USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Potassium, K (mg) ; Sodium, Na (mg) ; Protein (g)

Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: 100 g
Report Run at: January 28, 2016 14:29 EST

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
18373	Leavening agents, cream of tartar	16,500.00	52.00	0.00
18371	Leavening agents, baking powder, low-sodium	10,100.00	90.00	0.10
11625	Parsley, freeze-dried	6,300.00	391.00	31.30
14353	Beverages, tea, instant, decaffeinated, unsweetened	6,040.00	72.00	20.21
14366	Beverages, tea, instant, unsweetened, powder	6,040.00	72.00	20.21
02008	Spices, chervil, dried	4,740.00	83.00	23.20
02012	Spices, coriander leaf, dried	4,466.00	211.00	21.93
14203	Beverages, coffee, instant, regular, half the caffeine	3,535.00	37.00	14.42
14214	Beverages, coffee, instant, regular, powder	3,535.00	37.00	12.20
14218	Beverages, coffee, instant, decaffeinated, powder	3,501.00	23.00	11.60
11432	Radishes, oriental, dried	3,494.00	278.00	7.90
14368	Beverages, tea, instant, lemon, unsweetened	3,453.00	55.00	7.40
11955	Tomatoes, sun-dried	3,427.00	107.00	14.11
14222	Beverages, coffee, instant, with chicory	3,395.00	277.00	9.30
02017	Spices, dill weed, dried	3,308.00	208.00	19.96
11634	Peppers, sweet, green, freeze-dried	3,170.00	193.00	17.90
11931	Peppers, sweet, red, freeze-dried	3,170.00	193.00	17.90
14409	Beverages, Orange-flavor drink, breakfast type, low calorie, powder	3,132.00	81.00	3.60
16425	Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	3,098.00	2,890.00	8.19
02041	Spices, tarragon, dried	3,020.00	62.00	22.77
11615	Chives, freeze-dried	2,960.00	70.00	21.20
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	2,944.00	4,331.00	15.34
14196	Beverages, Cocoa mix, no sugar added, powder	2,702.00	876.00	15.49
14538	Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A	2,702.00	653.00	25.10
02029	Spices, parsley, dried	2,683.00	452.00	26.63
02003	Spices, basil, dried	2,630.00	76.00	22.98
14356	Beverages, tea, instant, decaffeinated, lemon, diet	2,568.00	412.00	3.30
14375	Beverages, tea, instant, sweetened with sodium saccharin, lemon-flavored, powder	2,568.00	412.00	3.30
11683	Carrot, dehydrated	2,540.00	275.00	8.10

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
43345	Beverages, fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie	2,518.00	14.00	0.25
16115	Soy flour, full-fat, raw	2,515.00	13.00	37.81
19166	Cocoa, dry powder, unsweetened, processed with alkali	2,509.00	19.00	18.10
19860	Cocoa, dry powder, hi-fat or breakfast, processed with alkali	2,509.00	20.00	16.80
16119	Soy meal, defatted, raw	2,490.00	3.00	49.20
14236	Beverages, coffee substitute, cereal grain beverage, powder	2,443.00	83.00	6.01
11978	Peppers, ancho, dried	2,411.00	43.00	11.86
11624	Leeks, (bulb and lower-leaf portion), freeze-dried	2,400.00	35.00	15.20
16117	Soy flour, defatted	2,384.00	20.00	51.46
01113	Whey, acid, dried	2,289.00	968.00	11.73
02028	Spices, paprika	2,280.00	68.00	14.14
14422	Beverages, Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder	2,240.00	659.00	25.00
11982	Peppers, pasilla, dried	2,222.00	89.00	12.35
16121	Soy protein concentrate, produced by alcohol extraction	2,202.00	3.00	63.63
43078	Beverage, milkshake mix, dry, not chocolate	2,200.00	780.00	23.50
12193	Seeds, sisymbrium sp. seeds, whole, dried	2,130.00	92.00	12.14
43406	Yeast extract spread	2,100.00	3,380.00	23.88
16118	Soy flour, low-fat	2,090.00	9.00	49.81
01115	Whey, sweet, dried	2,080.00	1,079.00	12.93
02043	Spices, turmeric, ground	2,080.00	27.00	9.68
16116	Soy flour, full-fat, roasted	2,041.00	12.00	38.09
02031	Spices, pepper, red or cayenne	2,014.00	30.00	12.01
12005	Seeds, breadnut tree seeds, dried	2,011.00	53.00	8.62
19703	Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C	1,985.00	2,751.00	55.30
02009	Spices, chili powder	1,950.00	2,867.00	13.46
02066	Spearmint, dried	1,924.00	344.00	19.93
16106	Meat extender	1,902.00	10.00	41.71
11962	Peppers, hot chile, sun-dried	1,870.00	91.00	10.58
12011	Seeds, cottonseed meal, partially defatted (glandless)	1,869.00	37.00	49.10
14204	Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener	1,856.00	500.00	9.00
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	1,850.00	13.00	4.90
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	1,848.00	82.00	10.90
16108	Soybeans, mature seeds, raw	1,797.00	2.00	36.49
16049	Beans, white, mature seeds, raw	1,795.00	16.00	23.36
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	1,794.00	535.00	36.16
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	1,794.00	535.00	36.16

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02014	Spices, cumin seed	1,788.00	168.00	17.81
12007	Seeds, cottonseed flour, partially defatted (glandless)	1,772.00	35.00	40.96
12008	Seeds, cottonseed flour, low fat (glandless)	1,761.00	35.00	49.83
19422	Snacks, potato chips, reduced fat	1,744.00	492.00	7.10
19823	Potato chips, without salt, reduced fat	1,744.00	8.00	7.10
02037	Spices, saffron	1,724.00	148.00	11.43
16071	Lima beans, large, mature seeds, raw	1,724.00	18.00	21.46
43260	Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted	1,705.00	717.00	35.80
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	1,705.00	549.00	35.10
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	1,705.00	549.00	35.10
14063	Beverages, chocolate powder, no sugar added	1,705.00	636.00	9.09
02018	Spices, fennel seed	1,694.00	88.00	15.80
11640	Shallots, freeze-dried	1,650.00	59.00	12.30
19437	Snacks, potato chips, fat free, salted	1,628.00	643.00	9.64
11284	Onions, dehydrated flakes	1,622.00	21.00	8.95
01094	Milk, buttermilk, dried	1,592.00	517.00	34.30
16422	Soy protein isolate, potassium type	1,590.00	50.00	88.32
11237	Kanpyo, (dried gourd strips)	1,582.00	15.00	8.58
19859	Cocoa, dry powder, hi-fat or breakfast, plain	1,574.00	20.00	16.80
11956	Tomatoes, sun-dried, packed in oil, drained	1,565.00	266.00	5.06
16045	Beans, small white, mature seeds, raw	1,542.00	12.00	21.11
11268	Mushrooms, shiitake, dried	1,534.00	13.00	9.58
19421	Snacks, potato chips, cheese-flavor	1,528.00	458.00	8.50
19165	Cocoa, dry powder, unsweetened	1,524.00	21.00	19.60
02023	Spices, marjoram, dried	1,522.00	77.00	12.66
16016	Beans, black turtle, mature seeds, raw	1,500.00	9.00	21.25
09041	Bananas, dehydrated, or banana powder	1,491.00	3.00	3.89
16030	Beans, kidney, california red, mature seeds, raw	1,490.00	11.00	24.37
20060	Rice bran, crude	1,485.00	5.00	13.35
16014	Beans, black, mature seeds, raw	1,483.00	5.00	21.60
16110	Soybeans, mature seeds, roasted, salted	1,470.00	163.00	38.55
16410	Soybeans, mature seeds, roasted, no salt added	1,470.00	4.00	38.55
16040	Beans, pink, mature seeds, raw	1,464.00	8.00	20.96
19304	Molasses	1,464.00	37.00	0.00
15018	Fish, cod, Atlantic, dried and salted	1,458.00	7,027.00	62.82
02002	Spices, anise seed	1,441.00	16.00	17.60

