaurant, Chinese, sweet and sour pork	609.0	1.0 order	54.26	142.14	0.633

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16117	Soy flour, defatted	105.0	1.0 cup	54.03	35.62	0.717
16135	Winged beans, mature seeds, raw	182.0	1.0 cup	53.96	75.91	1.387
16083	Mungo beans, mature seeds, raw	207.0	1.0 cup	52.18	122.11	0.544
21254	BURGER KING, DOUBLE WHOPPER, no cheese	374.0	1.0 item	52.14	51.39	0.374
21389	Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	374.0	1.0 item	52.14	51.39	--
21243	WENDY'S, CLASSIC DOUBLE, with cheese	310.0	1.0 item	51.21	36.30	0.496
16067	Hyacinth beans, mature seeds, raw	210.0	1.0 cup	50.19	127.55	0.418
14058	Beverages, Whey protein powder isolate	86.0	3.0 scoop	50.00	25.00	--
21115	Fast foods, hamburger, large, triple patty, with condiments	259.0	1.0 sandwich	49.99	28.59	0.614
36041	Restaurant, Italian, lasagna with meat	457.0	1.0 serving	49.49	51.92	0.612
36013	Restaurant, family style, sirloin steak	166.0	1.0 serving	49.47	0.00	0.652
16080	Mung beans, mature seeds, raw	207.0	1.0 cup	49.39	129.62	0.538
36059	Restaurant, Italian, chicken parmesan without pasta	301.0	1.0 serving	48.67	32.87	0.611
12160	Seeds, cottonseed kernels, roasted (glandless)	149.0	1.0 cup	48.56	32.63	0.733
21469	Fast Foods, Fried Chicken, Breast, meat and skin and breading	203.0	1.0 breast, with skin	47.73	12.24	--
23040	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	179.0	1.0 steak	47.72	0.00	0.306
36042	OLIVE GARDEN, lasagna classico	422.0	1.0 serving	47.60	43.59	0.528
36608	CRACKER BARREL, grilled sirloin steak	151.0	1.0 steak	47.60	0.00	0.619
21345	McDONALD'S, DOUBLE QUARTER POUNDER with Cheese	280.0	1.0 item	47.49	40.40	--
21396	Fast foods, cheeseburger; double, large patty; with condiments	280.0	1.0 item	47.49	40.40	--
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	47.31	0.00	0.543
16069	Lentils, raw	192.0	1.0 cup	47.29	121.63	0.424
16049	Beans, white, mature seeds, raw	202.0	1.0 cup	47.19	121.75	0.560
05021	Chicken, broilers or fryers, giblets, cooked, fried	145.0	1.0 cup, chopped or diced	47.18	6.31	0.541
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	46.97	0.00	0.539
16085	Peas, green, split, mature seeds, raw	197.0	1.0 cup	46.93	125.57	0.542
16035	Beans, kidney, royal red, mature seeds, raw	184.0	1.0 cup	46.61	107.33	0.552
36058	OLIVE GARDEN, chicken parmigiana without pasta	304.0	1.0 serving	46.60	37.33	0.572
21434	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading	212.0	1.0 breast, with skin	46.51	13.31	0.352
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	46.47	0.00	0.533

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16037	Beans, navy, mature seeds, raw	208.0	1.0 cup	46.45	126.36	0.514
05130	Chicken, stewing, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	46.26	0.00	0.540
21461	Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise	268.0	1.0 sandwich	46.07	53.25	--
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	140.0	1.0 cup	45.95	0.59	0.536
16144	Lentils, pink or red, raw	192.0	1.0 cup	45.91	121.15	0.428
36043	CARRABBA'S ITALIAN GRILL, lasagne	437.0	1.0 serving	45.80	54.01	0.621
07969	Kielbasa, fully cooked, pan-fried	370.0	1.0 link	45.73	17.69	0.455
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	45.42	0.00	0.512
16045	Beans, small white, mature seeds, raw	215.0	1.0 cup	45.39	133.84	0.538
43283	Pheasant, cooked, total edible	140.0	1.0 cup, chopped or diced	45.36	0.00	--
21101	Fast foods, cheeseburger; triple, regular patty; plain	249.0	1.0 item	45.32	40.24	0.570
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	45.22	0.00	0.509
21438	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading	212.0	1.0 breast, with skin	45.03	17.96	0.343
16078	Mothbeans, mature seeds, raw	196.0	1.0 cup	44.96	120.58	0.288
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	44.92	0.00	0.506
16019	Beans, cranberry (roman), mature seeds, raw	195.0	1.0 cup	44.91	117.10	0.532
16030	Beans, kidney, california red, mature seeds, raw	184.0	1.0 cup	44.84	110.03	0.532
16101	Pigeon peas (red gram), mature seeds, raw	205.0	1.0 cup	44.48	128.70	0.435
36032	DENNY'S, spaghetti and meatballs	565.0	1.0 serving	44.30	87.63	0.509
05024	Chicken, gizzard, all classes, cooked, simmered	145.0	1.0 cup chopped or dice	44.07	0.00	--
21153	Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato	413.0	12.0 inch sub	44.03	84.09	--
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	44.02	134.80	0.521
05161	Squab, (pigeon), meat only, raw	251.0	1.0 unit (yield from 1 lb ready-to-cook squab)	43.92	0.00	0.688
16118	Soy flour, low-fat	88.0	1.0 cup, stirred	43.83	26.95	--
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	43.43	0.00	0.507
10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless	43.42	0.00	0.402
16027	Beans, kidney, all types, mature seeds, raw	184.0	1.0 cup	43.39	110.42	0.513
15225	Fish, yellowtail, mixed species, cooked, dry heat	146.0	0.5 fillet	43.32	0.00	0.485
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	43.27	0.00	0.505

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10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	142.0	1.0 chop	43.25	0.00	0.514
16047	Beans, yellow, mature seeds, raw	196.0	1.0 cup	43.12	118.97	0.510
05012	Chicken, broilers or fryers, meat only, cooked, fried	140.0	1.0 cup, chopped or diced	42.80	2.37	0.501
36060	ON THE BORDER, soft taco with ground beef, cheese and lettuce	324.0	1.0 serving varied from 2-3 tacos per serving	42.74	62.47	--
05126	Chicken, stewing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	42.59	0.00	0.498
15119	Fish, tuna, light, canned in oil, drained solids	146.0	1.0 cup, solid or chunks	42.53	0.00	0.476
10859	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless (yield from 189g raw meat)	42.52	0.00	0.388
36000	APPLEBEE'S, 9 oz house sirloin steak	157.0	1.0 serving	42.15	0.00	0.559
21456	POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading	194.0	1.0 breast, with skin	42.04	19.07	0.322
36020	T.G.I. FRIDAY'S, chicken fingers	225.0	1.0 serving	42.03	37.89	0.432
17229	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	41.99	0.00	0.491
17008	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	41.99	0.00	0.491
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	41.90	120.98	0.497
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	41.72	0.00	0.476
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	142.0	1.0 chop	41.69	0.00	0.496
21462	Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise	271.0	1.0 sandwich	41.68	61.27	--
16074	Lima beans, thin seeded (baby), mature seeds, raw	202.0	1.0 cup	41.65	126.92	0.493
43340	Cheese, parmesan, low sodium	100.0	1.0 cup, grated	41.60	3.70	--
16032	Beans, kidney, red, mature seeds, raw	184.0	1.0 cup	41.46	112.77	0.491
05149	Goose, domesticated, meat only, cooked, roasted	143.0	1.0 unit (yield from 1 lb ready-to-cook goose)	41.43	0.00	0.576
16042	Beans, pinto, mature seeds, raw	193.0	1.0 cup	41.34	120.72	0.457
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	135.0	1.0 chop	41.23	0.00	0.490
16392	Peanuts, spanish, oil-roasted, without salt	147.0	1.0 cup	41.17	25.65	0.400
16092	Peanuts, spanish, oil-roasted, with salt	147.0	1.0 cup	41.17	25.65	0.400
36023	APPLEBEE'S, chicken tenders platter	209.0	1.0 serving	41.01	37.58	0.460
01134	Egg, whole, dried, stabilized, glucose reduced	85.0	1.0 cup, sifted	40.94	2.02	0.655
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	200.0	1.0 cup	40.94	125.90	0.400

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21425	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	152.0	1.0 breast without skin	40.87	0.00	0.313
01133	Egg, whole, dried	85.0	1.0 cup, sifted	40.84	0.96	0.659
36606	CRACKER BARREL, farm raised catfish platter	178.0	1.0 serving	40.83	9.45	0.445
36623	Restaurant, Chinese, chicken chow mein	604.0	1.0 order	40.83	50.07	0.501
17033	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	147.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	40.78	0.00	0.476
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	150.0	1.0 steak	40.68	0.00	0.267
36603	Restaurant, Chinese, beef and vegetables	574.0	1.0 order	40.64	41.84	0.476
16133	Yardlong beans, mature seeds, raw	167.0	1.0 cup	40.63	103.39	0.501
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	141.0	1.0 steak	40.59	0.00	0.266
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	140.0	1.0 cup	40.59	3.63	0.476
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	40.57	0.00	0.475
15178	Mollusks, whelk, unspecified, cooked, moist heat	85.0	3.0 oz	40.53	13.19	0.525
21411	Fast foods, bagel, with breakfast steak, egg, cheese, and condiments	254.0	1.0 item	40.51	58.39	--
05013	Chicken, broilers or fryers, meat only, roasted	140.0	1.0 cup, chopped or diced	40.50	0.00	0.473
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	40.43	0.00	0.472
16389	Peanuts, all types, oil-roasted, without salt	144.0	1.0 cup,	40.36	21.97	0.333
16089	Peanuts, all types, oil-roasted, with salt	144.0	1.0 cup, chopped	40.36	21.97	0.333
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	40.30	0.27	0.525
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	138.0	1.0 rack	40.30	0.00	0.480
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	138.0	1.0 rack	40.30	0.00	0.480
16111	Soybeans, mature seeds, dry roasted	93.0	1.0 cup	40.29	26.95	0.535
16024	Beans, great northern, mature seeds, raw	183.0	1.0 cup	40.00	114.14	0.474
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	145.0	1.0 chop	39.99	0.00	0.420
21490	Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread	230.0	1.0 sandwich	39.88	38.59	--
16060	Cowpeas, catjang, mature seeds, raw	167.0	1.0 cup	39.83	99.60	0.491
43128	Chicken, meatless	168.0	1.0 cup	39.72	6.12	--
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	39.70	0.00	0.505
17010	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	128.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	39.69	0.00	0.463

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21464	Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	142.0	1.0 breast without skin	39.66	0.00	--
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	39.60	0.40	0.486
21099	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and ham	254.0	1.0 sandwich	39.50	33.05	0.498
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	135.0	1.0 chop	39.42	0.00	0.470
05132	Chicken, stewing, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	39.40	0.00	0.461
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145.0	1.0 cup chopped or dice	39.37	0.00	0.158
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	167.0	1.0 cup	39.28	100.25	0.484
16052	Broadbeans (fava beans), mature seeds, raw	150.0	1.0 cup	39.18	87.44	0.370
16001	Beans, adzuki, mature seeds, raw	197.0	1.0 cup	39.14	123.91	0.376
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	39.14	0.49	0.463
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	138.0	1.0 fillet	39.12	0.70	0.462
16016	Beans, black turtle, mature seeds, raw	184.0	1.0 cup	39.10	116.38	0.464
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	146.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g)	39.07	0.00	0.412
21405	McDONALD'S, Premium Crispy Chicken Club Sandwich	254.0	1.0 item 9 oz	39.07	57.43	--
12014	Seeds, pumpkin and squash seed kernels, dried	129.0	1.0 cup	39.00	13.82	0.743
16094	Peanuts, valencia, oil-roasted, with salt	144.0	1.0 cup	38.94	23.47	0.379
16394	Peanuts, valencia, oil-roasted, without salt	144.0	1.0 cup	38.94	23.47	0.379
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	135.0	1.0 fillet	38.84	0.23	0.477
05116	Chicken, roasting, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	38.82	1.25	0.428
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	145.0	1.0 chop	38.60	0.00	0.406
12007	Seeds, cottonseed flour, partially defatted (glandless)	94.0	1.0 cup	38.50	38.11	0.581
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	38.35	0.00	0.437
21404	McDONALD'S, Premium Grilled Chicken Club Sandwich	223.0	1.0 item 7.9 oz	38.33	44.31	--
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	38.32	0.00	0.448
05026	Chicken, heart, all classes, cooked, simmered	145.0	1.0 cup, chopped or diced	38.29	0.14	0.490
05138	Chicken, capons, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	38.27	1.10	0.454
21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	132.0	1.0 breast without skin	38.25	0.00	0.293

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05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	38.22	0.00	0.427
05014	Chicken, broilers or fryers, meat only, stewed	140.0	1.0 cup, chopped or diced	38.21	0.00	0.447
23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	38.20	0.54	0.397
16071	Lima beans, large, mature seeds, raw	178.0	1.0 cup	38.20	112.82	0.452
16091	Peanuts, spanish, raw	146.0	1.0 cup	38.18	23.11	0.371
21430	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed	140.0	1.0 breast, without skin	38.15	0.35	0.291
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	38.05	0.00	0.444
05118	Chicken, roasting, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	37.98	0.00	0.444
21100	Fast foods, cheeseburger; double, large patty, with condiments and vegetables	258.0	1.0 sandwich	37.98	39.65	0.472
36034	Restaurant, family style, chicken tenders	201.0	1.0 serving	37.95	38.77	0.420
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	129.0	1.0 fillet	37.91	0.00	0.466
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	124.0	1.0 fillet	37.76	0.00	0.446
05128	Chicken, stewing, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	37.31	0.16	0.422
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	37.23	0.22	0.403
42155	Cheese, monterey, low fat	132.0	1.0 cup, diced	37.22	0.92	--
13150	Beef, rib, shortribs, separable lean only, choice, cooked, braised	121.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	37.22	0.00	0.244
36027	DENNY'S, chicken strips	194.0	1.0 serving	37.19	42.74	0.407
05336	USDA Commodity Chicken, canned, meat only, drained	135.0	1.0 cup drained	37.15	0.00	0.435
13921	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	140.0	1.0 steak (yield from 181 g raw meat)	37.00	0.00	0.244
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	121.0	1.0 fillet	37.00	0.00	0.454
16096	Peanuts, virginia, oil-roasted, with salt	143.0	1.0 cup	36.99	28.40	0.359
16396	Peanuts, virginia, oil-roasted, without salt	143.0	1.0 cup	36.99	28.40	0.359
23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	36.99	0.81	0.414
16095	Peanuts, virginia, raw	146.0	1.0 cup	36.78	24.15	0.358
15113	Fish, tilefish, cooked, dry heat	150.0	0.5 fillet	36.73	0.00	0.411
16106	Meat extender	88.0	1.0 cup	36.70	30.54	0.505
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	149.0	1.0 cup, drained	36.68	0.00	0.411
16093	Peanuts, valencia, raw	146.0	1.0 cup	36.63	30.53	0.356

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	36.49	0.00	0.435
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	138.0	1.0 rack	36.43	0.00	0.433
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	36.36	0.00	0.424
43597	Cheese, mozzarella, low sodium	132.0	1.0 cup, diced	36.30	4.09	--
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	36.22	0.00	0.437
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	36.18	0.81	0.406
36012	Restaurant, family style, fried mozzarella sticks	245.0	1.0 serving	36.14	61.59	0.448
42304	Cheese, mozzarella, nonfat	113.0	1.0 cup, shredded	35.82	3.96	--
43379	Cheese, pasteurized process, swiss, low fat	140.0	1.0 cup, diced	35.70	6.02	--
21270	TACO BELL, Taco Salad	533.0	1.0 item	35.66	80.48	0.458
01040	Cheese, swiss	132.0	1.0 cup, diced	35.59	1.90	0.529
10107	Pork, fresh, variety meats and by-products, kidneys, cooked, braised	140.0	1.0 cup	35.56	0.00	0.461
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	35.55	31.04	0.336
36620	Restaurant, Chinese, shrimp and vegetables	601.0	1.0 order	35.46	27.17	0.355
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	35.45	0.00	0.400
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	115.0	1.0 fillet	35.40	0.00	0.461
21253	BURGER KING, WHOPPER, with cheese	316.0	1.0 item	35.36	52.77	0.284
36625	Restaurant, Chinese, vegetable lo mein, without meat	741.0	1.0 order	35.35	149.39	--
17340	Game meat, elk, loin, separable lean only, cooked, broiled	114.0	1.0 steak (yield from 148.1 g raw meat)	35.34	0.00	0.316
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	281.0	1.0 serving varied from 1 to 3 tacos per serving	35.29	50.36	0.351
21407	McDONALD'S, Premium Crispy Chicken Ranch BLT Sandwich	240.0	1.0 item 8.5 oz	35.28	59.83	--
05147	Goose, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	35.22	0.00	0.465
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	118.0	1.0 cup	35.21	17.36	0.671
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	35.21	17.36	0.671
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	236.0	1.0 item	35.09	33.51	0.283
10153	Pork, cured, ham, whole, separable lean only, roasted	140.0	1.0 cup	35.07	0.00	0.420
05114	Chicken, roasting, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	35.01	0.00	0.409
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	35.00	0.00	0.409
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	140.0	1.0 cup	34.92	0.00	0.419
15239	Fish, salmon, coho, farmed, cooked, dry heat	143.0	1.0 fillet	34.75	0.00	0.389
01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	34.62	2.94	0.504

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
16022	Beans, french, mature seeds, raw	184.0	1.0 cup	34.61	117.96	0.410
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	34.55	0.00	0.386
15052	Fish, mackerel, spanish, cooked, dry heat	146.0	1.0 fillet	34.44	0.00	0.385
43275	Cheese, pasteurized process, American, low fat	140.0	1.0 cup, diced	34.44	4.90	--
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226.0	1.0 sandwich	34.28	40.27	0.414
36051	ON THE BORDER, cheese quesadilla	203.0	1.0 serving 1 quesadilla	34.25	49.23	--
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	114.0	4.0 oz	34.22	0.00	0.360
10104	Pork, fresh, variety meats and by-products, heart, cooked, braised	145.0	1.0 cup	34.22	0.58	0.394
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	34.20	0.00	0.435
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	122.0	1.0 rack	33.95	0.00	0.404
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	122.0	1.0 rack	33.95	0.00	0.404
16113	Natto	175.0	1.0 cup	33.95	22.19	0.390
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	33.84	0.00	0.379
01020	Cheese, fontina	132.0	1.0 cup, diced	33.79	2.05	0.477
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	454.0	1.0 serving varied from 7-9 ravioli per serving	33.78	89.17	0.749
01035	Cheese, provolone	132.0	1.0 cup, diced	33.77	2.82	0.455
21406	McDONALD'S, Premium Grilled Chicken Ranch BLT Sandwich	202.0	1.0 item 7.1 oz	33.73	44.26	--
01212	Milk, dry, whole, without added vitamin D	128.0	1.0 cup	33.69	49.18	0.475
16114	Tempeh	166.0	1.0 cup	33.68	12.68	0.322
43287	Dove, cooked (includes squab)	140.0	1.0 cup, chopped or diced	33.46	0.00	--
19182	Desserts, mousse, chocolate, prepared-from-recipe	808.0	1.0 recipe yield	33.45	129.85	--
05303	Poultry, mechanically deboned, from mature hens, raw	227.0	0.5 lb	33.41	0.00	0.268
15250	Mollusks, conch, baked or broiled	127.0	1.0 cup, sliced	33.40	2.16	--
12065	Nuts, almonds, oil roasted, without salt added	157.0	1.0 cup whole kernels	33.33	27.76	0.301
12565	Nuts, almonds, oil roasted, with salt added	157.0	1.0 cup whole kernels	33.33	27.76	0.301
12665	Nuts, almonds, oil roasted, lightly salted	157.0	1.0 cup whole kernels	33.33	27.76	0.301
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	211.0	1.0 item	33.30	39.86	0.420
11450	Soybeans, green, raw	256.0	1.0 cup	33.15	28.29	0.402
21245	WENDY'S, Ultimate Chicken Grill Sandwich	225.0	1.0 item	33.14	42.48	0.382
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149.0	1.0 fillet	33.12	0.00	0.441
36018	APPLEBEE'S, fish, hand battered	250.0	1.0 serving	33.08	41.62	0.360

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	114.0	4.0 oz	33.00	0.00	0.295
15040	Fish, herring, Atlantic, cooked, dry heat	143.0	1.0 fillet	32.93	0.00	0.369
05142	Duck, domesticated, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	32.87	0.00	0.458
22972	Pulled pork in barbecue sauce	249.0	1.0 cup	32.84	46.66	--
15116	Fish, trout, rainbow, wild, cooked, dry heat	143.0	1.0 fillet	32.78	0.00	0.368
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	145.0	1.0 slice	32.71	1.57	0.307
36052	Restaurant, Mexican, cheese quesadilla	205.0	1.0 serving serving size varied on diameter and count of quesadila	32.66	49.43	0.394
01208	Cheese, provolone, reduced fat	132.0	1.0 cup, diced	32.60	4.62	0.455
05120	Chicken, roasting, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	32.55	0.00	0.381
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	131.0	1.0 chop	32.40	1.09	0.385
16116	Soy flour, full-fat, roasted	85.0	1.0 cup, stirred	32.38	25.82	0.430
01025	Cheese, monterey	132.0	1.0 cup, diced	32.31	0.90	0.416
12136	Nuts, mixed nuts, dry roasted, with peanuts, salt added, PLANTERS pistachio blend	147.0	1.0 cup	32.27	33.09	--
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	32.16	1.54	0.302
05192	Turkey, all classes, breast, meat and skin, cooked, roasted	112.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	32.16	0.00	0.356
01168	Cheese, low fat, cheddar or colby	132.0	1.0 cup, diced	32.14	2.52	0.378
01169	Cheese, low-sodium, cheddar or colby	132.0	1.0 cup, diced	32.14	2.52	0.378
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	102.0	1.0 steak (yield from 134.9 g raw meat)	32.10	0.00	0.288
36630	Restaurant, Italian, spaghetti with meat sauce	554.0	1.0 serving	32.08	90.86	0.299
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	122.0	1.0 rack	32.06	0.00	0.382
05284	Turkey, canned, meat only, with broth	135.0	1.0 cup, drained	31.97	1.98	0.352
05191	Turkey, all classes, breast, meat and skin, raw	146.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	31.96	0.00	0.353
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	31.89	0.00	0.343
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	129.0	1.0 drumstick with skin	31.89	0.06	0.324
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	193.0	1.0 thigh with skin	31.88	0.48	0.322
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	137.0	1.0 thigh with skin	31.87	0.00	0.333
15131	Fish, whitefish, mixed species, smoked	136.0	1.0 cup, cooked	31.82	0.00	0.356

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
21111	Fast foods, hamburger; double, regular patty; with condiments	215.0	1.0 item	31.82	38.74	0.385
16115	Soy flour, full-fat, raw	84.0	1.0 cup, stirred	31.76	26.81	0.422
21363	McDONALD'S, Deluxe Breakfast, with syrup and margarine	420.0	1.0 item 14.8 oz	31.75	123.82	--
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	107.0	1.0 chop	31.73	0.00	0.279
21244	WENDY'S, Homestyle Chicken Fillet Sandwich	230.0	1.0 item	31.69	49.56	0.345
10076	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	31.68	0.00	0.369
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	140.0	1.0 cup	31.67	0.00	0.333
15274	Fish, trout, brook, raw, New York State	149.0	1.0 filet	31.63	0.00	--
36024	CRACKER BARREL, chicken tenderloin platter, fried	175.0	1.0 serving	31.60	35.51	0.332
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	537.0	1.0 serving	31.52	84.36	0.263
13924	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	119.0	1.0 steak (yield from 1 raw steak weighing 151g)	31.51	0.00	0.201
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	130.0	1.0 thigh with skin	31.50	0.00	0.348
21096	Fast foods, cheeseburger; single, large patty; plain	182.0	1.0 sandwich	31.47	43.81	0.289
35009	Whale, beluga, meat, dried (Alaska Native)	45.0	1.0 strip	31.44	0.00	0.359
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	31.43	0.00	0.375
01034	Cheese, port de salut	132.0	1.0 cup, diced	31.39	0.75	0.453
01011	Cheese, colby	132.0	1.0 cup, diced	31.36	3.39	0.403
21376	McDONALD'S, Bacon Ranch Salad with Grilled Chicken	305.0	1.0 item 10.8 oz	31.35	11.10	--
01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	31.35	7.37	0.727
16109	Soybeans, mature cooked, boiled, without salt	172.0	1.0 cup	31.32	14.38	0.416
16409	Soybeans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	31.32	14.38	0.416
16099	Peanut flour, defatted	60.0	1.0 cup	31.32	20.82	0.304
05302	Poultry, mechanically deboned, from backs and necks without skin, raw	227.0	0.5 lb	31.30	0.00	0.250
15215	Fish, shad, american, cooked, dry heat	144.0	1.0 fillet	31.26	0.00	0.350
21252	BURGER KING, WHOPPER, no cheese	291.0	1.0 item	31.25	53.98	0.204
10152	Pork, cured, ham, whole, separable lean only, unheated	140.0	1.0 cup	31.25	0.07	0.375
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	31.21	0.00	0.371
17100	Veal, leg (top round), separable lean only, cooked, braised	85.0	3.0 oz	31.20	0.00	0.316
43398	Cheese, pasteurized process, cheddar or American, low sodium	140.0	1.0 cup, diced	31.08	2.24	--
12062	Nuts, almonds, blanched	145.0	1.0 cup whole kernels	31.03	27.07	0.280
05622	Emu, ground, cooked, pan-broiled	109.0	1.0 patty (yield from 135.8 g raw meat)	30.99	0.00	0.205
01043	Cheese, pasteurized process, pimento	140.0	1.0 cup, diced	30.98	2.42	0.452

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
36615	DENNY'S, top sirloin steak	107.0	1.0 steak	30.92	0.15	0.407
36611	DENNY'S, mozzarella cheese sticks	228.0	1.0 serving	30.92	62.06	0.399
05277	Chicken, canned, meat only, with broth	142.0	1.0 can (5 oz)	30.91	0.00	0.345
01030	Cheese, muenster	132.0	1.0 cup, diced	30.90	1.48	0.432
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	30.84	0.00	0.270
12041	Seeds, sunflower seed flour, partially defatted	64.0	1.0 cup	30.76	22.93	0.470
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	140.0	1.0 cup	30.76	0.70	0.340
19086	Candies, confectioner's coating, peanut butter	168.0	1.0 cup chips	30.74	78.76	--
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85.0	3.0 oz	30.74	0.00	0.311
01182	USDA Commodity, cheese, cheddar, reduced fat	113.0	1.0 cup shredded	30.74	2.26	--
13436	Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	30.70	0.00	0.344
13438	Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	30.70	0.00	0.344
01005	Cheese, brick	132.0	1.0 cup, diced	30.68	3.68	0.428
12201	Seeds, sesame seed kernels, dried (decorticated)	150.0	1.0 cup	30.68	17.60	0.495
12174	Seeds, watermelon seed kernels, dried	108.0	1.0 cup	30.60	16.53	0.421
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	130.0	1.0 thigh with skin	30.51	0.12	0.281
36033	Restaurant, family style, fish fillet, battered or breaded, fried	226.0	1.0 serving	30.49	38.17	0.337
36631	OLIVE GARDEN, spaghetti with meat sauce	525.0	1.0 serving	30.45	90.25	0.320
21102	Fast foods, chicken fillet sandwich, plain with pickles	187.0	1.0 sandwich	30.44	39.06	--
21526	CHICK-FIL-A, chicken sandwich	187.0	1.0 sandwich	30.44	39.06	--
15204	Fish, pike, walleye, cooked, dry heat	124.0	1.0 fillet	30.43	0.00	0.341
17126	Veal, shoulder, arm, separable lean only, cooked, braised	85.0	3.0 oz	30.37	0.00	0.308
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	107.0	1.0 chop	30.31	0.02	0.269
13432	Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	30.28	0.00	0.339
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	30.28	0.00	0.199
13430	Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	30.28	0.00	0.339
21398	Fast foods, cheeseburger; single, large patty; with condiments	199.0	1.0 item	30.27	39.24	--
15197	Fish, herring, Pacific, cooked, dry heat	144.0	1.0 fillet	30.25	0.00	0.338
05338	USDA Commodity, Chicken, canned, meat only, with broth	135.0	1.0 cup drained	30.25	0.31	0.348

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
12061	Nuts, almonds	143.0	1.0 cup, whole	30.24	30.82	0.302
43132	Meatballs, meatless	144.0	1.0 cup	30.24	11.52	--
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	30.21	0.00	0.353
36055	Restaurant, Italian, cheese ravioli with marinara sauce	427.0	1.0 serving serving size varied by diameter and count of raviloi	30.19	79.00	0.559
01009	Cheese, cheddar	132.0	1.0 cup, diced	30.19	4.08	0.722
05304	Turkey, mechanically deboned, from turkey frames, raw	227.0	0.5 lb	30.17	0.00	0.241
12154	Nuts, walnuts, black, dried	125.0	1.0 cup, chopped	30.08	11.98	0.398
15005	Fish, bluefish, raw	150.0	1.0 fillet	30.06	0.00	0.336
15189	Fish, bluefish, cooked, dry heat	117.0	1.0 fillet	30.06	0.00	0.337
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	138.0	1.0 rack	30.02	0.00	0.380
15034	Fish, haddock, cooked, dry heat	150.0	1.0 fillet	29.98	0.00	0.390
05036	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	29.94	4.49	0.339
12084	Nuts, butternuts, dried	120.0	1.0 cup	29.88	14.46	0.439
01166	Cheese, mexican, queso asadero	132.0	1.0 cup, diced	29.83	3.79	0.355
21095	Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables	228.0	1.0 sandwich	29.73	53.12	0.374
05337	USDA Commodity, Chicken, canned, meat only, with water	135.0	1.0 cup drained	29.73	0.00	0.348
17141	Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised	85.0	3.0 oz	29.70	0.00	0.301
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	29.69	0.00	0.196
10138	Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted	140.0	1.0 cup	29.62	0.73	0.336
17151	Game meat, beaver, cooked, roasted	85.0	3.0 oz	29.62	0.00	--
20071	Wheat, hard red spring	192.0	1.0 cup	29.57	130.62	0.374
42173	Turkey and pork sausage, fresh, bulk, patty or link, cooked	130.0	1.0 cup, cooked	29.51	0.91	--
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	215.0	1.0 sandwich	29.43	38.12	--
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	215.0	1.0 sandwich	29.43	38.12	0.312
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	29.41	0.00	0.329
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	85.0	3.0 oz	29.33	0.00	0.308
10185	Pork, cured, ham, extra lean and regular, canned, roasted	140.0	1.0 cup	29.32	0.69	0.332
05363	Ruffed Grouse, breast meat, skinless, raw	113.0	4.0 oz	29.31	0.00	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	140.0	1.0 cup	29.30	2.10	0.351
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	149.0	1.0 thigh without skin	29.29	0.00	0.331
17114	Veal, rib, separable lean only, cooked, braised	85.0	3.0 oz	29.27	0.00	0.297
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	29.23	0.00	0.192
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	237.0	6.0 inch sub	29.22	37.80	0.280
21214	SUBWAY, tuna sub on white bread with lettuce and tomato	237.0	6.0 inch sub	29.22	37.80	0.280
15206	Fish, pout, ocean, cooked, dry heat	137.0	0.5 fillet	29.22	0.00	0.327
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	29.19	0.00	0.327
36049	ON THE BORDER, cheese enchilada	250.0	1.0 serving serving size varied from 1 to 3 enchiladas	29.18	40.50	--
36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	365.0	1.0 serving varied from 8 to 10 ravioli per serving	29.05	64.31	0.427
17325	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	29.04	0.00	0.339
21235	McDONALD'S, QUARTER POUNDER with Cheese	199.0	1.0 item 7.1 oz	29.03	39.70	--
13895	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	28.98	0.00	0.325
17087	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	28.95	0.00	0.338
12563	Nuts, almonds, dry roasted, with salt added	138.0	1.0 cup whole kernels	28.92	28.99	0.288
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	28.92	28.99	0.288
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	28.90	0.00	0.190
17138	Veal, sirloin, separable lean only, cooked, braised	85.0	3.0 oz	28.87	0.00	0.292
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	149.0	1.0 steak (yield from 1 raw steak weighing149g)	28.86	0.00	0.189
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	28.84	1.73	0.190
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	28.82	0.00	0.190
10140	Pork, cured, ham, regular (approximately 13% fat), canned, roasted	140.0	1.0 cup	28.74	0.59	0.326
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	116.0	1.0 thigh without skin	28.72	0.00	0.324
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	28.71	0.00	0.217
17060	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised	85.0	3.0 oz	28.64	0.00	0.335

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
17120	Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	28.63	0.00	0.290
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	85.0	3.0 oz	28.63	0.00	0.320
05627	Emu, full rump, cooked, broiled	85.0	1.0 serving (3 oz)	28.62	0.00	0.189
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	140.0	1.0 cup	28.60	0.00	0.318
17123	Veal, shoulder, arm, separable lean and fat, cooked, braised	85.0	3.0 oz	28.59	0.00	0.289
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	28.55	0.00	0.188
17108	Veal, loin, separable lean only, cooked, braised	85.0	3.0 oz	28.53	0.00	0.289
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	28.53	0.00	0.188
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	85.0	3.0 oz	28.50	0.00	0.298
01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	28.46	7.34	0.261
21410	Fast foods, bagel, with egg, sausage patty, cheese, and condiments	219.0	1.0 item	28.43	49.58	--
01032	Cheese, parmesan, grated	100.0	1.0 cup	28.42	13.91	0.383
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	146.0	1.0 chop	28.40	0.00	0.308
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	28.36	0.00	0.186
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	28.36	0.00	0.186
21402	McDONALD'S, Premium Grilled Chicken Classic Sandwich	200.0	1.0 item 7 oz	28.32	44.56	--
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	85.0	1.0 serving	28.31	0.00	0.313
01165	Cheese, mexican, queso anejo	132.0	1.0 cup, crumbled	28.30	6.11	0.284
17342	Game meat, elk, tenderloin, separable lean only, cooked, broiled	92.0	1.0 steak (yield from 123.5 g raw meat)	28.30	0.00	0.253
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	28.27	0.00	0.186
42117	Imitation cheese, american or cheddar, low cholesterol	113.0	1.0 cup, shredded	28.25	1.13	--
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	85.0	3.0 oz	28.24	0.00	0.296
17461	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	28.19	0.00	0.292
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	85.0	3.0 oz	28.19	0.00	0.286
15188	Fish, bass, striped, cooked, dry heat	124.0	1.0 fillet	28.19	0.00	0.316
21377	McDONALD'S Bacon Ranch Salad with Crispy Chicken	319.0	1.0 item 11.3 oz	28.14	19.40	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
43299	Soybean, curd cheese	225.0	1.0 cup	28.12	15.52	--
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	28.12	0.00	0.184
17181	Game meat, rabbit, wild, cooked, stewed	85.0	3.0 oz	28.07	0.00	0.371
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	28.04	0.00	0.314
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	247.0	1.0 item	28.01	42.81	0.247
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	27.96	0.00	0.184
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	27.92	0.00	0.184
42303	Cheese, muenster, low fat	113.0	1.0 cup, shredded	27.91	3.96	--
17040	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	27.89	0.00	0.326
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	27.85	0.00	0.183
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	27.82	0.00	0.183
21403	McDONALD'S, Premium Crispy Chicken Classic Sandwich	230.0	1.0 item	27.78	58.56	--
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	27.77	0.00	0.165
21063	Fast foods, burrito, with beans and beef	241.0	1.0 item	27.76	47.04	--
17132	Veal, shoulder, blade, separable lean only, cooked, braised	85.0	3.0 oz	27.76	0.00	0.281
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	27.73	0.00	0.182
43410	Chicken, meatless, breaded, fried	130.0	1.0 cup, diced	27.66	11.06	--
36029	DENNY'S, fish fillet, battered or breaded, fried	201.0	1.0 serving	27.64	34.99	0.302
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	85.0	3.0 oz	27.62	0.00	0.305
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	27.62	0.00	0.317
15229	Mollusks, cuttlefish, mixed species, cooked, moist heat	85.0	3.0 oz	27.61	1.39	0.309
35145	Stew, hominy with mutton (Navajo)	411.0	1.0 serving	27.58	38.55	0.177
17111	Veal, rib, separable lean and fat, cooked, braised	85.0	3.0 oz	27.57	0.00	0.279
17147	Game meat, bear, cooked, simmered	85.0	3.0 oz	27.56	0.00	--
15148	Crustaceans, lobster, northern, cooked, moist heat	145.0	1.0 cup	27.55	0.00	0.360
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	85.0	3.0 oz	27.55	0.00	0.316

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
21239	WENDY'S, CLASSIC SINGLE Hamburger, no cheese	218.0	1.0 item	27.53	36.67	0.290
05629	Emu, inside drums, cooked, broiled	85.0	1.0 serving (3 oz)	27.52	0.00	0.182
17056	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	27.50	0.00	0.321
43130	Frankfurter, meatless	140.0	1.0 cup, sliced	27.45	10.78	--
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	85.0	3.0 oz	27.45	0.00	0.314
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	143.0	1.0 drumstick with skin	27.44	0.00	0.283
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	27.44	0.00	0.285
36050	Restaurant, Mexican, cheese enchilada	244.0	1.0 serving serving size varied from 1 to 3 enchiladas	27.43	37.70	0.368
17279	Veal, shank (fore and hind), separable lean only, cooked, braised	85.0	3.0 oz	27.39	0.00	0.276
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	27.38	0.00	0.180
10046	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	112.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 172g)	27.35	0.00	0.288
17317	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	27.34	0.00	0.284
21341	McDONALD'S, BIG BREAKFAST	269.0	1.0 item 9.5 oz	27.33	47.08	--
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	27.28	0.00	0.313
17445	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	27.27	0.00	0.283
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	85.0	1.0 serving	27.27	0.00	0.286
21506	BURGER KING, Double Cheeseburger	162.0	1.0 sandwich	27.26	28.24	--
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	27.25	0.00	0.276
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	85.0	3.0 oz	27.25	0.00	0.343
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	111.0	1.0 thigh without skin	27.25	0.00	0.250
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	27.21	0.00	0.312
36056	Restaurant, Mexican, cheese tamales	302.0	1.0 serving serving size varied from 1 to 3 tamales	27.15	54.27	0.332
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	85.0	3.0 oz	27.15	0.00	0.285
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	27.12	0.00	0.275

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	85.0	3.0 oz	27.11	0.00	0.275
21488	Fast foods, quesadilla, with chicken	180.0	1.0 each quesadilla	27.09	43.27	--
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	27.08	30.90	0.413
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	135.0	1.0 cup	27.08	30.90	0.413
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	85.0	3.0 oz	27.08	0.00	0.284
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	114.0	4.0 oz	27.08	0.00	0.323
21507	WENDY'S, Double Stack, with cheese	146.0	1.0 sandwich	27.05	22.41	--
42128	Turkey ham, sliced, extra lean, prepackaged or deli-sliced	138.0	1.0 cup pieces	27.05	4.04	--
20138	Wheat, KAMUT khorasan, uncooked	186.0	1.0 cup	27.04	131.28	0.242
21098	Fast foods, cheeseburger; single, large patty; with condiments and vegetables	233.0	1.0 sandwich	27.00	39.17	--
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	85.0	3.0 oz	26.99	0.00	0.273
10044	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw	133.0	1.0 chop without refuse (Yield from 1 raw chop, with refuse, weighing 201g)	26.97	0.00	0.285
05219	Turkey, breast, from whole bird, meat only, raw	114.0	4.0 oz	26.97	0.16	0.287
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	26.95	0.00	0.309
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	26.94	0.48	0.348
05663	Ground turkey, fat free, pan-broiled crumbles	85.0	3.0 oz	26.94	0.00	0.306
01024	Cheese, limburger	134.0	1.0 cup	26.87	0.66	0.387
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	134.0	1.0 cup	26.85	28.21	0.295
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	134.0	1.0 cup	26.85	28.21	0.295
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	385.0	1.0 serving	26.83	62.83	0.400
35144	Stew, dumpling with mutton (Navajo)	308.0	1.0 serving	26.83	24.73	--
21202	Fast foods, hamburger, large, single patty, with condiments	171.0	1.0 item	26.81	37.86	--
17277	Veal, shank (fore and hind), separable lean and fat, cooked, braised	85.0	3.0 oz	26.81	0.00	0.270
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	26.76	0.00	0.307
15224	Fish, wolffish, Atlantic, cooked, dry heat	119.0	0.5 fillet	26.70	0.00	0.299
17443	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	26.70	0.00	0.277
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	26.70	0.00	0.306
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	85.0	3.0 oz	26.69	0.00	0.295
21479	DIGIORNO Pizza, supreme topping, rising crust, frozen, baked	227.0	1.0 slice 1/4 of pie	26.65	63.40	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
15217	Fish, sucker, white, cooked, dry heat	124.0	1.0 fillet	26.65	0.00	0.299
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	26.65	0.00	0.306
05621	Emu, ground, raw	117.0	1.0 patty	26.64	0.00	0.176
20078	Wheat germ, crude	115.0	1.0 cup	26.62	59.57	0.365
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	26.62	0.00	0.305
05030	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, batter	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	26.61	10.74	0.303
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	26.60	0.00	0.279
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	85.0	3.0 oz	26.60	0.00	0.279
05140	Duck, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	26.59	0.00	0.325
05624	Emu, fan fillet, cooked, broiled	85.0	1.0 serving (3 oz)	26.58	0.00	0.176
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	26.58	0.00	0.298
17135	Veal, sirloin, separable lean and fat, cooked, braised	85.0	3.0 oz	26.57	0.00	0.269
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	85.0	3.0 oz	26.57	0.00	0.269
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	85.0	3.0 oz	26.55	0.00	0.278
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	26.50	0.00	0.298
17460	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	26.48	0.00	0.275
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	26.44	0.00	0.314
17247	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	26.44	0.00	0.309
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	26.43	0.00	0.311
21458	POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	138.0	1.0 thigh with skin	26.41	15.46	0.200
15233	Fish, catfish, channel, wild, cooked, dry heat	143.0	1.0 fillet	26.41	0.00	0.296
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	85.0	3.0 oz	26.40	0.00	0.292
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	26.40	0.00	0.173
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	26.38	0.00	0.298

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
15235	Fish, catfish, channel, farmed, cooked, dry heat	143.0	1.0 fillet	26.37	0.00	0.315
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	26.35	0.00	0.314
20038	Oats	156.0	1.0 cup	26.35	103.38	0.365
17446	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	26.35	0.00	0.274
17442	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	26.32	0.00	0.274
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	26.32	0.00	0.295
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	26.31	0.00	0.302
17341	Game meat, elk, round, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	26.30	0.00	0.235
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	26.29	0.00	0.296
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	26.29	0.00	0.259
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	26.27	0.00	0.302
20076	Wheat, durum	192.0	1.0 cup	26.27	136.57	0.338
17464	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	26.26	0.00	0.273
17459	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	26.24	0.00	0.273
05037	Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted	101.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	26.23	0.00	0.292
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	26.18	0.00	0.172
20001	Amaranth grain, uncooked	193.0	1.0 cup	26.17	125.93	0.349
12206	Nuts, almonds, honey roasted, unblanched	144.0	1.0 cup whole kernels	26.16	40.18	0.405
17184	Game meat, squirrel, cooked, roasted	85.0	3.0 oz	26.15	0.00	--
21471	Fast Foods, Fried Chicken, Thigh, meat and skin and breading	136.0	1.0 thigh with skin	26.15	11.80	--
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	219.0	1.0 item	26.15	47.15	0.241
15152	Crustaceans, shrimp, mixed species, canned	128.0	1.0 cup	26.14	0.00	0.238
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	85.0	3.0 oz	26.14	0.00	0.274
17440	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	26.12	0.00	0.271

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
35146	Stew, mutton, corn, squash (Navajo)	303.0	1.0 serving	26.12	22.03	0.173
21440	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading	152.0	1.0 thigh, with skin	26.10	15.66	0.199
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	26.10	0.00	0.298
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	26.10	0.00	0.171
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	26.08	0.00	0.299
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	26.07	0.00	0.172
17153	Game meat, beefalo, composite of cuts, cooked, roasted	85.0	3.0 oz	26.06	0.00	--
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	26.04	0.00	0.340
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	26.04	0.00	0.171
14033	Beverages, ABBOTT, EAS whey protein powder	39.0	2.0 scoop	26.00	7.00	--
16596	MORNINGSTAR FARMS Grillers Quarter Pound Veggie Burger, frozen, unprepared	114.0	1.0 burger	25.99	10.15	--
17200	Lamb, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	25.98	2.15	0.302
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	25.97	0.00	0.335
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	25.97	0.00	0.171
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	25.96	0.00	0.298
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	85.0	3.0 oz	25.96	0.00	0.327
15137	Crustaceans, crab, alaska king, cooked, moist heat	134.0	1.0 leg	25.93	0.00	0.360
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	25.92	0.00	0.263
12152	Nuts, pistachio nuts, dry roasted, without salt added	123.0	1.0 cup	25.89	34.78	0.322
12652	Nuts, pistachio nuts, dry roasted, with salt added	123.0	1.0 cup	25.89	33.89	0.322
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	140.0	1.0 cup	25.89	0.00	0.294
10150	Pork, cured, ham, whole, separable lean and fat, unheated	140.0	1.0 cup	25.89	0.08	0.294
21237	McDONALD'S, BIG MAC	219.0	1.0 item 7.6 oz	25.89	43.98	--
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	25.88	0.00	0.291

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	25.88	0.00	0.297
10223	Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	85.0	3.0 oz	25.86	0.00	0.328
05301	Poultry, mechanically deboned, from backs and necks with skin, raw	227.0	0.5 lb	25.86	0.00	0.207
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	25.85	0.00	0.287
16077	Lupins, mature seeds, cooked, boiled, without salt	166.0	1.0 cup	25.85	16.40	0.208
16377	Lupins, mature seeds, cooked, boiled, with salt	166.0	1.0 cup	25.85	15.42	0.208
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218.0	1.0 sandwich	25.83	40.00	0.307
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	25.83	0.00	0.302
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	25.83	0.00	0.308
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	85.0	3.0 oz	25.82	0.00	0.341
22528	Turkey Pot Pie, frozen entree	397.0	1.0 package yields	25.80	70.27	--
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	113.0	4.0 oz	25.80	1.57	0.333
17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	85.0	1.0 serving	25.80	0.03	0.286
21477	DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked	207.0	1.0 slice 1/4 of pie	25.79	64.48	--
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	143.0	1.0 drumstick with skin	25.78	0.00	0.253
17275	Veal, breast, whole, boneless, separable lean only, cooked, braised	85.0	3.0 oz	25.77	0.00	0.260
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	25.75	0.00	0.169
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	25.70	0.05	0.309
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	25.70	0.00	0.335
17165	Game meat, deer, cooked, roasted	85.0	3.0 oz	25.68	0.00	--
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	25.68	0.00	0.267
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	25.67	0.00	0.168
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	25.67	0.00	0.305
17176	Game meat, opossum, cooked, roasted	85.0	3.0 oz	25.67	0.00	--
20142	Teff, uncooked	193.0	1.0 cup	25.67	141.14	0.268
17105	Veal, loin, separable lean and fat, cooked, braised	85.0	3.0 oz	25.66	0.00	0.260

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
17167	Game meat, elk, cooked, roasted	85.0	3.0 oz	25.66	0.00	0.463
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	25.65	0.00	0.194
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	85.0	3.0 oz	25.64	0.00	0.269
05713	Turkey, retail parts, wing, meat only, cooked, roasted	85.0	3.0 oz	25.64	0.00	0.316
17441	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	25.64	0.00	0.267
17457	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	25.63	0.07	0.266
05739	Turkey, drumstick, from whole bird, meat only, roasted	85.0	3.0 oz	25.61	0.00	0.273
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	85.0	3.0 oz	25.61	0.00	0.269
05186	Turkey, all classes, light meat, cooked, roasted	85.0	1.0 serving	25.61	0.00	0.273
05228	Turkey, wing, from whole bird, meat only, roasted	85.0	3.0 oz	25.61	0.00	0.273
05220	Turkey, breast, from whole bird, meat only, roasted	85.0	3.0 oz	25.61	0.00	0.244
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	25.60	0.00	0.170
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	25.60	0.00	0.314
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	25.58	0.00	0.259
21350	McDONALD'S, BIG MAC (without Big Mac Sauce)	200.0	1.0 item	25.58	42.02	--
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	25.58	0.00	0.324
17175	Game meat, muskrat, cooked, roasted	85.0	3.0 oz	25.58	0.00	--
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	25.58	0.00	0.342
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	85.0	3.0 oz	25.58	0.00	0.268
21092	Fast foods, cheeseburger; double, regular patty; plain	149.0	1.0 item	25.57	30.99	0.338
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	25.57	0.00	0.294
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	140.0	1.0 cup	25.56	3.19	0.307
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	25.55	0.00	0.286
23309	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	25.55	0.00	0.293
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	131.0	1.0 cup	25.54	29.37	0.291

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	25.54	0.00	0.172
12023	Seeds, sesame seeds, whole, dried	144.0	1.0 cup	25.53	33.77	0.559
07071	Salami, dry or hard, pork	113.0	1.0 package (4 oz)	25.52	1.81	0.286
21436	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	135.0	1.0 thigh, with skin	25.52	11.42	0.196
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	85.0	3.0 oz	25.51	0.00	0.267
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	25.50	0.00	0.241
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	25.49	0.00	0.313
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	25.49	0.00	0.328
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	25.49	0.00	0.298
23545	Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	25.47	0.00	0.275
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	25.47	0.00	0.310
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	25.45	0.00	0.306
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	25.45	0.00	0.301
13490	Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	25.44	0.00	0.167
23452	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	85.0	3.0 oz	25.43	0.00	0.266
15118	Fish, tuna, fresh, bluefin, cooked, dry heat	85.0	3.0 oz	25.42	0.00	0.285
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	25.42	0.00	0.294
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	25.42	0.00	0.276
17347	Game meat, deer, tenderloin, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	25.42	0.00	0.226
17444	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	25.40	0.00	0.263
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	85.0	3.0 oz	25.40	0.00	0.278

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	85.0	3.0 oz	25.39	0.00	0.266
10221	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled	85.0	3.0 oz	25.38	0.00	0.320
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	25.37	0.00	0.320
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	25.37	0.00	0.311
36001	APPLEBEE'S, Double Crunch Shrimp	206.0	1.0 serving	25.36	53.48	0.286
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	115.0	1.0 serving	25.36	0.00	0.281
23318	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	25.35	0.00	0.291
20140	Spelt, uncooked	174.0	1.0 cup	25.35	122.13	0.230
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	85.0	3.0 oz	25.35	0.06	0.265
15230	Mollusks, octopus, common, cooked, moist heat	85.0	3.0 oz	25.35	3.74	0.284
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	25.34	0.00	0.347
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	25.34	0.00	0.310
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	85.0	3.0 oz	25.32	0.00	0.265
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	25.32	0.00	0.292
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	25.32	0.00	0.284
17339	Game meat, elk, ground, cooked, pan-broiled	95.0	1.0 patty (yield from 104.1 g raw meat)	25.31	0.00	0.226
17163	Game meat, caribou, cooked, roasted	85.0	3.0 oz	25.30	0.00	0.389
17427	Veal, loin, chop, separable lean only, cooked, grilled	85.0	3.0 oz	25.29	0.06	0.256
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	25.29	0.00	0.167
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	92.0	1.0 piece	25.27	0.00	0.301
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	25.25	0.09	0.263
17323	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	25.24	0.00	0.295
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	25.24	0.00	0.309

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	130.0	1.0 drumstick with skin	25.23	0.00	0.285
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	85.0	3.0 oz	25.23	0.00	0.264
23393	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	25.22	0.00	0.329
23351	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	25.21	0.00	0.282
13415	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	25.21	0.00	0.288
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	25.20	0.00	0.166
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	114.0	4.0 oz	25.18	0.00	0.263
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	25.18	0.00	0.300
21395	Fast foods, cheeseburger; double, regular patty; with condiments	155.0	1.0 sandwich	25.17	27.85	--
21094	Fast foods, cheeseburger, double, regular patty and bun, with condiments	155.0	1.0 sandwich	25.17	27.85	--
10184	Pork, cured, ham, extra lean and regular, canned, unheated	140.0	1.0 cup	25.16	0.00	0.286
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	85.0	3.0 oz	25.15	0.03	0.278
17065	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	25.15	0.00	0.294
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	25.13	0.00	0.298
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	25.13	0.00	0.299
05172	Turkey, whole, giblets, cooked, simmered	95.0	1.0 giblets	25.12	0.00	0.254
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	85.0	1.0 serving	25.12	0.04	0.257
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	114.0	4.0 oz	25.11	0.06	0.284
13448	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	25.10	0.00	0.308
17455	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	25.09	0.00	0.261
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	25.09	0.00	0.344
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	25.09	0.00	0.327

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	25.09	0.00	0.221
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	25.08	0.00	0.272
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	85.0	3.0 oz	25.08	0.00	0.316
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	25.07	0.00	0.263
20069	Triticale	192.0	1.0 cup	25.06	138.49	0.301
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	111.0	1.0 thigh without skin	25.05	0.00	0.216
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	25.05	0.00	0.280
10229	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked	85.0	3.0 oz	25.05	0.00	0.318
05141	Duck, domesticated, meat only, raw	137.0	1.0 unit (yield from 1 lb ready-to-cook duck)	25.04	1.29	0.348
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	25.04	0.00	0.128
17243	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	25.04	0.00	0.292
10201	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	25.04	0.00	0.318
23418	Beef, New Zealand, imported, inside, raw	113.0	4.0 oz	25.04	0.11	0.262
16422	Soy protein isolate, potassium type	28.35	1.0 oz	25.04	0.73	0.316
16122	Soy protein isolate	28.35	1.0 oz	25.04	0.00	0.316
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	25.03	0.00	0.190
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	25.03	0.00	0.293
17145	Game meat, antelope, cooked, roasted	85.0	3.0 oz	25.03	0.00	--
17458	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	25.02	0.00	0.260
17265	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	25.02	0.00	0.292
14067	Beverages, Protein powder soy based	45.0	1.0 scoop	25.00	13.00	0.325
14066	Beverages, Protein powder whey based	32.0	0.33 cup	25.00	2.00	--
01224	Protein supplement, milk based, Muscle Milk Light, powder	50.0	2.0 scoop	25.00	11.00	--
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	25.00	0.00	0.164

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
23306	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	24.97	0.00	0.286
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	24.96	0.23	0.262
05647	Ostrich, inside strip, cooked	85.0	1.0 serving (3 oz)	24.96	0.00	0.223
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	24.96	0.00	0.280
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	205.0	1.0 item	24.95	46.51	0.226
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	24.95	0.00	0.326
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	85.0	3.0 oz	24.95	0.00	0.261
23517	Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85.0	3.0 oz	24.94	0.00	0.269
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	24.93	0.00	0.164
21476	DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked	179.0	1.0 slice 1/4 of pie	24.92	52.73	--
17079	Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled	85.0	3.0 oz	24.91	0.00	0.292
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	24.90	0.00	0.297
23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	24.89	0.00	0.325
17173	Game meat, moose, cooked, roasted	85.0	3.0 oz	24.88	0.00	--
21150	SUBWAY, sweet onion chicken teriyaki sub on white bread with lettuce, tomato and sweet onion sauce	228.0	6.0 inch sub	24.87	51.39	--
21151	Fast foods, submarine sandwich, sweet onion chicken teriyaki on white bread with lettuce, tomato and sweet onion sauce	228.0	6.0 inch sub	24.87	51.39	--
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	24.87	0.23	0.261
13158	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled	85.0	3.0 oz	24.86	0.00	0.279
23033	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	24.85	0.00	0.163
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	24.85	0.00	0.163
23303	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	24.84	0.00	0.285

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
23477	Beef, ground, 97% lean meat / 3% fat, raw	113.0	4.0 oz	24.84	0.00	0.127
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	24.84	0.00	0.291
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	24.83	2.45	0.577
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	24.83	0.00	0.163
17182	Game meat, raccoon, cooked, roasted	85.0	3.0 oz	24.82	0.00	--
32020	Chicken, thighs, frozen, breaded, reheated	133.0	1.0 thigh with bone and breading	24.82	18.93	--
23315	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	24.82	0.01	0.283
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	24.80	0.00	0.321
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	24.80	0.00	0.280
12151	Nuts, pistachio nuts, raw	123.0	1.0 cup	24.80	33.42	0.309
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	24.79	0.00	0.126
13447	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	24.79	0.00	0.279
15147	Crustaceans, lobster, northern, raw	150.0	1.0 lobster	24.78	0.00	0.322
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85.0	3.0 oz	24.78	0.00	0.266
15183	Fish, tuna, light, canned in oil, without salt, drained solids	85.0	3.0 oz	24.76	0.00	0.277
10204	Pork, fresh, loin, country-style ribs, separable lean and fat, raw	128.0	1.0 rib without refuse (Yield from 1 raw rib, with refuse, weighing 196g)	24.76	0.00	0.261
17194	Veal, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	24.75	0.11	0.264
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	85.0	3.0 oz	24.75	0.00	0.251
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	24.75	0.00	0.303
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	128.0	1.0 cup	24.74	19.60	0.378
12037	Seeds, sunflower seed kernels, dry roasted, without salt	128.0	1.0 cup	24.74	30.81	0.378
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	128.0	1.0 cup	24.74	30.81	0.378
17213	Veal, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	24.74	0.00	--
05318	Duck, young duckling, domesticated, White Pekin, leg, meat only, bone in, cooked without skin, braised	85.0	3.0 oz	24.74	0.00	0.340
23056	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	24.72	0.00	0.162
05632	Emu, top loin, cooked, broiled	85.0	1.0 serving (3 oz)	24.71	0.00	0.163

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
21160	Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato	201.0	6.0 inch sub	24.70	43.19	--
21159	SUBWAY, steak & cheese sub on white bread with American cheese, lettuce and tomato	201.0	6.0 inch sub	24.70	43.19	--
23394	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	24.70	0.00	0.303
17178	Game meat, rabbit, domesticated, composite of cuts, cooked, roasted	85.0	3.0 oz	24.70	0.00	0.326
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85.0	3.0 oz	24.70	0.00	0.314
05168	Turkey, whole, meat only, cooked, roasted	85.0	3.0 oz	24.70	0.00	0.264
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	24.68	0.00	0.294
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	113.0	4.0 oz	24.67	0.00	0.259
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	24.67	0.00	0.162
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	85.0	3.0 oz	24.66	0.04	0.291
05645	Ostrich, inside leg, cooked	85.0	1.0 serving (3 oz)	24.66	0.00	0.220
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	24.64	0.00	0.272
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	24.64	0.00	0.280
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	24.63	0.00	0.321
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	24.62	0.00	0.161
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	24.62	0.00	0.292
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	24.62	0.00	0.272
05136	Chicken, capons, meat and skin, cooked, roasted	85.0	3.0 oz	24.62	0.00	0.276
05317	Duck, young duckling, domesticated, White Pekin, leg, meat and skin, bone in, cooked, roasted	92.0	1.0 leg, bone removed (yield after cooking)	24.61	0.00	0.339
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	24.60	0.00	0.161
17344	Game meat, deer, ground, cooked, pan-broiled	93.0	1.0 patty	24.60	0.00	0.218
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	24.58	0.00	0.287
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	24.58	0.00	0.302

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	114.0	4.0 oz	24.57	0.00	0.249
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	113.0	4.0 oz	24.57	0.00	0.258
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	24.56	0.00	0.275
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	24.56	0.16	0.261
05696	Turkey from whole, light meat, meat only, with added solution, raw	114.0	4.0 oz	24.56	0.00	0.261
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	24.55	0.00	0.161
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	24.55	0.00	0.125
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	113.0	4.0 oz	24.54	0.00	0.271
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	85.0	3.0 oz	24.53	0.00	0.292
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	105.0	1.0 drumstick with skin (yield from 1 lb ready-to-cook chicken)	24.52	0.00	0.264
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	24.51	0.00	0.281
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	24.51	0.00	0.292
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	113.0	4.0 oz	24.50	0.00	0.271
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	24.50	0.00	0.154
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	24.50	0.00	0.281
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	24.50	0.00	0.292
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	24.49	0.00	0.292
10203	Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	24.49	0.00	0.311
05652	Ostrich, oyster, cooked	85.0	1.0 serving (3 oz)	24.49	0.00	0.218
23307	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean only, raw	114.0	4.0 oz	24.48	0.00	0.280
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	24.47	0.00	0.280
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	113.0	4.0 oz	24.46	0.00	0.257
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	24.45	0.00	0.274

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	24.44	0.00	0.291
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	85.0	3.0 oz	24.43	0.11	0.267
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	24.42	0.00	0.214
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	24.41	0.00	0.319
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	24.40	0.00	0.280
21266	TACO BELL, BURRITO SUPREME with chicken	248.0	1.0 item	24.40	50.86	0.273
23308	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	24.40	0.00	0.279
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	85.0	3.0 oz	24.39	0.00	0.290
17036	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	24.38	0.00	0.285
23392	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	24.36	0.00	0.288
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	24.36	0.00	0.160
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	24.35	0.00	0.318
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	114.0	4.0 oz	24.33	0.07	0.236
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	85.0	3.0 oz	24.33	0.00	0.309
05642	Ostrich, ground, cooked, pan-broiled	93.0	1.0 patty	24.32	0.00	0.217
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	85.0	3.0 oz	24.32	0.00	0.247
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	24.31	0.00	0.252
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	24.31	0.00	0.289
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	24.31	0.00	0.279
14036	Beverages, CYTOSPORT, Muscle Milk, ready-to-drink	414.0	14.0 fl oz	24.30	8.53	--
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	113.0	4.0 oz	24.30	0.00	0.269
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	24.29	0.00	0.289
13445	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	24.28	0.00	0.272

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	85.0	3.0 oz	24.28	0.00	0.309
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	85.0	3.0 oz	24.28	0.00	0.309
05003	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour	85.0	3.0 oz	24.28	2.78	0.275
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	24.28	2.68	0.275
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	114.0	4.0 oz	24.27	0.00	0.254
05650	Ostrich, outside strip, cooked	85.0	1.0 serving (3 oz)	24.27	0.00	0.217
05166	Turkey, whole, meat and skin, cooked, roasted	85.0	3.0 oz	24.27	0.05	0.247
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	115.0	1.0 serving	24.26	0.00	0.268
05215	Turkey, back from whole bird, meat only, raw	114.0	4.0 oz	24.26	0.17	0.259
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz (1 serving)	24.26	0.00	0.278
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	85.0	3.0 oz	24.25	0.00	0.254
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	85.0	3.0 oz	24.25	0.03	0.268
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	113.0	4.0 oz	24.25	0.00	0.254
17314	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	24.24	0.00	0.252
17052	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	24.23	0.00	0.283
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	113.0	4.0 oz	24.23	0.00	0.268
10116	Pork, fresh, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	24.22	0.00	0.531
05656	Ostrich, tip trimmed, cooked	85.0	1.0 serving (3 oz)	24.22	0.00	0.216
20072	Wheat, hard red winter	192.0	1.0 cup	24.21	136.67	0.307
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	24.21	0.63	0.315
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	24.21	0.00	0.156
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	24.21	0.00	0.252
13322	Beef, variety meats and by-products, heart, cooked, simmered	85.0	3.0 oz	24.21	0.13	--
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	24.20	0.00	0.273
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	24.20	0.00	0.288
23557	Beef, ground, 95% lean meat / 5% fat, raw	113.0	4.0 oz	24.19	0.00	0.123

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
13483	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	24.18	0.00	0.303
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	24.18	0.00	0.122
17157	Game meat, bison, separable lean only, cooked, roasted	85.0	3.0 oz	24.17	0.00	--
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	114.0	4.0 oz	24.17	0.05	0.245
21259	BURGER KING, Original Chicken Sandwich	199.0	1.0 sandwich	24.16	52.18	0.289
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	85.0	3.0 oz	24.15	8.36	0.251
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	24.15	0.00	0.272
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	24.15	0.00	0.287
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	24.14	0.00	0.250
15141	Crustaceans, crab, blue, canned	135.0	1.0 cup	24.14	0.00	0.305
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	24.11	0.00	0.314
21234	McDONALD'S, QUARTER POUNDER	171.0	1.0 item	24.11	37.91	--
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	24.11	0.00	0.296
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	24.11	0.19	0.314
17022	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	24.10	0.00	0.281
05134	Chicken, capons, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	24.10	0.03	0.270
23317	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	24.09	0.01	0.272
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	24.08	0.70	0.295
23431	Beef, New Zealand, imported, ribs prepared, raw	113.0	4.0 oz	24.08	0.00	0.252
23413	Beef, New Zealand, imported, flat, separable lean only, raw	113.0	4.0 oz	24.07	0.00	0.252
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	24.06	0.00	0.158
17159	Game meat, boar, wild, cooked, roasted	85.0	3.0 oz	24.06	0.00	0.323
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	24.06	0.00	0.281
01229	Cheese, white, queso blanco	118.0	1.0 cup, crumbled	24.05	2.99	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	24.05	0.00	0.158
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	24.05	0.00	0.271
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	133.0	1.0 drumstick with skin	24.05	0.15	0.261
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	114.0	4.0 oz	24.04	0.25	0.261
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	24.04	0.00	0.275
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	113.0	4.0 oz	24.04	0.00	0.252
21344	McDONALD'S, Double Cheeseburger	155.0	1.0 sandwich	24.02	29.12	--
23241	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	24.02	0.62	0.294
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	85.0	3.0 oz	24.02	0.00	0.264
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	24.00	0.75	0.284
20035	Quinoa, uncooked	170.0	1.0 cup	24.00	109.07	0.284
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	85.0	3.0 oz	24.00	0.00	0.303
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	24.00	0.00	0.270
17274	Veal, breast, point half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	24.00	0.00	0.242
23427	Beef, New Zealand, imported, manufacturing beef, raw	113.0	4.0 oz	23.99	0.26	0.251
17004	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	23.99	0.00	0.280
17085	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	23.98	0.00	0.280
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	23.98	0.00	0.286
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	85.0	3.0 oz	23.98	0.00	0.269
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	85.0	3.0 oz	23.98	0.00	0.278
23159	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	23.98	0.00	0.294
10118	Pork, fresh, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	23.97	0.00	0.246
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	23.96	0.00	0.286
13446	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	23.96	0.00	0.271

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	23.96	0.91	0.283
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	23.94	0.00	0.251
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	23.94	0.00	0.247
17018	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	23.94	0.00	0.280
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	23.94	0.00	0.293
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	85.0	3.0 oz	23.94	0.00	0.264
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	23.93	0.00	0.275
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	23.93	0.00	0.293
16510	WORTHINGTON Chili, canned, unprepared	230.0	1.0 cup	23.92	25.07	--
17171	Game meat, horse, cooked, roasted	85.0	3.0 oz	23.92	0.00	0.297
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	23.91	0.00	0.157
17454	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	23.91	0.00	0.249
05658	Ostrich, top loin, cooked	85.0	1.0 serving (3 oz)	23.90	0.00	0.213
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	23.89	0.00	0.293
43390	Turkey, light or dark meat, smoked, cooked, with skin, bone removed	85.0	3.0 oz, boneless	23.88	0.00	--
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	23.88	0.06	0.239
13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	23.88	0.00	0.258
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	68.0	1.0 cup	23.87	35.49	0.337
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	68.0	1.0 cup	23.87	35.49	0.337
17061	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, broiled	85.0	3.0 oz	23.87	0.00	0.279
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	23.87	0.00	0.157
15092	Fish, sea bass, mixed species, cooked, dry heat	101.0	1.0 fillet	23.87	0.00	0.268
17103	Veal, leg (top round), separable lean only, cooked, roasted	85.0	3.0 oz	23.86	0.00	0.241
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	114.0	4.0 oz	23.85	0.00	0.250

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	23.84	0.24	0.307
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	23.84	0.00	0.180
13372	Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	23.84	0.00	0.267
13395	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	23.83	0.00	0.267
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	23.83	0.14	0.241
13396	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	23.83	0.00	0.267
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	85.0	3.0 oz	23.83	0.00	0.257
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	23.82	0.00	0.283
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	23.82	0.00	0.156
23052	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	23.81	0.00	0.156
17448	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	23.81	0.00	0.247
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	23.80	0.00	0.281
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	85.0	3.0 oz	23.80	0.00	0.266
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	23.78	0.00	0.249
01227	Cheese, dry white, queso seco	97.0	1.0 cup grated	23.77	1.98	--
15091	Fish, sea bass, mixed species, raw	129.0	1.0 fillet	23.77	0.00	0.266
23100	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	23.77	0.00	0.292
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	23.77	0.00	0.273
23294	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	23.77	0.00	0.272
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	114.0	4.0 oz	23.77	0.00	0.283
23158	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	23.77	0.00	0.310
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	23.77	0.00	0.156
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	23.77	0.00	0.273
12141	Nuts, mixed nuts, dry roasted, with peanuts, salt added, CHOSEN ROASTER	132.0	1.0 cup	23.76	25.11	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	23.76	0.00	0.266
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	23.76	0.00	0.302
13951	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	23.76	0.00	0.156
05031	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	78.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	23.75	1.42	0.268
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	85.0	3.0 oz	23.75	0.00	0.278
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	23.75	0.00	0.263
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	85.0	3.0 oz	23.75	0.09	0.241
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	23.75	0.00	0.272
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	115.0	1.0 serving	23.75	0.00	0.262
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	23.71	0.00	0.156
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	137.0	1.0 cup	23.70	34.73	0.362
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	85.0	3.0 oz	23.70	0.00	0.262
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	23.70	0.00	0.272
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	102.0	1.0 back	23.69	0.03	0.232
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	23.69	0.00	0.262
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	23.69	0.00	0.280
13479	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	23.68	0.00	0.281
17422	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	113.0	4.0 oz	23.65	0.00	0.231
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	113.0	4.0 oz	23.65	0.00	0.261
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	113.0	4.0 oz	23.65	0.84	0.247
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	23.65	0.00	0.156

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	23.62	0.03	0.247
10059	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz (Yield from 1 cooked roast, with refuse, weighing 1515g)	23.61	0.00	0.248
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	23.61	0.00	0.156
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	23.60	0.00	0.155
17301	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	23.59	0.00	0.275
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	23.59	0.00	0.221
23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	23.59	0.00	0.279
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	113.0	4.0 oz	23.57	0.00	0.261
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	23.57	0.00	0.120
20088	Wild rice, raw	160.0	1.0 cup	23.57	119.84	0.286
23472	Beef, ground, 93% lean meat / 7% fat, raw	113.0	4.0 oz	23.56	0.00	0.120
05188	Turkey, from whole, dark meat, cooked, roasted	85.0	1.0 serving	23.55	0.00	0.251
05216	Turkey, back, from whole bird, meat only, roasted	85.0	3.0 oz	23.55	0.00	0.251
17049	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	23.55	0.00	0.275
05741	Turkey, thigh, from whole bird, meat only, roasted	85.0	3.0 oz	23.55	0.00	0.251
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	85.0	3.0 oz	23.54	0.00	0.238
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	23.54	0.00	0.265
23134	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	23.54	0.00	0.265
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	85.0	3.0 oz	23.53	0.00	0.299
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	23.53	0.00	0.288
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	23.53	0.00	0.155
17075	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted	85.0	3.0 oz	23.53	0.00	0.275
05033	Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed	90.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	23.53	0.00	0.265

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	116.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	23.51	0.00	0.263
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	23.51	0.00	0.155
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	23.50	0.00	0.262
10196	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	23.49	0.00	0.288
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	23.49	0.00	0.263
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	23.49	0.00	0.280
17305	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	23.49	0.00	0.275
17456	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	23.46	0.00	0.244
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	23.46	0.00	0.264
05316	Duck, young duckling, domesticated, White Pekin, breast, meat only, boneless, cooked without skin, broiled	85.0	3.0 oz	23.46	0.00	0.323
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	23.45	0.00	0.264
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	85.0	3.0 oz	23.44	0.00	0.119
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	85.0	3.0 oz	23.44	0.00	0.246
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	23.44	0.00	0.279
13867	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	23.44	0.00	0.263
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	23.43	0.00	0.279
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	183.0	1.0 slice 1/4 of pie	23.42	58.16	--
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	23.42	0.00	0.154
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	23.42	0.00	0.305
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	23.41	0.00	0.262
17453	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	23.41	0.00	0.243

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
23302	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	23.40	0.01	0.263
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	23.40	0.00	0.154
13389	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	23.40	0.00	0.262
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	23.40	0.00	0.154
13390	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	23.40	0.00	0.262
23064	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	23.39	0.00	0.154
17369	Lamb, New Zealand, imported, liver, raw	113.0	4.0 oz	23.39	2.51	0.259
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	23.38	0.00	0.286
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	23.38	0.00	0.264
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	85.0	3.0 oz	23.38	0.00	0.271
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	23.38	0.00	0.212
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	85.0	3.0 oz	23.38	0.00	0.245
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	85.0	3.0 oz	23.38	0.00	0.273
17289	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	23.38	0.00	0.273
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	590.0	1.0 serving	23.36	140.07	0.301
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	23.36	0.02	0.270
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	23.36	0.00	0.276
13236	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	23.36	0.00	0.276
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	23.33	0.00	0.261
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	85.0	3.0 oz	23.32	0.35	0.258
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	23.31	0.00	0.153

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	113.0	4.0 oz	23.30	0.00	0.258
15261	Fish, tilapia, raw	116.0	1.0 fillet	23.29	0.00	0.244
23156	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	23.29	0.00	0.286
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	113.0	4.0 oz	23.29	0.00	0.258
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	113.0	4.0 oz	23.29	0.00	0.244
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	23.28	0.00	0.275
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	23.27	0.00	0.261
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	96.0	1.0 drumstick without skin	23.27	0.00	0.262
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	23.26	0.00	0.153
15082	Fish, salmon, coho, wild, cooked, moist heat	85.0	3.0 oz	23.26	0.00	0.260
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	113.0	4.0 oz	23.24	0.00	0.244
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	85.0	3.0 oz	23.23	0.00	0.235
13820	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	23.23	0.00	0.260
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	23.22	0.00	0.287
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	85.0	3.0 oz	23.21	0.00	0.118
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	23.21	0.00	0.260
17293	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	23.21	0.00	0.271
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	23.20	0.00	0.251
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	23.20	0.00	0.275
23313	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	23.20	0.00	0.266
23411	Beef, New Zealand, imported, flank, separable lean only, raw	113.0	4.0 oz	23.20	0.00	0.243
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	23.20	0.00	0.257
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	85.0	3.0 oz	23.20	8.42	0.241
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	85.0	3.0 oz	23.19	0.00	0.243

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
13391	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	23.18	0.00	0.152
13324	Beef, variety meats and by-products, kidneys, cooked, simmered	85.0	3.0 oz	23.18	0.00	--
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	23.18	0.00	0.259
13952	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	23.18	0.00	0.152
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	23.18	0.06	0.234
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	23.17	0.00	0.260
15022	Fish, cusk, raw	122.0	1.0 fillet	23.17	0.00	0.260
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	113.0	4.0 oz	23.16	4.07	0.243
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	85.0	3.0 oz	23.15	0.00	0.286
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	23.15	0.00	0.244
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	85.0	3.0 oz	23.15	0.08	0.242
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	23.15	0.00	0.152
23050	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	23.14	0.00	0.152
15193	Fish, cusk, cooked, dry heat	95.0	1.0 fillet	23.13	0.00	0.259
21210	SUBWAY, roast beef sub on white bread with lettuce and tomato	190.0	6.0 inch sub	23.12	38.65	0.272
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	190.0	6.0 inch sub	23.12	38.65	0.272
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	115.0	1.0 serving	23.10	0.10	0.255
17297	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	23.10	0.00	0.269
23101	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	23.10	0.00	0.273
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	23.10	0.63	0.217
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	23.09	0.00	0.260
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	23.09	0.00	0.152
13857	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	23.09	0.00	0.152
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	23.09	0.00	0.260

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	23.09	0.01	0.255
15056	Fish, mullet, striped, cooked, dry heat	93.0	1.0 fillet	23.07	0.00	0.259
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	23.07	0.00	0.298
12039	Seeds, sunflower seed kernels, toasted, without salt	134.0	1.0 cup	23.06	27.59	0.352
12539	Seeds, sunflower seed kernels, toasted, with salt added	134.0	1.0 cup	23.06	27.59	0.352
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	91.0	1.0 drumstick without skin	23.06	0.00	0.260
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	23.05	0.00	0.151
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	23.05	0.00	0.269
23146	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	23.05	0.00	0.282
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	113.0	4.0 oz	23.05	0.82	0.255
13332	Beef, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	23.04	0.00	0.298
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	23.04	0.76	0.258
17169	Game meat, goat, cooked, roasted	85.0	3.0 oz	23.04	0.00	0.343
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	23.04	0.00	0.262
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	85.0	3.0 oz	23.03	0.00	0.290
23295	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	23.02	0.00	0.264
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	23.00	0.00	0.258
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	115.0	1.0 serving	22.98	0.00	0.254
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	85.0	3.0 oz	22.98	0.00	0.116
23147	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	22.98	0.00	0.299
23157	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	22.98	0.00	0.272
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	22.98	0.00	0.272
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	22.97	12.22	0.335
17371	Lamb, New Zealand, imported, ground lamb, raw	113.0	4.0 oz	22.97	0.00	0.254
23311	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	22.97	0.23	0.263

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
13823	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	22.97	0.00	0.264
20004	Barley, hulled	184.0	1.0 cup	22.96	135.20	0.383
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	22.96	0.00	0.273
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	22.96	0.00	0.151
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	22.95	0.00	0.116
23287	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	22.95	0.85	0.257
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	22.94	0.00	0.273
10198	Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	22.94	0.00	0.292
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	22.93	0.00	0.257
05032	Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted	79.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	22.93	0.00	0.258
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	22.92	0.00	0.244
17272	Veal, breast, whole, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	22.92	0.00	0.231
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	22.92	0.00	0.174
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	22.92	0.00	0.244
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	22.92	0.00	0.195
17257	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	22.92	0.00	0.268
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	22.92	0.00	0.273
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	22.92	0.00	0.150
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	95.0	1.0 thigh	22.89	0.00	0.185
23390	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	22.88	0.00	0.257
23451	Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	114.0	4.0 oz	22.86	0.00	0.239
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	22.86	0.00	0.256
36407	Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	653.0	1.0 serving	22.86	200.80	0.326

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	22.85	0.00	0.150
05124	Chicken, stewing, meat and skin, cooked, stewed	85.0	3.0 oz	22.85	0.00	0.256
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	106.0	1.0 drumstick with skin	22.84	0.14	0.247
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	113.0	4.0 oz	22.83	0.00	0.252
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	114.0	4.0 oz	22.82	0.16	0.230
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	114.0	4.0 oz	22.81	0.00	0.194
17161	Game meat, buffalo, water, cooked, roasted	85.0	3.0 oz	22.81	0.00	0.278
23514	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz (1 serving)	22.80	0.00	0.246
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	22.79	0.00	0.271
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	86.0	1.0 rib without refuse (Yield from 1 cooked rib, with refuse, weighing 140g)	22.78	0.00	0.240
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	22.78	0.00	0.156
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	22.78	0.94	0.256
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	22.77	0.00	0.150
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	22.77	0.00	0.150
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	85.0	3.0 oz	22.77	0.04	0.252
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	113.0	4.0 oz	22.77	1.53	0.238
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	85.0	3.0 oz	22.76	0.05	0.253
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	22.76	0.00	0.255
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	22.75	0.00	0.153
15262	Fish, tilapia, cooked, dry heat	87.0	1.0 fillet	22.75	0.00	0.231
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85.0	3.0 oz	22.75	0.00	0.271
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	22.75	0.00	0.150

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	1.0 serving	22.74	0.00	0.150
17309	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	22.74	0.00	0.265
17203	Veal, variety meats and by-products, liver, cooked, braised	80.0	1.0 slice	22.74	3.02	0.289
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	113.0	4.0 oz	22.74	0.00	0.238
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	95.0	1.0 drumstick without skin	22.73	0.00	0.256
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	105.0	1.0 piece	22.73	0.00	0.271
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	22.73	0.00	0.289
17233	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	22.72	0.00	0.265
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	22.71	0.00	0.147
01173	Egg, white, dried	28.0	1.0 oz	22.71	2.18	0.280
17283	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	22.70	0.00	0.265
23099	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	22.70	0.00	0.256
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	85.0	3.0 oz grilled patties	22.69	0.49	0.292
23305	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	22.69	0.13	0.237
10079	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted	85.0	3.0 oz	22.68	0.00	0.288
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	85.0	3.0 oz	22.68	0.00	0.240
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	115.0	1.0 serving	22.68	0.00	0.251
13977	Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	22.66	0.00	0.245
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	22.66	0.00	0.269
13821	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	22.65	0.00	0.260
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	22.64	0.00	0.238
21267	TACO BELL, BURRITO SUPREME with steak	248.0	1.0 item	22.64	50.39	0.268
21258	BURGER KING, Premium Fish Sandwich	220.0	1.0 sandwich	22.64	58.72	0.178
21105	Fast foods, fish sandwich, with tartar sauce	220.0	1.0 sandwich	22.64	58.72	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	85.0	3.0 oz	22.63	0.00	0.115
21112	Fast foods, hamburger; single, large patty; plain	137.0	1.0 sandwich	22.62	31.73	0.274
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	22.62	0.00	0.149
21121	Fast foods, roast beef sandwich, plain	149.0	1.0 sandwich	22.60	33.09	--
21527	ARBY'S, roast beef sandwich, classic	149.0	1.0 sandwich	22.60	33.09	--
17028	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	22.60	0.00	0.264
23562	Beef, ground, 90% lean meat / 10% fat, raw	113.0	4.0 oz	22.60	0.00	0.115
13096	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	22.59	0.00	0.149
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	85.0	3.0 oz	22.58	0.00	0.238
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	22.58	0.00	0.149
23316	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean and fat, raw	114.0	4.0 oz	22.57	0.13	0.238
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	22.56	0.00	0.192
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	22.56	0.00	0.269
17313	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	22.55	0.00	0.264
15185	Fish, tuna, white, canned in oil, without salt, drained solids	85.0	3.0 oz	22.55	0.00	0.252
13354	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	22.55	0.00	0.258
15124	Fish, tuna, white, canned in oil, drained solids	85.0	3.0 oz	22.55	0.00	0.252
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	22.54	0.00	0.230
17447	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	22.54	0.00	0.234
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	114.0	4.0 oz	22.54	1.57	0.236
01137	Egg, yolk, dried	67.0	1.0 cup, sifted	22.53	0.44	0.261
13351	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	22.52	0.12	0.258
20008	Buckwheat	170.0	1.0 cup	22.52	121.55	0.326
13352	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	22.52	0.24	0.258

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	22.52	0.58	0.212
15086	Fish, salmon, sockeye, cooked, dry heat	85.0	3.0 oz	22.51	0.00	0.285
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	22.51	0.00	0.268
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	114.0	4.0 oz	22.50	0.00	0.236
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	22.49	0.00	0.252
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	22.49	0.00	0.148
17215	Lamb, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	22.49	0.00	0.248
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	22.48	0.00	0.236
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	22.47	0.00	0.148
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	22.47	0.00	0.148
23304	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	22.47	0.00	0.254
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	113.0	4.0 oz	22.46	0.06	0.249
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	113.0	4.0 oz	22.46	1.49	0.235
13822	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	22.45	0.00	0.258
17016	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	22.45	0.00	0.263
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	22.45	0.00	0.152
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	85.0	3.0 oz	22.45	2.65	0.313
05306	Ground turkey, cooked	82.0	1.0 patty (4 oz, raw) (yield after cooking)	22.44	0.00	0.256
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	22.43	0.00	0.257
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	22.42	0.00	0.260
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	113.0	4.0 oz	22.42	0.00	0.257
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	22.41	0.00	0.251
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	85.0	3.0 oz	22.41	0.08	0.231

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	85.0	3.0 oz	22.41	0.00	0.249
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	85.0	3.0 oz	22.41	0.00	0.114
23515	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85.0	3.0 oz	22.41	0.00	0.242
15006	Fish, burbot, raw	116.0	1.0 fillet	22.40	0.00	0.251
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	22.39	0.00	0.147
15264	Salmon, sockeye, canned, drained solids, without skin and bones	85.0	3.0 oz	22.38	0.00	0.269
17198	Veal, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	22.37	0.00	0.287
17109	Veal, loin, separable lean only, cooked, roasted	85.0	3.0 oz	22.37	0.00	0.226
15202	Fish, milkfish, cooked, dry heat	85.0	3.0 oz	22.37	0.00	0.251
17139	Veal, sirloin, separable lean only, cooked, roasted	85.0	3.0 oz	22.37	0.00	0.226
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	85.0	3.0 oz	22.36	0.00	0.247
10898	Pork, pickled pork hocks	117.0	3.0 oz	22.36	0.00	0.044
22983	KASHI, Chicken Florentine, Frozen Entree	283.0	1.0 package	22.36	31.13	--
23279	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	22.36	0.94	0.251
23107	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	22.36	0.00	0.252
15102	Fish, snapper, mixed species, cooked, dry heat	85.0	3.0 oz	22.36	0.00	0.250
23058	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	22.36	0.00	0.147
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	144.0	1.0 cup	22.35	32.07	0.363
12138	Nuts, mixed nuts, oil roasted, without peanuts, without salt added	144.0	1.0 cup	22.35	32.07	0.363
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	85.0	3.0 oz	22.35	0.00	0.113
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	22.35	0.00	0.251
10195	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	22.35	0.00	0.274
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	22.34	0.00	0.113
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	85.0	3.0 oz	22.32	0.00	0.246
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	85.0	3.0 oz	22.32	0.00	0.261
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	85.0	3.0 oz	22.29	0.00	0.113
15190	Fish, burbot, cooked, dry heat	90.0	1.0 fillet	22.28	0.00	0.249

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	22.28	0.00	0.250
17231	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	22.27	0.00	0.260
23391	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	22.25	0.00	0.249
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	22.25	0.14	0.207
23105	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	22.25	0.18	0.251
17321	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	22.25	0.00	0.260
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	85.0	3.0 oz	22.24	0.00	0.234
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	22.24	0.00	0.260
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	22.24	0.00	0.240
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	22.24	0.00	0.146
11853	Soybeans, green, cooked, boiled, drained, with salt	180.0	1.0 cup	22.23	19.89	0.270
11451	Soybeans, green, cooked, boiled, drained, without salt	180.0	1.0 cup	22.23	19.89	0.270
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	85.0	3.0 oz	22.22	0.76	0.264
17127	Veal, shoulder, arm, separable lean only, cooked, roasted	85.0	3.0 oz	22.21	0.00	0.225
23511	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	22.21	0.00	0.240
13963	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	22.21	0.00	0.240
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	22.21	0.00	0.240
17338	Game meat, elk, ground, raw	102.0	1.0 patty (yield from 102.2 g raw meat)	22.20	0.00	0.198
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	85.0	3.0 oz	22.19	0.00	0.189
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	3.0 oz	22.19	0.00	0.113
13965	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	22.19	0.00	0.240

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
10208	Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised	80.0	1.0 rib without refuse (yield from 1 cooked rib, with refuse, weighing 141g)	22.19	0.00	0.234
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	22.18	0.00	0.236
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	22.18	0.00	0.236
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	22.18	0.00	0.236
23106	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	22.18	0.34	0.250
05707	Turkey, whole, meat and skin, with added solution, roasted	85.0	3.0 oz	22.18	0.00	0.224
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	22.17	0.00	0.239
42280	Frankfurter, meat and poultry, low fat	143.0	1.0 cup, sliced	22.16	12.01	--
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	22.16	0.00	0.239
23038	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	22.16	0.00	0.145
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	85.0	3.0 oz	22.16	0.00	0.254
17237	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	22.15	0.00	0.259
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	22.15	0.00	0.188
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	22.14	0.00	0.151
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	22.13	0.00	0.233
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	85.0	3.0 oz	22.13	0.00	0.112
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	22.12	0.58	0.207
15098	Fish, sheepshead, cooked, dry heat	85.0	3.0 oz	22.12	0.00	0.247
10111	Pork, fresh, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	22.12	3.20	0.311
21473	DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked	164.0	1.0 slice 1/4 of pie	22.11	48.97	--
15200	Fish, mackerel, king, cooked, dry heat	85.0	3.0 oz	22.10	0.00	0.247
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	22.10	0.00	0.247
23278	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	22.10	0.68	0.247
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	114.0	4.0 oz	22.09	0.00	0.358

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	22.08	0.00	0.247
21022	Fast foods, english muffin, with egg, cheese, and sausage	165.0	1.0 item	22.08	28.78	0.269
20028	Couscous, dry	173.0	1.0 cup	22.07	133.95	0.282
01228	Cheese, fresh, queso fresco	122.0	1.0 cup, crumbled	22.07	3.64	--
21152	SUBWAY, SUBWAY CLUB sub on white bread with lettuce and tomato	207.0	6.0 inch sub	22.07	42.15	--
17463	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	22.07	0.00	0.230
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	85.0	3.0 oz	22.07	0.00	0.263
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	22.06	0.00	0.238
17462	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	22.06	0.00	0.230
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	85.0	3.0 oz	22.04	0.00	0.112
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85.0	3.0 oz	22.04	0.00	0.080
17273	Veal, breast, plate half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	22.04	0.00	0.223
20031	Millet, raw	200.0	1.0 cup	22.04	145.70	0.238
05641	Ostrich, ground, raw	109.0	1.0 patty	22.04	0.00	0.196
13916	Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	22.03	0.00	0.246
23509	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	22.02	0.00	0.238
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	85.0	3.0 oz	22.00	0.00	0.252
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	21.99	0.00	0.237
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	85.0	3.0 oz	21.98	0.00	0.251
05117	Chicken, roasting, light meat, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	21.98	0.00	0.256
05156	Pheasant, leg, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-eat pheasant)	21.98	0.00	0.306
05162	Squab, (pigeon), light meat without skin, raw	101.0	1.0 breast, bone removed	21.98	0.00	0.344
17223	Veal, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	21.97	0.00	0.237
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	21.97	0.00	0.189
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	21.97	0.00	0.246

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
13851	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	21.97	0.00	0.145
05719	Turkey, back, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	21.97	0.17	0.234
05694	Turkey, dark meat from whole, meat only, with added solution, raw	114.0	4.0 oz	21.97	0.11	0.234
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	21.97	0.17	0.234
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	85.0	3.0 oz	21.96	0.03	0.231
17424	Veal, ground, cooked, pan-fried	85.0	3.0 oz	21.96	1.28	0.222
15211	Fish, salmon, chum, cooked, dry heat	85.0	3.0 oz	21.95	0.00	0.246
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	21.95	0.00	0.267
17121	Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted	85.0	3.0 oz	21.94	0.00	0.222
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	21.94	0.00	0.247
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	85.0	3.0 oz	21.93	0.00	0.155
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	85.0	3.0 oz	21.93	1.26	0.242
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	85.0	3.0 oz	21.93	0.00	0.111
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	21.92	0.00	0.230
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	21.90	0.00	0.236
17115	Veal, rib, separable lean only, cooked, roasted	85.0	3.0 oz	21.90	0.00	0.222
17303	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	21.89	0.00	0.256
05043	Chicken, broilers or fryers, dark meat, meat only, raw	109.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	21.89	0.00	0.256
13961	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz (1 serving)	21.88	0.00	0.236
23519	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	21.87	0.00	0.236
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	21.87	0.00	0.236
15210	Fish, salmon, chinook, cooked, dry heat	85.0	3.0 oz	21.86	0.00	0.245
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	21.86	0.13	0.221
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	21.84	0.00	0.236
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	21.84	0.00	0.260

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	95.0	1.0 drumstick without skin	21.84	0.00	0.246
23389	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	21.84	0.00	0.245
10220	Pork, fresh, ground, cooked	85.0	3.0 oz	21.84	0.00	0.277
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	21.82	0.00	0.235
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	21.81	0.00	0.144
01135	Egg, white, dried, flakes, stabilized, glucose reduced	28.35	1.0 oz	21.81	1.18	0.335
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	200.0	1.0 cup	21.80	155.40	0.196
17133	Veal, shoulder, blade, separable lean only, cooked, roasted	85.0	3.0 oz	21.79	0.00	0.220
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	21.77	0.00	0.230
16426	Tofu, raw, firm, prepared with calcium sulfate	126.0	0.5 cup	21.76	3.50	0.296
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	128.0	1.0 cup	21.76	13.98	0.247
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	85.0	3.0 oz	21.74	0.00	0.276
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	21.73	0.00	0.182
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	85.0	3.0 oz	21.73	0.05	0.110
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85.0	3.0 oz	21.73	0.00	0.110
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	21.73	0.00	0.244
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	21.73	0.00	0.110
12086	Nuts, cashew nuts, oil roasted, without salt added	129.0	1.0 cup, whole	21.72	38.53	0.342
12586	Nuts, cashew nuts, oil roasted, with salt added	129.0	1.0 cup, whole	21.72	38.91	0.342
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	21.72	0.00	0.254
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	21.72	0.00	0.217
15159	Mollusks, clam, mixed species, cooked, moist heat	85.0	3.0 oz	21.72	4.36	0.243
20074	Wheat, hard white	192.0	1.0 cup	21.72	145.73	--
17307	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	21.71	0.00	0.253
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	128.0	1.0 cup	21.71	33.33	0.475

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	128.0	1.0 cup	21.71	33.33	0.475
17201	Lamb, variety meats and by-products, liver, cooked, pan-fried	85.0	3.0 oz	21.70	3.21	0.252
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	85.0	3.0 oz	21.70	0.00	0.240
15184	Fish, tuna, light, canned in water, without salt, drained solids	85.0	3.0 oz	21.68	0.00	0.243
17227	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	21.68	0.00	0.253
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	21.68	0.00	0.243
23280	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	21.68	0.34	0.243
17311	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	21.67	0.00	0.253
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	21.66	0.60	0.201
17057	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	21.66	0.00	0.253
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	21.66	0.00	0.244
17050	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	21.64	0.00	0.253
17124	Veal, shoulder, arm, separable lean and fat, cooked, roasted	85.0	3.0 oz	21.64	0.00	0.219
17148	Bison, ground, grass-fed, cooked	85.0	3.0 oz	21.63	0.00	0.163
15209	Fish, salmon, Atlantic, wild, cooked, dry heat	85.0	3.0 oz	21.62	0.00	0.242
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	21.59	0.00	0.241
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	95.0	1.0 drumstick without skin	21.58	0.00	0.232
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	85.0	3.0 oz	21.57	0.00	0.110
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	21.54	0.00	0.230
17259	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	21.54	0.00	0.252
21145	School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Cheese Pizza, frozen	155.0	1.0 slice 1/8 per pizza	21.53	42.00	--
17118	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	85.0	3.0 oz	21.52	0.00	0.218
23310	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	21.51	0.65	0.246

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
23044	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	21.50	0.00	0.141
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	85.0	3.0 oz	21.50	0.00	0.238
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	21.49	0.94	0.280
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	81.0	1.0 slice	21.48	4.18	0.271
21227	Pizza, meat and vegetable topping, rising crust, frozen, cooked	170.0	1.0 serving 6 servings per 34.98 oz package	21.47	48.93	--
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	21.47	0.00	0.242
17255	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	21.47	0.00	0.251
13927	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	21.47	0.00	0.241
21154	Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato	198.0	6.0 inch sub	21.46	42.27	--
21211	SUBWAY, oven roasted chicken sub on white bread with lettuce and tomato	198.0	6.0 inch sub	21.46	42.27	--
17295	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	21.46	0.00	0.251
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	85.0	3.0 oz	21.46	0.00	0.109
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	115.0	1.0 serving	21.44	0.15	0.237
21329	McDONALD'S, Sausage, Egg & Cheese McGRIDDLES	199.0	1.0 item 7 oz	21.43	43.86	--
21305	Fast foods, griddle cake sandwich, egg, cheese, and sausage	199.0	1.0 item	21.43	43.86	--
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	85.0	3.0 oz	21.43	0.00	0.109
16516	WORTHINGTON Multigrain Cutlets, canned, unprepared	92.0	2.0 slices	21.43	6.72	--
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	89.0	1.0 thigh	21.41	0.00	0.197
36016	Restaurant, family style, shrimp, breaded and fried	169.0	1.0 serving	21.41	37.67	0.245
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	21.40	0.00	0.240
05157	Quail, meat and skin, raw	109.0	1.0 quail	21.40	0.00	0.314
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	21.39	0.00	0.250
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	461.0	1.0 serving	21.39	112.48	0.267
17291	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	21.39	0.00	0.250