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01021	Cheese, gjetost	1,409.00	600.00	9.65
16027	Beans, kidney, all types, mature seeds, raw	1,406.00	24.00	23.58
16074	Lima beans, thin seeded (baby), mature seeds, raw	1,403.00	13.00	20.62
02007	Spices, celery seed	1,400.00	160.00	18.07
16042	Beans, pinto, mature seeds, raw	1,393.00	12.00	21.42
16101	Pigeon peas (red gram), mature seeds, raw	1,392.00	17.00	21.70
16024	Beans, great northern, mature seeds, raw	1,387.00	14.00	21.86
16060	Cowpeas, catjang, mature seeds, raw	1,375.00	58.00	23.85
07913	Salami, pork, beef, less sodium	1,372.00	623.00	15.01
12013	Seeds, lotus seeds, dried	1,368.00	5.00	15.41
16111	Soybeans, mature seeds, dry roasted	1,364.00	2.00	43.32
11667	Seaweed, spirulina, dried	1,363.00	1,048.00	57.47
16032	Beans, kidney, red, mature seeds, raw	1,359.00	12.00	22.53
16100	Peanut flour, low fat	1,358.00	1.00	33.80
02005	Spices, caraway seed	1,351.00	17.00	19.77
09244	Peaches, dehydrated (low-moisture), sulfured, uncooked	1,351.00	10.00	4.89
12160	Seeds, cottonseed kernels, roasted (glandless)	1,350.00	25.00	32.59
16035	Beans, kidney, royal red, mature seeds, raw	1,346.00	13.00	25.33
16019	Beans, cranberry (roman), mature seeds, raw	1,332.00	6.00	23.03
19043	Snacks, potato chips, sour-cream-and-onion-flavor	1,331.00	549.00	8.10
01090	Milk, dry, whole, with added vitamin D	1,330.00	371.00	26.32
01212	Milk, dry, whole, without added vitamin D	1,330.00	371.00	26.32
03211	Babyfood, cereal, high protein, with apple and orange, dry	1,330.00	104.00	25.40
02030	Spices, pepper, black	1,329.00	20.00	10.39
02021	Spices, ginger, ground	1,320.00	27.00	8.98
16022	Beans, french, mature seeds, raw	1,316.00	18.00	18.81
25064	Snacks, potato chips, lightly salted	1,304.00	187.00	6.72
16099	Peanut flour, defatted	1,290.00	180.00	52.20
08363	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Toasted Wheat Bran	1,284.00	6.00	17.56
44061	Puddings, chocolate flavor, low calorie, instant, dry mix	1,279.00	2,838.00	5.30
19809	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted	1,275.00	594.00	7.00
19810	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted	1,275.00	8.00	7.00
19811	Snacks, potato chips, plain, unsalted	1,275.00	8.00	7.00
35196	Lambsquarters, raw (Northern Plains Indians)	1,270.00	7.00	4.21
02013	Spices, coriander seed	1,267.00	35.00	12.37
25030	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	1,266.00	246.00	4.13

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02027	Spices, oregano, dried	1,260.00	25.00	9.00
16001	Beans, adzuki, mature seeds, raw	1,254.00	5.00	19.87
06969	Potato soup, instant, dry mix	1,248.00	2,400.00	9.20
16080	Mung beans, mature seeds, raw	1,246.00	15.00	23.86
19415	Snacks, potato sticks	1,237.00	633.00	6.70
16067	Hyacinth beans, mature seeds, raw	1,235.00	21.00	23.90
12012	Seeds, hemp seed, hulled	1,200.00	5.00	31.56
19411	Snacks, potato chips, plain, salted	1,196.00	527.00	6.39
02020	Spices, garlic powder	1,193.00	60.00	16.55
16078	Mothbeans, mature seeds, raw	1,191.00	30.00	22.94
02016	Spices, dill seed	1,186.00	20.00	15.98
19042	Snacks, potato chips, barbecue-flavor	1,186.00	545.00	6.51
16037	Beans, navy, mature seeds, raw	1,185.00	5.00	22.33
12004	Seeds, breadnut tree seeds, raw	1,183.00	31.00	5.97
20077	Wheat bran, crude	1,182.00	2.00	15.55
02015	Spices, curry powder	1,170.00	52.00	14.29
19077	Baking chocolate, unsweetened, liquid	1,166.00	12.00	12.10
09032	Apricots, dried, sulfured, uncooked	1,162.00	10.00	3.39
19423	Snacks, potato chips, fat-free, made with olestra	1,160.00	554.00	7.74
16133	Yardlong beans, mature seeds, raw	1,157.00	17.00	24.33
01223	Protein supplement, milk based, Muscle Milk, powder	1,129.00	329.00	45.71
01173	Egg, white, dried	1,125.00	1,280.00	81.10
02006	Spices, cardamom	1,119.00	18.00	10.76
01136	Egg, white, dried, powder, stabilized, glucose reduced	1,116.00	1,238.00	82.40
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	1,112.00	16.00	23.52
09165	Litchis, dried	1,110.00	3.00	3.80
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	1,098.00	77.00	8.34
08366	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Wheat Germ, Regular	1,097.00	6.00	31.43
12158	Seeds, breadfruit seeds, roasted	1,082.00	28.00	6.20
35197	Lambsquarters, steamed (Northern Plains Indians)	1,070.00	4.00	4.06
02038	Spices, sage, ground	1,070.00	11.00	10.63
16052	Broadbeans (fava beans), mature seeds, raw	1,062.00	13.00	26.12
09289	Prunes, dehydrated (low-moisture), uncooked	1,058.00	5.00	3.70
02039	Spices, savory, ground	1,051.00	24.00	6.73
02001	Spices, allspice, ground	1,044.00	77.00	6.09
01135	Egg, white, dried, flakes, stabilized, glucose reduced	1,042.00	1,156.00	76.92

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16047	Beans, yellow, mature seeds, raw	1,042.00	12.00	22.00
14224	Beverages, coffee, instant, mocha, sweetened	1,033.00	317.00	5.29
08580	Incaparina, dry mix (corn and soy flours), unprepared	1,030.00	4.00	21.75
12151	Nuts, pistachio nuts, raw	1,025.00	1.00	20.16
02011	Spices, cloves, ground	1,020.00	277.00	5.97
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	1,020.00	258.00	13.14
12077	Nuts, beechnuts, dried	1,017.00	38.00	6.20
11546	Tomato products, canned, paste, without salt added	1,014.00	59.00	4.32
16076	Lupins, mature seeds, raw	1,013.00	15.00	36.17
12152	Nuts, pistachio nuts, dry roasted, without salt added	1,007.00	6.00	21.05
12652	Nuts, pistachio nuts, dry roasted, with salt added	1,007.00	428.00	21.05
11413	Potato flour	1,001.00	55.00	6.90
02075	Seasoning mix, dry, taco, original	1,000.00	7,203.00	4.50
14654	Beverages, nutritional shake mix, high protein, powder	1,000.00	1,214.00	53.57
19355	Syrups, sorghum	1,000.00	8.00	0.00
10998	Canadian bacon, cooked, pan-fried	999.00	993.00	28.31
12128	Nuts, ginkgo nuts, dried	998.00	13.00	10.35
09246	Peaches, dried, sulfured, uncooked	996.00	7.00	3.61
12100	Nuts, chestnuts, european, dried, peeled	991.00	37.00	5.01
11384	Potatoes, au gratin, dry mix, unprepared	990.00	2,095.00	8.90
12099	Nuts, chestnuts, european, dried, unpeeled	986.00	37.00	6.39
18992	KELLOGG'S, BEANATURAL, Original 3-Bean Chips	986.00	794.00	22.90
02026	Spices, onion powder	985.00	73.00	10.41
16083	Mungo beans, mature seeds, raw	983.00	38.00	25.21
16135	Winged beans, mature seeds, raw	977.00	38.00	29.65
08085	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ	964.00	11.00	26.55
35190	Salmon, red (sockeye), filets with skin, smoked (Alaska Native)	960.00	51.00	60.62
18375	Leavening agents, yeast, baker's, active dry	955.00	51.00	40.44
02036	Spices, rosemary, dried	955.00	50.00	4.88
08084	Cereals ready-to-eat, wheat germ, toasted, plain	947.00	4.00	29.10
43205	Beverage, instant breakfast powder, chocolate, not reconstituted	947.00	385.00	19.90
12001	Seeds, breadfruit seeds, raw	941.00	25.00	7.40
14067	Beverages, Protein powder soy based	933.00	733.00	55.56
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	931.00	429.00	5.06
25012	Snacks, sweet potato chips, unsalted	925.00	35.00	2.94
11005	Arrowhead, raw	922.00	22.00	5.33

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12163	Seeds, pumpkin and squash seeds, whole, roasted, without salt	919.00	18.00	18.55
12663	Seeds, pumpkin and squash seeds, whole, roasted, with salt added	919.00	2,541.00	18.55
43401	Beverages, coffee, instant, with whitener, reduced calorie	909.00	0.00	1.96
11087	Beet greens, cooked, boiled, drained, without salt	909.00	241.00	2.57
11736	Beet greens, cooked, boiled, drained, with salt	909.00	477.00	2.57
11386	Potatoes, scalloped, dry mix, unprepared	905.00	1,578.00	7.77
42136	Cream substitute, powdered, light	902.00	229.00	1.90
20078	Wheat germ, crude	892.00	12.00	23.15
09085	Currants, zante, dried	892.00	8.00	4.08
01258	Egg, white, dried, stabilized, glucose reduced	884.00	1,299.00	84.08
11006	Arrowhead, cooked, boiled, drained, without salt	881.00	18.00	4.49
11701	Arrowhead, cooked, boiled, drained, with salt	881.00	254.00	4.49
12003	Seeds, breadfruit seeds, boiled	875.00	23.00	5.30
14058	Beverages, Whey protein powder isolate	872.00	372.00	58.14
28187	KELLOGG'S, SPECIAL K, Cracker Chips, Sea Salt	870.00	760.00	6.80
25050	Snacks, yucca (cassava) chips, salted	868.00	296.00	1.34
43143	Cabbage, japanese style, fresh, pickled	853.00	277.00	1.60
09423	Prune puree	852.00	23.00	2.10
12037	Seeds, sunflower seed kernels, dry roasted, without salt	850.00	3.00	19.33
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	850.00	6,008.00	19.33
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	850.00	655.00	19.33
16157	Chickpea flour (besan)	846.00	64.00	22.39
08393	Cereals ready-to-eat, KASHI GOLEAN	845.00	177.00	24.89
18975	KASHI, TLC, Original 7-Grain Crackers	843.00	530.00	13.90
01224	Protein supplement, milk based, Muscle Milk Light, powder	840.00	250.00	50.00
25040	Snacks, vegetable chips, made from garden vegetables	838.00	357.00	5.32
06366	CAMPBELL'S Red and White, Minestrone Soup, condensed	833.00	516.00	3.17
19078	Baking chocolate, unsweetened, squares	830.00	24.00	14.32
16055	Carob flour	827.00	35.00	4.62
09299	Raisins, seeded	825.00	28.00	2.52
16085	Peas, green, split, mature seeds, raw	823.00	15.00	23.82
16149	Peanut spread, reduced sugar	818.00	292.00	24.80
11601	Yam, raw	816.00	9.00	1.53
02042	Spices, thyme, dried	814.00	55.00	9.11
12220	Seeds, flaxseed	813.00	30.00	18.29
08005	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS	811.00	685.00	8.90