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	95.0	1.0 thigh	21.38	0.11	0.164
17130	Veal, shoulder, blade, separable lean and fat, cooked, roasted	85.0	3.0 oz	21.38	0.00	0.217
17136	Veal, sirloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	21.37	0.00	0.216
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	85.0	3.0 oz	21.37	0.39	0.264
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	85.0	3.0 oz	21.37	0.00	0.236
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	96.0	1.0 serving	21.35	3.23	0.196
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	85.0	3.0 oz	21.34	0.00	0.243
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	21.34	0.26	0.201
13334	Beef, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	21.34	0.00	0.222
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	85.0	3.0 oz	21.32	0.00	0.235
01019	Cheese, feta	150.0	1.0 cup, crumbled	21.32	6.14	0.300
23220	Beef, ground, unspecified fat content, cooked	85.0	3.0 oz	21.31	0.53	0.239
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	21.31	0.00	0.224
36015	Restaurant, family style, chicken fingers, from kid's menu	114.0	1.0 serving	21.30	21.40	0.243
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	21.28	0.00	0.240
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	21.27	0.00	0.246
21146	School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Turkey Pepperoni Pizza, frozen	156.0	1.0 slice 1/8 per pizza	21.26	42.67	--
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166.0	1.0 sandwich	21.25	35.19	0.267
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	21.24	0.00	0.252
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	21.23	0.00	0.239
16145	Beans, kidney, red, mature seeds, canned, drained solids	266.0	1.0 can drained solids	21.23	57.16	0.253
17192	Lamb, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	21.22	1.64	0.230
17235	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	21.21	0.00	0.248
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	21.21	0.29	0.199
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	21.21	0.00	0.239

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	21.20	0.00	0.247
23060	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	21.19	0.00	0.147
15205	Fish, pollock, Atlantic, cooked, dry heat	85.0	3.0 oz	21.18	0.00	0.237
05119	Chicken, roasting, dark meat, meat only, raw	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	21.18	0.00	0.247
20466	Semolina, unenriched	167.0	1.0 cup	21.18	121.63	0.271
20066	Semolina, enriched	167.0	1.0 cup	21.18	121.63	0.271
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	21.17	0.00	0.247
13393	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	21.17	0.00	0.237
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	21.16	0.02	0.222
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85.0	3.0 oz	21.15	0.00	0.252
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	21.15	0.00	0.223
17299	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	21.15	0.00	0.247
23115	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	21.13	0.00	0.238
23200	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	21.12	0.00	0.237
23227	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	21.12	0.00	0.236
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	21.12	0.00	0.237
15032	Fish, grouper, mixed species, cooked, dry heat	85.0	3.0 oz	21.11	0.00	0.236
23196	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	21.11	0.00	0.236
15140	Crustaceans, crab, blue, cooked, moist heat	118.0	1.0 cup, flaked and pieces	21.10	0.00	0.267
23323	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	21.09	0.66	0.239
17073	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted	85.0	3.0 oz	21.09	0.00	0.246
17106	Veal, loin, separable lean and fat, cooked, roasted	85.0	3.0 oz	21.08	0.00	0.213
17287	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	21.06	0.00	0.246

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
22915	Lasagna with meat & sauce, low-fat, frozen entree	309.0	1.0 package	21.04	41.72	--
17225	Lamb, ground, cooked, broiled	85.0	3.0 oz	21.04	0.00	0.246
05137	Chicken, capons, giblets, raw	115.0	1.0 giblets	21.02	1.63	0.250
13392	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	21.02	0.00	0.235
23042	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	21.00	0.00	0.138
15047	Fish, mackerel, Atlantic, cooked, dry heat	88.0	1.0 fillet	20.99	0.00	0.235
15063	Fish, pike, northern, cooked, dry heat	85.0	3.0 oz	20.99	0.00	0.235
12585	Nuts, cashew nuts, dry roasted, with salt added	137.0	1.0 cup, halves and whole	20.97	44.79	0.325
12085	Nuts, cashew nuts, dry roasted, without salt added	137.0	1.0 cup, halves and whole	20.97	44.79	0.325
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	20.96	1.30	0.257
14035	Beverages, ABBOTT, EAS soy protein powder	44.0	1.0 scoop	20.95	19.33	--
23113	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	20.94	0.00	0.235
17020	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	20.94	0.00	0.245
21307	Fast foods, griddle cake sandwich, egg, cheese, and bacon	174.0	1.0 item 6.1 oz	20.93	45.57	--
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	113.0	4.0 oz	20.93	0.00	0.219
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	85.0	3.0 oz	20.93	0.00	0.226
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	85.0	3.0 oz	20.93	0.00	0.106
17058	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	20.92	0.00	0.245
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	20.92	0.00	0.226
23006	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	20.91	0.00	0.234
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	113.0	4.0 oz	20.89	0.68	0.219
15212	Fish, salmon, pink, cooked, dry heat	85.0	3.0 oz	20.89	0.00	0.225
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	85.0	3.0 oz	20.88	0.00	0.106
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	84.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	20.87	7.55	0.239
21475	DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked	161.0	1.0 slice 1/4 of pie	20.87	42.62	--
13854	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	20.85	0.00	0.137
15069	Fish, pompano, florida, cooked, dry heat	88.0	1.0 fillet	20.85	0.00	0.233

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	20.84	0.00	0.244
17281	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	20.84	0.00	0.243
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	115.0	1.0 serving	20.84	0.15	0.230
15046	Fish, mackerel, Atlantic, raw	112.0	1.0 fillet	20.83	0.00	0.233
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	138.0	1.0 slice	20.82	6.47	0.196
05005	Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	85.0	3.0 oz	20.82	0.05	0.232
15223	Fish, whitefish, mixed species, cooked, dry heat	85.0	3.0 oz	20.80	0.00	0.233
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz (1serving)	20.80	0.00	0.225
23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	20.80	0.00	0.235
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	113.0	4.0 oz	20.78	0.82	0.229
17045	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	20.77	0.00	0.243
21359	McDONALD'S, Sausage McMUFFIN with Egg	165.0	1.0 item 5.8 oz	20.77	28.51	--
36006	T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	175.0	1.0 serving	20.77	36.52	0.240
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	114.0	4.0 oz	20.77	1.49	0.218
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	85.0	1.0 serving	20.77	0.00	0.230
17037	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	20.76	0.00	0.242
17063	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	20.76	0.00	0.242
17261	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	20.75	0.00	0.242
13808	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	20.74	0.00	0.232
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146.0	1.0 cup	20.73	65.55	0.238
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	146.0	1.0 cup	20.73	65.55	0.238
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	20.73	0.54	0.193
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	85.0	3.0 oz	20.73	0.00	0.230
17143	Veal, ground, cooked, broiled	85.0	3.0 oz	20.72	0.00	0.210

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	20.72	0.00	0.224
05155	Pheasant, breast, meat only, raw	85.0	3.0 oz	20.71	0.00	0.288
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	85.0	1.0 serving (3 oz)	20.71	0.00	0.195
19821	Snacks, trail mix, regular, unsalted	150.0	1.0 cup	20.70	67.35	0.249
19059	Snacks, trail mix, regular	150.0	1.0 cup	20.70	67.35	0.249
15198	Fish, ling, cooked, dry heat	85.0	3.0 oz	20.70	0.00	0.232
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	113.0	4.0 oz	20.69	1.15	0.228
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	20.69	0.00	0.194
05131	Chicken, stewing, dark meat, meat only, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	20.68	0.00	0.242
05076	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, batter	95.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	20.68	8.28	0.238
17331	Game meat, bison, ground, cooked, pan-broiled	87.0	1.0 patty (yield from 112.7 g raw meat)	20.68	0.00	0.157
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	171.0	1.0 sandwich	20.67	27.19	0.181
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	20.67	27.19	0.181
05111	Canada Goose, breast meat, skinless, raw	85.0	3.0 oz	20.66	0.00	--
23198	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	20.66	0.00	0.231
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	20.65	0.00	0.246
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	85.0	3.0 oz	20.62	0.03	0.228
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	196.0	6.0 inch sub	20.62	40.04	0.196
21213	SUBWAY, cold cut sub on white bread with lettuce and tomato	196.0	6.0 inch sub	20.62	40.04	0.196
15160	Mollusks, clam, mixed species, canned, drained solids	85.0	3.0 oz	20.61	5.02	0.288
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	20.60	1.54	0.244
22908	Beef, corned beef hash, with potato, canned	236.0	1.0 cup	20.60	21.88	0.111
16157	Chickpea flour (besan)	92.0	1.0 cup	20.60	53.19	--
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	20.60	0.00	0.230
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	85.0	3.0 oz	20.59	0.00	0.233
19352	Syrups, malt	332.0	1.0 cup	20.58	236.72	0.249

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	85.0	3.0 oz	20.58	0.00	0.216
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	20.58	0.00	0.231
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	85.0	3.0 oz	20.58	0.00	0.262
05129	Chicken, stewing, light meat, meat only, raw	89.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	20.56	0.00	0.240
13979	Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	20.55	0.00	0.222
13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	20.55	0.00	0.222
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	85.0	3.0 oz	20.53	0.00	0.244
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	20.52	0.41	0.193
05193	Turkey, all classes, leg, meat and skin, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	20.52	0.00	0.230
13860	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	20.51	0.00	0.230
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	20.51	6.38	0.193
21110	Fast foods, hamburger; double, regular, patty; plain	120.0	1.0 item	20.50	28.92	0.247
10122	Pork, fresh, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	20.48	0.00	0.236
17217	Veal, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	20.47	0.00	0.201
13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	20.44	0.00	0.221
17373	Lamb, New Zealand, imported, heart, raw	113.0	4.0 oz	20.44	0.00	0.226
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	20.43	0.00	0.229
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	85.0	3.0 oz	20.43	0.00	0.104
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	20.43	0.00	0.230
21157	SUBWAY, meatball marinara sub on white bread (no toppings)	209.0	6.0 inch sub	20.42	54.36	--
21158	Fast foods, submarine sandwich, meatball marinara on white bread	209.0	6.0 inch sub	20.42	54.36	--
05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	20.42	0.00	0.238
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	89.0	1.0 thigh	20.41	0.02	0.180
21432	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed	91.0	1.0 thigh, without skin	20.39	0.00	0.156

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
20067	Sorghum grain	192.0	1.0 cup	20.39	138.41	0.238
10852	HORMEL ALWAYS TENDER, Pork Tenderloin, Teriyaki-Flavored	112.0	4.0 oz	20.38	5.19	--
15271	Crustaceans, shrimp, cooked (not previously frozen)	85.0	3.0 oz	20.38	0.17	--
05112	Chicken, roasting, meat and skin, cooked, roasted	85.0	3.0 oz	20.37	0.00	0.226
05110	Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	20.37	0.04	0.225
17112	Veal, rib, separable lean and fat, cooked, roasted	85.0	3.0 oz	20.37	0.00	0.207
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	20.37	0.00	0.220
20063	Rye flour, dark	128.0	1.0 cup	20.36	87.85	0.230
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	478.0	1.0 serving	20.36	81.93	0.167
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	20.36	0.35	0.240
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	20.36	0.54	0.189
05170	Turkey, skin from whole (light and dark), roasted	85.0	1.0 serving	20.35	0.48	0.102
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	114.0	4.0 oz	20.34	0.17	0.201
23199	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	20.33	0.00	0.228
10972	Pork, ground, 84% lean / 16% fat, raw	113.0	4.0 oz	20.33	0.50	0.262
01271	Cheese, mozzarella, low moisture, part-skim, shredded	86.0	1.0 cup	20.32	6.93	0.268
13919	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	20.31	0.00	0.228
13925	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	20.31	0.00	0.228
13922	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	20.31	0.00	0.228
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	20.31	0.00	0.228
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	85.0	3.0 oz	20.29	0.00	0.103
16100	Peanut flour, low fat	60.0	1.0 cup	20.28	18.76	0.197
15177	Mollusks, whelk, unspecified, raw	85.0	3.0 oz	20.26	6.60	0.263
17244	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	20.26	0.00	0.237
17329	Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	20.26	0.00	0.236
15165	Mollusks, mussel, blue, cooked, moist heat	85.0	3.0 oz	20.23	6.28	0.227
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	85.0	1.0 piece	20.22	0.00	0.255
23293	Beef, Australian, imported, grass-fed, ground, 85% lean / 15% fat, raw	114.0	4.0 oz (4 oz)	20.20	0.00	0.228

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed	83.0	1.0 thigh thigh without skin	20.18	0.71	0.152
16594	MORNINGSTAR FARMS Lasagna with Veggie Sausage, frozen, unprepared	284.0	1.0 entree	20.16	40.90	--
15194	Fish, mahimahi, cooked, dry heat	85.0	3.0 oz	20.16	0.00	0.226
15227	Crustaceans, crab, queen, cooked, moist heat	85.0	3.0 oz	20.16	0.00	0.280
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	20.16	0.00	0.240
23319	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	20.14	0.19	0.217
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	20.14	0.00	0.223
23197	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	20.14	0.00	0.225
05646	Ostrich, inside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	20.14	0.00	0.179
05185	Turkey from whole, light meat, raw	85.0	1.0 serving	20.11	0.12	0.214
05227	Turkey, wing, from whole bird, meat only, raw	85.0	3.0 oz	20.11	0.12	0.214
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	20.11	0.12	0.214
17196	Lamb, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	20.10	0.84	0.271
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	113.0	4.0 oz	20.08	0.00	0.210
15126	Fish, tuna, white, canned in water, drained solids	85.0	3.0 oz	20.08	0.00	0.225
15186	Fish, tuna, white, canned in water, without salt, drained solids	85.0	3.0 oz	20.08	0.00	0.225
23314	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	20.08	0.52	0.230
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	20.07	0.00	0.217
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	20.05	0.00	0.262
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	20.05	0.00	0.262
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	20.05	0.00	0.246
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	20.05	0.00	0.246
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	20.05	0.00	0.237
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	20.05	0.00	0.237

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
15087	Fish, salmon, sockeye, canned, drained solids	85.0	3.0 oz	20.05	0.00	0.241
17319	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	20.04	0.00	0.234
05154	Pheasant, raw, meat only	85.0	3.0 oz	20.03	0.00	0.279
05662	Ground turkey, fat free, raw	85.0	1.0 patty (cooked from 4 oz raw)	20.03	0.00	0.227
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	20.03	0.01	0.221
05158	Quail, meat only, raw	92.0	1.0 quail	20.02	0.00	0.314
13371	Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	20.00	0.00	0.224
23189	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	20.00	0.00	0.224
01204	Cheese, parmesan, dry grated, reduced fat	100.0	1.0 cup	20.00	1.37	0.240
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	80.0	1.0 bar	20.00	40.40	0.251
06006	Soup, bean with frankfurters, canned, condensed	263.0	1.0 cup (8 fl oz)	19.99	44.05	0.210
23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	19.98	0.00	0.216
01139	Egg, goose, whole, fresh, raw	144.0	1.0 egg	19.97	1.94	0.406
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	19.97	0.00	0.224
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	19.97	0.00	0.224
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	19.97	0.00	0.224
17252	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	19.96	0.00	0.233
13387	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	19.96	0.00	0.224
23191	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	19.95	0.00	0.224
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	19.94	0.00	0.224
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	19.93	0.00	0.223
15111	Fish, swordfish, cooked, dry heat	85.0	3.0 oz	19.93	0.00	0.225
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	85.0	3.0 oz	19.93	0.00	0.101
15247	Fish, salmon, coho, wild, cooked, dry heat	85.0	3.0 oz	19.93	0.00	0.224

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	19.92	0.00	0.224
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	85.0	3.0 oz	19.92	0.00	0.233
01287	Yogurt, Greek, plain, lowfat	200.0	1.0 container (7 oz)	19.90	7.88	0.060
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	19.90	0.00	0.259
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	19.90	0.03	0.220
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	19.90	0.00	0.259
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	510.0	1.0 serving	19.89	90.63	0.204
13846	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	19.89	0.00	0.223
05151	Guinea hen, meat and skin, raw	85.0	3.0 oz	19.89	0.00	0.220
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	19.87	13.50	0.223
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	19.86	0.00	0.244
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	19.86	0.00	0.244
23190	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	19.86	0.00	0.223
05649	Ostrich, outside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	19.86	0.00	0.177
21327	McDONALD'S, Bacon, Egg & Cheese McGRIDDLES	165.0	1.0 item 5.8 oz	19.85	43.21	--
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	19.85	0.00	0.235
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	19.85	0.00	0.235
05710	Turkey, retail parts, breast, meat only, raw	85.0	3.0 oz	19.84	0.00	0.245
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	19.84	0.00	0.223
15117	Fish, tuna, fresh, bluefin, raw	85.0	3.0 oz	19.83	0.00	0.222
17337	Game meat, bison, top round, separable lean only, 1" steak, raw	85.0	1.0 serving (3 oz)	19.82	0.00	0.150
20005	Barley, pearled, raw	200.0	1.0 cup	19.82	155.44	0.330
22984	KASHI, Chicken Pasta Pomodoro, Frozen Entree	283.0	1.0 package	19.81	36.79	--
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	85.0	3.0 oz	19.80	3.21	0.207

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	19.80	0.00	0.222
05310	Chicken, cornish game hens, meat only, cooked, roasted	85.0	3.0 oz	19.80	0.00	0.231
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	19.80	0.00	0.258
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	19.80	0.00	0.222
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	19.79	0.00	0.222
05333	Chicken, ground, crumbles, cooked, pan-browned	85.0	3.0 oz crumbled	19.79	0.00	0.167
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	19.79	0.00	0.221
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	19.78	0.00	0.231
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	19.78	0.00	0.221
13326	Beef, variety meats and by-products, liver, cooked, braised	68.0	1.0 slice	19.77	3.49	0.250
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	19.77	0.00	0.222
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	19.77	0.00	0.221
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	19.75	0.00	0.222
16039	Beans, navy, mature seeds, canned	262.0	1.0 cup	19.73	53.58	0.236
23187	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	19.71	0.00	0.221
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	113.0	4.0 oz	19.70	0.16	0.225
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	71.0	1.0 drumstick	19.67	0.00	0.185
15135	Fish, yellowtail, mixed species, raw	85.0	3.0 oz	19.67	0.00	0.220
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	19.64	0.00	0.241
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	19.64	0.00	0.212
13832	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	19.64	0.00	0.220
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	19.62	0.00	0.230
05630	Emu, outside drum, raw	85.0	3.0 oz	19.62	0.00	0.130
13000	Beef, grass-fed, strip steaks, lean only, raw	85.0	3.0 oz	19.61	0.00	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	19.61	0.00	0.241
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	19.61	0.00	0.129
23386	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	19.61	0.00	0.241
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	19.60	0.00	0.230
13317	Beef, ground, patties, frozen, cooked, broiled	85.0	3.0 oz	19.59	0.00	--
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	19.59	0.00	0.256
21427	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	86.0	1.0 thigh without skin	19.59	0.01	0.150
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	19.58	0.00	0.240
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	19.58	0.00	0.232
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	19.56	0.00	0.219
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	19.56	0.00	0.233
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	85.0	3.0 oz	19.55	0.00	0.221
43134	Vegetarian fillets	85.0	1.0 fillet	19.55	7.65	--
05332	Chicken, ground, raw	112.0	4.0 oz crumbled	19.53	0.04	0.165
19126	Candies, milk chocolate coated peanuts	149.0	1.0 cup	19.52	74.05	--
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	84.0	1.0 thigh without skin	19.50	0.20	--
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	19.49	0.00	0.230
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	19.49	0.00	0.128
17249	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted	85.0	3.0 oz	19.49	0.00	0.228
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	19.49	0.00	0.230
23195	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	19.48	0.00	0.218
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	19.47	0.00	0.128

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
23188	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	19.46	0.00	0.218
23321	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	19.46	0.00	0.204
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	19.46	0.00	0.242
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	19.45	0.28	0.180
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	85.0	3.0 oz	19.45	0.00	0.231
14044	Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan	295.0	1.0 bottle	19.44	2.51	--
13849	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	19.43	0.00	0.218
15009	Fish, carp, cooked, dry heat	85.0	3.0 oz	19.43	0.00	0.218
05648	Ostrich, outside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	19.43	0.00	0.173
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	85.0	3.0 oz	19.43	0.00	0.099
22529	Beef Pot Pie, frozen entree, prepared	268.0	1.0 pie, cooked (average weight)	19.43	59.09	0.206
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	85.0	3.0 oz	19.41	7.68	0.221
05626	Emu, full rump, raw	85.0	3.0 oz	19.41	0.00	0.128
17211	Lamb, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	19.41	0.00	0.248
15016	Fish, cod, Atlantic, cooked, dry heat	85.0	3.0 oz	19.41	0.00	0.218
23572	Beef, ground, 80% lean meat / 20% fat, raw	113.0	4.0 oz	19.40	0.00	0.098
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	85.0	3.0 oz	19.40	0.14	0.181
05631	Emu, oyster, raw	85.0	3.0 oz	19.39	0.00	0.128
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	19.39	0.00	0.230
13386	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	19.38	0.00	0.217
21251	BURGER KING, Cheeseburger	133.0	1.0 item	19.38	31.53	0.106
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	19.37	0.00	0.217
17353	Lamb, Australian, ground, 85% lean / 15% fat, raw	113.0	1.0 serving (4 oz)	19.37	0.00	--
21004	Fast foods, biscuit, with egg and ham	182.0	1.0 biscuit	19.36	29.79	0.258
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	19.36	0.00	0.128

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	85.0	3.0 oz	19.36	1.29	0.221
16146	Beans, pinto, canned, drained solids	277.0	1.0 can drained solids	19.36	56.01	0.216
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	19.35	0.00	0.250
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	19.35	0.00	0.252
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	19.35	0.00	0.217
13858	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	19.35	0.00	0.217
15017	Fish, cod, Atlantic, canned, solids and liquid	85.0	3.0 oz	19.35	0.00	0.217
05148	Goose, domesticated, meat only, raw	85.0	3.0 oz	19.34	0.00	0.269
22988	KASHI, Pilaf, 7 Whole Grain, unprepared	140.0	0.5 cup	19.33	99.40	--
13831	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	19.32	0.00	0.217
16026	Beans, great northern, mature seeds, canned	262.0	1.0 cup	19.31	55.07	0.231
16326	Beans, great northern, mature seeds, canned, low sodium	262.0	1.0 cup	19.31	55.07	0.231
23186	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	19.30	0.00	0.217
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	19.30	0.37	0.181
21013	Fast foods, croissant, with egg, cheese, and ham	155.0	1.0 item	19.30	29.42	--
17245	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	19.30	0.00	0.225
05153	Pheasant, raw, meat and skin	85.0	3.0 oz	19.30	0.00	0.258
23312	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	19.29	0.15	0.221
10853	HORMEL ALWAYS TENDER, Pork Tenderloin, Peppercorn-Flavored	112.0	4.0 oz	19.28	2.04	--
17219	Veal, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	19.27	0.00	--
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	19.26	0.03	0.236
15232	Fish, roughy, orange, cooked, dry heat	85.0	3.0 oz	19.24	0.00	0.196
05167	Turkey, whole, meat only, raw	85.0	3.0 oz	19.24	0.12	0.205
15199	Fish, lingcod, cooked, dry heat	85.0	3.0 oz	19.24	0.00	0.216
20009	Buckwheat groats, roasted, dry	164.0	1.0 cup	19.24	122.92	0.279
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	113.0	4.0 oz	19.23	0.26	0.212

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	103.0	1.0 serving	19.23	20.85	0.212
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	19.23	0.00	0.224
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	114.0	4.0 oz	19.22	0.17	0.178
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	19.22	0.00	0.235
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	19.22	0.00	0.252
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	340.0	1.0 bowl	19.21	76.36	0.224
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	19.21	0.00	0.215
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	85.0	3.0 oz	19.21	0.00	0.212
15100	Fish, smelt, rainbow, cooked, dry heat	85.0	3.0 oz	19.21	0.00	0.215
05159	Quail, breast, meat only, raw	85.0	3.0 oz	19.20	0.00	0.301
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	19.20	0.92	0.248
21008	Fast foods, biscuit, with ham	162.0	1.0 biscuit	19.20	62.78	0.238
13835	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	19.18	0.00	0.215
21478	DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked	145.0	1.0 slice 1/4 of pie	19.17	41.57	--
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	19.17	0.00	0.224
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	19.17	0.00	0.250
13852	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	19.16	0.00	0.214
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	85.0	3.0 oz	19.16	8.01	0.218
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85.0	3.0 oz	19.16	0.00	0.241
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	85.0	3.0 oz	19.16	0.00	0.228
17046	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	19.15	0.00	0.224
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	19.14	0.15	0.226
17038	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	19.13	0.00	0.224
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	19.12	0.20	0.226

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
13843	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	19.12	0.00	0.214
05623	Emu, fan fillet, raw	85.0	1.0 serving (3 oz)	19.12	0.00	0.127
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	85.0	3.0 oz	19.12	0.00	0.241
15195	Fish, drum, freshwater, cooked, dry heat	85.0	3.0 oz	19.12	0.00	0.214
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	19.12	0.00	0.228
05180	Turkey from whole, neck, meat only, cooked, simmered	85.0	1.0 serving	19.11	0.00	0.203
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	19.10	0.51	0.178
21360	McDONALD'S, Bacon Egg & Cheese Biscuit	142.0	1.0 item 4.9 oz	19.10	31.61	--
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	113.0	4.0 oz	19.10	0.23	0.211
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	19.09	0.00	0.249
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	85.0	1.0 serving (3 oz)	19.08	0.18	0.178
23339	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	19.07	0.00	0.213
13825	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	19.06	0.00	0.213
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	19.05	9.67	0.272
01254	Cheese food, pasteurized process, American, without added vitamin D	113.0	1.0 cup	19.05	9.67	0.272
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	85.0	3.0 oz	19.05	0.00	0.201
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	19.05	0.00	0.248
12078	Nuts, brazilnuts, dried, unblanched	133.0	1.0 cup, whole	19.05	15.61	0.180
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	85.0	3.0 oz	19.03	0.00	0.201
05644	Ostrich, inside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	19.03	0.00	0.170
16051	Beans, white, mature seeds, canned	262.0	1.0 cup	19.02	55.54	0.225
35211	Caribou, hind quarter, meat, cooked (Alaska Native)	66.0	0.5 cup	19.01	0.00	--
15226	Crustaceans, crab, dungeness, cooked, moist heat	85.0	3.0 oz	18.97	0.81	0.264
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	18.97	0.00	0.222
13855	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	18.94	0.00	0.212
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	85.0	3.0 oz	18.93	0.00	0.210
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	85.0	3.0 oz	18.93	0.44	0.176

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
13828	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	18.92	0.00	0.212
17054	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	18.91	0.00	0.221
05625	Emu, flat fillet, raw	85.0	3.0 oz	18.91	0.00	0.125
05628	Emu, inside drum, raw	85.0	3.0 oz	18.89	0.00	0.125
13478	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	18.89	0.00	0.231
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	18.86	0.00	0.212
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	85.0	3.0 oz	18.85	0.00	0.205
05293	Turkey breast, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	18.84	0.00	0.209
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	18.84	0.00	0.246
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	18.84	0.00	0.246
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	18.83	0.00	0.124
13861	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	18.83	0.00	0.211
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	18.83	0.00	0.170
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	18.81	0.00	0.220
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	18.81	0.00	0.204
36605	CRACKER BARREL, country fried shrimp platter	149.0	1.0 serving	18.80	31.89	0.221
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	18.79	0.97	0.215
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	18.79	0.00	0.222
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	85.0	3.0 oz	18.79	0.00	0.211
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	85.0	3.0 oz	18.76	0.00	0.190
05654	Ostrich, tenderloin, raw	85.0	1.0 serving (cooked from 4 oz raw)	18.76	0.00	0.167
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	74.0	1.0 serving	18.75	2.84	0.172
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	85.0	1.0 serving	18.75	0.03	0.207
01115	Whey, sweet, dried	145.0	1.0 cup	18.75	107.97	0.297

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
05100	Chicken, broilers or fryers, wing, meat and skin, raw	107.0	1.0 piece	18.75	0.00	0.236
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	18.73	1.26	0.176
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	113.0	4.0 oz	18.71	0.23	0.207
15123	Fish, tuna, fresh, skipjack, raw	85.0	3.0 oz	18.70	0.00	0.209
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	85.0	3.0 oz	18.69	0.00	0.196
05653	Ostrich, round, raw	85.0	1.0 serving (cooked from 4 oz raw)	18.69	0.00	0.167
23153	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	18.69	0.00	0.230
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	85.0	3.0 oz	18.67	0.00	0.122
05181	Turkey from whole, light meat, meat and skin, raw	85.0	3.0 oz	18.67	0.13	0.189
13834	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	18.66	0.00	0.209
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	18.66	0.00	0.209
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	18.65	0.00	0.229
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	18.65	0.00	0.229
10173	Pork, fresh, variety meats and by-products, feet, cooked, simmered	85.0	3.0 oz	18.65	0.00	--
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	18.64	0.00	0.213
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	18.62	0.00	0.209
23094	Beef, chuck for stew, separable lean and fat, select, raw	85.0	3.0 oz	18.62	0.18	0.213
16507	LOMA LINDA Redi-Burger, canned, unprepared	85.0	1.0 slice , 5/8"	18.62	6.97	--
05732	Turkey, retail parts, breast, meat and skin, raw	85.0	3.0 oz	18.60	0.00	0.218
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	115.0	1.0 serving	18.58	0.28	0.206
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	18.57	0.26	0.176
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	18.57	0.00	0.230
13338	Beef, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	18.57	0.00	0.143
05655	Ostrich, tip trimmed, raw	85.0	1.0 serving (cooked from 4 oz raw)	18.57	0.00	0.166
05035	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter	85.0	3.0 oz	18.57	7.97	0.212
17107	Veal, loin, separable lean only, raw	85.0	3.0 oz	18.57	0.00	0.188

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	89.0	1.0 cup	18.57	0.48	0.140
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	18.55	0.00	0.217
05643	Ostrich, fan, raw	85.0	1.0 serving (cooked from 4oz raw)	18.54	0.00	0.165
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	85.0	3.0 oz	18.54	0.00	0.221
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	18.53	0.00	0.235
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	18.52	0.00	0.195
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	18.51	0.00	0.219
17343	Game meat, deer, ground, raw	85.0	1.0 patty (cooked from 4 oz raw)	18.51	0.00	0.163
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	18.51	0.00	0.219
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	85.0	3.0 oz	18.49	0.14	0.212
12147	Nuts, pine nuts, dried	135.0	1.0 cup	18.48	17.66	0.144
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	18.48	0.00	0.212
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	18.46	0.00	0.207
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	18.46	0.00	0.208
11212	Edamame, frozen, prepared	155.0	1.0 cup	18.46	13.81	0.195
17327	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	18.45	0.00	0.216
17000	Veal, Australian, rib, rib roast, separable lean only, raw	85.0	3.0 oz	18.44	1.19	0.186
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	18.44	1.07	0.173
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	18.44	0.00	0.122
05657	Ostrich, top loin, raw	85.0	1.0 serving (cooked from 4 oz raw)	18.42	0.00	0.164
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	18.42	0.00	0.206
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	85.0	3.0 oz	18.41	0.00	0.219
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	18.40	0.00	0.194
23152	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	18.40	0.00	0.240

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	85.0	3.0 oz	18.39	0.00	0.219
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	18.39	0.00	0.211
23095	Beef, chuck for stew, separable lean and fat, choice, raw	85.0	3.0 oz	18.39	0.10	0.211
05165	Turkey, whole, meat and skin, raw	85.0	3.0 oz	18.39	0.11	0.190
15081	Fish, salmon, coho, wild, raw	85.0	3.0 oz	18.38	0.00	0.206
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	18.38	0.00	0.218
21362	McDONALD'S, Sausage Biscuit with Egg	163.0	1.0 item 5.7 oz	18.37	31.43	--
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	18.37	0.00	0.240
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	85.0	3.0 oz	18.37	0.26	0.193
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	18.36	0.00	0.206
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	18.35	0.00	0.121
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	67.0	1.0 slice	18.34	2.99	0.232
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	18.33	0.00	0.206
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	18.33	0.00	0.121
17221	Lamb, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	18.33	0.00	0.185
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	18.33	0.00	0.121
05651	Ostrich, oyster, raw	85.0	1.0 serving (cooked from 4 oz raw)	18.32	0.00	0.163
13845	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	18.32	0.00	0.205
13839	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	18.32	0.00	0.205
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	18.32	0.00	0.193
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	18.31	0.12	0.195
23387	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	18.31	0.00	0.205
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	85.0	3.0 oz	18.28	0.35	0.202
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	18.28	0.00	0.205

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	85.0	3.0 oz	18.28	0.26	0.192
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	113.0	4.0 oz	18.27	0.31	0.202
16436	Winged beans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	18.27	25.70	0.401
16136	Winged beans, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	18.27	25.70	0.401
22903	Pizza, pepperoni topping, regular crust, frozen, cooked	127.0	0.25 pizza 12" diameter	18.26	31.36	--
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	18.25	0.00	0.209
15214	Fish, seatrout, mixed species, cooked, dry heat	85.0	3.0 oz	18.24	0.00	0.204
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	18.23	0.04	0.201
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	18.23	0.09	0.213
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	18.22	0.00	0.218
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	18.22	0.00	0.238
10024	Pork, fresh, loin, whole, separable lean only, raw	85.0	3.0 oz	18.22	0.00	0.231
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	18.22	0.00	0.120
15080	Fish, salmon, chum, canned, drained solids with bone	85.0	3.0 oz	18.22	0.00	0.204
15180	Fish, salmon, chum, canned, without salt, drained solids with bone	85.0	3.0 oz	18.22	0.00	0.204
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	71.0	1.0 drumstick	18.21	0.09	0.163
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	18.20	0.00	0.120
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	18.20	0.74	0.171
10863	Pork, fresh, variety meats and by-products, stomach, cooked, simmered	85.0	3.0 oz	18.19	0.08	--
05011	Chicken, broilers or fryers, meat only, raw	85.0	3.0 oz	18.18	0.00	0.212
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	18.18	0.00	0.205
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85.0	3.0 oz	18.18	9.75	0.254
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	18.17	0.00	0.223
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	18.17	0.00	0.120
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	18.16	0.00	0.208

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	18.15	0.70	0.216
05057	Chicken, broilers or fryers, breast, meat and skin, raw	87.0	0.5 breast, bone removed (yield from 1 lb ready-to-cook chicken)	18.14	0.00	0.206
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	18.14	0.00	0.214
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	18.14	0.00	0.119
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	18.14	0.00	0.191
21601	School Lunch, pizza, cheese topping, thick crust, whole grain, frozen, cooked	124.0	1.0 slice per 1/10 pizza	18.13	34.82	--
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	18.11	0.00	0.207
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	18.10	0.00	0.207
06742	Soup, vegetable beef, microwavable, ready-to-serve, single brand	292.0	1.0 serving	18.10	9.64	--
23388	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	18.10	0.00	0.202
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	18.10	0.00	0.207
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	18.09	0.98	0.170
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	18.09	0.00	0.207
05740	Turkey, thigh, from whole bird, meat only, raw	85.0	3.0 oz	18.09	0.13	0.193
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	18.09	0.00	0.207
05187	Turkey from whole, dark meat, meat only, raw	85.0	1.0 serving	18.09	0.13	0.193
15238	Fish, salmon, coho, farmed, raw	85.0	3.0 oz	18.08	0.00	0.202
22911	Chili, no beans, canned entree	240.0	1.0 cup	18.07	14.64	--
05125	Chicken, stewing, meat only, raw	85.0	3.0 oz	18.07	0.00	0.211
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	18.07	0.00	0.119
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	18.05	0.00	0.119
16420	Soy protein concentrate, produced by acid wash	28.35	1.0 oz	18.04	7.20	0.237
16121	Soy protein concentrate, produced by alcohol extraction	28.35	1.0 oz	18.04	7.20	0.237
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	18.04	0.00	0.118

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	18.04	0.00	0.207
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	18.04	0.00	0.118
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	18.04	0.00	0.215
23150	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	18.04	0.00	0.221
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	18.03	34.10	0.219
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	114.0	4.0 oz	18.02	0.00	0.189
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	18.01	0.33	0.207
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	18.01	0.00	0.203
13284	Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	17.99	0.00	0.201
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	17.99	0.00	0.118
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	17.99	0.06	0.202
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	17.99	0.00	0.221
21384	BURGER KING, CROISSAN'WICH with Sausage and Cheese	131.0	1.0 item	17.99	30.13	0.145
05077	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, flour	67.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	17.98	1.68	0.204
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	17.97	0.00	0.214
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	85.0	3.0 oz	17.96	0.00	0.199
23395	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	17.96	0.00	0.201
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	17.96	0.08	0.199
13293	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	17.96	0.26	0.206
23039	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	17.96	0.00	0.118
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	17.96	0.00	0.202
20075	Wheat, soft white	168.0	1.0 cup	17.96	126.60	--
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	17.95	0.00	0.210

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
17334	Game meat, bison, chuck, shoulder clod, separable lean only, raw	85.0	1.0 serving (3 oz)	17.95	0.00	0.136
21006	Fast foods, biscuit with egg and steak	148.0	1.0 biscuit	17.94	21.27	0.229
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	17.94	0.26	0.201
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	17.94	0.00	0.206
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	17.91	0.00	0.117
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	17.89	0.00	0.201
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	254.0	1.0 can drained, rinsed	17.88	58.09	0.175
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	17.88	0.16	0.205
16370	Lentils, mature seeds, cooked, boiled, with salt	198.0	1.0 cup	17.86	38.69	0.160
16070	Lentils, mature seeds, cooked, boiled, without salt	198.0	1.0 cup	17.86	39.86	0.160
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	85.0	3.0 oz	17.86	0.00	0.197
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	17.85	5.54	0.200
16511	WORTHINGTON Choplets, canned, unprepared	92.0	2.0 slices	17.85	3.77	--
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	253.0	1.0 can drained	17.84	57.00	0.175
15095	Fish, shark, mixed species, raw	85.0	3.0 oz	17.83	0.00	0.200
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	17.83	0.00	0.117
22985	KASHI, Lemongrass Coconut Chicken, Frozen Entree	283.0	1.0 package	17.83	37.92	--
12155	Nuts, walnuts, english	117.0	1.0 cup, chopped	17.82	16.04	0.199
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	17.82	0.00	0.204
15018	Fish, cod, Atlantic, dried and salted	28.35	1.0 oz	17.81	0.00	0.200
23577	Beef, ground, 75% lean meat / 25% fat, raw	113.0	4.0 oz	17.81	0.00	0.090
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	17.81	0.00	0.187
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	17.81	0.89	0.167
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	85.0	3.0 oz	17.80	0.13	0.178
21603	School Lunch, pizza, pepperoni topping, thick crust, whole grain, frozen, cooked	124.0	1.0 slice per 1/10 pizza	17.79	35.09	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
23151	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	17.79	0.00	0.210
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	17.79	0.00	0.117
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	17.78	1.02	0.167
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	17.76	1.15	0.167
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	17.76	0.00	0.187
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	17.76	0.00	0.210
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	17.76	0.88	0.167
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	17.75	0.03	0.196
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	17.74	0.00	0.199
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	17.74	0.00	0.203
05704	Turkey, whole, meat only, with added solution, raw	85.0	3.0 oz	17.74	0.12	0.189
13842	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	17.73	0.00	0.199
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	113.0	4.0 oz	17.72	0.00	0.185
15019	Fish, cod, Pacific, raw (may have been previously frozen)	116.0	1.0 fillet	17.71	0.00	0.218
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	115.0	1.0 serving	17.71	0.25	0.196
10101	Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered	111.0	1.0 ear (yield after cooking)	17.70	0.22	0.034
21480	DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked	155.0	1.0 slice 1/4 of pie	17.69	43.48	--
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	17.68	1.31	0.164
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	17.68	0.00	0.116
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	17.68	0.51	0.198
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	85.0	3.0 oz	17.67	0.03	0.198
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	17.65	0.00	0.116
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	85.0	3.0 oz	17.65	0.00	0.185

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	17.63	0.00	0.116
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	85.0	3.0 oz	17.60	0.00	0.185
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	85.0	3.0 oz	17.60	0.18	0.184
15105	Fish, sturgeon, mixed species, cooked, dry heat	85.0	3.0 oz	17.60	0.00	0.197
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	17.59	0.00	0.197
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	17.58	0.00	0.116
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	17.58	0.00	0.116
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	17.57	0.00	0.201
23057	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	17.57	0.00	0.116
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	85.0	3.0 oz	17.55	0.00	0.184
13848	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	17.55	0.00	0.196
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	17.54	0.00	0.116
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	17.54	0.00	0.116
05152	Guinea hen, meat only, raw	85.0	3.0 oz	17.54	0.00	0.205
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	17.54	0.00	0.116
15253	Salmon, sockeye, canned, total can contents	85.0	3.0 oz	17.54	0.00	0.211
13972	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	17.52	0.00	0.201
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	17.52	0.00	0.115
05717	Turkey, retail parts, thigh, meat only, raw	85.0	3.0 oz	17.51	0.00	0.216
15154	Crustaceans, spiny lobster, mixed species, raw	85.0	3.0 oz	17.51	2.07	0.244
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	17.50	0.00	0.110
15222	Fish, turbot, european, cooked, dry heat	85.0	3.0 oz	17.49	0.00	0.196
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	17.48	0.71	0.164
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	17.48	0.00	0.197

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
16008	Beans, baked, canned, with franks	259.0	1.0 cup	17.48	39.86	0.199
20062	Rye grain	169.0	1.0 cup	17.47	128.20	0.183
90240	Mollusks, scallop, (bay and sea), cooked, steamed	85.0	3.0 oz	17.46	4.60	0.147
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	17.46	0.71	0.164
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	17.46	0.65	0.207
15053	Fish, milkfish, raw	85.0	3.0 oz	17.45	0.00	0.196
05716	Turkey, retail parts, drumstick, meat only, raw	85.0	3.0 oz	17.44	0.00	0.186
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	17.44	0.00	0.200
15101	Fish, snapper, mixed species, raw	85.0	3.0 oz	17.43	0.00	0.196
15083	Fish, salmon, pink, raw	85.0	3.0 oz	17.42	0.00	0.188
16350	Beans, white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	17.42	44.91	0.206
16050	Beans, white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	17.42	44.91	0.206
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	17.42	0.00	0.195
21007	Fast foods, biscuit, with egg, cheese, and bacon	145.0	1.0 item	17.41	35.44	0.236
10805	USDA Commodity, pork, ground, fine/coarse, frozen, raw	113.0	1.0 oz crumbles	17.41	0.00	--
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	17.41	0.00	0.115
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	17.41	0.12	0.192
15115	Fish, trout, rainbow, wild, raw	85.0	3.0 oz	17.41	0.00	0.195
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	17.41	0.00	0.184
15182	Fish, salmon, sockeye, canned, without salt, drained solids with bone	85.0	3.0 oz	17.40	0.00	0.195
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	17.39	0.27	0.203
20073	Wheat, soft red winter	168.0	1.0 cup	17.39	124.72	--
19041	Snacks, pork skins, plain	28.35	1.0 oz	17.38	0.00	0.033
15236	Fish, salmon, Atlantic, farmed, raw	85.0	3.0 oz	17.36	0.00	0.178
15269	Fish, cod, Pacific, cooked (not previously frozen)	85.0	3.0 oz	17.36	0.00	--
13329	Beef, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	17.34	0.00	0.158
23037	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	17.33	0.00	0.114
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	17.33	0.00	0.199

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	17.33	0.00	0.183
01256	Yogurt, Greek, plain, nonfat	170.0	1.0 container	17.32	6.12	--
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	17.32	0.00	0.194
17351	Veal, Australian, shank, hind, bone-in, separable lean only, raw	85.0	3.0 oz	17.31	0.00	0.175
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	17.31	0.00	0.199
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	17.31	0.00	0.194
13325	Beef, variety meats and by-products, liver, raw	85.0	3.0 oz	17.31	3.31	0.224
07056	Peppered loaf, pork, beef	100.0	3.52 slices	17.30	4.53	--
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	17.30	0.00	0.198
15001	Fish, anchovy, european, raw	85.0	3.0 oz	17.30	0.00	0.194
16002	Beans, adzuki, mature seeds, cooked, boiled, without salt	230.0	1.0 cup	17.30	56.97	0.166
16302	Beans, adzuki, mature seed, cooked, boiled, with salt	230.0	1.0 cup	17.30	56.97	0.166
05113	Chicken, roasting, meat only, raw	85.0	3.0 oz	17.28	0.00	0.201
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	85.0	3.0 oz	17.27	0.00	0.212
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	17.27	0.00	0.195
10130	Canadian bacon, unprepared	85.0	3.0 oz	17.26	1.14	0.205
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	17.26	0.00	0.113
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	85.0	3.0 oz	17.25	0.34	0.149
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	17.24	0.00	0.194
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	17.24	0.00	0.193
15049	Fish, mackerel, king, raw	85.0	3.0 oz	17.24	0.00	0.193
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	85.0	3.0 oz	17.22	0.00	0.205
36414	Restaurant, Latino, tripe soup	200.0	1.0 cup	17.22	8.14	0.128
20012	Bulgur, dry	140.0	1.0 cup	17.21	106.22	0.266
17149	Bison, ground, grass-fed, raw	85.0	1.0 patty (cooked from 4 oz raw)	17.20	0.04	0.130
21225	Pizza, cheese topping, rising crust, frozen, cooked	139.0	1.0 serving 6 servings per 29.25 oz package	17.19	45.74	0.261
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	17.19	19.20	0.222

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
17367	Lamb, New Zealand, imported, kidney, raw	113.0	4.0 oz	17.19	0.03	0.190
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	126.0	1.0 sandwich	17.19	27.30	--
21357	McDONALD'S, Egg McMUFFIN	126.0	1.0 sandwich	17.19	27.30	--
15097	Fish, sheepshead, raw	85.0	3.0 oz	17.18	0.00	0.192
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	252.0	1.0 cup	17.16	25.30	0.242
17349	Veal, Australian, shank, fore, bone-in, separable lean only, raw	85.0	3.0 oz	17.15	0.00	0.173
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	85.0	3.0 oz	17.14	0.00	0.180
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	17.14	0.00	0.113
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	17.14	0.00	0.193
20070	Triticale flour, whole-grain	130.0	1.0 cup	17.13	95.08	0.205
21090	Fast foods, cheeseburger; single, regular patty, with condiments	127.0	1.0 item	17.13	32.33	--
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	17.13	0.00	0.193
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	85.0	3.0 oz	17.12	0.00	0.179
15079	Fish, salmon, chum, raw	85.0	3.0 oz	17.12	0.00	0.192
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	17.12	0.00	0.196
01129	Egg, whole, cooked, hard-boiled	136.0	1.0 cup, chopped	17.11	1.52	0.208
21605	School Lunch, pizza, sausage topping, thick crust, whole grain, frozen, cooked	129.0	1.0 slice per 1/10 pizza	17.11	39.45	--
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	17.10	0.00	0.192
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	17.09	0.00	0.191
15270	Crustaceans, shrimp, raw (not previously frozen)	85.0	3.0 oz	17.08	0.00	--
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	17.08	0.00	0.191
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	17.08	0.84	0.159
36037	Restaurant, family style, chili with meat and beans	136.0	1.0 cup	17.08	6.22	0.196
36019	APPLEBEE'S, chili	136.0	1.0 cup	17.08	6.22	0.196
17104	Veal, loin, separable lean and fat, raw	85.0	3.0 oz	17.06	0.06	0.173
15050	Fish, mackerel, Pacific and jack, mixed species, raw	85.0	3.0 oz	17.06	0.00	0.191

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	17.06	0.00	0.192
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	17.05	0.00	0.191
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	17.04	0.98	0.222
16549	MORNINGSTAR FARMS Grillers Prime, frozen, unprepared	71.0	1.0 burger	17.04	4.19	--
05309	Chicken, cornish game hens, meat only, raw	85.0	3.0 oz	17.03	0.00	0.199
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	17.00	0.00	0.190
21003	Fast foods, biscuit, with egg and bacon	150.0	1.0 biscuit	17.00	28.59	0.216
22995	KASHI, Sweet and Sour Chicken, Frozen Entree	283.0	1.0 package	16.98	53.77	--
16007	Beans, baked, canned, with beef	266.0	1.0 cup	16.97	44.98	0.205
05736	Turkey, retail parts, drumstick, meat and skin, raw	85.0	3.0 oz	16.97	0.00	0.173
21515	MORNINGSTAR FARMS Pizza, Baja Black Bean, single serve, frozen, unprepared	160.0	1.0 pizza	16.96	59.04	--
36401	Restaurant, Latino, chicken and rice, entree, prepared	141.0	1.0 cup	16.95	28.24	0.223
21265	TACO BELL, BURRITO SUPREME with beef	241.0	1.0 burrito	16.94	56.32	0.152
21064	Fast foods, burrito, with beans, cheese, and beef	241.0	1.0 burrito	16.94	56.32	0.152
15078	Fish, salmon, chinook, raw	85.0	3.0 oz	16.94	0.00	0.191
21524	McDONALD'S, RANCH SNACK WRAP, Grilled	123.0	1.0 wrap	16.94	22.67	0.165
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	123.0	1.0 item	16.94	22.67	0.165
16521	WORTHINGTON Vegetable Skallops, canned, unprepared	85.0	0.5 cup	16.92	3.91	--
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	16.92	0.00	0.208
23281	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	16.92	0.00	0.190
15133	Fish, whiting, mixed species, cooked, dry heat	72.0	1.0 fillet	16.91	0.00	0.189
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	16.90	0.00	0.198
17206	Lamb, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	16.90	0.00	0.173
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	85.0	3.0 oz	16.89	0.00	0.201
17263	Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	16.88	0.00	0.197
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	16.87	1.20	0.157
15076	Fish, salmon, Atlantic, wild, raw	85.0	3.0 oz	16.86	0.00	0.189
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	90.0	1.0 fillet	16.86	0.00	0.208

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
19165	Cocoa, dry powder, unsweetened	86.0	1.0 cup	16.86	49.79	0.252
21242	WENDY'S, Jr. Hamburger, with cheese	129.0	1.0 item	16.85	32.21	0.168
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	16.85	0.00	0.110
15132	Fish, whiting, mixed species, raw	92.0	1.0 fillet	16.85	0.00	0.189
16104	Bacon, meatless	144.0	1.0 cup	16.83	7.65	0.232
93600	Turtle, green, raw	85.0	3.0 oz	16.83	0.00	--
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	85.0	3.0 oz	16.81	0.00	0.189
17352	Veal, Australian, shank, hind, bone-in, separable lean and fat	85.0	3.0 oz	16.81	0.00	0.165
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	85.0	3.0 oz	16.81	0.15	0.186
01291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	252.0	1.0 cup	16.81	39.66	0.242
17428	Veal, shank, separable lean only, raw	85.0	3.0 oz	16.80	0.00	0.170
21120	Fast foods, hotdog, with corn flour coating (corndog)	175.0	1.0 sandwich	16.80	55.79	0.150
21604	School Lunch, pizza, sausage topping, thin crust, whole grain, frozen, cooked	133.0	1.0 piece 4" x 6"	16.80	42.88	--
16036	Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	16.80	38.67	0.198
16336	Beans, kidney, royal red, mature seeds, cooked, boiled with salt	177.0	1.0 cup	16.80	38.67	0.198
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	113.0	4.0 oz	16.79	0.00	0.176
21207	SUBWAY, turkey breast sub on white bread with lettuce and tomato	184.0	6.0 inch sub	16.78	41.25	--
21155	Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato	184.0	6.0 inch sub	16.78	41.25	--
21209	SUBWAY, black forest ham sub on white bread with lettuce and tomato	184.0	6.0 inch sub	16.78	42.15	--
21156	Fast foods, submarine sandwich, ham on white bread with lettuce and tomato	184.0	6.0 inch sub	16.78	42.15	--
10020	Pork, fresh, loin, whole, separable lean and fat, raw	85.0	3.0 oz	16.78	0.00	0.207
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	16.75	0.17	0.218
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	16.75	0.18	0.192
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	16.74	1.28	0.203
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	16.74	0.00	0.188
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	16.73	0.04	0.192
15084	Fish, salmon, pink, canned, total can contents	85.0	3.0 oz	16.73	0.00	0.180
21435	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	16.72	4.04	0.127

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	489.0	1.0 serving	16.72	91.10	0.210
15110	Fish, swordfish, raw	85.0	3.0 oz	16.71	0.00	0.189
21439	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading	81.0	1.0 drumstick, with skin	16.70	6.45	0.128
15156	Mollusks, abalone, mixed species, cooked, fried	85.0	3.0 oz	16.69	9.39	0.190
22982	KASHI, STEAM MEAL, Chicken Fettuccine, Frozen Entree	269.0	1.0 package	16.68	37.66	--
08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	16.68	65.73	0.227
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	16.67	0.00	0.110
17155	Veal, Australian, rib, rib roast, separable lean and fat, raw	85.0	3.0 oz	16.66	0.98	0.153
17131	Veal, shoulder, blade chop, separable lean only, raw	85.0	3.0 oz	16.66	0.00	0.168
20131	Barley malt flour	162.0	1.0 cup	16.65	126.85	0.214
17350	Veal, Australian, shank, fore, bone-in, separable lean and fat, raw	85.0	3.0 oz	16.64	0.00	0.163
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	152.0	1.0 sandwich	16.63	41.65	--
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	16.63	0.00	0.194
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	16.63	0.00	0.110
23320	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	16.62	0.25	0.177
23213	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	16.62	0.00	0.186
05742	Turkey, retail parts, thigh, meat and skin, raw	85.0	3.0 oz	16.61	0.00	0.187
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	257.0	1.0 serving	16.60	40.04	0.218
05734	Turkey, retail parts, wing, meat and skin, raw	85.0	3.0 oz	16.60	0.04	0.179
23322	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	16.58	0.48	0.173
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	16.54	1.49	0.196
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	16.54	0.98	0.153
21513	KASHI Pizza, Greek Tzatziki, single serve, frozen, unprepared	149.0	1.0 pizza	16.54	44.25	--
21600	School Lunch, pizza, cheese topping, thin crust, whole grain, frozen, cooked	130.0	1.0 piece 4"x6"	16.54	40.70	--
16020	Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	177.0	1.0 cup	16.53	43.29	0.196
16320	Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	177.0	1.0 cup	16.53	43.29	0.196
15065	Fish, pollock, Atlantic, raw	85.0	3.0 oz	16.52	0.00	0.185
15219	Fish, trout, mixed species, cooked, dry heat	62.0	1.0 fillet	16.51	0.00	0.185

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
13047	Beef, grass-fed, ground, raw	85.0	1.0 serving	16.51	0.00	--
13356	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	16.51	0.42	0.190
15267	Fish, pollock, Alaska, cooked (not previously frozen)	85.0	3.0 oz	16.51	0.00	--
10158	USDA Commodity, pork, canned	85.0	3.0 oz	16.49	0.50	--
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	16.47	0.00	0.108
15031	Fish, grouper, mixed species, raw	85.0	3.0 oz	16.47	0.00	0.184
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	16.47	0.25	0.189
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	200.0	1.0 cup	16.44	171.02	0.162
13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	16.42	0.00	0.116
19408	Snacks, pork skins, barbecue-flavor	28.35	1.0 oz	16.41	0.45	0.037
20083	Wheat flour, white, bread, enriched	137.0	1.0 cup	16.41	99.37	0.190
20129	Wheat flours, bread, unenriched	137.0	1.0 cup unsifted, dipped	16.41	99.37	0.190
22991	KASHI, STEAM MEAL, Sesame Chicken, Frozen Entree	269.0	1.0 package	16.41	42.23	--
15114	Fish, trout, mixed species, raw	79.0	1.0 fillet	16.41	0.00	0.184
13340	Beef, variety meats and by-products, tongue, cooked, simmered	85.0	3.0 oz	16.40	0.00	--
15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	16.40	0.00	0.184
17435	Veal, shank, separable lean and fat, raw	85.0	3.0 oz	16.39	0.00	0.166
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	16.38	0.13	0.174
06018	Soup, chunky chicken noodle, canned, ready-to-serve	530.0	1.0 can	16.38	23.64	--
15062	Fish, pike, northern, raw	85.0	3.0 oz	16.37	0.00	0.184
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	16.37	0.10	0.183
13791	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	16.36	0.00	0.184
07057	Pepperoni, beef and pork, sliced	85.0	3.0 oz	16.36	1.00	0.196
16386	Peas, split, mature seeds, cooked, boiled, with salt	196.0	1.0 cup	16.35	40.20	0.182
16086	Peas, split, mature seeds, cooked, boiled, without salt	196.0	1.0 cup	16.35	41.36	0.182
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	16.35	0.57	0.188
07923	Bratwurst, chicken, cooked	84.0	1.0 serving 2.96 oz	16.33	0.00	--
23110	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	16.32	0.08	0.184

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
23104	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	16.32	0.00	0.184
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	54.0	1.0 steak	16.31	0.00	0.145
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	16.30	0.00	0.184
23102	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	16.29	0.00	0.184
05080	Chicken, broilers or fryers, leg, meat only, raw	85.0	3.0 oz	16.29	0.00	0.184
23103	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	16.28	0.00	0.184
15064	Fish, pike, walleye, raw	85.0	3.0 oz	16.27	0.00	0.182
13788	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	16.27	0.00	0.184
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	16.27	0.20	0.212
21516	KASHI Pizza, Mushroom and Spinach, single serve, frozen, unprepared	152.0	1.0 pizza	16.26	55.48	--
20033	Oat bran, raw	94.0	1.0 cup	16.26	62.25	0.315
23181	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	16.24	0.39	--
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	85.0	3.0 oz	16.24	0.00	0.177
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	16.24	0.00	0.183
21602	School Lunch, pizza, pepperoni topping, thin crust, whole grain, frozen, cooked	127.0	1.0 piece 4"x6"	16.23	39.67	--
15130	Fish, whitefish, mixed species, raw	85.0	3.0 oz	16.23	0.00	0.182
21514	KASHI Pizza, Tikka Masala, single serve, frozen, unprepared	159.0	1.0 pizza	16.22	46.90	--
13498	Beef, ground, 70% lean meat / 30% fat, raw	113.0	4.0 oz	16.22	0.00	0.082
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	16.21	44.75	0.191
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	16.21	44.75	0.191
10192	Pork, fresh, backribs, separable lean and fat, raw	85.0	3.0 oz	16.21	0.00	0.188
16590	MORNINGSTAR FARMS BBQ Riblets, frozen, unprepared	142.0	1.0 sauce	16.19	34.93	--
05706	Turkey, whole, meat and skin, with added solution, raw	85.0	3.0 oz	16.18	0.13	0.161
16331	Beans, kidney, california red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	16.16	39.67	0.191
16031	Beans, kidney, california red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	16.16	39.67	0.191
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	85.0	3.0 oz	16.15	0.00	0.169

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
13915	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw	85.0	3.0 oz	16.15	0.00	0.181
43384	Beef, bologna, reduced sodium	138.0	1.0 cup pieces	16.15	2.76	--
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	16.14	0.00	0.106
15044	Fish, ling, raw	85.0	3.0 oz	16.14	0.00	0.181
23108	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	16.14	0.31	0.182
22992	KASHI, Southwest Style Chicken, Frozen Entree	283.0	1.0 package	16.13	49.24	--
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	143.0	1.0 serving 5 servings per 24.2 oz package	16.13	35.95	--
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	113.0	4.0 oz	16.13	0.00	--
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	16.12	0.00	0.182
07036	Sausage, Italian, pork, raw	113.0	1.0 link, 4/lb	16.10	0.73	0.129
21012	Fast foods, croissant, with egg, cheese, and bacon	128.0	1.0 item	16.10	26.61	--
16346	Beans, small white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	16.06	46.20	0.190
16046	Beans, small white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	16.06	46.20	0.190
15090	Fish, scup, raw	85.0	3.0 oz	16.05	0.00	0.179
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	16.04	0.00	0.181
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	16.03	0.00	0.180
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	16.03	0.00	0.180
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	16.03	0.00	0.180
36022	APPLEBEE'S, crunchy onion rings	350.0	1.0 serving	16.03	140.60	0.147
23201	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	16.02	0.00	0.179
23109	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	16.02	0.45	0.180
06454	CAMPBELL'S CHUNKY Soups, Grilled Steak- Steak Chili with Beans	245.0	1.0 cup	16.00	27.00	--
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	16.00	1.49	0.150
05294	Turkey thigh, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	15.98	0.00	0.178
05135	Chicken, capons, meat and skin, raw	85.0	3.0 oz	15.95	0.00	0.181

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	15.94	0.00	0.105
17208	Veal, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	15.93	0.00	0.127
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	15.93	0.16	0.196
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	85.0	3.0 oz	15.92	0.00	0.167
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	15.91	0.54	0.188
17128	Veal, shoulder, blade chop, separable lean and fat, raw	85.0	3.0 oz	15.91	0.03	0.161
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	85.0	3.0 oz	15.90	0.00	0.190
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	56.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	15.89	0.36	0.186
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	15.89	0.17	0.178
22989	KASHI, Red Curry Chicken, Frozen Entree	269.0	1.0 package	15.87	41.96	--
42129	Bologna, beef and pork, low fat	138.0	1.0 cup pieces	15.87	3.59	--
07089	Sausage, Italian, pork, cooked	83.0	1.0 link, 4/lb	15.87	3.54	0.134
17330	Game meat , bison, ground, raw	85.0	1.0 serving (3 oz)	15.87	0.00	0.120
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	15.85	0.60	0.149
20080	Wheat flour, whole-grain	120.0	1.0 cup	15.85	86.36	0.209
21470	Fast Foods, Fried Chicken, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	15.85	5.69	--
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	269.0	1.0 serving	15.84	48.39	0.143
15021	Fish, croaker, Atlantic, cooked, breaded and fried	87.0	1.0 fillet	15.83	6.56	0.181
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	15.83	1.15	0.145
15096	Fish, shark, mixed species, cooked, batter-dipped and fried	85.0	3.0 oz	15.83	5.43	0.180
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	15.83	1.46	0.148
05049	Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter	72.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	15.82	7.38	0.181
05006	Chicken, broilers or fryers, meat and skin, raw	85.0	3.0 oz	15.81	0.00	0.176
23567	Beef, ground, 85% lean meat / 15% fat, raw	85.0	3.0 oz	15.80	0.00	0.080
17142	Veal, ground, raw	85.0	3.0 oz	15.79	0.00	0.160
16068	Hyacinth beans, mature seeds, cooked, boiled, without salt	194.0	1.0 cup	15.79	40.14	0.132
16368	Hyacinth beans, mature seeds, cooked, boiled, with salt	194.0	1.0 cup	15.79	40.16	0.132
15036	Fish, halibut, Atlantic and Pacific, raw	85.0	3.0 oz	15.78	0.00	0.198

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
15203	Fish, monkfish, cooked, dry heat	85.0	3.0 oz	15.78	0.00	0.177
20060	Rice bran, crude	118.0	1.0 cup	15.75	58.63	0.127
15240	Fish, trout, rainbow, farmed, raw	79.0	1.0 fillet	15.75	0.00	0.185
21522	McDONALD'S, Southern Style Chicken Biscuit	132.0	1.0 biscuit regular size biscuit	15.75	40.34	--
21010	Fast foods, biscuit, with crispy chicken fillet	132.0	1.0 item	15.75	40.34	--
15011	Fish, catfish, channel, cooked, breaded and fried	87.0	1.0 fillet	15.74	6.99	0.174
05133	Chicken, capons, meat and skin and giblets and neck, raw	85.0	3.0 oz	15.73	0.07	0.178
15144	Crustaceans, crab, queen, raw	85.0	3.0 oz	15.72	0.00	0.219
15023	Fish, mahimahi, raw	85.0	3.0 oz	15.72	0.00	0.176
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	153.0	1.0 slice	15.71	40.84	0.161
21147	School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Cheese Pizza 50/50 Cheese, frozen	130.0	1.0 piece 4" x 6"	15.70	38.05	--
05160	Squab, (pigeon), meat and skin, raw	85.0	3.0 oz	15.70	0.00	0.228
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	15.70	0.14	0.185
15025	Fish, eel, mixed species, raw	85.0	3.0 oz	15.67	0.00	0.176
23194	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	15.67	0.00	0.176
16059	Chili with beans, canned	256.0	1.0 cup	15.67	33.89	0.177
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	15.67	0.31	0.176
15196	Fish, halibut, greenland, cooked, dry heat	85.0	3.0 oz	15.66	0.00	0.175
20014	Corn grain, yellow	166.0	1.0 cup	15.64	123.27	0.111
20314	Corn grain, white	166.0	1.0 cup	15.64	123.27	0.111
23202	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	15.63	0.00	0.175
15070	Fish, rockfish, Pacific, mixed species, raw	85.0	3.0 oz	15.61	0.00	0.208
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	151.0	1.0 slice	15.60	38.84	0.125
22956	Lasagna, Vegetable, frozen, baked	227.0	1.0 serving	15.59	32.19	0.252
05001	Chicken, broilers or fryers, meat and skin and giblets and neck, raw	85.0	3.0 oz	15.58	0.11	0.173
19166	Cocoa, dry powder, unsweetened, processed with alkali	86.0	1.0 cup	15.57	50.14	0.233
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	85.0	3.0 oz	15.56	3.13	0.163
15136	Crustaceans, crab, alaska king, raw	85.0	3.0 oz	15.55	0.00	0.217

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	85.0	3.0 oz	15.55	0.15	0.164
20130	Barley flour or meal	148.0	1.0 cup	15.54	110.29	0.259
21457	POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading	76.0	1.0 drumstick, with skin	15.53	7.48	0.119
10851	HORMEL, Cure 81 Ham	84.0	1.0 serving	15.48	0.18	--
13355	Beef, cured, pastrami	71.0	1.0 package, 2.5 oz	15.48	0.26	0.100
16160	Tofu, hard, prepared with nigari	122.0	0.25 block	15.47	5.36	0.229
21382	McDONALD'S, FILET-O-FISH (without tartar sauce)	124.0	1.0 item	15.46	38.54	--
05171	Turkey, whole, giblets, raw	85.0	3.0 oz	15.45	0.06	0.169
13347	Beef, cured, corned beef, brisket, cooked	85.0	3.0 oz	15.44	0.40	0.101
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	15.44	1.21	0.140
21233	McDONALD'S, Cheeseburger	119.0	1.0 item 4 oz	15.43	33.09	--
22906	Chicken pot pie, frozen entree, prepared	302.0	1.0 pie	15.43	58.01	0.214
21148	School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Pepperoni Pizza 50/50 Cheese, frozen	127.0	1.0 piece 4"x6"	15.42	36.63	--
23192	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	15.41	0.00	0.173
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	15.41	44.84	0.185
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	15.41	44.84	0.168
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	15.40	0.10	0.101
05150	Goose, liver, raw	94.0	1.0 liver	15.39	5.94	0.216
32010	Pasta mix, Italian lasagna, unprepared	141.0	1.0 package	15.37	104.02	--
15139	Crustaceans, crab, blue, raw	85.0	3.0 oz	15.35	0.03	0.213
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	15.35	40.36	0.182
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	15.35	40.36	0.182
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	15.35	40.36	0.184
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	15.35	40.36	0.182
20650	Sorghum flour, refined, unenriched	161.0	1.0 cup	15.34	123.73	--
22996	KASHI Three Cheese Penne, frozen, unprepared	269.0	1.0 Entrée	15.33	45.19	--
16341	Beans, pink, mature seeds, cooked, boiled, with salt	169.0	1.0 cup	15.31	47.17	0.181
16041	Beans, pink, mature seeds, cooked, boiled, without salt	169.0	1.0 cup	15.31	47.17	0.181
16548	MORNINGSTAR FARMS Grillers Original, frozen, unprepared	64.0	1.0 burger	15.30	5.44	--
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	85.0	3.0 oz	15.29	1.33	0.144
21356	McDONALD'S, McCHICKEN Sandwich (without mayonnaise)	138.0	1.0 item	15.29	42.71	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	96.0	6.0 pieces	15.28	14.33	--
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	15.28	0.30	0.171
21523	McDONALD'S, RANCH SNACK WRAP, Crispy	133.0	1.0 wrap	15.27	30.88	--
21517	Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce	133.0	1.0 item	15.27	30.88	--
12130	Nuts, hickorynuts, dried	120.0	1.0 cup	15.26	21.90	0.167
15176	Mollusks, squid, mixed species, cooked, fried	85.0	3.0 oz	15.25	6.62	0.172
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	15.25	0.00	0.108
20132	Oat flour, partially debranned	104.0	1.0 cup	15.25	68.33	--
21503	KASHI Pizza, Mediterranean, frozen, unprepared	120.0	0.33 pizza	15.24	37.20	--
16015	Beans, black, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	15.24	40.78	0.181
16315	Beans, black, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	15.24	40.78	0.181
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	15.23	0.00	0.143
23193	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	15.23	0.00	0.171
07008	Bologna, beef and pork	100.0	3.527 oz	15.20	5.49	0.214
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	15.19	0.00	0.171
21610	School Lunch, chicken patty, whole grain breaded	86.0	1.0 patty	15.17	10.75	--
16529	WORTHINGTON FriPats, frozen, unprepared	64.0	1.0 patty	15.17	5.12	--
15008	Fish, carp, raw	85.0	3.0 oz	15.16	0.00	0.170
20011	Buckwheat flour, whole-groat	120.0	1.0 cup	15.14	84.71	0.220
15015	Fish, cod, Atlantic, raw	85.0	3.0 oz	15.14	0.00	0.169
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	15.13	45.05	0.179
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	185.0	1.0 cup	15.13	45.05	0.179
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	15.10	1.31	0.141
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	15.10	0.00	0.099
21106	Fast foods, fish sandwich, with tartar sauce and cheese	134.0	1.0 sandwich	15.09	35.36	--
21232	McDONALD'S, FILET-O-FISH	134.0	1.0 sandwich	15.09	35.36	--
15004	Fish, bass, striped, raw	85.0	3.0 oz	15.07	0.00	0.169
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	15.04	0.30	0.168
32009	Pasta mix, classic beef, unprepared	122.0	1.0 package	15.03	88.08	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
21089	Fast foods, cheeseburger; single, regular patty; plain	91.0	1.0 sandwich	15.02	25.51	0.141
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	115.0	1.0 sandwich	15.02	28.72	--
15045	Fish, lingcod, raw	85.0	3.0 oz	15.01	0.00	0.168
07913	Salami, pork, beef, less sodium	100.0	3.527 oz	15.01	15.38	0.114
15013	Fish, cisco, raw	79.0	1.0 fillet	15.00	0.00	0.168
25031	Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors	50.0	1.0 bar	15.00	22.50	--
21263	TACO BELL, Soft Taco with steak	127.0	1.0 item	15.00	21.87	0.184
21364	McDONALD'S, Hotcakes and Sausage	192.0	1.0 item	15.00	72.10	--
06437	CAMPBELL'S CHUNKY Soups, Roadhouse - Beef & Bean Chili	245.0	1.0 cup	14.99	24.99	--
06398	CAMPBELL'S CHUNKY Soups, Firehouse - Hot & Spicy Beef & Bean Chili	245.0	1.0 cup	14.99	24.99	--
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	14.99	9.66	0.199
15187	Fish, bass, freshwater, mixed species, cooked, dry heat	62.0	1.0 fillet	14.99	0.00	0.168
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	136.0	1.0 slice	14.99	34.52	0.148
15099	Fish, smelt, rainbow, raw	85.0	3.0 oz	14.99	0.00	0.167
16338	Beans, navy, mature seeds, cooked, boiled, with salt	182.0	1.0 cup	14.98	47.41	0.182
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182.0	1.0 cup	14.98	47.41	0.182
05295	Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	85.0	3.0 oz	14.96	5.44	0.170
05123	Chicken, stewing, meat and skin, raw	85.0	3.0 oz	14.92	0.00	0.167
15024	Fish, drum, freshwater, raw	85.0	3.0 oz	14.91	0.00	0.167
15268	Fish, cod, Pacific, raw (not previously frozen)	85.0	3.0 oz	14.91	0.00	--
35237	Tamales, masa and pork filling (Hopi)	113.0	4.0 oz	14.90	20.66	--
16522	WORTHINGTON Vegetable Steaks, canned, unprepared	72.0	2.0 slices	14.90	3.67	--
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	85.0	3.0 oz	14.90	1.02	0.140
15003	Fish, bass, fresh water, mixed species, raw	79.0	1.0 fillet	14.90	0.00	0.167
15243	Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	85.0	3.0 oz	14.89	0.00	0.207
21161	SUBWAY, B.L.T. sub on white bread with bacon, lettuce and tomato	148.0	6.0 inch sub	14.89	39.46	--
21162	Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread	148.0	6.0 inch sub	14.89	39.46	--
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	85.0	3.0 oz	14.88	0.73	0.165
15134	Fish, wolffish, Atlantic, raw	85.0	3.0 oz	14.88	0.00	0.167
15112	Fish, tilefish, raw	85.0	3.0 oz	14.88	0.00	0.167
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	14.86	0.00	0.167

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
05121	Chicken, stewing, meat and skin, and giblets and neck, raw	85.0	3.0 oz	14.86	0.16	0.166
05144	Duck, wild, meat and skin, raw	85.0	3.0 oz	14.81	0.00	0.201
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	85.0	3.0 oz	14.81	0.00	0.156
83110	Fish, mackerel, salted	80.0	1.0 piece (5-1/2" x 1-1/2" x 1/2")	14.80	0.00	--
15143	Crustaceans, crab, dungeness, raw	85.0	3.0 oz	14.80	0.63	0.206
22990	KASHI, STEAM MEAL, Roasted Garlic Chicken Farfalle, Frozen Entree	269.0	1.0 package	14.80	39.27	--
16617	MORNINGSTAR FARMS Spicy Black Bean Enchilada Entree, frozen, unprepared	255.0	1.0 entree	14.79	40.54	--
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	14.77	1.05	0.139
21508	WEND'YS, Crispy Chicken Sandwich	126.0	1.0 sandwich	14.77	33.21	--
21241	WENDY'S, Jr. Hamburger, without cheese	117.0	1.0 item	14.77	33.29	0.137
23508	USDA Commodity, beef, ground, bulk/coarse ground, frozen, raw	85.0	1.0 serving	14.76	0.00	--
19367	Toppings, nuts in syrup	328.0	1.0 cup	14.76	190.50	0.194
16325	Beans, great northern, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	14.74	37.33	0.175
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	14.74	37.33	0.175
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	85.0	3.0 oz	14.74	1.23	0.139
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	123.0	1.0 slice	14.72	36.95	0.156
22910	Lasagna, cheese, frozen, prepared	225.0	1.0 cup 1 serving	14.72	31.14	0.146
23503	USDA Commodity, beef, patties (100%), frozen, cooked	64.0	1.0 patty	14.71	0.58	--
21250	BURGER KING, Hamburger	99.0	1.0 sandwich	14.70	26.49	--
10171	Pork, cured, shoulder, blade roll, separable lean and fat, roasted	85.0	3.0 oz	14.69	0.31	0.176
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	53.0	1.0 wing	14.68	0.00	0.158
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188.0	1.0 cup	14.66	39.25	0.173
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	188.0	1.0 cup	14.66	39.25	0.173
32017	Pasta mix, Italian four cheese lasagna, unprepared	117.0	1.0 package	14.66	82.20	--
01109	Milk, sheep, fluid	245.0	1.0 cup	14.65	13.13	0.206
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	14.64	0.00	0.165
16075	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	182.0	1.0 cup	14.63	42.42	0.173
16375	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	182.0	1.0 cup	14.63	42.42	0.173
15208	Fish, sablefish, cooked, dry heat	85.0	3.0 oz	14.61	0.00	0.164
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	85.0	3.0 oz	14.61	0.14	0.154
07005	Blood sausage	100.0	4.0 slices	14.60	1.29	0.180

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
15266	Fish, pollock, Alaska, raw (not previously frozen)	85.0	3.0 oz	14.59	0.00	--
16581	GARDENBURGER Flame Grilled Burger, frozen, unprepared	96.0	1.0 patty	14.59	6.53	--
05307	Chicken, cornish game hens, meat and skin, raw	85.0	3.0 oz	14.58	0.00	0.161
21358	McDONALD'S, Sausage McMUFFIN	115.0	1.0 item 4 oz	14.56	28.20	--
15155	Mollusks, abalone, mixed species, raw	85.0	3.0 oz	14.54	5.11	0.163
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	164.0	1.0 cup	14.53	44.97	0.139
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164.0	1.0 cup	14.53	44.97	0.139
05109	Chicken, roasting, meat and skin and giblets and neck, raw	85.0	3.0 oz	14.53	0.08	0.161
21499	KASHI Pizza, Roasted Vegetable, frozen, unprepared	116.0	0.33 pizza	14.50	28.42	--
05145	Duck, wild, breast, meat only, raw	73.0	1.0 unit (yield from 1 lb ready-to-cook duck)	14.49	0.00	0.201
20093	Pasta, fresh-refrigerated, plain, as purchased	128.0	4.5 oz	14.48	70.05	0.183
16316	Beans, black, mature seeds, canned, low sodium	240.0	1.0 cup	14.47	39.72	0.173
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	14.47	39.72	0.173
21501	KASHI Pizza, Margherita, frozen, unprepared	113.0	0.33 pizza	14.46	29.04	--
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	51.0	1.0 wing	14.45	0.28	0.146
10175	Pork, fresh, variety meats and by-products, tail, cooked, simmered	85.0	3.0 oz	14.45	0.00	0.087
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	14.43	40.39	0.167
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	14.43	39.95	0.167
17187	Lamb, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	14.42	0.00	0.149
20095	Pasta, fresh-refrigerated, spinach, as purchased	128.0	4.5 oz	14.41	71.32	0.192
16021	Beans, cranberry (roman), mature seeds, canned	260.0	1.0 cup	14.40	39.31	0.172
15094	Fish, shad, american, raw	85.0	3.0 oz	14.39	0.00	0.161
11195	Cowpeas (blackeyes), immature seeds, frozen, unprepared	160.0	1.0 cup	14.37	40.21	0.165
05668	Ground turkey, 85% lean, 15% fat, raw	85.0	1.0 patty (cooked from 4 oz raw)	14.36	0.00	0.163
17449	Lamb, Australian, imported, fresh, external fat, cooked	85.0	3.0 oz	14.36	0.00	0.149
21500	KASHI Pizza, Mushroom Trio & Spinach, frozen, unprepared	113.0	0.33 pizza	14.35	27.80	--
21020	Fast foods, english muffin, with cheese and sausage	108.0	1.0 item	14.34	27.30	0.157
35143	Tortilla, includes plain and from mutton sandwich (Navajo)	197.0	1.0 serving	14.34	98.38	0.118
05178	Turkey, liver, all classes, cooked, simmered	53.0	1.0 liver cooked	14.31	0.00	0.156
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	117.0	1.0 slice	14.31	35.10	0.145
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	117.0	1.0 slice 1/8 pizza	14.31	35.10	0.145

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
20024	Cornmeal, yellow, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	14.30	124.83	0.110
20324	Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	14.30	124.83	0.110
22401	Spaghetti with meat sauce, frozen entree	283.0	1.0 serving	14.29	43.13	0.224
05354	USDA Commodity, turkey taco meat, frozen, cooked	85.0	3.0 oz	14.28	2.58	--
22969	Chili with beans, microwavable bowls	244.0	1.0 cup	14.27	26.55	--
32008	Pasta mix, classic cheeseburger macaroni, unprepared	123.0	1.0 package	14.27	87.96	--
22980	KASHI, Chicken and Chipotle BBQ Sauce with Mango, Frozen Entree	269.0	1.0 package	14.26	47.34	--
16600	MORNINGSTAR FARMS Sesame Chik'n Entree, frozen, unprepared	269.0	1.0 package	14.26	46.54	--
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	85.0	3.0 oz	14.25	0.00	0.199
20040	Rice, brown, medium-grain, raw	190.0	1.0 cup	14.25	144.72	0.182
15107	Fish, sucker, white, raw	85.0	3.0 oz	14.25	0.00	0.160
05177	Turkey, liver, all classes, raw	78.0	1.0 raw liver	14.24	0.00	0.155
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	14.24	0.51	0.160
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	14.24	0.17	0.139
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	14.24	0.01	0.129
15093	Fish, seatrout, mixed species, raw	85.0	3.0 oz	14.23	0.00	0.160
21495	DOMINO'S 14" Sausage Pizza, Ultimate Deep Dish Crust	129.0	1.0 slice	14.23	40.21	--
16619	MORNINGSTAR FARMS Tuscan Greens & Beans, frozen, unprepared	241.0	1.0 entree	14.22	28.20	--
12033	Seeds, sesame flour, low-fat	28.35	1.0 oz	14.21	10.07	0.311
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	85.0	3.0 oz	14.19	0.00	0.157
21497	PIZZA HUT 14" Sausage Pizza, Hand-Tossed Crust	119.0	1.0 slice	14.18	34.97	--
16081	Mung beans, mature seeds, cooked, boiled, without salt	202.0	1.0 cup	14.18	38.68	0.154
16381	Mung beans, mature seeds, cooked, boiled, with salt	202.0	1.0 cup	14.18	38.68	0.154
16434	Yardlong beans, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	14.18	36.06	0.174
16134	Yardlong beans, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	14.18	36.06	0.174
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	123.0	1.0 slice	14.17	39.22	0.139
16602	MORNINGSTAR FARMS Meal Starters Veggie Meatballs, frozen, unprepared	80.0	5.0 meatballs	14.16	7.92	--
21441	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading	68.0	1.0 wing, with skin	14.14	7.93	0.108
15059	Fish, pout, ocean, raw	85.0	3.0 oz	14.14	0.00	0.158
12008	Seeds, cottonseed flour, low fat (glandless)	28.35	1.0 oz	14.13	10.23	0.213
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	14.12	6.37	0.157
10113	Pork, fresh, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	14.11	0.00	0.124

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
07016	Cheesefurter, cheese smokie, pork, beef	100.0	2.33 links	14.10	1.51	0.150
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	60.0	1.0 fillet	14.09	0.00	0.158
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	85.0	3.0 oz	14.08	0.00	0.135
21060	Fast foods, burrito, with beans	217.0	2.0 pieces	14.06	71.44	0.171
21482	Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	127.0	1.0 slice	14.05	38.56	--
15020	Fish, croaker, Atlantic, raw	79.0	1.0 fillet	14.05	0.00	0.157
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	122.0	1.0 piece	14.04	28.08	0.148
22904	Chili con carne with beans, canned entree	242.0	1.0 cup	14.04	31.70	--
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	85.0	3.0 oz	14.02	0.00	0.175
16005	Beans, baked, home prepared	253.0	1.0 cup	14.02	54.72	0.170
42235	Cheese, cottage, lowfat, 1% milkfat, lactose reduced	113.0	4.0 oz	14.01	3.62	--
43352	Cheese, cottage, lowfat, 1% milkfat, no sodium added	113.0	4.0 oz	14.01	3.05	--
32030	KASHI Italian Vegetable Medley Pasta, frozen, unprepared	298.0	0.5 package	14.01	48.57	--
22951	SWANSON, Chicken A La King	298.0	1.0 can (1 serving)	14.01	12.01	--
16054	Broadbeans (fava beans), mature seeds, canned	256.0	1.0 cup	14.00	31.77	0.133
01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	14.00	3.07	0.156
21412	Light Ice Cream, soft serve, blended with milk chocolate candies	348.0	12.0 fl oz cup	13.99	93.33	--
21338	McDONALD'S, McFLURRY with M&M'S CANDIES	348.0	1.0 regular (12 fl oz)	13.99	93.33	--
16534	WORTHINGTON Stakelets, frozen, unprepared	71.0	1.0 piece	13.99	6.82	--
19348	Syrups, chocolate, fudge-type	304.0	1.0 cup	13.98	191.22	--
01036	Cheese, ricotta, whole milk	124.0	0.5 cup	13.96	3.77	0.155
20036	Rice, brown, long-grain, raw	185.0	1.0 cup	13.95	141.06	0.187
15073	Fish, roughy, orange, raw	85.0	3.0 oz	13.95	0.00	0.156
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	123.0	1.0 slice	13.95	31.99	0.170
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	115.0	1.0 slice	13.94	26.56	0.130
15043	Fish, herring, Pacific, raw	85.0	3.0 oz	13.93	0.00	0.156
15010	Fish, catfish, channel, wild, raw	85.0	3.0 oz	13.92	0.00	0.156
12011	Seeds, cottonseed meal, partially defatted (glandless)	28.35	1.0 oz	13.92	10.89	0.210
05075	Chicken, broilers or fryers, leg, meat and skin, raw	85.0	3.0 oz	13.91	0.14	0.145
16361	Cowpeas, catjang, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	13.90	34.75	0.171
16061	Cowpeas, catjang, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	13.90	34.75	0.171
20046	Rice, white, long-grain, parboiled, enriched, dry	185.0	1.0 cup	13.89	149.65	0.191
20446	Rice, white, long-grain, parboiled, unenriched, dry	185.0	1.0 cup	13.89	149.65	0.191
15033	Fish, haddock, raw	85.0	3.0 oz	13.87	0.00	0.180

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
21498	PIZZA HUT 14" Sausage Pizza, Pan Crust	125.0	1.0 slice	13.85	36.95	--
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	127.0	1.0 slice	13.84	32.54	0.133
16379	Mothbeans, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	13.82	37.10	0.088
16079	Mothbeans, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	13.82	37.10	0.088
15163	Mollusks, cuttlefish, mixed species, raw	85.0	3.0 oz	13.80	0.70	0.155
12005	Seeds, breadnut tree seeds, dried	160.0	1.0 cup	13.79	127.02	0.374
21611	School Lunch, chicken nuggets, whole grain breaded	88.0	5.0 pieces	13.79	20.12	--
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	222.0	1.0 serving	13.79	47.49	0.131
21269	TACO BELL, Nachos Supreme	222.0	1.0 serving	13.79	47.49	0.131
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	13.73	0.66	0.154
05315	Duck, young duckling, domesticated, White Pekin, breast, meat and skin, boneless, cooked, roasted	56.0	1.0 unit (yield from 1 lb ready-to-cook duck)	13.72	0.00	0.189
15104	Fish, sturgeon, mixed species, raw	85.0	3.0 oz	13.72	0.00	0.154
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	117.0	1.0 piece	13.71	26.20	0.178
90560	Mollusks, snail, raw	85.0	3.0 oz	13.69	1.70	--
21355	McDONALD'S, McCHICKEN Sandwich	131.0	1.0 sandwich	13.66	36.64	--
15129	Fish, turbot, european, raw	85.0	3.0 oz	13.64	0.00	0.153
15128	Fish, tuna salad	85.0	3.0 oz	13.63	8.00	0.153
07958	Turkey sausage, fresh, cooked	57.0	1.0 serving	13.62	0.00	0.105
01275	Yogurt, Greek, nonfat, vanilla, CHOBANI	150.0	5.3 oz	13.60	12.14	--
16528	WORTHINGTON Dinner Roast, frozen, unprepared	85.0	1.0 slice , 3/4"	13.60	5.86	--
21061	Fast foods, burrito, with beans and cheese	185.0	1.0 each burrito	13.60	57.78	--
21264	TACO BELL, Bean Burrito	185.0	1.0 each burrito	13.60	57.78	0.166
15145	Crustaceans, crayfish, mixed species, wild, raw	85.0	3.0 oz	13.57	0.00	0.189
16084	Mungo beans, mature seeds, cooked, boiled, without salt	180.0	1.0 cup	13.57	33.01	0.140
16384	Mungo beans, mature seeds, cooked, boiled, with salt	180.0	1.0 cup	13.57	33.01	0.140
21303	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	118.0	1.0 slice	13.56	37.57	--
07914	Sausage, Italian, sweet, links	84.0	1.0 link 3 oz	13.55	1.76	0.093
21119	Fast foods, hotdog, with chili	114.0	1.0 sandwich	13.51	31.29	0.129
21283	PAPA JOHN'S 14" Cheese Pizza, Original Crust	117.0	1.0 slice	13.49	38.31	--
05146	Goose, domesticated, meat and skin, raw	85.0	3.0 oz	13.48	0.00	0.176
21296	PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust	110.0	1.0 slice	13.45	35.32	--
22994	KASHI Spinach Artichoke Pasta, frozen, unprepared	269.0	1.0 entree	13.45	40.62	--
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	104.0	1.0 slice	13.45	30.19	0.114

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
22963	Lean Pockets, Meatballs & Mozzarella	128.0	1.0 each	13.43	41.32	0.183
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	13.39	0.76	0.150
06026	Soup, chili beef, canned, condensed	263.0	1.0 cup (8 fl oz)	13.39	49.60	--
21413	Light Ice Cream, soft serve, blended with cookie pieces	337.0	12.0 fl oz cup	13.38	86.10	--
21339	McDONALD'S, McFLURRY with OREO cookies	337.0	1.0 regular (12 fl oz)	13.38	86.10	--
16029	Beans, kidney, all types, mature seeds, canned	256.0	1.0 cup	13.36	37.12	0.161
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256.0	1.0 cup	13.36	37.96	0.164
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	256.0	1.0 cup	13.36	37.96	0.164
25004	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Chewy Chocolate Peanut Bar	55.0	1.0 bar	13.36	25.98	--
21484	Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	116.0	1.0 slice	13.34	35.52	--
21018	Fast foods, egg, scrambled	96.0	2.0 eggs	13.29	2.00	0.204
32022	KASHI Three Cheese Ravioli with Mediterranean Tomato Sauce, frozen, unprepared	241.0	0.5 package	13.26	47.48	--
11211	Edamame, frozen, unprepared	118.0	1.0 cup	13.24	8.98	0.140
21083	Fast foods, taco salad	198.0	1.5 cup	13.23	23.58	0.148
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	171.0	1.0 cup	13.22	35.50	0.162
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	171.0	1.0 cup	13.22	35.50	0.162
20044	Rice, white, long-grain, regular, raw, enriched	185.0	1.0 cup	13.19	147.91	0.154
20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	13.19	147.91	0.154
06142	Sauce, sofrito, prepared from recipe	103.0	0.5 cup	13.18	5.62	--
07024	Frankfurter, chicken	85.0	3.0 oz	13.18	2.33	0.088
10088	Pork, fresh, spareribs, separable lean and fat, raw	85.0	3.0 oz	13.15	0.00	0.139
16009	Beans, baked, canned, with pork	253.0	1.0 cup	13.13	50.57	0.157
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	13.12	0.57	0.123
22962	LEAN POCKETS, Ham N Cheddar	127.0	1.0 hot pocket (1 NLEA serving)	13.06	41.30	0.182
16504	LOMA LINDA Tender Rounds with Gravy, canned, unprepared	80.0	6.0 pieces	13.04	5.92	--
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	98.0	1.0 each taco	13.03	19.30	0.150
21487	Fast foods, taco with chicken, lettuce and cheese, soft	98.0	1.0 each taco	13.03	19.30	--
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	111.0	1.0 slice	13.03	35.50	--
21437	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	60.0	1.0 wing, with skin	13.02	5.96	0.100
23438	Beef, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	13.01	0.00	0.137

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
32015	Turnover, cheese-filled, tomato-based sauce, frozen, unprepared	127.0	1.0 serving 4.5 oz	13.00	34.66	--
43528	Beverages, ABBOTT, ENSURE PLUS, ready-to-drink	252.0	1.0 cup	13.00	50.10	--
25032	Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	78.0	1.0 bar	13.00	49.47	--
20052	Rice, white, short-grain, enriched, uncooked	200.0	1.0 cup	13.00	158.30	0.150
20452	Rice, white, short-grain, raw, unenriched	200.0	1.0 cup	13.00	158.30	0.150
16525	WORTHINGTON Chic-Ketts, frozen, unprepared	55.0	2.0 slices (3/8" thick)	12.98	2.80	--
32014	Macaroni or noodles with cheese, made from reduced fat packaged mix, unprepared	99.0	1.0 serving (3.5 oz)	12.97	51.54	--
21297	PIZZA HUT 14" Pepperoni Pizza, Pan Crust	113.0	1.0 slice	12.96	35.92	--
01161	Cheese substitute, mozzarella	113.0	1.0 cup, shredded	12.96	26.75	0.171
01286	Yogurt, Greek, vanilla, nonfat	150.0	1.0 container (5.3 oz)	12.96	15.55	0.042
12145	Nuts, pilinuts, dried	120.0	1.0 cup	12.96	4.78	0.227
15234	Fish, catfish, channel, farmed, raw	85.0	3.0 oz	12.95	0.00	0.155
08393	Cereals ready-to-eat, KASHI GOLEAN	52.0	1.0 cup (1 NLEA serving)	12.94	34.94	--
23506	USDA Commodity, beef patties with VPP, frozen, raw	85.0	1.0 serving	12.93	3.26	--
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	170.0	1.0 cup	12.92	33.40	0.122
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	170.0	1.0 cup	12.92	33.40	0.122
21109	Fast foods, hamburger; single, regular patty; with condiments and vegetables	110.0	1.0 item	12.91	27.29	0.156
20581	Wheat flour, white, all-purpose, enriched, unbleached	125.0	1.0 cup	12.91	95.39	0.159
20481	Wheat flour, white, all-purpose, unenriched	125.0	1.0 cup	12.91	95.39	0.159
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	125.0	1.0 cup	12.91	95.39	0.159
20081	Wheat flour, white, all-purpose, enriched, bleached	125.0	1.0 cup	12.91	95.39	0.159
05356	Chicken, broiler, rotisserie, BBQ, skin	85.0	1.0 serving	12.91	0.60	0.060
21108	Fast foods, hamburger; single, regular patty; with condiments	97.0	1.0 sandwich	12.90	28.68	--
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 wing	12.90	0.02	0.125
20050	Rice, white, medium-grain, raw, enriched	195.0	1.0 cup	12.89	154.71	0.150
20450	Rice, white, medium-grain, raw, unenriched	195.0	1.0 cup	12.89	154.71	0.150
21107	Fast foods, hamburger; single, regular patty; plain	78.0	1.0 sandwich	12.89	24.57	0.112
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	102.0	1.0 slice	12.88	30.70	0.159
17377	Lamb, New Zealand, imported, testes, raw	113.0	4.0 oz	12.88	0.16	0.142
16508	LOMA LINDA Tender Bits, canned, unprepared	85.0	6.0 pieces	12.84	7.06	--
21496	PIZZA HUT 14" Sausage Pizza, THIN 'N CRISPY Crust	92.0	1.0 slice	12.83	26.40	--
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	158.0	1.0 cup cup rinsed solids	12.83	32.86	0.153
17358	Lamb, New Zealand, imported, brains, raw	113.0	4.0 oz	12.80	0.00	0.141

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
20647	Millet flour	119.0	1.0 cup	12.79	89.39	0.202
21011	Fast foods, croissant, with egg and cheese	127.0	1.0 croissant	12.79	28.51	0.184
16171	Refried beans, canned, vegetarian	242.0	1.0 cup	12.78	32.67	--
07006	Bockwurst, pork, veal, raw	91.0	1.0 sausage	12.77	2.68	0.139
14041	Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	237.0	1.0 bottle	12.75	40.98	--
22919	Macaroni and Cheese, canned, microwavable	213.0	7.5 oz 1 serving	12.74	29.73	--
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	113.0	1.0 slice	12.71	36.00	0.092
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	118.0	1.0 slice	12.70	39.51	0.135
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	12.67	1.87	0.142
16011	Beans, baked, canned, with pork and tomato sauce	246.0	1.0 cup	12.67	45.98	0.184
36036	Restaurant, family style, onion rings	259.0	1.0 serving	12.67	105.46	0.119
43112	Beans, chili, barbecue, ranch style, cooked	253.0	1.0 cup	12.65	42.76	--
06730	Soup, split pea with ham, chunky, reduced fat, reduced sodium, ready-to-serve, single brand	243.0	1.0 serving	12.64	27.46	--
21494	DOMINO'S 14" Sausage Pizza, Classic Hand-Tossed Crust	114.0	1.0 slice	12.63	36.30	--
32005	Macaroni and cheese, box mix with cheese sauce, prepared	189.0	1.0 cup prepared	12.63	43.66	--
06249	Soup, pea, green, canned, prepared with equal volume milk	254.0	1.0 cup (8 fl oz)	12.62	32.23	0.130
15242	Crustaceans, crayfish, mixed species, farmed, raw	85.0	3.0 oz	12.62	0.00	0.176
20124	Pasta, whole-wheat, dry	91.0	1.0 cup spaghetti	12.62	66.77	--
21433	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed	44.0	1.0 wing, without skin	12.61	1.31	0.096
06007	Soup, bean with ham, canned, chunky, ready-to-serve	243.0	1.0 cup (8 fl oz)	12.61	27.12	--
20054	Rice, white, glutinous, unenriched, uncooked	185.0	1.0 cup	12.60	151.11	0.146
21293	PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust	105.0	1.0 slice	12.58	35.09	--
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	12.57	3.82	0.166
36413	Restaurant, Latino, black bean soup	246.0	1.0 cup	12.55	36.38	0.093
22981	KASHI, Chicken Enchilada with Ancho Sauce, Frozen Entree	255.0	1.0 package	12.50	38.00	--
16023	Beans, french, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	12.48	42.52	0.147
16323	Beans, french, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	12.48	42.52	0.147
36026	CRACKER BARREL, onion rings, thick-cut	261.0	1.0 serving	12.48	106.88	0.130
15157	Mollusks, clam, mixed species, raw	85.0	3.0 oz	12.47	3.03	0.174
11039	Lima beans, immature seeds, frozen, baby, unprepared	164.0	1.0 cup	12.45	41.23	0.164
23507	USDA Commodity, beef, patties (100%), frozen, raw	85.0	3.0 oz	12.44	0.00	--
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	115.0	1.0 slice	12.43	38.15	--
17375	Lamb, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	12.43	0.00	0.138

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	225.0	1.0 pie crust (average weight)	12.42	105.28	0.119
20622	Spaghetti, protein-fortified, dry, enriched (n x 6.25)	57.0	2.0 oz	12.41	37.42	0.145
06002	Soup, black bean, canned, condensed	257.0	1.0 cup (8 fl oz)	12.41	39.63	--
20523	Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	140.0	1.0 cup	12.40	43.23	0.144
06015	Soup, chicken, canned, chunky, ready-to-serve	245.0	1.0 cup	12.40	16.86	0.120
11373	Potatoes, au gratin, home-prepared from recipe using butter	245.0	1.0 cup	12.40	27.61	0.172
11843	Potatoes, au gratin, home-prepared from recipe using margarine	245.0	1.0 cup	12.40	27.61	0.172
16556	MORNINGSTAR FARMS Chik'n Nuggets, frozen, unprepared	86.0	4.0 nuggets	12.38	18.75	--
25008	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Honey Nut Oat Bar	55.0	1.0 bar	12.38	29.86	--
01276	Yogurt, Greek, strawberry, DANNON OIKOS	150.0	5.3 oz	12.38	17.50	--
20082	Wheat flour, white, all-purpose, self-rising, enriched	125.0	1.0 cup	12.36	92.78	0.151
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	96.0	1.0 slice	12.35	30.29	0.118
16172	Refried beans, canned, fat-free	231.0	1.0 cup	12.34	31.18	--
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	202.0	1.0 pie crust (average weight)	12.32	105.99	0.115
43396	Cheese, cottage, lowfat, 1% milkfat, with vegetables	113.0	4.0 oz	12.32	3.39	--
43273	Cheese, cottage, with vegetables	113.0	4.0 oz	12.32	3.39	0.151
15054	Fish, monkfish, raw	85.0	3.0 oz	12.31	0.00	0.138
17190	Veal, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	12.31	0.00	0.123
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	12.30	2.40	0.116
20135	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, dry	91.0	1.0 cup spaghetti	12.29	66.52	--
25006	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Double Chocolate Nut Bar	55.0	1.0 bar	12.29	28.86	--
06974	Soup, vegetable chicken, canned, prepared with water, low sodium	241.0	1.0 cup	12.29	21.11	--
21228	McDONALD'S, Hamburger	95.0	1.0 sandwich	12.27	28.77	--
06022	Soup, chicken rice, canned, chunky, ready-to-serve	240.0	1.0 cup	12.26	12.98	--
21472	Fast Foods, Fried Chicken, Wing, meat and skin and breading	58.0	1.0 wing, with skin	12.26	6.49	--
01284	Yogurt, Greek, strawberry, lowfat	150.0	1.0 container (5.3 oz)	12.26	17.84	0.038
06980	Soup, beef stroganoff, canned, chunky style, ready-to-serve	240.0	1.0 cup	12.24	21.60	--
07972	Meatballs, frozen, Italian style	85.0	3.0 oz	12.24	6.85	--
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	90.0	1.0 slice	12.23	27.91	0.117
05050	Chicken, broilers or fryers, back, meat and skin, cooked, fried, flour	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	12.23	2.86	0.138
15038	Fish, halibut, Greenland, raw	85.0	3.0 oz	12.21	0.00	0.137
32023	KASHI Mushroom & Asparagus Risotto, frozen, unprepared	284.0	0.5 package	12.21	48.28	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
16506	LOMA LINDA Vege-Burger, canned, unprepared	55.0	0.25 cup	12.21	2.04	--
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	107.0	1.0 slice	12.19	35.66	--
01278	Yogurt, Greek, nonfat, vanilla, DANNON OIKOS	150.0	5.3 oz	12.18	19.08	--
16514	WORTHINGTON Low Fat Fri Chik, canned, unprepared	85.0	2.0 pieces	12.16	4.17	--
21294	PIZZA HUT 14" Cheese Pizza, Pan Crust	112.0	1.0 slice	12.15	36.79	--
43449	Beans, baked, canned, no salt added	253.0	1.0 cup	12.14	51.84	--
15142	Crustaceans, crab, blue, crab cakes, home recipe	60.0	1.0 cake	12.13	0.29	0.169
22902	Pizza, meat topping, thick crust, frozen, cooked	103.0	1.0 slice 1/8 of 12" pizza	12.11	31.68	--
07207	OSCAR MAYER, Braunschweiger Liver Sausage (sliced)	85.0	3.0 oz	12.11	2.21	--
15213	Fish, scup, cooked, dry heat	50.0	1.0 fillet	12.10	0.00	0.136
15158	Mollusks, clam, mixed species, cooked, breaded and fried	85.0	3.0 oz	12.10	8.78	0.143
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	109.0	1.0 burrito	12.10	25.04	0.137
21340	McDONALD'S, Sausage Burrito	109.0	1.0 burrito	12.10	25.04	0.137
27043	Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve	519.0	1.0 can	12.09	29.48	--
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	12.08	5.21	0.133
01285	Yogurt, Greek, strawberry, nonfat	150.0	1.0 container (5.3 oz)	12.08	18.10	0.038
16611	MORNINGSTAR FARMS Parmesan Garlic Wings, frozen, unprepared	85.0	5.0 Wings	12.07	20.48	--
16006	Beans, baked, canned, plain or vegetarian	254.0	1.0 cup	12.06	53.70	0.130
16513	WORTHINGTON FriChik Original, canned, unprepared	90.0	2.0 pieces	12.06	3.06	--
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	55.0	1.0 bar	12.05	27.66	0.122
01281	Yogurt, Greek, nonfat, strawberry, CHOBANI	150.0	5.3 oz	12.04	17.43	--
01280	Yogurt, Greek, nonfat, strawberry, DANNON OIKOS	150.0	5.3 oz	12.04	18.80	--
32032	Sausage, egg and cheese breakfast biscuit	126.0	1.0 biscuit	12.02	27.18	--
20653	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry	91.0	1.0 cup spaghetti	12.01	66.70	--
32013	Potsticker or wonton, pork and vegetable, frozen, unprepared	145.0	5.0 pieces 1 serving	12.01	19.26	--
06459	CAMPBELL'S CHUNKY Soups, Split Pea 'N' Ham Soup	245.0	1.0 cup	12.00	29.99	--
32027	Turnover, meat- and cheese-filled, tomato-based sauce, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	12.00	40.50	--
32019	Lasagna, cheese, frozen, unprepared	237.0	1.0 cup 1 serving	11.99	51.22	--
06482	CAMPBELL'S Low Sodium Soups, Chicken with Noodles Soup	305.0	1.0 serving 1 container	11.99	16.99	--
07059	Polish sausage, pork	85.0	3.0 oz	11.98	1.39	0.117
16555	MORNINGSTAR FARMS Buffalo Wings, frozen, unprepared	85.0	5.0 Wings	11.98	19.21	--
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	11.97	35.01	0.157
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	180.0	1.0 cup	11.97	35.01	0.157

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	85.0	3.0 oz	11.96	3.59	0.112
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	51.0	1.0 wing	11.94	0.31	0.105
22118	MORNINGSTAR FARMS Garden Veggie Patties, frozen, unprepared	67.0	1.0 burger	11.93	9.18	--
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	85.0	3.0 oz	11.93	0.00	0.132
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	89.0	1.0 slice	11.92	28.04	0.134
05174	Turkey, gizzard, all classes, cooked, simmered	45.0	1.0 gizzard cooked	11.90	0.00	0.107
16345	Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water	169.0	1.0 cup	11.90	35.10	0.134
32036	JIMMY DEAN, Sausage, Egg, and Cheese Breakfast Biscuit, frozen, unprepared	128.0	1.0 biscuit	11.89	26.97	--
16073	Lima beans, large, mature seeds, canned	241.0	1.0 cup	11.88	35.93	0.140
12163	Seeds, pumpkin and squash seeds, whole, roasted, without salt	64.0	1.0 cup	11.87	34.40	0.209
12663	Seeds, pumpkin and squash seeds, whole, roasted, with salt added	64.0	1.0 cup	11.87	34.40	0.209
20420	Pasta, dry, unenriched	91.0	1.0 cup spaghetti	11.87	67.95	0.168
20120	Pasta, dry, enriched	91.0	1.0 cup spaghetti	11.87	67.95	0.168
15216	Fish, spot, cooked, dry heat	50.0	1.0 fillet	11.86	0.00	0.133
16403	Refried beans, canned, traditional, reduced sodium	238.0	1.0 cup	11.85	32.25	0.140
16103	Refried beans, canned, traditional style (includes USDA commodity)	238.0	1.0 cup	11.85	32.25	0.155
15103	Fish, spot, raw	64.0	1.0 fillet	11.85	0.00	0.132
05173	Turkey, gizzard, all classes, raw	63.0	1.0 raw gizzard	11.84	0.00	0.131
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	127.0	1.0 hot pocket (1 NLEA serving)	11.84	38.67	0.165
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	11.81	5.38	0.156
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	240.0	1.0 cup	11.81	32.38	0.115
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	11.81	32.38	0.115
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	11.80	3.92	0.110
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	11.80	3.92	0.110
16502	LOMA LINDA Low Fat Big Franks, canned, unprepared	51.0	1.0 link	11.78	2.50	--
22975	Chicken, nuggets, white meat, precooked, frozen, not reheated	82.0	1.0 serving	11.78	13.32	--
05016	Chicken, broilers or fryers, skin only, cooked, fried, batter	114.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	11.76	26.39	0.121
43137	Vegetarian meatloaf or patties	56.0	1.0 slice	11.76	4.48	--
21483	Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	88.0	1.0 slice	11.76	23.76	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
07910	Bratwurst, veal, cooked	84.0	1.0 serving 2.96 oz	11.75	0.00	0.119
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	100.0	1.0 slice	11.73	29.93	0.125
25024	Pretzels, soft, unsalted	143.0	1.0 large	11.73	101.59	--
43109	Pretzels, soft	143.0	1.0 large	11.73	99.23	--
35147	Tamales (Navajo)	186.0	1.0 piece	11.68	33.70	0.097
21443	POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed	44.0	1.0 drumstick, bone and skin removed	11.66	0.02	0.089
21277	DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	108.0	1.0 slice	11.66	35.90	--
07013	Bratwurst, pork, cooked	85.0	1.0 link cooked	11.66	2.42	0.295
16173	Frijoles rojos volteados (Refried beans, red, canned)	233.0	1.0 cup	11.65	36.05	0.114
15060	Fish, perch, mixed species, raw	60.0	1.0 fillet	11.63	0.00	0.130
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	11.63	38.80	0.159
21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	57.0	1.0 wing, with skin	11.63	7.71	0.089
06738	Soup, split pea with ham and bacon, canned, condensed, single brand	135.0	1.0 serving	11.61	28.62	--
20025	Cornmeal, yellow, self-rising, degermed, enriched	138.0	1.0 cup	11.61	103.21	--
20325	Cornmeal, white, self-rising, degermed, enriched	138.0	1.0 cup	11.61	103.21	--
21002	Fast foods, biscuit, with egg	136.0	1.0 biscuit	11.60	31.91	0.143
43241	Cereals ready-to-eat, FAMILIA	122.0	1.0 cup	11.59	90.04	--
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	170.0	1.0 cup	11.58	40.19	0.151
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	11.58	40.19	0.151
22121	MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared	71.0	1.0 Burger	11.57	6.46	--
01057	Eggnog	254.0	1.0 cup	11.56	20.45	0.216
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	96.0	1.0 slice	11.49	29.27	0.111
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	96.0	1.0 slice	11.45	29.97	0.123
15061	Fish, perch, mixed species, cooked, dry heat	46.0	1.0 fillet	11.44	0.00	0.128
12032	Seeds, sesame flour, partially defatted	28.35	1.0 oz	11.43	9.96	0.250
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	170.0	1.0 cup	11.42	135.85	0.105
07928	Sausage, chicken, beef, pork, skinless, smoked	84.0	1.0 link	11.42	6.80	0.122
20090	Rice flour, brown	158.0	1.0 cup	11.42	120.84	0.145
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	11.41	46.12	0.108
15074	Fish, sablefish, raw	85.0	3.0 oz	11.40	0.00	0.128
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	126.0	0.5 cup	11.39	3.59	0.155
21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	110.0	1.0 item	11.38	27.27	0.110
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240.0	1.0 cup	11.38	32.71	0.139

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
36040	CRACKER BARREL, macaroni n' cheese	175.0	1.0 serving	11.36	27.32	0.123
16402	Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	168.0	1.0 cup	11.36	39.06	0.111
16102	Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	168.0	1.0 cup	11.36	39.06	0.111
21306	Fast foods, griddle cake sandwich, sausage	135.0	1.0 item	11.35	42.19	--
21328	McDONALD'S, Sausage McGRIDDLES	135.0	1.0 item	11.35	42.19	--
05661	Chicken, liver, all classes, cooked, pan-fried	44.0	1.0 liver	11.34	0.49	0.115
21491	PIZZA HUT 14" Pepperoni Pizza, THIN 'N CRISPY Crust	80.0	1.0 slice	11.30	26.13	--
22535	HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	11.30	38.61	--
08649	Cereals ready-to-eat, KASHI GOLEAN CRISP Cinnamon Crumble	51.0	0.75 cup (1 NLEA serving)	11.27	31.92	--
21361	McDONALD'S, Sausage Biscuit	117.0	1.0 item 4.1 oz	11.26	31.82	--
16010	Beans, baked, canned, with pork and sweet sauce	249.0	1.0 cup	11.25	53.71	0.120
16275	Vitasoy USA Organic Nasoya Sprouted, Tofu Plus Super Firm	85.0	3.0 oz	11.25	1.84	--
16003	Beans, adzuki, mature seeds, canned, sweetened	296.0	1.0 cup	11.25	162.83	0.107
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	11.24	4.72	0.129
20084	Wheat flour, white, cake, enriched	137.0	1.0 cup unsifted, dipped	11.23	106.90	0.162
21246	WENDY'S, Chicken Nuggets	68.0	5.0 pieces	11.19	9.73	--
21428	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	39.0	1.0 wing wing without skin	11.17	0.69	0.085
07925	Pastrami, beef, 98% fat-free	57.0	1.0 serving 6 slices	11.17	0.88	0.089
20422	Cornmeal, degermed, unenriched, yellow	157.0	1.0 cup	11.16	124.74	0.060
20522	Cornmeal, degermed, unenriched, white	157.0	1.0 cup	11.16	124.74	0.060
20022	Cornmeal, degermed, enriched, yellow	157.0	1.0 cup	11.16	124.74	0.060
20322	Cornmeal, degermed, enriched, white	157.0	1.0 cup	11.16	124.74	0.060
11311	Peas, green, canned, drained solids, rinsed in tap water	257.0	1.0 can	11.13	30.38	0.103
16565	MORNINGSTAR FARMS Sausage Style Recipe Crumbles, frozen, unprepared	55.0	0.667 cup	11.11	5.44	--
20064	Rye flour, medium	102.0	1.0 cup	11.10	76.94	0.125
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	240.0	1.0 cup	11.09	26.81	0.110
11344	Pigeonpeas, immature seeds, raw	154.0	1.0 cup	11.09	36.78	--
21485	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	79.0	1.0 slice	11.07	22.91	--
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	11.07	117.35	0.146
11656	Corn pudding, home prepared	250.0	1.0 cup	11.05	42.42	0.148
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	11.04	36.43	0.122
16044	Beans, pinto, mature seeds, canned, solids and liquids	240.0	1.0 cup	11.04	36.43	0.122

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
11413	Potato flour	160.0	1.0 cup	11.04	132.96	0.184
20105	Macaroni, vegetable, enriched, dry	84.0	1.0 cup spiral shaped	11.04	62.90	0.141
22942	SPAGHETTIOS, SpaghettiOs A to Z's with Meatballs	252.0	1.0 cup (1 serving)	11.01	32.00	--
22939	SPAGHETTIOS, SpaghettiOs RavioliOs Beef Ravioli in Meat Sauce	252.0	1.0 cup (1 serving)	11.01	38.00	--
22522	Pasta with Sliced Franks in Tomato Sauce, canned entree	252.0	1.0 serving (1 cup)	11.01	32.00	--
22940	SPAGHETTIOS, SpaghettiOs with Meatballs	252.0	1.0 cup (1 serving)	11.01	32.00	--
22929	SPAGHETTIOS, Mini Beef Ravioli in Meat Sauce	259.0	1.0 cup	11.01	42.99	--
06414	CAMPBELL'S CHUNKY Soups, Hearty Bean 'N' Ham Soup	245.0	1.0 cup	11.00	29.99	--
22952	SWANSON, Chicken and Dumplings	247.0	1.0 cup (1 serving)	10.99	24.01	--
16147	Veggie burgers or soyburgers, unprepared	70.0	1.0 pattie	10.99	9.99	0.113
21492	DOMINO'S 14" Pepperoni Pizza, Crunchy Thin Crust	79.0	1.0 slice	10.97	20.03	--
22126	LOMA LINDA Big Franks, canned, unprepared	51.0	1.0 link	10.96	2.96	--
08705	Cereals ready-to-eat, KASHI GOLEAN Vanilla Graham Clusters	51.0	1.0 Cup (1 NLEA serving)	10.96	35.75	--
22901	Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased	81.0	0.75 cup	10.94	38.07	--
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	67.0	1.0 serving 4 pieces in serving	10.90	9.11	--
15174	Mollusks, scallop, mixed species, imitation, made from surimi	85.0	3.0 oz	10.85	9.03	0.066
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	30.0	0.25 cup	10.85	15.59	0.153
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	30.0	0.25 cup	10.85	15.59	0.153
07039	Lebanon bologna, beef	57.0	1.0 serving 2 slices	10.85	0.25	--
28287	Bread, naan, whole wheat, commercially prepared, refrigerated	106.0	1.0 piece	10.81	48.98	--
01141	Egg, turkey, whole, fresh, raw	79.0	1.0 egg	10.81	0.91	0.173
06978	Soup, beef and mushroom, low sodium, chunk style	251.0	1.0 cup	10.79	24.05	--
16532	WORTHINGTON Prosage Roll, frozen, unprepared	55.0	1.0 slice , 5/8"	10.78	3.30	--
05028	Chicken, liver, all classes, cooked, simmered	44.0	1.0 liver	10.76	0.38	0.109
22987	KASHI Pesto Pasta Primavera, frozen, unprepared	283.0	1.0 entree	10.75	36.79	--
22912	Spaghetti, with meatballs in tomato sauce, canned	246.0	1.0 cup	10.75	28.17	0.079
21009	Fast foods, biscuit, with sausage	111.0	1.0 item	10.73	33.29	0.117
11658	Spinach souffle	136.0	1.0 cup	10.73	8.02	0.147
20086	Wheat flour, white, tortilla mix, enriched	111.0	1.0 cup	10.72	74.53	0.132
07955	Turkey sausage, fresh, raw	57.0	1.0 serving	10.71	0.27	0.074
21143	CHICK-FIL-A, Chick-n-Strips	50.0	1.0 strip	10.70	5.20	--
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	87.0	1.0 slice	10.69	22.85	0.124
13319	Beef, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	10.68	0.00	0.088
11031	Lima beans, immature seeds, raw	156.0	1.0 cup	10.67	31.47	0.140
20141	Spelt, cooked	194.0	1.0 cup	10.67	51.29	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
17186	Lamb, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	10.67	0.00	0.110
08120	Cereals, oats, regular and quick, not fortified, dry	81.0	1.0 cup	10.65	54.84	0.147
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	85.0	3.0 oz	10.65	0.00	0.111
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	37.0	1.0 wing without skin	10.64	0.79	--
13345	Beef, cured, breakfast strips, cooked	34.0	3.0 slices	10.64	0.48	0.097
23501	USDA Commodity, beef patties with VPP, frozen, cooked	68.0	1.0 patty	10.64	5.37	--
21431	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed	41.0	1.0 drumstick, bone and skin removed	10.62	0.00	0.081
10099	Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	85.0	3.0 oz	10.62	0.00	--
12131	Nuts, macadamia nuts, raw	134.0	1.0 cup, whole or halves	10.60	18.52	0.090
07968	Kielbasa, fully cooked, grilled	85.0	3.0 oz	10.58	4.28	0.105
21295	PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust	79.0	1.0 slice	10.56	27.03	--
11316	Peas, mature seeds, sprouted, raw	120.0	1.0 cup	10.56	32.53	--
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	69.0	1.0 slice	10.55	19.76	0.109
15153	Crustaceans, shrimp, mixed species, imitation, made from surimi	85.0	3.0 oz	10.53	7.76	0.064
08144	Cereals, whole wheat hot natural cereal, dry	94.0	1.0 cup	10.53	70.69	--
21426	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	10.52	0.04	0.080
36038	Restaurant, family style, spaghetti and meatballs	134.0	1.0 cup	10.51	20.78	0.121
05054	Chicken, broilers or fryers, back, meat only, cooked, fried	35.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	10.50	1.99	0.123
21465	Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	10.50	0.00	--
22974	Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	87.0	1.0 serving	10.46	14.00	--
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	99.0	1.0 bagel	10.45	51.86	--
28288	Bread, roll, Mexican, bollilo	98.0	1.0 piece	10.44	54.65	--
36412	Restaurant, Latino, tamale, pork	142.0	1.0 piece	10.44	22.36	0.095
36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	777.0	1.0 order	10.41	44.60	--
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	53.0	1.0 strip	10.39	9.82	0.125
21118	Fast foods, hotdog, plain	98.0	1.0 sandwich	10.39	18.03	0.096
16554	MORNINGSTAR FARMS Tomato & Basil Pizza Burger, frozen, unprepared	67.0	1.0 burger	10.38	9.38	--
16606	MORNINGSTAR FARMS Mediterranean Chickpea, frozen, unprepared	67.0	1.0 Burger	10.38	13.27	--
21417	POPEYES, Mild Chicken Strips, analyzed 2006	54.0	1.0 strip	10.37	10.43	0.124
06051	Soup, pea, split with ham, canned, condensed	135.0	0.5 cup (4 fl oz)	10.37	28.09	0.103
21023	Fast foods, french toast with butter	135.0	2.0 slices	10.34	36.04	0.143

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	10.34	0.00	0.121
06451	Soup, pea, split with ham, canned, prepared with equal volume water	253.0	1.0 cup (8 fl oz)	10.32	27.96	0.101
07209	OSCAR MAYER, Chicken Breast (honey glazed)	52.0	1.0 serving (4 slices)	10.32	2.24	--
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	170.0	1.0 cup	10.32	32.84	0.136
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	10.32	0.00	0.132
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170.0	1.0 cup	10.32	32.84	0.136
01094	Milk, buttermilk, dried	30.0	0.25 cup	10.29	14.70	0.145
12632	Nuts, macadamia nuts, dry roasted, with salt added	132.0	1.0 cup, whole or halves	10.28	16.94	--
12132	Nuts, macadamia nuts, dry roasted, without salt added	132.0	1.0 cup, whole or halves	10.28	17.66	0.087
06190	Soup, bean & ham, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	10.27	33.47	--
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	10.24	31.73	0.134
16523	WORTHINGTON Vegetarian Burger, canned, unprepared	55.0	0.25 cup	10.23	3.41	--
16527	WORTHINGTON Meatless Corned Beef Roll, frozen, unprepared	55.0	2.0 slices , 3/8"	10.23	5.44	--
14312	Beverages, Malted drink mix, natural, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	10.23	27.11	0.209
36418	Restaurant, Mexican, refried beans	148.0	1.0 cup	10.23	24.85	0.105
06064	Soup, turkey, chunky, canned, ready-to-serve	236.0	1.0 cup (8 fl oz)	10.22	14.07	0.099
20648	Sorghum flour, whole-grain	121.0	1.0 cup	10.20	92.73	0.128
07075	Sausage, smoked link sausage, pork and beef	85.0	3.0 oz	10.20	2.06	--
16533	WORTHINGTON Smoked Turkey Roll, frozen, unprepared	55.0	1.0 slice , 3/8"	10.18	4.34	--
25005	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON MULTIGRAIN CRUNCH BAR	55.0	1.0 bar	10.17	31.50	--
35142	Frybread, made with lard (Navajo)	152.0	1.0 piece	10.17	73.36	--
05093	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, flour	38.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	10.16	1.21	0.115
01033	Cheese, parmesan, hard	28.35	1.0 oz	10.14	0.91	0.137
22928	Burrito, beef and bean, microwaved	116.0	1.0 burrito cooked	10.13	45.18	--
12144	Nuts, pecans, oil roasted, without salt added	110.0	1.0 cup	10.12	14.31	0.102
12644	Nuts, pecans, oil roasted, with salt added	110.0	1.0 cup	10.12	14.31	0.102
21309	McDONALD'S, Chicken McNUGGETS	64.0	4.0 pieces	10.11	9.66	--
20323	Cornmeal, white, self-rising, bolted, plain, enriched	122.0	1.0 cup	10.10	85.74	0.071
20023	Cornmeal, yellow, self-rising, bolted, plain, enriched	122.0	1.0 cup	10.10	85.74	0.071
12022	Seeds, safflower seed meal, partially defatted	28.35	1.0 oz	10.10	13.81	0.114

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	248.0	1.0 cup	10.09	33.06	0.134
22917	Burrito, beef and bean, frozen	139.0	1.0 burrito frozen	10.09	42.87	--
07018	Chicken spread	56.0	1.0 serving (1 serving)	10.09	2.27	0.110
06729	Soup, sirloin burger with vegetables, ready-to-serve, single brand	240.0	1.0 serving	10.08	16.32	--
36403	Restaurant, Latino, empanadas, beef, prepared	89.0	1.0 piece	10.07	27.76	0.105
01093	Milk, dry, nonfat, calcium reduced	28.35	1.0 oz	10.06	14.69	0.142
22945	SUPPER BAKES MEAL KITS, Garlic Chicken with pasta (chicken not included)	103.0	0.167 box (NLEA serving)	10.05	44.22	--
42189	Milk, buttermilk, fluid, cultured, reduced fat	245.0	1.0 cup	10.04	12.98	0.127
16561	MORNINGSTAR FARMS Corn Dog Mini, frozen, unprepared	76.0	4.0 pieces	10.03	24.78	--
16427	Tofu, raw, regular, prepared with calcium sulfate	124.0	0.5 cup	10.02	2.32	0.149
20065	Rye flour, light	102.0	1.0 cup	10.02	78.21	0.113
01263	Ice cream, light, soft serve, chocolate	298.0	1.0 medium	10.01	68.99	--
07015	Brotwurst, pork, beef, link	70.0	1.0 link	10.01	2.09	0.091
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	154.0	1.0 pie crust (average weight of 1 baked crust)	10.01	86.61	0.100
25051	Snacks, CLIF BAR, mixed flavors	68.0	1.0 bar	10.00	44.50	--
14163	Beverages, chocolate drink, milk and soy based, ready to drink, fortified	237.0	8.0 fl oz	10.00	41.00	--
19130	Candies, HERSHEY'S POT OF GOLD Almond Bar	78.0	1.0 bar 2.8 oz	10.00	35.01	--
06380	CAMPBELL'S Red and White, Split Pea with Ham and Bacon Soup, condensed	128.0	1.0 serving 1/2 cup	10.00	30.00	--
06241	CAMPBELL'S CHUNKY Microwavable Bowls, Beef with Country Vegetables Soup, ready-to-serve	245.0	1.0 serving 1 cup	10.00	21.00	--
18968	Bagels, wheat	98.0	1.0 bagel	10.00	47.91	--
12142	Nuts, pecans	109.0	1.0 cup, chopped	10.00	15.11	0.101
32028	Turnover, filled with egg, meat and cheese, frozen	127.0	1.0 piece turnover 1 serving	9.99	26.25	--
32026	Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	9.99	27.61	0.206
01250	Nutritional supplement for people with diabetes, liquid	227.0	1.0 can	9.99	26.97	--
08471	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Protein Plus	32.0	0.75 cup (1 NLEA serving)	9.98	19.39	--
11973	Beans, fava, in pod, raw	126.0	1.0 cup	9.98	22.21	--
10128	Pork, cured, breakfast strips, raw or unheated	85.0	3.0 oz	9.98	0.60	0.096
19079	Candies, confectioner's coating, yogurt	170.0	1.0 cup chips	9.98	108.70	--
06406	Soup, bean with frankfurters, canned, prepared with equal volume water	250.0	1.0 cup (8 fl oz)	9.98	22.00	0.105
06167	Sauce, homemade, white, thick	250.0	1.0 cup	9.98	29.02	0.100
21493	DOMINO'S 14" Sausage Pizza, Crunchy Thin Crust	78.0	1.0 slice	9.96	19.73	--
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	48.0	1.0 bar	9.96	25.20	0.158

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
23640	Beef, variety meats and by-products, tripe, cooked, simmered	85.0	1.0 serving	9.95	1.69	--
07917	Sausage, pork and beef, with cheddar cheese, smoked	77.0	12.0 oz serving 2.7 oz	9.93	1.64	0.115
13320	Beef, variety meats and by-products, brain, cooked, simmered	85.0	3.0 oz	9.92	1.26	--
20320	Cornmeal, whole-grain, white	122.0	1.0 cup	9.91	93.81	0.070
20020	Cornmeal, whole-grain, yellow	122.0	1.0 cup	9.91	93.81	0.070
07938	Ham, honey, smoked, cooked	55.0	1.94 oz (1 serving)	9.86	4.00	--
36045	ON THE BORDER, refried beans	135.0	1.0 cup	9.86	23.65	--
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	9.84	0.00	0.065
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	9.83	0.00	0.065
20139	Wheat, KAMUT khorasan, cooked	172.0	1.0 cup	9.82	47.47	0.088
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	9.81	0.00	0.064
22122	MORNINGSTAR FARMS Breakfast Sausage Patties, frozen, unprepared	38.0	1.0 patty	9.80	3.34	--
06193	Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	9.80	27.93	--
16211	Vitasoy USA, Organic Nasoya Super Firm Cubed Tofu	79.0	0.2 package	9.80	2.21	--
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	295.0	1.0 bottle	9.79	22.83	--
16536	WORTHINGTON Wham (roll), frozen, unprepared	55.0	1.0 slice , 3/8"	9.79	3.14	--
22123	MORNINGSTAR FARMS Spicy Black Bean Burger, frozen, unprepared	67.0	1.0 burger	9.78	12.80	--
07078	Thuringer, cervelat, summer sausage, beef, pork	56.0	2.0 oz 1 serving	9.77	1.86	--
07920	Swisswurst, pork and beef, with swiss cheese, smoked	77.0	1.0 serving 2.7 oz	9.77	1.23	0.115
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	9.77	0.00	0.064
05139	Duck, domesticated, meat and skin, raw	85.0	3.0 oz	9.77	0.00	0.122
21301	Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	76.0	1.0 slice	9.77	23.71	--
16603	MORNINGSTAR FARMS Breakfast Biscuit Sausage, Egg & Cheese, frozen, unprepared	105.0	1.0 biscuit	9.76	39.38	--
17189	Veal, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	9.76	0.00	0.098
20143	Teff, cooked	252.0	1.0 cup	9.75	50.05	0.103
28002	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Strawberry Granola	150.0	1.0 pizza	9.75	65.55	--
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	246.0	1.0 cup	9.74	13.68	0.138
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	170.0	1.0 container (6 oz)	9.74	13.06	0.054

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
06192	Split pea soup, canned, reduced sodium, prepared with water or ready-to serve	253.0	1.0 cup	9.74	29.93	--
07939	Frankfurter, pork	76.0	1.0 link	9.74	0.21	0.114
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	9.74	0.00	0.064
11496	Succotash, (corn and limas), cooked, boiled, drained, without salt	192.0	1.0 cup	9.73	46.81	0.109
11871	Succotash, (corn and limas), cooked, boiled, drained, with salt	192.0	1.0 cup	9.73	46.79	0.109
06070	Soup, chunky beef, canned, ready-to-serve	245.0	1.0 cup	9.73	24.70	0.115
14310	Beverages, Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	9.73	28.28	--
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	9.72	13.51	0.138
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	9.71	4.63	0.117
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	70.0	1.0 serving (makes about 1 cup prepared)	9.70	49.08	0.155
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	9.70	0.00	0.064
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	198.0	1.0 cup	9.68	47.38	0.119
07915	Sausage, Polish, beef with chicken, hot	55.0	1.0 serving 5 pieces	9.68	1.98	0.076
01152	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A	245.0	1.0 cup	9.68	13.45	0.122
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	9.67	13.58	0.135
14062	Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink	254.0	8.0 fl oz	9.65	42.88	--
20017	Corn flour, masa, enriched, white	114.0	1.0 cup	9.64	87.31	0.071
20317	Corn flour, yellow, masa, enriched	114.0	1.0 cup	9.64	87.31	0.071
20019	Corn flour, masa, unenriched, white	114.0	1.0 cup	9.64	87.31	0.071
25017	Formulated bar, POWER BAR, chocolate	68.0	1.0 bar	9.62	47.35	0.129
23436	Beef, New Zealand, imported, subcutaneous fat, raw	113.0	4.0 oz	9.60	0.00	0.101
06166	Sauce, homemade, white, medium	250.0	1.0 cup	9.60	22.92	0.108
28001	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Mixed Berry Granola	150.0	1.0 pizza	9.60	62.10	--
18010	Biscuits, plain or buttermilk, dry mix	120.0	1.0 cup, purchased	9.60	76.08	0.118
12036	Seeds, sunflower seed kernels, dried	46.0	1.0 cup, with hulls, edible yield	9.56	9.20	0.160
07924	Bratwurst, pork, beef and turkey, lite, smoked	66.0	1.0 serving 2.33 oz	9.54	1.07	0.096
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	41.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	9.54	0.00	0.107

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
16592	MORNINGSTAR FARMS California Turk'y Burger, frozen, unprepared	64.0	1.0 burger	9.54	8.06	--
21421	KFC, Crispy Chicken Strips	47.0	1.0 strip	9.52	6.42	0.125
35141	Mutton, cooked, roasted (Navajo)	28.35	1.0 oz	9.48	0.02	0.073
14059	Beverages, KELLOGG'S, SPECIAL K Protein Shake	296.0	1.0 serving	9.47	27.23	--
12012	Seeds, hemp seed, hulled	30.0	3.0 tbsp	9.47	2.60	0.111
06211	Soup, cheese, canned, prepared with equal volume milk	251.0	1.0 cup	9.46	16.24	0.128
21149	School Lunch, pizza, TONY'S Breakfast Pizza Sausage, frozen	91.0	1.0 piece 3.2 oz	9.45	24.56	--
10857	HORMEL Canadian Style Bacon	56.0	1.0 serving	9.45	1.05	--
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	43.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	9.44	3.56	0.108
21486	Fast foods, taco with beef, cheese and lettuce, soft	102.0	1.0 each taco	9.44	20.63	--
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	102.0	1.0 each taco	9.44	20.63	0.107
06165	Sauce, homemade, white, thin	250.0	1.0 cup	9.42	18.50	0.115
19002	Snacks, beef jerky, chopped and formed	28.35	1.0 oz	9.41	3.12	--
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	9.41	0.00	0.062
20061	Rice flour, white, unenriched	158.0	1.0 cup	9.40	126.61	0.114
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	9.40	0.00	0.062
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	9.39	0.00	0.062
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	77.0	1.0 fillet	9.39	0.00	0.128
16517	WORTHINGTON Prime Stakes, canned, unprepared	92.0	1.0 piece	9.38	6.90	--
16505	LOMA LINDA Swiss Stake with Gravy, canned, unprepared	92.0	1.0 piece	9.38	9.57	--
27021	CAMPBELL'S Homestyle HEALTHY REQUEST Chicken with Whole Grain Pasta Soup	246.0	1.0 cup	9.35	10.53	--
20002	Amaranth grain, cooked	246.0	1.0 cup	9.35	45.98	--
36613	DENNY'S, macaroni & cheese, from kid's menu	180.0	1.0 serving	9.34	38.09	0.121
06622	SMART SOUP, Indian Bean Masala	283.0	10.0 oz 1 pouch	9.34	29.72	--
16150	Peanut butter, smooth, reduced fat	36.0	2.0 tablespoon	9.32	12.83	--
15108	Fish, sunfish, pumpkin seed, raw	48.0	1.0 fillet	9.31	0.00	0.104
07278	HORMEL Pillow Pak Sliced Turkey Pepperoni	30.0	1.0 serving	9.30	1.13	--
07029	Ham, sliced, regular (approximately 11% fat)	56.0	56.0 grams 1 serving	9.30	2.14	0.087
07052	Pastrami, turkey	57.0	2.0 slices	9.29	1.90	0.116
06037	Soup, lentil with ham, canned, ready-to-serve	248.0	1.0 cup (8 fl oz)	9.28	20.24	--
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	9.26	0.00	0.113

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
22120	MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared	50.0	0.5 cup	9.25	4.15	--
18995	KELLOGG'S, EGGO, Biscuit Scramblers, Bacon, Egg & Cheese	105.0	1.0 bscuit	9.24	40.21	--
18996	KELLOGG'S, EGGO, Biscuit Scramblers, Egg & Cheese	105.0	1.0 bscuit	9.24	40.21	--
13166	USDA Commodity, beef, canned	45.0	1.0 serving	9.23	0.00	0.105
21378	McDONALD'S, Bacon Ranch Salad without chicken	223.0	1.0 item 7.8 oz	9.23	9.37	--
07970	Kielbasa, fully cooked, unheated	85.0	3.0 oz	9.21	3.16	0.093
11048	Beans, pinto, immature seeds, frozen, unprepared	94.0	0.333 package (10 oz)	9.21	30.55	--
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	44.0	1.0 medallion	9.21	0.00	0.061
15218	Fish, sunfish, pumpkin seed, cooked, dry heat	37.0	1.0 fillet	9.20	0.00	0.103
08589	Cereals ready-to-eat, KASHI GOLEAN CRISP Toasted Berry Crumble	51.0	0.75 cup (1 NLEA serving)	9.18	34.01	--
07916	Sausage, Polish, pork and beef, smoked	76.0	1.0 serving 2.67 oz	9.17	1.50	0.081
43476	Tofu yogurt	262.0	1.0 cup	9.17	41.82	--
11432	Radishes, oriental, dried	116.0	1.0 cup	9.16	73.51	0.050
16552	MORNINGSTAR FARMS Mushroom Lover's Burger, frozen, unprepared	64.0	1.0 burger	9.15	5.89	--
01108	Milk, indian buffalo, fluid	244.0	1.0 cup	9.15	12.64	0.129
22918	Burrito, bean and cheese, frozen	129.0	1.0 burrito	9.12	43.87	--
11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	153.0	1.0 cup	9.12	29.82	--
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	153.0	1.0 cup	9.12	29.82	--
07979	Sausage, pork, turkey, and beef, reduced sodium	85.0	3.0 oz	9.10	0.09	0.099
16531	WORTHINGTON Prosage Links, frozen, unprepared	45.0	2.0 links	9.09	2.25	--
05300	Turkey sticks, breaded, battered, fried	64.0	1.0 stick (2.25 oz)	9.09	10.88	0.109
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	9.08	0.00	0.060
16159	Tofu, extra firm, prepared with nigari	91.0	0.2 block	9.08	1.07	0.123
36404	Restaurant, Latino, arroz con leche (rice pudding)	283.0	1.0 serving	9.06	70.52	0.238
07077	Smoked link sausage, pork and beef, nonfat dry milk added	68.0	1.0 link (4" long x 1-1/8" dia)	9.03	1.31	0.092
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	9.02	0.00	0.059
20077	Wheat bran, crude	58.0	1.0 cup	9.02	37.42	0.164
01038	Cheese, romano	28.35	1.0 oz	9.02	1.03	0.122
16538	MORNINGSTAR FARMS Breakfast Pattie with Organic Soy, frozen, unprepared	38.0	1.0 Patty	9.01	4.79	--
16609	MORNINGSTAR FARMS Breakfast Pattie, frozen, unprepared	38.0	1.0 pattie	9.01	4.79	--
22966	SPAGHETTIOS, SpaghettiOs with Meatballs - Easy Open	206.0	1.0 can (1 serving)	9.00	24.00	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
01265	Cheese, cheddar, nonfat or fat free	28.0	1.0 serving	9.00	2.00	--
06361	CAMPBELL'S Red and White, Green Pea Soup, condensed	128.0	1.0 serving 1/2 cup	9.00	28.01	--
22941	SPAGHETTIOS, SpaghettiOs with Sliced Franks	252.0	1.0 cup (1 serving)	9.00	32.00	--
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	34.0	1.0 medallion	8.99	0.00	0.059
12193	Seeds, sisymbrium sp. seeds, whole, dried	74.0	1.0 cup	8.98	43.11	0.197
06977	Gravy, meat or poultry, low sodium, prepared	236.0	1.0 cup	8.97	14.54	--
01138	Egg, duck, whole, fresh, raw	70.0	1.0 egg	8.97	1.02	0.182
06314	Soup, HEALTHY CHOICE Chicken Noodle Soup, canned	243.0	1.0 serving 1 cup	8.97	12.64	--
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	8.96	0.00	0.059
22977	Lasagna with meat sauce, frozen, prepared	123.0	1.0 piece side	8.95	18.89	0.105
21365	McDONALD'S, Hotcakes (with 2 pats margarine & syrup)	221.0	1.0 item	8.95	101.84	--
21321	McDONALD'S, Hotcakes (plain)	149.0	3.0 hotcakes 5.3 oz	8.94	57.02	--
14318	Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	8.93	29.68	0.196
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	170.0	1.0 container (6 oz)	8.92	11.97	0.051
16500	LOMA LINDA Little Links, canned, unprepared	46.0	2.0 links	8.92	2.53	--
16128	Tofu, dried-frozen (koyadofu)	17.0	1.0 piece	8.92	1.71	0.127
08562	Cereals, KASHI GO LEAN Hot Cereal, Creamy TRULY VANILLA, dry	40.0	1.0 packet (1 NLEA serving)	8.92	24.44	--
16428	Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	17.0	1.0 piece	8.91	1.41	0.127
18603	GEORGE WESTON BAKERIES, Brownberry Sage and Onion Stuffing Mix, dry	67.0	1.0 serving	8.91	48.71	--
06061	Soup, tomato beef with noodle, canned, condensed	251.0	1.0 cup (8 fl oz)	8.91	42.34	0.085
05324	Chicken patty, frozen, cooked	60.0	1.0 patty	8.91	7.70	0.110
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	55.0	1.0 bar	8.90	33.12	0.121
08560	Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax	53.0	0.67 Cup (1 NLEA serving)	8.90	35.46	--
22916	Lasagna with meat & sauce, frozen entree	134.0	1.0 piece side	8.88	19.28	0.103
16526	WORTHINGTON Meatless Chicken Roll, frozen, unprepared	55.0	1.0 slices , 3/8"	8.86	2.36	--
08386	Cereals ready-to-eat, KASHI GOLEAN CRUNCH!	53.0	0.75 Cup (1 NLEA serving)	8.85	37.84	--
15106	Fish, sturgeon, mixed species, smoked	28.35	1.0 oz	8.85	0.00	0.099
19061	Snacks, trail mix, tropical	140.0	1.0 cup	8.82	91.84	0.105
01105	Milk, chocolate beverage, hot cocoa, homemade	250.0	1.0 cup	8.80	26.85	0.092
08435	Cereals ready-to-eat, UNCLE SAM CEREAL	55.0	0.75 cup (1 NLEA serving)	8.79	36.18	--
36031	DENNY'S, onion rings	166.0	1.0 serving	8.78	68.14	0.081
10895	Pork, cured, ham, separable fat, boneless, unheated	117.0	4.0 oz	8.78	2.19	0.063

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
08693	Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry	73.0	1.0 package (1 NLEA serving)	8.77	48.71	--
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	8.75	0.00	0.058
11049	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt	94.0	0.333 package (10 oz) yields	8.75	29.02	--
11720	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt	94.0	0.333 package (10 oz) yields	8.75	29.02	--
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	8.75	12.30	0.122
06116	Gravy, beef, canned, ready-to-serve	233.0	1.0 cup	8.74	11.21	--
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	8.74	0.37	0.102
12170	Seeds, sesame flour, high-fat	28.35	1.0 oz	8.73	7.55	0.191
14316	Beverages, Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	8.72	29.65	--
13350	Beef, cured, dried	28.0	10.0 slices	8.71	0.77	0.053
07912	Roast beef spread	57.0	1.0 serving .25 cup	8.70	2.13	--
14558	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk	266.0	1.0 serving	8.70	31.57	--
28307	Bread, naan, plain, commercially prepared, refrigerated	90.0	1.0 piece	8.66	45.39	--
14182	Beverages, chocolate syrup, prepared with whole milk	282.0	1.0 cup (8 fl oz)	8.66	36.04	0.192
16273	Vitasoy USA Organic Nasoya, Tofu Plus Extra Firm	85.0	3.0 oz	8.65	1.55	--
01156	Cheese, goat, hard type	28.35	1.0 oz	8.65	0.62	0.091
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	250.0	1.0 cup	8.65	24.65	0.125
11215	Garlic, raw	136.0	1.0 cup	8.65	44.96	0.090
22905	Beef stew, canned entree	196.0	1.0 cup (1 serving)	8.64	15.39	0.039
16546	MORNINGSTAR FARMS Breakfast Sausage Links, frozen, unprepared	45.0	2.0 links	8.64	3.06	--
07919	Sausage, turkey, breakfast links, mild	56.0	2.0 oz, 2 links	8.64	0.87	0.098
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	70.0	1.0 slice	8.63	19.73	0.074
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120.0	1.0 piece (2-1/2" x 2-3/4" x 1")	8.60	1.42	0.122
05323	Chicken patty, frozen, uncooked	60.0	1.0 patty	8.60	8.17	0.107
14177	Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	8.59	31.68	0.192
16607	MORNINGSTAR FARMS Buffalo Chik Patties, frozen, unprepared	71.0	1.0 patty	8.59	17.89	--
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	8.59	28.13	0.058
11811	Peas, green, cooked, boiled, drained, with salt	160.0	1.0 cup	8.58	25.01	0.059
16588	MORNINGSTAR FARMS Chik'n Grill Veggie Patties, frozen, unprepared	67.0	1.0 patty	8.58	6.83	--
11305	Peas, green, cooked, boiled, drained, without salt	160.0	1.0 cup	8.58	25.01	0.059
16601	MORNINGSTAR FARMS Grillers Chik'n Veggie Patties, frozen, unprepared	67.0	1.0 patty	8.58	6.83	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
10000	Pork, fresh, composite of separable fat, with added solution, cooked	85.0	3.0 oz	8.55	0.27	0.090
07909	Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite	56.0	2.0 oz (1 serving)	8.53	0.76	--
01083	Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D	245.0	1.0 cup	8.53	12.18	0.120
01080	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D	245.0	1.0 cup	8.53	12.18	0.120
16088	Peanuts, all types, cooked, boiled, with salt	63.0	1.0 cup in shell, edible yield	8.50	13.39	0.083
13344	Beef, cured, breakfast strips, raw or unheated	68.0	3.0 slices	8.50	0.48	0.078
22979	KASHI Black Bean Mango, frozen, unprepared	283.0	1.0 entree	8.49	50.94	--
22986	KASHI Mayan Harvest Bake, frozen, unprepared	283.0	1.0 entree	8.49	59.43	--
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	262.0	1.0 cup	8.49	34.74	0.084
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	8.47	0.00	0.056
01023	Cheese, gruyere	28.35	1.0 oz	8.45	0.10	0.119
22953	Egg rolls, pork, refrigerated, heated	85.0	1.0 roll	8.45	25.08	0.094
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	28.35	1.0 oz	8.43	0.00	0.055
07929	Sausage, turkey, hot, smoked	56.0	2.0 oz	8.43	2.60	0.096
07927	Sausage, Italian, turkey, smoked	56.0	1.0 serving 2 oz	8.43	2.60	0.117
01090	Milk, dry, whole, with added vitamin D	32.0	0.25 cup	8.42	12.29	0.119
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	41.0	1.0 medallion	8.42	0.00	0.055
25034	Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	47.0	1.0 bar	8.40	28.00	--
42290	Milk, fluid, nonfat, calcium fortified (fat free or skim)	247.0	1.0 cup	8.40	11.98	--
21224	Pizza, cheese topping, regular crust, frozen, cooked	81.0	1.0 serving 9 servings per 24 oz package	8.39	23.51	0.138
23054	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	32.0	1.0 medallion	8.39	0.00	0.055
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	8.39	0.00	0.055
23638	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	8.39	0.00	0.055
01231	Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener	170.0	1.0 container	8.38	23.46	--
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	8.38	23.46	0.048
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	8.38	23.46	0.048
16557	MORNINGSTAR FARMS Chik Patties, frozen, unprepared	71.0	1.0 patty	8.38	16.26	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
06049	Soup, pea, green, canned, condensed	128.0	0.5 cup	8.37	25.83	0.070
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	8.37	0.00	0.055
22954	Egg rolls, chicken, refrigerated, heated	80.0	1.0 roll	8.35	22.83	0.112
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	28.35	1.0 oz	8.35	0.00	0.055
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	8.34	0.00	0.055
16156	Peanut butter, chunky, vitamin and mineral fortified	32.0	2.0 tbsp	8.34	5.66	--
14083	Beverages, chocolate malt, powder, prepared with fat free milk	256.0	1.0 serving	8.32	22.12	--
06731	Soup, bean with bacon, condensed, single brand	128.0	1.0 serving 1/2 cup	8.32	23.04	--
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	8.32	0.00	0.055
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	8.31	0.00	0.055
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	32.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	8.30	0.00	0.090
05048	Chicken, broilers or fryers, back, meat and skin, raw	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	8.29	0.00	0.089
07930	Yachtwurst, with pistachio nuts, cooked	56.0	1.0 serving 2 oz	8.29	0.78	--
06449	Soup, pea, green, canned, prepared with equal volume water	259.0	1.0 serving 1 cup	8.29	25.59	--
06965	Soup, pea, low sodium, prepared with equal volume water	259.0	1.0 cup	8.29	25.59	--
06395	CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup	243.0	1.0 cup	8.29	13.15	--
16593	MORNINGSTAR FARMS Hot and Spicy Veggie Sausage Patties, frozen, unprepared	38.0	1.0 patty	8.28	3.23	--
06983	Soup, ramen noodle, chicken flavor, dry	81.0	1.0 package without flavor packet	8.28	48.79	--
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	8.27	0.00	0.054
01203	Yogurt, fruit, lowfat, with low calorie sweetener	170.0	1.0 container (6 oz)	8.26	31.62	0.046
17067	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	8.26	0.00	0.096
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	8.26	31.62	0.046
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	8.26	31.62	0.046
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	8.26	12.15	0.105
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	8.26	12.15	0.105
08084	Cereals ready-to-eat, wheat germ, toasted, plain	28.35	1.0 oz	8.25	14.06	0.113
06982	Soup, ramen noodle, beef flavor, dry	82.0	1.0 package without flavor packet	8.25	49.48	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
22247	Macaroni and Cheese, canned entree	244.0	1.0 serving	8.25	28.11	--
05143	Duck, domesticated, liver, raw	44.0	1.0 liver	8.25	1.55	0.116
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	8.24	0.00	0.054
06583	Soup, ramen noodle, any flavor, dry	81.0	1.0 package without flavor packet	8.24	48.81	--
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	8.23	0.00	0.054
16155	Peanut butter, smooth, vitamin and mineral fortified	32.0	2.0 tbsp	8.23	6.00	--
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	8.22	0.00	0.054
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	244.0	1.0 cup	8.22	12.18	0.105
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	8.22	12.18	0.105
21505	Pizza, cheese topping, thin crust, frozen, cooked	69.0	1.0 slice	8.22	19.87	--
06620	SMART SOUP, French Lentil	283.0	10.0 oz 1 pouch	8.21	26.88	--
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	40.0	1.0 medallion	8.20	0.00	0.054
43391	Turkey, light or dark meat, smoked, cooked, skin and bone removed	28.0	1.0 medium slice (approx 3" x 2" x 1/4")	8.20	0.00	--
20114	Noodles, japanese, soba, dry	57.0	2.0 oz	8.20	42.53	0.116
15002	Fish, anchovy, european, canned in oil, drained solids	28.35	1.0 oz, boneless	8.19	0.00	0.092
42185	Frozen yogurts, chocolate, nonfat milk, sweetened without sugar	186.0	1.0 cup	8.18	36.64	--
07935	Oven-roasted chicken breast roll	56.0	1.0 serving 2 oz	8.17	1.00	0.090
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	8.16	18.80	--
07921	Bacon and beef sticks	28.0	1.0 oz	8.15	0.22	0.059
07074	Smoked link sausage, pork	68.0	1.0 link (4" long x 1-1/8" dia)	8.15	0.64	0.147
20137	Quinoa, cooked	185.0	1.0 cup	8.14	39.40	0.096
12175	Nuts, chestnuts, japanese, dried	155.0	1.0 cup	8.14	126.22	0.116
01059	Milk, filled, fluid, with blend of hydrogenated vegetable oils	244.0	1.0 cup	8.13	11.57	0.115
01060	Milk, filled, fluid, with lauric acid oil	244.0	1.0 cup	8.13	11.57	0.115
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	246.0	1.0 cup	8.12	11.81	0.103
15207	Fish, roe, mixed species, cooked, dry heat	28.35	1.0 oz	8.11	0.54	0.106
01088	Milk, buttermilk, fluid, cultured, lowfat	245.0	1.0 cup	8.11	11.74	0.103
20016	Corn flour, whole-grain, yellow	117.0	1.0 cup	8.11	89.91	0.057
20316	Corn flour, whole-grain, white	117.0	1.0 cup	8.11	89.91	0.057
14169	Beverages, Carob-flavor beverage mix, powder, prepared with whole milk	256.0	1.0 cup (8 fl oz)	8.09	22.22	0.182

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
20087	Wheat, sprouted	108.0	1.0 cup	8.09	45.93	0.124
16512	WORTHINGTON Diced Chik, canned, unprepared	55.0	0.25 cup	8.08	2.04	--
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	8.07	0.00	0.053
16615	MORNINGSTAR FARMS Chipotle Black Bean Crumbles, frozen, unprepared	56.0	0.5 cup	8.06	5.71	--
20112	Noodles, egg, spinach, enriched, cooked	160.0	1.0 cup	8.06	38.80	0.107
27044	Soup, chicken noodle, reduced sodium, canned, ready-to-serve	245.0	1.0 cup	8.06	9.41	--
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	8.05	11.71	0.102
07922	Bratwurst, beef and pork, smoked	66.0	1.0 serving 2.33 oz	8.05	1.32	0.071
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	28.35	1.0 oz	8.02	0.00	0.053
28322	Bagels, multigrain	81.0	1.0 piece bagel	8.02	38.45	--
06457	CAMPBELL'S CHUNKY Soups, Slow Roasted Beef with Mushrooms Soup	245.0	1.0 cup	8.01	18.01	--
06389	CAMPBELL'S CHUNKY Soups, Beef with White and Wild Rice Soup	245.0	1.0 cup	8.01	24.01	--
06242	CAMPBELL'S CHUNKY Microwavable Bowls, Chicken and Dumplings Soup, ready-to-serve	245.0	1.0 serving 1 cup	8.01	18.01	--
06384	CAMPBELL'S CHUNKY Soups, Baked Potato with Steak & Cheese Soup	245.0	1.0 cup	8.01	21.00	--
06403	CAMPBELL'S CHUNKY Soups, Grilled Sirloin Steak with Hearty Vegetables Soup	245.0	1.0 cup	8.01	19.01	--
06388	CAMPBELL'S CHUNKY Soups, Beef with Country Vegetables Soup	245.0	1.0 cup	8.01	18.01	--
06462	CAMPBELL'S CHUNKY Soups, Steak 'N' Potato Soup	245.0	1.0 cup	8.01	18.01	--
06252	CAMPBELL'S CHUNKY Microwavable Bowls, Sirloin Burger with Country Vegetables Soup, ready-to-serve	245.0	1.0 serving 1 cup	8.01	18.01	--
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	28.0	3.0 oz	8.01	0.00	0.099
17285	Lamb, Australian, imported, fresh, separable fat, cooked	85.0	3.0 oz	8.01	0.00	0.094
17093	Veal, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	8.01	0.00	0.081
01078	Milk, producer, fluid, 3.7% milkfat	244.0	1.0 cup	8.00	11.35	0.112
08704	Cereals, KELLOGG'S SPECIAL K NOURISH, Maple Brown Sugar Crunch, dry	52.0	1.0 Container (1 NLEA serving)	8.00	32.29	--
27032	CAMPBELL'S Red and White, Lentil Soup, condensed	126.0	0.5 cup	8.00	24.00	--
06117	CAMPBELL'S Red and White, Bean with Bacon Soup, condensed	128.0	1.0 serving 1/2 cup	8.00	25.00	--
07978	Pork sausage, reduced sodium, cooked	85.0	3.0 oz	8.00	6.91	0.115
07038	Knackwurst, knockwurst, pork, beef	72.0	1.0 link	7.99	2.30	0.099
22937	SPAGHETTIOS, SpaghettiOs in Meat Sauce	252.0	1.0 cup (1 serving)	7.99	31.00	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
27045	Soup, beef and vegetables, reduced sodium, canned, ready-to-serve	245.0	1.0 cup	7.99	12.23	--
14351	Beverages, Strawberry-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	7.98	32.72	0.112
16212	Vitasoy USA, Organic Nasoya Extra Firm Tofu	79.0	0.2 package	7.98	2.05	--
14245	Beverages, Eggnog-flavor mix, powder, prepared with whole milk	272.0	1.0 cup (8 fl oz)	7.97	38.62	0.182
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	7.96	6.14	0.097
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	94.0	1.0 cup	7.96	6.14	0.097
16276	Vitasoy USA Azumaya, Extra Firm Tofu	79.0	0.2 package	7.96	1.21	--
43405	Cheese, swiss, low sodium	28.0	1.0 slice	7.95	0.95	--
16608	MORNINGSTAR FARMS Chik Patties Original, frozen, unprepared	71.0	1.0 patty	7.95	14.56	--
16560	MORNINGSTAR FARMS Corn Dog, frozen, unprepared	71.0	1.0 dog	7.95	25.56	--
01266	Cheese, Swiss, nonfat or fat free	28.0	1.0 serving	7.95	0.95	--
43589	Cheese, swiss, low fat	28.0	1.0 slice (1 oz)	7.95	0.95	--
06749	Soup, beef and vegetables, canned, ready-to-serve	250.0	1.0 cup	7.95	15.40	--
16120	Soymilk, original and vanilla, unfortified	243.0	1.0 cup	7.95	15.26	0.092
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	28.35	1.0 oz	7.94	0.00	0.052
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	7.92	25.85	0.102
08691	Cereals, QUAKER, oatmeal, REAL MEDLEYS, summer berry, dry	70.0	1.0 package (1 NLEA serving)	7.92	50.81	--
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	28.35	1.0 oz	7.88	0.09	0.095
23420	Beef, New Zealand, imported, intermuscular fat, raw	113.0	4.0 oz	7.88	0.01	0.082
07044	USDA Commodity, luncheon meat, canned	45.0	1.0 serving	7.88	0.47	--
01230	Milk, buttermilk, fluid, whole	245.0	1.0 cup	7.86	11.96	0.100
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	7.86	64.11	0.081
11304	Peas, green, raw	145.0	1.0 cup	7.86	20.95	0.054
07002	Beerwurst, beer salami, pork and beef	56.0	2.0 oz	7.84	2.11	--
07931	Beerwurst, pork and beef	56.0	1.0 serving 2 oz	7.84	2.39	0.097
20091	Pasta, gluten-free, corn, dry	105.0	1.0 cup	7.83	83.22	0.056
07956	Beef sausage, fresh, cooked	43.0	1.0 serving	7.83	0.15	0.051
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	175.0	1.0 cup	7.82	19.88	0.054
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	30.0	1.0 medallion	7.82	0.00	0.051
42279	Babyfood, peas and brown rice	230.0	1.0 cup	7.82	26.43	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	7.82	0.47	0.089
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	7.81	0.00	0.051
16274	Vitasoy USA Organic Nasoya, Tofu Plus Firm	85.0	3.0 oz	7.81	1.45	--
06434	CAMPBELL'S CHUNKY Soups, Old Fashioned Vegetable Beef Soup	247.0	1.0 cup	7.81	15.41	--
08703	Cereals, KELLOGG'S SPECIAL K NOURISH, Cranberry Almond, dry	52.0	1.0 Container (1 NLEA serving)	7.80	32.91	--
16591	WORTHINGTON Leanies, frozen, unprepared	40.0	1.0 link	7.80	2.44	--
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	48.0	1.0 slice	7.79	10.97	0.065
16216	Vitasoy USA, Vitasoy Organic Classic Original Soymilk	243.0	1.0 cup	7.78	10.94	--
11029	Beans, kidney, mature seeds, sprouted, raw	184.0	1.0 cup	7.73	7.54	0.081
16397	Peanut butter, chunk style, without salt	32.0	2.0 tbsp	7.70	6.90	0.073
16097	Peanut butter, chunk style, with salt	32.0	2.0 tbsp	7.70	6.90	0.073
16149	Peanut spread, reduced sugar	31.0	2.0 tbsp	7.69	4.41	--
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	244.0	1.0 cup	7.69	11.66	0.098
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244.0	1.0 cup	7.69	11.71	0.098
13348	Beef, cured, corned beef, canned	28.35	1.0 oz	7.68	0.00	0.070
16616	MORNINGSTAR FARMS Garden Veggie Nuggets, frozen, unprepared	80.0	5.0 nuggets	7.68	13.52	--
22970	Macaroni and cheese, frozen entree	137.0	1.0 cup	7.67	23.67	--
06404	Soup, bean with pork, canned, prepared with equal volume water	266.0	1.0 serving 1 cup	7.66	22.10	--
22993	KASHI Spicy Black Bean Enchilada, frozen, unprepared	255.0	1.0 entree	7.65	45.14	--
28306	Bread, chapati or roti, plain, commercially prepared	68.0	1.0 piece	7.65	31.52	--
06004	Soup, bean with pork, canned, condensed	130.0	0.5 cup	7.64	22.06	0.081
16551	MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared	67.0	1.0 burger	7.64	12.19	--
11955	Tomatoes, sun-dried	54.0	1.0 cup	7.62	30.11	0.056
20126	Spaghetti, spinach, dry	57.0	2.0 oz	7.61	42.64	0.097
08692	Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry	75.0	1.0 package (1 NLEA serving)	7.58	51.46	--
01089	Milk, low sodium, fluid	244.0	1.0 cup	7.56	10.88	0.107
28016	KELLOGG'S, EGGO Protein, Waffles, Homestyle	70.0	2.0 waffles	7.56	25.90	--
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	7.54	3.60	0.091
25025	Snacks, soy chips or crisps, salted	28.35	1.0 oz	7.51	15.07	0.107
07908	Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)	56.0	2.0 oz 1 NLEA serving	7.50	2.58	--
43261	Yogurt, fruit variety, nonfat	170.0	1.0 container (6 oz)	7.48	32.30	0.048
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	170.0	1.0 container (6 oz)	7.48	32.30	0.048

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	7.48	30.32	0.095
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	250.0	1.0 cup	7.48	30.32	0.112
16272	Vitasoy USA Nasoya, Lite Silken Tofu	91.0	0.2 package	7.47	0.00	--
06216	Soup, cream of chicken, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	7.46	14.98	0.099
16509	LOMA LINDA Linketts, canned, unprepared	35.0	1.0 link	7.46	1.54	--
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85.0	3.0 oz	7.45	9.88	0.089
10894	Pork, cured, ham, separable fat, boneless, heated	85.0	3.0 oz	7.45	1.70	0.054
05705	Turkey, whole, meat only, with added solution, roasted	28.0	3.0 oz	7.45	0.00	0.079
05027	Chicken, liver, all classes, raw	44.0	1.0 liver	7.44	0.32	0.077
14634	Beverages, milk beverage, reduced fat, flavored and sweetened, Ready-to-drink, added calcium, vitamin A and vitamin D	244.0	1.0 cup	7.44	29.48	--
06725	Soup, chicken corn chowder, chunky, ready-to-serve, single brand	240.0	1.0 serving	7.44	18.00	--
07954	Beef sausage, pre-cooked	48.0	1.0 serving	7.44	0.01	0.047
32018	Spanish rice mix, dry mix, unprepared	70.0	0.5 cup	7.43	53.52	--
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	170.0	1.0 container (6 oz)	7.43	32.38	0.042
20048	Rice, white, long-grain, precooked or instant, enriched, dry	95.0	1.0 cup	7.43	78.20	0.101
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	7.43	32.38	0.042
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	41.0	1.0 piece	7.43	7.27	0.077
08687	Cereals, QUAKER, Weight Control Instant Oatmeal, banana bread	45.0	1.0 packet (1 NLEA serving)	7.42	28.99	--
08694	Cereals, QUAKER, Instant Oatmeal, weight control, cinnamon	45.0	1.0 packet (1 NLEA serving)	7.42	28.89	--
21336	McDONALD'S, Hot Fudge Sundae	179.0	1.0 item (6.3 oz)	7.41	53.79	--
23502	USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked	28.35	1.0 oz	7.39	0.00	--
80200	Frog legs, raw	45.0	1.0 leg	7.38	0.00	--
36017	Restaurant, family style, macaroni & cheese, from kids' menu	136.0	1.0 cup	7.37	25.57	0.107
36601	Restaurant, Chinese, egg rolls, assorted	89.0	1.0 piece	7.37	24.29	0.059
08686	Cereals, QUAKER, Weight Control Instant Oatmeal, maple and brown sugar	45.0	1.0 packet (1 NLEA serving)	7.37	28.91	--
08561	Cereals, KASHI GO LEAN Hot Cereal, Hearty Honey & Cinnamon, dry	40.0	1.0 packet (1 NLEA serving)	7.36	27.20	--
07934	Kielbasa, Polish, turkey and beef, smoked	56.0	1.0 serving 2 oz	7.34	2.18	--
08702	Cereals, KELLOGG'S SPECIAL K NOURISH, Cinnamon Raisin Pecan, dry	52.0	1.0 Container (1 NLEA serving)	7.33	32.19	--
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	7.33	33.92	0.082
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	7.33	33.92	0.082
16087	Peanuts, all types, raw	28.35	1.0 oz	7.31	4.57	0.071
07936	Bologna, pork and turkey, lite	56.0	1.0 serving 2 oz	7.31	1.93	0.057
21032	Fast foods, sundae, caramel	155.0	1.0 sundae	7.30	49.31	0.098

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	7.29	0.00	0.082
06405	CAMPBELL'S CHUNKY, HEALTHY REQUEST Chicken Noodle Soup	245.0	1.0 cup	7.28	14.41	--
20110	Noodles, egg, enriched, cooked	160.0	1.0 cup	7.26	40.26	0.069
20410	Noodles, egg, unenriched, cooked, without added salt	160.0	1.0 cup	7.26	40.26	0.069
20310	Noodles, egg, cooked, enriched, with added salt	160.0	1.0 cup	7.26	40.26	0.069
20510	Noodles, egg, cooked, unenriched, with added salt	160.0	1.0 cup	7.26	40.26	0.069
06027	Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	240.0	1.0 cup (8 fl oz)	7.25	18.82	--
14055	Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, whey powder, 3-2-1 Plan,	26.0	1.0 scoop	7.25	13.00	--
36009	T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	144.0	1.0 cup	7.24	25.06	0.094
01295	Yogurt, vanilla, non-fat	245.0	1.0 cup (8 fl oz)	7.20	41.75	0.069
06726	Soup, chicken mushroom chowder, chunky, ready-to-serve, single brand	240.0	1.0 serving	7.20	17.04	--
20121	Pasta, cooked, enriched, without added salt	124.0	1.0 cup spaghetti not packed	7.19	38.27	0.100
20321	Pasta, cooked, enriched, with added salt	124.0	1.0 cup spaghetti not packed	7.19	37.93	0.100
20421	Pasta, cooked, unenriched, without added salt	124.0	1.0 cup spaghetti not packed	7.19	38.27	0.103
20521	Pasta, cooked, unenriched, with added salt	124.0	1.0 cup spaghetti not packed	7.19	37.93	0.103
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	159.0	1.0 cup	7.19	27.52	0.089
16277	Vitasoy USA Azumaya, Firm Tofu	79.0	0.2 package	7.17	1.20	--
16610	MORNINGSTAR FARMS Roasted Garlic & Quinoa Burger, frozen, unprepared	67.0	1.0 burger	7.17	11.93	--
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	7.16	0.00	0.084
15035	Fish, haddock, smoked	28.35	1.0 oz, boneless	7.15	0.00	0.080
16223	Soymilk (All flavors), enhanced	243.0	1.0 cup	7.14	8.38	--
19701	Candies, semisweet chocolate, made with butter	170.0	1.0 cup chips (6 oz package)	7.14	107.78	0.107
01008	Cheese, caraway	28.35	1.0 oz	7.14	0.87	0.092
07905	Frankfurter, beef, pork, and turkey, fat free	57.0	1.0 frank 1 NLEA serving	7.12	6.39	--
43282	Quail, cooked, total edible	28.35	1.0 oz	7.12	0.00	--
16398	Peanut butter, smooth style, without salt	32.0	2.0 tbsp	7.11	7.14	0.074
16098	Peanut butter, smooth style, with salt	32.0	2.0 tbsp	7.11	7.14	0.074
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	68.0	0.333 cup	7.09	51.89	0.058
01018	Cheese, edam	28.35	1.0 oz	7.08	0.41	0.100
05311	Chicken, canned, no broth	28.0	1.0 oz	7.08	0.25	--
08365	Cereals ready-to-eat, QUAKER, Shredded Wheat, bagged cereal	63.0	3.0 biscuits (1 NLEA serving)	7.08	51.04	--
19168	Desserts, egg custard, baked, prepared-from-recipe	141.0	0.5 cup	7.08	15.51	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
01022	Cheese, gouda	28.35	1.0 oz	7.07	0.63	0.100
08216	Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps	57.0	1.25 cup (1 NLEA serving)	7.06	42.69	--
07932	Chicken breast, fat-free, mesquite flavor, sliced	42.0	1.0 serving 2 slices	7.06	0.94	0.077
07933	Chicken breast, oven-roasted, fat-free, sliced	42.0	1.0 serving 2 slices	7.05	0.91	0.077
16215	Vitasoy USA, Vitasoy Organic Creamy Original Soymilk	243.0	1.0 cup	7.05	10.94	--
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	126.0	1.0 piece	7.04	39.68	0.069
20018	Corn flour, yellow, degermed, unenriched	126.0	1.0 cup	7.04	104.26	--
20117	Noodles, japanese, somen, cooked	176.0	1.0 cup	7.04	48.47	0.090
06256	Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk	253.0	1.0 cup (8 fl oz)	7.03	14.27	--
11844	Potatoes, scalloped, home-prepared with margarine	245.0	1.0 cup	7.03	26.41	0.103
11372	Potatoes, scalloped, home-prepared with butter	245.0	1.0 cup	7.03	26.41	0.103
16213	Vitasoy USA, Organic Nasoya Firm Tofu	79.0	0.2 package	7.03	1.82	--
20034	Oat bran, cooked	219.0	1.0 cup	7.03	25.05	0.125
11497	Succotash, (corn and limas), canned, with cream style corn	266.0	1.0 cup	7.02	46.84	0.080
16167	USDA Commodity, Peanut Butter, smooth	32.0	2.0 tbsp	7.02	7.67	0.073
11310	Peas, green, canned, seasoned, solids and liquids	227.0	1.0 cup	7.01	21.00	0.048
20125	Pasta, whole-wheat, cooked	117.0	1.0 cup spaghetti not packed	7.01	35.18	0.090
06393	CAMPBELL'S CHUNKY Soups, Chicken Corn Chowder	245.0	1.0 cup	7.01	19.99	--
06245	CAMPBELL'S CHUNKY Microwavable Bowls, Grilled Chicken and Sausage Gumbo, ready-to-serve	245.0	1.0 serving 1 cup	7.01	18.01	--
06543	CAMPBELL'S Homestyle Mexican Style Chicken Tortilla Soup	245.0	1.0 cup	7.01	19.99	--
06441	CAMPBELL'S CHUNKY Soups, Savory Pot Roast Soup	245.0	1.0 cup	7.01	19.99	--
06399	CAMPBELL'S CHUNKY Soups, Grilled Chicken & Sausage Gumbo Soup	245.0	1.0 cup	7.01	21.00	--
06438	CAMPBELL'S CHUNKY Soups, Salisbury Steak with Mushrooms & Onions Soup	245.0	1.0 serving	7.01	19.01	--
06387	CAMPBELL'S CHUNKY Soups, Beef Rib Roast with Potatoes & Herbs Soup	245.0	1.0 cup	7.01	17.00	--
27007	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Microwavable Bowls, Chicken Noodle Soup	245.0	1.0 serving	7.01	17.00	--
06537	CAMPBELL'S Homestyle HEALTHY REQUEST Mexican Style Chicken Tortilla	245.0	1.0 cup	7.01	19.01	--
06396	CAMPBELL'S CHUNKY Soups, Fajita Chicken with Rice & Beans Soup	245.0	1.0 cup	7.01	23.01	--
06251	CAMPBELL'S CHUNKY Microwavable Bowls, Old Fashioned Vegetable Beef Soup, ready-to-serve	245.0	1.0 serving 1 cup	7.01	13.99	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
06439	CAMPBELL'S CHUNKY Soups, Savory Chicken with White & Wild Rice Soup	245.0	1.0 cup	7.01	18.01	--
27018	CAMPBELL'S Homestyle Microwaveable Bowls, HEALTHY REQUEST Mexican Style Tortilla	245.0	1.0 cup	7.01	19.01	--
06392	CAMPBELL'S CHUNKY Soups, Chicken Broccoli Cheese & Potato Soup	245.0	1.0 cup	7.01	19.99	--
06541	CAMPBELL'S Homestyle Italian-Style Wedding Soup	245.0	1.0 cup	7.01	14.99	--
27008	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Microwavable Bowls, Grilled Chicken & Sausage Gumbo Soup	245.0	1.0 cup	7.01	18.01	--
22930	SPAGHETTIOS, Spaghetti in Tomato & Cheese Sauce	252.0	1.0 cup (1 serving)	7.01	39.99	--
32016	Macaroni or noodles with cheese, microwaveable, unprepared	61.0	1.0 serving 1 pouch	7.00	43.16	--
07906	Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	56.0	2.0 oz 1 NLEA serving	7.00	1.90	--
01209	Cheese, Mexican, blend, reduced fat	28.35	1.0 oz	7.00	0.97	--
16244	SILK Unsweetened, soymilk	243.0	1.0 cup	7.00	4.01	--
16241	SILK Plus Omega-3 DHA, soymilk	243.0	1.0 cup	7.00	7.99	--
16235	SILK Plain, soymilk	243.0	1.0 cup	7.00	7.99	--
32003	Rice and vermicelli mix, rice pilaf flavor, prepared with 80% margarine	238.0	1.0 cup	7.00	61.09	--
11312	Peas, green, frozen, unprepared	134.0	1.0 cup	6.99	18.25	0.048
07230	OSCAR MAYER, Salami (hard)	27.0	1.0 serving 3 slices	6.99	0.43	--
43541	Ice creams, chocolate, rich	148.0	1.0 cup	6.99	29.27	--
32012	Pizza rolls, frozen, unprepared	80.0	1.0 serving 6 rolls	6.98	40.58	--
11989	Mushrooms, straw, canned, drained solids	182.0	1.0 cup	6.97	8.44	--
15042	Fish, herring, Atlantic, kippered	28.35	1.0 oz, boneless	6.97	0.00	0.078
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	28.35	1.0 oz	6.97	0.00	0.027
32001	Rice and vermicelli mix, beef flavor, prepared with 80% margarine	247.0	1.0 cup	6.97	54.41	--
16519	WORTHINGTON Super Links, canned, unprepared	48.0	1.0 link	6.96	2.64	--
22119	MORNINGSTAR FARMS Veggie Dog, frozen, unprepared	40.0	1.0 link	6.96	4.48	--
16222	Soymilk (all flavors), unsweetened, with added calcium, vitamins A and D	243.0	1.0 cup	6.95	4.23	--
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	6.93	0.09	0.065
28313	Rolls, hamburger or hot dog, whole wheat	56.0	1.0 roll	6.93	25.16	--
19094	Desserts, flan, caramel custard, prepared-from-recipe	153.0	0.5 cup	6.93	34.85	--
05018	Chicken, broilers or fryers, skin only, cooked, roasted	34.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	6.92	0.00	0.055
16271	Vitasoy USA Organic Nasoya, Soft Tofu	79.0	0.2 package	6.92	0.58	--
01041	Cheese, tilsit	28.35	1.0 oz	6.92	0.53	0.100

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
15127	Fish, tuna, fresh, yellowfin, raw	28.35	1.0 oz, boneless	6.92	0.00	0.074
06180	Soup, shark fin, restaurant-prepared	216.0	1.0 cup	6.91	8.21	--
08711	Cereals ready-to-eat, KELLOGG'S, SPECIAL K protein, cinnamon brown sugar crunch	31.0	0.75 Cup (1 NLEA serving)	6.91	21.64	--
16090	Peanuts, all types, dry-roasted, with salt	28.35	1.0 oz	6.90	6.03	0.065
11248	Lentils, sprouted, raw	77.0	1.0 cup	6.90	17.05	--
36007	T.G.I. FRIDAY'S, french fries	184.0	1.0 serving	6.88	67.90	--
01028	Cheese, mozzarella, part skim milk	28.35	1.0 oz	6.88	0.79	0.096
11358	Potatoes, red, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	6.88	58.57	0.069
07957	Pork and turkey sausage, pre-cooked	57.0	1.0 serving	6.87	2.07	0.051
08689	Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry	70.0	1.0 package (1 NLEA serving)	6.87	48.63	--
08567	Cereals ready-to-eat, KASHI 7 Whole Grain Nuggets	58.0	0.5 cup (1 NLEA serving)	6.84	46.98	--
42179	Frankfurter, beef, low fat	57.0	1.0 frankfurter	6.84	0.91	--
43507	Frankfurter, low sodium	57.0	1.0 frankfurter	6.84	1.03	--
07019	Chorizo, pork and beef	28.35	1.0 oz	6.83	0.53	0.079
17150	Game meat, beaver, raw	28.35	1.0 oz	6.82	0.00	--
08231	Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry	40.0	0.5 cup (1 NLEA serving)	6.81	25.18	--
08587	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Low Fat Granola	52.0	0.5 cup (1 NLEA serving)	6.81	38.90	--
07911	Liverwurst spread	55.0	0.25 cup	6.81	3.24	0.083
18948	Pie crust, refrigerated, regular, unbaked	229.0	1.0 pie crust (average weight)	6.80	117.04	0.057
07900	Turkey, pork, and beef sausage, low fat, smoked	85.0	3.0 oz	6.80	9.81	--
06246	Soup, cream of onion, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	6.80	18.35	--
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	170.0	1.0 container (6 oz)	6.77	31.69	0.037
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	6.77	31.69	0.037
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	6.77	0.00	0.079
18946	Pie crust, refrigerated, regular, baked	198.0	1.0 pie crust	6.75	115.87	0.069
20136	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, cooked	116.0	1.0 cup spaghetti not packed	6.75	36.55	--
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	6.74	0.05	0.063
36005	APPLEBEE'S, chicken tenders, from kids' menu	35.0	1.0 piece	6.74	6.43	0.071
11501	Succotash, (corn and limas), frozen, unprepared	156.0	1.0 cup	6.72	31.11	0.075
23419	Beef, New Zealand, imported, intermuscular fat, cooked	85.0	3.0 oz	6.72	2.88	0.071
15026	Fish, eel, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	6.70	0.00	0.075
11414	Potato salad, home-prepared	250.0	1.0 cup	6.70	27.92	0.105

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
05019	Chicken, broilers or fryers, skin only, cooked, stewed	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	6.70	0.00	0.054
01113	Whey, acid, dried	57.0	1.0 cup	6.69	41.87	0.137
22973	Corn dogs, frozen, prepared	78.0	1.0 corndog	6.68	21.03	0.069
10803	USDA Commodity, pork, ground, fine/coarse, frozen, cooked	28.35	1.0 oz grilled patties	6.68	0.00	--
05195	Turkey, all classes, wing, meat and skin, raw	33.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	6.67	0.00	0.072
19172	Gelatin desserts, dry mix	85.0	1.0 package (3 oz)	6.63	76.92	0.000
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	255.0	1.0 cup	6.63	35.65	0.074
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	85.0	1.0 package (3 oz)	6.63	76.92	0.000
27042	Soup, clam chowder, new england, canned, ready-to-serve	254.0	1.0 cup	6.63	21.03	--
01010	Cheese, cheshire	28.35	1.0 oz	6.63	1.36	0.085
32000	Rice and vermicelli mix, beef flavor, unprepared	61.0	0.333 cup	6.61	46.37	0.069
17152	Game meat, beefalo, composite of cuts, raw	28.35	1.0 oz	6.61	0.00	--
20094	Pasta, fresh-refrigerated, plain, cooked	128.0	2.0 oz	6.59	31.91	0.083
01251	Cheese, Mexican blend	28.0	0.25 cup shredded	6.59	0.49	0.099
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	26.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	6.58	0.00	0.077
20652	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, cooked	116.0	1.0 cup spaghetti not packed	6.58	35.81	--
16065	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	240.0	1.0 cup	6.58	39.67	0.082
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	6.57	0.00	0.074
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	6.57	0.00	0.071
10102	Pork, fresh, variety meats and by-products, feet, raw	28.35	1.0 oz	6.57	0.00	--
01221	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	6.56	12.75	--
01184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	170.0	1.0 container (6 oz)	6.56	12.75	--
08640	Cereals, QUAKER, Instant Oatmeal Organic, Regular	41.0	1.0 packet	6.56	27.47	--
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	6.56	0.00	0.043
16210	Vitasoy USA, Nasoya Lite Firm Tofu	79.0	0.2 package	6.56	1.03	--
21256	BURGER KING, Chicken Strips	36.0	1.0 strip	6.55	7.38	0.076
20089	Wild rice, cooked	164.0	1.0 cup	6.54	35.00	0.080
21335	McDONALD'S, Hot Caramel Sundae	182.0	1.0 item (6.4 oz)	6.52	60.72	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
17164	Game meat, deer, raw	28.35	1.0 oz	6.51	0.00	--
08038	Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	58.0	0.5 cup (1 NLEA serving)	6.51	46.68	--
17166	Game meat, elk, raw	28.35	1.0 oz	6.51	0.00	0.117
25033	Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors	35.0	1.0 bar	6.50	18.64	--
06426	Soup, chili beef, canned, prepared with equal volume water	261.0	1.0 cup	6.50	24.09	--
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	6.49	0.00	0.043
06728	Soup, potato ham chowder, chunky, ready-to-serve, single brand	240.0	1.0 serving	6.48	13.44	--
07944	Turkey, white, rotisserie, deli cut	48.0	1.69 oz (1 serving)	6.48	3.70	0.074
08462	Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat	54.0	29.0 biscuits (1 NLEA serving)	6.48	42.66	--
06740	Soup, chicken vegetable, chunky, reduced fat, reduced sodium, ready-to-serve, single brand	240.0	1.0 serving	6.48	15.12	--
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85.0	3.0 oz	6.48	12.75	0.064
32021	Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine)	198.0	1.0 cup	6.47	45.03	--
20116	Noodles, japanese, somen, dry	57.0	2.0 oz	6.47	42.24	0.083
36607	CRACKER BARREL, steak fries	198.0	1.0 serving	6.45	61.12	0.079
43393	Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	59.0	1.25 cup (1 NLEA serving)	6.45	47.58	--
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	6.43	0.00	0.042
17162	Game meat, caribou, raw	28.35	1.0 oz	6.42	0.00	0.099
20127	Spaghetti, spinach, cooked	140.0	1.0 cup	6.41	36.61	0.081
07020	Corned beef loaf, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	6.41	0.00	0.046
18992	KELLOGG'S, BEANATURAL, Original 3-Bean Chips	28.0	12.0 chips	6.41	13.02	--
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	6.41	0.00	0.042
11046	Beans, navy, mature seeds, sprouted, raw	104.0	1.0 cup	6.40	13.57	0.067
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	6.39	0.00	0.042
08384	Cereals ready-to-eat, KELLOGG, KELLOGG'S MINI-WHEATS, unfrosted bite size	55.0	30.0 biscuits (1 NLEA serving)	6.38	44.55	--
08214	Cereals ready-to-eat, QUAKER, Oatmeal Squares	56.0	1.0 cup (1 NLEA serving)	6.37	43.55	--
16228	Soymilk, original and vanilla, light, unsweetened, with added calcium, vitamins A and D	243.0	1.0 cup	6.37	9.36	--
10100	Pork, fresh, variety meats and by-products, ears, frozen, raw	28.35	1.0 oz	6.36	0.17	0.012
08353	Cereals ready-to-eat, QUAKER, MOTHER'S Cinnamon Oat Crunch	60.0	1.0 cup (1 NLEA serving)	6.36	47.87	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
20015	Corn bran, crude	76.0	1.0 cup	6.35	65.09	--
17144	Game meat, antelope, raw	28.35	1.0 oz	6.34	0.00	--
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	6.34	0.09	0.059
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	6.33	0.00	0.042
08632	Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple	56.0	1.0 cup (1 NLEA serving)	6.33	43.70	--
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	6.32	0.00	0.042
06201	Soup, cream of asparagus, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	6.32	16.39	0.084
03073	Babyfood, dinner, vegetables chicken, strained	256.0	1.0 cup	6.32	21.56	--
43326	Pork, cured, ham, low sodium, lean and fat, cooked	28.35	1.0 oz, boneless	6.32	0.09	--
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	243.0	1.0 cup	6.32	11.96	0.053
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	6.31	0.00	0.041
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	6.31	0.00	0.041
15085	Fish, salmon, sockeye, raw	28.35	1.0 oz, boneless	6.31	0.00	0.080
17172	Game meat, moose, raw	28.35	1.0 oz	6.31	0.00	--
13901	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	6.31	0.00	0.071
06358	Soup, tomato bisque, canned, prepared with equal volume milk	251.0	1.0 cup (8 fl oz)	6.30	29.44	0.080
05017	Chicken, broilers or fryers, skin only, cooked, fried, flour	33.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	6.30	3.08	0.053
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	6.30	0.00	0.041
05712	Turkey, retail parts, wing, meat only, raw	28.0	3.0 oz	6.29	0.00	0.078
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	6.29	0.00	0.042
08215	Cereals ready-to-eat, QUAKER, Oatmeal Squares, cinnamon	56.0	1.0 cup (1 NLEA serving)	6.29	43.73	--
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	6.29	0.00	0.041
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	6.29	0.00	0.041
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	6.29	92.20	0.024
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	262.0	1.0 cup	6.29	88.71	0.024
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	6.29	0.00	0.041
01123	Egg, whole, raw, fresh	50.0	1.0 large	6.28	0.36	0.083
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	28.35	1.0 oz	6.28	0.00	0.031

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
11357	Potatoes, white, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia)	6.28	63.03	0.063
15027	Fish, fish sticks, frozen, prepared	57.0	1.0 piece (4" x 2" x 1/2")	6.28	12.35	0.070
18042	Bread, pita, whole-wheat	64.0	1.0 pita, large (6-1/2" dia)	6.27	35.77	0.095
07942	Pate, truffle flavor	56.0	1.0 serving 2 oz	6.27	3.53	0.088
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	6.27	0.00	0.041
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	6.27	0.00	0.041
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	6.27	0.00	0.041
17268	Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	6.27	0.00	--
05015	Chicken, broilers or fryers, skin only, raw	47.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	6.27	0.00	0.050
43417	Babyfood, meat, beef with vegetables, toddler	179.0	1.0 jar NFS	6.26	15.61	--
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	6.26	0.00	0.041
01128	Egg, whole, cooked, fried	46.0	1.0 large	6.26	0.38	0.083
21034	Fast foods, sundae, strawberry	153.0	1.0 sundae	6.26	44.65	0.083
01131	Egg, whole, cooked, poached	50.0	1.0 large	6.26	0.36	0.083
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	6.25	0.00	0.041
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	6.25	0.00	0.041
11990	Wasabi, root, raw	130.0	1.0 cup, sliced	6.24	30.60	--
43325	Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted	28.35	1.0 oz, boneless	6.24	0.14	--
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	6.23	0.00	0.041
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	6.22	0.00	0.041
16163	MORI-NU, Tofu, silken, extra firm	84.0	1.0 slice	6.22	1.68	0.103
01047	Cheese food, pasteurized process, swiss	28.35	1.0 oz	6.21	1.28	0.090
36003	APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	124.0	1.0 cup	6.21	26.14	0.078
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	6.21	0.00	0.041
06628	Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated	63.0	0.25 cup	6.19	6.36	--
06626	Sauce, pesto, ready-to-serve, refrigerated	63.0	0.25 cup	6.19	6.36	--
06125	Gravy, turkey, canned, ready-to-serve	238.0	1.0 cup	6.19	12.14	--
17180	Game meat, rabbit, wild, raw	28.35	1.0 oz	6.18	0.00	0.082

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
08571	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola	55.0	0.75 cup (1 NLEA serving)	6.18	36.36	--
06431	CAMPBELL'S CHUNKY, New England Clam Chowder	251.0	1.0 cup	6.17	22.62	--
22999	Rice and vermicelli mix, chicken flavor, prepared with 80% margarine	233.0	1.0 cup	6.17	54.85	--
13227	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	6.17	0.00	0.069
42190	Pork sausage rice links, brown and serve, cooked	45.0	2.0 links 1 NLEA serving	6.16	1.06	--
16618	MORNINGSTAR FARMS Spicy Indian Veggie Burger, frozen, unprepared	67.0	1.0 burger	6.16	11.39	--
43218	Cereals ready-to-eat, ALPEN	55.0	0.67 cup (1 NLEA serving)	6.16	41.64	--
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	6.16	0.00	0.041
06248	Soup, oyster stew, canned, prepared with equal volume milk	245.0	1.0 cup (8 fl oz)	6.15	9.78	--
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	6.15	0.00	0.041
18499	KELLOGG, KELLOGG'S EGGO, Buttermilk Pancake	116.0	3.0 pancakes (NLEA serving)	6.15	44.78	--
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	6.15	0.00	0.041
08690	Cereals, QUAKER, oatmeal, REAL MEDLEYS, apple walnut, dry	75.0	1.0 package (1 NLEA serving)	6.14	52.90	--
17156	Game meat, bison, separable lean only, raw	28.35	1.0 oz	6.13	0.00	--
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	6.13	0.12	0.057
01027	Cheese, mozzarella, whole milk, low moisture	28.35	1.0 oz	6.12	0.70	0.086
01157	Cheese, goat, semisoft type	28.35	1.0 oz	6.12	0.03	0.064
16281	HOUSE FOODS Premium Firm Tofu	56.0	2.0 oz	6.12	0.54	--
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	6.12	0.00	0.040
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	69.0	1.0 each taco	6.11	13.70	--
21260	TACO BELL, Original Taco with beef, cheese and lettuce	69.0	1.0 each taco	6.11	13.70	--
20032	Millet, cooked	174.0	1.0 cup	6.11	41.19	0.066
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	28.0	1.0 slice	6.11	0.98	0.054
01039	Cheese, roquefort	28.35	1.0 oz	6.11	0.57	0.086
14421	Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk	185.0	6.0 fl oz	6.10	10.36	0.085
11088	Broadbeans, immature seeds, raw	109.0	1.0 cup	6.10	12.75	0.061
07941	Salami, Italian, pork and beef, dry, sliced, 50% less sodium	28.0	1.0 serving 5 slices	6.10	1.79	0.059
19295	Candies, MARS SNACKFOOD US, SNICKERS MUNCH bar	40.0	1.0 serving 1.42 oz bar	6.10	17.46	--
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	6.10	24.75	0.076
17158	Game meat, boar, wild, raw	28.35	1.0 oz	6.10	0.00	0.082
19407	Snacks, beef sticks, smoked	28.35	1.0 oz	6.10	1.53	0.052
01132	Egg, whole, cooked, scrambled	61.0	1.0 large	6.09	0.98	0.085