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12014	Seeds, pumpkin and squash seed kernels, dried	809.00	7.00	30.23
09264	Persimmons, japanese, dried	802.00	2.00	1.38
32011	Yellow rice with seasoning, dry packet mix, unprepared	801.00	1,316.00	7.02
35009	Whale, beluga, meat, dried (Alaska Native)	800.00	220.00	69.86
06971	Sauce, worcestershire	800.00	980.00	0.00
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	788.00	18.00	29.84
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	788.00	256.00	29.84
25027	Snacks, plantain chips, salted	786.00	202.00	2.28
28188	KELLOGG'S, SPECIAL K, Cracker Chips, Sour Cream & Onion	783.00	764.00	7.10
16399	Peanut butter with omega-3, creamy	780.00	356.00	24.47
16092	Peanuts, spanish, oil-roasted, with salt	776.00	433.00	28.01
16392	Peanuts, spanish, oil-roasted, without salt	776.00	6.00	28.01
35183	Corn, dried, yellow (Northern Plains Indians)	775.00	4.00	14.48
18981	KASHI, TLC, Fire Roasted Vegetable Crackers	773.00	664.00	12.00
02019	Spices, fenugreek seed	770.00	67.00	23.00
03212	Babyfood, cereal, rice, with bananas, dry	769.00	0.00	8.70
12175	Nuts, chestnuts, japanese, dried	768.00	34.00	5.25
33871	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with ARA and DHA	768.00	154.00	15.36
11086	Beet greens, raw	762.00	226.00	2.20
19045	Snacks, potato chips, made from dried potatoes, reduced fat	760.00	450.00	4.56
12136	Nuts, mixed nuts, dry roasted, with peanuts, salt added, PLANTERS pistachio blend	758.00	232.00	21.95
14311	Beverages, Malted drink mix, natural, powder, dairy based.	758.00	405.00	14.29
11048	Beans, pinto, immature seeds, frozen, unprepared	756.00	92.00	9.80
18977	KASHI, TLC, Toasted Asiago Crackers	756.00	659.00	12.70
19524	Snacks, taro chips	755.00	342.00	2.30
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	755.00	0.00	15.03
11988	Fungi, Cloud ears, dried	754.00	35.00	9.25
14055	Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, whey powder, 3-2-1 Plan,	752.00	495.00	27.87
09298	Raisins, seedless	749.00	11.00	3.07
12195	Nuts, almond butter, plain, without salt added	748.00	7.00	20.96
12695	Nuts, almond butter, plain, with salt added	748.00	227.00	20.96
42291	Peanut butter, reduced sodium	747.00	203.00	24.00
09297	Raisins, golden seedless	746.00	12.00	3.39
16097	Peanut butter, chunk style, with salt	745.00	486.00	24.06
16397	Peanut butter, chunk style, without salt	745.00	17.00	24.06
01144	Egg substitute, powder	744.00	800.00	55.50

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
16091	Peanuts, spanish, raw	744.00	22.00	26.15
16156	Peanut butter, chunky, vitamin and mineral fortified	744.00	366.00	26.06
02024	Spices, mustard seed, ground	738.00	13.00	26.08
02045	Dill weed, fresh	738.00	61.00	3.46
35233	Hazelnuts, beaked (Northern Plains Indians)	738.00	2.00	14.89
12061	Nuts, almonds	733.00	1.00	21.15
09291	Plums, dried (prunes), uncooked	732.00	2.00	2.18
03190	Babyfood, cereal, oatmeal, with bananas, dry	731.00	6.00	12.00
03945	Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA	731.00	170.00	14.42
16113	Natto	729.00	7.00	19.40
09031	Apricots, dehydrated (low-moisture), sulfured, stewed	728.00	5.00	1.93
12094	Nuts, chestnuts, chinese, dried	726.00	5.00	6.82
16089	Peanuts, all types, oil-roasted, with salt	726.00	320.00	28.03
16389	Peanuts, all types, oil-roasted, without salt	726.00	6.00	28.03
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	724.00	198.00	9.50
11972	Lemon grass (citronella), raw	723.00	6.00	1.82
06094	Soup, onion, dry, mix	721.00	8,031.00	7.48
42283	Snacks, potato chips, white, restructured, baked	721.00	554.00	5.00
02033	Spices, poppy seed	719.00	26.00	17.99
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	718.00	24.00	20.47
18971	Bread, potato	718.00	375.00	12.50
20063	Rye flour, dark	717.00	2.00	15.91
19904	Chocolate, dark, 70-85% cacao solids	715.00	20.00	7.79
12101	Nuts, chestnuts, european, boiled and steamed	715.00	27.00	2.00
03302	Babyfood, snack, GERBER GRADUATE YOGURT MELTS	714.00	286.00	14.29
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	714.00	143.00	17.86
14035	Beverages, ABBOTT, EAS soy protein powder	714.00	452.00	47.62
12063	Nuts, almonds, dry roasted, without salt added	713.00	3.00	20.96
12563	Nuts, almonds, dry roasted, with salt added	713.00	498.00	20.96
12060	Nuts, acorn flour, full fat	712.00	0.00	7.49
14192	Beverages, Cocoa mix, powder	712.00	504.00	6.67
19061	Snacks, trail mix, tropical	709.00	95.00	6.30
12059	Nuts, acorns, dried	709.00	0.00	8.10
11230	Pepeao, dried	708.00	70.00	4.82
16087	Peanuts, all types, raw	705.00	18.00	25.80
31022	Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	704.00	77.00	3.24

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	703.00	67.00	8.22
12065	Nuts, almonds, oil roasted, without salt added	699.00	1.00	21.23
12565	Nuts, almonds, oil roasted, with salt added	699.00	339.00	21.23
12665	Nuts, almonds, oil roasted, lightly salted	699.00	143.00	21.23
06373	CAMPBELL'S Red and White, Vegetarian Vegetable Soup, condensed	698.00	516.00	2.38
09421	Dates, medjool	696.00	1.00	1.81
08705	Cereals ready-to-eat, KASHI GOLEAN Vanilla Graham Clusters	695.00	166.00	21.50
15178	Mollusks, whelk, unspecified, cooked, moist heat	694.00	412.00	47.68
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	693.00	345.00	17.30
16095	Peanuts, virginia, raw	690.00	10.00	25.19
12021	Seeds, safflower seed kernels, dried	687.00	3.00	16.18
19059	Snacks, trail mix, regular	685.00	229.00	13.80
19821	Snacks, trail mix, regular, unsalted	685.00	10.00	13.80
02034	Spices, poultry seasoning	684.00	27.00	9.59
06992	HEALTHY REQUEST, Vegetable Soup, condensed	683.00	325.00	3.17
10130	Canadian bacon, unprepared	683.00	751.00	20.31
01093	Milk, dry, nonfat, calcium reduced	680.00	2,280.00	35.50
09094	Figs, dried, uncooked	680.00	10.00	3.30
12120	Nuts, hazelnuts or filberts	680.00	0.00	14.95
12567	Nuts, almonds, oil roasted, with salt added, smoke flavor	679.00	548.00	21.43
05333	Chicken, ground, crumbles, cooked, pan-browned	677.00	75.00	23.28
16069	Lentils, raw	677.00	6.00	24.63
18297	Pancakes, special dietary, dry mix	676.00	456.00	8.90
11602	Yam, cooked, boiled, drained, or baked, without salt	670.00	8.00	1.49
11897	Yam, cooked, boiled, drained, or baked, with salt	670.00	244.00	1.49
01069	Cream substitute, powdered	669.00	124.00	2.48
16150	Peanut butter, smooth, reduced fat	669.00	540.00	25.90
02063	Rosemary, fresh	668.00	26.00	3.31
03186	Babyfood, cereal, mixed, with bananas, dry	668.00	0.00	10.70
16144	Lentils, pink or red, raw	668.00	7.00	23.91
06350	CAMPBELL'S Red and White, DOUBLE NOODLE in Chicken Broth Soup, condensed	667.00	381.00	2.38
16155	Peanut butter, smooth, vitamin and mineral fortified	667.00	420.00	25.72
07973	Turkey bacon, microwaved	666.00	2,021.00	29.50
02035	Spices, pumpkin pie spice	663.00	52.00	5.76
08562	Cereals, KASHI GO LEAN Hot Cereal, Creamy TRULY VANILLA, dry	661.00	274.00	22.29
12087	Nuts, cashew nuts, raw	660.00	12.00	18.22