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	6.09	0.00	0.040
19239	Candies, REESE'S NUTRAGEOUS Candy Bar	54.0	1.0 bar 1.92 oz	6.09	28.51	--
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	6.08	0.00	0.040
07926	Salami, Italian, pork	28.0	1.0 oz	6.08	0.34	0.071
06315	Soup, HEALTHY CHOICE Chicken and Rice Soup, canned	240.0	1.0 serving 1 cup	6.07	13.70	--
28326	Crackers, whole grain, sandwich-type, with peanut butter filling	43.0	6.0 cracker 1 serving	6.07	23.47	--
20106	Macaroni, vegetable, enriched, cooked	134.0	1.0 cup spiral shaped	6.07	35.66	0.078
13357	Beef, cured, sausage, cooked, smoked	43.0	1.0 sausage	6.07	1.04	0.055
01004	Cheese, blue	28.35	1.0 oz	6.07	0.66	0.088
17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	6.07	0.00	--
10110	Pork, fresh, variety meats and by-products, liver, raw	28.35	1.0 oz	6.06	0.70	0.085
17170	Game meat, horse, raw	28.35	1.0 oz	6.06	0.00	0.075
05053	Chicken, broilers or fryers, back, meat only, raw	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	6.06	0.00	0.071
28259	KELLOGG'S, EGGO Minis, Pancakes, Buttermilk	110.0	11.0 pancakes	6.05	43.56	--
08539	Cereals ready-to-eat, KASHI ORGANIC PROMISE, CINNAMON HARVEST	55.0	28.0 biscuits (1 NLEA serving)	6.05	43.45	--
06172	Soup, stock, chicken, home-prepared	240.0	1.0 cup	6.05	8.47	--
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	6.04	0.00	0.040
17099	Veal, leg (top round), separable lean only, raw	28.35	1.0 oz	6.03	0.00	0.061
10228	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw	28.35	1.0 oz	6.02	0.00	0.077
17183	Game meat, squirrel, raw	28.35	1.0 oz	6.02	0.00	--
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	6.02	0.00	0.039
14173	Beverages, coffee, ready to drink, vanilla, light, milk based, sweetened	281.0	9.5 fl oz	6.01	12.00	--
11461	Spinach, canned, regular pack, drained solids	214.0	1.0 cup	6.01	7.28	0.081
27001	Soup, hot and sour, Chinese restaurant	233.0	1.0 cup	6.01	10.14	0.044
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	28.35	1.0 oz	6.01	0.00	0.067
16201	Campbell's Pork and Beans	130.0	0.5 cup	6.01	25.00	--
06529	CAMPBELL'S Homestyle Light New England Clam Chowder	245.0	1.0 cup	6.00	14.99	--
06250	CAMPBELL'S CHUNKY Microwavable Bowls, New England Clam Chowder, ready-to-serve	245.0	1.0 serving 1 cup	6.00	17.00	--
06433	CAMPBELL'S CHUNKY Soups, Old Fashioned Potato Ham Chowder	245.0	1.0 cup	6.00	17.00	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
27017	CAMPBELL'S Homestyle Microwaveable Bowls, HEALTHY REQUEST Italian Wedding Soup	245.0	1.0 cup	6.00	13.01	--
06400	CAMPBELL'S CHUNKY Soups, Grilled Chicken with Vegetables & Pasta Soup	245.0	1.0 cup	6.00	13.99	--
06418	CAMPBELL'S CHUNKY Soups, Hearty Chicken with Vegetables Soup	245.0	1.0 serving	6.00	17.00	--
06548	CAMPBELL'S Homestyle Chicken with White & Wild Rice Soup	245.0	1.0 cup	6.00	17.00	--
06244	CAMPBELL'S CHUNKY Microwavable Bowls, Classic Chicken Noodle, ready-to-serve	245.0	1.0 serving 1 cup	6.00	13.99	--
06617	CAMPBELL'S Homestyle Light Italian-Style Wedding Soup	245.0	1.0 cup	6.00	11.00	--
16236	SILK Vanilla, soymilk	243.0	1.0 cup	6.00	10.01	--
16230	Soymilk (all flavors), nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	6.00	10.06	--
16243	SILK Plus Fiber, soymilk	243.0	1.0 cup	6.00	14.00	--
16231	Soymilk, chocolate, nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	6.00	20.68	--
16247	SILK Chai, soymilk	243.0	1.0 cup	6.00	19.00	--
16238	SILK Light Plain, soymilk	243.0	1.0 cup	6.00	7.99	--
16245	SILK Very Vanilla, soymilk	243.0	1.0 cup	6.00	19.00	--
16242	SILK Plus for Bone Health, soymilk	243.0	1.0 cup	6.00	11.01	--
16239	SILK Light Vanilla, soymilk	243.0	1.0 cup	6.00	10.01	--
32029	Rice mix, white and wild, flavored, unprepared	57.0	2.0 oz (1/4 c dry rice mix and 4 tsp seasoning mix)	6.00	43.40	--
22899	Ravioli, cheese-filled, canned	242.0	1.0 cup	6.00	33.01	--
22943	SUPPER BAKES MEAL KITS, Cheesy Chicken with pasta (chicken not included)	85.0	0.167 box (NLEA serving size)	6.00	27.00	--
01222	Yogurt, chocolate, nonfat milk, fortified with vitamin D	170.0	1.0 container (6 oz)	6.00	40.00	--
15170	Mollusks, oyster, eastern, canned	85.0	3.0 oz	6.00	3.32	0.067
01187	Yogurt, chocolate, nonfat milk	170.0	1.0 container (6 oz)	6.00	40.00	--
12567	Nuts, almonds, oil roasted, with salt added, smoke flavor	28.0	1.0 oz (28 almonds)	6.00	5.00	--
03127	Babyfood, vegetables, spinach, creamed, strained	240.0	1.0 cup	6.00	13.68	0.086
25041	Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors	40.0	2.0 bar	6.00	25.11	--
01226	Egg substitute, liquid or frozen, fat free	60.0	0.25 cup	6.00	1.20	0.098
22944	SUPPER BAKES MEAL KITS, Creamy Stroganoff Sauce with pasta	125.0	1.0 serving	6.00	31.00	--
22932	SPAGHETTIOS, SpaghettiOs A to Z's	252.0	1.0 cup (1 serving)	6.00	35.00	--
22938	SPAGHETTIOS, SpaghettiOs plus Calcium	252.0	1.0 cup (1 serving)	6.00	35.00	--
22931	SPAGHETTIOS, SpaghettiOs Original	252.0	1.0 cup (1 serving)	6.00	35.00	--
32025	Dumpling, potato- or cheese-filled, frozen	114.0	3.0 pieces pierogies	6.00	33.79	--
28305	Pancakes, plain, reduced fat	105.0	1.0 serving 3 pancakes	6.00	60.19	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
11683	Carrot, dehydrated	74.0	1.0 cup	5.99	58.88	0.064
16252	SILK Plain soy yogurt	227.0	1.0 container	5.99	22.00	--
16250	SILK Vanilla soy yogurt (family size)	227.0	1.0 container	5.99	31.01	--
19177	Gelatins, dry powder, unsweetened	7.0	1.0 envelope (1 tbsp)	5.99	0.00	--
17269	Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	5.98	0.00	--
06402	Soup, black bean, canned, prepared with equal volume water	247.0	1.0 cup	5.98	19.04	--
17009	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	5.98	0.00	0.070
06545	CAMPBELL'S Homestyle New England Clam Chowder	256.0	1.0 cup	5.96	14.54	--
28312	Rolls, hamburger or hot dog, wheat/cracked wheat	51.0	1.0 roll	5.96	24.13	--
22998	Rice and vermicelli mix, chicken flavor, unprepared	56.0	0.333 cup	5.96	42.45	--
17312	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.95	0.00	0.069
06415	CAMPBELL'S CHUNKY Soups, Hearty Beef Barley Soup	206.0	1.0 cup	5.95	18.50	--
20029	Couscous, cooked	157.0	1.0 cup, cooked	5.95	36.46	0.077
15246	Mollusks, oyster, eastern, farmed, cooked, dry heat	85.0	3.0 oz	5.95	6.19	0.066
17094	Veal, leg (top round), separable lean and fat, raw	28.35	1.0 oz	5.95	0.00	0.060
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	5.95	14.52	0.068
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234.0	1.0 cup	5.94	28.08	0.094
08180	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt	234.0	1.0 cup	5.94	28.08	--
03084	Babyfood, dinner, vegetables and turkey, strained	256.0	1.0 cup	5.94	19.51	--
18955	Bread, pan dulce, sweet yeast bread	63.0	1.0 slice (average weight of 1 slice)	5.93	35.52	--
08202	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Crunchy Almond	60.0	1.0 cup (1 NLEA serving)	5.93	46.85	--
36014	Restaurant, family style, french fries	170.0	1.0 serving	5.93	63.24	0.083
43327	Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted	28.35	1.0 oz	5.93	0.43	--
17026	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	5.92	0.00	0.069
17288	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.91	0.00	0.069
05236	Turkey, young hen, skin only, cooked, roasted	31.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	5.90	0.00	0.047
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	170.0	1.0 container (6 oz)	5.90	7.92	0.034
42131	Milk dessert, frozen, milk-fat free, chocolate	137.0	1.0 cup	5.89	51.65	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
17174	Game meat, muskrat, raw	28.35	1.0 oz	5.89	0.00	--
08663	Cereals ready-to-eat, KASHI ORGANIC PROMISE, Berry Fruitful	55.0	29.0 biscuits (1 NLEA serving)	5.88	41.91	--
08591	Cereals ready-to-eat, KASHI ORGANIC PROMISE, ISLAND VANILLA	55.0	27.0 biscuits (1 NLEA serving)	5.88	44.44	--
17064	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	5.88	0.00	0.069
01006	Cheese, brie	28.35	1.0 oz	5.88	0.13	0.091
16165	MORI-NU, Tofu, silken, lite extra firm	84.0	1.0 slice	5.88	0.84	0.081
09085	Currants, zante, dried	144.0	1.0 cup	5.88	106.68	--
13023	Beef, brisket, whole, separable lean only, all grades, raw	28.35	1.0 oz	5.87	0.00	0.066
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	5.87	0.00	0.039
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	5.87	0.00	0.039
19169	Egg custards, dry mix	85.0	1.0 package (3 oz)	5.86	70.38	0.080
43367	Turkey, drumstick, smoked, cooked, with skin, bone removed	21.0	1.0 oz with bone, cooked (yield after bone removed)	5.86	0.00	--
19151	Candies, REESE'S PIECES Candy	47.0	0.25 cup	5.86	28.13	--
17308	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.85	0.00	0.068
07943	Turkey, breast, smoked, lemon pepper flavor, 97% fat-free	28.0	1.0 slice	5.85	0.37	--
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	169.0	1.0 cup spaghetti not packed	5.85	54.42	0.068
27062	Soup, beef barley, ready to serve	208.0	1.0 cup	5.84	16.52	--
17168	Goat, raw	28.35	1.0 oz	5.84	0.00	0.087
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	119.0	1.0 cup	5.83	98.64	0.104
13866	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	5.83	0.00	0.065
17013	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	5.83	0.00	0.068
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	5.83	0.00	0.065
17021	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	5.83	0.00	0.068
19205	Egg custards, dry mix, prepared with 2% milk	141.0	0.5 cup	5.82	24.83	0.073
17017	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	5.82	0.00	0.068
43447	Snacks, corn-based, extruded, chips, unsalted	88.0	1.0 cup, crushed	5.81	50.51	--
17300	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.81	0.00	0.068
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	28.35	1.0 oz	5.81	0.00	0.074

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
17292	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.80	0.00	0.068
17296	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.80	0.00	0.068
16162	MORI-NU, Tofu, silken, firm	84.0	1.0 slice	5.80	2.02	0.071
06147	Soup, beef mushroom, canned, condensed	126.0	0.5 cup (4 fl oz)	5.80	6.55	--
17304	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.79	0.00	0.068
16225	Soymilk, original and vanilla, light, with added calcium, vitamins A and D	243.0	1.0 cup	5.78	8.53	--
06547	Soup, beef mushroom, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	5.78	6.34	--
42297	Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch	59.0	1.0 cup (1 NLEA serving)	5.78	41.83	--
08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	49.0	1.0 cup (1 NLEA serving)	5.78	39.89	--
17160	Game meat, buffalo, water, raw	28.35	1.0 oz	5.78	0.00	0.071
06253	Soup, cream of potato, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	5.78	17.16	0.082
17199	Lamb, variety meats and by-products, liver, raw	28.35	1.0 oz	5.78	0.50	0.067
36411	Restaurant, Latino, tamale, corn	166.0	1.0 piece	5.78	44.29	0.056
09246	Peaches, dried, sulfured, uncooked	160.0	1.0 cup, halves	5.78	98.13	0.016
28004	KELLOGG'S, EGGO, Pancakes, Chocolate Chip	105.0	3.0 pancakes	5.78	41.90	--
20115	Noodles, japanese, soba, cooked	114.0	1.0 cup	5.77	24.44	0.082
21401	Fast foods, chicken tenders	30.0	1.0 strip	5.77	5.18	0.067
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	5.76	3.17	0.064
11794	Lambsquarters, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	5.76	9.00	0.052
11245	Lambsquarters, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	5.76	9.00	0.052
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	28.35	1.0 oz	5.76	0.12	0.028
17003	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	5.75	0.00	0.067
17140	Veal, cubed for stew (leg and shoulder), separable lean only, raw	28.35	1.0 oz	5.75	0.00	0.058
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	28.35	1.0 oz	5.75	0.00	0.068
01260	Cheese, cheddar, reduced fat	21.0	1.0 slice	5.74	0.85	--
17282	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.74	0.00	0.067
17059	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw	28.35	1.0 oz	5.73	0.00	0.067
07022	Frankfurter, beef, unheated	49.0	1.0 hot dog	5.73	1.46	--
17137	Veal, sirloin, separable lean only, raw	28.35	1.0 oz	5.73	0.00	0.058

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
17090	Veal, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	5.73	0.00	0.058
10142	Pork, cured, ham, center slice, separable lean and fat, unheated	28.35	1.0 oz	5.72	0.01	0.069
08538	Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Blueberry Clusters	55.0	1.0 cup (1 NLEA serving)	5.71	44.16	--
13097	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	5.71	0.00	0.064
01189	KRAFT CHEEZ WHIZ LIGHT Pasteurized Process Cheese Product	35.0	2.0 tbsp	5.70	5.67	--
05312	Chicken, wing, frozen, glazed, barbecue flavored	29.0	1.0 piece	5.70	0.97	0.052
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	184.0	1.0 cup	5.70	9.84	0.059
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	5.70	9.84	0.059
16518	WORTHINGTON Saucettes, canned, unprepared	38.0	1.0 link	5.70	2.13	--
11526	Taro, tahitian, cooked, without salt	137.0	1.0 cup slices	5.70	9.38	--
11881	Taro, tahitian, cooked, with salt	137.0	1.0 cup slices	5.70	9.38	--
17146	Game meat, bear, raw	28.35	1.0 oz	5.70	0.00	--
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	28.35	1.0 oz	5.69	0.00	0.062
06748	Soup, PROGRESSO, beef barley, traditional, ready to serve	210.0	1.0 cup	5.69	14.05	--
08129	Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water	240.0	1.0 cup	5.69	45.48	--
17177	Game meat, rabbit, domesticated, composite of cuts, raw	28.35	1.0 oz	5.68	0.00	0.075
06391	CAMPBELL'S CHUNKY, Creamy Chicken and Dumplings Soup	245.0	1.0 cup	5.68	17.37	--
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	5.68	5.97	0.062
17125	Veal, shoulder, arm, separable lean only, raw	28.35	1.0 oz	5.68	0.00	0.058
06210	Soup, cream of celery, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	5.68	14.53	0.074
20010	Buckwheat groats, roasted, cooked	168.0	1.0 cup	5.68	33.50	0.082
21334	McDONALD'S, Strawberry Sundae	178.0	1.0 item (6.3 oz)	5.68	50.00	--
09244	Peaches, dehydrated (low-moisture), sulfured, uncooked	116.0	1.0 cup	5.67	96.49	0.016
17047	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	5.67	0.00	0.066
17032	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	5.66	0.00	0.066
11463	Spinach, frozen, chopped or leaf, unprepared	156.0	1.0 cup	5.66	6.57	0.156
17113	Veal, rib, separable lean only, raw	28.35	1.0 oz	5.66	0.00	0.057
22997	KASHI, Tuscan Veggie Bake, Frozen Entree	283.0	1.0 package	5.66	42.45	--
06619	SMART SOUP, Santa Fe Corn Chowder	283.0	10.0 oz 1 pouch	5.66	31.70	--
06623	SMART SOUP, Moroccan Chick Pea	283.0	10.0 oz 1 pouch	5.66	27.45	--
03053	Babyfood, dinner, vegetables and beef, strained	256.0	1.0 cup	5.66	22.63	0.051
03054	Babyfood, dinner, vegetables and beef, junior	256.0	1.0 cup	5.66	22.63	0.051

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
13358	Beef, cured, smoked, chopped beef	28.0	1.0 slice (1 oz)	5.65	0.52	0.046
17202	Veal, variety meats and by-products, liver, raw	28.35	1.0 oz	5.65	0.82	0.078
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	5.65	0.00	0.036
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155.0	1.0 cup	5.64	12.90	0.062
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	155.0	1.0 cup	5.64	12.90	0.062
21033	Fast foods, sundae, hot fudge	158.0	1.0 sundae	5.64	47.67	0.071
17324	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.64	0.00	0.066
36610	DENNY'S, french fries	165.0	1.0 serving	5.63	58.08	0.082
19170	Egg custards, dry mix, prepared with whole milk	141.0	0.5 cup	5.63	24.82	0.116
05183	Turkey, dark meat, meat and skin, raw	28.35	1.0 oz	5.62	0.04	0.056
36416	Restaurant, Latino, bunuelos (fried yeast bread)	70.0	1.0 piece	5.61	34.00	0.064
01007	Cheese, camembert	28.35	1.0 oz	5.61	0.13	0.087
07945	Frankfurter, beef, heated	48.0	1.0 frankfurter	5.61	1.28	0.060
17119	Veal, shoulder, whole (arm and blade), separable lean only, raw	28.35	1.0 oz	5.61	0.00	0.057
06071	Soup, vegetable beef, canned, condensed	126.0	0.5 cup	5.61	10.22	0.048
03061	Babyfood, dinner, vegetables and ham, strained	256.0	1.0 cup	5.61	19.97	--
20013	Bulgur, cooked	182.0	1.0 cup	5.61	33.82	0.087
07901	USDA Commodity, pork, sausage, bulk/links/patties, frozen, cooked	28.35	1.0 oz	5.60	0.00	--
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	31.0	2.0 large	5.60	3.14	0.065
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	160.0	1.0 cup	5.60	13.49	0.054
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160.0	1.0 cup	5.60	14.43	0.054
13887	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	5.60	0.00	0.063
22914	Pasta with tomato sauce, no meat, canned	252.0	1.0 serving (1 NLEA serving)	5.59	35.83	--
09297	Raisins, golden seedless	165.0	1.0 cup, packed	5.59	131.21	--
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	5.58	0.12	0.052
01045	Cheese food, cold pack, American	28.35	1.0 oz	5.57	2.36	0.081
06013	Soup, chicken broth, canned, condensed	126.0	0.5 cup (4 fl oz)	5.57	0.94	--
11956	Tomatoes, sun-dried, packed in oil, drained	110.0	1.0 cup	5.57	25.66	0.041
23513	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw	28.35	1.0 oz	5.57	0.00	0.060
28003	KELLOGG'S, EGGO, Pancakes, Blueberry	105.0	3.0 pancakes	5.56	41.90	--
13883	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	5.56	0.00	0.062

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
20111	Noodles, egg, spinach, enriched, dry	38.0	1.0 cup	5.55	26.72	0.074
36602	Restaurant, Chinese, fried rice, without meat	137.0	1.0 cup	5.55	44.92	0.071
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	234.0	1.0 cup, cooked	5.55	27.31	0.094
10149	Pork, cured, ham, steak, boneless, extra lean, unheated	28.35	1.0 oz	5.55	0.00	0.067
10072	Pork, fresh, shoulder, whole, separable lean only, raw	28.35	1.0 oz	5.54	0.00	0.070
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	5.54	0.00	0.065
18446	Pie crust, standard-type, frozen, ready-to-bake, unenriched	142.0	1.0 crust, single 9"	5.54	62.62	0.080
15191	Fish, butterfish, cooked, dry heat	25.0	1.0 fillet	5.54	0.00	0.062
36008	T.G.I. FRIDAY'S, fried mozzarella	35.0	1.0 piece	5.54	8.87	0.059
20037	Rice, brown, long-grain, cooked	202.0	1.0 cup	5.53	51.67	0.067
11816	Peas and carrots, canned, no salt added, solids and liquids	255.0	1.0 cup	5.53	21.62	0.041
11318	Peas and carrots, canned, regular pack, solids and liquids	255.0	1.0 cup	5.53	21.62	0.041
14632	Beverages, Meal supplement drink, canned, peanut flavor	158.0	1.0 cup	5.53	23.29	0.063
15007	Fish, butterfish, raw	32.0	1.0 fillet	5.53	0.00	0.062
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	85.0	3.0 oz	5.52	0.00	0.058
13885	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	5.52	0.00	0.062
18080	Bread sticks, plain	46.0	1.0 cup, small pieces	5.52	31.46	0.064
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31.0	1.0 cup (1 NLEA serving)	5.51	22.75	--
15121	Fish, tuna, light, canned in water, drained solids	28.35	1.0 oz	5.51	0.00	0.059
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	28.35	1.0 oz	5.51	0.29	0.052
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	28.35	1.0 oz	5.51	0.52	0.043
08537	Cereals ready-to-eat, KASHI 7 Whole Grain Flakes	50.0	1.0 cup (1 NLEA serving)	5.50	40.70	--
05335	Chicken, feet, boiled	28.35	1.0 oz	5.50	0.06	--
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	240.0	1.0 cup	5.50	13.30	0.065
01144	Egg substitute, powder	9.9	0.35 oz	5.49	2.16	--
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	5.49	0.29	0.052
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	5.49	8.17	0.095
16166	Soymilk, chocolate, unfortified	243.0	1.0 cup	5.49	24.18	0.092
16168	Soymilk, chocolate, with added calcium, vitamins A and D	243.0	1.0 cup	5.49	24.18	0.066
17320	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.49	0.00	0.064

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
01192	KRAFT VELVEETA LIGHT Reduced Fat Pasteurized Process Cheese Product	28.0	1.0 oz	5.49	3.30	--
17088	Veal, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	5.49	0.00	0.056
15055	Fish, mullet, striped, raw	28.35	1.0 oz	5.49	0.00	0.062
17122	Veal, shoulder, arm, separable lean and fat, raw	28.35	1.0 oz	5.48	0.00	0.056
43566	Snacks, tortilla chips, light (baked with less oil)	63.0	1.0 cup, crushed	5.48	46.24	--
13850	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	5.48	0.00	0.036
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	5.48	0.00	0.036
08402	Cereals, QUAKER, Quick Oats, Dry	40.0	0.5 cup	5.48	27.27	--
08451	Cereals, QUAKER, Quick Oats with Iron, Dry	40.0	0.5 cup	5.48	27.27	--
17310	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.48	0.00	0.064
17055	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	5.47	0.00	0.064
17278	Veal, shank (fore and hind), separable lean only, raw	28.35	1.0 oz	5.47	0.00	0.055
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	28.35	1.0 oz	5.46	0.00	0.055
18041	Bread, pita, white, enriched	60.0	1.0 pita, large (6-1/2" dia)	5.46	33.42	0.063
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	28.35	1.0 oz spiral slice	5.46	0.35	0.051
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	5.45	0.00	0.035
06471	Soup, vegetable beef, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	5.44	9.91	--
17306	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.43	0.00	0.064
28317	Bread, wheat, sprouted, toasted	38.0	1.0 slice 1 serving	5.43	13.99	--
17276	Veal, shank (fore and hind), separable lean and fat, raw	28.35	1.0 oz	5.43	0.00	0.055
36002	APPLEBEE'S, french fries	164.0	1.0 serving	5.43	64.78	--
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	5.43	0.00	0.035
17328	Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.41	0.00	0.063
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	5.41	0.00	0.035
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	5.41	38.78	0.038
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	5.41	38.78	0.038

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
06411	Soup, cheese, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	5.41	10.52	0.072
17134	Veal, sirloin, separable lean and fat, raw	28.35	1.0 oz	5.41	0.00	0.055
13149	Beef, rib, shortribs, separable lean only, choice, raw	28.35	1.0 oz	5.40	0.00	0.060
08284	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins	60.0	0.667 cup (1 NLEA serving)	5.40	48.06	--
17232	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	5.38	0.00	0.063
20109	Noodles, egg, dry, enriched	38.0	1.0 cup	5.38	27.08	0.051
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	5.38	27.08	0.051
07070	Salami, cooked, turkey	28.0	1.0 serving	5.38	0.43	0.049
10187	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw	28.35	1.0 oz	5.37	0.00	0.066
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	98.0	1.0 piece	5.37	36.40	0.047
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	166.0	1.0 cup spaghetti packed	5.36	51.64	0.033
17007	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	5.36	0.00	0.063
17228	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	5.36	0.00	0.063
14654	Beverages, nutritional shake mix, high protein, powder	10.0	1.0 tbsp	5.36	2.04	--
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	5.35	1.76	--
17110	Veal, rib, separable lean and fat, raw	28.35	1.0 oz	5.35	0.00	0.054
11854	Spinach, cooked, boiled, drained, with salt	180.0	1.0 cup	5.35	6.75	0.072
11458	Spinach, cooked, boiled, drained, without salt	180.0	1.0 cup	5.35	6.75	0.072
17286	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.34	0.00	0.062
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	47.0	2.0 biscuits (1 NLEA serving)	5.34	37.11	0.066
10802	USDA Commodity, pork, cured, ham, boneless, cooked, heated	28.35	1.0 oz boneless	5.34	0.00	--
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	58.0	7.0 biscuit (1 NLEA serving)	5.34	48.37	--
16129	Tofu, fried	28.35	1.0 oz	5.34	2.51	0.076
07950	Frankfurter, meat	52.0	1.0 serving (1 hot dog)	5.34	2.17	0.058
11045	Mung beans, mature seeds, sprouted, cooked, stir-fried	124.0	1.0 cup	5.33	13.13	0.072
10856	HORMEL ALWAYS TENDER, Boneless Pork Loin, Fresh Pork	28.0	1.0 oz	5.33	0.21	--
14423	Beverages, dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice	243.0	1.0 serving	5.32	10.96	--
13353	Beef, cured, luncheon meat, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	5.32	0.00	0.038

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
17258	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.32	0.00	0.062
10855	HORMEL ALWAYS TENDER, Center Cut Chops, Fresh Pork	28.35	1.0 oz	5.31	0.24	--
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	5.31	3.46	0.052
11709	Asparagus, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	5.31	3.46	0.052
05665	Ground turkey, 93% lean, 7% fat, raw	28.35	1.0 oz	5.31	0.00	0.060
05285	Turkey, diced, light and dark meat, seasoned	28.35	1.0 oz	5.30	0.28	0.058
16164	MORI-NU, Tofu, silken, lite firm	84.0	1.0 slice	5.29	0.92	0.080
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	28.35	1.0 oz spiral slice	5.29	0.33	0.049
11184	Corn with red and green peppers, canned, solids and liquids	227.0	1.0 cup	5.29	41.25	0.039
17294	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.27	0.00	0.062
08245	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Hearty Raisin	62.0	1.0 cup (1 NLEA serving)	5.27	50.10	--
17015	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	5.27	0.00	0.062
06174	Soup, stock, fish, home-prepared	233.0	1.0 cup	5.27	0.00	--
10115	Pork, fresh, variety meats and by-products, pancreas, raw	28.35	1.0 oz	5.26	0.00	0.115
01159	Cheese, goat, soft type	28.35	1.0 oz	5.25	0.00	0.055
14422	Beverages, Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder	21.0	1.0 packet (.75 oz)	5.25	10.79	--
28005	KELLOGG'S, CINNABON, Pancakes, Caramel	105.0	3.0 pancakes	5.25	45.57	--
28006	KELLOGG'S, CINNABON, Pancakes, Original	105.0	3.0 pancakes	5.25	45.26	--
21525	PIZZA HUT, breadstick, parmesan garlic	43.0	1.0 breadstick	5.25	19.13	--
21520	Fast foods, breadstick, soft, prepared with garlic and parmesan cheese	43.0	1.0 breadstick	5.25	19.13	--
08142	Cereals, WHEATENA, dry	40.0	0.33 cup (1 NLEA serving)	5.24	30.24	--
06316	Soup, HEALTHY CHOICE Garden Vegetable Soup, canned	246.0	1.0 serving 1 cup	5.24	24.70	--
15068	Fish, pompano, florida, raw	28.35	1.0 oz, boneless	5.24	0.00	0.059
17230	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	5.24	0.00	0.061
11301	Peas, edible-podded, boiled, drained, without salt	160.0	1.0 cup	5.23	11.28	0.051
11809	Peas, edible-podded, cooked, boiled, drained, with salt	160.0	1.0 cup	5.23	10.34	0.051
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	5.23	33.53	0.061
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	165.0	1.0 cup	5.23	32.55	0.061
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	168.0	1.0 cup	5.22	15.42	--
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	168.0	1.0 cup	5.22	15.42	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
03274	Babyfood, dinner, vegetables and chicken, junior	256.0	1.0 cup	5.22	22.17	--
13803	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	5.22	0.00	0.058
42186	Frozen yogurts, chocolate	174.0	1.0 cup	5.22	37.58	--
42187	Frozen yogurts, flavors other than chocolate	174.0	1.0 cup	5.22	37.58	--
43366	Turkey, wing, smoked, cooked, with skin, bone removed	19.0	1.0 oz with bone, cooked (yield after bone removed)	5.21	0.00	--
17302	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.20	0.00	0.061
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245.0	1.0 cup (unprepared)	5.19	31.29	--
28373	UDI'S, Gluten Free, Whole Grain Dinner Rolls	44.0	1.0 roll	5.19	19.49	--
28343	Rolls, gluten-free, whole grain, made with tapioca starch and brown rice flour	44.0	1.0 roll	5.19	19.49	--
09231	Passion-fruit, (granadilla), purple, raw	236.0	1.0 cup	5.19	55.18	--
17216	Veal, variety meats and by-products, spleen, raw	28.35	1.0 oz	5.19	0.00	0.051
13333	Beef, variety meats and by-products, spleen, raw	28.35	1.0 oz	5.19	0.00	0.054
14179	Beverages, coffee, ready to drink, milk based, sweetened	262.0	1.0 cup	5.19	33.01	--
15179	Fish, salmon, chinook, smoked, (lox), regular	28.35	1.0 oz	5.18	0.00	0.058
15077	Fish, salmon, chinook, smoked	28.35	1.0 oz, boneless	5.18	0.00	0.058
11015	Asparagus, canned, drained solids	242.0	1.0 cup	5.18	5.95	0.051
03062	Babyfood, dinner, vegetables and ham, junior	256.0	1.0 cup	5.17	22.12	--
17290	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.17	0.00	0.060
08463	Cereals ready-to-eat, KASHI ORGANIC PROMISE, STRAWBERRY FIELDS	55.0	1.0 cup (1 NLEA serving)	5.17	45.92	--
06739	Soup, vegetable beef, canned, condensed, single brand	136.0	1.0 serving	5.17	10.47	--
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	54.0	1.0 serving 1 singles bag	5.17	32.66	--
12087	Nuts, cashew nuts, raw	28.35	1.0 oz	5.17	8.56	0.081
10003	Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	28.35	1.0 oz	5.17	0.00	0.058
07963	Frankfurter, meat and poultry, cooked, boiled	50.0	1.0 frankfurter	5.16	2.48	0.056
07060	Luxury loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	5.15	1.37	0.060
09321	Sugar-apples, (sweetsop), raw	250.0	1.0 cup, pulp	5.15	59.10	0.025
11162	Collards, cooked, boiled, drained, without salt	190.0	1.0 cup, chopped	5.15	10.74	0.051
11768	Collards, cooked, boiled, drained, with salt	190.0	1.0 cup, chopped	5.15	10.74	0.051
08695	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, little bites	56.0	1.0 Cup (1 NLEA serving)	5.15	46.70	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
13926	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	5.15	0.00	0.058
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	5.14	1.36	0.066
01253	Cheese, pasteurized process, American, without added vitamin D	28.35	1.0 oz	5.14	1.05	0.066
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	5.13	36.84	0.036
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	5.13	36.84	0.036
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	5.13	36.84	0.036
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	5.13	36.84	0.036
09039	Avocados, raw, Florida	230.0	1.0 cup, pureed	5.13	17.99	0.064
07964	Frankfurter, meat and poultry, cooked, grilled	48.0	1.0 frankfurter	5.12	2.52	0.056
03066	Babyfood, dinner, vegetables and lamb, strained	256.0	1.0 cup	5.12	17.66	0.059
17256	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.11	0.00	0.060
16579	GARDENBURGER Original, frozen, unprepared	71.0	1.0 patty	5.11	15.69	--
06039	Soup, minestrone, canned, chunky, ready-to-serve	240.0	1.0 cup	5.11	20.74	--
07241	OSCAR MAYER, Wieners (beef franks)	45.0	1.0 serving	5.11	1.25	--
11182	Corn, yellow, whole kernel, frozen, microwaved	141.0	1.0 cup	5.10	36.48	0.047
14068	Beverages, KELLOGG'S SPECIAL K20 protein powder	14.5	1.0 packet	5.10	8.47	--
16227	Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D	243.0	1.0 cup	5.10	20.02	--
32034	HUNGRY MAN, Salisbury Steak With Gravy, frozen, unprepared	64.0	1.0 patty	5.09	4.45	--
20656	Pasta, gluten-free, rice flour and rice bran extract, cooked, DE BOLES	121.0	1.0 cup spaghetti	5.09	49.31	--
15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	5.09	0.00	0.057
17254	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.09	0.00	0.060
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	120.0	1.0 item	5.09	31.63	--
11697	Arrowroot, raw	120.0	1.0 cup, sliced	5.09	16.07	--
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	5.08	22.16	0.043
11490	Squash, winter, hubbard, baked, without salt	205.0	1.0 cup, cubes	5.08	22.16	0.043
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	5.08	0.35	0.048
18289	Pancakes, plain, dry mix, complete (includes buttermilk)	52.0	0.333 cup	5.08	38.30	0.059
07949	Frankfurter, meat, heated	52.0	1.0 serving (1 hot dog)	5.08	2.55	0.055
17011	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	5.08	0.00	0.059

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
16107	Sausage, meatless	25.0	1.0 link	5.07	2.02	0.070
09298	Raisins, seedless	165.0	1.0 cup, packed	5.07	130.65	0.082
08054	Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey	48.0	0.5 cup (1 NLEA serving)	5.06	35.35	--
10117	Pork, fresh, variety meats and by-products, spleen, raw	28.35	1.0 oz	5.06	0.00	0.052
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	28.35	1.0 oz	5.06	7.09	0.071
11908	Corn, sweet, white, canned, vacuum pack, regular pack	210.0	1.0 cup	5.06	40.82	0.036
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	5.06	40.82	0.036
11909	Corn, sweet, white, canned, vacuum pack, no salt added	210.0	1.0 cup	5.06	40.82	0.036
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	210.0	1.0 cup	5.06	40.82	0.036
28011	KELLOGG'S, EGGO, Waffles, Cinnamon Toast	92.0	3.0 sets	5.06	45.54	--
17280	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.06	0.00	0.059
08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	40.0	0.5 cup (1 NLEA serving)	5.06	29.05	--
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	170.0	1.0 cup, chopped	5.05	12.07	0.065
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170.0	1.0 cup, chopped	5.05	12.07	0.065
11514	Sweet potato, canned, mashed	255.0	1.0 cup	5.05	59.13	0.061
11033	Lima beans, immature seeds, canned, regular pack, solids and liquids	124.0	0.5 cup	5.05	16.53	0.067
19240	Frostings, chocolate, creamy, dry mix	388.0	1.0 package	5.04	356.96	0.078
18101	Cake, chocolate, prepared from recipe without frosting	95.0	1.0 piece (1/12 of 9" dia)	5.04	50.73	0.065
10174	Pork, fresh, variety meats and by-products, tail, raw	28.35	1.0 oz	5.03	0.00	0.025
01223	Protein supplement, milk based, Muscle Milk, powder	11.0	1.0 tbsp	5.03	2.04	--
28286	Bread, paratha, whole wheat, commercially prepared, frozen	79.0	1.0 piece	5.02	35.83	--
13321	Beef, variety meats and by-products, heart, raw	28.35	1.0 oz	5.02	0.04	--
22948	SUPPER BAKES MEAL KITS, Savory Pork Chops with herb stuffing (pork chop not included)	85.0	1.0 serving	5.02	31.14	--
06024	Soup, chicken and vegetable, canned, ready-to-serve	255.0	1.0 cup	5.02	11.93	0.051
08081	Cereals ready-to-eat, POST, Honey Nut Shredded Wheat	59.0	1.0 cup (1 NLEA serving)	5.02	49.32	--
05127	Chicken, stewing, giblets, raw	28.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	5.01	0.60	0.057
19143	Candies, MR. GOODBAR Chocolate Bar	49.0	1.0 bar (1.75 oz)	5.01	26.63	--
05023	Chicken, gizzard, all classes, raw	28.35	1.0 oz	5.01	0.00	--
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	28.35	1.0 oz	5.01	0.03	0.031
21463	Yogurt parfait, lowfat, with fruit and granola	149.0	1.0 item	5.01	23.63	--
16249	SILK Coffee, soymilk	243.0	1.0 cup	5.01	25.00	--
16240	SILK Light Chocolate, soymilk	243.0	1.0 cup	5.01	21.99	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
16237	SILK Chocolate, soymilk	243.0	1.0 cup	5.01	23.01	--
16248	SILK Mocha, soymilk	243.0	1.0 cup	5.01	21.99	--
22965	SPAGHETTIOS, SpaghettiOs Original, easy open	213.0	1.0 can (1 serving)	5.01	30.99	--
16200	Campbell's Brown Sugar And Bacon Flavored Baked Beans	130.0	0.5 cup	5.00	30.00	--
08708	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Touch of Fruit in the Middle, raisin	55.0	24.0 Biscuits (1 NLEA serving)	5.00	45.16	--
16204	PACE, Spicy Jalapeno Refried Beans	120.0	0.5 cup	5.00	14.00	--
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	5.00	48.70	0.047
16202	PACE, Traditional Refried Beans	120.0	0.5 cup	5.00	13.00	--
15075	Fish, sablefish, smoked	28.35	1.0 oz	5.00	0.00	0.056
13807	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	5.00	0.00	0.056
07064	Pork sausage, link/patty, cooked, pan-fried	27.0	1.0 patty	5.00	0.38	0.050
06146	CAMPBELL'S Red and White, Beef with Vegetables and Barley Soup, condensed	126.0	1.0 serving 1/2 cup	5.00	14.99	--
01240	Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	96.0	1.0 unit	5.00	33.00	--
18972	Bread, cheese	48.0	1.0 slice	5.00	21.52	--
28316	Bread, wheat, sprouted	38.0	1.0 slice 1 serving	5.00	12.87	--
19896	Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar	56.0	1.0 serving 1 bar	5.00	35.78	--
25062	Snack, Mixed Berry Bar	38.0	1.0 bar	5.00	22.36	--
43495	Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY	50.0	1.0 cup (1 NLEA serving)	5.00	39.00	--
08500	Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	5.00	45.00	--
18973	Focaccia, Italian flatbread, plain	57.0	1.0 piece	5.00	20.42	--
32024	Rice mix, cheese flavor, dry mix, unprepared	57.0	0.25 cup dry rice mix	5.00	42.11	--
06429	CAMPBELL'S CHUNKY Soups, Manhattan Clam Chowder	245.0	1.0 cup	5.00	19.01	--
27009	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST New England Clam Chowder	245.0	1.0 cup	5.00	19.99	--
05286	Turkey and gravy, frozen	85.0	3.0 oz	5.00	3.92	0.057
06505	CAMPBELL'S Red and White - Microwaveable Bowls, Vegetable Beef Soup	245.0	1.0 cup	5.00	14.99	--
16251	SILK Vanilla soy yogurt (single serving size)	170.0	1.0 container	5.00	25.01	--
06383	CAMPBELL'S CHUNKY Soups, Baked Potato with Cheddar & Bacon Bits Soup	245.0	1.0 cup	5.00	23.01	--
28304	Waffles, whole wheat, lowfat, frozen, ready-to-heat	70.0	1.0 serving 2 waffles	5.00	34.41	--
10854	HORMEL ALWAYS TENDER, Pork Loin Filets, Lemon Garlic-Flavored	28.0	1.0 oz	4.99	0.50	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
42074	Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated	78.0	1.0 bar	4.99	20.37	--
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	4.99	35.48	0.036
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	256.0	1.0 cup	4.99	39.45	0.036
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	256.0	1.0 cup	4.99	39.45	0.036
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	256.0	1.0 cup	4.99	35.48	0.038
22950	SUPPER BAKES MEAL KITS, Traditional Roast Chicken with stuffing (chicken not included)	84.0	1.0 serving 1/6 box	4.99	28.93	--
19087	Candies, white chocolate	85.0	1.0 bar (3 oz)	4.99	50.35	--
18501	KELLOGG, KELLOG'S NUTRI-GRAIN CEREAL BARS, Mixed Berry	116.0	1.0 bar (NLEA serving)	4.99	84.45	--
18969	Cream puff, eclair, custard or cream filled, iced	113.0	4.0 oz	4.98	42.30	--
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	165.0	1.0 cup	4.98	34.20	0.035
08390	Cereals ready-to-eat, KASHI GOOD FRIENDS	53.0	1.0 cup (1 NLEA serving)	4.98	42.03	--
18310	Pie, chocolate creme, commercially prepared	120.0	1.0 serving .167 pie	4.98	46.13	--
19703	Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C	9.0	1.0 tbsp	4.98	3.00	0.000
19704	Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium	9.0	1.0 tbsp	4.98	3.00	0.000
08683	Cereals ready-to-eat, CASCADIAN FARM, Multi-Grain Squares	53.0	1.0 cup (1 NLEA serving)	4.98	43.99	--
05176	Turkey, heart, all classes, cooked, simmered	20.0	1.0 heart	4.98	0.00	0.054
17226	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	4.97	0.00	0.058
13095	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	4.96	0.00	0.056
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	54.0	21.0 biscuits (1 NLEA serving)	4.96	45.04	--
05102	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour	19.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	4.96	0.45	0.053
32035	BANQUET, Salisbury Steak With Gravy, family size, frozen, unprepared	72.0	1.0 patty	4.96	5.01	--
07962	Frankfurter, meat and poultry, unheated	51.0	1.0 frankfurter	4.96	2.56	0.054
19161	Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars	54.0	1.0 package (1.89 oz, 2 bars)	4.96	29.24	--
13002	Beef, carcass, separable lean and fat, select, raw	28.35	1.0 oz	4.96	0.00	0.057
06733	Soup, beef with vegetables and barley, canned, condensed, single brand	127.0	1.0 serving	4.95	10.41	--
17271	Veal, breast, whole, boneless, separable lean and fat, raw	28.35	1.0 oz	4.95	0.00	0.050
10804	USDA Commodity, pork, cured, ham, boneless, cooked, unheated	28.35	1.0 oz boneless	4.94	0.20	--
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	28.35	1.0 oz	4.94	0.00	0.059
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	4.94	6.83	0.066

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
11855	Spinach, canned, no salt added, solids and liquids	234.0	1.0 cup	4.94	6.83	0.066
08182	Cereals, WHEATENA, cooked with water, with salt	243.0	1.0 cup	4.93	28.53	--
13323	Beef, variety meats and by-products, kidneys, raw	28.35	1.0 oz	4.93	0.08	--
12013	Seeds, lotus seeds, dried	32.0	1.0 cup	4.93	20.63	0.071
06413	Soup, chicken broth, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	4.93	0.93	--
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	202.0	1.0 potato (2-1/3" x 4-3/4")	4.93	48.96	0.077
11675	Potatoes, microwaved, cooked in skin, flesh and skin, without salt	202.0	1.0 potato (2-3/4" dia by 4-3/4" long)	4.93	48.96	0.077
42258	Cheese product, pasteurized process, cheddar, reduced fat	28.0	1.0 slice 1 oz	4.93	2.97	--
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	51.0	0.5 cup (1 NLEA serving)	4.93	38.08	--
13819	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	4.92	0.00	0.055
09094	Figs, dried, uncooked	149.0	1.0 cup	4.92	95.17	0.030
19098	Candies, 5TH AVENUE Candy Bar	56.0	1.0 bar 2 oz	4.92	35.10	--
03059	Babyfood, dinner, vegetables and bacon, strained	256.0	1.0 cup	4.92	22.55	--
13001	Beef, carcass, separable lean and fat, choice, raw	28.35	1.0 oz	4.91	0.00	0.057
19084	Candies, HERSHEY'S GOLDEN ALMOND SOLITAIRES	41.0	13.0 pieces	4.91	19.21	--
19031	Snacks, oriental mix, rice-based	28.35	1.0 oz	4.91	14.63	0.054
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	245.0	1.0 cup	4.90	22.05	--
11987	Mushrooms, oyster, raw	148.0	1.0 large	4.90	9.01	0.062
16515	WORTHINGTON Low Fat Veja-Links, canned, unprepared	31.0	1.0 link	4.90	1.33	--
08569	Cereals, KASHI HEART TO HEART, Instant Oatmeal, golden brown maple, dry	43.0	1.0 packet (1 NLEA serving)	4.90	31.64	--
10103	Pork, fresh, variety meats and by-products, heart, raw	28.35	1.0 oz	4.90	0.38	0.056
17298	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	4.89	0.00	0.057
09289	Prunes, dehydrated (low-moisture), uncooked	132.0	1.0 cup	4.88	117.57	--
06963	Fish broth	244.0	1.0 cup	4.88	0.98	--
17218	Veal, variety meats and by-products, thymus, raw	28.35	1.0 oz	4.88	0.00	--
17234	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	4.88	0.00	0.057
17214	Lamb, variety meats and by-products, spleen, raw	28.35	1.0 oz	4.88	0.00	0.054
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	4.87	7.73	0.080
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	163.0	1.0 cup	4.87	7.91	0.080
17264	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	4.87	0.00	0.057

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
17246	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	4.87	0.00	0.057
17236	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	4.87	0.00	0.057
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	28.35	1.0 oz	4.87	0.00	0.059
17260	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	4.87	0.00	0.057
17193	Veal, variety meats and by-products, heart, raw	28.35	1.0 oz	4.87	0.02	0.052
17222	Veal, variety meats and by-products, tongue, raw	28.35	1.0 oz	4.87	0.54	0.052
13815	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	4.86	0.00	0.054
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	242.0	1.0 cup	4.86	82.62	0.015
08143	Cereals, WHEATENA, cooked with water	243.0	1.0 cup	4.86	28.67	--
19252	Candies, REESE'S, FAST BREAK, milk chocolate peanut butter and soft nougats	56.0	2.0 oz bar	4.85	34.50	--
08673	Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	4.85	43.67	--
08677	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS Touch of Fruit in the Middle, Raspberry	55.0	24.0 biscuits (1 NLEA serving)	4.84	45.16	--
08183	Cereals, whole wheat hot natural cereal, cooked with water, with salt	242.0	1.0 cup	4.84	33.15	--
08145	Cereals, whole wheat hot natural cereal, cooked with water, without salt	242.0	1.0 cup	4.84	33.15	--
17242	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	4.84	0.00	0.056
20453	Rice, white, short-grain, cooked, unenriched	205.0	1.0 cup	4.84	58.90	0.055
17322	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	4.84	0.00	0.056
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	4.84	0.40	0.045
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	4.82	0.00	0.056
13817	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	4.81	0.00	0.054
06009	Soup, beef noodle, canned, condensed	125.0	0.5 cup	4.81	8.95	0.046
06621	SMART SOUP, Greek Minestrone	283.0	10.0 oz 1 pouch	4.81	23.77	--
12034	Seeds, sesame meal, partially defatted	28.35	1.0 oz	4.81	7.38	0.105
12024	Seeds, sesame seeds, whole, roasted and toasted	28.35	1.0 oz	4.81	7.30	0.105
09031	Apricots, dehydrated (low-moisture), sulfured, stewed	249.0	1.0 cup	4.81	81.22	0.085
17019	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	4.80	0.00	0.056

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	138.0	1.0 piece (1/12 of a cake)	4.80	72.92	0.077
06970	Soup, chicken broth, low sodium, canned	240.0	1.0 cup	4.80	2.88	--
15167	Mollusks, oyster, eastern, wild, raw	84.0	6.0 medium	4.80	2.28	0.058
20651	Rice, brown, parboiled, cooked, UNCLE BENS	155.0	1.0 cup	4.79	48.56	--
10219	Pork, fresh, ground, raw	28.35	1.0 oz	4.79	0.00	0.061
17001	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	4.79	0.00	0.056
08542	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS Bite Size Strawberry Delight	55.0	25.0 biscuits (1 NLEA serving)	4.78	46.53	--
08459	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS, Maple & Brown Sugar, Bite Size	55.0	25.0 biscuits (1 NLEA serving)	4.78	46.58	--
10119	Pork, fresh, variety meats and by-products, stomach, raw	28.35	1.0 oz	4.78	0.00	--
06375	CAMPBELL'S, Vegetable Beef Soup, condensed	126.0	0.5 cup condensed	4.78	14.87	--
08568	Cereals, KASHI HEART TO HEART, Instant Oatmeal, Apple Cinnamon, dry	43.0	1.0 packet (1 NLEA serving)	4.77	31.73	--
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	129.0	1.0 cup	4.77	64.76	0.064
18998	KELLOGG'S, EGGO, French Toaster Sticks, Original	90.0	2.0 pieces	4.77	35.46	--
01190	KRAFT FREE Singles American Nonfat Pasteurized Process Cheese Product	21.0	1.0 slice	4.77	2.46	--
19246	Frostings, white, fluffy, dry mix	207.0	1.0 package	4.76	196.44	0.052
08631	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS LITTLE BITES, chocolate	56.0	1.0 cup (1 NLEA serving)	4.76	45.58	--
17043	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	4.76	0.00	0.056
16055	Carob flour	103.0	1.0 cup	4.76	91.55	0.049
36004	APPLEBEE'S, mozzarella sticks	32.0	1.0 piece	4.76	7.32	0.065
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	240.0	1.0 cup	4.75	42.98	--
13830	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	4.75	0.00	0.053
13859	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	4.75	0.00	0.053
17062	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	4.75	0.00	0.056
11167	Corn, sweet, yellow, raw	145.0	1.0 cup	4.74	27.12	0.033
17205	Lamb, variety meats and by-products, lungs, raw	28.35	1.0 oz	4.73	0.00	0.048
08286	Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX	55.0	0.67 cup (1 NLEA serving)	4.73	41.20	--
08617	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Bite Size Blueberry Muffin	55.0	25.0 biscuits (1 NLEA serving)	4.73	46.64	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
17318	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	4.73	0.00	0.055
06170	Soup, stock, beef, home-prepared	240.0	1.0 cup	4.73	2.88	--
19247	Frostings, white, fluffy, dry mix, prepared with water	315.0	1.0 package yields	4.72	197.19	0.050
15231	Mollusks, oyster, Pacific, cooked, moist heat	25.0	1.0 medium	4.72	2.48	0.053
15171	Mollusks, oyster, Pacific, raw	50.0	1.0 medium	4.72	2.48	0.053
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	4.72	0.19	0.043
08452	Cereals, QUAKER, Whole Wheat Natural Cereal, dry	40.0	0.5 cup	4.72	29.92	--
17051	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	4.71	0.00	0.055
18959	Pastry, Pastelitos de Guava (guava pastries)	86.0	1.0 piece	4.71	41.07	--
06409	Soup, beef noodle, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	4.71	8.74	--
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	4.70	0.00	0.055
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	28.35	1.0 oz	4.70	0.00	0.023
17224	Lamb, ground, raw	28.35	1.0 oz	4.69	0.00	0.055
12006	Seeds, chia seeds, dried	28.35	1.0 oz	4.69	11.94	0.124
13824	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	4.69	0.00	0.052
13844	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	4.68	0.00	0.052
35204	Chokecherries, raw, pitted (Northern Plains Indians)	154.0	1.0 cup	4.68	51.77	--
05179	Turkey from whole, neck, meat only, raw	28.35	1.0 oz	4.68	0.00	0.050
42261	Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	52.0	0.75 cup (1 NLEA serving)	4.68	37.96	--
11370	Potatoes, hash brown, home-prepared	156.0	1.0 cup	4.68	54.77	0.073
42148	Candies, MARS SNACKFOOD US, M&M's Peanut Butter Chocolate Candies	46.0	1.0 serving 1.63 oz singles bag	4.67	26.17	--
17326	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	4.67	0.00	0.055
10170	Pork, cured, shoulder, blade roll, separable lean and fat, unheated	28.35	1.0 oz	4.67	0.00	0.056
17191	Lamb, variety meats and by-products, heart, raw	28.35	1.0 oz	4.67	0.06	0.050
10106	Pork, fresh, variety meats and by-products, kidneys, raw	28.35	1.0 oz	4.67	0.00	0.060
20118	Noodles, flat, crunchy, Chinese restaurant	45.0	1.0 cup	4.65	23.36	--
07050	Mortadella, beef, pork	28.35	1.0 oz	4.64	0.86	0.043
27002	Soup, wonton, Chinese restaurant	223.0	1.0 cup	4.64	11.71	0.029

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
15014	Fish, cisco, smoked	28.35	1.0 oz	4.64	0.00	0.052
13827	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	4.63	0.00	0.052
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	55.0	0.666 cup (1 NLEA serving)	4.63	44.31	--
21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	16.0	1.0 wing without skin, bone and breading	4.63	0.46	0.035
17023	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	4.63	0.00	0.054
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	237.0	1.0 cup	4.62	25.29	0.064
17207	Veal, variety meats and by-products, lungs, raw	28.35	1.0 oz	4.62	0.00	0.037
05600	USDA Commodity, turkey ham, dark meat, smoked, frozen	28.35	1.0 oz	4.62	0.88	--
10121	Pork, fresh, variety meats and by-products, tongue, raw	28.35	1.0 oz	4.62	0.00	0.053
28010	KELLOGG'S, EGGO, Waffles, Buttermilk	70.0	2.0 waffles	4.62	27.30	--
07027	Ham, chopped, not canned	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	4.62	1.18	--
28021	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Original	70.0	2.0 waffles	4.62	26.32	--
28015	KELLOGG'S, EGGO, Waffles, Homestyle	70.0	2.0 waffles	4.62	27.86	--
28019	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Honey Oat	70.0	2.0 waffles	4.62	30.87	--
07030	Ham, minced	28.35	1.0 oz	4.62	0.52	0.044
16570	GARDENBURGER Black Bean Chipotle Burger, frozen, unprepared	71.0	1.0 patty	4.62	15.62	--
18076	Bread, whole-wheat, commercially prepared, toasted	28.35	1.0 oz	4.61	14.50	0.029
13838	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	4.61	0.00	0.052
01270	Cheese, cheddar, sharp, sliced	19.0	1.0 slice (2/3 oz)	4.61	0.40	0.061
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	47.0	0.75 cup (1 NLEA serving)	4.61	38.63	--
11618	Eppaw, raw	100.0	1.0 cup	4.60	31.68	--
20047	Rice, white, long-grain, parboiled, enriched, cooked	158.0	1.0 cup	4.60	41.16	0.063
20447	Rice, white, long-grain, parboiled, unenriched, cooked	158.0	1.0 cup	4.60	41.16	0.062
13328	Beef, variety meats and by-products, lungs, raw	28.35	1.0 oz	4.59	0.00	0.042
12021	Seeds, safflower seed kernels, dried	28.35	1.0 oz	4.59	9.72	0.052
11452	Soybeans, mature seeds, sprouted, raw	35.0	0.5 cup	4.58	3.35	0.056
13833	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	4.58	0.00	0.051
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	4.57	15.53	0.034
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	4.57	15.53	0.034
12118	Nuts, coconut milk, canned (liquid expressed from grated meat and water)	226.0	1.0 cup	4.57	6.35	0.054
07212	OSCAR MAYER, Ham (chopped with natural juice)	28.0	1.0 serving (1 slice)	4.56	1.02	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
01191	KRAFT VELVEETA Pasteurized Process Cheese Spread	28.0	1.0 oz	4.56	2.74	--
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	4.56	0.38	0.042
18639	GEORGE WESTON BAKERIES, Thomas English Muffins	57.0	1.0 serving	4.56	26.22	--
07021	Dutch brand loaf, chicken, pork and beef	38.0	1.0 slice	4.56	1.49	0.065
18612	MCKEE BAKING, LITTLE DEBBIE NUTTY BARS, Wafers with Peanut Butter, Chocolate Covered	57.0	1.0 serving	4.56	31.46	--
11671	Potatoes, o'brien, home-prepared	194.0	1.0 cup	4.56	30.01	0.068
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	147.0	0.5 cup	4.56	27.64	0.062
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	59.0	1.0 cup (1 NLEA serving)	4.55	45.60	0.065
07026	Ham, chopped, canned	28.35	1.0 oz	4.55	0.07	0.052
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	144.0	1.0 piece (1/12 of a cake)	4.55	79.72	--
18506	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Low Fat	70.0	2.0 waffles 1 serving	4.55	27.30	--
13841	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	4.54	0.00	0.051
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	165.0	1.0 cup	4.54	32.27	0.054
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	4.54	32.27	0.054
07953	Pork sausage, link/patty, fully cooked, microwaved	30.0	1.0 patty	4.54	0.19	0.045
05115	Chicken, roasting, giblets, raw	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	4.54	0.28	0.050
12167	Nuts, chestnuts, european, roasted	143.0	1.0 cup	4.53	75.73	0.050
16524	WORTHINGTON Veja-Links, canned, unprepared	31.0	1.0 link	4.53	1.27	--
20041	Rice, brown, medium-grain, cooked	195.0	1.0 cup	4.52	45.84	0.058
21130	Fast foods, onion rings, breaded and fried	117.0	1.0 package (18 onion rings)	4.52	50.99	--
08627	Cereals ready-to-eat, QUAKER, Natural Granola Apple Cranberry Almond	49.0	0.5 cup (1 NLEA serving)	4.51	36.62	--
20657	Pasta, gluten-free, corn and rice flour, cooked	141.0	1.0 cup spaghetti	4.51	53.65	0.028
31036	Potatoes, mashed, ready-to-eat	229.0	1.0 cup	4.51	30.43	--
09038	Avocados, raw, California	230.0	1.0 cup, pureed	4.51	19.87	0.058
08023	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN	49.0	0.75 cup (1 NLEA serving)	4.51	34.45	--
08484	Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	4.50	47.42	--
17262	Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	4.50	0.00	0.053
08709	Cereals ready-to-eat, MOM'S BEST, Sweetened WHEAT-FULS	55.0	1.0 cup (1 NLEA serving)	4.50	44.50	--
11876	Sweet potato, cooked, boiled, without skin, with salt	328.0	1.0 cup, mashed	4.49	58.12	0.066
11510	Sweet potato, cooked, boiled, without skin	328.0	1.0 cup, mashed	4.49	58.12	0.092
07001	Barbecue loaf, pork, beef	28.35	1.0 oz	4.49	1.81	0.048

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	142.0	0.5 cup	4.49	27.89	--
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	4.48	46.55	0.068
08290	Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes	31.0	0.75 cup (1 NLEA serving)	4.48	24.23	--
08511	Cereals, MALT-O-MEAL, original, plain, prepared with water, without salt	268.0	1.0 serving (3 T dry cereal plus 1 cup water)	4.48	27.04	--
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	142.0	0.5 cup From 19211	4.47	26.82	0.062
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	4.47	33.87	0.065
13847	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	4.47	0.00	0.050
07940	Macaroni and cheese loaf, chicken, pork and beef	38.0	1.0 slice	4.47	4.42	0.055
17197	Veal, variety meats and by-products, kidneys, raw	28.35	1.0 oz	4.47	0.24	0.057
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	43.0	1.0 packet (1 NLEA serving)	4.47	32.04	--
18631	PILLSBURY, Crusty French Loaf, refrigerated dough	52.0	1.0 serving	4.47	24.10	--
35239	Tortilla, blue corn, Sakwavikaviki (Hopi)	57.0	1.0 piece	4.46	33.13	--
17195	Lamb, variety meats and by-products, kidneys, raw	28.35	1.0 oz	4.46	0.23	0.060
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	4.46	0.31	0.041
11772	Corn, sweet, yellow, canned, cream style, no salt added	256.0	1.0 cup	4.45	46.41	0.031
11906	Corn, sweet, white, canned, cream style, regular pack	256.0	1.0 cup	4.45	47.67	0.031
11907	Corn, sweet, white, canned, cream style, no salt added	256.0	1.0 cup	4.45	46.41	0.031
11174	Corn, sweet, yellow, canned, cream style, regular pack	256.0	1.0 cup	4.45	46.41	0.031
17220	Lamb, variety meats and by-products, tongue, raw	28.35	1.0 oz	4.45	0.00	0.045
13331	Beef, variety meats and by-products, pancreas, raw	28.35	1.0 oz	4.45	0.00	0.058
15245	Mollusks, oyster, eastern, farmed, raw	85.0	3.0 oz	4.44	4.70	0.050
18616	MISSION FOODS, MISSION Flour Tortillas, Soft Taco, 8 inch	51.0	1.0 serving	4.44	25.30	--
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	4.43	31.52	0.060
18346	Rolls, dinner, rye	43.0	1.0 large (approx 3-1/2" to 4" dia)	4.43	22.83	0.051
20451	Rice, white, medium-grain, cooked, unenriched	186.0	1.0 cup	4.43	53.18	0.052
20051	Rice, white, medium-grain, enriched, cooked	186.0	1.0 cup	4.43	53.18	0.052
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	56.0	1.0 cup (1 NLEA serving)	4.42	45.81	--
19238	Candies, REESE'S BITES	39.0	16.0 pieces	4.42	21.52	--
08554	Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch	52.0	0.75 cup (1 NLEA serving)	4.42	40.25	--
15175	Mollusks, squid, mixed species, raw	28.35	1.0 oz, boneless	4.42	0.87	0.049
18505	KELLOGG'S, EGGO, Waffles, Homestyle, Low Fat	70.0	2.0 waffles 1 serving	4.41	31.43	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
09032	Apricots, dried, sulfured, uncooked	130.0	1.0 cup, halves	4.41	81.43	0.021
03085	Babyfood, dinner, vegetables and turkey, junior	256.0	1.0 cup	4.40	19.33	--
01126	Egg, yolk, raw, frozen, pasteurized	28.35	1.0 oz	4.40	0.23	0.063
08366	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Wheat Germ, Regular	14.0	2.0 tbsp (1 NLEA serving)	4.40	6.91	--
03945	Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA	30.5	1.0 fl oz	4.40	15.78	--
32031	Salisbury steak with gravy, frozen	63.0	1.0 patty	4.40	4.27	--
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 cup	4.39	37.93	0.026
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	4.39	37.93	0.026
19147	Candies, peanut bar	28.35	1.0 oz	4.39	13.44	0.042
06549	Soup, chicken mushroom, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	4.39	9.27	--
20053	Rice, white, short-grain, enriched, cooked	186.0	1.0 cup	4.39	53.44	0.050
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	57.0	1.0 cup (1 NLEA serving)	4.39	48.56	--
19118	Candies, NESTLE, OH HENRY! Bar	57.0	1.0 bar 2 oz	4.39	37.34	--
11437	Salsify, (vegetable oyster), raw	133.0	1.0 cup slices	4.39	24.74	--
16278	Vitasoy USA Azumaya, Silken Tofu	91.0	0.2 package	4.39	0.53	--
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	4.38	7.46	0.045
42278	Babyfood, vegetable and brown rice, strained	230.0	1.0 cup	4.37	27.83	--
08113	Cereals, farina, enriched, cooked with water, without salt	240.0	1.0 cup	4.37	26.21	0.048
03861	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DHA	28.0	3.0 scoop	4.37	15.99	--
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	240.0	1.0 cup	4.37	26.21	0.048
16214	Vitasoy USA, Organic Nasoya Silken Tofu	91.0	0.2 package	4.37	1.27	--
27035	Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium	40.0	1.41 oz dry (half noodle block)	4.36	28.38	--
08668	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Nutty Clusters & Almonds	55.0	1.0 cup (1 NLEA serving)	4.34	43.72	--
08411	Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS, Brown Sugar, dry	50.0	1.0 packet (1 NLEA serving)	4.34	36.84	--
42265	Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & Pecan	55.0	0.75 cup (1 NLEA serving)	4.34	40.86	--
08697	Cereals ready-to-eat, KASHI ORGANIC PROMISE, RAISIN VINEYARD	50.0	0.75 Cup (1 NLEA serving)	4.34	39.95	--
08277	Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA	55.0	0.667 cup (1 NLEA serving)	4.34	43.67	--
17239	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	4.34	0.00	0.051

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
06461	Soup, tomato beef with noodle, canned, prepared with equal volume water	244.0	1.0 cup	4.34	20.59	--
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	231.0	1.0 cup	4.34	23.33	0.042
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	4.34	0.00	0.053
28023	KELLOGG'S, SIMPLY EGGO, Original	70.0	2.0 waffles	4.34	30.31	--
28018	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Blueberry	70.0	2.0 waffles	4.34	30.52	--
19219	Puddings, coconut cream, dry mix, regular, prepared with 2% milk	140.0	0.5 cup	4.34	24.92	0.057
11400	Potatoes, frozen, whole, unprepared	182.0	1.0 cup	4.33	31.80	0.067
18997	KELLOGG'S, EGGO, French Toaster Sticks, Cinnamon	90.0	2.0 pieces	4.32	38.34	--
43125	Beans, liquid from stewed kidney beans	240.0	1.0 cup	4.32	6.72	--
18980	KASHI, Original Waffle	72.0	2.0 pieces	4.32	25.49	--
19096	Ice creams, vanilla, light, soft-serve	88.0	1.0 serving 1/2 cup	4.31	19.18	0.052
11050	Beans, shellie, canned, solids and liquids	245.0	1.0 cup	4.31	15.17	--
03011	Babyfood, meat, lamb, junior	28.35	1.0 oz	4.31	0.00	0.043
07040	Liver cheese, pork	28.35	1.0 oz	4.31	0.60	0.058
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	210.0	1.0 cup	4.30	30.24	0.048
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	210.0	1.0 cup	4.30	30.16	0.048
15109	Fish, surimi	28.35	1.0 oz	4.30	1.94	0.026
18350	Rolls, hamburger or hotdog, plain	44.0	1.0 roll 1 serving	4.30	22.05	--
16130	Okara	122.0	1.0 cup	4.29	14.92	0.061
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	57.0	1.0 bar (2 oz)	4.29	35.06	--
08696	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN, Cinnamon Almond	58.0	1.25 cup (1 NLEA serving)	4.29	47.09	--
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	45.0	1.0 packet	4.29	34.24	--
07010	Bologna, pork	28.0	1.0 slice, medium (4-1/2" dia x 1/8" thick) (1 oz)	4.28	0.20	0.042
06040	Soup, minestrone, canned, condensed	123.0	0.5 cup (4 fl oz)	4.28	11.28	0.031
11191	Cowpeas (blackeyes), immature seeds, raw	145.0	1.0 cup	4.28	27.30	0.049
18960	Crackers, snack, GOYA CRACKERS	30.0	1.0 serving (1 NLEA serving - about 4 crackers)	4.28	19.30	--
07088	Honey roll sausage, beef	23.0	1.0 slice (4" dia x 1/8" thick)	4.27	0.50	0.035
08544	Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	48.0	0.75 cup (1 NLEA serving)	4.27	36.77	--
01076	Milk substitutes, fluid, with lauric acid oil	244.0	1.0 cup	4.27	15.03	0.059
07058	Pickle and pimiento loaf, pork	38.0	1.0 slice	4.27	3.21	0.042

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
06440	Soup, minestrone, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	4.27	11.23	0.031
19323	Puddings, coconut cream, dry mix, instant, prepared with whole milk	147.0	0.5 cup	4.26	28.08	0.056
19191	Puddings, coconut cream, dry mix, instant, prepared with 2% milk	147.0	0.5 cup	4.26	28.22	0.056
08189	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins	49.0	0.5 cup (1 NLEA serving)	4.26	39.64	--
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	28.35	1.0 oz	4.26	4.99	0.055
10114	Pork, fresh, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	4.26	0.00	0.057
17212	Veal, variety meats and by-products, pancreas, raw	28.35	1.0 oz	4.25	0.00	--
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	158.0	1.0 cup	4.25	44.51	0.049
20045	Rice, white, long-grain, regular, enriched, cooked	158.0	1.0 cup	4.25	44.51	0.049
20445	Rice, white, long-grain, regular, unenriched, cooked without salt	158.0	1.0 cup	4.25	44.51	0.049
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	158.0	1.0 cup	4.25	44.51	0.049
13330	Beef, variety meats and by-products, mechanically separated beef, raw	28.35	1.0 oz	4.24	0.00	0.048
17209	Lamb, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	4.24	0.00	--
08173	Cereals, farina, enriched, cooked with water, with salt	233.0	1.0 cup	4.24	25.44	0.047
09175	Mammy-apple, (mamey), raw	846.0	1.0 fruit without refuse	4.23	105.75	0.042
06930	Sauce, cheese, ready-to-serve	63.0	0.25 cup	4.23	4.30	--
13339	Beef, variety meats and by-products, tongue, raw	28.35	1.0 oz	4.22	1.04	0.032
20058	Rice, white, steamed, Chinese restaurant	132.0	1.0 cup, loosely packed	4.22	44.72	--
11581	Vegetables, mixed, canned, drained solids	163.0	1.0 cup	4.22	15.09	0.042
43100	Breakfast bars, oats, sugar, raisins, coconut (include granola bar)	43.0	1.0 bar	4.21	28.68	--
28265	KEEBLER, Cheese & Peanut Butter Sandwich Crackers	39.0	1.0 package	4.21	23.01	--
28256	AUSTIN, Peanut Butter on Cheese Crackers, sandwich-type	39.0	1.0 package	4.21	23.01	--
31022	Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	130.0	1.0 cup prepared	4.21	44.19	--
19208	Puddings, rice, dry mix, prepared with 2% milk	128.0	0.5 cup	4.21	26.64	0.050
11512	Sweet potato, canned, vacuum pack	255.0	1.0 cup, mashed	4.21	53.86	0.084
09139	Guavas, common, raw	165.0	1.0 cup	4.21	23.63	0.036
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	165.0	1.0 cup	4.21	30.87	0.051
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	4.21	31.84	0.051
17210	Lamb, variety meats and by-products, pancreas, raw	28.35	1.0 oz	4.21	0.00	0.054
19325	Puddings, coconut cream, dry mix, regular, prepared with whole milk	140.0	0.5 cup	4.20	24.78	0.056
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	4.20	25.29	0.045
16584	GARDENBURGER Savory Portabella Veggie Burger, frozen, unprepared	71.0	1.0 patty	4.19	15.69	--
07907	USDA Commodity, pork sausage, bulk/links/patties, frozen, raw	28.0	1.0 link	4.19	0.00	--
11007	Artichokes, (globe or french), raw	128.0	1.0 artichoke, medium	4.19	13.45	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
07062	Picnic loaf, pork, beef	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	4.18	1.33	0.040
18975	KASHI, TLC, Original 7-Grain Crackers	30.0	15.0 crackers	4.17	18.96	--
13346	Beef, cured, corned beef, brisket, raw	28.35	1.0 oz	4.16	0.04	0.038
11350	Pokeberry shoots, (poke), raw	160.0	1.0 cup	4.16	5.92	--
19195	Puddings, rice, dry mix, prepared with whole milk	128.0	0.5 cup	4.16	26.47	0.050
09299	Raisins, seeded	165.0	1.0 cup, packed	4.16	129.48	--
19078	Baking chocolate, unsweetened, squares	29.0	1.0 oz square Bakers	4.15	8.24	0.038
09451	Horned melon (Kiwano)	233.0	1.0 cup	4.15	17.61	--
14252	Beverages, Malt liquor beverage	1184.0	1.0 bottle	4.14	0.00	--
05673	Chicken, skin (drumsticks and thighs), cooked, braised	28.35	1.0 oz	4.14	0.00	0.020
28110	KEEBLER, Toast & Peanut Butter Sandwich Crackers	39.0	1.0 package	4.13	23.48	--
28257	AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type	39.0	1.0 package	4.13	23.48	--
08116	Cereals, MALT-O-MEAL, original, plain, dry	35.0	3.0 tbsp (1 NLEA serving)	4.13	27.04	--
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	4.12	22.45	0.028
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	4.12	22.45	0.028
11814	Peas, green, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	4.12	11.41	0.028
11313	Peas, green, frozen, cooked, boiled, drained, without salt	80.0	0.5 cup	4.12	11.41	0.028
19122	Puddings, banana, dry mix, regular, prepared with 2% milk	142.0	0.5 cup From 19211	4.12	26.17	0.058
17029	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	4.12	0.00	0.048
18036	Bread, multi-grain, toasted (includes whole-grain)	28.35	1.0 oz	4.12	13.36	0.038
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	4.12	35.57	0.063
05020	Chicken, broilers or fryers, giblets, raw	23.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	4.11	0.41	0.047
07014	Braunschweiger (a liver sausage), pork	28.35	1.0 oz	4.11	0.88	0.041
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	4.11	28.17	0.037
35183	Corn, dried, yellow (Northern Plains Indians)	28.35	1.0 oz	4.11	18.79	0.027
18978	KASHI, Blueberry Waffle	72.0	2.0 pieces	4.10	24.91	--
18629	PILLSBURY, Buttermilk Biscuits, Artificial Flavor, refrigerated dough	64.0	1.0 biscuit	4.10	30.12	--
13147	Beef, rib, shortribs, separable lean and fat, choice, raw	28.35	1.0 oz	4.08	0.00	0.046
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207.0	1.0 can (6 fl oz)	4.08	71.54	--
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	31.0	0.5 cup (1 NLEA serving)	4.07	23.01	0.068
08712	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN with cranberries	59.0	1.25 Cups (1 NLEA serving)	4.07	49.67	--
05714	Turkey, skin, from retail parts, from dark meat, raw	28.35	1.0 oz	4.07	0.00	0.016
21380	McDONALD'S, Fruit 'n Yogurt Parfait	149.0	1.0 item 5.2 oz	4.07	30.87	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
28260	KELLOGG'S, EGGO, Waffles, Chocolate Chip	70.0	2.0 waffles	4.06	31.36	--
18951	Waffles, chocolate chip, frozen, ready-to-heat	70.0	2.0 waffles	4.06	31.98	0.043
36044	ON THE BORDER, Mexican rice	114.0	1.0 cup	4.06	38.93	--
19121	Puddings, banana, dry mix, instant, prepared with 2% milk	147.0	0.5 cup From 19191	4.06	29.02	0.057
19890	Frozen novelties, KLONDIKE, SLIM-A-BEAR, No Sugar Added, Stickless Bar	78.0	1.0 serving 1 bar	4.06	20.26	--
08191	Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size	52.0	1.0 cup (1 NLEA serving)	4.06	43.58	--
19115	Candies, MARS SNACKFOOD US, MARS Almond Bar	50.0	1.0 bar (1.76 oz)	4.05	31.35	--
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	4.05	0.40	0.037
22955	Egg rolls, vegetable, frozen, prepared	68.0	1.0 egg roll	4.05	21.60	0.034
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	245.0	1.0 cup	4.04	27.34	0.049
11302	Peas, edible-podded, frozen, unprepared	144.0	1.0 cup	4.03	10.37	0.039
16161	MORI-NU, Tofu, silken, soft	84.0	1.0 slice	4.03	2.44	0.057
03246	Babyfood, dessert, custard pudding, vanilla, junior	229.0	1.0 cup	4.03	40.26	--
11508	Sweet potato, cooked, baked in skin, flesh, without salt	200.0	1.0 cup	4.02	41.42	0.080
06630	Sauce, pesto, MEZZETTA, NAPA VALLEY BISTRO, basil pesto, ready-to-serve	60.0	0.25 cup	4.01	3.07	--
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	49.0	0.75 cup (1 NLEA serving)	4.01	39.20	--
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	4.01	36.90	0.061
16229	Soymilk (All flavors), lowfat, with added calcium, vitamins A and D	243.0	1.0 cup	4.01	17.50	--
05175	Turkey, heart, all classes, raw	24.0	1.0 piece	4.01	0.10	0.044
18376	Bread crumbs, dry, grated, seasoned	28.35	1.0 oz	4.01	19.42	0.048
06097	CAMPBELL'S Red and White, Beef Consomme, condensed	124.0	1.0 serving 1/2 cup	4.01	1.00	--
06343	CAMPBELL'S Red and White, Creamy Chicken Noodle Soup, condensed	124.0	1.0 serving 1/2 cup	4.01	11.00	--
22946	SUPPER BAKES MEAL KITS, Herb Chicken with rice (chicken not included)	94.0	0.167 box (NLEA serving)	4.00	40.00	--
22947	SUPPER BAKES MEAL KITS, Lemon Chicken with herb rice (chicken not included)	94.0	1.0 serving (NLEA serving)	4.00	43.00	--
06228	PREGO Pasta, Mini Meatball Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	4.00	13.00	--
19249	Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate	42.0	1.0 serving 1.5 oz	4.00	23.26	--
19910	Candies, crispy bar with peanut butter filling	42.0	1.0 serving 1.5 oz	4.00	23.32	--
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	4.00	41.07	0.043
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	60.0	1.0 bar	4.00	45.28	0.057

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
28295	Tortillas, ready-to-bake or -fry, whole wheat	41.0	1.0 tortilla 1 serving	4.00	18.81	0.053
22949	SUPPER BAKES MEAL KITS, Southwestern-Style Chicken w/rice (chicken not included)	81.0	0.167 box (NLEA serving)	4.00	32.00	--
28320	English muffins, whole grain white	57.0	1.0 muffin 1 serving	4.00	28.60	--
28324	Pancakes, whole wheat, dry mix, incomplete	38.0	0.25 cup mix 1 serving	4.00	28.16	--
32011	Yellow rice with seasoning, dry packet mix, unprepared	57.0	1.0 serving (2 oz)	4.00	42.57	--
12157	Nuts, walnuts, dry roasted, with salt added	28.0	1.0 oz	4.00	5.00	--
42237	Cereals ready-to-eat, WEETABIX whole grain cereal	35.0	2.0 biscuits (1 NLEA serving)	4.00	28.52	--
28350	Cookies, chocolate cream covered biscuit sticks	40.0	1.0 serving	4.00	20.43	--
18971	Bread, potato	32.0	1.0 slice	4.00	15.06	0.026
01061	Cheese, American, nonfat or fat free	19.0	1.0 serving	4.00	2.00	--
28319	Bagels, whole grain white	43.0	0.5 piece bagel 1 serving	4.00	23.44	--
28321	Rolls, hamburger, whole grain white, calcium-fortified	43.0	1.0 piece roll	4.00	20.00	--
08598	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, HONEY CLUSTERS	52.0	1.0 cup (1 NLEA serving)	4.00	43.63	--
28318	Bread, french or vienna, whole wheat	48.0	1.0 slice 1 serving	4.00	23.57	--
01242	Ice cream sandwich, vanilla, light, no sugar added	70.0	1.0 serving	4.00	30.00	--
16203	PACE, Salsa Refried Beans	120.0	0.5 cup	4.00	14.00	--
18139	Cake, white, prepared from recipe without frosting	74.0	1.0 piece (1/12 of 9" dia)	4.00	42.33	0.050
06587	CAMPBELL'S Soup on the Go, Chicken with Mini Noodles Soup	305.0	1.0 container	4.00	11.01	--
16259	SILK Banana-Strawberry soy yogurt	170.0	1.0 container	4.00	29.00	--
16256	SILK Black Cherry soy yogurt	170.0	1.0 container	4.00	29.00	--
16253	SILK Strawberry soy yogurt	170.0	1.0 container	4.00	31.01	--
16257	SILK Blueberry soy yogurt	170.0	1.0 container	4.00	29.00	--
16254	SILK Raspberry soy yogurt	170.0	1.0 container	4.00	30.00	--
16258	SILK Key Lime soy yogurt	170.0	1.0 container	4.00	30.00	--
16255	SILK Peach soy yogurt	170.0	1.0 container	4.00	31.99	--
06374	CAMPBELL'S Red and White, Vegetable Soup, condensed	126.0	1.0 serving 1/2 cup	3.99	21.00	--
06366	CAMPBELL'S Red and White, Minestrone Soup, condensed	126.0	1.0 serving 1/2 cup	3.99	17.00	--
06992	HEALTHY REQUEST, Vegetable Soup, condensed	126.0	1.0 serving 1/2 cup	3.99	20.00	--
27013	CAMPBELL'S Red and White, Chicken Barley with Mushrooms Soup, condensed	126.0	0.5 cup	3.99	16.00	--
06030	Soup, clam chowder, new england, canned, condensed	126.0	0.5 cup	3.99	13.00	--
06367	CAMPBELL'S Red and White, New England Clam Chowder, condensed	126.0	1.0 serving 1/2 cup	3.99	13.00	--
06145	CAMPBELL'S Red and White, Beef Noodle Soup, condensed	126.0	1.0 serving 1/2 cup	3.99	8.00	--
27014	CAMPBELL'S Red and White, Italian Style Wedding Soup, condensed	126.0	0.5 cup	3.99	12.00	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
06497	CAMPBELL'S Red and White - Microwaveable Bowls, Chicken Noodle Soup	245.0	1.0 cup	3.99	10.00	--
06544	CAMPBELL'S Homestyle Minestrone Soup	245.0	1.0 cup	3.99	18.01	--
06408	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Vegetable Soup	245.0	1.0 cup	3.99	24.01	--
21139	Fast foods, potato, mashed	242.0	1.0 cup	3.99	35.45	--
09110	Goji berries, dried	28.0	5.0 tbsp	3.99	21.58	--
10112	Pork, fresh, variety meats and by-products, lungs, raw	28.35	1.0 oz	3.99	0.00	0.035
28281	SUNSHINE, CHEEZ-IT, Reduced Fat Crackers	30.0	29.0 crackers	3.99	20.10	--
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	210.0	1.0 cup	3.99	31.54	0.040
01160	Egg, yolk, raw, frozen, salted, pasteurized	28.35	1.0 oz	3.99	0.50	0.054
18075	Bread, whole-wheat, commercially prepared	32.0	1.0 slice	3.98	13.67	--
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	3.98	1.19	0.037
08680	Cereals, oats, instant, fortified, maple and brown sugar, dry	43.0	1.0 packet	3.98	32.97	--
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	3.98	42.76	0.038
07091	New england brand sausage, pork, beef	23.0	1.0 slice (4" dia x 1/8" thick)	3.97	1.11	0.044
03007	Babyfood, meat, pork, strained	28.35	1.0 oz	3.97	0.00	0.039
19331	Puddings, lemon, dry mix, instant, prepared with whole milk	147.0	0.5 cup	3.97	29.55	0.053
08489	Cereals, MALT-O-MEAL, Maple & Brown Sugar Hot Wheat Cereal, dry	45.0	0.25 cup (1 NLEA serving)	3.97	36.23	--
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	121.0	1.0 cup sliced	3.97	5.37	0.057
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	3.97	5.37	0.054
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz	3.97	0.23	0.036
01188	KRAFT CHEEZ WHIZ Pasteurized Process Cheese Sauce	33.0	2.0 tbsp	3.96	3.04	--
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	13.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	3.96	0.00	0.046
08130	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry	43.0	1.0 packet	3.96	33.07	--
11812	Peas, green, canned, no salt added, solids and liquids	124.0	0.5 cup	3.96	12.09	0.027
08688	Cereals, QUAKER, Instant Oatmeal, Cinnamon Swirl, high fiber	45.0	1.0 packet (1 NLEA serving)	3.96	34.05	--
03048	Babyfood, macaroni and cheese, toddler	113.0	1.0 container	3.96	12.66	--
32007	Taquitos, frozen, beef and cheese, oven-heated	42.0	1.0 piece	3.95	14.05	0.042
11879	Taro, leaves, cooked, steamed, with salt	145.0	1.0 cup	3.94	5.64	0.038
11521	Taro leaves, cooked, steamed, without salt	145.0	1.0 cup	3.94	5.83	0.038
21248	WENDY'S, Frosty Dairy Dessert	113.0	1.0 junior 6 oz. cup	3.94	26.69	0.045

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
10001	Pork, fresh, carcass, separable lean and fat, raw	28.35	1.0 oz	3.94	0.00	0.045
18977	KASHI, TLC, Toasted Asiago Crackers	31.0	15.0 crackers	3.94	20.58	--
15012	Fish, caviar, black and red, granular	16.0	1.0 tbsp	3.94	0.64	0.052
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	48.0	1.0 tortilla	3.94	23.70	0.031
11324	Peas and onions, canned, solids and liquids	120.0	1.0 cup	3.94	10.28	0.029
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	3.93	3.10	0.054
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	3.93	7.85	0.041
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	3.92	24.14	0.040
14183	Beverages, coffee, ready to drink, iced, mocha, milk based	265.0	1.0 cup	3.92	30.26	--
19207	Puddings, vanilla, dry mix, regular, prepared with whole milk	140.0	0.5 cup	3.92	26.49	--
12140	Nuts, formulated, wheat-based, unflavored, with salt added	28.35	1.0 oz	3.92	6.71	0.046
08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	43.0	1.0 packet (1 NLEA serving)	3.92	32.54	--
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	3.92	26.31	0.039
16399	Peanut butter with omega-3, creamy	16.0	1.0 tbsp	3.92	2.72	--
11962	Peppers, hot chile, sun-dried	37.0	1.0 cup	3.91	25.85	0.050
10998	Canadian bacon, cooked, pan-fried	13.8	1.0 slice	3.91	0.25	0.046
11934	Potatoes, mashed, home-prepared, whole milk and butter added	210.0	1.0 cup	3.91	35.30	0.069
43245	Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits	55.0	1.0 cup (1 NLEA serving)	3.90	41.91	--
16585	GARDENBURGER Sun-Dried Tomato Basil Burger, frozen, unprepared	71.0	1.0 patty	3.90	16.83	--
43543	Milk, imitation, non-soy	244.0	1.0 cup	3.90	12.93	--
06465	Soup, turkey noodle, canned, prepared with equal volume water	244.0	1.0 cup	3.90	8.64	0.037
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	11.5	1.0 slice	3.90	0.20	0.047
21024	Fast foods, french toast sticks	65.0	3.0 pieces	3.90	26.79	--
28342	Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and sorghum flour	69.0	1.0 roll	3.90	27.77	--
28354	ANDREA'S, Gluten Free Soft Dinner Roll	69.0	1.0 roll	3.90	27.77	--
21142	Fast food, biscuit	55.0	1.0 biscuit	3.89	23.55	--
09041	Bananas, dehydrated, or banana powder	100.0	1.0 cup	3.89	88.28	--
43441	Rolls, pumpernickel	36.0	1.0 medium (2-1/2" dia)	3.89	18.67	0.038
16219	Vitasoy USA, Vitasoy Light Vanilla Soymilk	243.0	1.0 cup	3.89	9.96	--
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	58.0	1.0 serving 1 biscuit	3.89	25.35	0.048
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	33.0	3.0 tablespoon (1 serving)	3.88	23.97	0.038
12121	Nuts, hazelnuts or filberts, blanched	28.35	1.0 oz	3.88	4.82	0.050
18954	Bread, pound cake type, pan de torta salvadoran	55.0	1.0 serving	3.88	28.21	0.050

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	3.88	0.77	0.036
07034	Headcheese, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	3.87	0.00	--
08700	Cereals ready-to-eat, KELLOGG RAISIN BRAN with Omega-3 from flaxseed	53.0	1.0 Cup (1 NLEA serving)	3.87	43.83	--
32006	Taquitos, frozen, chicken and cheese, oven-heated	42.0	1.0 piece	3.87	14.12	0.042
11263	Mushrooms, white, stir-fried	108.0	1.0 cup sliced	3.87	4.36	0.040
12176	Nuts, coconut milk, frozen (liquid expressed from grated meat and water)	240.0	1.0 cup	3.86	13.39	0.046
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	3.86	26.87	0.037
19162	Candies, WHATCHAMACALLIT Candy Bar	48.0	1.0 bar 1.7 oz	3.86	30.35	--
28024	KELLOGG'S, EGGO, Waffles, Strawberry	70.0	2.0 waffles	3.85	29.12	--
28009	KELLOGG'S, EGGO, Waffles, Blueberry	70.0	2.0 waffles	3.85	29.19	--
28022	KELLOGG'S, EGGO Seasons, Waffles, Pumpkin Spice	70.0	2.0 waffles	3.85	28.98	--
07063	Pork sausage, link/patty, unprepared	25.0	1.0 link	3.85	0.23	0.039
06430	Soup, clam chowder, new england, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	3.84	12.52	--
42291	Peanut butter, reduced sodium	16.0	1.0 tbsp	3.84	3.49	--
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	142.0	0.5 cup	3.83	27.97	0.051
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	33.0	3.0 tablespoon (1 NLEA serving)	3.83	23.69	0.025
08639	Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar	34.0	1.0 packet (1 NLEA serving)	3.83	23.61	--
08590	Cereals ready-to-eat, KASHI HEART TO HEART, Warm Cinnamon	33.0	0.75 cup (1 NLEA serving)	3.83	25.90	--
11553	Tomato products, canned, sauce, with onions	245.0	1.0 cup	3.82	24.35	0.039
21333	McDONALD'S, Vanilla Reduced Fat Ice Cream Cone	90.0	1.0 item (3.2 oz)	3.82	23.72	--
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	95.0	0.5 cup	3.81	4.56	0.096
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	95.0	0.5 cup	3.81	4.56	0.096
15030	Fish, gefiltefish, commercial, sweet recipe	42.0	1.0 piece	3.81	3.11	0.036
07032	Ham and cheese loaf or roll	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	3.81	1.12	0.058
19236	Candies, HERSHEY'S MILK CHOCOLATE WITH ALMOND BITES	39.0	17.0 pieces	3.81	20.17	--
36417	Restaurant, Mexican, spanish rice	116.0	1.0 cup	3.80	36.15	0.051
11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	3.80	24.70	0.034
28008	KELLOGG'S, EGGO, Wafflers, Strawberry Strudel	76.0	2.0 waffles	3.80	38.00	--
11827	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	165.0	1.0 cup	3.79	5.12	--
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	165.0	1.0 cup	3.79	5.12	--
09291	Plums, dried (prunes), uncooked	174.0	1.0 cup, pitted	3.79	111.15	0.044
28397	Bread, multi-grain (includes whole-grain)	28.35	1.0 oz	3.79	12.29	0.035
18079	Bread crumbs, dry, grated, plain	28.35	1.0 oz	3.78	20.41	0.046

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
19105	Candies, NESTLE, GOOBERS Chocolate Covered Peanuts	39.0	1.0 package 1.375 oz	3.78	20.67	--
18055	Bread, reduced-calorie, wheat	28.35	1.0 oz	3.78	12.04	--
14538	Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A	15.0	1.0 envelope Swiss Miss (.53 oz)	3.76	8.70	--
06045	Soup, onion, canned, condensed	123.0	0.5 cup (4 fl oz)	3.76	8.22	--
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	3.76	23.72	0.052
08387	Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat	33.0	0.75 cup (1 NLEA serving)	3.76	25.97	--
11813	Peas, green, canned, no salt added, drained solids	85.0	0.5 cup	3.76	10.69	0.026
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	164.0	1.0 cup	3.76	23.52	0.034
08318	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Strong Heart Antioxidants Cereal	50.0	1.0 cup (1 NLEA serving)	3.75	43.40	--
19089	Ice creams, vanilla, rich	107.0	0.5 cup	3.74	23.85	0.044
18383	Bread, protein, (includes gluten), toasted	28.35	1.0 oz	3.74	13.64	0.046
19085	Candies, confectioner's coating, butterscotch	170.0	1.0 cup chips	3.74	114.07	--
05105	Chicken, broilers or fryers, wing, meat only, raw	17.0	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	3.73	0.00	0.044
11306	Peas, green, canned, regular pack, solids and liquids	124.0	0.5 cup	3.73	13.14	0.026
42183	Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars	51.0	2.0 cookie 2011 label	3.72	28.56	--
06195	CAMPBELL'S, HEALTHY REQUEST, cream of chicken soup, condensed	124.0	0.5 cup condensed	3.72	9.30	--
08132	Cereals, oats, instant, fortified, with raisins and spice, dry	44.0	1.0 packet	3.72	33.59	--
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	3.72	22.83	0.057
08085	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ	14.0	2.0 tbsp (1 NLEA serving)	3.72	8.14	--
12200	Nuts, formulated, wheat-based, all flavors except macadamia, without salt	28.35	1.0 oz	3.72	5.89	0.049
43285	Eggs, scrambled, frozen mixture	28.35	1.0 oz	3.71	2.13	--
08177	Cereals, MALT-O-MEAL, chocolate, dry	35.0	3.0 tbsp (1 NLEA serving)	3.71	27.84	--
08124	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry	43.0	1.0 packet (1 NLEA serving)	3.71	33.00	--
11087	Beet greens, cooked, boiled, drained, without salt	144.0	1.0 cup (1" pieces)	3.70	7.86	0.058
11736	Beet greens, cooked, boiled, drained, with salt	144.0	1.0 cup (1" pieces)	3.70	7.86	0.058
18958	Pan Dulce, LA RICURA, Salpora de Arroz con Azucar, cookie-like, contains wheat flour and rice flour	42.0	1.0 piece (1 serving)	3.70	27.84	--
11674	Potatoes, baked, flesh and skin, without salt	148.0	1.0 NLEA serving	3.70	31.30	0.037
01215	Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D	21.0	1.0 slice 3/4 oz	3.70	2.23	--
11236	Kale, frozen, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	3.69	6.80	0.046

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
11791	Kale, frozen, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	3.69	6.80	0.046
19132	Candies, milk chocolate, with almonds	41.0	1.0 bar (1.45 oz)	3.69	21.89	--
19209	Puddings, tapioca, dry mix, prepared with 2% milk	128.0	0.5 cup	3.69	25.04	0.052
11852	Salsify, cooked, boiled, drained, with salt	135.0	1.0 cup slices	3.69	20.74	--
11438	Salsify, cooked, boiled, drained, without salt	135.0	1.0 cup, sliced	3.69	20.74	--
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	3.69	17.56	0.038
20092	Pasta, gluten-free, corn, cooked	140.0	1.0 cup	3.68	39.07	0.027
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55.0	1.0 cup (1 NLEA serving)	3.68	43.50	--
11961	Hearts of palm, canned	146.0	1.0 cup	3.68	6.75	0.034
06625	SMART SOUP, Vietnamese Carrot Lemongrass	283.0	10.0 oz 1 pouch	3.68	23.21	--
09095	Figs, dried, stewed	259.0	1.0 cup	3.68	71.41	0.023
08417	Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry	41.0	1.0 packet (1 NLEA serving)	3.68	31.04	--
21419	KFC, biscuit	49.0	1.0 biscuit	3.68	21.34	0.050
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	245.0	1.0 cup	3.68	65.27	--
05169	Turkey, skin from whole, (light and dark), raw	28.35	1.0 oz	3.67	0.05	0.018
18065	Bread, wheat, toasted	28.35	1.0 oz	3.67	15.81	0.026
08512	Cereals, MALT-O-MEAL, chocolate, prepared with water, without salt	268.0	1.0 serving (3 T dry cereal plus 1 cup water)	3.67	24.71	--
08488	Cereals, MALT-O-MEAL, Farina Hot Wheat Cereal, dry	35.0	3.0 tbsp (1 NLEA serving)	3.67	27.02	--
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	251.0	1.0 cup (1 serving)	3.66	26.76	0.050
03245	Babyfood, dessert, custard pudding, vanilla, strained	229.0	1.0 cup	3.66	36.64	--
08352	Cereals ready-to-eat, QUAKER, MOTHER'S Toasted Oat Bran cereal	32.0	0.75 cup (1 NLEA serving)	3.66	24.13	--
06212	CAMPBELL'S, 25% Less Sodium Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	3.65	7.94	--
19193	Puddings, rice, ready-to-eat	113.0	1.0 serving 4 oz pudding cup	3.65	20.78	--
28007	KELLOGG'S, EGGO, Wafflers, Brown Sugar Cinnamon Roll	76.0	2.0 waffles	3.65	39.67	--
20042	Rice, brown, parboiled, dry, UNCLE BEN'S	48.0	0.25 cup	3.65	37.77	--
11272	Mustard greens, frozen, unprepared	146.0	1.0 cup, chopped	3.64	4.98	0.039
19199	Puddings, tapioca, dry mix, prepared with whole milk	128.0	0.5 cup	3.64	24.87	0.051
19088	Ice creams, vanilla, light	76.0	1.0 serving 1/2 cup	3.63	22.39	--
18299	Pancakes, whole-wheat, dry mix, incomplete	28.35	1.0 oz	3.63	20.13	0.053
10146	Pork, cured, ham, patties, unheated	28.35	1.0 oz	3.62	0.48	0.042
15172	Mollusks, scallop, mixed species, raw	30.0	1.0 unit 2 large or 5 small	3.62	0.95	0.031
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	12.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	3.62	0.00	0.042

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251.0	1.0 cup (1 serving)	3.61	26.41	0.050
08316	Cereals, QUAKER, hominy grits, white, regular, dry	41.0	0.25 cup (1 NLEA serving)	3.61	32.47	--
18146	Cake, yellow, prepared from recipe without frosting	68.0	1.0 piece (1/12 of 8" dia)	3.60	36.04	0.045
19893	Ice creams, BREYERS, All Natural Light French Chocolate	68.0	1.0 serving 1/2 cup	3.60	20.18	--
09087	Dates, deglet noor	147.0	1.0 cup, chopped	3.60	110.29	0.018
18981	KASHI, TLC, Fire Roasted Vegetable Crackers	30.0	15.0 crackers	3.60	19.38	--
11374	Potatoes, canned, solids and liquids	300.0	1.0 cup, whole	3.60	29.67	0.054
42205	Cheese, pasteurized process, cheddar or American, fat-free	16.0	1.0 cubic inch	3.60	2.14	--
21415	POPEYES, biscuit	60.0	1.0 biscuit	3.60	24.57	0.044
15251	USDA Commodity, salmon nuggets, breaded, frozen, heated	28.35	1.0 oz	3.60	3.96	--
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165.0	1.0 cup	3.60	44.15	0.050
01124	Egg, white, raw, fresh	33.0	1.0 large	3.60	0.24	0.041
18963	Garlic bread, frozen	43.0	1.0 slice presliced	3.59	17.94	0.029
11100	Brussels sprouts, frozen, unprepared	95.0	0.33 package (10 oz)	3.59	7.47	0.040
06969	Potato soup, instant, dry mix	39.0	1.0 serving 1/3 cup	3.59	29.69	--
11271	Mustard greens, cooked, boiled, drained, without salt	140.0	1.0 cup, chopped	3.58	6.31	--
11799	Mustard greens, cooked, boiled, drained, with salt	140.0	1.0 cup, chopped	3.58	6.31	--
28026	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Original	55.0	1.0 waffle	3.58	20.57	--
08192	Cereals ready-to-eat, POST SELECTS Blueberry Morning	55.0	1.25 cup (1 NLEA serving)	3.58	44.88	--
19093	Candies, SYMPHONY Milk Chocolate Bar	42.0	1.0 bar 1.5 oz	3.57	24.36	--
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	30.0	0.75 cup (1 NLEA serving)	3.57	22.58	--
16279	HOUSE FOODS Premium Soft Tofu	56.0	2.0 oz	3.57	1.23	--
25001	Snacks, popcorn, microwave, low fat	28.35	1.0 oz	3.57	20.41	--
09422	Durian, raw or frozen	243.0	1.0 cup, chopped or diced	3.57	65.83	--
43572	Popcorn, microwave, low fat and sodium	28.35	1.0 oz	3.57	20.81	--
06025	Soup, chicken vegetable, canned, condensed	121.0	0.5 cup	3.56	8.48	0.030
11551	Tomato products, canned, sauce, with mushrooms	245.0	1.0 cup	3.55	20.65	0.042
10861	Pork, cured, bacon, cooked, microwaved	9.1	1.0 slice cooked	3.55	0.04	0.042
12129	Nuts, ginkgo nuts, canned	155.0	1.0 cup (78 kernels)	3.55	34.26	0.059
20006	Barley, pearled, cooked	157.0	1.0 cup	3.55	44.31	0.060
07045	Luncheon meat, pork, canned	28.35	1.0 oz	3.54	0.60	0.035
19117	Candies, halavah, plain	28.35	1.0 oz	3.54	17.15	--
07090	Luncheon sausage, pork and beef	23.0	1.0 slice (4" dia x 1/8" thick)	3.54	0.36	0.037
10123	Pork, cured, bacon, unprepared	28.0	1.0 slice raw	3.53	0.36	0.042

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
18567	KRAFT, STOVE TOP Stuffing Mix Chicken Flavor	28.0	1.0 NLEA serving (makes 1/2 cup prepared)	3.53	20.47	--
01236	Ice cream, soft serve, chocolate	86.0	0.5 cup	3.53	19.09	0.041
19090	Ice creams, french vanilla, soft-serve	86.0	0.5 cup (4 fl oz)	3.53	19.09	0.041
06423	Soup, chicken with rice, canned, prepared with equal volume water	243.0	1.0 serving 1 cup	3.52	7.10	--
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	3.52	0.00	0.046
20055	Rice, white, glutinous, unenriched, cooked	174.0	1.0 cup	3.51	36.70	0.040
11649	Tomato products, canned, sauce, spanish style	244.0	1.0 cup	3.51	17.67	0.024
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	244.0	1.0 cup	3.51	28.65	0.034
21509	BURGER KING, Onion Rings	91.0	1.0 small	3.51	39.66	--
07004	Sausage, Berliner, pork, beef	23.0	1.0 slice	3.51	0.60	0.025
12097	Nuts, chestnuts, european, raw, unpeeled	145.0	1.0 cup	3.51	66.03	0.039
21381	McDONALD'S, Fruit 'n Yogurt Parfait (without granola)	142.0	1.0 item	3.51	25.09	--
43278	Cheese, american cheddar, imitation	21.0	1.0 slice	3.51	2.44	--
25046	Snacks, bagel chips, plain	28.35	1.0 oz	3.50	18.81	0.041
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	3.49	15.25	0.050
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	3.49	15.25	0.050
08380	Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH	53.0	1.0 cup (1 NLEA serving)	3.49	45.00	--
18988	AUSTIN, Peanut Butter on Cheese Crackers, sandwich-type, reduced fat	36.0	1.0 package	3.49	23.87	--
11525	Taro, tahitian, raw	125.0	1.0 cup slices	3.49	8.64	--
05698	Turkey, skin from whole (light and dark), with added solution, raw	28.35	1.0 oz	3.48	0.06	0.018
19321	Puddings, banana, dry mix, regular, prepared with whole milk	127.0	0.5 cup	3.48	23.42	0.081
11579	Vegetables, mixed, canned, solids and liquids	245.0	1.0 cup	3.48	17.47	0.037
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0 cracker 1 cracker = 6.5g	3.48	22.92	0.043
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	28.35	1.0 oz	3.48	0.28	0.017
18641	INTERSTATE BRANDS CORP, WONDER Hamburger Rolls	43.0	1.0 serving	3.47	21.86	--
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120.0	1.0 artichoke, medium	3.47	14.34	--
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	120.0	1.0 artichoke, medium	3.47	13.67	--
07025	Frankfurter, turkey	28.35	1.0 oz	3.47	1.08	0.032
08599	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS	55.0	1.0 cup (1 NLEA serving)	3.46	45.87	--
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	51.0	1.0 biscuit	3.46	25.02	--
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	219.0	1.0 cup	3.46	34.93	0.024
21078	Fast foods, nachos, with cheese	80.0	1.0 serving	3.46	27.93	0.034

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
21268	TACO BELL, Nachos	80.0	1.0 serving	3.46	27.93	0.034
13337	Beef, variety meats and by-products, thymus, raw	28.35	1.0 oz	3.45	0.00	0.027
01171	Egg, whole, raw, frozen, pasteurized	28.0	1.0 oz	3.45	0.28	0.054
09290	Prunes, dehydrated (low-moisture), stewed	280.0	1.0 cup	3.44	83.16	--
06416	Soup, cream of chicken, canned, prepared with equal volume water	244.0	1.0 cup	3.44	9.27	0.041
19250	Candies, HERSHEY, KIT KAT BIG KAT Bar	55.0	1.0 bar 1.94 oz	3.43	35.00	--
18043	Bread, protein (includes gluten)	28.35	1.0 oz	3.43	12.42	0.042
19077	Baking chocolate, unsweetened, liquid	28.35	1.0 oz	3.43	10.26	0.052
13341	Beef, variety meats and by-products, tripe, raw	28.35	1.0 oz	3.42	0.00	--
07061	Mother's loaf, pork	28.35	1.0 oz	3.42	2.13	0.048
28236	SUNSHINE, CHEEZ-IT, BIG Crackers	30.0	13.0 crackers	3.42	17.22	--
18989	AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type, reduced fat	36.0	1.0 package	3.42	24.19	--
28280	SUNSHINE, CHEEZ-IT, Original Crackers	30.0	27.0 crackers	3.42	17.22	--
11412	Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated	133.0	10.0 strip	3.42	35.88	--
07971	Bologna, meat and poultry	33.0	1.0 slice	3.41	2.08	0.037
03003	Babyfood, meat, beef, junior	28.35	1.0 oz	3.41	0.69	--
28020	KASHI, TLC, Pita Crisps, Zesty Salsa	31.0	11.0 crisps	3.41	22.20	--
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	3.41	3.29	0.079
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	150.0	1.0 cup, chopped or diced	3.40	4.66	0.038
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	150.0	1.0 cup, chopped	3.40	4.66	0.038
06989	CAMPBELL'S HEALTHY REQUEST, Homestyle Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	3.40	9.83	--
14048	Beverages, FUZE, orange mango, fortified with vitamins A, C, E, B6	500.0	1.0 bottle	3.40	46.00	--
19114	Ice creams, chocolate, light	68.0	1.0 serving	3.40	17.48	--
11741	Broccoli, stalks, raw	114.0	1.0 stalk	3.40	5.97	0.033
03948	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), powder, with ARA and DHA	30.5	1.0 fl oz	3.39	16.98	--
15252	USDA Commodity, salmon nuggets, cooked as purchased, unheated	28.35	1.0 oz	3.39	3.36	--
20133	Rice noodles, dry	57.0	2.0 oz	3.39	45.70	0.041
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	28.0	1.0 cup (1 NLEA serving)	3.39	20.50	0.047
11261	Mushrooms, white, cooked, boiled, drained, without salt	156.0	1.0 cup pieces	3.39	8.25	0.037
11797	Mushrooms, white, cooked, boiled, drained, with salt	156.0	1.0 cup pieces	3.39	8.25	0.037
28285	Bread, chapati or roti, whole wheat, commercially prepared, frozen	43.0	1.0 piece	3.38	19.84	--
09259	Pears, dried, sulfured, uncooked	180.0	1.0 cup, halves	3.37	125.46	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	3.36	27.77	0.030
03120	Babyfood, vegetables, corn, creamed, junior	240.0	1.0 cup	3.36	39.00	0.036
09322	Tamarinds, raw	120.0	1.0 cup, pulp	3.36	75.00	0.022
12195	Nuts, almond butter, plain, without salt added	16.0	1.0 tbsp	3.35	3.01	0.025
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	3.35	3.01	0.025
09046	Blackberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	3.35	59.14	--
08641	Cereals, QUAKER, Instant Oatmeal, fruit and cream, variety of flavors, reduced sugar	33.0	1.0 packet	3.35	23.62	--
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	153.0	10.0 strip	3.35	35.97	0.029
03213	Babyfood, cookies	28.35	1.0 oz	3.35	19.02	--
25037	Snacks, pita chips, salted	28.35	1.0 oz	3.34	19.35	0.041
08122	Cereals, oats, instant, fortified, plain, dry	28.0	1.0 packet	3.34	19.47	0.050
19319	Puddings, banana, dry mix, instant, prepared with whole milk	127.0	0.5 cup	3.33	25.10	0.077
42161	Bologna, beef, low fat	28.0	1.0 slice	3.30	1.46	--
07051	Olive loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	3.30	2.58	0.029
11274	Mustard spinach, (tendergreen), raw	150.0	1.0 cup, chopped	3.30	5.85	--
10132	Pork, cured, feet, pickled	28.35	1.0 oz	3.30	0.00	0.007
11896	Winged bean, immature seeds, cooked, boiled, drained, with salt	62.0	1.0 cup	3.29	1.99	--
11596	Winged beans, immature seeds, cooked, boiled, drained, without salt	62.0	1.0 cup	3.29	1.99	--
19875	Ice creams, BREYERS, All Natural Light Vanilla	68.0	1.0 serving 1/2 cup	3.29	17.20	--
11765	Chard, swiss, cooked, boiled, drained, with salt	175.0	1.0 cup, chopped	3.29	7.23	0.032
11148	Chard, swiss, cooked, boiled, drained, without salt	175.0	1.0 cup, chopped	3.29	7.23	0.032
28012	KELLOGG'S, EGGO, FIBERPLUS Waffles, Buttermilk	70.0	2.0 waffles	3.29	29.26	--
18949	Crackers, whole-wheat, reduced fat	29.0	1.0 serving	3.29	21.90	0.047
19154	Candies, sesame crunch	28.35	1.0 oz	3.29	14.26	--
12149	Nuts, pine nuts, pinyon, dried	28.35	1.0 oz	3.28	5.47	0.041
19876	Ice creams, BREYERS, All Natural Light French Vanilla	68.0	1.0 serving 1/2 cup	3.28	17.70	--
07937	Bologna, pork, turkey and beef	28.35	1.0 oz	3.28	1.89	0.036
28050	KEEBLER, Club & Cheddar Sandwich Crackers	39.0	1.0 package	3.28	23.91	--
28051	KEEBLER, Cheese on Wheat Sandwich Crackers	39.0	1.0 package	3.28	23.32	--
07068	Salami, cooked, beef	26.0	1.0 slice	3.28	0.49	0.036
07003	Beerwurst, beer salami, pork	23.0	1.0 slice (4" dia x 1/8" thick)	3.28	0.47	0.026
07007	Bologna, beef	30.0	1.0 slice	3.27	1.29	0.037
28252	SUNSHINE, CHEEZ-IT, Scrabble Jr. Crackers	30.0	26.0 crackers	3.27	20.37	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
28191	KELLOGG'S, SPECIAL K, Savory Herb Crackers	30.0	24.0 crackers	3.27	22.14	--
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	150.0	1.0 cup drained, rinsed	3.27	19.53	0.030
19022	Snacks, granola bars, soft, uncoated, raisin	43.0	1.0 bar (1.5 oz)	3.27	28.55	0.046
19074	Candies, caramels	71.0	1.0 package (2.5 oz)	3.27	54.67	0.043
06183	Soup, chicken broth, less/reduced sodium, ready to serve	240.0	1.0 cup	3.26	0.91	--
08228	Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry	37.0	1.0 packet	3.26	26.79	--
10994	Bacon, pre-sliced, reduced/low sodium, unprepared	26.0	1.0 slice	3.26	0.22	0.039
08314	Cereals, QUAKER, hominy grits, white, quick, dry	37.0	0.25 cup	3.26	29.45	--
11097	Broccoli raab, cooked	85.0	1.0 NLEA serving	3.26	2.65	0.044
28017	KASHI, TLC, Pita Crisps, Sea Salt	31.0	11.0 crisps	3.26	22.44	--
14164	Beverages, chocolate malt powder, prepared with 1% milk, fortified	98.0	1.0 cup dry mix	3.25	8.63	--
06127	Gravy, unspecified type, dry	25.0	1.0 cup (8 fl oz)	3.25	14.50	--
19069	Candies, NESTLE, BUTTERFINGER Bar	60.0	1.0 serving 2.1 oz bar	3.24	43.74	--
19111	Candies, NESTLE, BABY RUTH Bar	60.0	1.0 serving 2.1 oz bar	3.24	38.88	--
18038	Bread, oat bran, toasted	28.35	1.0 oz	3.23	12.39	0.041
19886	Frozen novelties, KLONDIKE, SLIM-A-BEAR Chocolate Cone	79.0	1.0 serving 1 cone	3.23	35.80	--
19359	Candies, MARS SNACKFOOD US, SNICKERS CRUNCHER	47.0	1.0 serving 1.66 oz bar	3.22	29.54	--
18487	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, S'mores	52.0	1.0 pastry	3.22	36.19	--
35236	Stew, pinto bean and hominy, badufsuki (Hopi)	227.0	8.0 oz	3.22	12.21	--
11559	Tomato products, canned, sauce, with tomato tidbits	244.0	1.0 cup	3.22	17.30	0.022
28245	SUNSHINE, CHEEZ-IT, Crackers (made with Whole Grain)	30.0	27.0 crackers	3.21	17.46	--
23296	Beef, Australian, imported, grass-fed, external fat, raw	28.35	1.0 oz	3.21	0.11	--
03009	Babyfood, meat, ham, junior	28.35	1.0 oz	3.20	1.05	0.042
18615	MARTHA WHITE FOODS, Martha White's Buttermilk Biscuit Mix, dry	41.0	1.0 serving	3.20	24.36	--
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	3.20	6.34	0.021
11789	Jute, potherb, cooked, boiled, drained, with salt	87.0	1.0 cup	3.20	6.34	0.021
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	35.0	1.0 bar	3.20	21.40	0.037
07011	Bologna, turkey	28.0	0.99 oz 1 serving	3.20	1.31	0.036
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32.0	0.75 cup (1 NLEA serving)	3.19	24.88	--
43497	Jellyfish, dried, salted	58.0	1.0 cup	3.19	0.00	--
28025	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Brown Sugar	55.0	1.0 waffle	3.19	24.48	--
08642	Cereals, QUAKER, Instant Oatmeal, Apple and Cinnamon, reduced sugar	31.0	1.0 packet (1 NLEA serving)	3.19	22.37	--
19874	Frozen novelties, KLONDIKE, SLIM-A-BEAR Fudge Bar, 98% fat free, no sugar added	74.0	1.0 serving 3.5 fl oz bar	3.19	22.25	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
19878	Ice creams, BREYERS, All Natural Light Vanilla Chocolate Strawberry	68.0	1.0 serving 1/2 cup	3.19	17.72	--
19879	Ice creams, BREYERS, All Natural Light Mint Chocolate Chip	68.0	1.0 serving 1/2 cup	3.19	19.31	--
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	25.0	1.0 serving (3.5 oz)	3.18	11.66	0.037
18979	KASHI, H2H Woven Wheat Cracker, Original	30.0	7.0 cracker	3.18	22.02	--
11392	Potatoes, hash brown, frozen, with butter sauce, unprepared	170.0	1.0 package (6 oz)	3.18	31.08	--
07959	Bologna, chicken, pork, beef	28.0	1.0 serving	3.17	1.57	--
05085	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, batter	16.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	3.17	1.39	0.034
11583	Vegetables, mixed, frozen, unprepared	95.0	0.33 package (10 oz)	3.16	12.80	0.032
06044	Soup, mushroom with beef stock, canned, condensed	126.0	0.5 cup (4 fl oz)	3.16	9.34	--
11043	Mung beans, mature seeds, sprouted, raw	104.0	1.0 cup	3.16	6.18	0.038
28049	KEEBLER, Cheese & Cheddar Sandwich Crackers	39.0	1.0 package	3.16	23.20	--
09034	Apricots, dried, sulfured, stewed, with added sugar	270.0	1.0 cup, halves	3.16	79.00	0.057
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	137.0	0.167 package (5.5 oz) yields	3.15	17.59	--
20134	Rice noodles, cooked	176.0	1.0 cup	3.15	42.26	0.039
18982	KASHI, H2H Woven Wheat Cracker, Roasted Garlic	30.0	7.0 cracker	3.15	21.96	--
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	28.35	1.0 oz	3.15	0.00	0.016
06966	Soup, chicken noodle, low sodium, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	3.15	7.32	--
06444	Soup, mushroom with beef stock, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	3.15	9.30	--
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	28.35	1.0 oz	3.15	23.05	0.049
15072	Fish, roe, mixed species, raw	14.0	1.0 tbsp	3.12	0.21	0.041
06032	Soup, beef broth bouillon and consomme, canned, condensed	124.0	0.5 cup	3.12	0.40	--
19433	Tortilla chips, low fat, baked without fat	28.35	1.0 oz	3.12	22.68	--
19833	Snacks, tortilla chips, low fat, unsalted	28.35	1.0 oz	3.12	22.71	--
18081	Bread stuffing, bread, dry mix	28.35	1.0 oz	3.12	21.60	0.039
11197	Cowpeas, young pods with seeds, raw	94.0	1.0 cup	3.10	8.93	--
01164	Cheese sauce, prepared from recipe	30.0	2.0 tbsp	3.10	1.64	0.037
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	3.10	0.16	0.030
03010	Babyfood, meat, lamb, strained	22.0	1.0 tbsp	3.10	0.19	--
18064	Bread, wheat	29.0	1.0 slice	3.09	13.79	--
07201	OSCAR MAYER, Bologna (beef)	28.0	1.0 serving (1 slice)	3.09	0.69	--
18295	Pancakes, buckwheat, dry mix, incomplete	28.35	1.0 oz	3.09	20.21	0.045
19820	Snacks, sesame sticks, wheat-based, unsalted	28.35	1.0 oz	3.09	13.18	0.041
19418	Snacks, sesame sticks, wheat-based, salted	28.35	1.0 oz	3.09	13.18	0.041
36030	DENNY'S, hash browns	124.0	1.0 serving	3.09	32.97	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
06466	Soup, turkey vegetable, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	3.08	8.63	0.027
19871	Frozen novelties, No Sugar Added, FUDGSICLE pops	84.0	1.0 serving	3.08	19.41	--
18986	AUSTIN, Grilled Cheese on Wafer Crackers, sandwich-type	39.0	1.0 package	3.08	24.18	--
18983	AUSTIN, Cheddar Cheese on Wheat Crackers, sandwich-type	39.0	1.0 package	3.08	23.95	--
13318	Beef, variety meats and by-products, brain, raw	28.35	1.0 oz	3.08	0.30	--
01255	Egg, whole, raw, frozen, salted, pasteurized	28.0	1.0 oz	3.07	0.23	0.063
11267	Mushrooms, shiitake, stir-fried	89.0	1.0 cup whole	3.07	6.84	0.010
22978	Chicken tenders, breaded, frozen, prepared	21.0	1.0 piece	3.07	3.12	0.031
03215	Babyfood, pretzels	28.35	1.0 oz	3.06	23.30	--
01210	Egg Mix, USDA Commodity	8.6	1.0 tbsp	3.06	2.06	0.034
19881	Ice creams, BREYERS, No Sugar Added, French Vanilla	68.0	1.0 serving 1/2 cup	3.06	14.11	--
11275	Mustard spinach, (tendergreen), cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	3.06	5.04	--
11801	Mustard spinach, (tendergreen), cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	3.06	5.04	--
11595	Winged beans, immature seeds, raw	44.0	1.0 cup slices	3.06	1.90	--
21059	Fast foods, shrimp, breaded and fried	39.0	3.0 pieces shrimp	3.06	10.92	--
01252	Cheese product, pasteurized process, American, vitamin D fortified	19.0	1.0 slice (2/3 oz)	3.06	1.68	--
19134	Candies, milk chocolate, with rice cereal	40.0	1.0 bar (1.4 oz)	3.06	23.87	--
18088	Cake, angelfood, dry mix, prepared	50.0	1.0 piece (1/12 of 10" dia)	3.05	29.35	0.038
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	61.0	0.167 loaf 1/6 of the loaf	3.05	32.72	0.025
06627	Sauce, pesto, ready-to-serve, shelf stable	61.0	0.25 cup	3.05	3.75	--
18029	Bread, french or vienna (includes sourdough)	28.35	1.0 oz	3.05	14.71	--
28258	AUSTIN, Cheddar Cheese on Wafer Crackers, sandwich-type	39.0	1.0 package	3.04	24.41	--
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28.0	1.0 roll (1 oz)	3.04	14.57	0.023
25000	Snacks, popcorn, microwave, 94% fat free	28.35	1.0 oz	3.04	21.56	0.022
06182	Soup, cream of mushroom, canned, condensed, reduced sodium	251.0	1.0 cup	3.04	20.33	--
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	3.03	18.67	0.020
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	3.03	18.67	0.020
28323	Pancakes, plain, low fat, dry mix, incomplete (includes buttermilk)	41.0	0.33 cup 1 serving	3.03	30.62	--
01239	Ice cream cookie sandwich	82.0	1.0 serving	3.03	32.47	--
18385	Bread, wheat germ, toasted	28.35	1.0 oz	3.03	15.39	0.036
06986	CAMPBELL'S HEALTHY REQUEST, Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	3.02	8.20	--
06736	Soup, cream of chicken, canned, condensed, single brand	126.0	1.0 serving	3.02	9.70	--
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	3.02	20.78	0.043
13020	Beef, retail cuts, separable fat, cooked	28.35	1.0 oz	3.02	0.00	0.020

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	153.0	5.0 fl oz	3.01	10.24	--
28348	Rolls, dinner, sweet	30.0	1.0 roll	3.01	16.07	0.027
28013	KELLOGG'S, EGGO, FIBERPLUS Waffles, Chocolate Chip	70.0	2.0 waffles	3.01	31.08	--
25038	Snacks, granola bars, soft, almond, confectioners coating	35.0	1.0 bar	3.01	21.05	--
06487	CAMPBELL'S Low Sodium Soups, Cream of Mushroom Soup	298.0	1.0 serving 1 container	3.01	19.01	--
06470	CAMPBELL'S Low Sodium Soups, Chicken Broth	298.0	1.0 serving 1 container	3.01	1.01	--
20097	Pasta, homemade, made with egg, cooked	57.0	2.0 oz	3.01	13.42	0.038
11516	Sweet potato, frozen, unprepared	176.0	1.0 cup, cubes	3.01	39.11	0.037
11877	Sweet potato, frozen, cooked, baked, with salt	176.0	1.0 cup, cubes	3.01	41.18	0.037
11517	Sweet potato, frozen, cooked, baked, without salt	176.0	1.0 cup, cubes	3.01	41.18	0.037
18175	Cookies, ladyfingers, with lemon juice and rind	28.35	1.0 oz	3.01	16.92	0.038
18423	Cookies, ladyfingers, without lemon juice and rind	28.35	1.0 oz	3.01	16.92	0.038
18003	Bagels, egg	28.35	1.0 oz	3.01	15.03	0.035
08450	Cereals, QUAKER, Instant Grits, Ham 'n' Cheese flavor, dry	28.0	1.0 packet (1 NLEA serving)	3.00	19.90	--
18940	Muffin, blueberry, commercially prepared, low-fat	71.0	1.0 muffin small	3.00	35.54	0.034
18985	AUSTIN, Chocolatey Peanut Butter Crackers, sandwich-type	39.0	1.0 package	3.00	25.82	--
01241	Ice cream sandwich, made with light ice cream, vanilla	70.0	1.0 serving	3.00	27.75	--
01238	Ice cream sandwich	70.0	1.0 serving	3.00	26.00	--
06236	PREGO Pasta, Roasted Garlic Parmesan Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	3.00	13.00	--
19867	Ice creams, vanilla, fat free	67.0	0.5 cup	3.00	20.14	--
25048	Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	32.0	1.0 bar	3.00	21.35	--
16246	SILK Nog, soymilk	122.0	0.5 cup	3.00	15.01	--
14088	Beverages, V8 SPLASH Smoothies, Tropical Colada	246.0	1.0 serving 8 oz	3.00	21.01	--
14311	Beverages, Malted drink mix, natural, powder, dairy based.	21.0	1.0 serving (3 heaping tsp or 1 envelope)	3.00	14.95	--
06353	CAMPBELL'S Red and White, Fiesta Nacho Cheese Soup, condensed	124.0	1.0 serving 1/2 cup	3.00	9.99	--
06091	CAMPBELL'S Red and White, Beef Broth, condensed	124.0	1.0 serving 1/2 cup	3.00	1.00	--
06342	CAMPBELL'S Red and White, Cream of Shrimp Soup, condensed	124.0	1.0 serving 1/ 2 cup	3.00	8.00	--
06231	PREGO Pasta, Mushroom and Parmesan Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	3.00	22.00	--
19119	Candies, NESTLE, CHUNKY Bar	40.0	1.0 serving 1.4 oz bar	3.00	24.00	--
18965	Crackers, cheese, reduced fat	30.0	1.0 serving	3.00	20.46	0.032
08002	Cereals ready-to-eat, POST, ALPHA-BITS	30.0	1.0 cup (1 NLEA serving for adults)	3.00	24.09	--
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	3.00	55.38	0.015
19268	Candies, dark chocolate coated coffee beans	40.0	1.0 serving 28 pieces	3.00	23.98	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
08389	Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs	30.0	1.0 cup (1 NLEA serving)	3.00	23.70	--
09037	Avocados, raw, all commercial varieties	150.0	1.0 cup, cubes	3.00	12.80	0.038
06226	PREGO Pasta, Italian Sausage and Garlic Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	3.00	13.00	--
11226	Jerusalem-artichokes, raw	150.0	1.0 cup slices	3.00	26.16	--
06234	PREGO Pasta, Heart Smart- Ricotta Parmesan Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	3.00	13.00	--
01243	Fat free ice cream, no sugar added, flavors other than chocolate	68.0	0.5 cup	3.00	19.00	--
06365	CAMPBELL'S Red and White, Mega Noodle in Chicken Broth, condensed	126.0	1.0 serving 1/2 cup	3.00	14.99	--
06357	CAMPBELL'S Red and White, GOLDFISH Pasta with Chicken in Chicken Broth, condensed	126.0	1.0 serving 1/2 cup	3.00	12.00	--
27015	CAMPBELL'S Red and White, PHINEAS and FERB Soup, condensed	126.0	0.5 cup serving	3.00	11.00	--
06349	CAMPBELL'S Red and White, SCOOBY-DOO Soup, condensed	126.0	1.0 serving 1/2 cup	3.00	11.00	--
08074	Cereals ready-to-eat, RALSTON TASTEEOS	28.0	1.0 cup (1 NLEA serving)	3.00	21.14	0.041
06054	CAMPBELL'S Red and White, Chicken Alphabet Soup, condensed	126.0	0.5 cup	3.00	12.00	--
01244	Milk dessert bar, frozen, made from lowfat milk	68.0	1.0 bar	3.00	22.50	--
06047	CAMPBELL'S Red and White, Chicken and Stars Soup, condensed	126.0	1.0 serving 1/2 cup	3.00	11.00	--
06003	CAMPBELL'S Red and White, Beefy Mushroom Soup, condensed	126.0	1.0 serving 1/2 cup	3.00	6.00	--
06041	CAMPBELL'S Red and White, Chicken and Dumplings Soup, condensed	126.0	1.0 serving 1/2 cup	3.00	10.00	--
28314	Crackers, sandwich-type, peanut butter filled, reduced fat	36.0	1.0 package	3.00	22.86	--
06350	CAMPBELL'S Red and White, DOUBLE NOODLE in Chicken Broth Soup, condensed	126.0	1.0 serving 1/ 2 cup	3.00	20.00	--
06311	CAMPBELL'S Red and White, Chicken Won Ton Soup, condensed	126.0	1.0 serving 1/2 cup	3.00	8.00	--
06082	CAMPBELL'S Red and White, Chicken NOODLEO's Soup, condensed	126.0	1.0 serving 1/2 cup	3.00	14.99	--
06016	Soup, cream of chicken, canned, condensed	126.0	0.5 cup (4 fl oz)	3.00	9.02	0.043
06084	CAMPBELL'S Red and White, Chicken Vegetable Soup, condensed	126.0	1.0 serving 1/2 cup	3.00	14.99	--
06121	Gravy, mushroom, canned	238.0	1.0 cup	3.00	13.02	--
06373	CAMPBELL'S Red and White, Vegetarian Vegetable Soup, condensed	126.0	1.0 serving 1/2 cup	3.00	18.01	--
28301	Cookies, peanut butter, commercially prepared, sugar free	29.0	1.0 serving 3 cookies	3.00	14.65	--
09247	Peaches, dried, sulfured, stewed, without added sugar	258.0	1.0 cup	2.99	50.80	0.008
01235	Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener	68.0	0.5 cup	2.99	13.40	--
06546	CAMPBELL'S Homestyle Potato Broccoli Cheese Soup	245.0	1.0 cup	2.99	17.00	--
14086	Beverages, V8 SPLASH Smoothies, Peach Mango	245.0	1.0 serving 8 oz	2.99	19.01	--
06586	CAMPBELL'S Soup on the Go, Chicken & Stars Soup	305.0	1.0 container	2.99	10.00	--
06504	CAMPBELL'S Red and White - Microwaveable Bowls, Tomato Soup	245.0	1.0 cup	2.99	24.01	--
14087	Beverages, V8 SPLASH Smoothies, Strawberry Banana	245.0	1.0 serving 8 oz	2.99	19.99	--
06595	CAMPBELL'S Soup on the Go, Vegetable Beef Soup	305.0	1.0 container	2.99	10.00	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
06590	CAMPBELL'S Soup on the Go, Creamy Chicken Soup	305.0	1.0 container	2.99	10.00	--
27022	CAMPBELL'S Soup on the GO, HEALTHY REQUEST Chicken with Mini Noodles Soup	305.0	1.0 container	2.99	7.99	--
06592	CAMPBELL'S Soup on the Go, Creamy Tomato Soup	305.0	1.0 container	2.99	30.01	--
06447	CAMPBELL'S CHUNKY Soups, Savory Vegetable Soup	245.0	1.0 cup	2.99	22.00	--
06588	CAMPBELL'S Soup on the Go, Classic Tomato Soup	305.0	1.0 container	2.99	30.99	--
27023	CAMPBELL'S Soup on the Go, HEALTHY REQUEST Classic Tomato Soup	305.0	1.0 container	2.99	28.00	--
06580	CAMPBELL'S Homestyle Vegetable Medley Soup	245.0	1.0 cup	2.99	18.01	--
06503	CAMPBELL'S Red and White - Microwaveable Bowls, Creamy Tomato Soup	245.0	1.0 cup	2.99	24.99	--
08549	Cereals ready-to-eat, QUAKER, QUAKER Honey Graham LIFE Cereal	32.0	0.75 cup (1 NLEA serving)	2.99	25.14	--
18967	Bread, white wheat	28.0	1.0 slice	2.98	12.29	--
21521	Fast foods, strawberry banana smoothie made with ice and low-fat yogurt	347.0	12.0 fl oz	2.98	52.22	--
08710	Cereals ready-to-eat, KELLOGG'S, SPECIAL K gluten free, touch of brown sugar	49.0	1.0 Cup (1 NLEA serving)	2.98	42.38	--
28303	Crackers, cheese, whole grain	31.0	1.0 serving 55 pieces	2.98	17.76	--
09076	Cherries, sweet, frozen, sweetened	259.0	1.0 cup, thawed	2.98	57.91	--
18407	Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	2.98	15.14	0.035
18028	Bread, egg, toasted	28.35	1.0 oz	2.98	14.91	0.035
18408	Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)	28.35	1.0 oz	2.98	15.14	0.035
18406	Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	2.98	15.14	0.035
06072	Soup, vegetable with beef broth, canned, condensed	123.0	0.5 cup	2.98	13.16	0.021
11098	Brussels sprouts, raw	88.0	1.0 cup	2.97	7.88	0.033
06363	CAMPBELL'S, Homestyle Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	2.97	9.49	--
11902	Corn, sweet, white, cooked, boiled, drained, with salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	2.97	19.32	0.020
11901	Corn, sweet, white, cooked, boiled, drained, without salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	2.97	19.32	0.020
11242	Kohlrabi, cooked, boiled, drained, without salt	165.0	1.0 cup slices	2.97	11.04	0.018
08029	Cereals ready-to-eat, POST Bran Flakes	30.0	0.75 cup (1 NLEA serving)	2.97	24.15	--
11793	Kohlrabi, cooked, boiled, drained, with salt	165.0	1.0 cup slices	2.97	11.04	0.018
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	53.0	1.0 cup (1 NLEA serving)	2.97	40.70	--
18990	AUSTIN, PB & J Crackers, sandwich-type	39.0	1.0 package	2.96	25.62	--
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	8.0	1.0 slice cooked	2.96	0.11	0.025
18235	Crackers, whole-wheat	28.0	1.0 serving	2.96	19.47	0.039

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	29.0	1.0 serving (NLEA serving size = 0.75 cup)	2.96	23.13	0.040
19439	Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar	37.0	1.0 bar	2.96	28.86	--
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	29.0	0.75 cup (1 NLEA serving)	2.96	23.66	--
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240.0	1.0 cup, mashed	2.95	24.12	0.041
11867	Squash, winter, butternut, frozen, cooked, boiled, with salt	240.0	1.0 cup, mashed	2.95	24.10	0.041
18339	Popovers, dry mix, enriched	28.35	1.0 oz	2.95	20.13	0.035
18037	Bread, oat bran	28.35	1.0 oz	2.95	11.28	0.037
17185	Lamb, variety meats and by-products, brain, raw	28.35	1.0 oz	2.95	0.00	0.030
18447	Popovers, dry mix, unenriched	28.35	1.0 oz	2.95	20.13	0.035
11011	Asparagus, raw	134.0	1.0 cup	2.95	5.20	0.036
14196	Beverages, Cocoa mix, no sugar added, powder	19.0	1.0 envelope Alba (.675 oz)	2.94	13.67	--
11426	Pumpkin pie mix, canned	270.0	1.0 cup	2.94	71.25	0.035
43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	2.94	13.01	0.022
11549	Tomato products, canned, sauce	245.0	1.0 cup	2.94	13.01	0.024
18976	KASHI, TLC, Country Cheddar Crackers	30.0	18.0 cracker	2.94	20.40	--
19021	Snacks, granola bars, soft, uncoated, peanut butter	28.0	1.0 bar (1 oz)	2.94	18.03	0.031
06019	Soup, chicken noodle, canned, condensed	124.0	0.5 cup	2.94	7.53	--
08628	Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal	32.0	0.75 cup (1 NLEA serving)	2.93	25.24	--
12128	Nuts, ginkgo nuts, dried	28.35	1.0 oz	2.93	20.54	0.048
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	2.93	14.93	0.036
17188	Veal, variety meats and by-products, brain, raw	28.35	1.0 oz	2.93	0.00	0.029
18984	AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type	39.0	1.0 package	2.92	23.40	--
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32.0	0.75 cup (1 NLEA serving)	2.92	25.29	--
11264	Mushrooms, canned, drained solids	156.0	1.0 cup	2.92	7.94	0.033
06472	Soup, vegetable with beef broth, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	2.92	12.89	--
06062	CAMPBELL'S, Red and White, Chicken Noodle Soup, condensed	123.0	0.5 cup	2.92	7.34	--
10096	Pork, fresh, variety meats and by-products, brain, raw	28.35	1.0 oz	2.91	0.00	0.037
03098	Babyfood, vegetables, beets, strained	224.0	1.0 cup	2.91	17.25	0.027
16586	GARDENBURGER Veggie Medley Burger, frozen, unprepared	71.0	1.0 patty	2.91	17.04	--
28249	SUNSHINE, CHEEZ-IT, White Cheddar, Reduced Fat Crackers	30.0	25.0 crackers	2.91	21.60	--
28239	SUNSHINE, CHEEZ-IT, Duoz Sharp Cheddar Parmesan Crackers	30.0	25.0 crackers	2.91	18.15	--
11094	Broccoli, frozen, spears, unprepared	95.0	0.33 package (10 oz)	2.91	5.08	0.030

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
08225	Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry	35.0	1.0 packet	2.90	26.40	--
08596	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Caramel Delight	50.0	1.0 cup (1 NLEA serving)	2.90	41.34	--
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup (1" pieces)	2.90	5.69	0.038
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup (1" pieces)	2.90	6.75	0.038
10860	Pork, cured, bacon, cooked, baked	8.1	1.0 slice cooked	2.89	0.11	0.024
12169	Seeds, sesame butter, paste	16.0	1.0 tbsp	2.89	3.85	0.063
18964	Cinnamon buns, frosted (includes honey buns)	65.0	1.0 bun	2.89	31.59	0.044
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1.0 oz	2.89	15.14	0.035
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	2.89	13.70	0.058
07960	Bologna, chicken, pork	28.0	1.0 serving	2.89	1.17	0.023
20096	Pasta, fresh-refrigerated, spinach, cooked	57.0	2.0 oz	2.88	14.27	0.038
03092	Babyfood, vegetables, green beans, junior	240.0	1.0 cup	2.88	13.92	0.034
03091	Babyfood, vegetables, green beans, strained	240.0	1.0 cup	2.88	15.10	0.036
19293	Frozen yogurts, vanilla, soft-serve	72.0	0.5 cup	2.88	17.42	0.038
19393	Frozen yogurts, chocolate, soft-serve	72.0	0.5 cup (4 fl oz)	2.88	17.93	0.040
06419	Soup, chicken noodle, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	2.88	7.37	--
28370	UDI'S, Gluten Free, Classic French Dinner Rolls	36.0	1.0 roll	2.88	19.84	--
28340	Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and potato starch	36.0	1.0 roll	2.88	19.84	--
06734	Soup, chicken with star-shaped pasta, canned, condensed, single brand	125.0	1.0 serving	2.88	8.88	--
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	2.87	32.29	0.023
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	233.0	1.0 cup	2.87	32.29	0.023
28238	SUNSHINE, CHEEZ-IT, Colby Crackers	30.0	25.0 crackers	2.86	17.78	--
03217	Zwieback	28.35	1.0 oz	2.86	21.04	--
19194	Puddings, rice, dry mix	106.0	1.0 package	2.86	96.67	--
09248	Peaches, dried, sulfured, stewed, with added sugar	270.0	1.0 cup	2.86	71.82	0.008
18956	Keikitos (muffins), Latino bakery item	42.0	1.0 piece	2.86	22.33	--
11805	Onions, cooked, boiled, drained, with salt	210.0	1.0 cup	2.86	20.08	0.042
11283	Onions, cooked, boiled, drained, without salt	210.0	1.0 cup	2.86	21.32	0.042
01172	Egg, white, raw, frozen, pasteurized	28.0	1.0 oz	2.86	0.29	0.049
06990	HEALTHY REQUEST, Minestrone Soup, condensed	120.0	1.0 serving 1/2 cup	2.86	14.28	--
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	92.0	0.5 cup	2.85	4.92	0.029
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	92.0	0.5 cup	2.85	4.93	0.029

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
11546	Tomato products, canned, paste, without salt added	66.0	0.25 cup	2.85	12.48	0.020
28237	SUNSHINE, CHEEZ-IT, Cheddar Jack Crackers	30.0	25.0 crackers	2.85	17.28	--
19047	Snacks, pretzels, hard, plain, salted	28.35	1.0 oz	2.85	22.79	0.027
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	2.84	58.35	0.035
06208	Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve	245.0	1.0 cup	2.84	12.74	--
09144	Jackfruit, raw	165.0	1.0 cup, sliced	2.84	38.36	0.056
18084	Bread stuffing, cornbread, dry mix	28.35	1.0 oz	2.84	21.74	0.030
08100	Cereals, CREAM OF RICE, dry	45.0	0.25 cup (1 NLEA serving)	2.84	37.08	0.041
18201	Cookies, peanut butter sandwich, special dietary	28.35	1.0 oz	2.84	14.40	0.031
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	28.35	1.0 oz	2.84	20.87	0.032
01186	Cheese, cream, fat free	18.0	1.0 tbsp	2.82	1.38	0.033
01259	Cheese spread, American or Cheddar cheese base, reduced fat	21.0	1.0 piece	2.82	2.25	--
28208	MOTHER'S, Peanut Butter Gauchos Cookies	38.0	2.0 cookies	2.81	24.97	--
08363	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Toasted Wheat Bran	16.0	0.25 cup (1 NLEA serving)	2.81	9.52	--
12088	Nuts, cashew butter, plain, without salt added	16.0	1.0 tbsp	2.81	4.41	0.044
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	216.0	1.0 can (6 fl oz)	2.81	95.69	--
18987	AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type, reduced fat	36.0	1.0 package	2.81	24.48	--
18353	Rolls, hard (includes kaiser)	28.35	1.0 oz	2.81	14.94	0.033
18261	English muffins, mixed-grain, toasted (includes granola)	28.35	1.0 oz	2.81	14.26	0.036
11134	Cassava, raw	206.0	1.0 cup	2.80	78.40	0.039
19160	Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars	57.0	1.0 package (2 oz)	2.80	36.94	--
06056	Soup, cream of shrimp, canned, condensed	126.0	0.5 cup	2.80	8.23	--
27000	Soup, egg drop, Chinese restaurant	241.0	1.0 cup	2.80	10.34	0.060
28251	SUNSHINE, CHEEZ-IT, 100 Calorie Right Bites, Reduced Fat	21.0	1.0 package	2.79	14.07	--
19049	Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel	28.35	1.0 oz	2.79	18.85	--
19306	Candies, MARS SNACKFOOD US, POP'ABLES SNICKERS Brand Bite Size Candies	39.0	1.0 serving 13 pieces	2.79	23.82	--
42227	Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies	37.0	1.0 serving 1.31 oz bag	2.79	22.38	--
11700	Amaranth leaves, cooked, boiled, drained, with salt	132.0	1.0 cup	2.79	5.43	0.036
11004	Amaranth leaves, cooked, boiled, drained, without salt	132.0	1.0 cup	2.79	5.43	0.036
27060	Soup, chunky vegetable, reduced sodium, canned, ready-to-serve	240.0	1.0 cup	2.78	24.67	--
06967	Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	253.0	1.0 cup	2.78	15.33	--
31021	Potatoes, hash brown, refrigerated, unprepared	159.0	1.0 cup unprepared	2.78	30.46	--
18007	Bagels, oat bran	26.0	1.0 mini bagel (2-1/2" dia)	2.78	13.86	0.036

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
08096	Cereals, QUAKER, Instant Grits, Country Bacon flavor, dry	28.0	1.0 packet (1 NLEA serving)	2.78	21.11	--
18368	Wonton wrappers (includes egg roll wrappers)	28.35	1.0 oz	2.78	16.41	0.032
19420	Snacks, granola bars, hard, peanut butter	28.35	1.0 oz	2.78	17.66	0.037
17154	Veal, Australian, separable fat, raw	28.0	1.0 oz	2.77	0.00	--
06046	Soup, cream of onion, canned, condensed	126.0	0.5 cup	2.77	13.10	--
06217	Soup, vegetable, canned, low sodium, condensed	126.0	0.5 cup	2.77	15.26	--
07952	Bologna, chicken, turkey, pork	28.0	1.0 serving	2.77	1.58	--
12040	Seeds, sunflower seed butter, without salt	16.0	1.0 tbsp	2.76	3.73	0.046
12540	Seeds, sunflower seed butter, with salt added	16.0	1.0 tbsp	2.76	3.73	0.046
06446	Soup, cream of onion, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	2.76	12.69	--
28225	MURRAY, SUGAR FREE, Peanut Butter Cookies	29.0	3.0 cookies	2.76	16.18	--
08444	Cereals, QUAKER, Instant Grits, Redeye Gravy & Country Ham flavor, dry	28.0	1.0 packet (1 NLEA serving)	2.75	21.24	--
08706	Cereals ready-to-eat, KELLOGG SCOOBY-DOO! cereal	32.0	1.0 Cup (1 NLEA serving)	2.75	26.88	--
28241	SUNSHINE, GRIPZ, Cheez-It Crackers	25.0	1.0 package	2.75	15.25	--
18384	Bread, rice bran, toasted	28.35	1.0 oz	2.75	13.41	0.033
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	2.75	4.08	0.048
11326	Peas and onions, frozen, unprepared	69.0	0.5 cup	2.75	9.32	0.020
19027	Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip	28.0	1.0 bar (1 oz)	2.74	17.42	0.028
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	2.74	7.40	0.026
11967	Cauliflower, green, cooked, no salt added	90.0	0.2 head	2.74	5.65	0.036
06008	Soup, beef broth or bouillon canned, ready-to-serve	240.0	1.0 cup	2.74	0.10	--
01021	Cheese, gjetost	28.35	1.0 oz	2.74	12.09	0.038
19109	Candies, KIT KAT Wafer Bar	42.0	1.0 bar (1.5 oz)	2.73	27.13	0.038
19437	Snacks, potato chips, fat free, salted	28.35	1.0 oz	2.73	23.75	--
43483	Millet, puffed	21.0	1.0 cup	2.73	16.80	--
08670	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS, MEDLEY CRUNCH	30.0	0.75 cup (1 NLEA serving)	2.73	23.85	--
08039	Cereals ready-to-eat, POST, GRAPE-NUTS Flakes	29.0	0.75 cup (1 NLEA serving)	2.73	23.78	--
18267	English muffins, whole-wheat, toasted	28.35	1.0 oz	2.72	12.50	0.040
42139	Granola bar, soft, milk chocolate coated, peanut butter	28.35	1.0 oz	2.72	15.34	--
18351	Rolls, hamburger or hotdog, mixed-grain	28.35	1.0 oz	2.72	12.64	0.034
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	2.72	0.22	0.013
23297	Beef, Australian, imported, grass-fed, seam fat, raw	28.35	1.0 oz	2.72	0.30	--
19110	Candies, KRACKEL Chocolate Bar	41.0	1.0 bar 1.45 oz	2.71	26.22	--

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19880	Ice creams, BREYERS, No Sugar Added, Butter Pecan	68.0	1.0 serving 1/2 cup	2.71	14.48	--
18950	Crackers, wheat, reduced fat	29.0	1.0 serving	2.71	20.74	0.032
06456	Soup, cream of shrimp, canned, prepared with equal volume water	244.0	1.0 cup	2.71	7.98	--
09293	Plums, dried (prunes), stewed, with added sugar	248.0	1.0 cup, pitted	2.70	81.54	--
28101	KEEBLER, Cinnamon Toast Grahams	37.0	1.0 package	2.70	27.34	--
19302	Candies, MARS SNACKFOOD US, SNICKERS Almond bar	50.0	1.0 serving 1.76 oz bar	2.70	32.34	--
28240	SUNSHINE, CHEEZ-IT, Duoz Smoked Cheddar Monterey Jack Crackers	30.0	25.0 crackers	2.70	18.24	--
28253	SUNSHINE, CHEEZ-IT, Snack Mix	30.0	0.5 cup	2.70	20.01	--
18478	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Brown sugar cinnamon	50.0	1.0 pastry	2.70	32.20	--
28242	SUNSHINE, GRIPZ, Cheez-It Mixx and Cheesy Pizza Crackers	25.0	1.0 pouch	2.70	15.92	--
28190	KELLOGG'S, SPECIAL K, Multigrain Crackers	30.0	24.0 crackers	2.70	22.62	--
19260	Ice creams, vanilla, light, no sugar added	68.0	1.0 serving 1/2 cup	2.70	14.57	--
01125	Egg, yolk, raw, fresh	17.0	1.0 large	2.70	0.61	0.030
11424	Pumpkin, canned, without salt	245.0	1.0 cup	2.70	19.82	0.032
11846	Pumpkin, canned, with salt	245.0	1.0 cup	2.70	19.82	0.032
12143	Nuts, pecans, dry roasted, without salt added	28.35	1.0 oz	2.69	3.84	0.027
12643	Nuts, pecans, dry roasted, with salt added	28.35	1.0 oz	2.69	3.84	0.027
18045	Bread, pumpernickel, toasted	28.35	1.0 oz	2.69	14.80	0.030
18344	Rolls, dinner, egg	28.35	1.0 oz	2.69	14.74	0.031
18050	Bread, reduced-calorie, oat bran, toasted	28.35	1.0 oz	2.69	13.95	0.035
18027	Bread, egg	28.35	1.0 oz	2.69	13.55	0.032
18345	Rolls, dinner, oat bran	28.35	1.0 oz	2.69	11.40	0.034
07069	Salami, cooked, beef and pork	12.3	1.0 slice round	2.69	0.30	0.014
11063	Beans, snap, green, microwaved	116.0	1.0 cup 1/2" pieces	2.68	7.44	--
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93.0	1.0 cup, shredded	2.68	44.33	0.032
11295	Onion rings, breaded, par fried, frozen, unprepared	85.0	6.0 rings	2.68	25.95	0.036
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	24.0	1.0 mini bagel (2-1/2" dia)	2.67	13.77	0.033
12198	Seeds, sesame butter, tahini, from raw and stone ground kernels	15.0	1.0 tbsp	2.67	3.93	0.058
08005	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS	30.0	0.333 cup (1 NLEA serving)	2.67	24.30	--
18061	Bread, rye, toasted	28.35	1.0 oz	2.66	15.05	0.030
17270	Veal, breast, separable fat, cooked	28.35	1.0 oz	2.66	0.00	0.027
18265	English muffins, wheat, toasted	28.35	1.0 oz	2.66	13.81	0.035
12104	Nuts, coconut meat, raw	80.0	1.0 cup, shredded	2.66	12.18	0.031

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
19897	Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Covered Almonds	28.0	1.0 serving 1oz pack	2.66	14.06	--
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	2.66	44.07	0.017
09138	Groundcherries, (cape-gooseberries or poha), raw	140.0	1.0 cup	2.66	15.68	--
11616	Dock, raw	133.0	1.0 cup, chopped	2.66	4.26	--
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	2.65	3.03	0.026
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	2.65	3.03	0.026
21247	WENDY'S, french fries	71.0	1.0 kid's meal Serving	2.65	28.21	--
10005	Pork, fresh, belly, raw	28.35	1.0 oz	2.65	0.00	--
06017	Soup, chicken gumbo, canned, condensed	126.0	0.5 cup (4 fl oz)	2.65	8.40	0.023
19894	Ice creams, BREYERS, 98% Fat Free Chocolate	68.0	1.0 serving 1/2 cup	2.65	20.52	--
05086	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, flour	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.64	0.47	0.028
28248	SUNSHINE, CHEEZ-IT, Pepper Jack Crackers	30.0	25.0 crackers	2.64	18.57	--
35197	Lambsquarters, steamed (Northern Plains Indians)	65.0	1.0 cup	2.64	4.86	--
18236	Cracker meal	28.35	1.0 oz	2.64	22.94	0.030
06417	Soup, chicken gumbo, canned, prepared with equal volume water	244.0	1.0 cup	2.64	8.37	0.022
11200	Yardlong bean, cooked, boiled, drained, without salt	104.0	1.0 cup slices	2.63	9.55	0.030
11899	Yardlong bean, cooked, boiled, drained, with salt	104.0	1.0 cup slices	2.63	9.54	0.030
10942	Pork, fresh, composite of separable fat, with added solution, raw	28.35	1.0 oz	2.63	0.00	0.028
10006	Pork, fresh, separable fat, raw	28.35	1.0 oz	2.62	0.00	0.031
09428	Rowal, raw	114.0	0.5 cup	2.62	27.25	--
06067	Soup, chunky vegetable, canned, ready-to-serve	230.0	1.0 cup	2.62	18.17	--
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	2.61	26.44	0.010
11747	Burdock root, cooked, boiled, drained, with salt	125.0	1.0 cup (1" pieces)	2.61	26.44	0.010
12698	Seeds, sesame butter, tahini, type of kernels unspecified	15.0	1.0 tbsp	2.61	3.22	--
28014	KELLOGG'S, EGGO, Waffles, French Toast	45.0	1.0 waffle	2.61	19.53	--
28234	SUNSHINE, CHEEZ-IT, Asiago Crackers	30.0	25.0 crackers	2.61	18.78	--
11115	Cabbage, savoy, cooked, boiled, drained, without salt	145.0	1.0 cup, shredded	2.61	7.84	0.026
11753	Cabbage, savoy, cooked, boiled, drained, with salt	145.0	1.0 cup, shredded	2.61	7.84	0.026
18974	KASHI, TLC, Honey Sesame Crackers	30.0	15.0 cracker	2.61	21.66	--
18241	Croissants, cheese	28.35	1.0 oz	2.61	13.32	0.031
18040	Bread, oatmeal, toasted	28.35	1.0 oz	2.61	14.94	0.036
18078	Bread, whole-wheat, prepared from recipe, toasted	28.35	1.0 oz	2.61	15.99	0.038
28368	SCHAR, Gluten-Free, Classic White Rolls	78.0	1.0 roll	2.61	39.37	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
28341	Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch	78.0	1.0 roll	2.61	39.37	--
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	2.60	3.55	0.037
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	91.0	0.5 cup	2.60	11.91	0.026
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	91.0	0.5 cup	2.60	11.91	0.026
03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	152.0	5.0 fl oz	2.60	10.49	--
11555	Tomato products, canned, sauce, with herbs and cheese	122.0	0.5 cup	2.60	12.49	0.026
18640	HEINZ, WEIGHT WATCHER, Chocolate Eclair, frozen	59.0	1.0 eclair, frozen	2.60	23.78	--
43297	Pork, oriental style, dehydrated	22.0	1.0 cup	2.60	0.31	0.023
01031	Cheese, neufchatel	28.35	1.0 oz	2.59	1.02	0.030
11988	Fungi, Cloud ears, dried	28.0	1.0 cup	2.59	20.44	--
18957	Cake, pound, BIMBO Bakeries USA, Panque Casero, home baked style	39.0	1.0 slice	2.58	19.09	--
28161	KELLOGG'S, ALL-BRAN, Multigrain Crackers	30.0	18.0 crackers	2.58	19.71	--
08491	Cereals ready-to-eat, MOM'S BEST, Honey Nut TOASTY O'S	30.0	1.0 cup (1 NLEA serving)	2.58	23.95	--
28246	SUNSHINE, CHEEZ-IT, Mozzarella Crackers	30.0	25.0 crackers	2.58	19.23	--
28235	SUNSHINE, CHEEZ-IT, Baby Swiss Crackers	30.0	25.0 crackers	2.58	18.93	--
28160	KELLOGG'S, ALL-BRAN, Garlic and Herb Crackers	30.0	18.0 crackers	2.58	19.05	--
19813	Snacks, pretzels, hard, plain, made with unenriched flour, unsalted	28.35	1.0 oz	2.58	22.45	0.031
18188	Cookies, peanut butter, refrigerated dough, baked	28.35	1.0 oz	2.58	16.24	0.031
18260	English muffins, mixed-grain (includes granola)	28.35	1.0 oz	2.58	13.13	0.033
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	28.35	1.0 oz	2.58	22.45	0.031
18053	Bread, reduced-calorie, rye	28.35	1.0 oz	2.58	11.48	0.031
19812	Snacks, pretzels, hard, plain, made with unenriched flour, salted	28.35	1.0 oz	2.58	22.45	0.031
18413	Bread, pita, white, unenriched	28.35	1.0 oz	2.58	15.79	0.030
12110	Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned	77.0	1.0 cup	2.58	31.50	0.030
06629	Sauce, pesto, CLASSICO, basil pesto, ready-to-serve	62.0	0.25 cup	2.58	4.30	--
08676	Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS	30.0	1.0 cup (1 NLEA serving)	2.58	23.89	--
19188	Puddings, chocolate, dry mix, regular	99.0	1.0 package (3.5 oz)	2.57	88.41	--
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	87.0	1.0 cup	2.57	8.00	--
11788	Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	87.0	1.0 cup	2.57	8.00	--
18069	Bread, white, commercially prepared (includes soft bread crumbs)	29.0	1.0 slice	2.57	14.33	--
18932	Waffles, buttermilk, frozen, ready-to-heat	39.0	1.0 waffle, square	2.57	16.01	0.029
11090	Broccoli, raw	91.0	1.0 cup chopped	2.57	6.04	0.030
11204	Cress, garden, cooked, boiled, drained, without salt	135.0	1.0 cup	2.56	5.13	--
28254	SUNSHINE, CHEEZ-IT, Snack Mix, White Cheddar	30.0	0.5 cup 25 crackers	2.56	19.71	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
11781	Cress, garden, cooked, boiled, drained, with salt	135.0	1.0 cup	2.56	5.13	--
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	223.0	1.0 cup	2.56	7.94	0.022
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	223.0	1.0 cup	2.56	6.62	0.022
06611	Soup, SWANSON, beef broth, lower sodium	213.0	1.0 cup	2.56	0.45	--
11163	Collards, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	2.56	6.14	0.033
18237	Cream puff shell, prepared from recipe	28.35	1.0 oz	2.55	6.46	0.031
12071	Nuts, almond paste	28.35	1.0 oz	2.55	13.55	--
18189	Cookies, peanut butter, prepared from recipe	28.35	1.0 oz	2.55	16.70	0.028
19401	Snacks, cornnuts, barbecue-flavor	28.35	1.0 oz	2.55	20.33	--
18070	Bread, white, commercially prepared, toasted	28.35	1.0 oz	2.55	15.45	0.030
18432	Bread, white, commercially prepared, toasted, low sodium no salt	28.35	1.0 oz	2.55	15.42	0.030
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15.0	1.0 tbsp	2.55	3.18	0.056
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30.0	1.0 cup (1 NLEA serving)	2.55	25.29	--
28247	SUNSHINE, CHEEZ-IT, Parmesan Garlic Crackers	30.0	25.0 crackers	2.55	18.60	--
19265	Ice creams, chocolate, light, no sugar added	72.0	1.0 serving 1/2 cup	2.55	19.29	--
18005	Bagels, cinnamon-raisin	26.0	1.0 mini bagel (2-1/2" dia)	2.55	14.35	0.030
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52.0	1.0 pastry	2.55	36.61	--
11199	Yardlong bean, raw	91.0	1.0 cup slices	2.55	7.60	0.029
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	182.0	1.0 cup	2.55	13.30	--
11369	Potatoes, microwaved, cooked in skin, skin, without salt	58.0	1.0 skin	2.55	17.19	--
11836	Potatoes, microwaved, cooked, in skin, skin with salt	58.0	1.0 skin	2.55	17.19	--
18006	Bagels, cinnamon-raisin, toasted	24.0	1.0 mini bagel (2-1/2" dia)	2.54	14.23	0.029
19883	Ice creams, BREYERS, No Sugar Added, Vanilla Fudge Twirl	72.0	1.0 serving 1/2 cup	2.54	18.45	--
06584	Soup, broccoli cheese, canned, condensed, commercial	121.0	1.0 serving 1/2 cup	2.54	9.32	--
19882	Ice creams, BREYERS, No Sugar Added, Vanilla	69.0	1.0 serving 1/2 cup	2.54	15.12	--
08634	Cereals ready-to-eat, GENERAL MILLS, PEANUT BUTTER TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	2.54	23.62	--
11376	Potatoes, canned, drained solids	180.0	1.0 cup	2.54	24.50	0.040
07041	Liver sausage, liverwurst, pork	18.0	1.0 slice (2-1/2" dia x 1/4" thick)	2.54	0.40	0.027
09352	Blueberries, canned, light syrup, drained	244.0	1.0 cup	2.54	55.29	--
09314	Sapote, mamey, raw	175.0	1.0 cup 1" pieces	2.54	56.18	0.086

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
35234	Piki bread, made from blue cornmeal (Hopi)	28.0	1.0 piece	2.54	20.22	--
09056	Boysenberries, canned, heavy syrup	256.0	1.0 cup	2.53	57.11	--
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	2.53	16.49	0.031
18297	Pancakes, special dietary, dry mix	28.35	1.0 oz	2.52	20.95	0.026
18059	Bread, rice bran	28.35	1.0 oz	2.52	12.33	0.030
19884	Ice creams, BREYERS, No Sugar Added, Vanilla Chocolate Strawberry	68.0	1.0 serving 1/2 cup	2.52	14.76	--
28158	KEEBLER, WHEATABLES, Nut Crisp Crackers, Roasted Almond	30.0	16.0 crackers	2.52	19.95	--
28244	SUNSHINE, CHEEZ-IT, Italian Four Cheese Crackers	30.0	25.0 crackers	2.52	18.72	--
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30.0	0.75 cup (1 NLEA serving)	2.52	22.41	--
43311	Potatoes, canned, drained solids, no salt added	180.0	1.0 cup	2.52	24.48	--
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	2.52	5.20	0.035
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	124.0	1.0 cup	2.52	4.46	0.035
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	28.35	1.0 oz	2.51	15.60	0.029
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	28.35	1.0 oz	2.51	12.52	0.031
08351	Cereals ready-to-eat, QUAKER, MOTHER'S PEANUT BUTTER BUMPERS Cereal	33.0	1.0 cup (1 NLEA serving)	2.51	26.29	--
08094	Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry	28.0	1.0 packet (1 NLEA serving)	2.51	20.43	--
19895	Ice creams, BREYERS, No Sugar Added, Chocolate Caramel	71.0	1.0 serving 1/2 cup	2.51	17.87	--
12171	Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)	14.0	1.0 tbsp	2.51	2.50	0.055
09062	Cherimoya, raw	160.0	1.0 cup, pieces	2.51	28.34	0.050
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	2.51	49.71	0.031
11259	Mountain yam, hawaii, cooked, steamed, without salt	145.0	1.0 cup, cubes	2.51	29.00	0.020
11927	Mountain yam, hawaii, cooked, steamed, with salt	145.0	1.0 cup, cubes	2.51	28.99	0.020
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	28.35	1.0 oz	2.50	21.46	--
11235	Kale, frozen, unprepared	94.0	0.333 package (10 oz)	2.50	4.61	0.030
06188	Soup, beef broth, less/reduced sodium, ready to serve	219.0	1.0 cup	2.50	0.44	--
19887	Frozen novelties, KLONDIKE, SLIM-A-BEAR Vanilla Sandwich	64.0	1.0 serving 1 sandwich	2.50	27.36	--
18066	Bread, wheat bran	28.35	1.0 oz	2.49	13.55	0.031
18266	English muffins, whole-wheat	28.35	1.0 oz	2.49	11.45	0.037
18033	Bread, italian	28.35	1.0 oz	2.49	14.20	0.029
18190	Cookies, peanut butter sandwich, regular	28.35	1.0 oz	2.49	18.60	0.031
09081	Cranberry sauce, canned, sweetened	277.0	1.0 cup	2.49	111.91	--
20098	Pasta, homemade, made without egg, cooked	57.0	2.0 oz	2.49	14.32	0.032
28243	SUNSHINE, CHEEZ-IT, Hot & Spicy Crackers	30.0	25.0 crackers	2.49	18.36	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30.0	0.75 cup (1 NLEA serving)	2.49	23.97	--
08684	Cereals ready-to-eat, CASCADIAN FARM, Honey Nut O's	30.0	1.0 cup (1 NLEA serving)	2.49	24.93	--
43131	Luncheon slices, meatless	14.0	1.0 slice, thin	2.49	0.62	--
11830	Potatoes, baked, skin only, with salt	58.0	1.0 skin	2.49	26.71	--
11364	Potatoes, baked, skin, without salt	58.0	1.0 skin	2.49	26.71	--
03096	Babyfood, vegetable, green beans and potatoes	113.0	1.0 jar, Gerber (4 oz)	2.49	10.17	--
18232	Crackers, wheat, regular	34.0	16.0 crackers 1 serving	2.48	24.05	0.036
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	28.0	0.75 cup (1 NLEA serving)	2.48	22.31	--
11780	Cowpeas, leafy tips, cooked, boiled, drained, with salt	53.0	1.0 cup, chopped	2.48	1.48	--
11202	Cowpeas, leafy tips, cooked, boiled, drained, without salt	53.0	1.0 cup, chopped	2.48	1.48	--
28162	KELLOGG'S, Corn Flakes Crumbs	33.0	6.0 tbsp	2.48	27.85	--
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	240.0	1.0 cup, mashed	2.47	7.92	0.022
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	2.47	8.10	0.018
11779	Cowpeas, young pods with seeds, cooked, boiled, drained, with salt	95.0	1.0 cup	2.47	6.65	--
08388	Cereals ready-to-eat, KASHI 7 Whole Grain Puffs	19.0	1.0 cup (1 NLEA serving)	2.47	14.93	--
11792	Kale, scotch, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	2.47	7.31	0.030
11198	Cowpeas, young pods with seeds, cooked, boiled, drained, without salt	95.0	1.0 cup	2.47	6.65	--
11790	Kale, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	2.47	7.32	0.030
11234	Kale, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	2.47	7.32	0.030
11623	Kale, scotch, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	2.47	7.32	0.030
19186	Desserts, apple crisp, prepared-from-recipe	141.0	0.5 cup	2.47	43.48	--
18057	Bread, reduced-calorie, white	28.35	1.0 oz	2.47	12.56	0.029
18044	Bread, pumpernickel	28.35	1.0 oz	2.47	13.47	0.027
18450	Tortillas, ready-to-bake or -fry, flour, without added calcium	28.35	1.0 oz	2.47	15.76	0.030
18264	English muffins, wheat	28.35	1.0 oz	2.47	12.70	0.032
18025	Bread, cracked-wheat	28.35	1.0 oz	2.47	14.03	0.032
03682	Babyfood, cereal, high protein, prepared with whole milk	28.35	1.0 oz	2.47	3.29	0.037
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1.0 oz	2.47	20.30	0.020
11621	Drumstick pods, cooked, boiled, drained, without salt	118.0	1.0 cup slices	2.47	9.65	--
11787	Drumstick pods, cooked, boiled, drained, with salt	118.0	1.0 cup slices	2.47	9.65	--
06498	Soup, tomato, dry, mix, prepared with water	265.0	1.0 cup 8 fl oz	2.46	19.00	--
03108	Babyfood, vegetables, sweet potatoes strained	224.0	1.0 cup	2.46	29.57	0.049
03109	Babyfood, vegetables, sweet potatoes, junior	224.0	1.0 cup	2.46	31.36	0.047
08449	Cereals, QUAKER, Instant Grits Product with American Cheese Flavor, dry	28.0	1.0 packet (1 NLEA serving)	2.46	20.77	--
42240	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds	32.0	0.75 cup (1 NLEA serving)	2.46	25.47	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
25022	Snacks, FRITOLAY, SUNCHIPS, multigrain, French onion flavor	28.35	1.0 oz	2.46	18.57	--
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	2.46	10.64	0.021
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	192.0	1.0 cup slices	2.46	10.64	0.021
09040	Bananas, raw	225.0	1.0 cup, mashed	2.45	51.39	0.020
05326	Chicken breast tenders, breaded, cooked, microwaved	15.0	1.0 piece	2.45	2.63	0.030
28169	KELLOGG'S, POP-TARTS, Frosted Cookies & Creme Toaster Pastries	50.0	1.0 pastry	2.45	34.65	--
22971	Potato salad with egg	125.0	0.5 cup	2.45	20.22	--
16429	Tofu, fried, prepared with calcium sulfate	13.0	1.0 piece	2.45	1.15	0.033
18488	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Strawberry	52.0	1.0 pastry	2.44	36.97	--
20030	Hominy, canned, white	165.0	1.0 cup	2.44	23.53	0.013
06968	Soup, cream of mushroom, low sodium, ready-to-serve, canned	244.0	1.0 cup	2.44	11.05	--
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	15.0	1.0 cup (1 NLEA serving)	2.44	11.46	--
19152	Candies, ROLO Caramels in Milk Chocolate	48.0	1.0 package 1 package	2.44	32.62	--
18349	Rolls, french	28.35	1.0 oz	2.44	14.23	0.028
18048	Bread, raisin, enriched, toasted	28.35	1.0 oz	2.44	16.13	0.026
18348	Rolls, dinner, whole-wheat	28.0	1.0 roll (1 oz)	2.44	14.31	0.038
21138	Fast foods, potato, french fried in vegetable oil	71.0	1.0 serving small	2.44	29.42	--
18087	Cake, angelfood, dry mix	38.0	1.0 serving	2.43	32.73	0.043
28039	KASHI, TLC, Happy Trail Mix Cookies	30.0	1.0 cookie	2.43	19.16	--
08267	Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS	27.0	0.75 cup (1 NLEA serving)	2.43	21.55	--
19404	Snacks, granola bars, soft, uncoated, chocolate chip	43.0	1.0 bar (1.5 oz)	2.43	30.19	0.025
07033	Ham and cheese spread	15.0	1.0 tbsp	2.43	0.34	0.056
18934	Waffle, buttermilk, frozen, ready-to-heat, microwaved	35.0	1.0 waffle	2.42	15.46	--
21238	McDONALD'S, french fries	71.0	1.0 small serving	2.42	30.23	--
35205	Stinging Nettles, blanched (Northern Plains Indians)	89.0	1.0 cup	2.41	6.67	--
19009	Snacks, KRAFT, CORNNUTS, plain	28.35	1.0 oz	2.41	20.37	--
19434	Cheese puffs and twists, corn based, baked, low fat	28.35	1.0 oz	2.41	20.51	--
18060	Bread, rye	28.35	1.0 oz	2.41	13.69	0.027
18396	Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	2.41	15.14	0.030
19421	Snacks, potato chips, cheese-flavor	28.35	1.0 oz	2.41	16.36	0.021
18300	Pancakes, whole-wheat, dry mix, incomplete, prepared	28.35	1.0 oz	2.41	8.33	0.033
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	2.41	3.62	0.034
09261	Pears, dried, sulfured, stewed, with added sugar	280.0	1.0 cup, halves	2.41	103.99	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
18347	Rolls, dinner, wheat	28.0	1.0 roll (1 oz)	2.41	12.88	0.033
08087	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain CHEERIOS	29.0	1.0 cup (1 NLEA serving)	2.41	23.61	--
43143	Cabbage, japanese style, fresh, pickled	150.0	1.0 cup	2.40	8.50	--
09447	Plantains, yellow, fried, Latino restaurant	169.0	1.0 cup	2.40	68.90	--
18939	Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	51.0	1.0 pastry	2.40	37.08	--
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	28.35	1.0 oz	2.39	18.49	--
28000	KELLOGG'S, EGGO, Mini Muffin Tops, Chocolate Chip	46.0	1.0 set	2.39	20.70	--
18477	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted blueberry	52.0	1.0 pastry	2.39	37.32	--
18476	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Blueberry	52.0	1.0 pastry	2.39	35.57	--
21249	BURGER KING, french fries	74.0	1.0 small serving	2.39	28.64	0.021
07973	Turkey bacon, microwaved	8.1	1.0 slice	2.39	0.34	--
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	2.39	6.79	0.023
11890	Turnips, frozen, cooked, boiled, drained, with salt	156.0	1.0 cup	2.39	5.82	0.023
18077	Bread, whole-wheat, prepared from recipe	28.35	1.0 oz	2.38	14.57	0.035
18039	Bread, oatmeal	28.35	1.0 oz	2.38	13.75	0.033
09292	Plums, dried (prunes), stewed, without added sugar	248.0	1.0 cup, pitted	2.38	69.64	--
11322	Peas and carrots, frozen, unprepared	70.0	0.5 cup	2.38	7.80	0.017
43506	Frozen novelties, ice cream type, chocolate or caramel covered, with nuts	54.0	1.0 bar	2.38	16.69	--
08239	Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry	27.0	0.75 cup (1 NLEA serving)	2.38	21.74	--
07081	Turkey breast, sliced, prepackaged	16.0	1.0 slice	2.37	0.35	--
20330	Hominy, canned, yellow	160.0	1.0 cup	2.37	22.82	0.013
21324	McDONALD'S, Baked Apple Pie	77.0	2.7 oz	2.36	33.59	--
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	125.0	1.0 cup	2.36	9.85	0.025
11053	Beans, snap, green, cooked, boiled, drained, without salt	125.0	1.0 cup	2.36	9.85	0.025
11723	Beans, snap, green, cooked, boiled, drained, with salt	125.0	1.0 cup	2.36	9.85	0.025
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125.0	1.0 cup	2.36	9.85	0.025
09059	Breadfruit, raw	220.0	1.0 cup	2.35	59.66	--
18352	Rolls, hamburger or hotdog, reduced-calorie	28.35	1.0 oz	2.35	11.94	0.024
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	2.35	9.79	0.018
08701	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Multi-grain	31.0	1.0 Cup (1 NLEA serving)	2.35	26.84	--
11900	Corn, sweet, white, raw	73.0	1.0 ear, small (5-1/2" to 6-1/2" long)	2.35	13.88	0.017
28171	KELLOGG'S, POP-TARTS, Frosted Pumpkin Pie Toaster Pastries	50.0	1.0 pastry	2.35	35.30	--
18494	Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted brown sugar cinnamon	50.0	1.0 pastry	2.35	36.85	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	2.35	21.92	0.020
28167	KELLOGG'S, POP-TARTS, Frosted Cinnamon Roll Toaster Pastries	50.0	1.0 pastry	2.35	33.90	--
36039	Restaurant, family style, hash browns	94.0	1.0 cup	2.34	24.99	--
08610	Cereals ready-to-eat, KASHI Honey Sunshine	30.0	0.75 cup (1 NLEA serving)	2.34	24.60	--
11141	Celeriac, raw	156.0	1.0 cup	2.34	14.35	--
11802	New zealand spinach, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	2.34	3.83	--
08653	Cereals ready-to-eat, KELLOGG'S RICE KRISPIES, Gluten Free	30.0	1.0 cup (1 NLEA serving)	2.34	24.72	--
08543	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond	30.0	0.75 cup (1 NLEA serving)	2.34	24.90	--
08675	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey & almonds	30.0	0.75 cup (1 NLEA serving)	2.34	23.18	--
11277	New Zealand spinach, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	2.34	3.83	--
11481	Squash, summer, zucchini, italian style, canned	227.0	1.0 cup	2.34	15.55	0.020
11576	Turnip greens and turnips, frozen, unprepared	95.0	0.33 package (10 oz)	2.34	3.22	0.035
09150	Lemons, raw, without peel	212.0	1.0 cup, sections	2.33	19.76	--
01069	Cream substitute, powdered	94.0	1.0 cup	2.33	55.73	0.062
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	31.0	1.0 bar	2.33	20.14	0.017
13019	Beef, retail cuts, separable fat, raw	28.35	1.0 oz	2.33	0.00	0.015
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	58.0	1.0 serving 2.05 oz bar	2.33	41.28	--
18239	Croissants, butter	28.35	1.0 oz	2.32	12.98	0.028
18416	Bread, white, commercially prepared, low sodium, no salt	28.35	1.0 oz	2.32	14.06	0.027
18187	Cookies, peanut butter, refrigerated dough	28.35	1.0 oz	2.32	14.77	0.028
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	2.32	15.78	0.018
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	2.32	86.22	--
11489	Squash, winter, hubbard, raw	116.0	1.0 cup, cubes	2.32	10.09	0.032
06309	CAMPBELL'S, Chicken with Rice Soup, condensed	126.0	0.5 cup condensed	2.32	14.21	--
06023	Soup, chicken with rice, canned, condensed	126.0	0.5 cup	2.32	14.58	--
12156	Nuts, walnuts, glazed	28.0	1.0 oz	2.32	13.33	--
11398	Potato puffs, frozen, unprepared	120.0	1.0 cup	2.32	29.76	0.022
11384	Potatoes, au gratin, dry mix, unprepared	26.0	0.167 package (5.5 oz)	2.31	19.32	--
11585	Vegetable juice cocktail, low sodium, canned	254.0	1.0 cup	2.31	9.73	0.018
19071	Candies, carob, unsweetened	28.35	1.0 oz	2.31	15.96	--
19095	Ice creams, vanilla	66.0	1.0 serving 1/2 cup	2.31	15.58	0.030
28041	KASHI, TLC, Oatmeal Raisin Flax Cookies	30.0	1.0 cookie	2.31	20.10	--
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30.0	1.25 cup (1 NLEA serving)	2.31	24.85	0.019
18962	Crackers, cream, LA MODERNA RIKIS CREAM CRACKERS	32.0	10.0 crackers (1 NLEA serving)	2.30	20.76	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
18999	KELLOGG'S, EGGO, Mini Muffin Tops, Blueberry	46.0	1.0 set	2.30	21.07	--
18479	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted brown sugar cinnamon	50.0	1.0 pastry	2.30	34.50	--
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1.0 oz	2.30	14.60	0.033
12059	Nuts, acorns, dried	28.35	1.0 oz	2.30	15.21	0.028
18271	Ice cream cones, cake or wafer-type	28.35	1.0 oz	2.30	22.40	0.027
11864	Squash, winter, acorn, cooked, baked, with salt	205.0	1.0 cup, cubes	2.30	29.89	0.033
11483	Squash, winter, acorn, cooked, baked, without salt	205.0	1.0 cup, cubes	2.30	29.89	0.033
31031	Potatoes, french fried, cross cut, frozen, unprepared	85.0	3.0 oz	2.30	19.51	--
11601	Yam, raw	150.0	1.0 cup, cubes	2.30	41.82	0.018
08637	Cereals ready-to-eat, GENERAL MILLS, Oat Cluster CHEERIOS Crunch	27.0	0.75 cup (1 NLEA serving)	2.30	21.79	--
11241	Kohlrabi, raw	135.0	1.0 cup	2.30	8.37	0.014
03055	Babyfood, dinner, beef with vegetables	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	2.29	7.19	--
06401	Soup, cream of asparagus, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	2.29	10.69	0.029
06001	Soup, cream of asparagus, canned, condensed	126.0	0.5 cup (4 fl oz)	2.29	10.74	0.029
11875	Sweet potato, cooked, baked in skin, flesh, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	2.29	23.61	0.046
25023	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, Harvest Cheddar flavor	28.35	1.0 oz	2.29	18.34	--
11884	Tomatoes, red, ripe, cooked, with salt	240.0	1.0 cup	2.28	9.62	0.019
11530	Tomatoes, red, ripe, cooked	240.0	1.0 cup	2.28	9.62	0.019
28159	KEEBLER, WHEATABLES, Nut Crisp Crackers, Toasted Pecan	30.0	16.0 crackers	2.28	19.71	--
28157	KEEBLER, WHEATABLES, Honey Wheat Crackers	30.0	17.0 crackers	2.28	20.10	--
19184	Puddings, chocolate, dry mix, instant	99.0	1.0 package (3.5 oz)	2.28	87.02	--
09072	Cherries, sweet, canned, juice pack, solids and liquids	250.0	1.0 cup, pitted	2.28	34.52	--
08221	Cereals, QUAKER, Instant Grits, Butter flavor, dry	28.0	1.0 packet (1 NLEA serving)	2.27	20.95	--
06558	Soup, tomato bisque, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	2.27	23.71	0.022
28212	MURRAY, COOKIE JAR CLASSICS, Coconut Bars Cookies	32.0	6.0 cookies	2.27	23.65	--
08531	Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt	32.0	0.75 cup (1 NLEA serving)	2.27	27.30	--
19164	Candies, SPECIAL DARK Chocolate Bar	41.0	1.0 bar 1.45 oz	2.27	24.80	--
20113	Noodles, chinese, chow mein	28.0	0.5 cup dry	2.27	20.38	--
06158	Soup, tomato bisque, canned, condensed	129.0	0.5 cup (4 fl oz)	2.27	23.83	0.023
18245	Danish pastry, cheese	28.35	1.0 oz	2.27	10.55	0.025
18049	Bread, reduced-calorie, oat bran	28.35	1.0 oz	2.27	11.71	0.029
06624	SMART SOUP, Thai Coconut Curry	283.0	10.0 oz 1 pouch	2.26	18.40	--
08699	Cereals ready-to-eat, KELLOGG'S KRAVE Smores	31.0	0.75 Cup (1 NLEA serving)	2.26	23.68	--
16138	Falafel, home-prepared	17.0	1.0 patty (approx 2-1/4" dia)	2.26	5.41	0.023

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
11798	Mushrooms, shiitake, cooked, with salt	145.0	1.0 cup pieces	2.26	20.87	0.006
11269	Mushrooms, shiitake, cooked, without salt	145.0	1.0 cup pieces	2.26	20.87	0.006
08613	Cereals ready-to-eat, KELLOGG'S SPECIAL K Multigrain Oats and Honey	29.0	0.666 cup (1 NLEA serving)	2.26	24.65	--
03114	Babyfood, vegetable, butternut squash and corn	113.0	1.0 jar, Gerber (4 oz)	2.26	10.46	--
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	28.35	1.0 oz	2.25	19.07	0.020
11028	Bamboo shoots, canned, drained solids	131.0	1.0 cup (1/8" slices)	2.25	4.22	0.024
18994	BEAR NAKED, Fruit & Nut Cookies	30.0	1.0 cookie	2.25	18.48	--
08602	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan	30.0	0.75 cup (1 NLEA serving)	2.25	24.36	--
09315	Soursop, raw	225.0	1.0 cup, pulp	2.25	37.89	0.025
28165	KELLOGG'S, POP-TARTS, Chocolate Chip Cookie Dough Toaster Pastries	50.0	1.0 pastry	2.25	34.70	--
28173	KELLOGG'S, POP-TARTS, Frosted Sugar Cookie Toaster Pastries	50.0	1.0 pastry	2.25	35.10	--
08608	Cereals ready-to-eat, KASHI Berry Blossom	30.0	0.75 cup (1 NLEA serving)	2.25	24.93	--
42135	Whipped topping, frozen, low fat	75.0	1.0 cup	2.25	17.70	--
19877	Ice creams, BREYERS, 98% Fat Free Vanilla	68.0	1.0 serving 1/2 cup	2.24	20.75	--
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	28.35	1.0 oz	2.24	13.64	0.026
11655	Carrot juice, canned	236.0	1.0 cup	2.24	21.90	--
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	27.0	0.75 cup (1 NLEA serving)	2.24	22.49	--
28043	KEEBLER, ANIMALS, Cookies	40.0	1.0 package 1 serving	2.24	30.12	--
18610	CONTINENTAL MILLS, KRUSTEAZ Almond Poppyseed Muffin Mix, Artificially Flavored, dry	40.0	1.0 serving	2.24	30.24	--
19406	Snacks, granola bars, soft, uncoated, nut and raisin	28.0	1.0 bar (1 oz)	2.24	17.81	0.028
43212	Bacon bits, meatless	7.0	1.0 tbsp	2.24	2.00	--
18272	Ice cream cones, sugar, rolled-type	28.35	1.0 oz	2.24	23.84	0.026
18367	Waffles, plain, prepared from recipe	28.35	1.0 oz	2.24	9.33	0.028
18414	Bread, raisin, unenriched	28.35	1.0 oz	2.24	14.83	0.024
18073	Bread, white, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	2.24	14.06	0.028
35232	Wocas, dried seeds, Oregon, yellow pond lily (Klamath)	28.35	1.0 oz	2.24	22.69	--
19063	Snacks, tortilla chips, taco-flavor	28.35	1.0 oz	2.24	17.89	0.019
18047	Bread, raisin, enriched	28.35	1.0 oz	2.24	14.83	0.024
11645	Sweet potato, canned, syrup pack, solids and liquids	228.0	1.0 cup	2.23	47.72	0.046
09167	Loganberries, frozen	147.0	1.0 cup, unthawed	2.23	19.14	--
06955	Soup, cream of chicken, canned, condensed, reduced sodium	124.0	0.5 cup	2.23	11.78	--
06219	CAMPBELL'S, 98% Fat Free Cream of Chicken Soup, condensed	124.0	0.5 cup condensed	2.23	9.25	--
19248	Candies, HERSHEY'S, ALMOND JOY BITES	40.0	18.0 pieces	2.23	23.02	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
07254	Turkey bacon, unprepared	14.0	1.0 serving	2.23	0.26	--
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33.0	1.25 cup (1 NLEA serving)	2.23	28.07	0.031
36612	DENNY'S, golden fried shrimp	16.0	1.0 piece	2.22	3.35	0.025
11786	Drumstick leaves, cooked, boiled, drained, with salt	42.0	1.0 cup, chopped	2.21	4.68	0.034
11223	Drumstick leaves, cooked, boiled, drained, without salt	42.0	1.0 cup, chopped	2.21	4.68	0.034
18292	Pancakes, plain, dry mix, incomplete, prepared	28.35	1.0 oz	2.21	8.19	0.027
19857	Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	28.35	1.0 oz	2.21	17.69	0.019
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	28.35	1.0 oz	2.21	14.63	0.027
09205	Oranges, raw, with peel	170.0	1.0 cup	2.21	26.35	0.020
05327	Chicken breast tenders, breaded, uncooked	15.0	1.0 piece	2.21	2.25	0.028
11009	Artichokes, (globe or french), frozen, unprepared	84.0	0.33 package	2.21	6.51	--
19904	Chocolate, dark, 70-85% cacao solids	28.35	1.0 oz	2.21	13.01	--
28179	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Ice Creme Sandwich Toaster Pastries	48.0	1.0 pastry	2.21	33.31	--
14056	Beverages, Acai berry drink, fortified	266.0	8.0 fl oz	2.21	34.13	--
08025	Cereals ready-to-eat, RALSTON CRISP RICE	33.0	1.25 cup (1 NLEA serving)	2.21	28.45	0.031
03864	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA	103.0	1.0 serving 100 ml	2.20	8.33	--
19899	Ice creams, regular, low carbohydrate, chocolate	58.0	1.0 individual (3.5 fl oz)	2.20	15.54	--
19270	Ice creams, chocolate	58.0	1.0 individual (3.5 fl oz)	2.20	16.36	--
18608	KEEBLER, KEEBLER Chocolate Graham SELECTS	31.0	1.0 serving	2.20	22.26	--
28095	KEEBLER, FUDGE SHOPPE, Jumbo Fudge Sticks, Peanut Butter	31.0	1.0 cookie	2.20	18.79	--
28168	KELLOGG'S, POP-TARTS, Frosted Confetti Cake Toaster Pastries	50.0	1.0 pastry	2.20	36.50	--
28163	KELLOGG'S, POP-TARTS, Frosted Apple Strudel Toaster Pastries	50.0	1.0 pastry	2.20	35.25	--
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44.0	1.0 bar 1.55 oz	2.20	29.48	--
11062	Beans, snap, green, frozen, all styles, microwaved	111.0	1.0 cup	2.20	7.75	0.021
19254	Candies, MARS SNACKFOOD US, DOVE Milk Chocolate	37.0	1.0 serving 1.30 oz bar	2.20	22.12	--
08168	Cereals, CREAM OF RICE, cooked with water, with salt	244.0	1.0 cup	2.20	28.06	0.032
11707	Asparagus, canned, no salt added, solids and liquids	122.0	0.5 cup	2.20	3.03	0.022
08101	Cereals, CREAM OF RICE, cooked with water, without salt	244.0	1.0 cup	2.20	27.82	0.032
11013	Asparagus, canned, regular pack, solids and liquids	122.0	0.5 cup	2.20	3.03	0.022
19423	Snacks, potato chips, fat-free, made with olestra	28.35	1.0 oz	2.19	18.43	--
06028	Soup, clam chowder, manhattan, canned, condensed	126.0	0.5 cup (4 fl oz)	2.19	12.27	--
07028	Ham, sliced, pre-packaged, deli meat (96%fat free, water added)	13.0	1.0 slice	2.19	0.09	--
11080	Beets, raw	136.0	1.0 cup	2.19	13.00	0.026

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
03016	Babyfood, meat, turkey, junior	19.0	1.0 tbsp	2.18	0.27	--
18481	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted cherry	52.0	1.0 pastry	2.18	37.44	--
18486	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted raspberry	52.0	1.0 pastry	2.18	37.24	--
19016	Snacks, granola bars, hard, almond	28.35	1.0 oz	2.18	17.58	0.040
18269	French toast, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	2.18	7.09	0.027
18437	English muffins, plain, enriched, without calcium propionate(includes sourdough)	28.35	1.0 oz	2.18	13.04	0.026
18270	Hush puppies, prepared from recipe	28.35	1.0 oz	2.18	13.04	0.023
19007	Snacks, corn-based, extruded, onion-flavor	28.35	1.0 oz	2.18	18.46	0.017
18438	English muffins, plain, unenriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	2.18	13.04	0.026
18439	English muffins, plain, unenriched, without calcium propionate (includes sourdough)	28.35	1.0 oz	2.18	13.04	0.026
18071	Bread, white, prepared from recipe, made with nonfat dry milk	28.35	1.0 oz	2.18	15.20	0.027
06336	CAMPBELL'S, Cream of Chicken Soup, condensed	124.0	0.5 cup condensed	2.18	7.48	--
19235	Puddings, chocolate, ready-to-eat, fat free	113.0	1.0 serving 4 oz	2.18	23.58	--
11730	Beans, snap, yellow, frozen, all styles, unprepared	121.0	1.0 cup	2.18	9.17	0.023
31029	Potatoes, french fried, wedge cut, frozen, unprepared	85.0	3.0 oz	2.18	18.89	--
11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	87.0	1.0 cup whole	2.18	3.74	--
11266	Mushrooms, brown, italian, or crimini, raw	87.0	1.0 cup whole	2.18	3.74	0.049
16112	Miso	17.0	1.0 tbsp	2.17	4.31	0.026
18961	Crackers, cream, GAMESA SABROSAS	31.0	11.0 crackers (1 NLEA serving)	2.17	20.01	--
08652	Cereals ready-to-eat, KELLOGG'S KRAVE chocolate cereal	31.0	0.75 cup (1 NLEA serving)	2.17	23.59	--
09021	Apricots, raw	155.0	1.0 cup, halves	2.17	17.24	0.023
06068	Soup, vegetarian vegetable, canned, condensed	126.0	0.5 cup	2.17	12.32	0.015
19075	Candies, CARAMELLO Candy Bar	35.0	1.0 bar 1.25 oz	2.17	22.33	--
10167	Pork, cured, separable fat (from ham and arm picnic), roasted	28.35	1.0 oz	2.17	0.00	0.007
10098	Pork, fresh, variety meats and by-products, chitterlings, raw	28.35	1.0 oz	2.17	0.00	--
11060	Beans, snap, green, frozen, all styles, unprepared	121.0	1.0 cup	2.17	9.12	0.023
11390	Potatoes, hash brown, frozen, plain, unprepared	105.0	0.5 cup	2.16	18.61	0.029
11938	Mushroom, white, exposed to ultraviolet light, raw	70.0	1.0 cup pieces or slices	2.16	2.28	--
11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices	2.16	2.28	0.024
06159	Soup, tomato, canned, condensed	148.0	1.0 cup	2.16	22.53	--
28271	MURRAY, COOKIE JAR CLASSICS, Butter Cookies	30.0	8.0 cookies	2.16	22.29	--
28082	KEEBLER, FUDGE SHOPPE, Peanut Creme Filled Cookies	30.0	2.0 cookies	2.16	17.28	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	2.16	3.70	0.026
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	2.16	3.70	0.026
28040	KASHI, TLC, Oatmeal Dark Chocolate Cookies	30.0	1.0 cookie	2.16	20.10	--
11527	Tomatoes, green, raw	180.0	1.0 cup	2.16	9.18	0.016
06123	Gravy, onion, dry, mix	24.0	1.0 cup (8 fl oz)	2.16	16.23	--
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.16	0.00	0.022
18051	Bread, reduced-calorie, oatmeal	28.35	1.0 oz	2.15	12.28	0.027
03214	Babyfood, cookies, arrowroot	28.35	1.0 oz	2.15	21.38	--
18935	Waffle, plain, frozen, ready-to-heat, microwave	32.0	1.0 waffle, round (4"dia)	2.15	14.53	--
19148	Candies, peanut brittle, prepared-from-recipe	28.35	1.0 oz	2.15	20.20	--
01153	Milk, canned, evaporated, with added vitamin A	31.5	1.0 fl oz	2.15	3.16	0.030
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	2.15	3.16	0.030
28278	MURRAY, SUGAR FREE, Oatmeal Cookies	32.0	3.0 cookies	2.14	21.31	--
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	268.0	1.0 cup	2.14	18.76	--
08685	Cereals ready-to-eat, QUAKER WHOLE HEARTS oat cereal	28.0	0.75 cup (1 NLEA serving)	2.14	22.43	--
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	30.0	0.75 cup (1 NLEA serving)	2.14	24.36	0.027
06189	Sauce, teriyaki, ready-to-serve, reduced sodium	36.0	2.0 Tbsp	2.13	5.61	--
18489	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted strawberry	52.0	1.0 pastry	2.13	37.28	--
42236	Cereals ready-to-eat, frosted oat cereal with marshmallows	30.0	0.75 cup (1 NLEA serving)	2.13	25.41	--
28188	KELLOGG'S, SPECIAL K, Cracker Chips, Sour Cream & Onion	30.0	27.0 chips	2.13	22.29	--
28211	MURRAY, Chocolatey Chip Thins Cookies	30.0	8.0 cookies	2.13	22.08	--
08665	Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	30.0	0.75 cup (1 NLEA serving)	2.13	24.84	--
08658	Cereals ready-to-eat, KELLOGG'S KRAVE double chocolate cereal	30.0	0.75 cup (1 NLEA serving)	2.13	22.77	--
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	28.35	1.0 oz	2.13	20.10	0.027
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	53.0	1.0 piece	2.13	38.07	0.035
08707	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolate Almond	28.0	0.67 Cup (1 NLEA serving)	2.13	22.82	--
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	256.0	1.0 cup	2.12	59.80	--
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	40.0	1.0 donut	2.12	18.82	--
12060	Nuts, acorn flour, full fat	28.35	1.0 oz	2.12	15.49	0.026
19015	Snacks, granola bars, hard, plain	21.0	1.0 bar	2.12	13.52	0.037
08092	Cereals, QUAKER, corn grits, instant, plain, dry	29.0	1.0 packet	2.12	22.74	--
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	249.0	1.0 serving 1 cup	2.12	11.88	--
11740	Broccoli, flower clusters, raw	71.0	1.0 cup flowerets	2.12	3.59	0.021