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
06054	CAMPBELL'S Red and White, Chicken Alphabet Soup, condensed	659.00	381.00	2.38
06990	HEALTHY REQUEST, Minestrone Soup, condensed	659.00	325.00	2.38
12062	Nuts, almonds, blanched	659.00	19.00	21.40
12078	Nuts, brazilnuts, dried, unblanched	659.00	3.00	14.32
09173	Longans, dried	658.00	48.00	4.90
12121	Nuts, hazelnuts or filberts, blanched	658.00	0.00	13.70
09087	Dates, deglet noor	656.00	2.00	2.45
11106	Butterbur, (fuki), raw	655.00	7.00	0.39
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	653.00	356.00	7.72
16096	Peanuts, virginia, oil-roasted, with salt	652.00	433.00	25.87
16396	Peanuts, virginia, oil-roasted, without salt	652.00	6.00	25.87
03967	Toddler formula, MEAD JOHNSON, ENFAGROW, PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), powder	650.00	210.00	13.00
11369	Potatoes, microwaved, cooked in skin, skin, without salt	650.00	16.00	4.39
11836	Potatoes, microwaved, cooked, in skin, skin with salt	650.00	252.00	4.39
33866	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, LIPIL, powder	650.00	200.00	12.90
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	648.00	121.00	14.20
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	648.00	27.00	14.20
11520	Taro leaves, raw	648.00	3.00	4.98
12174	Seeds, watermelon seed kernels, dried	648.00	99.00	28.33
07043	Roast beef, deli style, prepackaged, sliced	647.00	853.00	18.62
11049	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt	646.00	83.00	9.31
11720	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt	646.00	319.00	9.31
12036	Seeds, sunflower seed kernels, dried	645.00	9.00	20.78
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	643.00	4.00	19.50
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	641.00	497.00	12.09
11004	Amaranth leaves, cooked, boiled, drained, without salt	641.00	21.00	2.11
11700	Amaranth leaves, cooked, boiled, drained, with salt	641.00	257.00	2.11
08568	Cereals, KASHI HEART TO HEART, Instant Oatmeal, Apple Cinnamon, dry	640.00	206.00	11.10
09009	Apples, dehydrated (low moisture), sulfured, uncooked	640.00	124.00	1.32
15229	Mollusks, cuttlefish, mixed species, cooked, moist heat	637.00	744.00	32.48
19410	Snack, potato chips, made from dried potatoes, plain	637.00	400.00	4.62
03913	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, powder	636.00	184.00	12.20
15069	Fish, pompano, florida, cooked, dry heat	636.00	76.00	23.69
15216	Fish, spot, cooked, dry heat	636.00	37.00	23.73
16090	Peanuts, all types, dry-roasted, with salt	634.00	410.00	24.35
16390	Peanuts, all types, dry-roasted, without salt	634.00	6.00	24.35

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
21337	McDONALD'S, Peanuts (for Sundaes)	634.00	0.00	28.04
19071	Candies, carob, unsweetened	633.00	107.00	8.15
11984	Epazote, raw	633.00	43.00	0.33
12086	Nuts, cashew nuts, oil roasted, without salt added	632.00	13.00	16.84
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	632.00	5.00	20.04
12586	Nuts, cashew nuts, oil roasted, with salt added	632.00	308.00	16.84
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	632.00	273.00	20.04
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	632.00	161.00	20.04
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	630.00	586.00	10.21
15230	Mollusks, octopus, common, cooked, moist heat	630.00	460.00	29.82
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	629.00	7.00	2.40
09214	Orange juice, frozen concentrate, unsweetened, undiluted	629.00	7.00	2.40
09322	Tamarinds, raw	628.00	28.00	2.80
12149	Nuts, pine nuts, pinyon, dried	628.00	72.00	11.57
15159	Mollusks, clam, mixed species, cooked, moist heat	628.00	1,202.00	25.55
15160	Mollusks, clam, mixed species, canned, drained solids	628.00	112.00	24.25
15209	Fish, salmon, Atlantic, wild, cooked, dry heat	628.00	56.00	25.44
21247	WENDY'S, french fries	625.00	219.00	3.73
11526	Taro, tahitian, cooked, without salt	623.00	54.00	4.16
11881	Taro, tahitian, cooked, with salt	623.00	290.00	4.16
11672	Potato pancakes	622.00	764.00	6.08
08560	Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax	620.00	268.00	16.79
11450	Soybeans, green, raw	620.00	15.00	12.95
14317	Beverages, malted drink mix, chocolate, powder	618.00	190.00	5.10
08386	Cereals ready-to-eat, KASHI GOLEAN CRUNCH!	613.00	186.00	16.70
16094	Peanuts, valencia, oil-roasted, with salt	612.00	772.00	27.04
16394	Peanuts, valencia, oil-roasted, without salt	612.00	6.00	27.04
11003	Amaranth leaves, raw	611.00	20.00	2.46
02049	Thyme, fresh	609.00	9.00	5.56
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	608.00	315.00	29.65
11022	Balsam-pear (bitter gourd), leafy tips, raw	608.00	11.00	5.30
08074	Cereals ready-to-eat, RALSTON TASTEEOS	607.00	571.00	10.71
11203	Cress, garden, raw	606.00	14.00	2.60
11525	Taro, tahitian, raw	606.00	50.00	2.79
35234	Piki bread, made from blue cornmeal (Hopi)	604.00	60.00	9.06
36007	T.G.I. FRIDAY'S, french fries	604.00	409.00	3.74