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
06048	Soup, oyster stew, canned, condensed	123.0	0.5 cup (4 fl oz)	2.12	4.08	--
06063	Soup, tomato rice, canned, condensed	129.0	0.5 cup (4 fl oz)	2.12	22.03	--
14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	26.0	1.0 scoop	2.11	19.22	--
28178	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Hot Fudge Sundae Toaster Pastries	48.0	1.0 pastry	2.11	33.50	--
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	33.0	1.25 cup (1 NLEA serving)	2.11	27.39	--
05084	Chicken, broilers or fryers, neck, meat and skin, raw	15.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.11	0.00	0.021
01070	Dessert topping, powdered	43.0	1.5 oz	2.11	22.59	0.029
08648	Cereals ready-to-eat, KASHI Simply Maize	27.0	0.75 cup (1 NLEA serving)	2.11	22.49	--
11254	Lotus root, raw	81.0	10.0 slices (2-1/2" dia)	2.11	13.96	0.016
19279	Candies, milk chocolate coated coffee beans	28.35	1.0 oz	2.10	15.66	--
21347	McDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing	59.0	2.0 fl oz	2.10	4.04	--
11782	Dandelion greens, cooked, boiled, drained, with salt	105.0	1.0 cup, chopped	2.10	6.72	--
06122	Gravy, mushroom, dry, powder	21.0	1.0 cup (8 fl oz)	2.10	13.58	--
11208	Dandelion greens, cooked, boiled, drained, without salt	105.0	1.0 cup, chopped	2.10	6.72	--
18497	Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted strawberry	50.0	1.0 pastry	2.10	37.20	--
28229	MURRAY, SUGAR FREE, Shortbread Cookies	30.0	8.0 cookies	2.10	21.48	--
11620	Drumstick pods, raw	100.0	1.0 cup slices	2.10	8.53	--
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28.0	1.0 cup (1 NLEA serving)	2.10	23.55	0.013
03013	Babyfood, meat, chicken, junior	15.0	1.0 tbsp	2.10	0.00	0.025
31027	Potatoes, yellow fleshed, french fried, frozen, unprepared	85.0	3.0 oz	2.10	21.26	--
03005	Babyfood, meat, veal, strained	16.0	1.0 tbsp	2.10	0.24	--
12001	Seeds, breadfruit seeds, raw	28.35	1.0 oz	2.10	8.29	0.035
18280	Muffins, corn, dry mix, prepared	28.35	1.0 oz	2.10	13.92	0.023
18240	Croissants, apple	28.35	1.0 oz	2.10	10.52	0.024
18268	French toast, frozen, ready-to-heat	28.35	1.0 oz	2.10	9.10	0.027
18211	Puff pastry, frozen, ready-to-bake, baked	28.35	1.0 oz	2.10	12.96	0.024
06448	Soup, oyster stew, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	2.10	4.07	--
18633	PILLSBURY GRANDS, Buttermilk Biscuits, refrigerated dough	34.0	1.0 biscuit	2.09	14.42	--
01114	Whey, sweet, fluid	246.0	1.0 cup	2.09	12.64	0.032
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	76.0	10.0 fries	2.09	19.42	0.018
11507	Sweet potato, raw, unprepared	133.0	1.0 cup, cubes	2.09	26.76	0.041
11710	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt	58.0	1.0 cup	2.09	3.57	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
11023	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	58.0	1.0 cup	2.09	3.87	--
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	12.0	1.0 slice	2.09	0.35	0.023
19057	Snacks, tortilla chips, nacho cheese	28.35	1.0 oz	2.09	17.24	0.019
18507	KELLOGG'S EGGO Lowfat Blueberry Nutri-Grain Waffles	35.0	1.0 waffle, round (4" dia) (include frozen)	2.08	14.95	--
08138	Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS	30.0	1.0 cup	2.08	24.83	--
18490	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted wild berry	52.0	1.0 pastry	2.08	37.65	--
06995	PREGO Pasta, Chunky Garden Tomato, Onion and Garlic Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	2.08	13.52	--
28172	KELLOGG'S, POP-TARTS, Frosted Spring Berry Toaster Pastries	52.0	1.0 pastry	2.08	37.60	--
08647	Cereals ready-to-eat, KASHI INDIGO MORNING	27.0	0.75 cup (1 NLEA serving)	2.08	22.36	--
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	48.0	1.0 package (1.69 oz)	2.08	34.17	--
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	28.0	1.0 oz	2.08	13.55	0.023
08662	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with real strawberries	31.0	0.75 cup (1 NLEA serving)	2.08	25.82	--
28129	KEEBLER, SANDIES, Pecan Shortbread Cookies, Reduced Fat	31.0	2.0 cookies	2.08	20.80	--
08615	Cereals ready-to-eat, KELLOGG'S CRUNCHY NUT Golden Honey Nut flakes	31.0	0.75 cup (1 NLEA serving)	2.08	25.82	--
18459	Breakfast tart, low fat	52.0	1.0 tart	2.07	39.94	--
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241.0	1.0 cup	2.07	11.78	--
19020	Snacks, granola bars, soft, uncoated, plain	28.0	1.0 bar (1 oz)	2.07	18.84	0.028
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	27.0	0.75 cup (1 NLEA serving)	2.07	21.84	--
08603	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Blueberry	30.0	0.75 cup (1 NLEA serving)	2.07	25.89	--
28098	KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Peanut Butter	30.0	2.0 cookies	2.07	17.76	--
19017	Snacks, granola bars, hard, chocolate chip	28.35	1.0 oz	2.07	20.44	0.038
18337	Puff pastry, frozen, ready-to-bake	28.35	1.0 oz	2.07	12.79	0.024
18011	Biscuits, plain or buttermilk, dry mix, prepared	28.35	1.0 oz	2.07	13.72	0.026
18134	Cake, sponge, prepared from recipe	28.35	1.0 oz	2.07	16.36	0.025
11605	Beets, harvard, canned, solids and liquids	246.0	1.0 cup slices	2.07	44.72	0.025
11540	Tomato juice, canned, with salt added	243.0	1.0 cup	2.07	8.58	--
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	2.07	8.58	0.015
07072	Salami, dry or hard, pork, beef	9.8	1.0 slice	2.06	0.07	0.025
11240	Mushrooms, morel, raw	66.0	1.0 cup	2.06	3.37	--
28276	MURRAY, SOUTHERN KITCHEN, Oatmeal Cookies	29.0	2.0 cookies	2.06	19.63	--
28264	KEEBLER, Oatmeal Cookies	29.0	2.0 cookies	2.06	19.63	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
11976	Pepper, banana, raw	124.0	1.0 cup	2.06	6.63	--
06528	Soup, chicken noodle, dry, mix, prepared with water	245.0	1.0 cup	2.06	8.99	--
03012	Babyfood, meat, chicken, strained	15.0	1.0 tbsp	2.06	0.02	0.023
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	2.05	5.32	0.021
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	2.05	4.84	0.011
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	2.05	26.39	0.027
01237	Ice cream, bar or stick, chocolate covered	50.0	1.0 bar	2.05	12.25	--
28176	KELLOGG'S, POP-TARTS, Frosted Wild Grape Toaster Pastries	50.0	1.0 pastry	2.05	35.90	--
28192	KELLOGG'S, POP-TARTS, Gingerbread Toaster Pastries	50.0	1.0 pastry	2.05	35.40	--
28193	KELLOGG'S, POP-TARTS, Yum-azing Vanilla Milkshake Toaster Pastries	50.0	1.0 pastry	2.05	35.10	--
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	33.0	1.25 cup (1 NLEA serving)	2.04	27.69	--
18448	Taco shells, baked, without added salt	28.35	1.0 oz	2.04	17.69	0.015
28187	KELLOGG'S, SPECIAL K, Cracker Chips, Sea Salt	30.0	30.0 chips	2.04	22.62	--
08309	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES	30.0	0.75 cup (1 NLEA serving)	2.04	26.10	--
31030	Potatoes, french fried, steak cut, salt not added in processing, frozen, unprepared	85.0	3.0 oz	2.04	20.66	--
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	98.0	1.0 cup, chopped	2.04	3.63	--
11504	Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt	98.0	1.0 cup, chopped	2.04	3.63	--
18403	Waffles, plain, frozen, ready -to-heat, toasted	28.35	1.0 oz	2.04	13.97	0.024
19058	Snacks, tortilla chips, ranch-flavor	28.35	1.0 oz	2.04	17.79	0.016
09288	Prunes, canned, heavy syrup pack, solids and liquids	234.0	1.0 cup	2.04	65.05	--
08674	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey	30.0	0.75 cup (1 NLEA serving)	2.03	25.48	--
35203	Rose Hips, wild (Northern Plains Indians)	127.0	1.0 cup	2.03	48.54	--
19024	Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip	35.0	1.0 bar (1.25 oz)	2.03	22.33	0.024
08655	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches	29.0	0.75 cup (1 NLEA serving)	2.03	23.78	--
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	34.0	1.0 serving 3 cookies	2.03	22.95	0.028
11602	Yam, cooked, boiled, drained, or baked, without salt	136.0	1.0 cup, cubes	2.03	37.37	0.016
11897	Yam, cooked, boiled, drained, or baked, with salt	136.0	1.0 cup, cubes	2.03	36.71	0.016
11574	Turnip greens, frozen, unprepared	82.0	0.5 cup, chopped or diced	2.03	3.01	0.035
06463	Soup, tomato rice, canned, prepared with equal volume water	247.0	1.0 cup	2.03	21.09	--
43364	Snacks, tortilla chips, unsalted, white corn	26.0	1.0 cup	2.03	16.98	--
28033	GIRL SCOUTS, Tagalongs Cookies	25.0	2.0 cookies	2.02	13.05	--
28290	Cookie, with peanut butter filling, chocolate-coated	25.0	2.0 cookies	2.02	13.22	0.021
09117	Grapefruit, raw, white, California	230.0	1.0 cup sections, with juice	2.02	20.91	0.021

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
19065	Candies, ALMOND JOY Candy Bar	49.0	1.0 package 1.76 oz	2.02	29.16	--
11386	Potatoes, scalloped, dry mix, unprepared	26.0	0.167 package (5.5 oz)	2.02	19.22	--
11978	Peppers, ancho, dried	17.0	1.0 pepper	2.02	8.74	0.026
08666	Cereals ready-to-eat, GENERAL MILLS, Cinnamon Burst CHEERIOS	32.0	1.0 cup (1 NLEA serving)	2.02	26.62	--
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	32.0	0.75 cup (1 NLEA serving)	2.02	27.73	--
09190	Mulberries, raw	140.0	1.0 cup	2.02	13.72	--
08584	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight	31.0	0.75 cup (1 NLEA serving)	2.02	25.17	--
28198	MOTHER'S, Double Fudge Creme Sandwich Cookies	38.0	2.0 cookies	2.01	26.60	--
06594	CAMPBELL'S Soup on the Go, New England Clam Chowder	305.0	1.0 container	2.01	12.99	--
06589	CAMPBELL'S Soup on the Go, Creamy Broccoli Soup	305.0	1.0 container	2.01	12.99	--
06596	CAMPBELL'S Soup on the Go, Cheesy Potato with Bacon Flavor Soup	305.0	1.0 container	2.01	16.01	--
06585	CAMPBELL'S Soup on the Go, Vegetable with Mini Round Noodles Soup	305.0	1.0 container	2.01	21.01	--
18355	Sweet rolls, cheese	28.35	1.0 oz	2.01	12.39	0.022
19422	Snacks, potato chips, reduced fat	28.35	1.0 oz	2.01	18.97	0.031
18284	Muffins, wheat bran, dry mix	28.35	1.0 oz	2.01	20.70	0.033
43276	Cheese spread, cream cheese base	28.35	1.0 oz	2.01	0.99	--
18338	Phyllo dough	28.35	1.0 oz	2.01	14.91	0.025
19056	Snacks, tortilla chips, plain, white corn, salted	28.35	1.0 oz	2.01	19.22	--
19823	Potato chips, without salt, reduced fat	28.35	1.0 oz	2.01	19.22	--
18282	Muffins, corn, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	2.01	12.53	0.022
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	28.35	1.0 oz	2.01	12.96	0.025
19292	Candies, MARS SNACKFOOD US, M&M's Crispy Chocolate Candies	47.0	1.0 serving 1.6 oz bag	2.01	34.03	--
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135.0	1.0 cup	2.01	8.71	0.022
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	2.01	8.71	0.022
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	2.01	8.71	0.022
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	2.01	8.71	0.022
11964	Nopales, cooked, without salt	149.0	1.0 cup	2.01	4.89	0.021
27019	CAMPBELL'S Homestyle Harvest Tomato with Basil Soup	245.0	1.0 cup	2.01	23.01	--
06502	CAMPBELL'S Red and White - Microwaveable Bowls, Chicken Rice Soup	245.0	1.0 cup	2.01	13.99	--
43260	Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted	5.6	1.0 tbsp	2.00	2.30	--
01264	Ice cream bar, stick or nugget, with crunch coating	95.0	26.0 pieces	2.00	35.26	--
06058	CAMPBELL'S Red and White, Chicken Gumbo Soup, condensed	126.0	1.0 serving 1/2 cup	2.00	10.00	--
06379	CAMPBELL'S Red and White, Tomato Bisque, condensed	126.0	1.0 serving 1/2 cup	2.00	23.00	--
06029	CAMPBELL'S, HEALTHY REQUEST, chicken with rice, condensed	126.0	0.5 cup	2.00	9.06	--
06354	CAMPBELL'S Red and White, French Onion Soup, condensed	126.0	1.0 serving 1/2 cup	2.00	6.00	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
06364	CAMPBELL'S Red and White, Manhattan Clam Chowder, condensed	126.0	1.0 serving 1/2 cup	2.00	12.00	--
18141	Cake, yellow, commercially prepared, with vanilla frosting	67.0	1.0 serving	2.00	37.65	0.031
08348	Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice	33.0	1.25 cup (1 NLEA serving)	2.00	28.51	--
28329	Cookies, chocolate, made with rice cereal	62.0	1.0 cookie	2.00	39.22	--
06224	PREGO Pasta, Fresh Mushroom Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	2.00	13.00	--
06221	PREGO Pasta, Chunky Garden Mushroom Supreme Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	2.00	13.00	--
06235	P REGO Pasta, Roasted Garlic and Herb Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	2.00	13.00	--
06229	PREGO Pasta, Mushroom and Garlic Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	2.00	13.00	--
06225	PREGO Pasta, Garlic Supreme Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	2.00	17.00	--
06240	PREGO Pasta, Zesty Mushroom Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	2.00	18.00	--
06222	PREGO Pasta, Diced Onion and Garlic Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	2.00	18.00	--
06994	PREGO Pasta, Chunky Garden Combination Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	2.00	13.00	--
06932	PREGO Pasta, Traditional Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	2.00	13.00	--
27033	PREGO Pasta, Heart Smart- Traditional Sauce, ready-to-serve	130.0	0.5 cup	2.00	13.00	--
06223	PREGO Pasta, Flavored with Meat Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	2.00	13.00	--
06220	PREGO Pasta, Chunky Garden Mushroom and Green Pepper Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	2.00	13.00	--
19125	Chocolate-flavored hazelnut spread	37.0	1.0 serving 2 TBSP	2.00	23.00	--
09042	Blackberries, raw	144.0	1.0 cup	2.00	13.84	--
28352	Cookies, vanilla sandwich with creme filling, reduced fat	48.0	1.0 serving cookie	2.00	37.52	--
10007	Pork, fresh, separable fat, cooked	28.35	1.0 oz	2.00	0.00	0.024
08453	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Chocolatey Strawberry	29.0	0.75 Cup (1 NLEA serving)	2.00	24.16	--
08553	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry	30.0	0.75 cup (1 NLEA serving)	2.00	24.52	--
08657	Cereals ready-to-eat, BARBARA'S PUFFINS, original	27.0	0.75 cup (1 NLEA serving)	2.00	22.68	--
06319	Gravy, CAMPBELL'S, country style sausage	59.0	0.25 cup	2.00	3.00	--
01185	Parmesan cheese topping, fat free	5.0	1.0 tablespoon	2.00	--	--
25045	Formulated bar, high fiber, chewy, oats and chocolate	40.0	1.0 bar	2.00	27.91	0.020
28164	KELLOGG'S, POP-TARTS, Frosted Blueberry Muffin Toaster Pastries	50.0	1.0 pastry	2.00	35.45	--
06239	PREGO Pasta, Tomato, Basil and Garlic Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	2.00	12.00	--
06232	PREGO Pasta, Organic Mushroom Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	2.00	13.00	--
19917	Candies, M&M MARS Pretzel Chocolate Candies	40.0	0.25 cup	2.00	29.18	--
06233	PREGO Pasta, Organic Tomato and Basil Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	2.00	13.00	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
28180	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Rainbow Chip Toaster Pastries	50.0	1.0 pastry	2.00	35.40	--
06237	PREGO Pasta, Heart Smart- Roasted Red Pepper and Garlic Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	2.00	13.00	--
19233	Puddings, vanilla, ready-to-eat, fat free	99.0	1.0 serving 3.5 oz shelf stable	2.00	19.96	--
08546	Rice and Wheat cereal bar	22.0	1.0 bar	2.00	16.00	--
28325	Crackers, toast thins, low sodium	31.0	1.0 serving	2.00	20.97	--
07974	Bacon, turkey, low sodium	15.0	1.0 serving	2.00	0.72	0.028
18634	PILLSBURY Golden Layer Buttermilk Biscuits, Artificial Flavor, refrigerated dough	34.0	1.0 serving	2.00	14.00	--
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	35.0	1.0 bar	2.00	26.00	--
19001	Candies, TOBLERONE, milk chocolate with honey and almond nougat	35.0	1.0 bar	2.00	21.42	--
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	35.0	1.0 bar	2.00	25.29	0.026
28302	Cookies, graham crackers, plain or honey, lowfat	35.0	1.0 serving	2.00	27.29	--
06337	CAMPBELL'S, Cream of Chicken with Herbs Soup, condensed	124.0	0.5 cup condensed	2.00	9.00	--
06214	CAMPBELL'S, 25% Less Sodium Cream of Mushroom Soup, condensed	124.0	0.5 cup condensed	2.00	8.00	--
06333	CAMPBELL'S Red and White, Cream of Broccoli Soup, condensed	124.0	1.0 serving 1/2 cup	2.00	12.00	--
06991	HEALTHY REQUEST, Tomato Soup, condensed	124.0	1.0 serving 1/2 cup	2.00	17.00	--
06014	CAMPBELL'S Red and White, Broccoli Cheese Soup, condensed	124.0	1.0 serving 1/2 cup	2.00	12.00	--
06215	CAMPBELL'S, 98% Fat Free Broccoli Cheese Soup, condensed	124.0	0.5 cup condensed	2.00	12.00	--
06209	CAMPBELL'S, 98% Fat Free Cream of Broccoli Soup, condensed	124.0	0.5 cup condensed	2.00	9.99	--
06339	CAMPBELL'S, Cream of Mushroom with Roasted Garlic Soup, condensed	124.0	0.5 cup condensed	2.00	9.99	--
06213	CAMPBELL'S Red and White, 25% Less Sodium Tomato Soup, condensed	124.0	1.0 serving 1/2 cup	2.00	20.00	--
06149	Soup, chicken mushroom, canned, condensed	124.0	0.5 cup	2.00	14.82	--
06355	CAMPBELL'S Red and White, Golden Mushroom Soup, condensed	124.0	1.0 serving 1/2 cup	2.00	9.99	--
06312	CAMPBELL'S Red and White, Cream of Asparagus Soup, condensed	124.0	1.0 serving 1/2 cup	2.00	9.00	--
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	89.0	10.0 strip	1.99	22.08	0.018
31007	HEALTHY REQUEST Tomato juice	243.0	8.0 fl oz	1.99	11.01	--
31002	CAMPBELL'S, Tomato juice, low sodium	243.0	8.0 fl oz	1.99	10.01	--
31018	CAMPBELL'S, V8 Vegetable Juice, High Fiber V8	243.0	8.0 fl oz	1.99	13.10	--
31012	CAMPBELL'S, V8 Vegetable Juice, Low Sodium V8	243.0	8.0 fl oz	1.99	10.01	--
31008	CAMPBELL'S, V8 100% Vegetable Juice	243.0	8.0 fl oz	1.99	10.01	--
31013	CAMPBELL'S, V8 Vegetable Juice, Spicy Hot V8	243.0	8.0 fl oz	1.99	10.01	--
31010	CAMPBELL'S, V8 Vegetable Juice, Essential Antioxidants V8	243.0	8.0 oz	1.99	11.01	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
31006	CAMPBELL'S, Organic Tomato juice	243.0	8.0 fl oz	1.99	10.01	--
31001	CAMPBELL'S, Tomato juice	243.0	8.0 fl oz	1.99	10.01	--
31017	CAMPBELL'S, V8 Vegetable Juice, Low Sodium Spicy Hot	243.0	8.0 fl oz	1.99	11.01	--
31011	CAMPBELL'S, V8 Vegetable Juice, Calcium Enriched V8	243.0	8.0 fl oz	1.99	11.01	--
14092	Beverages, chocolate almond milk, unsweetened, shelf-stable, fortified with vitamin D2 and E	240.0	1.0 cup	1.99	3.00	--
11487	Squash, winter, butternut, frozen, unprepared	113.0	0.33 package (12 oz)	1.99	16.28	0.028
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	48.0	1.0 cup	1.99	16.22	0.034
08047	Cereals ready-to-eat, QUAKER, KING VITAMAN	31.0	1.5 cup (1 NLEA serving)	1.99	25.99	--
19914	Candies, M&M MARS 3 MUSKETEERS Truffle Crisp	31.0	1.0 serving	1.99	19.58	--
18430	Danish pastry, cinnamon, unenriched	28.35	1.0 oz	1.98	12.64	0.024
19810	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted	28.35	1.0 oz	1.98	15.00	0.031
18283	Muffins, oat bran	28.35	1.0 oz	1.98	13.69	0.030
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	28.35	1.0 oz	1.98	14.35	0.019
18016	Biscuits, plain or buttermilk, prepared from recipe	28.35	1.0 oz	1.98	12.64	0.025
19811	Snacks, potato chips, plain, unsalted	28.35	1.0 oz	1.98	15.00	0.031
18412	Bread, cornbread, dry mix, unenriched (includes corn muffin mix)	28.35	1.0 oz	1.98	19.70	0.020
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	28.35	1.0 oz	1.98	19.70	0.020
18103	Coffeecake, cheese	28.35	1.0 oz	1.98	12.56	0.022
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1.0 oz	1.98	15.93	0.018
19809	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted	28.35	1.0 oz	1.98	15.00	0.031
19804	Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour	28.35	1.0 oz	1.98	15.93	0.018
18244	Danish pastry, cinnamon, enriched	28.35	1.0 oz	1.98	12.64	0.024
11693	Tomatoes, crushed, canned	121.0	0.5 cup	1.98	8.82	0.015
16542	MORNINGSTAR FARMS Breakfast Bacon Strips, frozen, unprepared	16.0	2.0 strips	1.98	2.29	--
16535	WORTHINGTON Stripples, frozen, unprepared	16.0	2.0 strip	1.98	2.29	--
28057	KEEBLER, CHIPS DELUXE, Oatmeal Chocolate Chip Cookies	31.0	2.0 cookies	1.98	20.24	--
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	31.0	1.0 cup (1 NLEA serving)	1.98	26.35	--
19149	Candies, NESTLE, RAISINETS Chocolate Covered Raisins	45.0	1.0 serving 1.58 oz bag	1.98	31.95	--
08305	Cereals ready-to-eat, Post, Waffle Crisp	30.0	1.0 cup (1 NLEA serving)	1.98	24.90	--
28074	KEEBLER, E.L. FUDGE, Butter Flavored Cookies	36.0	2.0 cookies	1.98	25.20	--
18993	BEAR NAKED, Double Chocolate Cookies	30.0	1.0 cookie	1.98	20.07	--
11660	Tomatoes, red, ripe, cooked, stewed	101.0	1.0 cup	1.98	13.18	0.019

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
08244	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	30.0	0.5 cup (1 NLEA serving)	1.98	25.29	--
28351	Cookies, Marie biscuit	28.0	5.0 cookie	1.97	19.75	--
25060	Snack, Pretzel, hard chocolate coated	28.0	1.0 serving	1.97	19.62	0.013
11222	Drumstick leaves, raw	21.0	1.0 cup, chopped	1.97	1.74	0.030
28315	Bread, cinnamon	28.0	1.0 slice 1 serving	1.97	12.43	--
28100	KEEBLER, FUDGE SHOPPE, Fudge Sticks, Peanut Butter	29.0	3.0 cookies	1.97	17.40	--
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	29.0	0.75 cup (1 NLEA serving)	1.97	21.92	--
11991	Yautia (tannier), raw	135.0	1.0 cup, sliced	1.97	31.90	--
11841	Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated	74.0	10.0 strip	1.97	21.25	--
11735	Beets, canned, no salt added, solids and liquids	246.0	1.0 cup	1.97	16.16	0.025
21337	McDONALD'S, Peanuts (for Sundaes)	7.0	0.3 oz	1.96	1.14	--
17066	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	1.96	0.00	0.023
19403	Snacks, crisped rice bar, almond	28.0	1.0 bar (1 oz)	1.96	18.09	0.028
06964	Soup, tomato, low sodium, with water	248.0	1.0 serving 1 cup	1.96	16.29	--
27065	Dip, bean, original flavor	36.0	2.0 tbsp	1.96	5.72	--
43387	Turnip greens, canned, no salt added	144.0	1.0 cup	1.96	4.05	--
27068	Dip, FRITO'S, bean, original flavor	36.0	2.0 tbsp	1.96	5.72	--
03845	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, ready-to-feed, with ARA and DHA	107.0	1.0 serving 100 ml	1.96	7.29	--
03813	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, ready-to-feed	107.0	1.0 Serving 100 ml	1.96	7.29	--
18617	NABISCO, NABISCO GRAHAMS Crackers	28.0	1.0 serving	1.96	21.34	--
18273	Muffins, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	1.96	11.74	0.024
03711	Babyfood, cereal, high protein, with apple and orange, prepared with whole milk	28.35	1.0 oz	1.96	3.80	--
18332	Pie crust, standard-type, dry mix	28.35	1.0 oz	1.96	14.77	0.023
28399	Cookies, animal crackers (includes arrowroot, tea biscuits)	28.35	1.0 oz	1.96	21.01	0.028
08383	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Red Berries	31.0	1.0 cup (1 NLEA serving)	1.95	27.00	--
28048	KEEBLER, BAKER'S TREASURES, Oatmeal Raisin Cookie, soft	32.0	2.0 cookies	1.95	22.11	--
12108	Nuts, coconut meat, dried (desiccated), not sweetened	28.35	1.0 oz	1.95	6.70	0.023
28175	KELLOGG'S, POP-TARTS, Frosted Wild Fruit Fusion Toaster Pastries	50.0	1.0 pastry	1.95	36.15	--
28170	KELLOGG'S, POP-TARTS, Frosted Orange Cream Toaster Pastries	50.0	1.0 pastry	1.95	35.30	--
08635	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar	30.0	1.0 cup (1 NLEA serving)	1.95	24.81	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
28177	KELLOGG'S, POP-TARTS, Frosted Wild Strawberry Toaster Pastries	50.0	1.0 pastry	1.95	36.05	--
28174	KELLOGG'S, POP-TARTS, Frosted Waffle Cone Toaster Pastries	50.0	1.0 pastry	1.95	37.15	--
06956	Soup, tomato, canned, condensed, reduced sodium	121.0	1.0 serving 1/2 cup	1.95	16.23	--
28031	GIRL SCOUTS, Do-si-dos Cookies	24.0	2.0 cookies	1.94	15.84	--
12588	Nuts, cashew butter, plain, with salt added	16.0	1.0 tbsp	1.94	4.85	0.026
08580	Incaparina, dry mix (corn and soy flours), unprepared	8.9	1.0 tbsp	1.94	5.39	0.023
12094	Nuts, chestnuts, chinese, dried	28.35	1.0 oz	1.93	22.61	0.023
11848	Pumpkin leaves, cooked, boiled, drained, with salt	71.0	1.0 cup	1.93	2.41	0.025
11419	Pumpkin leaves, cooked, boiled, drained, without salt	71.0	1.0 cup	1.93	2.41	0.025
11278	Okra, raw	100.0	1.0 cup	1.93	7.45	0.017
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	28.35	1.0 oz	1.93	13.24	0.023
18377	Cookies, oatmeal, prepared from recipe, without raisins	28.35	1.0 oz	1.93	18.82	0.025
18390	Pancakes, buttermilk, prepared from recipe	28.35	1.0 oz	1.93	8.14	0.023
18417	Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	28.35	1.0 oz	1.93	13.24	0.023
09277	Plantains, raw	148.0	1.0 cup, sliced	1.92	47.20	0.022
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	32.0	1.5 cup (1 NLEA serving)	1.92	27.72	--
03077	Babyfood, dinner, pasta with vegetables	113.0	1.0 jar, Gerber (4 oz)	1.92	9.49	--
19255	Candies, MARS SNACKFOOD US, DOVE Dark Chocolate	37.0	1.0 serving 1.3 oz bar	1.92	21.98	--
43026	Syrups, sugar free	240.0	1.0 cup	1.92	29.11	--
28181	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Strawberry Milkshake Toaster Pastries	48.0	1.0 pastry	1.92	33.60	--
28059	KEEBLER, CHIPS DELUXE, Peanut Butter Cups Cookies	32.0	2.0 cookies	1.92	19.46	--
28221	MURRAY, SUGAR FREE, Chocolate Chip & Pecan Cookies	32.0	3.0 cookies	1.92	18.75	--
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	1.92	7.49	0.027
28182	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Vanilla Milkshake Toaster Pastries	48.0	1.0 pastry	1.92	33.65	--
28186	KELLOGG'S, SPECIAL K, Cracker Chips, Cheddar	30.0	27.0 chips	1.92	22.11	--
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	82.0	10.0 strip	1.92	19.65	0.017
18224	Crackers, rusk toast	14.2	0.5 oz	1.92	10.27	0.024
18234	Crackers, wheat, sandwich, with peanut butter filling	14.2	0.5 oz	1.92	7.64	0.023
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27.0	0.75 cup (1 NLEA serving)	1.92	21.24	--
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29.0	1.0 cup (1 NLEA serving)	1.91	25.29	--
09071	Cherries, sweet, canned, water pack, solids and liquids	248.0	1.0 cup, pitted	1.91	29.16	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
18635	PILLSBURY, Cinnamon Rolls with Icing, refrigerated dough	44.0	1.0 serving 1 roll with icing	1.91	23.50	--
08682	Cereals ready-to-eat, GENERAL MILLS, Multi Grain CHEERIOS, Peanut Butter	28.0	0.75 cup (1 NLEA serving)	1.90	22.96	--
19415	Snacks, potato sticks	28.35	1.0 oz	1.90	15.11	--
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	1.90	12.33	0.019
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	28.35	1.0 oz	1.90	22.02	--
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	240.0	1.0 cup	1.90	8.33	0.019
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	1.90	8.33	0.019
01146	Cheese, parmesan, shredded	5.0	1.0 tbsp	1.89	0.17	0.028
16124	Soy sauce made from soy (tamari)	18.0	1.0 tbsp	1.89	1.00	0.033
28205	MOTHER'S, Macaroon Cookies	31.0	2.0 cookies	1.89	17.27	--
28124	KEEBLER, SANDIES, Cashew Shortbread Cookies	30.0	2.0 cookies	1.89	17.79	--
18541	ARCHWAY Home Style Cookies, Peanut Butter	21.0	1.0 serving	1.89	12.28	--
06042	Soup, mushroom barley, canned, condensed	126.0	0.5 cup (4 fl oz)	1.89	12.10	--
11965	Cauliflower, green, raw	64.0	1.0 cup	1.89	3.90	0.025
28231	MURRAY, SUGAR FREE, Vanilla Wafer	32.0	9.0 cookies	1.89	23.68	--
28226	MURRAY, SUGAR FREE, Pecan Shortbread Cookies	32.0	3.0 cookies	1.89	18.34	--
11361	Potatoes, roasted, salt added in processing, frozen, unprepared	85.0	3.0 oz	1.89	22.23	--
09183	Melons, casaba, raw	170.0	1.0 cup, cubes	1.89	11.19	--
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	170.0	1.0 container	1.89	12.70	0.026
17005	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	1.89	0.00	0.022
28219	MURRAY, SOUTHERN KITCHEN, Iced Oatmeal Cookies	29.0	2.0 cookies	1.88	20.16	--
28070	KEEBLER, CLUB Crackers, Snack Sticks, Honey Wheat	29.0	12.0 crackers	1.88	19.14	--
28109	KEEBLER, Iced Oatmeal Cookies	29.0	2.0 cookies	1.88	20.16	--
11968	Cauliflower, green, cooked, with salt	62.0	0.5 cup (1" pieces)	1.88	3.89	0.025
12220	Seeds, flaxseed	10.3	1.0 tbsp, whole	1.88	2.97	0.031
19256	Candies, MARS SNACKFOOD US, MILKY WAY Caramels, milk chocolate covered	44.0	1.0 serving 5 pieces	1.88	30.14	--
25064	Snacks, potato chips, lightly salted	28.0	23.0 pieces	1.88	14.99	--
28036	GIRL SCOUTS, Trefoils Cookies	33.0	5.0 cookies	1.88	22.44	--
05089	Chicken, broilers or fryers, neck, meat only, cooked, fried	7.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.88	0.12	0.022
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244.0	1.0 cup	1.88	21.81	--
06442	Soup, mushroom barley, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	1.88	11.71	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
25028	Tortilla chips, yellow, plain, salted	28.35	1.0 oz	1.88	19.10	--
11622	Kale, scotch, raw	67.0	1.0 cup, chopped	1.88	5.57	0.023
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	1.88	25.56	0.032
03822	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, prepared from powder	103.0	1.0 serving 100 ml	1.87	6.83	--
11018	Asparagus, frozen, unprepared	58.0	4.0 spears	1.87	2.38	0.018
06341	CAMPBELL'S, Cream of Potato Soup, condensed	124.0	0.5 cup condensed	1.87	16.43	--
06053	Soup, cream of potato, canned, condensed	124.0	0.5 cup	1.87	15.86	0.025
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	180.0	1.0 cup slices	1.87	6.82	0.014
09201	Oranges, raw, California, valencias	180.0	1.0 cup sections, without membranes	1.87	21.40	0.018
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	1.87	6.82	0.014
18032	Bread, irish soda, prepared from recipe	28.35	1.0 oz	1.87	15.88	0.020
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1.0 oz	1.87	14.54	0.020
18157	Cookies, chocolate wafers	28.35	1.0 oz	1.87	20.61	0.027
01112	Whey, acid, fluid	246.0	1.0 cup	1.87	12.60	0.039
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	256.0	1.0 cup	1.87	59.57	--
14192	Beverages, Cocoa mix, powder	28.0	1.0 serving (3 heaping tsp or 1 envelope)	1.87	23.44	--
09065	Cherries, sour, red, canned, light syrup pack, solids and liquids	252.0	1.0 cup	1.86	48.64	--
18219	Crackers, matzo, whole-wheat	14.2	0.5 oz	1.86	11.20	0.029
28207	MOTHER'S, Old Fashioned Iced Oatmeal Cookies	31.0	2.0 cookies	1.86	22.57	--
28189	KELLOGG'S, SPECIAL K, Cracker Chips, Southwest Ranch	30.0	27.0 chips	1.86	22.44	--
28267	KEEBLER, SANDIES, Simply Shortbread Cookies	31.0	2.0 cookies	1.86	19.28	--
11951	Peppers, sweet, yellow, raw	186.0	1.0 pepper, large (3-3/4" long, 3" dia)	1.86	11.76	0.024
11091	Broccoli, cooked, boiled, drained, without salt	78.0	0.5 cup, chopped	1.86	5.60	0.027
11742	Broccoli, cooked, boiled, drained, with salt	78.0	0.5 cup, chopped	1.86	5.60	0.027
19271	Ice creams, strawberry	58.0	1.0 individual (3.5 fl oz)	1.86	16.01	--
23298	Beef, Australian, imported, Wagyu, external fat, Aust. marble score 4/5, raw	28.35	1.0 oz	1.85	0.00	--
09067	Cherries, sour, red, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	1.85	76.29	--
28104	KEEBLER, GRIPZ, Chocolate Chip Grahams, bite-size	25.0	1.0 pouch	1.85	18.90	--
28105	KEEBLER, GRIPZ, Cinnamon Grahams, bite-size	25.0	1.0 pouch	1.85	18.90	--
07055	Pate, liver, not specified, canned	13.0	1.0 tbsp	1.85	0.20	0.020
19042	Snacks, potato chips, barbecue-flavor	28.35	1.0 oz	1.85	15.85	--
11866	Squash, winter, butternut, cooked, baked, with salt	205.0	1.0 cup, cubes	1.84	21.50	0.027

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	1.84	21.50	0.027
18184	Cookies, oatmeal, prepared from recipe, with raisins	28.35	1.0 oz	1.84	19.39	0.023
18180	Cookies, oatmeal, dry mix	28.35	1.0 oz	1.84	19.08	0.032
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	1.84	11.54	0.023
11408	Potatoes, frozen, french fried, par fried, extruded, unprepared	65.0	10.0 strips	1.84	19.60	0.025
19898	Ice creams, regular, low carbohydrate, vanilla	58.0	1.0 individual (3.5 fl oz)	1.84	12.89	0.026
11027	Bamboo shoots, cooked, boiled, drained, without salt	120.0	1.0 cup (1/2" slices)	1.84	2.30	0.019
11712	Bamboo shoots, cooked, boiled, drained, with salt	120.0	1.0 cup (1/2" slices)	1.84	1.82	0.019
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	132.0	1.0 serving 1/2 cup	1.83	9.81	--
18365	Waffles, plain, frozen, ready-to-heat	28.35	1.0 oz	1.83	12.18	0.022
11695	Tomatoes, orange, raw	158.0	1.0 cup, chopped	1.83	5.02	0.013
18222	Crackers, melba toast, wheat	14.2	0.5 oz	1.83	10.85	0.024
28126	KEEBLER, SANDIES, Dark Chocolate Almond Shortbread Cookies	30.0	2.0 cookies	1.83	17.97	--
11291	Onions, spring or scallions (includes tops and bulb), raw	100.0	1.0 cup, chopped	1.83	7.34	0.020
11052	Beans, snap, green, raw	100.0	1.0 cup 1/2" pieces	1.83	6.97	0.019
28274	MURRAY, Honey Graham	31.0	8.0 crackers	1.83	23.47	--
11977	Peppers, serrano, raw	105.0	1.0 cup, chopped	1.83	7.04	--
11863	Squash, winter, all varieties, cooked, baked, with salt	205.0	1.0 cup, cubes	1.82	18.14	0.027
11644	Squash, winter, all varieties, cooked, baked, without salt	205.0	1.0 cup, cubes	1.82	18.14	0.027
28197	MOTHER'S, Coconut Cocadas Cookies	32.0	5.0 cookies	1.82	20.83	--
28037	JACKSON'S, Old Fashioned Lemon Jumble Cookies	32.0	3.0 cookies	1.82	22.94	--
28270	MOTHER'S, Vanilla Sandwich Cookies	38.0	2.0 cookies	1.82	26.18	--
11722	Beans, snap, yellow, raw	100.0	1.0 cup 1/2" pieces	1.82	7.13	0.019
28072	KEEBLER, Country Style Oatmeal Cookies with Raisins	28.0	2.0 cookies	1.82	18.76	--
11609	Beets, pickled, canned, solids and liquids	227.0	1.0 cup slices	1.82	36.96	0.020
08273	Cereals ready-to-eat, GENERAL MILLS, BOO BERRY	33.0	1.0 cup (1 NLEA serving)	1.82	28.18	--
08268	Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY	33.0	1.0 cup (1 NLEA serving)	1.82	28.18	--
11265	Mushrooms, portabella, raw	86.0	1.0 cup diced	1.81	3.33	0.030
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	86.0	1.0 cup diced	1.81	3.33	0.048
21127	Fast foods, coleslaw	191.0	1.0 cup	1.81	28.44	--
19038	Snacks, popcorn, caramel-coated, with peanuts	28.35	1.0 oz (approx 2/3 cup)	1.81	22.88	0.015
18293	Pancakes, plain, prepared from recipe	28.35	1.0 oz	1.81	8.02	0.023
18254	Doughnuts, yeast-leavened, with creme filling	28.35	1.0 oz	1.81	8.50	0.022
18436	Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	28.35	1.0 oz	1.81	12.56	0.022

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
03942	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	1.81	7.98	--
28372	UDI'S, Gluten Free, Soft & Hearty Whole Grain Bread	25.0	1.0 slice	1.81	12.27	--
28339	Bread, gluten-free, whole grain, made with tapioca starch and brown rice flour	25.0	1.0 slice	1.81	12.27	--
12099	Nuts, chestnuts, european, dried, unpeeled	28.35	1.0 oz	1.81	21.92	0.020
06377	CAMPBELL'S, Tomato Soup, condensed	124.0	0.5 cup condensed	1.81	18.87	--
10105	Pork, fresh, variety meats and by-products, jowl, raw	28.35	1.0 oz	1.81	0.00	0.006
03070	Babyfood, dinner, chicken soup, strained	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	1.81	8.14	--
44259	Puddings, all flavors except chocolate, low calorie, regular, dry mix	113.0	1.0 serving	1.81	97.23	--
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	28.0	1.0 cup (1 NLEA serving)	1.81	24.09	0.025
11104	Burdock root, raw	118.0	1.0 cup (1" pieces)	1.81	20.46	0.007
06976	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	128.0	1.0 serving 1/2 cup	1.80	10.32	--
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	1.80	17.56	0.025
07065	Pork and beef sausage, fresh, cooked	13.0	1.0 link (raw dimensions: 4" long x 7/8" dia), cooked	1.79	0.35	0.017
18112	Cake, pudding-type, german chocolate, dry mix	43.0	1.0 serving	1.79	34.94	0.025
03099	Babyfood, vegetables, carrots, strained	224.0	1.0 cup	1.79	13.44	0.025
03100	Babyfood, vegetables, carrots, junior	224.0	1.0 cup	1.79	16.13	0.025
28277	MURRAY, SUGAR FREE, Chocolate Chip Cookies	32.0	3.0 cookies	1.79	20.35	--
19411	Snacks, potato chips, plain, salted	28.0	1.0 oz	1.79	15.07	0.030
09353	Blueberries, wild, canned, heavy syrup, drained	319.0	1.0 cup	1.79	90.34	--
42136	Cream substitute, powdered, light	94.0	1.0 cup	1.79	69.00	--
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119.0	1.0 cup, shredded	1.78	2.87	0.018
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	119.0	1.0 cup, shredded	1.78	2.87	0.018
28250	SUNSHINE, CHEEZ-IT, 100 Calorie RIGHT BITES, Extra Cheesy Party Mix	21.0	1.0 pouch	1.78	13.71	--
11297	Parsley, fresh	60.0	1.0 cup chopped	1.78	3.80	0.027
09048	Blackberries, frozen, unsweetened	151.0	1.0 cup, unthawed	1.78	23.66	--
17284	Lamb, Australian, imported, fresh, separable fat, raw	28.35	1.0 oz	1.78	0.00	0.021
11409	Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	50.0	10.0 strips	1.78	19.84	0.024
06483	Soup, cream of chicken, dry, mix, prepared with water	261.0	1.0 cup 8 fl oz	1.77	13.34	--
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	1.77	24.52	0.018
28263	KEEBLER, Grahams, Cinnamon Crisp	30.0	8.0 crackers	1.77	22.89	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
09446	Plantains, green, fried	118.0	1.0 cup	1.77	58.02	--
03002	Babyfood, meat, beef, strained	14.7	1.0 tbsp	1.77	0.36	--
28056	KEEBLER, CHIPS DELUXE, Mini Chocolate Chip Cookies	34.0	1.0 pouch	1.77	23.12	--
14226	Beverages, OCEAN SPRAY, Light Cranberry and Raspberry Flavored Juice	242.0	8.0 fl oz	1.77	13.96	--
11423	Pumpkin, cooked, boiled, drained, without salt	245.0	1.0 cup, mashed	1.76	12.00	0.022
11845	Pumpkin, cooked, boiled, drained, with salt	245.0	1.0 cup, mashed	1.76	10.56	0.022
08157	Cereals ready-to-eat, wheat, puffed, fortified	12.0	1.0 cup	1.76	9.55	0.027
18215	Crackers, cheese, sandwich-type with peanut butter filling	14.2	0.5 oz	1.76	8.06	0.019
06559	Soup, tomato, canned, prepared with equal volume water, commercial	248.0	1.0 serving 1 cup	1.76	18.48	--
11282	Onions, raw	160.0	1.0 cup, chopped	1.76	14.94	0.022
28052	KEEBLER, CHIPS DELUXE, Chocolate Lovers Cookies	32.0	2.0 cookies	1.76	20.16	--
11932	Beans, snap, yellow, canned, regular pack, drained solids	153.0	1.0 cup	1.76	6.88	0.018
11933	Beans, snap, yellow, canned, no salt added, drained solids	153.0	1.0 cup	1.76	6.88	0.018
18009	Biscuits, plain or buttermilk, frozen, baked	28.35	1.0 oz	1.76	15.27	0.022
18356	Sweet rolls, cinnamon, commercially prepared with raisins	28.35	1.0 oz	1.76	14.43	0.021
18178	Cookies, oatmeal, commercially prepared, regular	28.35	1.0 oz	1.76	19.48	0.028
12158	Seeds, breadfruit seeds, roasted	28.35	1.0 oz	1.76	11.37	0.029
18154	Cookies, brownies, prepared from recipe	28.35	1.0 oz	1.76	14.23	0.022
12077	Nuts, beechnuts, dried	28.35	1.0 oz	1.76	9.50	0.020
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	29.0	1.0 cup	1.76	25.19	0.019
06453	Soup, cream of potato, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	1.76	11.47	0.024
21388	Fast foods, miniature cinnamon rolls	25.0	1.0 each	1.76	13.34	0.014
08671	Cereals ready-to-eat, GENERAL MILLS, Dulce De Leche CHEERIOS	27.0	0.75 cup (1 NLEA serving)	1.76	22.14	--
28269	MOTHER'S, Old Fashioned Oatmeal Cookies	27.0	2.0 cookies	1.76	19.22	--
09306	Raspberries, frozen, red, sweetened	250.0	1.0 cup, thawed	1.75	65.40	--
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	125.0	1.0 cup	1.75	2.68	0.024
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	30.0	1.0 cup (NLEA serving)	1.75	25.74	0.009
07053	Pate, chicken liver, canned	13.0	1.0 tbsp	1.75	0.85	0.025
18218	Crackers, matzo, egg	14.2	0.5 oz	1.75	11.16	0.021
05353	USDA Commodity, chicken fajita strips, frozen	9.4	1.0 strip	1.74	0.21	0.019
12058	Nuts, acorns, raw	28.35	1.0 oz	1.74	11.55	0.021
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	1.74	22.93	0.017
19150	Candies, REESE'S Peanut Butter Cups	17.0	1.0 package 0.6 oz 1 cup	1.74	9.41	--
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	28.35	1.0 oz	1.74	13.59	0.012

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
28071	KEEBLER, CLUB Crackers, Snack Sticks, Original	29.0	12.0 crackers	1.74	18.85	--
03857	Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	1.74	6.48	--
03823	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-feed	106.0	1.0 Serving 100 ml	1.74	6.48	--
09206	Orange juice, raw	248.0	1.0 cup	1.74	25.79	0.005
28125	KEEBLER, SANDIES, Chocolate Chip & Pecan Shortbread Cookies	31.0	2.0 cookies	1.74	18.35	--
19903	Chocolate, dark, 60-69% cacao solids	28.35	1.0 oz	1.74	14.86	--
31028	Potatoes, yellow fleshed, hash brown, shredded, salt added in processing, frozen, unprepared	85.0	3.0 oz	1.73	15.28	--
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	69.0	10.0 strip	1.73	18.98	0.015
07043	Roast beef, deli style, prepackaged, sliced	9.3	1.0 slice oval	1.73	0.06	--
18421	Cookies, butter, commercially prepared, unenriched	28.35	1.0 oz	1.73	19.53	0.024
18126	Cake, shortcake, biscuit-type, prepared from recipe	28.35	1.0 oz	1.73	13.75	0.022
18294	Pancakes, blueberry, prepared from recipe	28.35	1.0 oz	1.73	8.22	0.022
18179	Cookies, oatmeal, commercially prepared, soft-type	28.35	1.0 oz	1.73	18.63	0.027
18017	Biscuits, mixed grain, refrigerated dough	28.35	1.0 oz	1.73	13.44	0.022
18155	Cookies, butter, commercially prepared, enriched	28.35	1.0 oz	1.73	19.53	0.024
28203	MOTHER'S, Iced Oatmeal Cookies	32.0	4.0 cookies	1.73	22.72	--
28151	KEEBLER, TRADITIONS, Iced Oatmeal Cookies	32.0	4.0 cookies	1.73	22.72	--
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	27.0	1.0 cup (1 NLEA serving)	1.73	22.97	--
28206	MOTHER'S, Old Fashioned Chocolate Chip Cookies	32.0	2.0 cookies	1.73	21.12	--
11054	Beans, snap, green, canned, regular pack, solids and liquids	240.0	1.0 cup	1.73	7.85	0.019
12119	Nuts, coconut water (liquid from coconuts)	240.0	1.0 cup	1.73	8.90	0.019
19003	Snacks, corn-based, extruded, chips, plain	28.0	1.0 oz	1.73	15.93	0.013
09022	Apricots, canned, water pack, with skin, solids and liquids	243.0	1.0 cup, halves	1.73	15.53	0.032
09334	Feijoa, raw	243.0	1.0 cup, pureed	1.73	36.96	0.017
11214	Escarole, cooked, boiled, drained, no salt added	150.0	1.0 cup	1.72	4.60	0.008
03015	Babyfood, meat, turkey, strained	15.0	1.0 tbsp	1.72	0.21	0.022
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	29.0	1.0 cup (1 NLEA serving)	1.72	25.17	0.019
11407	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	50.0	10.0 strips	1.72	17.02	0.023
11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	50.0	10.0 strips	1.72	17.02	0.023
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	27.0	0.75 cup (1 NLEA serving)	1.72	22.59	--
18424	Crackers, melba toast, plain, without salt	14.2	0.5 oz	1.72	10.88	0.020

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
18220	Crackers, melba toast, plain	14.2	0.5 oz	1.72	10.88	0.020
11729	Beans, snap, green, canned, no salt added, drained solids	153.0	1.0 cup	1.71	6.61	0.018
11698	Chrysanthemum leaves, raw	51.0	1.0 cup, chopped	1.71	1.54	--
11428	Purslane, cooked, boiled, drained, without salt	115.0	1.0 cup	1.71	4.08	0.018
11849	Purslane, cooked, boiled, drained, with salt	115.0	1.0 cup	1.71	4.08	0.018
28195	MOTHER'S, Chocolate Chip Cookies	30.0	4.0 cookies	1.71	20.28	--
28054	KEEBLER, CHIPS DELUXE, Coconut Cookies	30.0	2.0 cookies	1.71	18.45	--
28222	MURRAY, SUGAR FREE, Fudge Dipped Grahams	30.0	4.0 cookies	1.71	18.99	--
28199	MOTHER'S, English Tea Sandwich Cookies	38.0	2.0 cookies	1.71	26.98	--
28131	KEEBLER, Sweet Cremes Cookies	38.0	2.0 cookies	1.71	26.98	--
09427	Abiyuch, raw	114.0	0.5 cup	1.71	20.06	--
18637	KRAFT FOODS, SHAKE 'N' BAKE ORIGINAL RECIPE, Coating for Pork, dry	28.0	1.0 serving	1.71	22.34	--
19405	Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow	28.0	1.0 bar (1 oz)	1.71	19.82	0.024
08588	Cereals ready-to-eat, KELLOGG, KELLOGG'S CINNABON cereal	30.0	1.0 cup (1 NLEA serving)	1.71	24.99	--
17092	Veal, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	1.71	0.00	0.017
28091	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Oatmeal	31.0	3.0 cookies	1.70	20.58	--
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	1.70	8.57	0.013
23299	Beef, Australian, imported, Wagyu, seam fat, Aust. marble score 4/5, raw	28.35	1.0 oz	1.70	0.00	--
18183	Cookies, oatmeal, refrigerated dough, baked	28.35	1.0 oz	1.70	18.63	0.028
42283	Snacks, potato chips, white, restructured, baked	34.0	1.0 cup	1.70	24.28	--
25010	Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Almond Snack Bar	22.0	1.0 bar	1.70	11.37	--
28047	KEEBLER, BAKER'S TREASURES, Chocolate Chip Cookie, soft	32.0	2.0 cookies	1.70	22.37	--
03008	Babyfood, meat, ham, strained	15.0	1.0 tbsp	1.70	0.56	0.021
09035	Apricots, frozen, sweetened	242.0	1.0 cup	1.69	60.74	0.019
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	1.69	28.06	0.005
09207	Orange juice, canned, unsweetened	249.0	1.0 cup	1.69	27.41	0.005
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	249.0	1.0 cup	1.69	28.73	0.005
09209	Orange juice, chilled, includes from concentrate	249.0	1.0 cup	1.69	28.73	0.005
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	1.69	28.06	0.005
12004	Seeds, breadnut tree seeds, raw	28.35	1.0 oz (8-14 seeds)	1.69	13.12	0.046
09200	Oranges, raw, all commercial varieties	180.0	1.0 cup, sections	1.69	21.15	0.016

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
31026	Potatoes, yellow fleshed, roasted, salt added in processing, frozen, unprepared	85.0	3.0 oz	1.69	19.92	--
18242	Croutons, plain	14.2	0.5 oz	1.69	10.44	0.020
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	1.69	24.18	0.023
06410	Soup, cream of celery, canned, prepared with equal volume water	248.0	1.0 cup	1.69	8.98	0.020
11399	Potato puffs, frozen, oven-heated	79.0	10.0 puffs	1.68	21.56	0.016
28028	FAMOUS AMOS, Chocolate Chip Pecan Cookies	29.0	4.0 cookies	1.68	18.50	--
19258	Candies, MARS SNACKFOOD US, MILKY WAY Caramels. dark chocolate covered	44.0	1.0 serving 5 pieces	1.68	29.73	--
11224	Hyacinth-beans, immature seeds, raw	80.0	1.0 cup	1.68	7.35	--
28089	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Mini	40.0	1.0 package	1.68	27.48	--
07083	Sausage, Vienna, canned, chicken, beef, pork	16.0	1.0 sausage (7/8" dia x 2" long)	1.68	0.42	0.017
28045	KEEBLER, ANIMALS, Iced Cookies	30.0	6.0 cookies 1 serving	1.68	22.26	--
09518	Raspberries, frozen, unsweetened	140.0	1.0 cup, unthawed	1.68	16.72	--
08469	Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal	30.0	0.75 cup (1 NLEA serving)	1.68	26.19	--
18316	Pie, coconut custard, commercially prepared	28.35	1.0 oz	1.67	8.56	0.022
18256	Doughnuts, yeast-leavened, with jelly filling	28.35	1.0 oz	1.67	11.06	0.020
18279	Muffins, corn, commercially prepared	28.35	1.0 oz	1.67	14.46	0.019
18208	Cookies, sugar, prepared from recipe, made with margarine	28.35	1.0 oz	1.67	17.01	0.021
18936	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	28.35	1.0 oz	1.67	12.28	--
28262	FAMOUS AMOS, Vanilla Sandwich Creme Cookies	34.0	3.0 cookies	1.67	25.09	--
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	129.0	0.5 cup condensed	1.66	8.50	0.012
09052	Blueberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	1.66	56.47	0.008
06010	Soup, cream of celery, canned, condensed	126.0	0.5 cup	1.66	8.86	0.019
11537	Tomatoes, red, ripe, canned, with green chilies	241.0	1.0 cup	1.66	8.72	--
09233	Passion-fruit juice, yellow, raw	247.0	1.0 cup	1.65	35.69	--
28218	MURRAY, SOUTHERN KITCHEN, Coconut Cookies	29.0	2.0 cookies	1.65	19.00	--
18086	Cake, angelfood, commercially prepared	28.0	1.0 piece (1/12 of 12 oz cake)	1.65	16.18	0.021
08506	Cereals ready-to-eat, RALSTON Corn Flakes	28.0	1.0 cup (1 NLEA serving)	1.65	24.64	0.010
08661	Cereals ready-to-eat, KELLOGG'S CINNAMON JACKS	28.0	1.0 cup (1 NLEA serving)	1.65	23.24	--
43142	Radishes, hawaiian style, pickled	150.0	1.0 cup	1.65	7.80	--
28216	MURRAY, Old Fashioned Iced Oatmeal Cookies	33.0	5.0 cookies	1.65	23.43	--
43027	Jellies, no sugar (with sodium saccharin), any flavors	300.0	1.0 cup	1.65	88.80	--
11118	Cabbage, kimchi	150.0	1.0 cup	1.65	3.60	--
28058	KEEBLER, CHIPS DELUXE, Original Chocolate Chip Cookies	30.0	2.0 cookies	1.65	18.81	--
09508	Fruit juice smoothie, NAKED JUICE, GREEN MACHINE	275.0	1.0 cup	1.65	34.46	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
18221	Crackers, melba toast, rye (includes pumpernickel)	14.2	0.5 oz	1.65	10.98	0.019
19173	Gelatin desserts, dry mix, prepared with water	135.0	0.5 cup	1.65	19.16	0.000
25007	Snacks, M&M MARS, KUDOS Whole Grain Bars, peanut butter	28.0	1.0 bar	1.65	18.11	--
43078	Beverage, milkshake mix, dry, not chocolate	7.0	1.0 tbsp	1.64	3.70	--
19005	Snacks, corn-based, extruded, cones, plain	28.35	1.0 oz	1.64	17.83	0.012
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	31.0	0.75 cup (1 NLEA serving)	1.64	26.38	--
19328	Candies, MARS SNACKFOOD US, COCOAVIA Crispy Chocolate Bar	20.0	1.0 serving 0.7 oz bar	1.64	12.41	--
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	1.64	6.28	0.029
11891	Turnip greens, cooked, boiled, drained, with salt	144.0	1.0 cup, chopped	1.64	6.28	0.029
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	245.0	1.0 cup, mashed	1.64	21.54	0.024
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	1.64	21.54	0.024
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	100.0	1.0 cup (1" pieces)	1.64	4.31	--
11767	Chrysanthemum, garland, cooked, boiled, drained, with salt	100.0	1.0 cup (1" pieces)	1.64	4.31	--
09109	Gooseberries, canned, light syrup pack, solids and liquids	252.0	1.0 cup	1.64	47.25	--
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	180.0	1.0 cup slices	1.64	7.76	0.014
11368	Potatoes, microwaved, cooked in skin, flesh, without salt	78.0	0.5 cup	1.64	18.16	0.026
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	78.0	0.5 cup	1.64	18.16	0.026
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	1.64	7.76	0.014
06443	Soup, cream of mushroom, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	1.64	8.26	--
18642	GENERAL MILLS, BETTY CROCKER SUPERMOIST Yellow Cake Mix, dry	43.0	1.0 serving	1.63	34.96	--
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	28.35	1.0 oz	1.63	15.34	0.027
03112	Babyfood, potatoes, toddler	163.0	1.0 cup	1.63	19.12	--
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	1.63	8.29	0.018
28046	KEEBLER, ANIMALS, Crackers	29.0	8.0 crackers 1 serving	1.62	21.84	--
19891	Frozen novelties, No Sugar Added CREAMSICLE Pops	44.0	1.0 serving 1 pop	1.62	5.67	--
18375	Leavening agents, yeast, baker's, active dry	4.0	1.0 tsp	1.62	1.65	0.022
08510	Milk and cereal bar	25.0	1.0 bar	1.62	18.01	--
28107	KEEBLER, Gingerbread Men Cookies, Holiday	33.0	5.0 cookies	1.62	25.71	--
18449	Tortillas, ready-to-bake or -fry, corn, without added salt	28.35	1.0 oz	1.62	13.21	0.012
18363	Tortillas, ready-to-bake or -fry, corn	28.35	1.0 oz	1.62	12.66	0.012
18378	Cookies, chocolate chip, prepared from recipe, made with butter	28.35	1.0 oz	1.62	16.50	0.020
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	28.35	1.0 oz	1.62	16.56	0.020
19234	Puddings, tapioca, ready-to-eat, fat free	112.0	1.0 container refrigerated 4 oz	1.61	23.87	--
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	28.35	1.0 oz	1.61	0.03	0.005

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
28075	KEEBLER, E.L. FUDGE, Double Stuffed Cookies	35.0	2.0 cookies	1.61	23.66	--
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	1.61	6.30	0.013
11353	Potatoes, russet, flesh and skin, raw	75.0	0.5 cup, diced	1.60	13.55	--
11613	Borage, raw	89.0	1.0 cup (1" pieces)	1.60	2.72	--
11270	Mustard greens, raw	56.0	1.0 cup, chopped	1.60	2.62	--
42196	Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar	50.0	1.0 serving 1.76 oz bar	1.60	35.61	--
43214	Butter replacement, without fat, powder	80.0	1.0 cup	1.60	71.20	--
06988	CAMPBELL'S HEALTHY REQUEST, Cream of Mushroom Soup, condensed	124.0	0.5 cup condensed	1.60	10.66	--
11298	Parsnips, raw	133.0	1.0 cup slices	1.60	23.93	--
06194	Soup, chicken broth, ready-to-serve	249.0	1.0 cup	1.59	1.10	--
11570	Turnip greens, canned, solids and liquids	117.0	0.5 cup	1.59	2.83	0.027
18144	Cake, yellow, enriched, dry mix	43.0	1.0 serving	1.59	35.23	0.026
28374	VAN'S, Gluten Free, Totally Original Pancakes	48.0	1.0 pancake	1.59	19.35	--
28347	Pancakes, gluten-free, frozen, ready-to-heat	48.0	1.0 pancake	1.59	19.35	--
18177	Cookies, molasses	28.35	1.0 oz	1.59	20.92	0.023
09514	Fruit juice smoothie, BOLTHOUSE FARMS, BERRY BOOST	252.0	1.0 cup	1.59	27.47	--
18172	Cookies, gingersnaps	28.35	1.0 oz	1.59	21.80	0.023
09116	Grapefruit, raw, white, all areas	230.0	1.0 cup sections, with juice	1.59	19.34	0.016
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	1.59	0.10	0.021
03119	Babyfood, vegetables, corn, creamed, strained	113.0	1.0 jar	1.58	15.93	0.017
11436	Rutabagas, cooked, boiled, drained, without salt	170.0	1.0 cup, cubes	1.58	11.63	--
28060	KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies	31.0	2.0 cookies	1.58	20.15	--
09278	Plantains, cooked	200.0	1.0 cup, mashed	1.58	62.30	0.018
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	1.58	26.01	0.004
09164	Litchis, raw	190.0	1.0 cup	1.58	31.41	0.013
18457	Crackers, saltines, fat-free, low-sodium	15.0	3.0 saltines	1.58	12.34	0.021
09238	Peaches, canned, juice pack, solids and liquids	250.0	1.0 cup	1.58	28.92	0.005
28115	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Fudge Covered Pretzels	21.0	1.0 package	1.58	14.97	--
09250	Peaches, frozen, sliced, sweetened	250.0	1.0 cup, thawed	1.58	59.95	0.005
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	65.0	10.0 strips	1.57	15.59	0.021
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	32.0	1.0 cup (1 NLEA serving)	1.57	27.58	--
09083	Currants, european black, raw	112.0	1.0 cup	1.57	17.23	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
09084	Currants, red and white, raw	112.0	1.0 cup	1.57	15.46	--
09023	Apricots, canned, water pack, without skin, solids and liquids	227.0	1.0 cup, whole, without pits	1.57	12.44	0.027
08593	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate	27.0	0.75 cup (1 NLEA serving)	1.57	22.54	--
08583	Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS	27.0	0.75 cup (1 NLEA serving)	1.57	22.73	--
08513	Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS	28.0	0.75 cup (1 NLEA serving)	1.57	23.63	--
43369	Beverages, Chocolate-flavored drink, whey and milk based	244.0	1.0 cup	1.56	26.06	--
09294	Prune juice, canned	256.0	1.0 cup	1.56	44.67	--
11518	Taro, raw	104.0	1.0 cup, sliced	1.56	27.52	0.024
11475	Squash, summer, scallop, raw	130.0	1.0 cup slices	1.56	4.99	0.014
18418	Cake, pound, commercially prepared, other than all butter, unenriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	1.56	15.75	0.021
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	60.0	1.0 serving 2.13 oz bar	1.56	46.66	--
18121	Cake, pound, commercially prepared, other than all butter, enriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	1.56	15.75	0.021
28223	MURRAY, SUGAR FREE, Fudge Dipped Mint Cookies	26.0	4.0 cookies	1.56	16.51	--
18388	Muffins, wheat bran, toaster-type with raisins, toasted	28.35	1.0 oz	1.56	15.73	0.021
18147	Cheesecake commercially prepared	28.35	1.0 oz	1.56	7.23	0.018
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	1.56	14.97	0.019
18317	Pie, egg custard, commercially prepared	28.35	1.0 oz	1.56	5.90	0.020
18148	Cheesecake prepared from mix, no-bake type	28.35	1.0 oz	1.56	10.06	0.019
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	27.0	0.75 cup (1 NLEA serving)	1.56	24.22	0.033
08679	Cereals ready-to-eat, GENERAL MILLS, FROSTED TOAST CRUNCH	30.0	0.75 cup (1 NLEA serving)	1.56	23.58	--
18214	Crackers, cheese, regular	14.2	0.5 oz	1.55	8.44	0.018
23300	Beef, Australian, imported, Wagyu, external fat, Aust. marble score 9, raw	28.0	1.0 oz	1.55	0.27	--
03819	Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted	9.4	1.0 scoop	1.55	5.15	--
09063	Cherries, sour, red, raw	155.0	1.0 cup, without pits	1.55	18.88	--
28127	KEEBLER, SANDIES, Pecan Shortbread Cookies	31.0	2.0 cookies	1.55	18.29	--
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz, crunchy (about 21 pieces)	1.55	15.46	0.020
14091	Beverages, almond milk, unsweetened, shelf stable	262.0	1.0 cup	1.55	1.52	--
09219	Tangerines, (mandarin oranges), canned, juice pack	249.0	1.0 cup	1.54	23.83	0.015
28217	MURRAY, SOUTHERN KITCHEN, Chocolate Chip Cookies	28.0	2.0 cookies	1.54	18.62	--
08592	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut	28.0	0.75 cup (1 NLEA serving)	1.54	23.71	--
09075	Cherries, sweet, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	1.54	68.46	--
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	27.0	0.75 cup (1 NLEA serving)	1.54	23.90	--
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	1.54	13.12	0.016
09024	Apricots, canned, juice pack, with skin, solids and liquids	244.0	1.0 cup, halves	1.54	30.11	0.027

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
09073	Cherries, sweet, canned, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	1.54	43.57	--
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	1.54	25.52	0.026
19243	Candies, HEATH BITES	39.0	15.0 pieces	1.54	24.72	--
08681	Cereals ready-to-eat, CASCADIAN FARM, Cinnamon Crunch	27.0	0.75 cup (1 NLEA serving)	1.54	22.03	--
08594	Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX	32.0	0.75 cup (1 NLEA serving)	1.54	25.95	--
28215	MURRAY, JACKS Vanilla Wafers	32.0	9.0 cookies	1.54	24.99	--
18243	Croutons, seasoned	14.2	0.5 oz	1.53	9.02	0.018
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	28.35	1.0 oz	1.53	15.90	0.019
18431	Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	28.35	1.0 oz	1.53	13.55	0.018
18182	Cookies, oatmeal, refrigerated dough	28.35	1.0 oz	1.53	16.75	0.025
18422	Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched	28.35	1.0 oz	1.53	18.94	0.021
18133	Cake, sponge, commercially prepared	28.35	1.0 oz	1.53	17.29	0.020
18435	Danish pastry, raspberry, unenriched	28.35	1.0 oz	1.53	13.55	0.018
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	28.35	1.0 oz	1.53	13.55	0.018
18451	Cake, pound, commercially prepared, fat-free	28.35	1.0 oz	1.53	17.29	0.020
18433	Danish pastry, lemon, unenriched	28.35	1.0 oz	1.53	13.55	0.018
28029	GIRL SCOUTS, Caramel Dulce De Leche Cookies	30.0	4.0 cookies	1.53	19.44	--
08659	Cereals ready-to-eat, KELLOGG'S FROSTED FLAKES, CHOCO ZUCARITAS	30.0	0.75 cup (1 NLEA serving)	1.53	25.53	--
28275	MURRAY, Old Fashioned Gingersnaps Cookies	30.0	5.0 cookies	1.53	22.17	--
11828	Potatoes, baked, flesh and skin, with salt	61.0	0.5 cup	1.52	12.90	0.015
18192	Cookies, shortbread, commercially prepared, plain	28.35	1.0 oz	1.52	18.08	--
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	253.0	1.0 cup	1.52	53.81	--
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	1.52	19.09	0.020
09191	Nectarines, raw	143.0	1.0 cup slices	1.52	15.09	0.007
07067	Poultry salad sandwich spread	13.0	1.0 tbsp	1.51	0.96	0.017
08586	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIX	28.0	1.0 cup	1.51	23.94	--
28338	Bread, gluten-free, white, made with tapioca starch and brown rice flour	28.0	1.0 slice	1.51	14.32	0.022
28030	GIRL SCOUTS, Chalet Cookies	36.0	3.0 cookies	1.51	26.03	--
28371	UDI'S, Gluten Free, Soft & Delicious White Sandwich Bread	28.0	1.0 slice	1.51	14.32	0.022
11435	Rutabagas, raw	140.0	1.0 cup, cubes	1.51	12.07	--
28085	KEEBLER, FUDGE SHOPPE, Fudge Grahams, 1/2 Dipped, Reduced Fat	27.0	4.0 cookies	1.51	19.90	--
08582	Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLORER	27.0	0.75 cup (1 NLEA serving)	1.51	22.36	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	27.0	0.75 cup (1 NLEA serving)	1.51	22.60	--
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	1.51	22.51	0.012
11446	Seaweed, laver, raw	26.0	10.0 sheets	1.51	1.33	0.011
28337	Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca	35.0	1.0 slice	1.51	16.02	--
25040	Snacks, vegetable chips, made from garden vegetables	28.35	1.0 oz	1.51	17.13	0.024
01194	KRAFT BREAKSTONE'S FREE Fat Free Sour Cream	32.0	2.0 tbsp	1.50	4.83	--
12114	Nuts, coconut meat, dried (desiccated), toasted	28.35	1.0 oz	1.50	12.59	0.018
25063	Snacks, potato chips, made from dried potatoes (preformed), multigrain	28.35	1.0 oz	1.50	18.52	--
12003	Seeds, breadfruit seeds, boiled	28.35	1.0 oz	1.50	9.07	0.025
03051	Babyfood, dinner, spaghetti and tomato and meat, toddler	28.35	1.0 oz	1.50	3.06	0.018
18281	Muffins, corn, toaster-type	28.35	1.0 oz	1.50	16.41	0.017
18186	Cookies, peanut butter, commercially prepared, soft-type	28.35	1.0 oz	1.50	16.36	0.018
12177	Nuts, coconut meat, dried (desiccated), creamed	28.35	1.0 oz	1.50	6.10	0.018
09202	Oranges, raw, navels	165.0	1.0 cup sections, without membranes	1.50	20.69	0.015
08349	Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	32.0	1.0 cup (1 NLEA serving)	1.50	27.50	--
11477	Squash, summer, zucchini, includes skin, raw	124.0	1.0 cup, chopped	1.50	3.86	0.012
28096	KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Original	30.0	2.0 cookies	1.50	18.75	--
08595	Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX	30.0	0.75 cup (1 NLEA serving)	1.50	24.72	--
28038	JACKSON'S, Old Fashioned Vanilla Wafers	30.0	8.0 cookies	1.50	22.20	--
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	1.50	5.90	0.013
11804	Okra, frozen, cooked, boiled, drained, with salt	92.0	0.5 cup slices	1.50	5.90	0.013
18275	Muffins, blueberry, dry mix	43.0	1.0 serving	1.50	26.23	0.030
11279	Okra, cooked, boiled, drained, without salt	80.0	0.5 cup slices	1.50	3.61	0.013
11803	Okra, cooked, boiled, drained, with salt	80.0	0.5 cup slices	1.50	3.61	0.013
18562	ARCHWAY Home Style Cookies, Reduced Fat Ginger Snaps	32.0	1.0 serving	1.49	24.39	--
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249.0	1.0 cup	1.49	21.91	--
09212	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium	249.0	1.0 cup	1.49	21.09	--
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	1.49	14.07	0.021
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	210.0	1.0 cup	1.49	12.83	0.021
08493	Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS	33.0	1.0 cup (1 NLEA serving)	1.49	28.81	--
11763	Celeriac, cooked, boiled, drained, with salt	155.0	1.0 cup pieces	1.49	9.14	--
11142	Celeriac, cooked, boiled, drained, without salt	155.0	1.0 cup pieces	1.49	9.14	--
09181	Melons, cantaloupe, raw	177.0	1.0 cup, balls	1.49	14.44	0.004

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
36025	CRACKER BARREL, coleslaw	167.0	1.0 serving	1.49	21.73	0.017
11207	Dandelion greens, raw	55.0	1.0 cup, chopped	1.48	5.06	--
08073	Cereals ready-to-eat, POST, GOLDEN CRISP	27.0	0.75 cup (1 NLEA serving)	1.48	24.33	--
28279	MURRAY, SUGAR FREE, Chocolate Creme Sandwich Cookies	28.0	3.0 cookies	1.48	18.45	--
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	28.35	1.0 oz	1.48	10.70	0.015
05282	Pate de foie gras, canned (goose liver pate), smoked	13.0	1.0 tbsp	1.48	0.61	0.021
07054	Pate, goose liver, smoked, canned	13.0	1.0 tbsp	1.48	0.61	0.021
09217	Orange-grapefruit juice, canned or bottled, unsweetened	247.0	1.0 cup	1.48	25.39	--
09025	Apricots, canned, extra light syrup pack, with skin, solids and liquids	247.0	1.0 cup, halves	1.48	30.88	0.027
11201	Cowpeas, leafy tips, raw	36.0	1.0 cup, chopped	1.48	1.74	--
09302	Raspberries, raw	123.0	1.0 cup	1.48	14.69	--
33870	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Toddler, LIPIL, powder	9.4	1.0 scoop	1.48	5.26	--
11821	Peppers, sweet, red, raw	149.0	1.0 cup, chopped	1.48	8.98	0.018
33871	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with ARA and DHA	9.6	1.0 scoop	1.47	5.01	--
18021	Bread, boston brown, canned	28.35	1.0 oz	1.47	12.28	0.021
18290	Pancakes, plain, dry mix, complete, prepared	28.35	1.0 oz	1.47	10.40	0.017
42272	Snacks, granola bar, with coconut, chocolate coated	28.35	1.0 oz	1.47	15.65	--
18106	Coffeecake, fruit	28.35	1.0 oz	1.47	14.60	0.016
18250	Doughnuts, cake-type, plain, sugared or glazed	28.35	1.0 oz	1.47	14.40	0.020
43205	Beverage, instant breakfast powder, chocolate, not reconstituted	7.4	1.0 tbsp	1.47	4.90	--
18336	Pie crust, standard-type, prepared from recipe, baked	23.0	1.0 piece (1/8 of 9" crust)	1.47	10.92	0.018
08629	Cereals ready-to-eat, QUAKER, Cap'n Crunch's OOPS! All Berries Cereal	32.0	1.0 cup (1 NLEA serving)	1.47	27.87	--
08487	Cereals ready-to-eat, MALT-O-MEAL, Blueberry MUFFIN TOPS Cereal	30.0	0.75 cup (1 NLEA serving)	1.47	23.97	--
28123	KEEBLER, 100 Calorie RIGHT BITES, White Fudge Dipped Pretzels	21.0	1.0 pouch	1.47	14.45	--
18213	Cookies, vanilla wafers, higher fat	30.0	8.0 wafers	1.47	21.78	0.012
21349	McDONALD'S, NEWMAN'S OWN Ranch Dressing	56.0	2.0 fl oz	1.47	9.38	--
03825	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	1.46	7.61	--
03815	Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with iron, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	1.46	7.53	--
03832	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	1.46	6.83	--
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	1.46	22.09	0.012
28261	FAMOUS AMOS, Chocolate Sandwich Creme Cookies	34.0	3.0 cookies	1.46	24.58	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
11847	Pumpkin, flowers, cooked, boiled, drained, with salt	134.0	1.0 cup	1.46	4.26	--
11417	Pumpkin flowers, cooked, boiled, drained, without salt	134.0	1.0 cup	1.46	4.42	--
03014	Babyfood, meat, chicken sticks, junior	10.0	1.0 stick	1.46	0.15	0.012
11831	Potatoes, boiled, cooked in skin, flesh, with salt	78.0	0.5 cup	1.46	15.70	0.023
11365	Potatoes, boiled, cooked in skin, flesh, without salt	78.0	0.5 cup	1.46	15.70	0.023
08270	Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA	27.0	0.75 cup (1 NLEA serving)	1.46	22.82	--
28053	KEEBLER, CHIPS DELUXE, Chocolate Malt Chunk Cookies	31.0	2.0 cookies	1.46	19.16	--
18566	Artificial Blueberry Muffin Mix, dry	31.0	1.0 muffin	1.46	24.01	--
11842	Potatoes, french fried, all types, salt not added in processing, frozen, as purchased	65.0	10.0 strips	1.46	16.13	--
35202	Raspberries, wild (Northern Plains Indians)	130.0	1.0 cup	1.46	18.00	--
11503	Swamp cabbage, (skunk cabbage), raw	56.0	1.0 cup, chopped	1.46	1.76	--
08678	Cereals ready-to-eat, GENERAL MILLS, Apple Cinnamon CHEX	31.0	0.75 cup (1 NLEA serving)	1.45	25.67	--
21140	Side dishes, potato salad	95.0	0.333 cup	1.45	12.85	0.016
09185	Melon balls, frozen	173.0	1.0 cup, unthawed	1.45	13.74	--
09286	Pomegranates, raw	87.0	0.5 cup arils (seed/juice sacs)	1.45	16.27	--
09057	Boysenberries, frozen, unsweetened	132.0	1.0 cup, unthawed	1.45	16.09	--
43365	Tomato and vegetable juice, low sodium	242.0	1.0 cup	1.45	11.11	--
18630	PILLSBURY, Chocolate Chip Cookies, refrigerated dough	38.0	1.0 serving 2 cookies	1.45	23.08	--
03929	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted	9.3	1.0 scoop	1.45	5.31	--
09124	Grapefruit juice, white, canned, sweetened	250.0	1.0 cup	1.45	27.82	--
28108	KEEBLER, Holiday Jingles Cookies	29.0	6.0 cookies	1.45	21.43	--
09118	Grapefruit, raw, white, Florida	230.0	1.0 cup sections, with juice	1.45	18.84	0.014
09515	Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	230.0	1.0 cup	1.45	29.99	--
09111	Grapefruit, raw, pink and red and white, all areas	230.0	1.0 cup sections, with juice	1.45	18.58	0.014
11676	Radish seeds, sprouted, raw	38.0	1.0 cup	1.45	1.37	--
18942	Pie Crust, Cookie-type, Graham Cracker, Ready Crust	28.35	1.0 oz	1.45	18.23	--
03052	Babyfood, dinner, beef stew, toddler	28.35	1.0 oz	1.45	1.56	0.015
18092	Cake, pudding-type, carrot, dry mix	28.35	1.0 oz	1.45	22.45	0.017
31024	Sweet Potatoes, french fried, crosscut, frozen, unprepared	85.0	3.0 oz	1.44	21.69	--
23301	Beef, Australian, imported, Wagyu, seam fat, Aust. marble score 9, raw	28.0	1.0 oz	1.44	0.00	--
28132	KEEBLER, Toasted Coconut Cookies	38.0	2.0 cookies	1.44	26.56	--
09295	Pummelo, raw	190.0	1.0 cup, sections	1.44	18.28	--
28209	MOTHER'S, Taffy Sandwich Cookies	38.0	2.0 cookies	1.44	26.56	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
19905	Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	28.35	1.0 oz	1.44	17.00	--
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	30.0	1.0 cup (1 NLEA serving)	1.44	26.91	--
06101	Soup, cream of vegetable, dry, powder	18.0	1.0 packet	1.44	9.38	--
28294	Cookie, chocolate, with icing or coating	32.0	4.0 cookies	1.44	21.72	0.018
08651	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Honey Squares	30.0	0.75 cup (1 NLEA serving)	1.44	25.56	--
18632	PILLSBURY, Traditional Fudge Brownie Mix, dry	30.0	1.0 serving	1.44	23.49	--
28035	GIRL SCOUTS, Thin Mints Cookies	32.0	4.0 cookies	1.44	21.54	--
19375	Frostings, glaze, prepared-from-recipe	327.0	1.0 recipe yield	1.44	273.54	--
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	28.35	1.0 oz	1.43	15.88	--
18434	Crackers, cheese, low sodium	14.2	0.5 oz	1.43	8.26	0.018
19157	Candies, MARS SNACKFOOD US, M&M's MINIs Milk Chocolate Candies	30.0	1.0 serving 1.0 oz tube	1.43	20.52	--
25036	Snacks, granola bites, mixed flavors	20.0	1.0 package	1.43	13.25	0.004
43406	Yeast extract spread	6.0	1.0 tsp	1.43	1.23	--
09416	Grapefruit juice, white, bottled, unsweetened, OCEAN SPRAY	247.0	1.0 cup	1.43	19.59	--
09123	Grapefruit juice, white, canned or bottled, unsweetened	247.0	1.0 cup	1.43	19.59	--
10165	Pork, cured, salt pork, raw	28.35	1.0 oz	1.43	0.00	0.005
09513	Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	227.0	1.0 cup	1.43	26.13	--
11084	Beets, canned, drained solids	157.0	1.0 cup, diced	1.43	11.32	0.017
18374	Leavening agents, yeast, baker's, compressed	17.0	1.0 cake (0.6 oz)	1.43	3.08	0.018
11081	Beets, cooked, boiled, drained	85.0	0.5 cup slices	1.43	8.47	0.017
19010	Snacks, crisped rice bar, chocolate chip	28.0	1.0 bar (1 oz)	1.43	20.44	0.021
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	28.0	1.0 cup (1 NLEA serving)	1.43	24.70	0.017
11734	Beets, cooked, boiled. drained, with salt	85.0	0.5 cup slices	1.43	8.47	0.017
28106	KEEBLER, Almond Crescents Cookies, Holiday	28.0	4.0 cookies	1.43	19.63	--
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31.0	0.75 cup (1 NLEA serving)	1.43	27.25	0.025
09068	Cherries, sour, red, frozen, unsweetened	155.0	1.0 cup, unthawed	1.43	17.08	--
08579	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH	28.0	1.0 bowl (3/4 cup) (1 NLEA serving)	1.43	21.89	--
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254.0	1.0 cup	1.42	39.22	0.015
09317	Strawberries, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup	1.42	59.77	0.015
28213	MURRAY, Duplex Creme Sandwich Cookies	29.0	3.0 cookies	1.42	21.05	--
28272	MURRAY, Chocolate Creme Sandwich Cookies	29.0	3.0 cookies	1.42	20.68	--
28273	MURRAY, Vanilla Creme Sandwich Cookies	29.0	3.0 cookies	1.42	21.43	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
12100	Nuts, chestnuts, european, dried, peeled	28.35	1.0 oz	1.42	22.23	0.016
18400	Crackers, matzo, egg and onion	14.2	0.5 oz	1.42	10.95	0.017
18217	Crackers, matzo, plain	14.2	0.5 oz	1.42	11.89	0.016
11355	Potatoes, red, flesh and skin, raw	75.0	0.5 cup, diced	1.42	11.92	0.014
18212	Cookies, vanilla wafers, lower fat	28.35	1.0 oz	1.42	20.87	0.019
03704	Babyfood, cereal, mixed, with honey, prepared with whole milk	28.35	1.0 oz	1.42	4.51	--
18156	Cookies, fudge, cake-type (includes trolley cakes)	28.35	1.0 oz	1.42	22.20	0.016
03693	Babyfood, cereal, oatmeal, with honey, prepared with whole milk	28.35	1.0 oz	1.42	4.34	--
18105	Coffeecake, creme-filled with chocolate frosting	28.35	1.0 oz	1.42	15.25	0.016
09383	Tangerines, (mandarin oranges), canned, juice pack, drained	189.0	1.0 cup	1.42	17.78	--
03689	Babyfood, cereal, oatmeal, prepared with whole milk	28.35	1.0 oz	1.42	4.34	0.019
18357	Sweet rolls, cinnamon, refrigerated dough with frosting	28.35	1.0 oz	1.42	14.63	0.018
11056	Beans, snap, green, canned, regular pack, drained solids	135.0	1.0 cup	1.42	5.66	0.015
03049	Babyfood, dinner, beef and rice, toddler	28.35	1.0 oz	1.42	2.49	0.013
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	1.42	22.33	0.015
09140	Guavas, strawberry, raw	244.0	1.0 cup	1.42	42.36	0.012
18228	Crackers, saltines (includes oyster, soda, soup)	14.9	5.0 crackers	1.41	11.03	0.017
43144	Cabbage, mustard, salted	128.0	1.0 cup	1.41	7.21	--
28375	VAN'S, Gluten Free, Totally Original Waffles	47.0	1.0 waffle	1.41	19.05	--
09357	Apricots, canned, heavy syrup, drained	219.0	1.0 cup, halves	1.40	46.67	--
09236	Peaches, yellow, raw	154.0	1.0 cup slices	1.40	14.69	0.015
11114	Cabbage, savoy, raw	70.0	1.0 cup, shredded	1.40	4.27	0.014
11485	Squash, winter, butternut, raw	140.0	1.0 cup, cubes	1.40	16.37	0.020
28128	KEEBLER, SANDIES, Pecan Shortbread Cookies, bite size	28.0	5.0 cookies 28 g package	1.40	16.44	--
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	28.35	1.0 oz	1.40	14.55	0.017
19327	Candies, MARS SNACKFOOD US, COCOAVIA Blueberry and Almond Chocolate Bar	22.0	1.0 serving 0.78 oz bar	1.40	13.28	--
11506	Sweet potato leaves, cooked, steamed, without salt	64.0	1.0 cup	1.40	4.72	0.013
11874	Sweet potato leaves, cooked, steamed, with salt	64.0	1.0 cup	1.40	4.72	0.013
01193	KRAFT BREAKSTONE'S Reduced Fat Sour Cream	31.0	2.0 tbsp	1.40	2.02	--
28153	KEEBLER, Vienna Fingers with Creme Filling	31.0	2.0 cookies	1.40	22.69	--
28154	KEEBLER, Vienna Fingers with Creme Filling, Reduced Fat	31.0	2.0 cookies	1.40	24.21	--
11520	Taro leaves, raw	28.0	1.0 cup	1.39	1.88	0.013
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	29.0	0.75 cup (1 NLEA serving)	1.39	24.85	--
18233	Crackers, wheat, sandwich, with cheese filling	14.2	0.5 oz	1.39	8.26	0.018

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
08355	Cereals ready-to-eat, QUAKER, MOTHER'S COCOA BUMPERS	33.0	1.0 cup (1 NLEA serving)	1.39	29.67	--
18164	Cookies, chocolate chip, refrigerated dough, baked	28.35	1.0 oz	1.39	19.33	0.019
18325	Pie, pecan, prepared from recipe	28.35	1.0 oz	1.39	14.80	0.020
18193	Cookies, shortbread, commercially prepared, pecan	28.35	1.0 oz	1.39	16.53	0.023
18386	Muffins, blueberry, toaster-type, toasted	28.35	1.0 oz	1.39	16.07	0.019
03282	Babyfood, vegetables, mix vegetables junior	99.0	1.0 serving 3.5 oz serving	1.39	8.12	0.015
09276	Pitanga, (surinam-cherry), raw	173.0	1.0 cup	1.38	12.96	--
19902	Chocolate, dark, 45- 59% cacao solids	28.35	1.0 oz	1.38	17.34	--
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	1.38	25.43	0.018
28367	SAGE VALLEY, Gluten Free Vanilla Sandwich Cookies	44.0	3.0 cookies	1.38	31.63	--
28055	KEEBLER, CHIPS DELUXE, Dark Chocolate Chunk Cookies	32.0	2.0 cookies	1.38	20.48	--
06152	Sauce, pizza, canned, ready-to-serve	63.0	0.25 cup	1.37	5.46	--
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	1.37	8.88	0.011
28227	MURRAY, SUGAR FREE, Lemon Creme Sandwich Cookies	28.0	3.0 cookies	1.37	19.12	--
28228	MURRAY, SUGAR FREE, Vanilla Creme Sandwich Cookies	28.0	3.0 cookies	1.37	19.60	--
07951	Scrapple, pork	17.0	1.0 cubic inch	1.37	2.39	--
03017	Babyfood, meat, turkey sticks, junior	10.0	1.0 stick	1.37	0.14	0.010
18537	ARCHWAY Home Style Cookies, Oatmeal	25.0	1.0 serving	1.37	17.04	--
18533	ARCHWAY Home Style Cookies, Iced Oatmeal	28.0	1.0 serving	1.37	18.69	--
18402	Pie crust, standard-type, prepared from recipe, unbaked	24.0	1.0 piece (1/8 of 9" crust)	1.37	10.15	0.017
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	1.37	55.39	0.023
11641	Squash, summer, all varieties, raw	113.0	1.0 cup, sliced	1.37	3.79	0.012
25018	Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Blueberry Snack Bar	22.0	1.0 bar	1.37	12.73	--
28230	MURRAY, SUGAR FREE, Shortbread Bites	21.0	1.0 pouch	1.36	15.81	--
27034	CAMPBELL'S, 98% Fat Free Cream of Mushroom Soup, condensed	124.0	0.5 cup condensed	1.36	9.46	--
03814	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, powder, not reconstituted	9.6	1.0 scoop	1.36	5.28	--
18226	Crackers, rye, wafers, plain	14.2	0.5 oz	1.36	11.42	--
28214	MURRAY, Lemon Creme Sandwich Cookies	29.0	3.0 cookies	1.36	21.37	--
11696	Tomatoes, yellow, raw	139.0	1.0 cup, chopped	1.36	4.14	0.010
18107	Coffeecake, cinnamon with crumb topping, dry mix	28.35	1.0 oz	1.36	22.03	0.016
18200	Cookies, oatmeal, commercially prepared, special dietary	28.35	1.0 oz	1.36	19.82	0.022
18328	Pie, vanilla cream, prepared from recipe	28.35	1.0 oz	1.36	9.24	0.017
18151	Cookies, brownies, commercially prepared	28.35	1.0 oz	1.36	18.12	0.018