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
11023	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	602.00	13.00	3.60
11710	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt	602.00	249.00	3.60
18374	Leavening agents, yeast, baker's, compressed	601.00	30.00	8.40
43134	Vegetarian fillets	600.00	490.00	23.00
01185	Parmesan cheese topping, fat free	600.00	1,150.00	40.00
03826	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, with iron, powder, not reconstituted	600.00	180.00	12.50
03852	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE LIPIL, with iron, powder, not reconstituted, with ARA and DHA	600.00	171.00	12.50
03957	Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA	598.00	224.00	13.99
11991	Yautia (tannier), raw	598.00	21.00	1.46
12147	Nuts, pine nuts, dried	597.00	2.00	13.69
19002	Snacks, beef jerky, chopped and formed	597.00	2,081.00	33.20
21238	McDONALD'S, french fries	596.00	189.00	3.41
06988	CAMPBELL'S HEALTHY REQUEST, Cream of Mushroom Soup, condensed	596.00	327.00	1.29
12167	Nuts, chestnuts, european, roasted	592.00	2.00	3.17
16167	USDA Commodity, Peanut Butter, smooth	592.00	476.00	21.93
11518	Taro, raw	591.00	11.00	1.50
18974	KASHI, TLC, Honey Sesame Crackers	591.00	471.00	8.70
03819	Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted	590.00	260.00	16.50
06195	CAMPBELL'S, HEALTHY REQUEST, cream of chicken soup, condensed	590.00	347.00	3.00
08561	Cereals, KASHI GO LEAN Hot Cereal, Hearty Honey & Cinnamon, dry	586.00	273.00	18.39
10853	HORMEL ALWAYS TENDER, Pork Tenderloin, Peppercorn-Flavored	586.00	594.00	17.21
12141	Nuts, mixed nuts, dry roasted, with peanuts, salt added, CHOSEN ROASTER	585.00	113.00	18.00
16138	Falafel, home-prepared	585.00	294.00	13.31
11588	Waterchestnuts, chinese, (matai), raw	584.00	14.00	1.40
12169	Seeds, sesame butter, paste	582.00	12.00	18.08
03867	Infant formula, NESTLE, GOOD START SOY, with ARA and DHA, powder	581.00	200.00	12.50
03928	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, powder	581.00	180.00	12.50
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	581.00	302.00	28.33
33872	Infant formula, GERBER, GOOD START 2 SOY, with iron, powder	581.00	200.00	12.50
03869	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, with iron, powder, not reconstituted	580.00	156.00	10.85
06374	CAMPBELL'S Red and White, Vegetable Soup, condensed	579.00	516.00	3.17
08231	Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry	579.00	5.00	17.03
21138	Fast foods, potato, french fried in vegetable oil	579.00	210.00	3.43
20011	Buckwheat flour, whole-groat	577.00	11.00	12.62
11370	Potatoes, hash brown, home-prepared	576.00	342.00	3.00
12040	Seeds, sunflower seed butter, without salt	576.00	3.00	17.28

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
12540	Seeds, sunflower seed butter, with salt added	576.00	331.00	17.28
06215	CAMPBELL'S, 98% Fat Free Broccoli Cheese Soup, condensed	573.00	387.00	1.61
11364	Potatoes, baked, skin, without salt	573.00	21.00	4.29
11830	Potatoes, baked, skin only, with salt	573.00	257.00	4.29
03827	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE LIPIL, with iron, powder, with ARA and DHA	570.00	156.00	10.90
03861	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DHA	570.00	171.00	15.60
03929	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted	570.00	171.00	15.60
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	570.00	17.00	6.81
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	570.00	253.00	6.81
33870	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Toddler, LIPIL, powder	570.00	171.00	15.70
44258	Puddings, chocolate flavor, low calorie, regular, dry mix	570.00	3,326.00	10.08
28186	KELLOGG'S, SPECIAL K, Cracker Chips, Cheddar	569.00	750.00	6.40
02064	Peppermint, fresh	569.00	31.00	3.75
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	569.00	53.00	1.64
11767	Chrysanthemum, garland, cooked, boiled, drained, with salt	569.00	289.00	1.64
08685	Cereals ready-to-eat, QUAKER WHOLE HEARTS oat cereal	568.00	554.00	7.63
11990	Wasabi, root, raw	568.00	17.00	4.80
19905	Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	568.00	23.00	5.09
19903	Chocolate, dark, 60-69% cacao solids	567.00	10.00	6.12
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	567.00	231.00	21.61
11157	Chrysanthemum, garland, raw	567.00	118.00	3.36
11698	Chrysanthemum leaves, raw	567.00	118.00	3.36
20033	Oat bran, raw	566.00	4.00	17.30
28189	KELLOGG'S, SPECIAL K, Cracker Chips, Southwest Ranch	566.00	750.00	6.20
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	565.00	1,030.00	37.04
03849	Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, with iron, powder, with ARA and DHA	565.00	173.00	12.50
06991	HEALTHY REQUEST, Tomato Soup, condensed	565.00	331.00	1.61
12085	Nuts, cashew nuts, dry roasted, without salt added	565.00	16.00	15.31
12585	Nuts, cashew nuts, dry roasted, with salt added	565.00	640.00	15.31
06961	Sauce, peppers, hot, chili, mature red, canned	564.00	25.00	0.90
06962	Sauce, chili, peppers, hot, immature green, canned	564.00	25.00	0.70
07906	Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	564.00	1,036.00	12.50
14033	Beverages, ABBOTT, EAS whey protein powder	564.00	385.00	66.67
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	563.00	230.00	21.50
20035	Quinoa, uncooked	563.00	5.00	14.12
06159	Soup, tomato, canned, condensed	562.00	377.00	1.46

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
06377	CAMPBELL'S, Tomato Soup, condensed	562.00	377.00	1.46
16050	Beans, white, mature seeds, cooked, boiled, without salt	561.00	6.00	9.73
16350	Beans, white, mature seeds, cooked, boiled, with salt	561.00	242.00	9.73
03805	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, powder	560.00	139.00	10.80
03808	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, powder, with ARA and DHA	560.00	139.00	10.80
03809	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, powder, not reconstituted	560.00	139.00	10.80
03980	Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder	560.00	185.00	11.80
06626	Sauce, pesto, ready-to-serve, refrigerated	560.00	603.00	9.83
06628	Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated	560.00	603.00	9.83
08692	Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry	560.00	201.00	10.10
12206	Nuts, almonds, honey roasted, unblanched	560.00	130.00	18.17
15199	Fish, lingcod, cooked, dry heat	560.00	76.00	22.64
11231	Jute, potherb, raw	559.00	8.00	4.65
19902	Chocolate, dark, 45- 59% cacao solids	559.00	24.00	4.88
11457	Spinach, raw	558.00	79.00	2.86
15200	Fish, mackerel, king, cooked, dry heat	558.00	203.00	26.00
16098	Peanut butter, smooth style, with salt	558.00	426.00	22.21
16398	Peanut butter, smooth style, without salt	558.00	17.00	22.21
03948	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), powder, with ARA and DHA	557.00	158.00	11.13
11254	Lotus root, raw	556.00	40.00	2.60
03843	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted	555.00	226.00	12.60
03954	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, powder, not reconstituted	555.00	226.00	12.60
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	554.00	4.00	2.01
11297	Parsley, fresh	554.00	56.00	2.97
12114	Nuts, coconut meat, dried (desiccated), toasted	554.00	37.00	5.30
15052	Fish, mackerel, spanish, cooked, dry heat	554.00	66.00	23.59
03802	Infant formula, NESTLE, GOOD START SUPREME, with iron, powder	553.00	138.00	11.30
16610	MORNINGSTAR FARMS Roasted Garlic & Quinoa Burger, frozen, unprepared	553.00	522.00	10.70
33867	Infant formula, GERBER, GOOD START, PROTECT PLUS, powder	553.00	138.00	11.30
33869	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, powder	553.00	138.00	11.10
35232	Wocas, dried seeds, Oregon, yellow pond lily (Klamath)	553.00	25.00	7.90
03853	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted	552.00	126.00	10.89
03858	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted	552.00	126.00	10.85
03950	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted	552.00	126.00	10.89
11344	Pigeonpeas, immature seeds, raw	552.00	5.00	7.20
12177	Nuts, coconut meat, dried (desiccated), creamed	551.00	37.00	5.30

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
36607	CRACKER BARREL, steak fries	551.00	43.00	3.26
33862	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder	550.00	138.00	10.80
33863	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder	550.00	138.00	10.80
33873	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, AA LIPIL, powder, not reconstituted	550.00	230.00	14.00
33877	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, powder	550.00	138.00	10.80
03814	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, powder, not reconstituted	550.00	230.00	14.20
03821	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, not reconstituted	550.00	240.00	14.00
03838	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN LIPIL, with iron, powder, not reconstituted, with ARA and DHA	550.00	230.00	13.90
03943	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, powder, with ARA and DHA	550.00	204.00	12.73
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	550.00	154.00	11.00
11232	Jute, potherb, cooked, boiled, drained, without salt	550.00	11.00	3.68
11356	Potatoes, Russet, flesh and skin, baked	550.00	14.00	2.63
11789	Jute, potherb, cooked, boiled, drained, with salt	550.00	247.00	3.68
15211	Fish, salmon, chum, cooked, dry heat	550.00	64.00	25.82
03189	Babyfood, cereal, oatmeal, dry fortified	549.00	21.00	10.99
11148	Chard, swiss, cooked, boiled, drained, without salt	549.00	179.00	1.88
11765	Chard, swiss, cooked, boiled, drained, with salt	549.00	415.00	1.88
06355	CAMPBELL'S Red and White, Golden Mushroom Soup, condensed	548.00	524.00	1.61
08484	Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal	546.00	466.00	7.63
12088	Nuts, cashew butter, plain, without salt added	546.00	15.00	17.56
14231	Beverages, KRAFT, coffee, instant, French Vanilla Cafe	546.00	399.00	2.50
11358	Potatoes, red, flesh and skin, baked	545.00	12.00	2.30
25041	Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors	545.00	400.00	15.00
36014	Restaurant, family style, french fries	545.00	357.00	3.49
11357	Potatoes, white, flesh and skin, baked	544.00	7.00	2.10
12138	Nuts, mixed nuts, oil roasted, without peanuts, without salt added	544.00	11.00	15.52
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	544.00	306.00	15.52
15002	Fish, anchovy, european, canned in oil, drained solids	544.00	3,668.00	28.89
12108	Nuts, coconut meat, dried (desiccated), not sweetened	543.00	37.00	6.88
10854	HORMEL ALWAYS TENDER, Pork Loin Filets, Lemon Garlic-Flavored	542.00	590.00	17.83
15197	Fish, herring, Pacific, cooked, dry heat	542.00	95.00	21.01
01133	Egg, whole, dried	540.00	476.00	48.05
19169	Egg custards, dry mix	540.00	281.00	6.90
08037	Cereals ready-to-eat, granola, homemade	539.00	26.00	13.67
10860	Pork, cured, bacon, cooked, baked	539.00	2,193.00	35.73

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
11409	Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	539.00	613.00	3.55
11451	Soybeans, green, cooked, boiled, drained, without salt	539.00	14.00	12.35
11853	Soybeans, green, cooked, boiled, drained, with salt	539.00	250.00	12.35
12058	Nuts, acorns, raw	539.00	0.00	6.15
15225	Fish, yellowtail, mixed species, cooked, dry heat	538.00	50.00	29.67
36002	APPLEBEE'S, french fries	538.00	618.00	3.31
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	537.00	278.00	21.09
10852	HORMEL ALWAYS TENDER, Pork Tenderloin, Teriyaki-Flavored	536.00	413.00	18.20
19400	Snacks, banana chips	536.00	6.00	2.30
11674	Potatoes, baked, flesh and skin, without salt	535.00	10.00	2.50
11828	Potatoes, baked, flesh and skin, with salt	535.00	10.00	2.50
08029	Cereals ready-to-eat, POST Bran Flakes	533.00	540.00	9.90
09259	Pears, dried, sulfured, uncooked	533.00	6.00	1.87
11026	Bamboo shoots, raw	533.00	4.00	2.60
11027	Bamboo shoots, cooked, boiled, drained, without salt	533.00	4.00	1.53
11712	Bamboo shoots, cooked, boiled, drained, with salt	533.00	240.00	1.53
15194	Fish, mahimahi, cooked, dry heat	533.00	113.00	23.72
16002	Beans, adzuki, mature seeds, cooked, boiled, without salt	532.00	8.00	7.52
16302	Beans, adzuki, mature seed, cooked, boiled, with salt	532.00	244.00	7.52
33868	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder	531.00	133.00	10.80
16538	MORNINGSTAR FARMS Breakfast Pattie with Organic Soy, frozen, unprepared	531.00	690.00	23.70
16592	MORNINGSTAR FARMS California Turk'y Burger, frozen, unprepared	531.00	690.00	14.90
16609	MORNINGSTAR FARMS Breakfast Pattie, frozen, unprepared	531.00	690.00	23.70
02004	Spices, bay leaf	529.00	23.00	7.61
03941	Infant formula, PBM PRODUCTS, store brand, soy, powder	528.00	151.00	13.60
15017	Fish, cod, Atlantic, canned, solids and liquid	528.00	218.00	22.76
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	528.00	82.00	22.54
16616	MORNINGSTAR FARMS Garden Veggie Nuggets, frozen, unprepared	528.00	420.00	9.60
08569	Cereals, KASHI HEART TO HEART, Instant Oatmeal, golden brown maple, dry	527.00	220.00	11.39
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	527.00	243.00	20.39
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	527.00	54.00	29.15
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	525.00	382.00	7.60
10861	Pork, cured, bacon, cooked, microwaved	525.00	1,783.00	39.01
12154	Nuts, walnuts, black, dried	523.00	2.00	24.06
05332	Chicken, ground, raw	522.00	60.00	17.44
15102	Fish, snapper, mixed species, cooked, dry heat	522.00	57.00	26.30