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247.0	1.0 cup	1.36	24.03	--
11993	Mushrooms, maitake, raw	70.0	1.0 cup diced	1.36	4.88	0.024
21129	Fast foods, hush puppies	22.0	1.0 piece	1.36	8.85	--
09029	Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	246.0	1.0 cup, whole, without pits	1.35	61.13	0.025
09176	Mangos, raw	165.0	1.0 cup pieces	1.35	24.72	0.021
08017	Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP	26.0	0.75 cup (1 NLEA serving)	1.35	21.97	--
09320	Strawberries, frozen, sweetened, sliced	255.0	1.0 cup, thawed	1.35	66.10	0.015
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	14.2	0.5 oz	1.35	10.56	0.017
18538	ARCHWAY Home Style Cookies, Oatmeal Raisin	26.0	1.0 serving	1.34	18.01	--
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	253.0	1.0 cup, halves	1.34	41.72	0.023
18333	Pie crust, standard-type, dry mix, prepared, baked	20.0	1.0 piece (1/8 of 9" crust)	1.34	10.08	0.015
03021	Babyfood, meat, meat sticks, junior	10.0	1.0 stick	1.34	0.11	0.009
08481	Cereals ready-to-eat, MALT-O-MEAL, HONEY GRAHAM SQUARES	30.0	0.75 cup (1 NLEA serving)	1.34	22.40	--
11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.	1.34	6.12	0.019
11246	Leeks, (bulb and lower leaf-portion), raw	89.0	1.0 cup	1.34	12.59	0.011
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	1.33	15.61	0.021
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	1.33	15.61	0.021
28087	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Dark Chocolate	31.0	3.0 cookies	1.33	21.73	--
11005	Arrowhead, raw	25.0	1.0 large	1.33	5.06	--
18206	Cookies, sugar, refrigerated dough, baked	28.35	1.0 oz	1.33	18.60	0.019
18453	Cake, yellow, light, dry mix	28.35	1.0 oz	1.33	23.84	0.018
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	24.0	1.0 bar	1.33	16.66	0.004
08376	Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	1.33	25.90	--
43031	Candies, chocolate covered, caramel with nuts	14.0	1.0 piece	1.33	8.49	--
28061	KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite size	28.0	5.0 cookies 1 serving	1.33	19.19	--
18513	ARCHWAY Home Style Cookies, Sugar Free Oatmeal	24.0	1.0 serving	1.33	16.13	--
28137	KEEBLER, TOASTEDS, Wheat Crackers	16.0	5.0 crackers	1.33	10.58	--
11137	Cauliflower, frozen, unprepared	66.0	0.5 cup (1" pieces)	1.33	3.09	0.017
09319	Strawberries, frozen, sweetened, whole	255.0	1.0 cup, thawed	1.33	53.55	0.015
28102	KEEBLER, GRIPZ, CHIPS DELUXE, Chocolate Chip Cookies, bite-size	25.0	1.0 pouch	1.32	17.82	--
18230	Crackers, standard snack-type, sandwich, with cheese filling	14.2	0.5 oz	1.32	8.76	0.017
18205	Cookies, sugar, refrigerated dough	33.0	1.0 serving	1.32	20.20	0.019
09107	Gooseberries, raw	150.0	1.0 cup	1.32	15.27	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
35015	Blackberries, wild, raw (Alaska Native)	157.0	1.0 cup	1.32	15.45	--
31035	Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	269.0	1.0 cup	1.32	21.87	--
08409	Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes	31.0	0.75 cup (1 NLEA serving)	1.32	27.96	--
11001	Alfalfa seeds, sprouted, raw	33.0	1.0 cup	1.32	0.69	--
33873	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, AA LIPIL, powder, not reconstituted	9.4	1.0 scoop	1.32	4.79	--
09028	Apricots, canned, heavy syrup pack, without skin, solids and liquids	258.0	1.0 cup, whole, without pits	1.32	55.34	0.023
21319	McDONALD'S, Hash Brown	53.0	1.0 serving 1 patty	1.31	15.14	--
18163	Cookies, chocolate chip, refrigerated dough	33.0	1.0 serving	1.31	20.14	0.019
11986	Malabar spinach, cooked	44.0	1.0 cup	1.31	1.19	--
11529	Tomatoes, red, ripe, raw, year round average	149.0	1.0 cup cherry tomatoes	1.31	5.80	0.009
09367	Cherries, sweet, canned, pitted, heavy syrup, drained	179.0	1.0 cup	1.31	37.72	--
18225	Crackers, rye, sandwich-type with cheese filling	14.2	0.5 oz	1.31	8.63	0.016
18426	Crackers, saltines, unsalted tops (includes oyster, soda, soup)	14.2	0.5 oz	1.31	10.15	0.017
28027	FAMOUS AMOS, Chocolate Chip Cookies	29.0	4.0 cookies	1.30	19.63	--
28202	MOTHER'S, Iced Lemonade Cookies	29.0	4.0 cookies	1.30	19.23	--
28150	KEEBLER, TRADITIONS, Iced Lemonade Cookies	29.0	4.0 cookies	1.30	19.23	--
18277	Muffins, blueberry, toaster-type	28.35	1.0 oz	1.30	15.11	0.018
42281	Gums, seed gums (includes locust bean, guar)	28.35	1.0 oz	1.30	21.91	--
18161	Cookies, chocolate chip, dry mix	28.35	1.0 oz	1.30	18.74	0.018
18097	Cake, pudding-type, chocolate, dry mix	28.35	1.0 oz	1.30	22.73	0.019
16123	Soy sauce made from soy and wheat (shoyu)	16.0	1.0 tbsp	1.30	0.79	0.015
28062	KEEBLER, CHIPS DELUXE, Soft 'n Chewy Chocolate Chip Cookies	31.0	2.0 cookies	1.30	20.89	--
11231	Jute, potherb, raw	28.0	1.0 cup	1.30	1.62	0.008
07031	Ham salad spread	15.0	1.0 tbsp	1.30	1.60	0.013
11203	Cress, garden, raw	50.0	1.0 cup	1.30	2.75	--
01225	Dulce de Leche	19.0	1.0 tbsp	1.30	10.52	--
09203	Oranges, raw, Florida	185.0	1.0 cup sections, without membranes	1.30	21.35	0.013
19410	Snack, potato chips, made from dried potatoes, plain	28.0	1.0 oz	1.29	15.51	0.013
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1.0 oz	1.29	18.36	0.012
11439	Sauerkraut, canned, solids and liquids	142.0	1.0 cup	1.29	6.08	0.011
08032	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES	30.0	0.75 cup (1 NLEA serving)	1.29	27.39	--
28282	SUNSHINE, KRISPY, Soup & Oyster Crackers (large)	15.0	16.0 crackers	1.29	11.42	--
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30.0	0.75 cup (1 NLEA serving)	1.29	25.68	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
19307	Candies, MARS SNACKFOOD US, POP'ABLES MILKY WAY Brand Bite Size Candies	39.0	1.0 serving 13 pieces	1.29	28.02	--
19216	Candies, praline, prepared-from-recipe	39.0	1.0 piece	1.29	23.24	--
09282	Plums, canned, purple, juice pack, solids and liquids	252.0	1.0 cup, pitted	1.29	38.18	--
16424	Soy sauce made from soy and wheat (shoyu), low sodium	14.2	1.0 tbsp	1.29	0.79	0.000
11467	Squash, summer, crookneck and straightneck, raw	127.0	1.0 cup sliced	1.28	4.93	0.010
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	1.28	4.47	0.015
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	1.28	4.47	0.016
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	1.28	4.47	0.015
11333	Peppers, sweet, green, raw	149.0	1.0 cup, chopped	1.28	6.91	0.018
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	210.0	1.0 cup, diced	1.28	6.22	0.010
19326	Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Bar	22.0	1.0 serving 0.78 oz bar	1.28	13.86	--
18227	Crackers, rye, wafers, seasoned	14.2	0.5 oz	1.28	10.48	--
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	11.0	1.0 tbsp	1.28	8.05	0.012
18251	Doughnuts, cake-type, chocolate, sugared or glazed	28.35	1.0 oz	1.28	16.27	0.016
18327	Pie, pumpkin, prepared from recipe	28.35	1.0 oz	1.28	7.48	0.017
18324	Pie, pecan, commercially prepared	28.35	1.0 oz	1.28	16.90	0.014
18210	Cookies, vanilla sandwich with creme filling	28.35	1.0 oz	1.28	20.44	0.018
18199	Cookies, chocolate sandwich, with creme filling, special dietary	28.35	1.0 oz	1.28	19.28	0.019
08354	Cereals ready-to-eat, QUAKER, MOTHER'S GRAHAM BUMPERS	28.0	0.75 cup (1 NLEA serving)	1.27	24.89	--
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	28.35	1.0 oz	1.27	15.03	0.019
11112	Cabbage, red, raw	89.0	1.0 cup, chopped	1.27	6.56	0.011
28293	Cookie, butter or sugar, with chocolate icing or filling	31.0	3.0 cookies	1.27	21.34	0.016
28092	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Original	31.0	3.0 cookies	1.27	21.27	--
28088	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Holiday/Spiderman	31.0	3.0 cookies	1.27	21.33	--
12096	Nuts, chestnuts, chinese, roasted	28.35	1.0 oz	1.27	14.84	0.015
09103	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids	249.0	1.0 cup	1.27	32.49	--
11096	Broccoli raab, raw	40.0	1.0 cup chopped	1.27	1.14	0.017
09114	Grapefruit, raw, pink and red, Florida	230.0	1.0 cup sections, with juice	1.27	17.25	0.014
28284	KEEBLER, ZESTA, Saltines with Whole Wheat	15.0	5.0 crackers	1.26	11.26	--
16125	Soy sauce made from hydrolyzed vegetable protein	18.0	1.0 tbsp	1.26	1.41	--
21386	BURGER KING, french toast sticks	21.0	1.0 stick	1.26	8.65	0.010
11354	Potatoes, white, flesh and skin, raw	75.0	0.5 cup, diced	1.26	11.78	0.013

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
08347	Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	1.26	25.96	--
19440	Snacks, M&M MARS, KUDOS Whole Grain Bar, chocolate chip	28.0	1.0 bar	1.25	20.25	--
11632	Peppers, jalapeno, canned, solids and liquids	136.0	1.0 cup, chopped	1.25	6.45	0.016
03838	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN LIPIL, with iron, powder, not reconstituted, with ARA and DHA	9.0	1.0 scoop	1.25	4.59	--
18429	Crackers, whole-wheat, low salt	14.2	0.5 oz	1.25	9.74	0.019
18304	Pie, banana cream, prepared from recipe	28.35	1.0 oz	1.25	9.33	0.016
43595	Breakfast bar, corn flake crust with fruit	28.35	1.0 oz	1.25	20.67	--
18114	Cake, gingerbread, dry mix	28.35	1.0 oz	1.25	21.15	0.018
18102	Cake, white, prepared from recipe with coconut frosting	28.35	1.0 oz	1.25	17.92	0.015
18420	Cake, yellow, unenriched, dry mix	28.35	1.0 oz	1.25	22.14	0.017
08034	Cereals ready-to-eat, POST, FRUITY PEBBLES	27.0	0.75 cup (1 NLEA serving)	1.25	23.25	--
11122	Cardoon, raw	178.0	1.0 cup, shredded	1.25	7.24	--
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	1.24	6.00	0.016
09223	Tangerine juice, canned, sweetened	249.0	1.0 cup	1.24	29.88	0.002
11764	Celery, cooked, boiled, drained, with salt	150.0	1.0 cup, diced	1.24	6.00	0.016
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	1.24	9.04	0.016
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	135.0	1.0 cup, strips	1.24	9.04	0.016
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	28.35	1.0 oz	1.24	19.26	--
09528	Ruby Red grapefruit juice blend (grapefruit, grape, apple), OCEAN SPRAY, bottled, with added vitamin C	248.0	8.0 fl oz	1.24	26.11	--
33866	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, LIPIL, powder	9.6	1.0 scoop	1.24	4.99	--
18614	MARTHA WHITE FOODS, Martha White's Chewy Fudge Brownie Mix, dry	28.0	1.0 serving	1.24	23.40	--
09404	Grapefruit juice, pink, raw	247.0	1.0 cup	1.24	22.72	--
09221	Tangerine juice, raw	247.0	1.0 cup	1.24	24.95	0.002
09128	Grapefruit juice, white, raw	247.0	1.0 cup	1.24	22.72	--
19244	Frostings, vanilla, creamy, dry mix	411.0	1.0 package	1.23	385.52	0.004
03821	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, not reconstituted	8.8	1.0 scoop	1.23	4.65	--
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	262.0	1.0 cup, halves or slices	1.23	68.28	0.003
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	30.0	1.0 piece (1/8 of 9" crust)	1.23	19.17	0.016
28283	KEEBLER, ZESTA, Saltines, Original	15.0	5.0 crackers	1.23	11.42	--
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	256.0	1.0 cup	1.23	50.30	0.005
11418	Pumpkin leaves, raw	39.0	1.0 cup	1.23	0.91	0.016
16425	Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	15.0	1.0 tbsp	1.23	2.17	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	5.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.23	0.00	0.014
18168	Cookies, chocolate sandwich, with extra creme filling	28.35	1.0 oz	1.23	19.33	--
06984	Soup, SWANSON Chicken Broth 99% Fat Free	227.0	1.0 serving 1 cup 8 oz	1.23	0.32	0.016
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	1.22	25.24	0.005
12127	Nuts, ginkgo nuts, raw	28.35	1.0 oz	1.22	10.66	0.020
43146	Eggplant, pickled	136.0	1.0 cup	1.22	13.29	--
28346	Waffles, gluten-free, frozen, ready-to-heat	45.0	1.0 waffle	1.22	19.37	--
18428	Crackers, wheat, low salt	14.2	0.5 oz	1.22	9.22	0.018
19136	Candies, HERSHEY'S SKOR Toffee Bar	39.0	1.0 bar 1.4 oz	1.22	24.85	--
11972	Lemon grass (citronella), raw	67.0	1.0 cup	1.22	16.96	--
18019	Bread, banana, prepared from recipe, made with margarine	28.35	1.0 oz	1.22	15.48	0.015
08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	1.22	8.68	0.017
08059	Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP	27.0	1.0 cup (1 NLEA serving)	1.22	22.96	--
03957	Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA	8.7	1.0 scoop	1.22	4.52	--
35140	Bread, kneel down (Navajo)	28.35	1.0 oz	1.22	11.19	--
07236	OSCAR MAYER, Smokies Sausage Little Cheese (pork, turkey)	9.0	1.0 link	1.22	0.15	--
18991	BARBARA DEE, Winter Mints Cookies	31.0	4.0 cookies	1.21	20.80	--
08660	Cereals ready-to-eat, KELLOGG'S APPLE JACKS with marshmallows	28.0	1.0 cup (1 NLEA serving)	1.20	25.09	--
08495	Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYNO-BITES	29.0	0.75 cup (1 NLEA serving)	1.20	25.50	--
28233	MURRAY, Vanilla Wafer	30.0	8.0 cookies	1.20	21.87	--
18609	KEEBLER, Vanilla Wafers	30.0	8.0 cookies	1.20	21.93	--
09127	Grapefruit juice, pink or red, with added calcium	240.0	8.0 fl oz	1.20	20.86	--
28139	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Cheese	15.0	5.0 crackers	1.20	9.20	--
43135	Sandwich spread, meatless	15.0	1.0 tbsp	1.20	1.35	--
28152	KEEBLER, Vanilla Wafers Minis, Rainbow	30.0	18.0 cookies	1.20	21.69	--
28149	KEEBLER, TOWN HOUSE, FLATBREAD CRISPS, Sea Salt and Olive Oil Crackers	15.0	8.0 crackers	1.20	10.92	--
11970	Cabbage, napa, cooked	109.0	1.0 cup	1.20	2.43	--
11829	Potatoes, baked, flesh, with salt	61.0	0.5 cup	1.20	13.15	0.018
11363	Potatoes, baked, flesh, without salt	61.0	0.5 cup	1.20	13.15	0.018
03043	Babyfood, dinner, beef lasagna, toddler	28.35	1.0 oz	1.19	2.84	0.013
12093	Nuts, chestnuts, chinese, raw	28.35	1.0 oz	1.19	13.91	0.014
18171	Cookies, fortune	28.35	1.0 oz	1.19	23.81	0.017

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	28.35	1.0 oz	1.19	19.94	--
11124	Carrots, raw	128.0	1.0 cup chopped	1.19	12.26	0.015
19067	Candies, TWIZZLERS CHERRY BITES	40.0	18.0 pieces	1.19	31.75	--
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	30.0	0.75 cup (1 NLEA serving)	1.19	26.76	0.008
14154	Beverages, Energy drink, RED BULL	258.0	1.0 can 8.4 fl oz	1.19	26.39	--
11448	Sesbania flower, cooked, steamed, without salt	104.0	1.0 cup	1.19	5.44	0.018
11922	Sesbania flower, cooked, steamed, with salt	104.0	1.0 cup	1.19	5.30	0.018
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27.0	0.75 cup (1 NLEA serving)	1.19	23.09	--
16158	Hummus, commercial	15.0	1.0 tbsp	1.18	2.14	--
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	1.18	11.17	0.013
03941	Infant formula, PBM PRODUCTS, store brand, soy, powder	8.7	1.0 scoop	1.18	4.54	--
09241	Peaches, canned, heavy syrup pack, solids and liquids	262.0	1.0 cup	1.18	52.24	0.003
43274	Cheese, cream, low fat	15.0	1.0 tbsp	1.18	1.22	0.014
21416	POPEYES, Coleslaw	120.0	1.0 package	1.18	16.94	0.008
28103	KEEBLER, GRIPZ, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite-size	25.0	1.0 pouch	1.18	18.58	--
03849	Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, with iron, powder, with ARA and DHA	9.4	1.0 scoop	1.18	5.26	--
03867	Infant formula, NESTLE, GOOD START SOY, with ARA and DHA, powder	9.4	1.0 scoop	1.18	5.23	--
33872	Infant formula, GERBER, GOOD START 2 SOY, with iron, powder	9.4	1.0 scoop	1.18	5.23	--
11221	Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt	178.0	1.0 cup (1" pieces)	1.17	25.53	--
11785	Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt	178.0	1.0 cup (1" pieces)	1.17	24.48	--
01140	Egg, quail, whole, fresh, raw	9.0	1.0 egg	1.17	0.04	0.019
03685	Babyfood, cereal, mixed, prepared with whole milk	28.35	1.0 oz	1.17	3.49	0.018
12205	Seeds, lotus seeds, raw	28.35	1.0 oz	1.17	4.90	0.017
25030	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	28.35	1.0 oz	1.17	16.43	--
28335	Cookies, gluten-free, vanilla sandwich, with creme filling	44.0	3.0 cookies	1.17	32.83	--
11564	Turnips, raw	130.0	1.0 cup, cubes	1.17	8.36	0.012
28138	KEEBLER, TOWN HOUSE, Bistro Multigrain Crackers	16.0	2.0 crackers	1.17	10.72	--
18527	ARCHWAY Home Style Cookies, Date Filled Oatmeal	25.0	1.0 serving	1.17	17.04	--
09530	Fruit juice smoothie, ODWALLA, strawberry banana	233.0	1.0 cup	1.16	25.75	--
18191	Cookies, raisin, soft-type	28.35	1.0 oz	1.16	19.28	0.015
28093	KEEBLER, FUDGE SHOPPE, Grasshopper Cookies, Fudge Mint	29.0	4.0 cookies	1.16	19.81	--
11422	Pumpkin, raw	116.0	1.0 cup (1" cubes)	1.16	7.54	0.014
09362	Cherries, sour, canned, water pack, drained	168.0	1.0 cup	1.16	17.56	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26.0	0.75 cup (1 NLEA serving)	1.16	22.34	--
11230	Pepeao, dried	24.0	1.0 cup	1.16	19.45	--
44048	Cheese food, pasteurized process, American, imitation, without added vitamin D	28.35	1.0 oz	1.16	4.59	--
31025	Sweet Potato puffs, frozen, unprepared	85.0	3.0 oz	1.16	26.11	--
08172	Cereals, farina, unenriched, dry	10.9	1.0 tbsp	1.16	8.50	0.015
09279	Plums, raw	165.0	1.0 cup, sliced	1.15	18.84	0.015
08550	Cereals ready-to-eat, QUAKER, Christmas Crunch	26.0	0.75 cup (1 NLEA serving)	1.15	22.34	--
09370	Peaches, canned, heavy syrup, drained	222.0	1.0 cup	1.15	40.91	0.011
28130	KEEBLER, SOFT BATCH, Chocolate Chip Cookies	32.0	2.0 cookies	1.15	21.18	--
19112	Candies, TWIZZLERS Strawberry Twists Candy	45.0	4.0 pieces 1.6oz	1.15	35.62	--
18361	Toaster pastries, brown-sugar-cinnamon	28.35	1.0 oz	1.15	20.59	--
28184	KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Chocolate Baked Bites	23.0	1.0 pouch	1.15	18.15	--
09113	Grapefruit, raw, pink and red, California and Arizona	230.0	1.0 cup sections, with juice	1.15	22.29	0.012
28034	GIRL SCOUTS, Thank U Berry Munch Cookies	25.0	2.0 cookies	1.15	17.50	--
07073	Sandwich spread, pork, beef	15.0	1.0 tbsp	1.15	1.79	0.012
03913	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, powder	9.4	1.0 scoop	1.15	5.85	--
18529	ARCHWAY Home Style Cookies, Frosty Lemon	26.0	1.0 serving	1.15	16.84	--
08625	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S Halloween Crunch	26.0	0.75 cup (1 NLEA serving)	1.15	22.14	--
28076	KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Dark Chocolate	26.0	3.0 cookies	1.14	16.82	--
19272	Snacks, FARLEY CANDY, FARLEY Fruit Snacks, with vitamins A, C, and E	26.0	1.0 pouch	1.14	21.03	--
03967	Toddler formula, MEAD JOHNSON, ENFAGROW, PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), powder	8.8	1.0 scoop	1.14	4.93	--
11136	Cauliflower, cooked, boiled, drained, without salt	62.0	0.5 cup (1" pieces)	1.14	2.55	0.015
11761	Cauliflower, cooked, boiled, drained, with salt	62.0	0.5 cup (1" pieces)	1.14	2.55	0.015
11220	Gourd, dishcloth (towelgourd), raw	95.0	1.0 cup (1" pieces)	1.14	4.13	--
11109	Cabbage, raw	89.0	1.0 cup, chopped	1.14	5.16	0.010
27059	Sauce, peanut, made from peanut butter, water, soy sauce	18.0	1.0 tbsp	1.14	3.96	--
11963	Nopales, raw	86.0	1.0 cup, sliced	1.14	2.86	0.012
18152	Cookies, brownies, dry mix, regular	28.35	1.0 oz	1.13	21.72	0.016
18142	Cake, pudding-type, yellow, dry mix	28.35	1.0 oz	1.13	22.68	0.016
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	28.35	1.0 oz	1.13	19.19	0.010
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252.0	1.0 cup	1.13	40.80	0.010
21422	KFC, Popcorn Chicken	6.4	1.0 piece	1.13	1.36	0.015

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
03940	Infant formula, PBM PRODUCTS, store brand, soy, liquid concentrate, not reconstituted	31.4	1.0 fl oz	1.13	3.82	--
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	1.13	36.52	0.003
14627	Beverages, Energy Drink, Monster, fortified with vitamins C, B2, B3, B6, B12	240.0	1.0 serving	1.13	27.07	--
09154	Lemon juice, frozen, unsweetened, single strength	244.0	1.0 cup	1.12	15.86	--
18216	Crackers, crispbread, rye	14.2	0.5 oz	1.12	11.67	0.013
11482	Squash, winter, acorn, raw	140.0	1.0 cup, cubes	1.12	14.59	0.015
11190	Cornsalad, raw	56.0	1.0 cup	1.12	2.02	0.015
11916	Peppers, sweet, red, canned, solids and liquids	140.0	1.0 cup, halves	1.12	5.46	0.014
11335	Peppers, sweet, green, canned, solids and liquids	140.0	1.0 cup, halves	1.12	5.46	0.014
28078	KEEBLER, FUDGE SHOPPE, Mint Creme Middles, Chocolate Graham Cookies	26.0	3.0 cookies	1.12	17.00	--
28083	KEEBLER, FUDGE SHOPPE, Triple Fudge Filled Cookies	31.0	2.0 cookies	1.12	19.90	--
11851	Rutabagas, cooked, boiled, drained, with salt	120.0	0.5 cup, mashed	1.12	8.21	--
03844	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA	31.6	1.0 fl oz	1.12	4.15	--
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	10.6	1.0 tbsp	1.11	8.11	0.015
03816	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, liquid concentrate, not reconstituted	31.5	1.0 fl oz	1.11	4.13	--
18539	ARCHWAY Home Style Cookies, Old Fashioned Molasses	26.0	1.0 serving	1.11	18.34	--
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	18.0	1.0 piece (1/8 of 9" crust)	1.11	8.75	0.010
11889	Turnips, cooked, boiled, drained, with salt	156.0	1.0 cup, cubes	1.11	7.89	0.011
11565	Turnips, cooked, boiled, drained, without salt	156.0	1.0 cup, cubes	1.11	7.89	0.011
03943	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, powder, with ARA and DHA	8.7	1.0 scoop	1.11	4.87	--
03122	Babyfood, peas, dices, toddler	28.35	1.0 oz	1.11	2.92	--
18135	Cake, pudding-type, white, enriched, dry mix	28.35	1.0 oz	1.11	22.94	0.016
19081	Candies, sweet chocolate	28.35	1.0 oz	1.11	17.12	0.016
18198	Cookies, chocolate chip, commercially prepared, special dietary	28.35	1.0 oz	1.11	20.81	0.016
18419	Cake, pudding-type, white, unenriched, dry mix	28.35	1.0 oz	1.11	22.96	0.016
18116	Cake, gingerbread, prepared from recipe	28.35	1.0 oz	1.11	13.95	0.013
03696	Babyfood, cereal, rice, with honey, prepared with whole milk	28.35	1.0 oz	1.11	4.85	--
18326	Pie, pumpkin, commercially prepared	28.35	1.0 oz	1.11	9.87	0.014
18535	ARCHWAY Home Style Cookies, Molasses	26.0	1.0 serving	1.10	18.05	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
28183	KELLOGG'S, POP-TARTS MINI CRISPS, Cinnamon Brown Sugar Baked Bites	23.0	1.0 pouch	1.10	18.17	--
11921	Peppers, sweet, red, sauteed	106.0	1.0 cup chopped	1.10	6.96	0.013
28200	MOTHER'S, Halloween Circus Animals Cookies	29.0	6.0 cookies	1.10	19.75	--
28194	MOTHER'S, 4th of July Circus Animal Cookies	29.0	6.0 cookies	1.10	19.81	--
28204	MOTHER'S, Jungle Animal Cookies	29.0	6.0 cookies	1.10	19.81	--
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	95.0	0.33 package (10 oz)	1.10	3.40	0.010
28201	MOTHER'S, Holiday Circus Animal Cookies	29.0	6.0 cookies	1.10	19.81	--
28196	MOTHER'S, Circus Animal Cookies	29.0	6.0 cookies	1.10	19.81	--
11643	Squash, winter, all varieties, raw	116.0	1.0 cup, cubes	1.10	9.96	0.024
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	51.0	12.0 fries	1.10	18.15	--
03852	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE LIPIL, with iron, powder, not reconstituted, with ARA and DHA	8.8	1.0 scoop	1.10	4.66	--
03826	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, with iron, powder, not reconstituted	8.8	1.0 scoop	1.10	4.78	--
09307	Rhubarb, raw	122.0	1.0 cup, diced	1.10	5.54	--
01111	Milk shakes, thick vanilla	28.4	1.0 fl oz	1.10	5.04	0.015
03954	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, powder, not reconstituted	8.7	1.0 scoop	1.10	4.66	--
03843	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted	8.7	1.0 scoop	1.10	4.66	--
19892	Frozen novelties, Sugar Free, CREAMSICLE Pops	80.0	1.0 serving 2 pops	1.10	9.56	--
09050	Blueberries, raw	148.0	1.0 cup	1.10	21.45	0.004
28066	KEEBLER, CLUB, Minis Multigrain Crackers	15.0	17.0 crackers	1.10	10.11	--
14638	Beverages, Horchata, as served in restaurant	228.0	1.0 cup	1.09	26.27	--
09531	Fruit juice smoothie, NAKED JUICE, strawberry banana	228.0	1.0 cup	1.09	26.58	--
28308	Crackers, standard snack-type, with whole wheat	15.0	5.0 crackers 1 serving	1.09	10.26	--
08346	Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	1.09	24.48	--
28120	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Mints Grasshopper Cookies	21.0	1.0 pouch	1.09	15.75	--
28077	KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Original Graham Cookies	26.0	3.0 cookies	1.09	17.03	--
28232	MURRAY, Vanilla Sugar Wafer	28.0	5.0 cookies	1.09	19.60	--
28122	KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies	21.0	1.0 pouch	1.09	15.52	--
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237.0	1.0 cup	1.09	28.11	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
09287	Prickly pears, raw	149.0	1.0 cup	1.09	14.26	--
18547	ARCHWAY Home Style Cookies, Strawberry Filled	25.0	1.0 serving	1.09	16.48	--
18544	ARCHWAY Home Style Cookies, Raspberry Filled	25.0	1.0 serving	1.09	16.48	--
09132	Grapes, red or green (European type, such as Thompson seedless), raw	151.0	1.0 cup	1.09	27.33	0.017
11161	Collards, raw	36.0	1.0 cup, chopped	1.09	1.95	0.011
28309	Cookies, coconut macaroon	36.0	2.0 cookie 1 serving	1.09	22.04	--
01106	Milk, goat, fluid, with added vitamin D	30.5	1.0 fl oz	1.09	1.36	0.013
11985	Fireweed, leaves, raw	23.0	1.0 cup, chopped	1.08	4.42	--
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	28.35	1.0 oz	1.08	2.84	0.023
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	28.35	1.0 oz	1.08	2.84	0.023
11149	Chayote, fruit, raw	132.0	1.0 cup (1" pieces)	1.08	5.95	0.015
18174	Cookies, graham crackers, chocolate-coated	27.0	3.0 pieces	1.08	18.03	0.013
28080	KEEBLER, FUDGE SHOPPE, Deluxe Grahams Cookies	27.0	3.0 pieces	1.08	17.98	--
18528	ARCHWAY Home Style Cookies, Dutch Cocoa	24.0	1.0 serving	1.08	16.67	--
18223	Crackers, milk	14.2	0.5 oz	1.08	10.19	0.014
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	130.0	1.0 cup slices	1.08	6.24	0.009
11957	Fennel, bulb, raw	87.0	1.0 cup, sliced	1.08	6.35	--
03296	Babyfood, dinner, turkey, rice, and vegetables, toddler	28.35	1.0 oz	1.08	2.13	--
18321	Pie, lemon meringue, prepared from recipe	28.35	1.0 oz	1.08	11.08	0.013
19039	Snacks, popcorn, caramel-coated, without peanuts	28.35	1.0 oz	1.08	22.42	0.013
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	211.0	1.0 can (6 fl oz)	1.08	86.51	--
09410	Apple juice, frozen concentrate, unsweetened, undiluted, with added ascorbic acid	211.0	1.0 can (6 fl oz)	1.08	86.51	--
19144	Candies, NESTLE, 100 GRAND Bar	43.0	1.0 bar (1.5 oz)	1.08	30.52	--
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	1.07	14.91	0.002
28111	KEEBLER, READY CRUST, Chocolate Pie Crust	21.0	0.125 crust 1 serving (from 9" shell)	1.07	14.22	--
14317	Beverages, malted drink mix, chocolate, powder	21.0	1.0 serving (3 heaping tsp or 1 envelope)	1.07	18.26	--
06112	Sauce, teriyaki, ready-to-serve	18.0	1.0 tbsp	1.07	2.80	--
28336	Bread, gluten-free, white, made with potato extract, rice starch, and rice flour	34.0	1.0 slice	1.06	17.96	--
28366	RUDI'S, Gluten-Free Bakery, Original Sandwich Bread	34.0	1.0 slice	1.06	17.96	--
28146	KEEBLER, TOWN HOUSE, TOPPERS, Multigrain Crackers	14.0	3.0 crackers	1.06	9.58	--
28147	KEEBLER, TOWN HOUSE, TOPPERS, Original Crackers	14.0	3.0 crackers	1.06	9.35	--
03928	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, powder	8.5	1.0 scoop	1.06	4.73	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	1.06	9.81	0.013
33867	Infant formula, GERBER, GOOD START, PROTECT PLUS, powder	9.4	1.0 scoop	1.06	5.36	--
19308	Candies, MARS SNACKFOOD US, POP'ABLES 3 MUSKETEERS Brand Bite Size Candies	41.0	1.0 serving 15 pieces	1.06	31.14	--
09313	Sapodilla, raw	241.0	1.0 cup, pulp	1.06	48.10	0.012
08211	Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S	27.0	0.75 cup (1 NLEA serving)	1.06	22.59	--
09267	Pineapple, canned, water pack, solids and liquids	246.0	1.0 cup, crushed, sliced, or chunks	1.06	20.42	0.015
03681	Babyfood, cereal, barley, prepared with whole milk	28.35	1.0 oz	1.06	2.82	0.017
28136	KEEBLER, TOASTEDS, Sesame Crackers	16.0	5.0 crackers	1.06	10.02	--
03956	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified	31.0	1.0 oz	1.05	4.10	--
28224	MURRAY, SUGAR FREE, Fudge Dipped Wafers	31.0	4.0 cookies	1.05	18.97	--
09325	Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids	257.0	1.0 cup	1.05	57.47	--
05088	Chicken, broilers or fryers, neck, meat only, raw	6.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.05	0.00	0.012
08501	Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES	27.0	0.75 cup	1.05	24.33	--
18427	Crackers, standard snack-type, regular, low salt	14.2	0.5 oz	1.05	8.66	0.013
08672	Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS	30.0	0.75 cup (1 NLEA serving)	1.05	26.45	--
11116	Cabbage, chinese (pak-choi), raw	70.0	1.0 cup, shredded	1.05	1.53	0.010
18170	Cookies, fig bars	28.35	1.0 oz	1.05	20.10	0.013
21346	McDONALD'S, NEWMAN'S OWN Cobb Dressing	62.0	2.0 fl oz	1.05	9.60	--
09268	Pineapple, canned, juice pack, solids and liquids	249.0	1.0 cup, crushed, sliced, or chunks	1.05	39.09	0.012
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	9.5	1.0 scoop	1.04	5.22	--
33869	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, powder	9.4	1.0 scoop	1.04	5.29	--
11711	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt	124.0	1.0 cup (1/2" pieces)	1.04	5.36	--
11025	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	124.0	1.0 cup (1/2" pieces)	1.04	5.36	--
03298	Babyfood, dinner, broccoli and chicken, junior	29.0	1.0 tbsp	1.04	1.84	--
28134	KEEBLER, TOASTEDS, Party Pack Cracker Assortment	16.0	5.0 crackers	1.04	10.30	--
33862	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder	9.6	1.0 scoop	1.04	5.47	--
03901	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, liquid concentrate, not reconstituted	31.9	1.0 fl oz	1.04	5.26	--
19034	Snacks, popcorn, air-popped	8.0	1.0 cup	1.04	6.22	0.007
18540	ARCHWAY Home Style Cookies, Old Fashioned Windmill Cookies	20.0	1.0 serving	1.03	14.45	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
03820	Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder	31.0	1.0 fl oz	1.03	2.66	--
03964	Babyfood, fortified cereal bar, fruit filling	19.0	1.0 bar	1.03	13.04	--
11808	Parsnips, cooked, boiled, drained, with salt	78.0	0.5 cup slices	1.03	13.27	--
11299	Parsnips, cooked, boiled, drained, without salt	78.0	0.5 cup slices	1.03	13.27	--
08083	Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS	31.0	1.0 cup (1 NLEA serving)	1.03	28.08	--
18127	Cake, snack cakes, creme-filled, chocolate with frosting	28.35	1.0 oz	1.03	17.10	0.016
28266	KEEBLER, READY CRUST, Graham Pie Crust (10"), Reduced Fat	21.0	0.125 crust	1.03	15.44	--
18522	ARCHWAY Home Style Cookies, Chocolate Chip Ice Box	24.0	1.0 serving	1.03	15.60	--
03980	Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder	8.7	1.0 scoop	1.03	4.87	--
11337	Peppers, sweet, green, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	1.03	4.23	0.013
11917	Peppers, sweet, red, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	1.03	4.23	0.013
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	90.0	0.5 cup slices	1.03	2.42	0.005
09516	Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	233.0	1.0 cup	1.03	28.82	--
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	155.0	1.0 cup	1.02	10.01	0.014
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	155.0	1.0 cup	1.02	10.01	0.014
19040	Snacks, popcorn, cheese-flavor	11.0	1.0 cup	1.02	5.68	0.010
08206	Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS	30.0	0.75 cup (1 NLEA serving)	1.02	26.02	--
11880	Taro, shoots, cooked, with salt	140.0	1.0 cup slices	1.02	4.47	--
11523	Taro shoots, cooked, without salt	140.0	1.0 cup slices	1.02	4.48	--
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	28.35	1.0 oz	1.02	18.82	0.016
21420	KFC, Coleslaw	112.0	1.0 package	1.02	17.53	0.009
09316	Strawberries, raw	152.0	1.0 cup, halves	1.02	11.67	0.012
19296	Honey	339.0	1.0 cup	1.02	279.34	0.014
09160	Lime juice, raw	242.0	1.0 cup	1.02	20.38	0.005
33868	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder	9.4	1.0 scoop	1.02	5.37	--
28032	GIRL SCOUTS, Samoas Cookies	29.0	2.0 cookies	1.02	18.59	--
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	29.0	2.0 cookies	1.02	18.59	0.008
28073	KEEBLER, Danish Wedding Cookies	26.0	4.0 cookies	1.01	17.76	--
18202	Cookies, sugar wafer, with creme filling, sugar free	28.35	1.0 oz	1.01	18.78	0.012
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	28.35	1.0 oz	1.01	2.97	0.022
14622	Beverages, V8 V-FUSION Juices, Tropical	246.0	1.0 serving 8 oz	1.01	27.99	--
09452	Orange Pineapple Juice Blend	246.0	8.0 fl oz	1.01	30.01	--
14620	Beverages, V8 V-FUSION Juices, Peach Mango	246.0	1.0 serving 8 oz	1.01	27.99	--
14621	Beverages, V8 V-FUSION Juices, Strawberry Banana	246.0	1.0 serving 8 oz	1.01	29.00	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
03938	Infant formula, PBM PRODUCTS, store brand, powder	8.4	1.0 scoop	1.01	4.70	--
19860	Cocoa, dry powder, hi-fat or breakfast, processed with alkali	6.0	1.0 tablespoon Ghirardelli label 2011	1.01	2.98	--
14061	Beverages, Energy Drink, sugar free	240.0	8.0 fl oz	1.01	--	--
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	240.0	8.0 fl oz	1.01	15.82	--
28148	KEEBLER, TOWN HOUSE, Wheat Crackers	16.0	5.0 crackers	1.01	10.11	--
09507	Fruit juice smoothie, NAKED JUICE, MIGHTY MANGO	240.0	8.0 fl oz	1.01	36.00	--
09511	Fruit juice smoothie, NAKED JUICE, BLUE MACHINE	240.0	8.0 fl oz	1.01	40.01	--
14060	Beverages, Energy Drink with carbonated water and high fructose corn syrup	240.0	8.0 fl oz	1.01	36.00	--
28144	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Reduced Fat	14.0	5.0 crackers	1.01	9.86	--
09351	Fruit cocktail, canned, heavy syrup, drained	214.0	1.0 cup	1.01	40.23	--
09519	Guava nectar, with sucralose, canned	335.0	11.3 fl oz	1.00	44.56	--
28349	Cookies, oatmeal, reduced fat	25.0	1.0 cookie	1.00	16.16	--
03926	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	1.00	4.43	--
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	35.0	2.0 tbsp	1.00	4.97	0.015
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	124.0	1.0 leek	1.00	9.45	0.007
06218	CAMPBELL'S, 98% Fat Free Cream of Celery Soup, condensed	124.0	0.5 cup condensed	1.00	9.00	--
06334	CAMPBELL'S Red and White, Cream of Celery Soup, condensed	124.0	1.0 serving 1/2 cup	1.00	9.00	--
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	1.00	9.45	0.007
06987	HEALTHY REQUEST, Cream of Celery Soup, condensed	124.0	1.0 serving 1/2 cup	1.00	12.00	--
06057	CAMPBELL'S Red and White, Chicken Broth, condensed	124.0	1.0 serving 1/2 cup	1.00	--	--
06340	CAMPBELL'S Red and White, Cream of Onion Soup, condensed	124.0	1.0 serving 1/2 cup	1.00	9.99	--
11969	Broccoli, chinese, cooked	88.0	1.0 cup	1.00	3.35	--
19175	Gelatin desserts, dry mix, reduced calorie, with aspartame	6.4	1.0 serving	1.00	5.13	--
06599	PACE, Enchilada Sauce	60.0	0.25 cup	1.00	5.00	--
08204	Cereals ready-to-eat, chocolate-flavored frosted puffed corn	30.0	1.0 cup	1.00	26.16	--
06332	Gravy, CAMPBELL'S, turkey, microwavable	60.0	0.25 cup	1.00	3.00	--
06323	Gravy, CAMPBELL'S, turkey, fat free	60.0	0.25 cup	1.00	4.00	--
28297	Cake, snack cakes, not chocolate, with icing or filling, low-fat, with added fiber	27.0	1.0 cake 1 serving	1.00	20.06	--
28296	Cake, snack cakes, creme-filled, chocolate with frosting, low-fat, with added fiber	27.0	1.0 cake 1 serving	1.00	18.73	--
27030	PACE, Triple Pepper Salsa	32.0	1.0 serving	1.00	3.00	--
43450	Frozen novelties, juice type, juice with cream	71.0	2.5 oz	1.00	17.12	--
28330	Cookies, marshmallow, with rice cereal and chocolate chips	22.0	1.0 bar	1.00	13.92	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
14557	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients	22.0	1.0 serving	1.00	19.86	--
11980	Peppers, chili, green, canned	139.0	1.0 cup	1.00	6.39	0.014
25052	Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar	24.0	1.0 bar	1.00	19.00	--
08476	Cereals ready-to-eat, MALT-O-MEAL, Honey BUZZERS	29.0	1.333 cup	1.00	26.00	--
28311	Cookies, sugar wafer, chocolate-covered	29.0	3.0 cookie	1.00	19.14	--
03190	Babyfood, cereal, oatmeal, with bananas, dry	15.0	1.0 serving	1.00	11.71	0.024
03302	Babyfood, snack, GERBER, GRADUATES, YOGURT MELTS	7.0	1.0 serving	1.00	5.03	0.011
09163	Blueberries, dried, sweetened	40.0	0.25 cup	1.00	32.00	--
01267	Cheese, mexican, queso cotija	5.0	2.0 tsp	1.00	0.20	--
03997	Babyfood, Baby MUM MUM Rice Biscuits	8.0	4.0 biscuit	1.00	6.66	0.007
09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	250.0	1.0 cup	1.00	31.68	--
19171	Cocoa, dry powder, unsweetened, HERSHEY'S European Style Cocoa	5.0	1.0 tbsp	1.00	3.00	--
03995	Babyfood, banana with mixed berries, strained	99.0	1.0 packet	1.00	21.10	0.006
03279	Babyfood, dinner, mixed vegetable, junior	99.0	1.0 serving	1.00	7.80	--
14063	Beverages, chocolate powder, no sugar added	11.0	2.0 tbsp	1.00	7.00	--
18966	Crackers, saltines, whole wheat (includes multi-grain)	14.0	1.0 serving	1.00	9.56	--
28327	Crackers, water biscuits	14.0	4.0 cracker 1 serving	1.00	10.19	--
28299	Cookies, chocolate sandwich, with creme filling, reduced fat	34.0	1.0 serving	1.00	25.90	--
28328	Cookies, chocolate chip sandwich, with creme filling	34.0	1.0 cookie	1.00	21.60	--
08370	Cereals ready-to-eat, GENERAL MILLS, RICE CRUNCHINS	21.0	1.0 bowl (3/4 cup) (1 NLEA serving)	1.00	17.00	--
03854	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, LIPIL, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	1.00	4.25	--
44258	Puddings, chocolate flavor, low calorie, regular, dry mix	9.9	1.0 serving	1.00	7.37	--
28298	Cookies, brownies, commercially prepared, reduced fat, with added fiber	36.0	1.0 brownie 1 serving	1.00	22.17	--
06320	Gravy, CAMPBELL'S, chicken, fat free	59.0	0.25 cup	1.00	3.00	--
06317	Gravy, CAMPBELL'S, beef, fat free	59.0	0.25 cup	1.00	3.00	--
06330	Gravy, FRANCO-AMERICAN, chicken, slow roast	59.0	0.25 cup	1.00	3.00	--
06327	Gravy, FRANCO-AMERICAN, beef, slow roast, fat free	59.0	0.25 cup	1.00	3.00	--
06324	Gravy, CAMPBELL'S, beef, microwavable	59.0	0.25 cup	1.00	3.00	--
06996	Gravy, CAMPBELL'S, au jus	59.0	0.25 cup	1.00	0.00	--
06321	Gravy, CAMPBELL'S, golden pork	59.0	0.25 cup	1.00	3.00	--
06318	Gravy, CAMPBELL'S, country style cream	59.0	0.25 cup	1.00	3.00	--
06331	Gravy, FRANCO-AMERICAN, turkey, slow roast	59.0	0.25 cup	1.00	4.00	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
06328	Gravy, FRANCO-AMERICAN, chicken, slow roast, fat free	59.0	0.25 cup	1.00	4.00	--
06997	Gravy, CAMPBELL'S, beef	59.0	0.25 cup	1.00	3.00	--
06329	Gravy, FRANCO-AMERICAN, beef, slow roast	59.0	0.25 cup	1.00	3.00	--
06326	Gravy, CAMPBELL'S, turkey	59.0	0.25 cup	1.00	3.00	--
31005	CAMPBELL'S, V8 Vegetable Juice, Organic V8	243.0	8.0 fl oz	1.00	11.01	--
31016	CAMPBELL'S, V8 60% Vegetable Juice, V8 V-Lite	243.0	8.0 fl oz	1.00	7.00	--
08494	Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS	30.0	0.75 cup (1 NLEA serving)	1.00	23.50	--
06351	CAMPBELL'S Red and White, Old Fashioned Tomato Rice Soup, condensed	126.0	1.0 serving 1/2 cup	1.00	23.00	--
09096	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	237.0	1.0 cup	1.00	20.17	--
03994	Babyfood, fruit, banana and strawberry, junior	140.0	1.0 bottle	0.99	36.09	0.013
28067	KEEBLER, CLUB, Multigrain Crackers	14.0	4.0 crackers	0.99	9.23	--
28292	Crackers, multigrain	14.0	4.0 crackers	0.99	9.46	0.012
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	28.35	1.0 oz	0.99	3.39	0.010
18312	Pie, chocolate mousse, prepared from mix, no-bake type	28.35	1.0 oz	0.99	8.39	0.014
18119	Cake, pineapple upside-down, prepared from recipe	28.35	1.0 oz	0.99	14.32	0.012
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	242.0	1.0 cup, whole	0.99	48.59	0.002
11766	Chayote, fruit, cooked, boiled, drained, with salt	160.0	1.0 cup (1" pieces)	0.99	7.20	0.013
06038	CAMPBELL'S, Cheddar Cheese Soup, condensed	124.0	0.5 cup condensed	0.99	14.19	--
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	0.99	34.70	0.007
06011	Soup, cheese, canned, condensed	124.0	0.5 cup	0.99	14.01	--
11150	Chayote, fruit, cooked, boiled, drained, without salt	160.0	1.0 cup (1" pieces)	0.99	8.14	0.013
09093	Figs, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	0.99	72.71	0.008
03837	Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not reconstituted	8.7	1.0 scoop	0.99	4.78	--
28300	Cookies, oatmeal sandwich, with creme filling	38.0	1.0 cookie 1 serving	0.99	21.14	--
28143	KEEBLER, TOWN HOUSE, Reduced Fat Crackers	15.0	6.0 crackers	0.99	11.56	--
19807	Snacks, popcorn, oil-popped, white popcorn, salt added	11.0	1.0 cup	0.99	6.29	0.007
03184	Babyfood, cereal, whole wheat, with apples, dry fortified	15.0	0.5 oz	0.99	12.48	--
43544	Babyfood, cereal, rice with pears and apple, dry, instant fortified	15.0	1.0 serving	0.99	13.28	--
28141	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Original	15.0	5.0 crackers	0.99	9.64	--
09239	Peaches, canned, extra light syrup, solids and liquids	247.0	1.0 cup, halves or slices	0.99	27.42	0.002
28113	KEEBLER, 100 Calorie RIGHT BITES, CHIPS DELUXE, Chocolate Chip Cookies	21.0	1.0 pouch	0.99	16.32	--
08669	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Chocolate Squares	30.0	0.75 cup (1 NLEA serving)	0.99	25.20	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
43382	Cranberry juice, unsweetened	253.0	1.0 cup	0.99	30.87	--
28357	GLUTINO, Gluten Free Cookies, Vanilla Creme	45.0	3.0 cookies	0.99	34.80	--
11850	Radishes, oriental, cooked, boiled, drained, with salt	147.0	1.0 cup slices	0.98	5.04	0.006
11431	Radishes, oriental, cooked, boiled, drained, without salt	147.0	1.0 cup, sliced	0.98	5.04	0.006
09092	Figs, canned, heavy syrup pack, solids and liquids	259.0	1.0 cup	0.98	59.31	0.008
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	0.98	18.15	0.011
03802	Infant formula, NESTLE, GOOD START SUPREME, with iron, powder	8.7	1.0 scoop	0.98	4.99	--
03842	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid concentrate	31.4	1.0 fl oz	0.98	4.15	--
03952	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, liquid concentrate	31.4	1.0 fl oz	0.98	4.15	--
09091	Figs, canned, light syrup pack, solids and liquids	252.0	1.0 cup	0.98	45.23	0.008
03824	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, liquid concentrate, not reconstituted	30.8	1.0 fl oz	0.98	4.18	--
08066	Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice	14.0	0.75 cup (1 NLEA serving)	0.98	12.29	--
16132	Tofu, salted and fermented (fuyu)	11.0	1.0 block	0.98	0.48	0.014
28079	KEEBLER, FUDGE SHOPPE, Coconut Dreams Cookies	28.0	2.0 cookies	0.98	17.19	--
18532	ARCHWAY Home Style Cookies, Iced Molasses	28.0	1.0 serving	0.98	19.35	--
09272	Pineapple, frozen, chunks, sweetened	245.0	1.0 cup, chunks	0.98	54.39	0.012
03694	Babyfood, cereal, rice, prepared with whole milk	28.35	1.0 oz	0.98	2.92	0.021
11566	Turnips, frozen, unprepared	94.0	0.333 package, mashed (10 oz)	0.98	2.76	0.009
11362	Potatoes, raw, skin	38.0	1.0 skin	0.98	4.73	--
28069	KEEBLER, CLUB, Reduced Fat Crackers	16.0	5.0 crackers	0.98	11.70	--
09301	Rambutan, canned, syrup pack	150.0	1.0 cup, drained	0.98	31.30	--
28140	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Garlic Herb	15.0	5.0 crackers	0.98	9.45	--
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	0.97	31.23	0.017
02076	Seasoning mix, dry, chili, original	9.0	1.33 tbsp	0.97	5.09	--
11832	Potatoes, boiled, cooked in skin, skin, with salt	34.0	1.0 skin	0.97	5.85	--
11366	Potatoes, boiled, cooked in skin, skin, without salt	34.0	1.0 skin	0.97	5.85	--
09145	Java-plum, (jambolan), raw	135.0	1.0 cup	0.97	21.01	--
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117.0	0.5 cup	0.97	4.94	--
09281	Plums, canned, purple, water pack, solids and liquids	249.0	1.0 cup, pitted	0.97	27.46	--
19866	Candies, soft fruit and nut squares	42.0	3.0 pieces	0.97	31.00	--
19036	Snacks, popcorn, cakes	10.0	1.0 cake	0.97	8.01	0.009

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	242.0	1.0 cup	0.97	36.13	--
09002	Acerola juice, raw	242.0	1.0 cup	0.97	11.62	--
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248.0	1.0 cup	0.97	46.90	--
03966	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, liquid concentrate	29.2	1.0 fl oz	0.97	4.30	--
18303	Pie, banana cream, prepared from mix, no-bake type	28.35	1.0 oz	0.96	8.96	0.013
18117	Cake, pudding-type, marble, dry mix	28.35	1.0 oz	0.96	22.54	0.014
28332	Cookies, gluten-free, chocolate sandwich, with creme filling	44.0	3.0 cookies	0.96	33.45	--
28356	GLUTINO, Gluten Free Cookies, Chocolate Vanilla Creme	44.0	3.0 cookies	0.96	33.45	--
09232	Passion-fruit juice, purple, raw	247.0	1.0 cup	0.96	33.59	--
19806	Snacks, popcorn, air-popped (Unsalted)	8.0	1.0 cup	0.96	6.23	0.007
11726	Beans, snap, green, canned, no salt added, solids and liquids	120.0	0.5 cup	0.96	4.20	0.010
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	120.0	0.5 cup	0.96	4.20	0.010
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	120.0	0.5 cup	0.96	4.20	0.010
09088	Elderberries, raw	145.0	1.0 cup	0.96	26.68	0.019
11110	Cabbage, cooked, boiled, drained, without salt	75.0	0.5 cup, shredded	0.95	4.13	0.008
11751	Cabbage, common, cooked, boiled, drained, with salt	75.0	0.5 cup, shredded	0.95	4.13	0.008
28064	KEEBLER, CLUB, Dash of Salt Crackers	14.0	4.0 crackers	0.95	9.28	--
36035	Restaurant, family style, coleslaw	108.0	1.0 serving	0.95	13.34	--
09318	Strawberries, frozen, unsweetened	221.0	1.0 cup, thawed	0.95	20.18	0.011
28268	KEEBLER, Sugar Cones	13.0	1.0 cone	0.95	10.14	--
05025	Chicken, heart, all classes, raw	6.1	1.0 heart	0.95	0.04	0.012
11796	Lotus root, cooked, boiled, drained, with salt	60.0	0.5 cup	0.95	9.61	0.007
11255	Lotus root, cooked, boiled, drained, without salt	60.0	0.5 cup	0.95	9.61	0.007
06481	Soup, chicken broth cubes, dry, prepared with water	243.0	1.0 cup (8 fl oz)	0.95	1.51	--
11058	Beans, snap, canned, all styles, seasoned, solids and liquids	114.0	0.5 cup	0.95	3.98	0.010
19083	Candies, sweet chocolate coated fondant	43.0	1.0 patty, large	0.95	34.57	--
01049	Cream, fluid, half and half	30.2	1.0 fl oz	0.95	1.43	0.022
28117	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Brownies	21.0	1.0 package	0.94	13.67	--
28114	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Dark Chocolate Fudge Stripes Cookies	21.0	1.0 pouch	0.94	14.95	--
03858	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted	8.7	1.0 scoop	0.94	4.77	--
27052	Dip, salsa con queso, cheese and salsa- medium	30.0	2.0 tbsp	0.94	3.34	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
19091	Candies, YORK Peppermint Pattie	43.0	1.0 patty 1.5 oz	0.94	34.83	--
33877	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, powder	8.7	1.0 scoop	0.94	4.96	--
09285	Plums, canned, purple, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	0.94	68.67	--
33863	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder	8.7	1.0 scoop	0.94	4.96	--
09326	Watermelon, raw	154.0	1.0 cup, balls	0.94	11.63	0.011
01073	Dessert topping, semi solid, frozen	75.0	1.0 cup	0.94	17.29	0.013
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	253.0	1.0 cup	0.94	37.37	--
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253.0	1.0 cup	0.94	37.37	--
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	253.0	1.0 cup	0.94	37.37	--
09310	Rhubarb, frozen, cooked, with sugar	240.0	1.0 cup	0.94	74.88	--
18354	Strudel, apple	28.35	1.0 oz	0.94	11.65	0.011
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	0.93	33.73	0.018
11759	Carrots, canned, no salt added, drained solids	146.0	1.0 cup, sliced	0.93	8.09	0.010
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	0.93	8.09	0.012
28359	GLUTINO, Gluten Free Wafers, Milk Chocolate	23.0	3.0 cookies	0.93	14.45	--
28333	Cookies, gluten-free, chocolate wafer	23.0	3.0 cookies	0.93	14.45	--
09283	Plums, canned, purple, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	0.93	41.03	--
28291	Cookies, animal, with frosting or icing	31.0	8.0 cookies 1 serving	0.93	21.73	0.013
28044	KEEBLER, ANIMALS, Frosted Cookies	31.0	8.0 cookies 1 serving	0.93	21.70	--
11024	Balsam-pear (bitter gourd), pods, raw	93.0	1.0 cup (1/2" pieces)	0.93	3.44	--
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258.0	1.0 cup, pitted	0.93	59.96	--
09036	Apricot nectar, canned, without added ascorbic acid	251.0	1.0 cup	0.93	36.12	--
09403	Apricot nectar, canned, with added ascorbic acid	251.0	1.0 cup	0.93	36.12	--
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	160.0	1.0 cup, chopped	0.93	33.84	0.016
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0.93	2.97	0.008
03827	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	0.93	4.79	--
03950	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted	8.5	1.0 scoop	0.93	4.65	--
03853	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted	8.5	1.0 scoop	0.93	4.65	--
28112	KEEBLER, READY CRUST, Shortbread Pie Crust	21.0	0.125 crust 9" crust	0.92	14.51	--
19263	Frozen novelties, fruit and juice bars	77.0	1.0 bar (2.5 fl oz)	0.92	15.55	--
09354	Pineapple, canned, juice pack, drained	181.0	1.0 cup, chunks	0.92	28.16	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
03869	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, with iron, powder, not reconstituted	8.5	1.0 scoop	0.92	4.84	--
19092	Candies, TWIZZLERS NIBS CHERRY BITS	40.0	27.0 pieces	0.92	31.75	--
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	0.92	50.48	0.005
19301	Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe	28.35	1.0 oz	0.92	19.19	--
03808	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	0.92	4.78	--
09184	Melons, honeydew, raw	170.0	1.0 cup, diced (approx 20 pieces per cup)	0.92	15.45	0.008
28135	KEEBLER, TOASTEDS, Onion Crackers	16.0	5.0 crackers	0.91	10.83	--
11349	Poi	240.0	1.0 cup	0.91	65.35	--
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	0.91	2.45	0.009
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	0.91	11.08	0.007
06179	Sauce, fish, ready-to-serve	18.0	1.0 tbsp	0.91	0.66	--
03937	Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.91	4.36	--
09429	Pineapple, raw, traditional varieties	165.0	1.0 cup, chunks	0.91	19.50	--
19859	Cocoa, dry powder, hi-fat or breakfast, plain	5.4	1.0 tbsp	0.91	2.78	--
25009	Snacks, M&M MARS, KUDOS Whole Grain Bar, M&M's milk chocolate	24.0	1.0 bar	0.91	17.52	--
09269	Pineapple, canned, light syrup pack, solids and liquids	252.0	1.0 cup, crushed, sliced, or chunks	0.91	33.89	0.013
06120	Gravy, chicken, dry	8.0	1.0 tbsp	0.90	4.97	--
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	250.0	1.0 cup	0.90	32.18	--
09273	Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	250.0	1.0 cup	0.90	32.18	--
11670	Peppers, hot chili, green, raw	45.0	1.0 pepper	0.90	4.26	0.012
19116	Candies, marshmallows	50.0	1.0 cup of miniature	0.90	40.65	0.000
09510	Pineapple juice, canned, not from concentrate, unsweetened, with added vitamins A, C and E	250.0	1.0 cup	0.90	30.45	--
28118	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Fudge Grahams Cookies	20.0	1.0 pouch	0.90	14.64	--
28065	KEEBLER, CLUB, Minis Original Crackers	15.0	17.0 crackers	0.90	9.96	--
11339	Peppers, sweet, green, sauteed	115.0	1.0 cup chopped	0.90	4.85	0.013
16432	Tofu, salted and fermented (fuyu), prepared with calcium sulfate	11.0	1.0 block	0.90	0.57	0.013
03809	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, powder, not reconstituted	8.3	1.0 scoop	0.90	4.66	--
03805	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, powder	8.3	1.0 scoop	0.90	4.66	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
21379	McDONALD'S, Side Salad	87.0	1.0 item 3.1 oz	0.90	3.74	--
28145	KEEBLER, TOWN HOUSE, TOPPERS, Garlic Herb Crackers	14.0	3.0 crackers	0.90	10.02	--
28210	MURRAY, SUGAR FREE, Vanilla Sugar Wafer	28.0	4.0 cookies	0.90	19.18	--
14259	Beverages, OCEAN SPRAY, Light Cranberry, Concord Grape	248.0	8.0 fl oz	0.89	14.33	--
42178	Mayonnaise, made with tofu	15.0	1.0 tbsp	0.89	0.46	--
28360	MARY'S GONE CRACKERS, Original Crackers, Organic Gluten Free	7.4	3.0 crackers	0.89	4.76	--
01017	Cheese, cream	14.5	1.0 tbsp	0.89	0.80	0.010
19322	Puddings, coconut cream, dry mix, instant	99.0	1.0 package (3.5 oz)	0.89	82.66	--
09266	Pineapple, raw, all varieties	165.0	1.0 cup, chunks	0.89	21.65	0.008
03089	Babyfood, dinner, macaroni and cheese, strained	28.35	1.0 oz	0.89	2.54	--
14248	Alcoholic beverage, beer, light, higher alcohol	356.0	12.0 fl oz	0.89	2.74	--
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup, crushed, sliced, or chunks	0.89	51.31	0.013
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	0.89	0.85	0.021
03860	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed	31.0	1.0 fl oz	0.89	3.46	--
09271	Pineapple, canned, extra heavy syrup pack, solids and liquids	260.0	1.0 cup, crushed, sliced, or chunks	0.88	55.90	0.013
36028	DENNY'S, coleslaw	91.0	1.0 serving	0.88	9.90	0.009
08156	Cereals ready-to-eat, rice, puffed, fortified	14.0	1.0 cup	0.88	12.57	0.013
28133	KEEBLER, TOASTEDS, Buttercrisps Crackers	16.0	5.0 crackers	0.88	10.40	--
19324	Puddings, coconut cream, dry mix, regular	88.0	1.0 package (3.12 oz)	0.88	72.02	--
18253	Doughnuts, french crullers, glazed	28.35	1.0 oz	0.88	16.87	0.013
03801	Infant formula, NESTLE, GOOD START SUPREME, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.88	4.46	--
27054	Dip, TOSTITOS, salsa con queso, medium	30.0	2.0 tbsp	0.88	3.52	--
11784	Gourd, white-flowered (calabash), cooked, boiled, drained, with salt	146.0	1.0 cup (1" cubes)	0.88	4.53	0.004
11219	Gourd, white-flowered (calabash), cooked, boiled, drained, without salt	146.0	1.0 cup (1" cubes)	0.88	5.39	0.004
09430	Pineapple, raw, extra sweet variety	165.0	1.0 cup, chunks	0.87	22.28	--
19142	Candies, MOUNDS Candy Bar	19.0	1.0 bar snack size	0.87	11.13	--
11427	Purslane, raw	43.0	1.0 cup	0.87	1.46	--
11505	Sweet potato leaves, raw	35.0	1.0 cup, chopped	0.87	3.09	0.012
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	31.1	1.0 fl oz	0.87	6.50	0.012
28081	KEEBLER, FUDGE SHOPPE, Caramel Filled Cookies	30.0	2.0 cookies	0.87	20.01	--
03870	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber	31.0	1.0 fl oz	0.87	3.50	--
11588	Waterchestnuts, chinese, (matai), raw	62.0	0.5 cup slices	0.87	14.84	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	255.0	1.0 cup	0.87	48.73	--
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	0.87	6.01	0.012
11982	Peppers, pasilla, dried	7.0	1.0 pepper	0.86	3.58	--
27053	Dip, OLD EL PASO, Cheese 'n Salsa, medium	32.0	2.0 tbsp	0.86	3.41	--
11603	Yambean (jicama), raw	120.0	1.0 cup slices	0.86	10.58	--
03818	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	0.86	4.46	--
03812	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	0.86	4.49	--
28121	KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies, Fudge Dipped	21.0	1.0 package	0.86	15.20	--
11457	Spinach, raw	30.0	1.0 cup	0.86	1.09	0.012
09102	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	245.0	1.0 cup	0.86	19.28	--
33864	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.86	4.53	--
09104	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, light syrup, solids and liquids	252.0	1.0 cup	0.86	38.15	--
09106	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, extra heavy syrup, solids and liquids	259.0	1.0 cup	0.85	58.97	--
33865	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.85	4.50	--
09152	Lemon juice, raw	244.0	1.0 cup	0.85	16.84	--
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	9.7	1.0 tbsp	0.85	7.72	0.006
02019	Spices, fenugreek seed	3.7	1.0 tsp	0.85	2.16	0.014
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	28.35	1.0 oz	0.85	22.57	0.012
19104	Candies, fudge, vanilla with nuts	28.35	1.0 oz	0.85	21.15	--
18444	Pie, fried pies, cherry	28.35	1.0 oz	0.85	12.08	0.012
18319	Pie, fried pies, fruit	28.35	1.0 oz	0.85	12.08	0.012
18445	Pie, fried pies, lemon	28.35	1.0 oz	0.85	12.08	0.012
11131	Carrots, frozen, cooked, boiled, drained, without salt	146.0	1.0 cup, sliced	0.85	11.29	0.010
11760	Carrots, frozen, cooked, boiled, drained, with salt	146.0	1.0 cup slices	0.85	11.29	0.010
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	0.85	8.03	0.012
09254	Pears, canned, juice pack, solids and liquids	248.0	1.0 cup, halves	0.84	32.09	--
12204	Nuts, chestnuts, japanese, roasted	28.35	1.0 oz	0.84	12.79	0.012
11819	Peppers, hot chili, red, raw	45.0	1.0 pepper	0.84	3.96	0.012

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
28119	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Fudge Stripes Cookies	21.0	1.0 pouch	0.84	15.60	--
11157	Chrysanthemum, garland, raw	25.0	1.0 cup (1" pieces)	0.84	0.76	--
01178	Sour cream, reduced fat	12.0	1.0 tablespoon	0.84	--	--
11154	Chicory roots, raw	60.0	1.0 root	0.84	10.51	--
11276	New Zealand spinach, raw	56.0	1.0 cup, chopped	0.84	1.40	--
03830	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, LIPIL, with iron, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	0.84	4.51	--
11086	Beet greens, raw	38.0	1.0 cup	0.84	1.65	0.013
25012	Snacks, sweet potato chips, unsalted	28.35	1.0 oz	0.83	16.11	0.028
03947	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA	30.5	1.0 fl oz	0.83	4.16	--
03072	Babyfood, dinner, chicken stew, toddler	16.0	1.0 tbsp	0.83	1.02	0.009
03856	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.83	4.32	--
03951	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.83	4.25	--
03851	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.83	4.32	--
10004	Pork, fresh, backfat, raw	28.35	1.0 oz	0.83	0.00	0.010
18360	Taco shells, baked	12.9	1.0 shell	0.83	8.19	0.005
11286	Onions, yellow, sauteed	87.0	1.0 cup chopped	0.83	6.84	0.012
09520	Kiwifruit, ZESPRI SunGold, raw	81.0	1.0 fruit	0.83	12.79	--
19333	Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water	127.0	0.5 cup	0.83	30.73	--
09082	Cranberry-orange relish, canned	275.0	1.0 cup	0.82	127.05	--
11568	Turnip greens, raw	55.0	1.0 cup, chopped	0.82	3.92	0.014
18196	Cookies, brownies, dry mix, sugar free	28.35	1.0 oz	0.82	22.79	0.012
18085	Bread stuffing, cornbread, dry mix, prepared	28.35	1.0 oz	0.82	6.21	0.009
18110	Cake, fruitcake, commercially prepared	28.35	1.0 oz	0.82	17.46	0.012
11210	Eggplant, cooked, boiled, drained, without salt	99.0	1.0 cup (1" cubes)	0.82	8.64	0.008
11783	Eggplant, cooked, boiled, drained, with salt	99.0	1.0 cup (1" cubes)	0.82	8.06	0.008
11979	Peppers, jalapeno, raw	90.0	1.0 cup, sliced	0.82	5.85	--
14181	Beverages, chocolate syrup	39.0	1.0 serving 2 tbsp	0.82	25.39	--
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	6.0	1.0 medium	0.82	0.05	0.009
12095	Nuts, chestnuts, chinese, boiled and steamed	28.35	1.0 oz	0.82	9.54	0.010
27051	Sauce, cocktail, ready-to-serve	60.0	0.25 cup	0.82	16.93	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
28142	KEEBLER, TOWN HOUSE, Original Crackers	16.0	5.0 crackers	0.82	9.57	--
19097	Sherbet, orange	74.0	0.5 cup (4 fl oz)	0.81	22.50	--
19817	Snacks, rice cakes, brown rice, buckwheat, unsalted	9.0	1.0 cake	0.81	7.21	0.011
19052	Snacks, rice cakes, brown rice, buckwheat	9.0	1.0 cake	0.81	7.21	0.011
09379	Plums, canned, heavy syrup, drained	183.0	1.0 cup, with pits, yields	0.81	42.31	--
11239	Mushrooms, Chanterelle, raw	54.0	1.0 cup	0.80	3.70	--
11209	Eggplant, raw	82.0	1.0 cup, cubes	0.80	4.82	0.007
09177	Mangosteen, canned, syrup pack	196.0	1.0 cup, drained	0.80	35.10	--
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	11.0	1.0 cup	0.80	4.96	0.007
19068	Candies, NESTLE, BIT-O'-HONEY Candy Chews	40.0	1.0 serving 6 pieces	0.80	32.36	--
28116	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Cookies 'N Creme	20.0	1.0 pouch	0.80	14.44	--
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16.0	1.0 serving	0.80	11.88	--
09011	Apples, dried, sulfured, uncooked	86.0	1.0 cup	0.80	56.67	0.008
14428	Beverages, shake, fast food, strawberry	23.5	1.0 fl oz	0.80	4.44	0.011
18309	Pie, cherry, prepared from recipe	28.35	1.0 oz	0.79	10.91	0.009
18314	Pie, coconut cream, prepared from mix, no-bake type	28.35	1.0 oz	0.79	8.08	0.010
09009	Apples, dehydrated (low moisture), sulfured, uncooked	60.0	1.0 cup	0.79	56.12	0.007
21141	BURGER KING, Vanilla Shake	24.8	1.0 fl oz	0.79	4.72	--
11429	Radishes, raw	116.0	1.0 cup slices	0.79	3.94	0.010
42119	Babyfood, banana juice with low fat yogurt	31.5	1.0 fl oz	0.79	5.53	--
06959	Gravy, instant turkey, dry	6.7	1.0 serving	0.79	3.86	--
11206	Cucumber, peeled, raw	133.0	1.0 cup, pared, chopped	0.78	2.87	0.009
28255	KEEBLER, ZESTA, Export Sodas Crackers	14.0	3.0 crackers	0.78	10.36	--
11974	Grape leaves, raw	14.0	1.0 cup	0.78	2.42	--
11591	Watercress, raw	34.0	1.0 cup, chopped	0.78	0.44	0.010
28155	KEEBLER, Waffle Bowls	12.0	1.0 waffle	0.78	10.52	--
28156	KEEBLER, Waffle Cones	12.0	1.0 cone	0.78	10.52	--
18082	Bread stuffing, bread, dry mix, prepared	28.35	1.0 oz	0.77	5.34	0.010
28068	KEEBLER, CLUB, Original Crackers	14.0	4.0 crackers	0.77	9.27	--
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	5.0	0.25 cup	0.77	2.31	0.008
18306	Pie, blueberry, prepared from recipe	28.35	1.0 oz	0.77	9.50	0.008
19414	Snacks, rice cakes, brown rice, multigrain	9.0	1.0 cake	0.76	7.21	0.010
43020	Salad dressing, blue or roquefort cheese, low calorie	15.0	1.0 tbsp	0.76	0.44	--
19818	Snacks, rice cakes, brown rice, multigrain, unsalted	9.0	1.0 cake	0.76	7.21	0.010

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
09143	Guava sauce, cooked	238.0	1.0 cup	0.76	22.56	0.007
18952	Tostada shells, corn	12.3	1.0 piece	0.76	7.92	--
09423	Prune puree	36.0	2.0 tbsp	0.76	23.44	--
19413	Snacks, rice cakes, brown rice, corn	9.0	1.0 cake	0.76	7.31	0.008
42120	Babyfood, mixed fruit juice with low fat yogurt	31.5	1.0 fl oz	0.76	4.62	--
01199	Cream, half and half, fat free	29.0	2.0 tbsp	0.75	2.61	--
28086	KEEBLER, FUDGE SHOPPE, Fudge Sticks	29.0	3.0 cookies	0.75	19.95	--
28097	KEEBLER, FUDGE SHOPPE, Merry Mint Patties, Holiday	26.0	2.0 cookies	0.75	17.34	--
09309	Rhubarb, frozen, uncooked	137.0	1.0 cup, diced	0.75	6.99	--
11287	Onions, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.75	6.48	0.010
09043	Blackberry juice, canned	250.0	1.0 cup	0.75	19.50	--
09061	Carissa, (natal-plum), raw	150.0	1.0 cup slices	0.75	20.45	--
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22.0	1.0 serving	0.75	17.71	--
19138	Candies, truffles, prepared-from-recipe	12.0	1.0 piece	0.75	5.39	--
14180	Beverages, coffee, brewed, breakfast blend	248.0	1.0 cup	0.74	0.57	--
28094	KEEBLER, FUDGE SHOPPE, Jumbo Fudge Sticks, Vanilla	31.0	1.0 cookie	0.74	21.27	--
11250	Lettuce, butterhead (includes boston and bibb types), raw	55.0	1.0 cup, shredded or chopped	0.74	1.23	0.007
08090	Cereals, corn grits, white, regular and quick, enriched, dry	9.7	1.0 tbsp	0.74	7.67	0.006
09255	Pears, canned, extra light syrup pack, solids and liquids	247.0	1.0 cup, halves	0.74	30.13	--
09449	Nance, frozen, unsweetened	112.0	1.0 cup without pits, thawed	0.74	19.01	--
25059	Snacks, brown rice chips	9.0	1.0 cake	0.74	7.34	0.009
19816	Snacks, rice cakes, brown rice, plain, unsalted	9.0	1.0 cake	0.74	7.34	0.009
14635	Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E	246.0	1.0 serving 8 oz	0.74	27.43	--
19051	Snacks, rice cracker brown rice, plain	9.0	1.0 cake	0.74	7.34	0.009
03090	Babyfood, dinner, macaroni and cheese, junior	28.35	1.0 oz	0.74	2.32	0.009
18322	Pie, mince, prepared from recipe	28.35	1.0 oz	0.74	13.61	0.008
06494	Soup, onion, dry, mix, prepared with water	230.0	1.0 serving 1 cup	0.74	6.37	--
33879	Babyfood, finger snacks, GERBER, GRADUATES, LIL CRUNCHIES - MILD CHEDDAR	8.9	0.5 cup	0.74	5.13	--
09526	Cranberry sauce, jellied, canned, OCEAN SPRAY	70.0	0.25 cup	0.74	28.43	--
06126	Gravy, turkey, dry	7.0	1.0 serving	0.73	4.56	--
16137	Hummus, home prepared	15.0	1.0 tablespoon	0.73	3.02	0.009
19419	Snacks, corn cakes	9.0	1.0 cake	0.73	7.51	0.007
19800	Snacks, corn cakes, very low sodium	9.0	1.0 cake	0.73	7.51	0.007

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
19416	Snacks, rice cakes, brown rice, rye	9.0	1.0 cake	0.73	7.19	0.009
21313	McDONALD'S, Hot Mustard Sauce	28.0	1.0 package	0.73	8.14	--
19124	Baking chocolate, mexican, squares	20.0	1.0 tablet	0.73	15.48	--
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	0.73	6.59	0.010
14220	Beverages, OCEAN SPRAY, Cranberry-Apple Juice Drink, bottled	249.0	8.0 fl oz	0.72	34.06	--
42259	Snacks, popcorn, home-prepared, oil-popped, unsalted	8.0	1.0 cup	0.72	4.65	--
43268	Whipped cream substitute, dietetic, made from powdered mix	80.0	1.0 cup	0.72	8.48	--
11126	Carrots, canned, regular pack, solids and liquids	123.0	0.5 cup slices	0.71	6.61	0.007
03201	Babyfood, cereal, egg yolks and bacon, junior	28.35	1.0 oz	0.71	1.76	--
06114	Gravy, au jus, canned	59.0	0.25 cup	0.71	1.48	--
19153	Candies, NESTLE, AFTER EIGHT Mints	42.0	1.0 serving 5 mints	0.70	33.40	--
14347	Shake, fast food, vanilla	20.8	1.0 fl oz	0.70	4.07	0.012
06081	Soup, chicken broth cubes, dry	4.8	1.0 cube	0.70	1.13	--
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	175.0	1.0 cup, cubes	0.70	5.32	0.004
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	175.0	1.0 cup, cubes	0.70	4.29	0.004
43098	Pie fillings, cherry, low calorie	85.0	1.0 serving	0.70	10.18	--
11143	Celery, raw	101.0	1.0 cup chopped	0.70	3.00	0.009
11430	Radishes, oriental, raw	116.0	1.0 cup slices	0.70	4.76	0.003
14233	Beverages, OCEAN SPRAY, Cran Raspberry Juice Drink	248.0	8.0 fl oz	0.69	29.66	--
43432	Babyfood, dinner, macaroni, beef and tomato sauce, toddler	16.0	1.0 tbsp	0.69	1.84	--
19181	Candies, YORK BITES	39.0	15.0 pieces	0.69	31.84	--
35206	Plums, wild (Northern Plains Indians)	161.0	1.0 cup	0.69	35.34	--
11003	Amaranth leaves, raw	28.0	1.0 cup	0.69	1.13	0.009
14224	Beverages, coffee, instant, mocha, sweetened	13.0	1.0 serving 2 tbsp	0.69	9.63	--
11519	Taro, cooked, without salt	132.0	1.0 cup, sliced	0.69	45.67	0.011
11878	Taro, cooked, with salt	132.0	1.0 cup slices	0.69	45.67	0.011
28345	Crackers, gluten-free, multi-seeded and multigrain	6.1	3.0 crackers	0.69	4.04	--
01072	Dessert topping, pressurized	70.0	1.0 cup	0.69	11.25	0.010
11233	Kale, raw	16.0	1.0 cup 1" pieces, loosely packed	0.68	1.40	--
19053	Snacks, rice cakes, brown rice, sesame seed	9.0	1.0 cake	0.68	7.34	0.009
19819	Snacks, rice cakes, brown rice, sesame seed, unsalted	9.0	1.0 cake	0.68	7.34	0.009
09226	Papayas, raw	145.0	1.0 cup 1" pieces	0.68	15.69	0.012
01074	Sour cream, imitation, cultured	28.35	1.0 oz	0.68	1.88	0.009
18095	Cake, cherry fudge with chocolate frosting	28.35	1.0 oz	0.68	10.77	0.009
18302	Pie, apple, prepared from recipe	28.35	1.0 oz	0.68	10.52	0.008

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
18090	Cake, boston cream pie, commercially prepared	28.35	1.0 oz	0.68	12.16	0.010
06480	Soup, chicken broth or bouillon, dry, prepared with water	241.0	1.0 cup 8 fl oz	0.67	0.72	--
09251	Peach nectar, canned, without added ascorbic acid	249.0	1.0 cup	0.67	34.66	--
09407	Peach nectar, canned, with added ascorbic acid	249.0	1.0 cup	0.67	34.66	--
14639	Beverages, rice milk, unsweetened	240.0	8.0 fl oz (approximate weight, 1 serving)	0.67	22.01	--
43028	Jams and preserves, no sugar (with sodium saccharin), any flavor	224.0	1.0 cup	0.67	119.66	--
19146	Baking chocolate, MARS SNACKFOOD US, M&M's Milk Chocolate Mini Baking Bits	14.0	1.0 serving 0.5 oz, about 1 tbsp	0.67	9.58	--
06080	Soup, chicken broth or bouillon, dry	4.0	1.0 cube	0.67	0.72	--
18524	ARCHWAY Home Style Cookies, Coconut Macaroon	22.0	1.0 serving	0.66	13.47	--
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	7.9	1.0 cup	0.66	4.52	0.005
03982	Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed	30.4	1.0 fl oz	0.66	2.32	--
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	0.66	8.43	0.010
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	73.0	1.0 pepper	0.66	3.72	0.009
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	73.0	1.0 pepper	0.66	3.72	0.009
06958	Gravy, instant beef, dry	6.7	1.0 serving	0.66	4.09	--
03930	Infant formula, MEAD JOHNSON,NEXT STEP PROSOBEE, prepared from powder	30.5	1.0 fl oz	0.65	2.46	--
19400	Snacks, banana chips	28.35	1.0 oz	0.65	16.56	0.008
03283	Babyfood, vegetables, garden vegetable, strained	28.35	1.0 oz	0.65	1.93	0.008
19524	Snacks, taro chips	28.35	1.0 oz	0.65	19.31	0.010
09054	Blueberries, frozen, unsweetened	155.0	1.0 cup, unthawed	0.65	18.86	0.003
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	30.0	10.0 strip	0.65	7.68	0.006
11147	Chard, swiss, raw	36.0	1.0 cup	0.65	1.35	0.006
11252	Lettuce, iceberg (includes crisphead types), raw	72.0	1.0 cup shredded	0.65	2.14	0.006
03839	Infant formula, ABBOTT NUTRITION, SIMILAC, NATURAL CARE, ADVANCE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0.65	2.50	--
11492	Squash, winter, spaghetti, raw	101.0	1.0 cup, cubes	0.65	6.98	0.009
25027	Snacks, plantain chips, salted	28.35	1.0 oz	0.65	18.10	--
06118	Gravy, brown, dry	6.0	1.0 tbsp	0.64	3.56	--
28376	VAN'S, The Perfect 10, Crispy Six Whole Grain + Four Seed Baked Crackers, Gluten Free	8.4	3.0 crackers	0.64	5.68	--
09420	Jackfruit, canned, syrup pack	178.0	1.0 cup, drained	0.64	42.61	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
09174	Loquats, raw	149.0	1.0 cup, cubed	0.64	18.09	0.007
12202	Nuts, chestnuts, japanese, raw	28.35	1.0 oz	0.64	9.90	0.009
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	40.0	1.0 serving 6 pieces	0.64	35.09	0.076
28310	Cookies, shortbread, reduced fat	11.8	1.0 cookie	0.63	8.97	--
09433	Clementines, raw	74.0	1.0 fruit	0.63	8.89	--
14156	Beverages, Energy drink, RED BULL, sugar free, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12	250.0	1.0 serving 8.3 fl oz can	0.62	1.75	--
03199	Babyfood, cereal, with eggs, strained	28.35	1.0 oz	0.62	2.27	--
06076	Soup, beef broth, cubed, dry	3.6	1.0 cube	0.62	0.58	--
19139	Baking chocolate, MARS SNACKFOOD US, M&M's Semisweet Chocolate Mini Baking Bits	14.0	1.0 serving 0.5 oz, about 1 tbsp	0.62	9.23	--
06985	Gravy, HEINZ Home Style, savory beef	57.0	1.0 serving 1/4 cup 2 oz	0.62	3.56	0.004
44158	Pie fillings, blueberry, canned	151.0	1.0 serving	0.62	67.01	--
11590	Waterchestnuts, chinese, canned, solids and liquids	70.0	0.5 cup slices	0.62	8.61	--
03955	Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, ready-to-feed, with ARA and DHA	30.8	1.0 fl oz	0.62	2.28	--
09415	Pears, raw, green anjou	140.0	1.0 cup, sliced	0.62	22.11	0.003
14641	Beverages, Energy drink, VAULT Zero, sugar-free, citrus flavor	246.0	1.0 serving (8 fl oz)	0.62	1.72	--
09161	Lime juice, canned or bottled, unsweetened	246.0	1.0 cup	0.62	16.46	--
03297	Babyfood, dinner, apples and chicken, strained	28.35	1.0 oz	0.61	3.08	--
09340	Pears, asian, raw	122.0	1.0 fruit 2-1/4" high x 2-1/2" dia	0.61	12.99	0.006
03211	Babyfood, cereal, high protein, with apple and orange, dry	2.4	1.0 tbsp	0.61	1.38	--
19080	Candies, semisweet chocolate	14.5	1.0 serving	0.61	9.27	0.009
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	21.0	10.0 strip	0.61	6.65	0.005
28361	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Cheddar	5.2	10.0 goldfish	0.61	3.44	--
43373	Babyfood, dinner, chicken and noodle with vegetables, toddler	16.0	1.0 tbsp	0.61	1.42	--
19102	Candies, fudge, peanut butter, prepared-from-recipe	16.0	1.0 piece	0.60	12.44	--
20315	Corn flour, whole-grain, blue (harina de maiz morado)	6.9	1.0 tbsp	0.60	5.10	--
36021	APPLEBEE'S, coleslaw	76.0	1.0 serving	0.60	10.01	0.005
14630	Beverages, Energy drink, ROCKSTAR, sugar free	240.0	8.0 fl oz	0.60	1.68	--
14197	Cocoa mix, NESTLE, Rich Chocolate Hot Cocoa Mix	20.0	1.0 serving 1 envelope	0.60	15.00	--
14625	Beverages, Energy drink, AMP	240.0	1.0 serving	0.60	28.99	--
14626	Beverages, Energy drink, FULL THROTTLE	240.0	1.0 serving 8 fluid oz	0.60	28.99	--
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	30.4	1.0 fl oz	0.60	2.19	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
33874	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed Low iron	30.4	1.0 fl oz	0.60	2.19	--
03984	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed	30.4	1.0 fl oz	0.60	2.19	--
09015	Apples, frozen, unsweetened, heated	206.0	1.0 cup slices	0.60	24.72	0.006
03067	Babyfood, dinner, vegetables and lamb, junior	28.35	1.0 oz	0.60	2.01	0.007
18313	Pie, coconut creme, commercially prepared	28.35	1.0 oz	0.60	10.57	0.008
03042	Babyfood, dinner, vegetables and dumplings and beef, junior	28.35	1.0 oz	0.60	2.27	--
19183	Puddings, chocolate, ready-to-eat	28.35	1.0 oz	0.59	6.52	--
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	7.9	1.0 cup	0.59	4.36	0.004
28364	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Parmesan	5.3	10.0 goldfish	0.59	3.43	--
33875	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calories ready-to-feed Low iron	30.0	5.0 fl oz	0.59	2.16	--
06124	Gravy, pork, dry, powder	6.7	1.0 serving	0.59	4.26	--
03944	Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0.59	2.12	--
14631	Beverages, Horchata, dry mix, unprepared, variety of brands, all with morro seeds	7.8	1.0 tbsp	0.58	6.17	--
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	0.58	15.78	0.003
11251	Lettuce, cos or romaine, raw	47.0	1.0 cup shredded	0.58	1.55	0.005
03046	Babyfood, ravioli, cheese filled, with tomato sauce	16.0	1.0 tbsp	0.58	2.61	--
14204	Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener	6.4	1.0 tsp dry	0.58	4.57	--
06075	Soup, beef broth or bouillon, powder, dry	3.6	1.0 cube	0.57	0.63	--
42286	Babyfood, green beans and turkey, strained	14.0	1.0 tbsp	0.57	0.75	--
11952	Radicchio, raw	40.0	1.0 cup, shredded	0.57	1.79	0.010
06957	Gravy, brown instant, dry	6.7	1.0 serving	0.57	4.01	--
19227	Frostings, coconut-nut, ready-to-eat	38.0	0.083 package	0.57	20.03	--
21316	McDONALD'S, Tangy Honey Mustard Sauce	43.0	1.5 oz	0.57	12.39	--
18308	Pie, cherry, commercially prepared	28.35	1.0 oz	0.57	11.28	0.008
03075	Babyfood, dinner, vegetables, noodles and chicken, strained	28.35	1.0 oz	0.57	2.24	--
03041	Babyfood, dinner, vegetables and dumplings and beef, strained	28.35	1.0 oz	0.57	2.18	--
12101	Nuts, chestnuts, european, boiled and steamed	28.35	1.0 oz	0.57	7.87	0.006
19436	Popcorn, sugar syrup/caramel, fat-free	28.35	1.0 oz	0.57	25.53	--
06094	Soup, onion, dry, mix	7.5	1.0 serving 1 tbsp	0.56	4.88	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
09012	Apples, dried, sulfured, stewed, without added sugar	255.0	1.0 cup	0.56	39.07	0.005
14195	Beverages, Cocoa mix, NESTLE, Hot Cocoa Mix Rich Chocolate With Marshmallows	20.0	1.0 serving 1 envelope	0.56	15.00	--
09013	Apples, dried, sulfured, stewed, with added sugar	280.0	1.0 cup	0.56	58.04	0.006
03983	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN AA, ready-to-feed	30.4	1.0 fl oz	0.56	2.06	--
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	30.4	1.0 fl oz	0.56	2.17	--
03205	Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified	5.3	1.0 tbsp	0.56	3.93	--
03840	Infant formula, ABBOTT NUTRITION, SIMILAC, SPECIAL CARE, ADVANCE 24, with iron, ready-to-feed, with ARA and DHA	30.8	1.0 fl oz	0.55	2.69	--
19218	Puddings, tapioca, ready-to-eat	28.35	1.0 oz	0.55	6.15	--
11637	Radishes, white icicle, raw	50.0	0.5 cup slices	0.55	1.32	0.003
03935	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0.55	2.06	--
03846	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed	30.5	1.0 fl oz	0.55	2.06	--
09311	Roselle, raw	57.0	1.0 cup, without refuse	0.55	6.45	--
06164	Sauce, salsa, ready-to-serve	36.0	2.0 tbsp	0.55	2.39	--
03939	Infant formula, PBM PRODUCTS, store brand, soy, ready-to-feed	30.4	1.0 fl oz	0.55	1.85	--
09412	Pears, raw, bartlett	140.0	1.0 cup, sliced	0.55	21.01	0.003
14257	Beverages, OCEAN SPRAY, Light Cranberry	248.0	8.0 fl oz	0.55	11.71	--
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	15.0	1.0 tbsp	0.54	1.00	0.006
03206	Babyfood, cookie, baby, fruit	8.0	1.0 cookie	0.54	5.90	--
14227	Beverages, OCEAN SPRAY, White Cranberry Strawberry Flavored Juice Drink	247.0	8.0 fl oz	0.54	29.59	--
11237	Kanpyo, (dried gourd strips)	6.3	1.0 strip	0.54	4.10	--
09010	Apples, dehydrated (low moisture), sulfured, stewed	193.0	1.0 cup	0.54	38.43	0.006
09522	Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium	200.0	6.75 fl oz	0.54	21.82	--
14090	Beverages, Coconut water, ready-to-drink, unsweetened	245.0	1.0 cup	0.54	10.39	--
14278	Beverages, tea, green, brewed, regular	245.0	1.0 cup	0.54	0.00	--
11701	Arrowhead, cooked, boiled, drained, with salt	12.0	1.0 corm, medium	0.54	1.94	--
11006	Arrowhead, cooked, boiled, drained, without salt	12.0	1.0 medium	0.54	1.94	--
18443	Pie, apple, commercially prepared, unenriched flour	28.35	1.0 oz	0.54	9.64	0.007
18301	Pie, apple, commercially prepared, enriched flour	28.35	1.0 oz	0.54	9.64	0.007
03197	Babyfood, cereal, with egg yolks, strained	28.35	1.0 oz	0.54	1.98	0.008
03198	Babyfood, cereal, with egg yolks, junior	28.35	1.0 oz	0.54	2.01	0.008

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
18323	Pie, peach	28.35	1.0 oz	0.54	9.33	0.006
19120	Candies, milk chocolate	7.0	1.0 bar, miniature	0.54	4.16	--
11745	Brussels sprouts, cooked, boiled, drained, with salt	21.0	1.0 sprout	0.54	1.49	0.006
11285	Onions, canned, solids and liquids	63.0	1.0 onion	0.54	2.53	0.008
11099	Brussels sprouts, cooked, boiled, drained, without salt	21.0	1.0 sprout	0.54	1.49	0.006
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	30.4	1.0 fl oz	0.54	2.03	--
09257	Pears, canned, heavy syrup pack, solids and liquids	266.0	1.0 cup	0.53	50.99	--
09192	Oheloberries, raw	140.0	1.0 cup	0.53	9.58	--
06700	Soup, vegetable broth, ready to serve	221.0	1.0 cup	0.53	2.06	--
06175	Sauce, hoisin, ready-to-serve	16.0	1.0 tbsp	0.53	7.05	--
28331	Crackers, flavored, fish-shaped	5.2	10.0 goldfish	0.53	3.41	--
11593	Waxgourd, (chinese preserving melon), raw	132.0	1.0 cup, cubes	0.53	3.96	0.003
09450	Naranjilla (lulo) pulp, frozen, unsweetened	120.0	1.0 cup thawed	0.53	7.08	--
18619	NABISCO, NABISCO OREO CRUNCHIES, Cookie Crumb Topping	11.0	1.0 serving	0.53	7.73	--
09525	Cranberry sauce, whole, canned, OCEAN SPRAY	70.0	0.25 cup	0.52	28.28	--
44061	Puddings, chocolate flavor, low calorie, instant, dry mix	9.9	1.0 serving	0.52	7.74	--
03121	Babyfood, vegetables, peas, strained	16.0	1.0 tbsp	0.52	1.34	--
02024	Spices, mustard seed, ground	2.0	1.0 tsp	0.52	0.56	0.005
03968	Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), ready-to-feed	29.2	1.0 fl oz	0.52	2.10	--
03900	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, ready-to-feed	30.5	1.0 fl oz	0.52	2.60	--
18160	Cookies, chocolate chip, commercially prepared, soft-type	14.2	1.0 cookie	0.52	9.34	0.007
02020	Spices, garlic powder	3.1	1.0 tsp	0.51	2.25	0.004
11941	Pickles, cucumber, sour	155.0	1.0 cup	0.51	3.50	0.005
18305	Pie, blueberry, commercially prepared	28.35	1.0 oz	0.51	9.89	0.007
03081	Babyfood, dinner, vegetables and noodles and turkey, junior	28.35	1.0 oz	0.51	2.15	--
03290	Babyfood, carrots and beef, strained	15.0	1.0 tbsp	0.51	0.86	--
09101	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra heavy syrup, solids and liquids	130.0	0.5 cup	0.51	29.76	--
28362	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Explosive Pizza	5.3	10.0 goldfish	0.51	3.56	--
09078	Cranberries, raw	110.0	1.0 cup, chopped	0.51	13.17	0.003
06615	Soup, SWANSON, vegetable broth	220.0	1.0 cup	0.51	2.24	--
09258	Pears, canned, extra heavy syrup pack, solids and liquids	266.0	1.0 cup, halves	0.51	67.16	--
14064	Beverages, Orange juice, light, No pulp	240.0	8.0 fl oz	0.50	13.01	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
09252	Pears, raw	140.0	1.0 cup, slices	0.50	21.32	0.003
06475	Soup, beef broth or bouillon, powder, prepared with water	240.0	1.0 serving 1 cup	0.50	0.60	--
09414	Pears, raw, bosc	140.0	1.0 cup, sliced	0.50	22.54	0.003
14171	Beverages, coconut milk, sweetened, fortified with calcium, vitamins A, B12, D2	240.0	1.0 cup	0.50	7.01	--
14217	Beverages, OCEAN SPRAY, Cran Grape	240.0	8.0 fl oz	0.50	31.58	--
06476	Soup, beef broth, cubed, prepared with water	240.0	1.0 serving 1 cup	0.50	0.60	--
02033	Spices, poppy seed	2.8	1.0 tsp	0.50	0.79	0.005
09044	Cherries, tart, dried, sweetened	40.0	0.25 cup	0.50	32.18	--
04705	Salad dressing, caesar, fat-free	34.0	2.0 tbsp (1 NLEA serving)	0.50	10.45	--
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	0.50	5.06	0.007
10109	Pork, fresh, variety meats and by-products, leaf fat, raw	28.35	1.0 oz	0.50	0.00	0.002
42270	Beverages, Orange juice drink	249.0	1.0 cup	0.50	33.39	--
14235	Beverages, OCEAN SPRAY, Diet Cran Cherry	237.0	8.0 fl oz	0.50	1.66	--
03925	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed	30.5	1.0 fl oz	0.50	2.19	--
19364	Toppings, butterscotch or caramel	41.0	2.0 tbsp	0.50	23.37	--
28365	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza	5.1	10.0 goldfish	0.49	3.32	--
11152	Chicory greens, raw	29.0	1.0 cup, chopped	0.49	1.36	0.009
09098	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	123.0	0.5 cup	0.49	14.30	--
03953	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, ready-to-feed	30.5	1.0 fl oz	0.49	2.04	--
03841	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed	30.5	1.0 fl oz	0.49	2.04	--
19345	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	35.0	2.0 tbsp	0.49	12.10	--
28363	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original	5.2	10.0 goldfish	0.49	3.42	--
11253	Lettuce, green leaf, raw	36.0	1.0 cup shredded	0.49	1.03	0.003
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified	16.0	1.0 tbsp	0.49	2.08	--
09014	Apples, frozen, unsweetened, unheated	173.0	1.0 cup slices	0.48	21.30	0.005
09374	Pears, canned, heavy syrup, drained	201.0	1.0 cup	0.48	38.35	--
03076	Babyfood, dinner, vegetables, noodles and chicken, junior	28.35	1.0 oz	0.48	2.58	--
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	0.48	12.28	0.004
28084	KEEBLER, FUDGE SHOPPE, Fudge-Dipped Ice Cream Cups	8.0	1.0 cup	0.48	5.85	--
09502	Apples, raw, granny smith, with skin	109.0	1.0 cup, sliced	0.48	14.83	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	0.48	0.00	0.004
21311	McDONALD'S, Creamy Ranch Sauce	43.0	1.5 oz	0.48	1.50	--
11151	Chicory, witloof, raw	53.0	1.0 head	0.48	2.12	0.008
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	0.48	38.08	--
09006	Apples, raw, without skin, cooked, microwave	170.0	1.0 cup slices	0.48	24.50	0.005
11228	Jew's ear, (pepeao), raw	99.0	1.0 cup slices	0.48	6.68	--
11946	Pickles, cucumber, sour, low sodium	143.0	1.0 cup, chopped or diced	0.47	3.23	0.004
14256	Beverages, OCEAN SPRAY, Cran Cherry	248.0	8.0 fl oz	0.47	31.64	--
28185	KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Strawberry Baked Bites	10.0	1.0 pouch	0.47	7.91	--
09264	Persimmons, japanese, dried	34.0	1.0 fruit without refuse	0.47	24.97	0.008
09159	Limes, raw	67.0	1.0 fruit (2" dia)	0.47	7.06	0.002
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	33.0	2.0 tablespoon	0.47	23.82	--
43046	Candies, nougat, with almonds	14.0	1.0 piece	0.47	12.93	--
04016	Salad dressing, sesame seed dressing, regular	15.0	1.0 tablespoon	0.46	1.29	0.007
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	25.0	0.25 cup	0.46	1.40	0.005
03859	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed	29.0	1.0 oz	0.46	2.07	--
03963	Infant Formula, MEAD JOHNSON, ENFAMIL GENTLEASE LIPIL, with iron, prepared from powder	30.5	1.0 fl oz	0.46	1.95	--
09253	Pears, canned, water pack, solids and liquids	244.0	1.0 cup, halves	0.46	19.06	--
12098	Nuts, chestnuts, european, raw, peeled	28.35	1.0 oz	0.46	12.52	0.005
04601	Butter, light, stick, with salt	14.0	1.0 tablespoon	0.46	0.00	--
04602	Butter, light, stick, without salt	14.0	1.0 tablespoon	0.46	0.00	--
16004	Yokan, prepared from adzuki beans and sugar	14.0	1.0 slice	0.46	8.50	0.004
09402	Applesauce, canned, sweetened, with salt	255.0	1.0 cup	0.46	50.77	0.005
03961	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, prepared from liquid concentrate	31.4	1.0 fl oz	0.46	2.32	--
19379	Candies, fudge, chocolate marshmallow, prepared-from-recipe	20.0	1.0 piece	0.45	14.27	--
03946	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0.45	2.26	--
19226	Frostings, chocolate, creamy, ready-to-eat	41.0	2.0 tbsp creamy	0.45	25.91	0.007
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	0.45	4.16	0.006
27064	Wasabi	20.0	1.0 tablespoon	0.45	9.23	--
09005	Apples, raw, without skin, cooked, boiled	171.0	1.0 cup slices	0.44	23.32	--
06999	Gravy, CAMPBELL'S, chicken	56.0	0.25 cup	0.44	3.29	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
03960	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, ready-to-feed	30.5	1.0 fl oz	0.44	2.25	--
03800	Infant formula, NESTLE, GOOD START SUPREME, with iron, ready-to-feed	30.5	1.0 fl oz	0.44	2.25	--
01055	Cream, sour, reduced fat, cultured	15.0	1.0 tbsp	0.44	0.64	0.006
09077	Crabapples, raw	110.0	1.0 cup slices	0.44	21.94	0.004
03988	Infant formula, GERBER, GOOD START, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	0.44	2.18	--
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	30.4	1.0 fl oz	0.44	2.31	--
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	0.44	2.25	--
09421	Dates, medjool	24.0	1.0 date, pitted	0.43	17.99	0.002
06981	Soup, bouillon cubes and granules, low sodium, dry	2.6	1.0 tsp	0.43	1.69	--
21310	McDONALD'S, Barbeque Sauce	28.0	1.0 package	0.43	10.34	--
11953	Squash, zucchini, baby, raw	16.0	1.0 large	0.43	0.50	0.004
03068	Babyfood, dinner, chicken noodle, strained	16.0	1.0 tbsp	0.43	1.45	--
11238	Mushrooms, shiitake, raw	19.0	1.0 piece whole	0.43	1.29	0.002
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	30.4	1.0 fl oz	0.43	2.19	--
03936	Infant formula, PBM PRODUCTS, store brand, ready-to-feed	30.4	1.0 fl oz	0.43	1.94	--
28355	CRUNCHMASTER, Multi-Grain Crisps, Snack Crackers, Gluten-Free	3.9	3.0 crackers	0.43	2.62	--
18320	Pie, lemon meringue, commercially prepared	28.35	1.0 oz	0.43	13.38	0.005
13335	Beef, variety meats and by-products, suet, raw	28.35	1.0 oz	0.43	0.00	0.003
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	250.0	8.0 fl oz	0.42	32.40	--
09229	Papaya nectar, canned	250.0	1.0 cup	0.42	36.28	--
27048	Sauce, steak, tomato based	34.0	2.0 Tbsp	0.42	7.49	--
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	35.0	0.5 cup, shredded	0.42	1.88	0.004
11750	Cabbage, common (danish, domestic, and pointed types), stored, raw	35.0	0.5 cup, shredded	0.42	1.88	0.004
14262	Beverages, citrus fruit juice drink, frozen concentrate	35.2	1.0 fl oz	0.42	14.15	--
03855	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, ready-to-feed	31.0	1.0 fl oz	0.42	2.15	--
03803	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, ready-to-feed	30.5	1.0 fl oz	0.42	2.20	--
03986	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, ready-to-feed	30.5	1.0 fl oz	0.42	2.25	--
03806	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, ready-to-feed	30.5	1.0 fl oz	0.42	2.19	--
03868	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, ready-to-feed	30.5	1.0 fl oz	0.42	2.19	--
33876	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, ready-to-feed	30.5	1.0 fl oz	0.42	2.25	--
01179	Sour cream, light	12.0	1.0 tablespoon	0.42	0.85	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
09413	Pears, raw, red anjou	126.0	1.0 small	0.42	18.82	0.001
02005	Spices, caraway seed	2.1	1.0 tsp	0.42	1.05	0.005
09401	Applesauce, canned, unsweetened, with added ascorbic acid	244.0	1.0 cup	0.41	27.50	0.005
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244.0	1.0 cup	0.41	27.50	0.005
03850	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, ready-to-feed	30.4	1.0 fl oz	0.41	2.10	--
03949	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, ready-to-feed	30.4	1.0 fl oz	0.41	2.06	--
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	16.0	1.0 tbsp	0.41	1.83	--
19201	Puddings, vanilla, ready-to-eat	28.35	1.0 oz	0.41	6.41	--
14341	Beverages, pineapple and orange juice drink, canned	31.3	1.0 fl oz	0.41	3.69	--
19100	Candies, fudge, chocolate, prepared-from-recipe	17.0	1.0 piece	0.41	12.99	--
06119	Gravy, chicken, canned or bottled, ready-to-serve	57.0	0.25 cup	0.40	3.02	--
03303	Babyfood, dinner, sweet potatoes and chicken, strained	16.0	1.0 tbsp	0.40	1.77	--
03045	Babyfood, dinner, macaroni and tomato and beef, junior	16.0	1.0 tbsp	0.40	1.50	0.004
09443	Juice, apple and grape blend, with added ascorbic acid	250.0	8.0 fl oz	0.40	31.15	--
03287	Babyfood, dinner, beef noodle, junior	16.0	1.0 tbsp	0.40	1.17	0.004
21343	McDONALD'S, Low Fat Caramel Sauce	21.0	0.8 oz	0.40	15.02	--
19280	Frozen novelties, ice type, lime	99.0	0.5 cup (4 fl oz)	0.40	32.27	--
11522	Taro shoots, raw	43.0	0.5 cup slices	0.40	1.00	--
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	0.39	43.03	0.005
09001	Acerola, (west indian cherry), raw	98.0	1.0 cup	0.39	7.54	--
03047	Babyfood, dinner, beef noodle, strained	16.0	1.0 tbsp	0.39	1.31	--
03289	Babyfood, apples with ham, strained	15.0	1.0 tbsp	0.39	1.64	--
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12.0	1.0 tbsp	0.39	0.56	0.005
27061	Gravy, HEINZ Home Style, classic chicken	58.0	0.25 cup	0.39	2.91	--
14390	Beverages, cocoa mix, with aspartame, powder, prepared with water	32.1	1.0 fl oz	0.39	1.80	--
20003	Arrowroot flour	128.0	1.0 cup	0.38	112.83	0.005
25050	Snacks, yucca (cassava) chips, salted	28.35	1.0 oz	0.38	19.63	--
03069	Babyfood, dinner, chicken noodle, junior	16.0	1.0 tbsp	0.38	1.41	--
03083	Babyfood, dinner, turkey and rice, junior	16.0	1.0 tbsp	0.38	1.53	--
03044	Babyfood, dinner, macaroni and tomato and beef, strained	16.0	1.0 tbsp	0.38	1.51	--
02014	Spices, cumin seed	2.1	1.0 tsp, whole	0.37	0.93	--
09442	Pomegranate juice, bottled	249.0	1.0 cup	0.37	32.69	--
11257	Lettuce, red leaf, raw	28.0	1.0 cup shredded	0.37	0.63	0.006

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
01180	Sour cream, fat free	12.0	1.0 tablespoon	0.37	1.87	--
02002	Spices, anise seed	2.1	1.0 tsp, whole	0.37	1.05	--
09296	Quinces, raw	92.0	1.0 fruit without refuse	0.37	14.08	--
09007	Apples, canned, sweetened, sliced, drained, unheated	204.0	1.0 cup slices	0.37	34.07	0.004
09008	Apples, canned, sweetened, sliced, drained, heated	204.0	1.0 cup slices	0.37	34.35	0.004
11106	Butterbur, (fuki), raw	94.0	1.0 cup	0.37	3.39	--
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	33.0	2.0 tablespoon	0.37	23.69	0.006
02009	Spices, chili powder	2.7	1.0 tsp	0.36	1.34	0.002
03082	Babyfood, dinner, turkey and rice, strained	16.0	1.0 tbsp	0.36	1.27	--
19372	Frostings, chocolate, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	0.36	23.44	0.006
02007	Spices, celery seed	2.0	1.0 tsp	0.36	0.83	--
11218	Gourd, white-flowered (calabash), raw	58.0	0.5 cup (1" pieces)	0.36	1.97	0.002
03934	Babyfood, corn and sweet potatoes, strained	28.35	1.0 oz	0.36	4.32	0.005
09149	Kumquats, raw	19.0	1.0 fruit without refuse	0.36	3.02	--
03189	Babyfood, cereal, oatmeal, dry fortified	3.2	1.0 tbsp	0.35	2.35	--
19858	Candies, sugar-coated almonds	3.5	1.0 piece	0.35	2.39	--
14231	Beverages, KRAFT, coffee, instant, French Vanilla Cafe	14.0	1.0 NLEA Serving	0.35	10.44	--
27063	Sauce, enchilada, red, mild, ready to serve	56.0	0.25 cup	0.35	2.73	--
11268	Mushrooms, shiitake, dried	3.6	1.0 mushroom	0.34	2.71	0.001
06618	Sauce, peanut, made from coconut, water, sugar, peanuts	17.0	1.0 tbsp	0.34	4.84	--
27067	Sauce, OLD EL PASO, enchilada, red, mild, ready to serve	58.0	0.25 cup	0.34	2.92	--
03278	Babyfood, dinner, mixed vegetable, strained	28.35	1.0 oz	0.34	2.69	--
03079	Babyfood, dinner, vegetables and noodles and turkey, strained	28.35	1.0 oz	0.34	1.93	--
03093	Babyfood, green beans, dices, toddler	28.35	1.0 oz	0.34	1.62	--
15162	Mollusks, clam, mixed species, canned, liquid	85.0	3.0 oz	0.34	0.08	--
19366	Toppings, pineapple	340.0	1.0 cup	0.34	225.76	--
11416	Pumpkin flowers, raw	33.0	1.0 cup	0.34	1.08	--
27047	Sauce, salsa, verde, ready-to-serve	30.0	2.0 Tbsp	0.34	1.91	--
03154	Babyfood, fruit and vegetable, apple and sweet potato	113.0	1.0 jar, Gerber (4 oz)	0.34	17.29	--
11205	Cucumber, with peel, raw	52.0	0.5 cup slices	0.34	1.89	0.003
42153	Salad dressing, blue or roquefort cheese dressing, light	16.0	1.0 tbsp	0.34	2.11	--
02016	Spices, dill seed	2.1	1.0 tsp	0.34	1.16	--
09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	239.0	1.0 cup	0.33	27.58	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
09411	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added ascorbic acid	239.0	1.0 cup	0.33	27.58	--
20027	Cornstarch	128.0	1.0 cup	0.33	116.83	0.001
11752	Cabbage, red, cooked, boiled, drained, with salt	22.0	1.0 leaf	0.33	1.53	0.003
11113	Cabbage, red, cooked, boiled, drained, without salt	22.0	1.0 leaf	0.33	1.53	0.003
35200	Prairie Turnips, raw (Northern Plains Indians)	12.6	1.0 bulb peeled	0.33	4.49	--
11954	Tomatillos, raw	34.0	1.0 medium	0.33	1.99	--
02028	Spices, paprika	2.3	1.0 tsp	0.33	1.24	0.002
09003	Apples, raw, with skin	125.0	1.0 cup, quartered or chopped	0.32	17.26	0.001
03193	Babyfood, cereal, oatmeal, with honey, dry	2.4	1.0 tbsp	0.32	1.66	--
42285	Babyfood, cereal, brown rice, dry, instant	3.7	1.0 tbsp	0.32	3.18	--
14258	Beverages, OCEAN SPRAY, White Cranberry Peach	247.0	8.0 fl oz	0.32	29.34	--
04706	Dressing, honey mustard, fat-free	30.0	2.0 tbsp (1 NLEA serving)	0.32	11.53	--
43015	Salad dressing, caesar dressing, regular	14.7	1.0 tbsp	0.32	0.49	--
01107	Milk, human, mature, fluid	30.8	1.0 fl oz	0.32	2.12	0.005
03181	Babyfood, cereal, barley, dry fortified	2.4	1.0 tbsp	0.32	1.67	--
02018	Spices, fennel seed	2.0	1.0 tsp, whole	0.32	1.05	0.005
14194	Beverages, Cocoa mix, powder, prepared with water	34.3	1.0 fl oz	0.32	3.96	--
04028	Salad dressing, mayonnaise, imitation, milk cream	15.0	1.0 tablespoon	0.32	1.66	0.004
11213	Endive, raw	25.0	0.5 cup, chopped	0.31	0.84	0.001
03226	Babyfood, dessert, fruit pudding, orange, strained	28.35	1.0 oz	0.31	5.02	--
03293	Babyfood, plums, bananas and rice, strained	28.35	1.0 oz	0.31	3.60	--
14651	Beverages, fruit juice drink, greater than 3% juice, high vitamin C	238.0	1.0 cup (8 fl oz)	0.31	27.01	--
14648	Beverages, fruit juice drink, greater than 3% fruit juice, high vitamin C and added thiamin	237.0	8.0 fl oz	0.31	31.19	--
09501	Apples, raw, golden delicious, with skin	109.0	1.0 cup, sliced	0.31	14.82	0.001
04704	Salad dressing, poppyseed, creamy	33.0	2.0 tbsp	0.30	7.83	--
11669	Seaweed, wakame, raw	10.0	2.0 tbsp (1/8 cup)	0.30	0.91	0.004
27049	Sauce, tartar, ready-to-serve	30.0	2.0 tablespoons	0.30	3.99	--
42204	Rice cake, cracker (include hain mini rice cakes)	4.2	1.0 cubic inch	0.30	3.41	--
19103	Candies, fudge, vanilla, prepared-from-recipe	28.35	1.0 oz	0.30	23.29	--
09004	Apples, raw, without skin	110.0	1.0 cup slices	0.30	14.04	0.001
09500	Apples, raw, red delicious, with skin	109.0	1.0 cup, sliced	0.29	15.33	0.001
04686	Salad dressing, honey mustard dressing, reduced calorie	30.0	2.0 tbsp (1 serving)	0.29	8.48	--
01056	Cream, sour, cultured	12.0	1.0 tbsp	0.29	0.56	0.005

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
02043	Spices, turmeric, ground	3.0	1.0 tsp	0.29	2.01	0.005
20068	Tapioca, pearl, dry	152.0	1.0 cup	0.29	134.81	0.005
02015	Spices, curry powder	2.0	1.0 tsp	0.29	1.12	0.002
43017	Salad dressing, green goddess, regular	15.0	1.0 tbsp	0.28	1.10	--
03286	Babyfood, vegetables, mix vegetables strained	28.35	1.0 oz	0.28	2.34	0.004
19013	Snacks, fruit leather, pieces	28.35	1.0 oz	0.28	23.48	--
04627	Margarine-like spread with yogurt, approximately 40% fat, tub, with salt	14.0	1.0 tablespoon	0.28	--	--
09434	Guanabana nectar, canned	251.0	1.0 cup	0.28	37.47	--
09436	Mango nectar, canned	251.0	1.0 cup	0.28	32.93	--
06115	Gravy, au jus, dry	3.0	1.0 tsp	0.28	1.42	--
14251	Alcoholic beverages, beer, higher alcohol	30.6	1.0 fl oz	0.28	0.08	--
09262	Pear nectar, canned, without added ascorbic acid	250.0	1.0 cup	0.28	39.40	--
09408	Pear nectar, canned, with added ascorbic acid	250.0	1.0 cup	0.28	39.40	--
19314	Pie fillings, canned, cherry	74.0	0.125 can	0.27	20.72	0.001
09503	Apples, raw, gala, with skin	109.0	1.0 cup, sliced	0.27	14.91	--
31034	Peppers, hot pickled, canned	34.0	0.25 cup drained	0.27	1.55	--
43331	Salad dressing, bacon and tomato	15.0	1.0 tbsp	0.27	0.30	--
03186	Babyfood, cereal, mixed, with bananas, dry	2.5	1.0 tbsp	0.27	1.93	0.003
28344	Crackers, gluten-free, multigrain and vegetable, made with corn starch and white rice flour	10.7	3.0 crackers	0.27	8.23	--
04665	Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated), for flaky pastries	14.0	1.0 tbsp	0.27	0.00	--
19710	Puddings, vanilla, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0.26	81.31	0.001
19206	Puddings, vanilla, dry mix, regular	88.0	1.0 package (3.12 oz)	0.26	82.28	0.001
04703	Salad dressing, honey mustard, regular	30.0	2.0 tbsp	0.26	7.00	--
42192	Salad dressing, blue or roquefort cheese dressing, fat-free	17.0	1.0 tbsp	0.26	4.35	--
02075	Seasoning mix, dry, taco, original	5.7	2.0 tsp	0.26	3.31	--
43008	Babyfood, dinner, chicken and rice	16.0	1.0 tbsp	0.26	1.47	--
19217	Frozen novelties, ice type, fruit, no sugar added	51.0	1.0 bar	0.26	3.16	--
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior, fortified	28.35	1.0 oz	0.25	4.54	0.005
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	28.35	1.0 oz	0.25	4.43	0.005
11677	Shallots, raw	10.0	1.0 tbsp chopped	0.25	1.68	0.003
02026	Spices, onion powder	2.4	1.0 tsp	0.25	1.90	0.001
02032	Spices, pepper, white	2.4	1.0 tsp, ground	0.25	1.65	--
03175	Babyfood, juice, orange and apricot	31.2	1.0 fl oz	0.25	3.40	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	248.0	1.0 cup	0.25	28.02	--
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248.0	1.0 cup	0.25	28.02	--
06176	Sauce, oyster, ready-to-serve	18.0	1.0 tbsp	0.24	1.97	--
42141	Cream substitute, liquid, light	30.0	1.0 fl oz	0.24	2.73	--
43404	Beverages, cranberry-apple juice drink, low calorie, with vitamin C added	240.0	1.0 cup (8 fl oz)	0.24	11.28	--
02030	Spices, pepper, black	2.3	1.0 tsp, ground	0.24	1.47	0.001
18621	NABISCO, NABISCO RITZ Crackers	3.3	1.0 cracker	0.24	2.10	--
42157	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free	17.0	1.0 tbsp	0.24	3.40	--
12203	Nuts, chestnuts, japanese, boiled and steamed	28.35	1.0 oz	0.23	3.58	0.003
21314	McDONALD'S, Spicy Buffalo Sauce	43.0	1.5 oz	0.23	0.78	--
19315	Candies, MARS SNACKFOOD US, STARBURST Sour Fruit Chews	59.0	1.0 serving 2.07 oz pack	0.23	47.04	--
35201	Prairie Turnips, boiled (Northern Plains Indians)	14.0	1.0 bulb	0.23	4.20	--
19365	Toppings, marshmallow cream	28.35	1.0 oz	0.23	22.40	--
09437	Tamarind nectar, canned	251.0	1.0 cup	0.23	36.97	--
09435	Guava nectar, canned, with added ascorbic acid	251.0	1.0 cup	0.23	40.79	--
42116	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie	15.0	1.0 tbsp	0.22	1.05	--
04624	Margarine-like, vegetable oil spread, fat free, liquid, with salt	15.0	1.0 tbsp	0.22	0.38	--
11944	Pickle relish, hot dog	15.0	1.0 tbsp	0.22	3.50	0.003
35195	Cattail, Narrow Leaf Shoots (Northern Plains Indians)	19.0	1.0 shoot	0.22	0.98	--
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	140.0	1.0 cup	0.22	120.53	0.003
02013	Spices, coriander seed	1.8	1.0 tsp	0.22	0.99	--
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	0.22	10.11	0.002
19204	Puddings, lemon, dry mix, instant, prepared with 2% milk	8.0	1.0 serving	0.22	1.62	0.003
03176	Babyfood, juice, orange and banana	31.2	1.0 fl oz	0.22	3.71	--
09504	Apples, raw, fuji, with skin	109.0	1.0 cup, sliced	0.22	16.59	--
03212	Babyfood, cereal, rice, with bananas, dry	2.5	1.0 tbsp	0.22	2.00	0.004
02031	Spices, pepper, red or cayenne	1.8	1.0 tsp	0.22	1.02	--
14168	Beverages, Carob-flavor beverage mix, powder	12.0	1.0 tbsp	0.22	11.20	--
11981	Peppers, hungarian, raw	27.0	1.0 pepper	0.22	1.81	0.003
19220	Desserts, rennin, chocolate, dry mix	9.0	1.0 tbsp	0.22	8.24	0.003
02006	Spices, cardamom	2.0	1.0 tsp, ground	0.22	1.37	--
04689	Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light	14.0	1.0 tbsp (1 NLEA serving)	0.21	1.31	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
09517	Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	177.0	6.0 fl oz	0.21	20.34	--
11022	Balsam-pear (bitter gourd), leafy tips, raw	4.0	1.0 leaf	0.21	0.13	--
14218	Beverages, coffee, instant, decaffeinated, powder	1.8	1.0 tsp rounded	0.21	1.37	0.001
11563	Tree fern, cooked, without salt	71.0	0.5 cup, chopped	0.21	7.80	--
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.0	1.0 tbsp	0.21	0.72	--
02054	Capers, canned	8.6	1.0 tbsp, drained	0.20	0.42	--
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	28.35	1.0 oz	0.20	5.21	0.004
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior, fortified	28.35	1.0 oz	0.20	5.33	0.004
09265	Persimmons, native, raw	25.0	1.0 fruit without refuse	0.20	8.38	0.004
02017	Spices, dill weed, dried	1.0	1.0 tsp	0.20	0.56	--
04639	Salad dressing, ranch dressing, regular	15.0	1.0 tablespoon	0.20	0.88	--
35235	Wocas, tuber, cooked, Oregon, yellow pond lily (Klamath)	28.35	1.0 oz	0.20	2.00	--
14015	Alcoholic beverage, pina colada, canned	32.6	1.0 fl oz	0.20	9.00	--
03233	Babyfood, dessert, fruit pudding, pineapple, strained	15.0	1.0 tbsp	0.20	3.04	--
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	16.0	1.0 tbsp	0.19	2.74	0.002
43215	Salad dressing, buttermilk, lite	15.0	1.0 tablespoon	0.19	3.20	--
04640	Salad dressing, ranch dressing, reduced fat	15.0	1.0 tablespoon	0.19	3.20	--
03178	Babyfood, juice, prune and orange	31.2	1.0 fl oz	0.19	5.24	--
03172	Babyfood, juice, orange	31.2	1.0 fl oz	0.19	3.18	--
02046	Mustard, prepared, yellow	5.0	1.0 tsp or 1 packet	0.19	0.29	0.000
21315	McDONALD'S, Sweet 'N Sour Sauce	28.0	1.0 package	0.18	11.03	--
14187	Beverages, Clam and tomato juice, canned	30.2	1.0 fl oz	0.18	3.31	0.001
14400	Beverages, carbonated, cola, fast-food cola	258.0	1.0 serving child 12 fl oz, without ice	0.18	24.66	--
14236	Beverages, coffee substitute, cereal grain beverage, powder	3.0	1.0 tsp (1 serving)	0.18	2.35	--
27057	Sauce, barbecue, KC MASTERPIECE, original	18.0	1.0 tbsp	0.18	6.83	--
11935	Catsup	17.0	1.0 tbsp	0.18	4.66	0.001
11949	Catsup, low sodium	17.0	1.0 tbsp	0.18	4.66	0.001
11947	Pickles, cucumber, dill, reduced sodium	35.0	1.0 spear, small	0.18	0.84	0.002
11937	Pickles, cucumber, dill or kosher dill	35.0	1.0 spear, small	0.18	0.84	0.002
04017	Salad dressing, thousand island, commercial, regular	16.0	1.0 tbsp	0.17	2.34	0.000
14255	Beverages, OCEAN SPRAY, Cran Pomegranate	248.0	8.0 fl oz	0.17	31.15	--
14234	Beverages, OCEAN SPRAY, Cran Lemonade	247.0	8.0 fl oz	0.17	27.47	--
27055	Sauce, barbecue, SWEET BABY RAY'S, original	18.0	1.0 tbsp	0.17	8.29	--
11975	Grape leaves, canned	4.0	1.0 leaf	0.17	0.47	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
03137	Babyfood, fruit, prunes with tapioca, without ascorbic acid, junior	28.35	1.0 oz	0.17	5.30	--
42316	Babyfood, carrots, toddler	28.35	1.0 oz	0.17	1.48	--
06151	Sauce, plum, ready-to-serve	19.0	1.0 tbsp	0.17	8.13	--
11445	Seaweed, kelp, raw	10.0	2.0 tbsp (1/8 cup)	0.17	0.96	0.005
43529	Babyfood, rice and apples, dry	2.5	1.0 tbsp	0.17	2.17	--
14222	Beverages, coffee, instant, with chicory	1.8	1.0 tsp, rounded	0.17	1.42	0.000
03185	Babyfood, cereal, mixed, dry fortified	2.5	1.0 tbsp	0.17	1.96	0.004
03194	Babyfood, cereal, Rice, dry, fortified	2.5	1.0 tbsp	0.17	2.08	0.002
14221	Beverages, OCEAN SPRAY, Diet Cranberry Juice	237.0	8.0 fl oz	0.17	1.90	--
21144	CHICK-FIL-A, hash browns	5.5	1.0 piece	0.16	1.68	--
43539	Babyfood, dessert, banana yogurt, strained	15.0	1.0 tbsp	0.16	2.60	--
19309	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Fruit and Creme	40.0	1.0 serving fun size (8 chews)	0.16	32.97	--
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	40.0	1.0 serving fun size (8 chews)	0.16	33.03	--
19313	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Tropical fruits	40.0	1.0 serving fun size (8 chews)	0.16	33.10	--
02021	Spices, ginger, ground	1.8	1.0 tsp	0.16	1.29	0.003
02003	Spices, basil, dried	0.7	1.0 tsp, leaves	0.16	0.33	0.002
42137	Salad dressing, peppercorn dressing, commercial, regular	13.4	1.0 tbsp	0.16	0.47	--
03130	Babyfood, fruit, peaches, strained	17.0	1.0 tbsp	0.16	2.46	--
03131	Babyfood, fruit, peaches, junior	17.0	1.0 tbsp	0.16	2.46	--
14285	Beverages, OCEAN SPRAY, Ruby Red cranberry	227.0	8.0 fl oz	0.16	26.29	--
21387	BURGER KING, Hash Brown Rounds	5.6	1.0 piece	0.16	1.64	0.002
03177	Babyfood, juice, orange and pineapple	31.2	1.0 fl oz	0.16	3.65	--
42267	Babyfood, juice, orange-carrot	30.8	1.0 fl oz	0.15	3.05	--
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	13.8	1.0 tablespoon	0.15	0.37	0.002
04145	Salad dressing, mayonnaise, soybean oil, without salt	13.8	1.0 tablespoon	0.15	0.37	--
11444	Seaweed, irishmoss, raw	10.0	2.0 tbsp (1/8 cup)	0.15	1.23	--
43004	Babyfood, dessert, banana pudding, strained	15.0	1.0 tbsp	0.15	2.12	--
43546	Babyfood, banana no tapioca, strained	15.0	1.0 tbsp	0.15	3.20	--
06972	Sauce, tomato chili sauce, bottled, with salt	6.0	1.0 packet	0.15	1.19	--
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	15.0	1.0 container, individual	0.15	1.71	0.002
19310	Pectin, unsweetened, dry mix	50.0	1.0 package (1.75 oz)	0.15	45.20	--
42158	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	15.0	1.0 tbsp	0.15	2.40	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
03139	Babyfood, prunes, without vitamin c, strained	15.0	1.0 tbsp	0.15	3.53	--
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15.0	1.0 container, individual	0.15	1.71	0.002
43346	Frozen novelties, juice type, orange	29.8	1.0 fl oz	0.15	6.90	--
27056	Sauce, barbecue, BULL'S-EYE, original	16.0	1.0 tbsp	0.15	6.39	--
43479	Alcoholic beverage, rice (sake)	29.1	1.0 fl oz	0.15	1.46	--
09194	Olives, ripe, canned (jumbo-super colossal)	15.0	1.0 super colossal	0.15	0.84	--
19384	Candies, divinity, prepared-from-recipe	11.0	1.0 piece	0.15	9.80	--
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	36.3	1.0 fl oz	0.15	14.16	0.000
14553	Beverages, Wine, non-alcoholic	29.0	1.0 fl oz	0.14	0.32	--
14203	Beverages, coffee, instant, regular, half the caffeine	1.0	1.0 tsp	0.14	0.73	--
43016	Salad dressing, coleslaw	16.0	1.0 tbsp	0.14	3.81	--
02034	Spices, poultry seasoning	1.5	1.0 tsp	0.14	0.98	--
21026	Fast foods, potatoes, hash browns, round pieces or patty	5.5	1.0 round piece	0.14	1.59	--
03161	Babyfood, peaches, dices, toddler	28.35	1.0 oz	0.14	3.35	--
14366	Beverages, tea, instant, unsweetened, powder	0.7	1.0 serving 1 tsp	0.14	0.41	--
14353	Beverages, tea, instant, decaffeinated, unsweetened	0.7	1.0 serving 2 tsp	0.14	0.41	--
43114	Vermicelli, made from soy	140.0	1.0 cup	0.14	115.25	--
04600	Margarine-like, vegetable oil-butter spread, tub, with salt	14.0	1.0 tablespoon	0.14	--	--
19719	Jams and preserves, apricot	20.0	1.0 tbsp	0.14	12.88	--
42309	Margarine-like, vegetable oil-butter spread, reduced calorie, tub, with salt	14.0	1.0 tablespoon	0.14	--	--
06150	Sauce, barbecue	17.0	1.0 tbsp	0.14	6.93	--
06632	Sauce, hot chile, sriracha, CHA! BY TEXAS PETE	6.9	1.0 tsp	0.14	1.57	--
02008	Spices, chervil, dried	0.6	1.0 tsp	0.14	0.29	--
14548	Beverages, tea, instant, lemon, with added ascorbic acid	23.0	1.0 serving (3 heaping tsp)	0.14	22.45	0.001
14003	Alcoholic beverage, beer, regular, all	29.7	1.0 fl oz	0.14	1.05	0.000
02041	Spices, tarragon, dried	0.6	1.0 tsp, leaves	0.14	0.30	--
11108	Butterbur, canned	124.0	1.0 cup, chopped	0.14	0.47	--
04636	Salad dressing, italian dressing, fat-free	14.0	1.0 tbsp	0.14	1.22	--
03163	Babyfood, fruit, bananas with apples and pears, strained	15.0	1.0 tbsp	0.14	2.90	--
06961	Sauce, peppers, hot, chili, mature red, canned	15.0	1.0 tbsp	0.14	0.58	--
43536	Babyfood, dessert, peach yogurt	15.0	1.0 tbsp	0.14	2.64	--
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	15.0	1.0 tablespoon	0.14	3.36	0.002
02029	Spices, parsley, dried	0.5	1.0 tsp	0.13	0.25	0.002
11950	Mushrooms, enoki, raw	5.0	1.0 large	0.13	0.39	0.002

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	0.13	0.08	0.002
11943	Pimento, canned	12.0	1.0 tbsp	0.13	0.61	0.002
14017	Alcoholic beverage, pina colada, prepared-from-recipe	31.4	1.0 fl oz	0.13	7.12	--
02012	Spices, coriander leaf, dried	0.6	1.0 tsp	0.13	0.31	--
42138	Mayonnaise, reduced-calorie or diet, cholesterol-free	14.6	1.0 tbsp	0.13	0.98	--
43329	Salad dressing, mayonnaise and mayonnaise-type, low calorie	14.5	1.0 tbsp	0.13	3.47	--
03105	Babyfood, vegetables, squash, junior	16.0	1.0 tbsp	0.13	0.92	--
03104	Babyfood, vegetables, squash, strained	16.0	1.0 tbsp	0.13	0.92	--
02025	Spices, nutmeg, ground	2.2	1.0 tsp	0.13	1.08	--
19383	Candies, toffee, prepared-from-recipe	12.0	1.0 piece	0.13	7.77	--
42307	Margarine-like, butter-margarine blend, 80% fat, stick, without salt	14.0	1.0 tablespoon	0.13	0.08	--
19273	Snacks, SUNKIST, SUNKIST Fruit Roll, strawberry, with vitamins A, C, and E	21.0	1.0 roll	0.13	17.37	--
06631	Sauce, hot chile, sriracha	6.5	1.0 tsp	0.13	1.25	--
02011	Spices, cloves, ground	2.1	1.0 tsp	0.13	1.38	0.001
11625	Parsley, freeze-dried	0.4	1.0 tbsp	0.13	0.17	0.002
03173	Babyfood, juice, orange and apple	31.2	1.0 fl oz	0.12	3.15	--
03174	Babyfood, juice, orange and apple and banana	31.2	1.0 fl oz	0.12	3.59	--
04023	Salad dressing, thousand island dressing, reduced fat	15.0	1.0 tablespoon	0.12	3.61	0.000
04120	Salad dressing, french dressing, commercial, regular	16.0	1.0 tbsp	0.12	2.49	0.001
14214	Beverages, coffee, instant, regular, powder	1.0	1.0 tsp	0.12	0.75	0.000
42150	Babyfood, apple yogurt dessert, strained	15.0	1.0 tbsp	0.12	2.92	--
01200	Reddi Wip Fat Free Whipped Topping	4.0	1.0 tablespoon	0.12	1.00	--
43523	Babyfood, mixed fruit yogurt, strained	15.0	1.0 tbsp	0.12	2.43	--
27046	Sauce, duck, ready-to-serve	33.0	2.0 Tbsp	0.12	20.00	--
14644	Beverages, PEPSICO QUAKER, Gatorade G2, low calorie	237.0	8.0 fl oz	0.12	4.60	--
06307	Sauce, barbecue, KRAFT, original	16.0	1.0 tbsp	0.12	6.52	--
19370	Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies	62.0	1.0 serving 2.17 oz pack	0.12	56.28	--
19368	Candies, MARS SNACKFOOD US, SKITTLES Tropical Bite Size Candies	62.0	1.0 serving 2.1 oz bag	0.12	56.28	--
19363	Candies, MARS SNACKFOOD US, SKITTLES Wild Berry Bite Size Candies	62.0	1.0 serving 2.1 oz bag	0.12	56.27	--
02001	Spices, allspice, ground	1.9	1.0 tsp	0.12	1.37	--
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	0.12	0.99	0.002
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	15.0	1.0 tbsp chopped	0.12	0.90	0.002
04141	Salad dressing, french dressing, commercial, regular, without salt	15.0	1.0 tablespoon	0.12	2.34	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
06633	Sauce, hot chile, sriracha, TUONG OT SRIRACHA	6.2	1.0 tsp	0.12	0.98	--
02022	Spices, mace, ground	1.7	1.0 tsp	0.11	0.86	--
03269	Babyfood, juice, apple, with calcium	189.0	1.0 serving	0.11	20.98	--
19371	Frostings, vanilla, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	0.11	24.51	0.001
11640	Shallots, freeze-dried	0.9	1.0 tbsp	0.11	0.73	0.001
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	12.0	1.0 tbsp	0.11	0.73	0.001
14253	Alcoholic beverages, wine, rose	30.3	1.0 fl oz	0.11	1.15	--
42284	Babyfood, baked product, finger snacks cereal fortified	1.7	1.0 cookie	0.11	1.30	--
14004	Alcoholic beverage, beer, regular, BUDWEISER	29.8	1.0 fl oz	0.11	0.89	--
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	11.6	1.0 tbsp	0.11	0.71	0.001
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	23.0	1.0 Roll	0.11	17.17	--
14405	Beverages, fruit punch juice drink, frozen concentrate	35.2	1.0 fl oz	0.11	15.17	--
14263	Beverages, citrus fruit juice drink, frozen concentrate, prepared with water	31.0	1.0 fl oz	0.11	3.54	--
14629	Beverages, Energy drink, ROCKSTAR	31.0	1.0 fl oz	0.11	3.94	--
06962	Sauce, chili, peppers, hot, immature green, canned	15.0	1.0 tbsp	0.10	0.75	--
19076	Candies, caramels, chocolate-flavor roll	6.6	1.0 piece	0.10	5.79	--
02010	Spices, cinnamon, ground	2.6	1.0 tsp	0.10	2.10	0.001
14084	Alcoholic beverage, wine, table, all	148.0	1.0 serving (5 fl oz)	0.10	4.03	--
14368	Beverages, tea, instant, lemon, unsweetened	1.4	1.0 tsp, rounded	0.10	1.10	--
01205	Cream substitute, flavored, liquid	15.0	1.0 tbsp	0.10	5.26	0.002
04015	Salad dressing, russian dressing	15.0	1.0 tbsp	0.10	4.78	--
14024	Beverages, Whiskey sour mix, powder	17.0	1.0 packet	0.10	16.54	--
02066	Spearmint, dried	0.5	1.0 tsp	0.10	0.26	0.002
19225	Desserts, rennin, tablets, unsweetened	9.9	1.0 package (0.35 oz)	0.10	1.96	--
14119	Beverages, Mixed vegetable and fruit juice drink, with added nutrients	247.0	8.0 fl oz	0.10	18.45	--
11156	Chives, raw	3.0	1.0 tbsp chopped	0.10	0.13	0.001
02035	Spices, pumpkin pie spice	1.7	1.0 tsp	0.10	1.18	--
11960	Carrots, baby, raw	15.0	1.0 large	0.10	1.24	0.001
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	0.10	2.17	0.001
09165	Litchis, dried	2.5	1.0 fruit	0.10	1.77	0.001
27050	Sauce, sweet and sour, ready-to-serve	35.0	2.0 Tbsp	0.09	13.38	--
11958	Pickle relish, hamburger	15.0	1.0 tbsp	0.09	5.17	0.001
02039	Spices, savory, ground	1.4	1.0 tsp	0.09	0.96	--
14327	Beverages, orange and apricot juice drink, canned	31.2	1.0 fl oz	0.09	3.96	--
14019	Alcoholic beverage, tequila sunrise, canned	31.1	1.0 fl oz	0.09	3.51	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
04020	Salad dressing, french dressing, reduced fat	16.0	1.0 tablespoon	0.09	5.00	0.000
04142	Salad dressing, french dressing, reduced fat, without salt	16.0	1.0 tablespoon	0.09	4.68	--
42266	Babyfood, juice, apple-sweet potato	30.8	1.0 fl oz	0.09	3.51	--
19198	Puddings, tapioca, dry mix	92.0	1.0 package (3.5 oz)	0.09	86.76	0.002
19709	Puddings, tapioca, dry mix, with no added salt	92.0	1.0 package (3.5 oz)	0.09	86.76	0.002
19369	Candies, MARS SNACKFOOD US, SKITTLES Sours Original	51.0	1.0 serving 1.80 oz bag	0.09	46.42	--
02042	Spices, thyme, dried	1.0	1.0 tsp, leaves	0.09	0.64	0.002
14409	Beverages, Orange-flavor drink, breakfast type, low calorie, powder	2.5	1.0 portion, amount of dry mix to make 8 fl oz prepared	0.09	2.15	--
03136	Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	0.09	2.78	--
09216	Orange peel, raw	6.0	1.0 tbsp	0.09	1.50	--
09156	Lemon peel, raw	6.0	1.0 tbsp	0.09	0.96	--
04011	Salad dressing, KRAFT Mayo Light Mayonnaise	15.0	1.0 tbsp	0.09	1.28	--
02027	Spices, oregano, dried	1.0	1.0 tsp, leaves	0.09	0.69	0.002
11928	Tree fern, cooked, with salt	31.0	1.0 frond (6-1/2" long)	0.09	3.34	--
21348	McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette	47.0	2.0 fl oz	0.09	11.59	--
04635	Salad dressing, thousand island dressing, fat-free	16.0	1.0 tbsp	0.09	4.68	--
35139	Squash, Indian, cooked, boiled (Navajo)	28.35	1.0 oz	0.09	0.91	--
04614	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	14.3	1.0 tbsp	0.09	0.00	--
11165	Coriander (cilantro) leaves, raw	4.0	0.25 cup	0.09	0.15	--
03222	Babyfood, cherry cobbler, junior	28.35	1.0 oz	0.09	5.44	--
03230	Babyfood, dessert, peach melba, junior	28.35	1.0 oz	0.09	4.65	--
03141	Babyfood, pears, dices, toddler	28.35	1.0 oz	0.09	3.86	--
19708	Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	85.0	1.0 package (3 oz)	0.08	76.76	0.000
19332	Puddings, lemon, dry mix, regular	85.0	1.0 package (3 oz)	0.08	78.03	0.000
19137	Toppings, strawberry	42.0	2.0 tbsp	0.08	27.85	--
04695	Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D	14.0	1.0 tbsp	0.08	0.00	--
09173	Longans, dried	1.7	1.0 fruit	0.08	1.26	--
31033	Ginger root, pickled, canned, with artificial sweetener	25.0	2.0 tablespoon	0.08	1.21	--
01206	Cream substitute, flavored, powdered	12.0	4.0 tsp	0.08	9.05	0.001
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	9.9	1.0 bar	0.08	7.58	0.000
14292	Lemonade, frozen concentrate, white	36.5	1.0 fl oz	0.08	18.21	--
14542	Lemonade, frozen concentrate, pink	36.4	1.0 fl oz	0.08	17.79	--
02037	Spices, saffron	0.7	1.0 tsp	0.08	0.46	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
04022	Salad dressing, russian dressing, low calorie	16.0	1.0 tablespoon	0.08	4.42	0.001
02044	Basil, fresh	2.5	5.0 leaves	0.08	0.07	0.001
02069	Vinegar, balsamic	16.0	1.0 tbsp	0.08	2.72	--
04690	Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	14.9	1.0 tbsp	0.08	0.10	--
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	14.9	1.0 tbsp	0.08	0.10	0.001
02023	Spices, marjoram, dried	0.6	1.0 tsp	0.08	0.36	--
19337	Sweeteners, tabletop, aspartame, EQUAL, packets	3.5	1.0 tsp	0.08	3.12	0.000
43537	Babyfood, dessert, blueberry yogurt, strained	15.0	1.0 tbsp	0.08	2.56	--
43585	Babyfood, fruit supreme dessert	15.0	1.0 tbsp	0.08	2.58	--
27058	Sauce, barbecue, OPEN PIT, original	17.0	1.0 tbsp	0.07	5.01	--
02038	Spices, sage, ground	0.7	1.0 tsp	0.07	0.43	--
19297	Jams and preserves	20.0	1.0 tbsp	0.07	13.77	0.002
19312	Pie fillings, apple, canned	74.0	0.125 can	0.07	19.31	--
14007	Alcoholic beverage, beer, light, BUD LIGHT	29.5	1.0 fl oz	0.07	0.38	--
11125	Carrots, cooked, boiled, drained, without salt	9.7	1.0 tbsp	0.07	0.80	0.001
11757	Carrots, cooked, boiled, drained, with salt	9.7	1.0 tbsp	0.07	0.80	0.001
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	0.07	0.27	0.001
11931	Peppers, sweet, red, freeze-dried	0.4	1.0 tbsp	0.07	0.27	0.001
14006	Alcoholic beverage, beer, light	29.5	1.0 fl oz	0.07	0.48	0.000
09193	Olives, ripe, canned (small-extra large)	8.4	1.0 tbsp	0.07	0.53	--
09524	Lemon juice from concentrate, bottled, REAL LEMON	15.0	1.0 tbsp	0.07	0.85	--
04144	Salad dressing, italian dressing, reduced fat, without salt	15.0	1.0 tablespoon	0.07	0.69	--
14268	Beverages, Fruit punch drink, frozen concentrate	34.8	1.0 fl oz	0.07	14.41	--
09079	Cranberries, dried, sweetened	40.0	0.25 cup	0.07	33.12	--
11145	Celtuce, raw	8.0	1.0 leaf	0.07	0.29	0.000
09153	Lemon juice from concentrate, canned or bottled	15.0	1.0 tbsp	0.07	0.84	--
19294	Fruit butters, apple	17.0	1.0 tbsp	0.07	7.22	--
14601	Beverages, WENDY'S, tea, ready-to-drink, unsweetened	29.6	1.0 fl oz	0.07	0.00	--
44260	Puddings, all flavors except chocolate, low calorie, instant, dry mix	8.0	1.0 serving	0.06	6.77	--
42171	Salad dressing, french dressing, reduced calorie	16.0	1.0 tbsp	0.06	4.32	--
14334	Beverages, pineapple and grapefruit juice drink, canned	31.3	1.0 fl oz	0.06	3.63	--
03167	Babyfood, apple-banana juice	31.2	1.0 fl oz	0.06	3.84	--
43535	Babyfood, juice, apple - cherry	31.2	1.0 fl oz	0.06	3.49	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
03171	Babyfood, juice, apple and prune	31.2	1.0 fl oz	0.06	5.65	--
03168	Babyfood, juice, apple and peach	31.2	1.0 fl oz	0.06	3.28	--
03267	Babyfood, juice, fruit punch, with calcium	31.2	1.0 fl oz	0.06	3.96	--
09448	Nance, canned, syrup, drained	11.1	3.0 fruit without pits	0.06	2.53	--
14305	Malt beverage, includes non-alcoholic beer	29.6	1.0 fl oz	0.06	2.38	--
14240	Beverages, cranberry-apricot juice drink, bottled	30.6	1.0 fl oz	0.06	4.96	--
14241	Beverages, cranberry-grape juice drink, bottled	30.6	1.0 fl oz	0.06	4.28	--
27066	Sauce, horseradish	5.6	1.0 tsp	0.06	0.56	--
06169	Sauce, ready-to-serve, pepper, TABASCO	4.7	1.0 tsp	0.06	0.04	0.001
04114	Salad dressing, italian dressing, commercial, regular	14.7	1.0 tbsp	0.06	1.78	0.001
09523	Lemon juice from concentrate, bottled, CONCORD	15.0	1.0 tbsp	0.06	0.81	--
43006	Babyfood, fruit, tutti frutti, strained	15.0	1.0 tbsp	0.06	2.32	--
19303	Marmalade, orange	20.0	1.0 tbsp	0.06	13.26	0.001
43007	Babyfood, fruit, tutti frutti, junior	15.0	1.0 tbsp	0.06	2.40	--
03280	Babyfood, fruit, bananas with tapioca, junior	15.0	1.0 tbsp	0.06	2.67	--
03129	Babyfood, fruit, bananas with tapioca, strained	15.0	1.0 tbsp	0.06	2.30	--
35233	Hazelnuts, beaked (Northern Plains Indians)	0.4	1.0 nut	0.06	0.09	--
10864	Pork, bacon, rendered fat, cooked	85.0	3.0 oz	0.06	0.00	--
03147	Babyfood, fruit, applesauce with banana, junior	16.0	1.0 tbsp	0.06	2.59	--
14536	Alcoholic beverage, wine, dessert, dry	29.5	1.0 fl oz	0.06	3.44	--
14057	Alcoholic beverage, wine, dessert, sweet	29.5	1.0 fl oz	0.06	4.04	--
14005	Alcoholic beverage, beer, light, BUDWEISER SELECT	29.5	1.0 fl oz	0.06	0.26	--
02055	Horseradish, prepared	5.0	1.0 tsp	0.06	0.56	--
03209	Babyfood, crackers, vegetable	0.7	1.0 cracker	0.06	0.47	--
02036	Spices, rosemary, dried	1.2	1.0 tsp	0.06	0.77	--
04021	Salad dressing, italian dressing, commercial, reduced fat	15.0	1.0 tablespoon	0.06	1.50	0.001
11292	Onions, young green, tops only	6.0	1.0 tbsp	0.06	0.34	--
04684	Margarine, 80% fat, tub, CANOLA HARVEST Soft Spread (canola, palm and palm kernel oils)	14.0	1.0 tablespoon (1 NLEA serving)	0.06	0.19	--
44110	Jellies, reduced sugar, home preserved	19.0	1.0 tbsp	0.06	8.76	--
03229	Babyfood, dessert, peach melba, strained	28.35	1.0 oz	0.06	4.68	--
03160	Babyfood, fruit, guava and papaya with tapioca, strained	28.35	1.0 oz	0.06	4.82	--
03153	Babyfood, fruit, apple and raspberry, junior	28.35	1.0 oz	0.06	4.37	--
03164	Babyfood, fruit, apple and blueberry, strained	28.35	1.0 oz	0.06	4.62	--
03224	Babyfood, dessert, cherry vanilla pudding, strained	28.35	1.0 oz	0.06	5.05	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
03220	Babyfood, dessert, dutch apple, strained	28.35	1.0 oz	0.06	5.60	--
03238	Babyfood, dessert, tropical fruit, junior	28.35	1.0 oz	0.06	4.65	--
03165	Babyfood, fruit, apple and blueberry, junior	28.35	1.0 oz	0.06	4.71	--
03162	Babyfood, fruit, papaya and applesauce with tapioca, strained	28.35	1.0 oz	0.06	5.36	--
03225	Babyfood, dessert, cherry vanilla pudding, junior	28.35	1.0 oz	0.06	5.22	--
03115	Babyfood, apples, dices, toddler	28.35	1.0 oz	0.06	3.43	--
03221	Babyfood, dessert, dutch apple, junior	28.35	1.0 oz	0.06	5.44	0.001
03152	Babyfood, fruit, apple and raspberry, strained	28.35	1.0 oz	0.06	4.42	--
04143	Salad dressing, italian dressing, commercial, regular, without salt	14.7	1.0 tablespoon	0.06	1.53	--
11945	Pickle relish, sweet	15.0	1.0 tbsp	0.06	5.26	0.001
04641	Salad dressing, mayonnaise, light	15.0	1.0 tablespoon	0.06	1.38	0.001
04708	Mayonnaise, reduced fat, with olive oil	15.0	1.0 tbsp	0.06	0.00	--
09228	Papaya, canned, heavy syrup, drained	39.0	1.0 piece	0.05	21.77	--
11442	Seaweed, agar, raw	10.0	2.0 tbsp (1/8 cup)	0.05	0.68	--
14356	Beverages, tea, instant, decaffeinated, lemon, diet	1.6	2.0 tsp	0.05	1.37	--
14375	Beverages, tea, instant, sweetened with sodium saccharin, lemon-flavored, powder	1.6	2.0 tsp	0.05	1.37	--
11959	Arugula, raw	2.0	1.0 leaf	0.05	0.07	--
04707	Oil, flaxseed, contains added sliced flaxseed	13.7	1.0 tablespoon	0.05	0.05	--
14013	Alcoholic beverage, beer, light, low carb	29.5	1.0 fl oz	0.05	0.22	--
09129	Grapes, muscadine, raw	6.0	1.0 grape	0.05	0.84	--
03133	Babyfood, fruit, pears, junior	16.0	1.0 tbsp	0.05	1.86	--
03158	Babyfood, fruit, pears and pineapple, strained	16.0	1.0 tbsp	0.05	1.74	--
03159	Babyfood, fruit, pears and pineapple, junior	16.0	1.0 tbsp	0.05	1.82	--
03132	Babyfood, fruit, pears, strained	16.0	1.0 tbsp	0.05	1.73	--
02004	Spices, bay leaf	0.6	1.0 tsp, crumbled	0.05	0.45	--
03140	Babyfood, fruit dessert, mango with tapioca	15.0	1.0 tbsp	0.04	2.85	--
03236	Babyfood, dessert, fruit dessert, without ascorbic acid, junior	15.0	1.0 tbsp	0.04	2.58	--
43550	Babyfood, banana apple dessert, strained	15.0	1.0 tbsp	0.04	2.44	--
03227	Babyfood, dessert, peach cobbler, strained	15.0	1.0 tbsp	0.04	2.67	--
43021	Salad dressing, caesar, low calorie	15.0	1.0 tbsp	0.04	2.79	--
03128	Babyfood, fruit, apricot with tapioca, junior	15.0	1.0 tbsp	0.04	2.60	--
03228	Babyfood, dessert, peach cobbler, junior	15.0	1.0 tbsp	0.04	2.74	--
03118	Babyfood, fruit, apricot with tapioca, strained	15.0	1.0 tbsp	0.04	2.44	--
03235	Babyfood, dessert, fruit dessert, without ascorbic acid, strained	15.0	1.0 tbsp	0.04	2.40	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
04027	Salad dressing, mayonnaise, imitation, soybean	15.0	1.0 tbsp	0.04	2.40	0.000
02049	Thyme, fresh	0.8	1.0 tsp	0.04	0.20	0.001
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.1	1.0 tbsp	0.04	0.11	--
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	0.04	0.00	0.001
01145	Butter, without salt	5.0	1.0 pat (1" sq, 1/3" high)	0.04	0.00	0.001
11615	Chives, freeze-dried	0.2	1.0 tbsp	0.04	0.13	0.000
04073	Margarine, regular, hard, soybean (hydrogenated)	4.7	1.0 tsp	0.04	--	0.001
42140	Salad dressing, italian dressing, reduced calorie	14.0	1.0 tbsp	0.04	0.94	--
04626	Margarine-like spread with yogurt, 70% fat, stick, with salt	14.0	1.0 tablespoon	0.04	0.07	--
43355	Mayonnaise, low sodium, low calorie or diet	14.0	1.0 tbsp	0.04	2.24	--
09172	Longans, raw	3.2	1.0 fruit without refuse	0.04	0.48	--
11447	Sesbania flower, raw	3.0	1.0 flower	0.04	0.20	0.001
35196	Lambsquarters, raw (Northern Plains Indians)	0.9	1.0 leaf	0.04	0.06	--
14427	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water	31.3	1.0 fl oz	0.04	3.54	--
11216	Ginger root, raw	2.0	1.0 tsp	0.04	0.36	0.000
04629	Margarine, margarine-type vegetable oil spread, 70% fat, soybean and partially hydrogenated soybean, stick	14.0	1.0 tbsp (1 NLEA serving)	0.04	0.21	--
42055	Beverages, fruit-flavored drink, dry powdered mix, low calorie, with aspartame	8.0	1.0 tsp	0.04	6.99	--
14219	Beverages, coffee, instant, decaffeinated, prepared with water	29.9	1.0 fl oz	0.04	0.13	--
01003	Butter oil, anhydrous	12.8	1.0 tbsp	0.04	0.00	0.001
14146	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine	29.6	1.0 fl oz	0.04	--	--
14210	Beverages, coffee, brewed, espresso, restaurant-prepared	29.6	1.0 fl oz	0.04	0.49	--
14209	Beverages, coffee, brewed, prepared with tap water	29.6	1.0 fl oz	0.04	0.00	--
14424	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate. Not manufactured anymore.	35.3	1.0 fl oz	0.04	15.14	--
19919	Candies, fruit snacks, with high vitamin C	44.0	1.0 serving	0.04	38.71	--
04638	Salad dressing, ranch dressing, fat-free	14.0	1.0 tablespoon	0.04	3.71	--
14414	Alcoholic beverage, liqueur, coffee, 53 proof	34.8	1.0 fl oz	0.03	16.29	--
14534	Alcoholic beverage, liqueur, coffee, 63 proof	34.8	1.0 fl oz	0.03	11.21	--
02045	Dill weed, fresh	1.0	5.0 sprigs	0.03	0.07	0.000
43401	Beverages, coffee, instant, with whitener, reduced calorie	1.7	1.0 tsp dry	0.03	1.02	--
19228	Frostings, cream cheese-flavor, ready-to-eat	33.0	2.0 tbsp creamy	0.03	22.22	0.000

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
14416	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	29.6	1.0 fl oz	0.03	0.09	--
14530	Whiskey sour mix, bottled, with added potassium and sodium	32.3	1.0 fl oz	0.03	6.91	--
14028	Beverages, Whiskey sour mix, bottled	32.3	1.0 fl oz	0.03	6.91	--
03143	Babyfood, fruit, applesauce and apricots, junior	16.0	1.0 tbsp	0.03	1.98	--
03116	Babyfood, fruit, applesauce, strained	16.0	1.0 tbsp	0.03	1.73	--
04013	Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	16.0	1.0 tbsp	0.03	2.53	--
04367	Salad dressing, french dressing, fat-free	16.0	1.0 tablespoon	0.03	5.14	--
04014	Salad dressing, KRAFT MIRACLE WHIP FREE Nonfat Dressing	16.0	1.0 tbsp	0.03	2.48	--
42193	Salad Dressing, mayonnaise-like, fat-free	16.0	1.0 tbsp	0.03	2.48	--
03142	Babyfood, fruit, applesauce and apricots, strained	16.0	1.0 tbsp	0.03	1.86	--
19300	Jellies	21.0	1.0 serving 1 tbsp	0.03	14.69	--
04618	Margarine, regular, 80% fat, composite, tub, without salt	14.2	1.0 tbsp	0.03	0.11	--
04611	Margarine, regular, 80% fat, composite, tub, with salt	14.2	1.0 tbsp	0.03	0.11	--
03179	Babyfood, juice, mixed fruit	31.2	1.0 fl oz	0.03	3.65	--
03268	Babyfood, juice, apple and cherry	31.2	1.0 fl oz	0.03	3.09	--
03170	Babyfood, juice, apple and plum	31.2	1.0 fl oz	0.03	3.84	--
03265	Babyfood, juice, apple and grape	31.2	1.0 fl oz	0.03	3.54	--
04692	Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D	14.0	1.0 tbsp	0.03	0.10	--
11624	Leeks, (bulb and lower-leaf portion), freeze-dried	0.2	1.0 tbsp	0.03	0.15	0.000
14237	Beverages, coffee substitute, cereal grain beverage, prepared with water	30.1	1.0 fl oz	0.03	0.39	--
03157	Babyfood, fruit, bananas and pineapple with tapioca, strained	15.0	1.0 tbsp	0.03	2.67	--
03156	Babyfood, fruit, bananas and pineapple with tapioca, junior	15.0	1.0 tbsp	0.03	2.76	--
14215	Beverages, coffee, instant, regular, prepared with water	29.8	1.0 fl oz	0.03	0.10	--
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.03	0.00	--
14143	Beverages, carbonated, low calorie, other than cola or pepper, without caffeine	29.6	1.0 fl oz	0.03	0.00	--
14202	Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated	29.6	1.0 fl oz	0.03	0.50	--
14151	Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine	29.6	1.0 fl oz	0.03	0.00	--
14025	Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix	29.4	1.0 fl oz	0.03	4.66	--
35199	Prickly pears, broiled (Northern Plains Indians)	7.5	1.0 pad	0.03	1.62	--
44203	Beverages, Cocktail mix, non-alcoholic, concentrated, frozen	36.0	1.0 fl oz	0.03	25.78	--
03150	Babyfood, fruit, applesauce and pineapple, strained	28.35	1.0 oz	0.03	2.86	--
03151	Babyfood, fruit, applesauce and pineapple, junior	28.35	1.0 oz	0.03	2.98	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
19269	Snacks, GENERAL MILLS, BETTY CROCKER Fruit Roll Ups, berry flavored, with vitamin C	28.0	2.0 rolls	0.03	23.86	--
04630	Margarine Spread, approximately 48% fat, tub	14.0	1.0 tbsp	0.03	0.12	--
09195	Olives, pickled, canned or bottled, green	2.7	1.0 olive	0.03	0.10	--
14144	Beverages, carbonated, lemon-lime soda, no caffeine	30.8	1.0 fl oz	0.03	3.21	--
14370	Beverages, tea, instant, lemon, sweetened, powder	23.0	1.0 serving (3 heaping tsp)	0.03	22.67	--
14357	Beverages, tea, instant, decaffeinated, lemon, sweetened	23.0	1.0 serving (3 heaping tsp)	0.03	22.67	--
14223	Beverages, coffee, instant, chicory	29.9	1.0 fl oz	0.03	0.22	--
14371	Beverages, tea, instant, lemon, sweetened, prepared with water	259.0	1.0 cup (8 fl oz)	0.03	22.30	--
04668	Margarine, industrial, soy and partially hydrogenated soy oil, use for baking, sauces and candy	14.0	1.0 tbsp	0.03	0.10	--
43154	Alcoholic beverage, wine, cooking	4.9	1.0 tsp	0.02	0.31	--
06168	Sauce, ready-to-serve, pepper or hot	4.7	1.0 tsp	0.02	0.08	0.000
04620	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt	14.0	1.0 tbsp	0.02	0.12	--
04694	Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D	14.0	1.0 tbsp	0.02	0.12	--
04697	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt, with added vitamin D	14.0	1.0 tbsp	0.02	0.12	--
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	14.0	1.0 tbsp	0.02	0.12	--
02063	Rosemary, fresh	0.7	1.0 tsp	0.02	0.14	0.000
35198	Prickly pears, raw (Northern Plains Indians)	19.0	1.0 pad peeled	0.02	1.93	--
04617	Margarine, regular, 80% fat, composite, stick, without salt	14.2	1.0 tbsp	0.02	0.10	--
04696	Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D	14.0	1.0 tbsp	0.02	0.10	--
04628	Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils	14.0	1.0 tbsp	0.02	0.10	--
04691	Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D	14.0	1.0 tablespoon	0.02	0.10	--
04610	Margarine, regular, 80% fat, composite, stick, with salt	14.0	1.0 tbsp	0.02	0.10	--
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	6.0	1.0 slice	0.02	2.02	0.000
14350	Strawberry-flavor beverage mix, powder	22.0	1.0 serving (2-3 heaping tsp)	0.02	21.80	--
14293	Lemonade, frozen concentrate, white, prepared with water	30.9	1.0 fl oz	0.02	3.22	--
14135	Alcoholic beverage, wine, table, white, late harvest	30.8	1.0 fl oz	0.02	4.12	--
14125	Alcoholic beverage, wine, table, white, late harvest, Gewurztraminer	30.5	1.0 fl oz	0.02	3.47	--
19014	Snacks, fruit leather, rolls	21.0	1.0 large	0.02	18.02	--
14140	Alcoholic beverage, wine, table, white, Muscat	30.0	1.0 fl oz	0.02	1.57	--
19274	Snacks, fruit leather, pieces, with vitamin C	21.0	1.0 serving	0.02	17.89	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
14132	Alcoholic beverage, wine, table, white, Riesling	29.6	1.0 fl oz	0.02	1.11	--
14152	Alcoholic Beverage, wine, table, red, Burgundy	29.5	1.0 fl oz	0.02	1.09	--
14126	Alcoholic beverage, wine, table, white, Semillon	29.5	1.0 fl oz	0.02	0.92	--
43155	Alcoholic beverage, wine, light	29.5	1.0 fl oz	0.02	0.35	--
14124	Alcoholic beverage, wine, table, white, Gewurztraminer	29.5	1.0 fl oz	0.02	0.77	--
14103	Alcoholic Beverage, wine, table, red, Petite Sirah	29.5	1.0 fl oz	0.02	0.79	--
14120	Alcoholic beverage, wine, table, white, Muller Thurgau	29.5	1.0 fl oz	0.02	1.03	--
14116	Alcoholic beverage, wine, table, white, Chenin Blanc	29.5	1.0 fl oz	0.02	0.98	--
14108	Alcoholic Beverage, wine, table, red, Sangiovese	29.4	1.0 fl oz	0.02	0.77	--
14105	Alcoholic Beverage, wine, table, red, Claret	29.4	1.0 fl oz	0.02	0.88	--
14101	Alcoholic Beverage, wine, table, red, Barbera	29.4	1.0 fl oz	0.02	0.82	--
14098	Alcoholic Beverage, wine, table, red, Cabernet Franc	29.4	1.0 fl oz	0.02	0.72	--
14159	Alcoholic Beverage, wine, table, red, Mouvedre	29.4	1.0 fl oz	0.02	0.78	--
14109	Alcoholic Beverage, wine, table, red, Carignane	29.4	1.0 fl oz	0.02	0.71	--
14602	Alcoholic Beverage, wine, table, red, Merlot	29.4	1.0 fl oz	0.02	0.74	--
14106	Alcoholic beverage, wine, table, white	29.4	1.0 fl oz	0.02	0.76	--
14102	Alcoholic Beverage, wine, table, red, Zinfandel	29.4	1.0 fl oz	0.02	0.84	--
14099	Alcoholic Beverage, wine, table, red, Pinot Noir	29.4	1.0 fl oz	0.02	0.68	--
14096	Alcoholic beverage, wine, table, red	29.4	1.0 fl oz	0.02	0.77	--
14107	Alcoholic Beverage, wine, table, red, Lemberger	29.4	1.0 fl oz	0.02	0.72	--
14100	Alcoholic Beverage, wine, table, red, Syrah	29.4	1.0 fl oz	0.02	0.76	--
14097	Alcoholic Beverage, wine, table, red, Cabernet Sauvignon	29.4	1.0 fl oz	0.02	0.76	--
14158	Alcoholic Beverage, wine, table, red, Gamay	29.4	1.0 fl oz	0.02	0.70	--
14134	Alcoholic beverage, wine, table, white, Sauvignon Blanc	29.3	1.0 fl oz	0.02	0.60	--
14406	Beverages, fruit punch juice drink, frozen concentrate, prepared with water	29.3	1.0 fl oz	0.02	3.34	--
14117	Alcoholic beverage, wine, table, white, Fume Blanc	29.3	1.0 fl oz	0.02	0.67	--
14138	Alcoholic beverage, wine, table, white, Pinot Blanc	29.3	1.0 fl oz	0.02	0.57	--
14160	Alcoholic beverage, wine, table, white, Chardonnay	29.3	1.0 fl oz	0.02	0.63	--
14113	Alcoholic beverage, wine, table, white, Pinot Gris (Grigio)	29.3	1.0 fl oz	0.02	0.60	--
04673	Margarine-like spread, SMART BALANCE Regular Buttery Spread with flax oil	14.0	1.0 tablespoon	0.02	--	--
01002	Butter, whipped, with salt	3.8	1.0 pat (1" sq, 1/3" high)	0.02	0.11	0.000
14269	Beverages, Fruit punch drink, frozen concentrate, prepared with water	30.9	1.0 fl oz	0.02	3.60	--
14029	Alcoholic beverage, whiskey sour, prepared from item 14028	30.4	1.0 fl oz	0.02	3.90	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
04677	Margarine-like spread, SMART BALANCE Omega Plus Spread (with plant sterols & fish oil)	14.0	1.0 tablespoon	0.02	0.02	--
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	30.2	1.0 fl oz	0.02	2.10	--
14430	Cranberry juice cocktail, frozen concentrate	36.2	1.0 fl oz	0.02	18.62	--
14367	Beverages, tea, instant, unsweetened, prepared with water	29.7	1.0 fl oz	0.02	0.05	--
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	14.3	1.0 tbsp	0.02	0.10	--
04693	Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D	14.0	1.0 tbsp	0.02	0.10	--
43019	Salad dressing, sweet and sour	16.0	1.0 tbsp	0.02	0.59	--
14543	Beverages, lemonade, frozen concentrate, pink, prepared with water	30.9	1.0 fl oz	0.02	3.34	--
14145	Beverages, carbonated, SPRITE, lemon-lime, without caffeine	30.8	1.0 fl oz	0.02	3.12	--
03134	Babyfood, fruit, plums with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	0.02	2.96	--
03135	Babyfood, fruit, plums with tapioca, without ascorbic acid, junior	15.0	1.0 tbsp	0.02	3.08	--
42231	Oil, flaxseed, cold pressed	13.6	1.0 tbsp	0.01	0.00	--
04631	Margarine-like, vegetable oil spread, fat-free, tub	14.6	1.0 tbsp	0.01	0.63	--
04029	Salad dressing, mayonnaise, imitation, soybean without cholesterol	14.1	1.0 tablespoon	0.01	2.23	0.000
04146	Salad dressing, french, cottonseed, oil, home recipe	14.0	1.0 tablespoon	0.01	0.48	--
04133	Salad dressing, french, home recipe	14.0	1.0 tablespoon	0.01	0.48	0.000
04688	Salad dressing, spray-style dressing, assorted flavors	8.0	1.0 serving (approximately 10 sprays)	0.01	1.33	--
09328	Maraschino cherries, canned, drained	5.0	1.0 cherry (NLEA serving)	0.01	2.10	--
19909	Sweeteners, sugar substitute, granulated, brown	0.5	1.0 tsp	0.01	0.42	--
02065	Spearmint, fresh	0.3	2.0 leaves	0.01	0.03	0.000
04683	Margarine, margarine-like vegetable oil spread, 67-70% fat, tub	14.0	1.0 tbsp (1 NLEA serving)	0.01	0.08	--
43158	Sweeteners, tabletop, saccharin (sodium saccharin)	1.0	1.0 serving 1 packet	0.01	0.89	--
14425	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water	31.0	1.0 fl oz	0.01	3.79	--
19281	Frozen novelties, ice type, italian, restaurant-prepared	29.0	1.0 fl oz	0.01	3.92	--
19070	Candies, butterscotch	28.35	1.0 oz	0.01	25.63	--
19353	Syrups, maple	20.0	1.0 tbsp	0.01	13.41	--
28393	PEPPERIDGE FARM, White Hoagie Roll	69.0	1.0 serving	0.01	34.98	--
19912	Sweetener, syrup, agave	6.9	1.0 tsp	0.01	5.27	--
14376	Beverages, tea, instant, lemon, diet	29.8	1.0 fl oz	0.01	0.13	--
02068	Vinegar, red wine	14.9	1.0 tbsp	0.01	0.04	--
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	29.6	1.0 fl oz	0.01	1.36	0.000
28390	PEPPERIDGE FARM, Light Style Wheat Bread	57.0	1.0 serving	0.01	25.99	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
28387	PEPPERIDGE FARM, Hamburger Buns w/Sesame	53.0	1.0 serving	0.01	26.45	--
28377	PEPPERIDGE FARM, 100% Whole Wheat Hamburger Buns	51.0	1.0 serving	0.01	22.03	--
28394	PEPPERIDGE FARM, Hamburger Bun	51.0	1.0 serving	0.01	25.50	--
18371	Leavening agents, baking powder, low-sodium	5.0	1.0 tsp	0.00	2.34	--
43345	Beverages, fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie	2.0	1.0 tsp	0.00	1.82	--
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1.0 tsp	0.00	1.11	--
28389	PEPPERIDGE FARM, White Bread	45.0	1.0 serving	0.00	22.59	--
19382	Candies, taffy, prepared-from-recipe	15.0	1.0 piece	0.00	13.73	--
28382	PEPPERIDGE FARM, Farmhouse Oatmeal Bread	43.0	1.0 serving	0.00	21.80	--
28396	PEPPERIDGE FARM, Whole Grain Oatmeal Bread	43.0	1.0 serving	0.00	20.00	--
28384	PEPPERIDGE FARM, Farmhouse Sourdough Bread	43.0	1.0 serving	0.00	21.63	--
28380	PEPPERIDGE FARM, Whole Grain 15 Grain Bread	43.0	1.0 serving	0.00	19.69	--
28381	PEPPERIDGE FARM, Farmhouse Hearty White Bread	43.0	1.0 serving	0.00	25.87	--
28395	PEPPERIDGE FARM, Whole Grain Honey Whole Wheat Bread	43.0	1.0 serving	0.00	20.51	--
28392	PEPPERIDGE FARM, Farmhouse 100% Whole Wheat Bread	43.0	1.0 serving	0.00	19.82	--
02064	Peppermint, fresh	0.1	2.0 leaves	0.00	0.01	0.000
19334	Sugars, brown	3.0	1.0 tsp unpacked	0.00	2.94	--
28386	PEPPERIDGE FARM, Pumpernickel Bread	32.0	1.0 serving	0.00	15.01	--
28391	PEPPERIDGE FARM, Seeded Jewish Rye Bread	32.0	1.0 serving	0.00	15.49	--
28388	PEPPERIDGE FARM, Deli Swirl Bread	32.0	1.0 serving	0.00	14.30	--
28385	PEPPERIDGE FARM, Jewish Rye Bread (Seedless)	32.0	1.0 serving	0.00	14.40	--
19340	Sugars, maple	3.0	1.0 tsp	0.00	2.73	--
14431	Cranberry juice cocktail, frozen concentrate, prepared with water	29.6	1.0 fl oz	0.00	3.50	--
04674	Margarine-like spread, SMART BALANCE Light Buttery Spread	14.0	1.0 tbsp	0.00	0.28	--
28379	PEPPERIDGE FARM, Raisin Cinnamon Swirl Bread	28.0	1.0 serving	0.00	14.59	--
28378	PEPPERIDGE FARM, Cinnamon Swirl Bread	28.0	1.0 serving	0.00	14.81	--
11984	Epazote, raw	0.8	1.0 tbsp	0.00	0.06	--
02050	Vanilla extract	4.2	1.0 tsp	0.00	0.53	--
02051	Vanilla extract, imitation, alcohol	4.2	1.0 tsp	0.00	0.10	--
02052	Vanilla extract, imitation, no alcohol	4.2	1.0 tsp	0.00	0.60	--
04679	Oil, PAM cooking spray, original	0.3	1.0 spray , about 1/3 second (1 NLEA serving)	0.00	0.06	--
04702	Oil, industrial, cottonseed, fully hydrogenated	13.6	1.0 tablespoon	0.00	--	--
04541	Oil, cupu assu	13.6	1.0 tablespoon	0.00	--	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
04662	Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)	13.6	1.0 tbsp	0.00	--	--
14021	Beverages, Energy drink, Citrus	240.0	8.0 fl oz	0.00	27.05	--
14137	Beverages, NESTEA, tea, black, ready-to-drink, lemon	30.6	1.0 fl oz	0.00	2.78	--
19856	Frozen novelties, juice type, POPSICLE SCRIBBLERS	33.0	1.0 serving 1.2 fl oz pop	0.00	6.49	--
14242	Cranberry juice cocktail, bottled	31.6	1.0 fl oz	0.00	4.27	--
04573	Oil, ucuhuba butter	13.6	1.0 tbsp	0.00	--	--
06597	PACE, Chipotle Chunky Salsa	32.0	1.0 serving	0.00	2.00	--
14155	Beverages, carbonated, tonic water	30.5	1.0 fl oz	0.00	2.68	--
14605	Beverages, Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors	237.0	8.0 fl oz (1 NLEA serving)	0.00	13.01	--
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	13.6	1.0 tablespoon	0.00	--	--
14261	Beverages, tea, green, ready to drink, unsweetened	473.0	16.0 fl oz	0.00	--	--
04645	Oil, industrial, canola (partially hydrogenated) oil for deep fat frying	13.6	1.0 tablespoon	0.00	--	--
14438	Beverages, water, bottled, non-carbonated, CRYSTAL GEYSER	29.6	1.0 fl oz	0.00	--	--
04593	Fish oil, salmon	13.6	1.0 tbsp	0.00	--	--
43058	Candies, hard, dietetic or low calorie (sorbitol)	3.0	1.0 piece	0.00	2.96	--
04659	Oil, industrial, coconut, confection fat, typical basis for ice cream coatings	13.6	1.0 tbsp	0.00	--	--
04058	Oil, sesame, salad or cooking	13.6	1.0 tablespoon	0.00	--	--
14239	Alcoholic beverage, malt beer, hard lemonade	335.0	11.2 fl oz	0.00	33.73	--
19350	Syrups, corn, light	341.0	1.0 cup	0.00	261.85	--
14636	Beverages, fruit juice drink, reduced sugar, with vitamin E added	209.0	1.0 container	0.00	20.90	--
04560	Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)	12.8	1.0 tbsp	0.00	--	--
18373	Leavening agents, cream of tartar	3.0	1.0 tsp	0.00	1.84	--
04502	Oil, cottonseed, salad or cooking	13.6	1.0 tablespoon	0.00	--	--
04642	Oil, industrial, mid-oleic, sunflower	13.6	1.0 tablespoon	0.00	--	--
14434	Beverages, The COCA-COLA company, DASANI, water, bottled, non-carbonated	29.6	1.0 fl oz	0.00	--	--
04590	Fish oil, herring	13.6	1.0 tbsp	0.00	--	--
04699	Oil, industrial, soy, low linolenic	14.0	1.0 tablespoon	0.00	--	--
14619	Beverages, V8 SPLASH Juice Drinks, Tropical Blend	243.0	1.0 serving 8 oz	0.00	18.01	--
04534	Oil, babassu	13.6	1.0 tbsp	0.00	--	--
03024	Babyfood, water, bottled, GERBER, without added fluoride.	113.0	1.0 serving	0.00	--	--
14281	Beverages, tea, black, ready to drink, decaffeinated	240.0	1.0 cup	0.00	21.00	--
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	113.0	4.0 oz	0.00	8.36	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
04047	Oil, coconut	13.6	1.0 tbsp	0.00	--	--
19113	Syrups, table blends, pancake, with butter	73.0	1.0 serving 1/4 cup	0.00	52.87	--
19706	Puddings, banana, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0.00	77.79	--
04615	Shortening, vegetable, household, composite	12.8	1.0 tbsp	0.00	--	--
44018	Sweeteners, tabletop, fructose, liquid	0.1	1.0 serving	0.00	0.08	--
14633	Beverages, Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C	238.0	1.0 serving	0.00	2.62	--
04554	Shortening industrial, soybean (hydrogenated) and cottonseed	12.8	1.0 tbsp	0.00	--	--
14080	Beverages, rich chocolate, powder	11.0	2.0 tbsp	0.00	10.23	--
14315	Beverages, OVALTINE, chocolate malt powder	78.0	1.0 cup	0.00	72.51	--
14149	Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners	29.6	1.0 fl oz	0.00	1.53	--
04587	Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed	12.8	1.0 tbsp	0.00	--	--
14165	Beverages, carbonated, limeade, high caffeine	253.0	1.0 cup	0.00	10.52	--
14616	Beverages, V8 SPLASH Juice Drinks, Orchard Blend	243.0	1.0 serving 8 oz	0.00	19.00	--
04530	Oil, apricot kernel	13.6	1.0 tablespoon	0.00	--	--
04656	Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter	13.6	1.0 tbsp	0.00	--	--
14121	Beverages, carbonated, club soda	29.6	1.0 fl oz	0.00	--	--
14531	Alcoholic beverage, whiskey sour	30.4	1.0 fl oz	0.00	4.00	--
04038	Oil, wheat germ	4.5	1.0 tsp	0.00	--	--
09053	Blueberries, wild, frozen	140.0	1.0 cup, frozen	0.00	19.39	--
02048	Vinegar, cider	14.9	1.0 tbsp	0.00	0.14	--
19336	Sugars, powdered	120.0	1.0 cup unsifted	0.00	119.72	--
04549	Shortening industrial, lard and vegetable oil	12.8	1.0 tbsp	0.00	--	--
14075	Beverages, GEROLSTEINER BRUNNEN GmbH & Co. KG,Gerolsteiner naturally sparkling mineral water,	240.0	8.0 fl oz	0.00	--	--
04669	USDA Commodity Food, oil, vegetable, soybean, refined	13.6	1.0 tablespoon	0.00	--	--
14189	Beverages, The COCA-COLA company, Minute Maid, Lemonade	240.0	8.0 fl oz	0.00	28.99	--
04584	Oil, sunflower, high oleic (70% and over)	14.0	1.0 tbsp	0.00	--	--
16262	SILK Hazelnut Creamer	15.0	1.0 tbsp	0.00	3.00	--
06604	PACE, Red Taco Sauce	16.0	1.0 tbsp	0.00	2.00	--
14051	Alcoholic beverage, distilled, vodka, 80 proof	27.8	1.0 fl oz	0.00	--	--
14355	Beverages, tea, black, brewed, prepared with tap water	29.6	1.0 fl oz	0.00	0.09	--
14162	Beverages, Apple juice drink, light, fortified with vitamin C	240.0	8.0 fl oz	0.00	12.24	--
14613	Beverages, V8 SPLASH Juice Drinks, Guava Passion Fruit	243.0	1.0 serving 8 oz	0.00	19.00	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
04520	Fat, mutton tallow	12.8	1.0 tbsp	0.00	--	--
31015	PACE, Diced Green Chilies	30.0	2.0 tbsp	0.00	2.00	--
14270	Beverages, coffee, instant, vanilla, sweetened, decaffeinated, with non dairy creamer	15.0	1.0 serving	0.00	12.94	--
04653	Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry	13.6	1.0 tbsp	0.00	--	--
19107	Candies, hard	28.35	1.0 oz	0.00	27.78	--
04609	Animal fat, bacon grease	4.3	1.0 tsp	0.00	--	--
43216	Sweeteners, tabletop, fructose, dry, powder	196.0	1.0 cup	0.00	196.00	--
43075	Fluid replacement, electrolyte solution (include PEDIALYTE)	31.2	1.0 fl oz	0.00	0.76	--
27027	PACE, Pico De Gallo	32.0	1.0 serving	0.00	3.00	--
04545	Oil, sunflower, linoleic, (partially hydrogenated)	13.6	1.0 tbsp	0.00	--	--
19906	Sweeteners, for baking, brown, contains sugar and sucralose	12.9	1.0 tbsp	0.00	12.53	--
04666	Shortening, industrial, soy (partially hydrogenated) and corn for frying	12.8	1.0 tbsp	0.00	--	--
14026	Beverages, THE COCA-COLA COMPANY, NOS Zero, energy drink, sugar-free with guarana, fortified with vitamins B6 and B12	480.0	16.0 fl oz	0.00	4.94	--
14303	Limeade, frozen concentrate, prepared with water	30.9	1.0 fl oz	0.00	4.26	--
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	27.8	1.0 fl oz	0.00	0.03	--
04135	Salad dressing, home recipe, vinegar and oil	16.0	1.0 tablespoon	0.00	0.40	--
14247	Beverages, tea, black, ready to drink	473.0	16.0 fl oz	0.00	--	--
04001	Fat, beef tallow	12.8	1.0 tbsp	0.00	--	--
19361	Syrups, table blends, cane and 15% maple	315.0	1.0 cup	0.00	218.99	--
14645	Beverages, Fruit flavored drink, less than 3% juice, not fortified with vitamin C	238.0	1.0 cup (8 fl oz)	0.00	38.15	--
04581	Oil, avocado	14.0	1.0 tbsp	0.00	--	--
14095	Beverages, MINUTE MAID, Lemonada, Limeade	240.0	8.0 fl oz	0.00	33.00	--
04687	Margarine-like spread, BENECOL Light Spread	14.0	1.0 tablespoon (1 NLEA serving)	0.00	0.80	--
14206	Beverages, tea, green, ready-to-drink, sweetened	270.0	1.0 cup	0.00	16.74	--
06601	PACE, Lime & Garlic Chunky Salsa	32.0	1.0 serving	0.00	3.00	--
14610	Beverages, V8 SPLASH Juice Drinks, Diet Tropical Blend	238.0	1.0 serving 8 oz	0.00	3.00	--
04516	Oil, teaseed	13.6	1.0 tablespoon	0.00	--	--
14267	Beverages, Fruit punch drink, with added nutrients, canned	31.0	1.0 fl oz	0.00	3.70	--
04650	Oil, industrial, soy, refined, for woks and light frying	13.6	1.0 tbsp	0.00	--	--
14460	Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.	30.5	1.0 fl oz	0.00	1.96	--
43598	Mayonnaise dressing, no cholesterol	15.0	1.0 tbsp	0.00	0.04	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
14475	Beverages, ARIZONA, tea, ready-to-drink, lemon	30.6	1.0 fl oz	0.00	2.99	--
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	12.8	1.0 tbsp	0.00	--	--
14381	Beverages, tea, herb, other than chamomile, brewed	29.6	1.0 fl oz	0.00	0.06	--
19330	Puddings, lemon, dry mix, instant	99.0	1.0 package (3.5 oz)	0.00	94.45	--
14623	Beverages, V8 V- FUSION Juices, Acai Berry	246.0	1.0 serving 8 oz	0.00	27.01	--
04542	Fat, chicken	12.8	1.0 tbsp	0.00	--	--
14065	Beverages, The COCA-COLA company, Hi-C Flashin' Fruit Punch	200.0	6.75 fl oz	0.00	25.00	--
04663	Oil, industrial, palm kernel (hydrogenated), filling fat	13.6	1.0 tbsp	0.00	--	--
14022	Beverages, MONSTER energy drink, low carb	240.0	8.0 fl oz	0.00	3.31	--
19283	Frozen novelties, ice type, pop	52.0	1.0 serving 1.75 fl oz pop	0.00	10.00	--
14544	Beverages, tea, black, brewed, prepared with distilled water	29.6	1.0 fl oz	0.00	0.09	--
19222	Desserts, rennin, vanilla, dry mix	10.8	1.0 tbsp	0.00	10.69	--
90480	Syrup, Cane	21.0	1.0 serving	0.00	15.36	--
19355	Syrups, sorghum	330.0	1.0 cup	0.00	247.17	--
14640	Beverages, Energy drink, VAULT, citrus flavor	31.0	1.0 oz	0.00	4.03	--
04574	Fat, duck	12.8	1.0 tbsp	0.00	--	--
19924	Syrup, NESTLE, chocolate	20.0	1.0 tablespoon	0.00	13.44	0.005
06598	PACE, Cilantro Chunky Salsa	32.0	1.0 serving	0.00	2.00	--
14607	Beverages, V8 SPLASH Juice Drinks, Diet Berry Blend	243.0	8.0 fl oz	0.00	2.99	--
04513	Vegetable oil, palm kernel	13.6	1.0 tablespoon	0.00	--	--
04646	Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts	13.6	1.0 tbsp	0.00	--	--
14439	Water, bottled, non-carbonated, NAYA	29.6	1.0 fl oz	0.00	--	--
03144	Babyfood, fruit, applesauce and cherries, strained	28.35	1.0 oz	0.00	4.00	--
04594	Fish oil, sardine	13.6	1.0 tbsp	0.00	--	--
43060	Chewing gum, sugarless	2.0	1.0 piece	0.00	1.90	--
04536	Oil, sheanut	13.6	1.0 tablespoon	0.00	--	--
04660	Oil, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy	13.6	1.0 tbsp	0.00	--	--
14174	Beverages, Lemonade fruit juice drink light, fortified with vitamin E and C	240.0	8.0 fl oz	0.00	12.00	--
14287	Beverages, Lemonade, powder	18.0	1.0 serving	0.00	17.56	--
14541	Beverages, fruit punch-flavor drink, powder, without added sodium, prepared with water	32.7	1.0 fl oz	0.00	3.10	--
04060	Oil, sunflower, linoleic (less than 60%)	13.6	1.0 tbsp	0.00	--	--
19351	Syrups, corn, high-fructose	310.0	1.0 cup	0.00	235.60	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
14637	Water, with corn syrup and/or sugar and low calorie sweetener, fruit flavored	200.0	1.0 pouch	0.00	9.00	--
04570	Shortening, confectionery, fractionated palm	13.6	1.0 tbsp	0.00	--	--
04678	Oil, vegetable, Natreon canola, high stability, non trans, high oleic (70%)	14.0	1.0 tbsp	0.00	--	--
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	27.8	1.0 fl oz	0.00	--	--
14323	Beverages, orange drink, canned, with added vitamin C	31.0	1.0 fl oz	0.00	3.83	--
14153	Beverages, carbonated, pepper-type, contains caffeine	30.7	1.0 fl oz	0.00	3.19	--
04506	Oil, sunflower, linoleic, (approx. 65%)	13.6	1.0 tbsp	0.00	--	--
04643	Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying	13.6	1.0 tablespoon	0.00	--	--
14436	Beverages, orange breakfast drink, ready-to-drink, with added nutrients	31.6	1.0 fl oz	0.00	4.17	--
04591	Fish oil, menhaden	13.6	1.0 tbsp	0.00	--	--
04700	Oil, industrial, soy, ultra low linolenic	13.6	1.0 tablespoon	0.00	--	--
04657	Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter	13.6	1.0 tbsp	0.00	--	--
14282	Beverages, grape juice drink, canned	31.3	1.0 fl oz	0.00	4.55	--
14130	Carbonated beverage, cream soda	30.9	1.0 fl oz	0.00	4.11	--
04053	Oil, olive, salad or cooking	13.5	1.0 tablespoon	0.00	--	--
14411	Beverages, water, tap, drinking	29.6	1.0 fl oz	0.00	--	--
42151	Vegetable oil-butter spread, reduced calorie	13.0	1.0 tbsp	0.00	--	--
03117	Babyfood, fruit, applesauce, junior	16.0	1.0 tbsp	0.00	1.65	--
04556	Shortening frying (heavy duty), palm (hydrogenated)	12.8	1.0 tbsp	0.00	--	--
04675	Margarine-like spread, SMART BEAT Super Light without saturated fat	14.0	1.0 tablespoon	0.00	--	--
14034	Alcoholic beverage, creme de menthe, 72 proof	33.6	1.0 fl oz	0.00	13.98	--
14150	Beverages, carbonated, orange	31.0	1.0 fl oz	0.00	3.81	--
14559	Beverages, water, bottled, non-carbonated, EVIAN	29.6	1.0 fl oz	0.00	--	--
14432	Beverages, water, bottled, non-carbonated, DANNON	29.6	1.0 fl oz	0.00	--	--
04588	Oil, oat	13.6	1.0 tbsp	0.00	--	--
14216	Beverages, aloe vera juice drink, fortified with Vitamin C	240.0	8.0 fl oz	0.00	9.00	--
14166	Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine	29.6	1.0 fl oz	0.00	0.03	--
14617	Beverages, V8 SPLASH Juice Drinks, Strawberry Banana	243.0	1.0 serving 8 oz	0.00	18.01	--
04531	Oil, soybean lecithin	13.6	1.0 tablespoon	0.00	--	--
19018	Fruit syrup	334.0	1.0 cup	0.00	284.33	--
14532	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof	27.8	1.0 fl oz	0.00	--	--
04042	Oil, peanut, salad or cooking	13.5	1.0 tbsp	0.00	--	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
43514	Frozen novelties, ice type, pop, with low calorie sweetener	55.0	1.0 serving 1.75 fl oz pop	0.00	3.26	--
14407	Beverages, orange-flavor drink, breakfast type, powder	26.0	1.0 serving 2 tbsp	0.00	25.72	--
04550	Shortening frying (heavy duty), beef tallow and cottonseed	12.8	1.0 tbsp	0.00	--	--
14076	Beverages, ICELANDIC, Glacial Natural spring water	100.0	1.0 serving	0.00	--	--
04670	USDA Commodity Food, oil, vegetable, low saturated fat	13.6	1.0 tbsp	0.00	--	--
14190	Beverages, tea, green, ready-to-drink, diet	269.0	1.0 cup	0.00	--	--
14030	Beverages, THE COCA-COLA COMPANY, NOS energy drink, Original, grape, loaded cherry, charged citrus, fortified with vitamins B6 and B12	480.0	16.0 fl oz	0.00	54.00	--
14147	Beverages, carbonated, cola, without caffeine	30.7	1.0 fl oz	0.00	3.25	--
14555	Water, bottled, generic	29.6	1.0 fl oz	0.00	--	--
19128	Syrups, table blends, pancake, reduced-calorie	73.0	1.0 serving 1/4 cup	0.00	32.52	--
19873	Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops	55.0	1.0 serving 1.75 fl oz pop	0.00	2.83	--
14429	Beverages, water, tap, municipal	29.6	1.0 fl oz	0.00	--	--
16260	SILK Original Creamer	15.0	1.0 tbsp	0.00	1.00	--
14649	Beverages, tea, hibiscus, brewed	237.0	8.0 fl oz	0.00	--	--
14211	Beverages, tea, black, ready-to-drink, lemon, diet	265.0	1.0 cup	0.00	0.58	--
06605	PACE, Thick & Chunky Salsa	32.0	1.0 serving	0.00	2.00	--
19187	Flan, caramel custard, dry mix	85.0	1.0 package (3 oz)	0.00	77.86	--
14052	Alcoholic beverage, distilled, whiskey, 86 proof	27.8	1.0 fl oz	0.00	0.03	--
19320	Puddings, banana, dry mix, regular	88.0	1.0 package (3.12 oz)	0.00	81.84	--
14614	Beverages, V8 SPLASH Juice Drinks, Mango Peach	243.0	1.0 serving 8 oz	0.00	20.00	--
04528	Oil, walnut	13.6	1.0 tbsp	0.00	--	--
14276	Beverages, Tropical Punch, ready-to-drink	210.0	1.0 NLEA Serving	0.00	5.25	--
04654	Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening	13.6	1.0 tbsp	0.00	--	--
14279	Beverages, tea, black, ready-to-drink, peach, diet	268.0	1.0 cup	0.00	0.67	--
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1.0 tbsp	0.00	--	--
19108	Candies, jellybeans	11.0	10.0 small	0.00	10.29	--
27028	PACE, Salsa Verde	32.0	1.0 serving	0.00	2.00	--
14628	Beverages, Energy drink, AMP, sugar free	240.0	8.0 fl oz	0.00	2.47	--
04546	Shortening bread, soybean (hydrogenated) and cottonseed	12.8	1.0 tablespoon	0.00	--	--
14073	Beverages, ZEVIA, cola	355.0	1.0 can	0.00	4.01	--
19907	Sweeteners, for baking, contains sugar and sucralose	14.5	1.0 tbsp	0.00	14.43	--
04667	Shortening, industrial, soy (partially hydrogenated) for baking and confections	12.8	1.0 tbsp	0.00	--	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
19163	Chewing gum	3.0	1.0 stick	0.00	2.90	--
14027	Alcoholic beverage, whiskey sour, canned	30.8	1.0 fl oz	0.00	4.13	--
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	27.8	1.0 fl oz	0.00	--	--
04633	Margarine-like, vegetable oil spread, 20% fat, with salt	15.0	1.0 tbsp	0.00	0.06	--
02073	PACE, Dry Taco Seasoning Mix	5.3	2.0 tbsp (1 serving)	0.00	2.98	--
04002	Lard	12.8	1.0 tbsp	0.00	--	--
42256	Margarine-like, vegetable oil spread, stick or tub, sweetened	14.0	1.0 tablespoon	0.00	2.34	--
19362	Syrups, table blends, corn, refiner, and sugar	316.0	1.0 cup	0.00	265.12	--
14646	Beverages, Fruit flavored drink containing less than 3% fruit juice, with high vitamin C	238.0	1.0 cup (8 fl oz)	0.00	15.87	--
04582	Oil, canola	14.0	1.0 tbsp	0.00	--	--
14207	Beverages, tea, ready-to-drink, lemon, diet	266.0	1.0 cup	0.00	1.09	--
06602	PACE, Organic Picante Sauce	32.0	1.0 serving	0.00	2.00	--
14049	Alcoholic beverage, distilled, gin, 90 proof	27.8	1.0 fl oz	0.00	--	--
14352	Beverages, tea, black, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.00	0.09	--
14611	Beverages, V8 SPLASH Juice Drinks, Berry Blend	243.0	1.0 serving 8 oz	0.00	18.01	--
04517	Oil, grapeseed	13.6	1.0 tablespoon	0.00	--	--
04651	Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor	13.6	1.0 tbsp	0.00	--	--
14461	Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	30.5	1.0 fl oz	0.00	2.39	--
44005	Oil, corn, peanut, and olive	14.0	1.0 tablespoon	0.00	--	--
06325	Gravy, CAMPBELL'S, chicken, microwavable	60.0	0.25 cup	0.00	3.00	--
14476	Beverages, LIPTON BRISK, tea, black, ready-to-drink, lemon	30.6	1.0 fl oz	0.00	2.70	--
14384	Beverages, water, bottled, PERRIER	29.6	1.0 fl oz	0.00	--	--
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1.0 tablespoon	0.00	--	--
04664	Oil, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings	13.6	1.0 tbsp	0.00	--	--
14296	Beverages, lemonade-flavor drink, powder	18.0	1.0 serving	0.00	17.62	--
14545	Beverages, tea, herb, brewed, chamomile	29.6	1.0 fl oz	0.00	0.06	--
04575	Fat, turkey	12.8	1.0 tbsp	0.00	--	--
42040	Syrups, grenadine	20.0	1.0 tbsp	0.00	13.38	--
04685	Oil, cooking and salad, ENOVA, 80% diglycerides	14.0	1.0 tbsp (1 NLEA serving)	0.00	--	--
14157	Beverages, carbonated, root beer	30.8	1.0 fl oz	0.00	3.26	--
14608	Beverages, V8 SPLASH Juice Drinks, Diet Fruit Medley	238.0	1.0 serving 8 oz	0.00	3.00	--
04514	Oil, poppyseed	13.6	1.0 tablespoon	0.00	--	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Carbohydrate, by difference(g) Per Measure	Tryptophan(g) Per Measure
04648	Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables	13.6	1.0 tbsp	0.00	--	--
14440	Beverages, water, bottled, non-carbonated, DANNON Fluoride To Go	29.6	1.0 fl oz	0.00	0.01	--