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	522.00	47.00	28.21
11165	Coriander (cilantro) leaves, raw	521.00	46.00	2.13
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	521.00	110.00	25.73
83110	Fish, mackerel, salted	520.00	4,450.00	18.50
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	519.00	239.00	20.16
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	518.00	718.00	10.20
12097	Nuts, chestnuts, european, raw, unpeeled	518.00	3.00	2.42
15190	Fish, burbot, cooked, dry heat	518.00	124.00	24.76
10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	517.00	209.00	28.95
03184	Babyfood, cereal, whole wheat, with apples, dry fortified	516.00	25.00	12.60
06367	CAMPBELL'S Red and White, New England Clam Chowder, condensed	516.00	--	3.17
01134	Egg, whole, dried, stabilized, glucose reduced	515.00	548.00	48.17
16109	Soybeans, mature cooked, boiled, without salt	515.00	1.00	18.21
16409	Soybeans, mature seeds, cooked, boiled, with salt	515.00	237.00	18.21
08649	Cereals ready-to-eat, KASHI GOLEAN CRISP Cinnamon Crumble	514.00	246.00	22.10
15203	Fish, monkfish, cooked, dry heat	513.00	23.00	18.56
15206	Fish, pout, ocean, cooked, dry heat	513.00	78.00	21.33
10859	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, pan-broiled	512.00	205.00	28.35
15098	Fish, sheepshead, cooked, dry heat	512.00	73.00	26.02
15113	Fish, tilefish, cooked, dry heat	512.00	59.00	24.49
16581	GARDENBURGER Flame Grilled Burger, frozen, unprepared	512.00	445.00	15.20
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	511.00	861.00	24.14
20062	Rye grain	510.00	2.00	10.34
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	510.00	2,695.00	27.80
12127	Nuts, ginkgo nuts, raw	510.00	7.00	4.32
11505	Sweet potato leaves, raw	508.00	6.00	2.49
16041	Beans, pink, mature seeds, cooked, boiled, without salt	508.00	2.00	9.06
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	508.00	2.00	7.80
16341	Beans, pink, mature seeds, cooked, boiled, with salt	508.00	238.00	9.06
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	508.00	238.00	7.80
20001	Amaranth grain, uncooked	508.00	4.00	13.56
18283	Muffins, oat bran	507.00	393.00	7.00
09038	Avocados, raw, California	507.00	8.00	1.96
09447	Plantains, yellow, fried, Latino restaurant	507.00	6.00	1.42
12145	Nuts, pilinuts, dried	507.00	3.00	10.80
10994	Bacon, pre-sliced, reduced/low sodium, unprepared	506.00	470.00	12.53

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
11239	Mushrooms, Chanterelle, raw	506.00	9.00	1.49
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	505.00	400.00	2.90
15210	Fish, salmon, chinook, cooked, dry heat	505.00	60.00	25.72
19086	Candies, confectioner's coating, peanut butter	505.00	250.00	18.30
03997	Babyfood, Baby MUM MUM Rice Biscuits	504.00	313.00	12.50
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	504.00	339.00	5.60
15193	Fish, cusk, cooked, dry heat	503.00	40.00	24.35
08452	Cereals, QUAKER, Whole Wheat Natural Cereal, dry	502.00	8.00	11.80
19105	Candies, NESTLE, GOOBERS Chocolate Covered Peanuts	502.00	36.00	9.70
19126	Candies, milk chocolate coated peanuts	502.00	41.00	13.10
19164	Candies, SPECIAL DARK Chocolate Bar	502.00	6.00	5.54
03213	Babyfood, cookies	501.00	300.00	11.80
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	501.00	54.00	9.66
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	501.00	458.00	11.91
08693	Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry	501.00	181.00	12.02
14066	Beverages, Protein powder whey based	500.00	156.00	78.13
09277	Plantains, raw	499.00	4.00	1.30
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	499.00	1,684.00	33.92
15111	Fish, swordfish, cooked, dry heat	499.00	97.00	23.45
15204	Fish, pike, walleye, cooked, dry heat	499.00	65.00	24.54
22121	MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared	498.00	395.00	16.30
42055	Beverages, fruit-flavored drink, dry powdered mix, low calorie, with aspartame	498.00	404.00	0.45
21143	CHICK-FIL-A, Chick-n-Strips	497.00	577.00	21.40
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	496.00	541.00	6.60
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	496.00	15.00	2.65
15103	Fish, spot, raw	496.00	29.00	18.51
11259	Mountain yam, hawaii, cooked, steamed, without salt	495.00	12.00	1.73
11927	Mountain yam, hawaii, cooked, steamed, with salt	495.00	248.00	1.73
18226	Crackers, rye, wafers, plain	495.00	557.00	9.60
43241	Cereals ready-to-eat, FAMILIA	494.00	8.00	9.50
11427	Purslane, raw	494.00	45.00	2.03
11985	Fireweed, leaves, raw	494.00	34.00	4.71
08142	Cereals, WHEATENA, dry	492.00	13.00	13.10
15215	Fish, shad, american, cooked, dry heat	492.00	65.00	21.71
36610	DENNY'S, french fries	492.00	44.00	3.41
11233	Kale, raw	491.00	38.00	4.28

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
12039	Seeds, sunflower seed kernels, toasted, without salt	491.00	3.00	17.21
12539	Seeds, sunflower seed kernels, toasted, with salt added	491.00	613.00	17.21
07028	Ham, sliced, packaged (96% fat free, water added)	490.00	1,279.00	16.90
09059	Breadfruit, raw	490.00	2.00	1.07
14068	Beverages, KELLOGG'S SPECIAL K20 protein powder	490.00	280.00	35.20
15076	Fish, salmon, Atlantic, wild, raw	490.00	44.00	19.84
08352	Cereals ready-to-eat, QUAKER, MOTHER'S Toasted Oat Bran cereal	489.00	653.00	11.45
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	489.00	251.00	19.45
11428	Purslane, cooked, boiled, drained, without salt	488.00	44.00	1.49
11849	Purslane, cooked, boiled, drained, with salt	488.00	280.00	1.49
17218	Veal, variety meats and by-products, thymus, raw	488.00	67.00	17.21
15217	Fish, sucker, white, cooked, dry heat	487.00	51.00	21.49
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	486.00	72.00	29.20
15198	Fish, ling, cooked, dry heat	486.00	173.00	24.35
09037	Avocados, raw, all commercial varieties	485.00	7.00	2.00
06029	CAMPBELL'S, HEALTHY REQUEST, chicken with rice, condensed	484.00	325.00	1.59
06218	CAMPBELL'S, 98% Fat Free Cream of Celery Soup, condensed	484.00	387.00	0.81
06339	CAMPBELL'S, Cream of Mushroom with Roasted Garlic Soup, condensed	484.00	387.00	1.61
06987	HEALTHY REQUEST, Cream of Celery Soup, condensed	484.00	331.00	0.81
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	484.00	3.00	1.97
11452	Soybeans, mature seeds, sprouted, raw	484.00	14.00	13.09
11519	Taro, cooked, without salt	484.00	15.00	0.52
11878	Taro, cooked, with salt	484.00	251.00	0.52
12098	Nuts, chestnuts, european, raw, peeled	484.00	2.00	1.63
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	484.00	65.00	33.93
16618	MORNINGSTAR FARMS Spicy Indian Veggie Burger, frozen, unprepared	484.00	555.00	9.20
07074	Smoked link sausage, pork	483.00	827.00	11.98
08054	Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey	483.00	50.00	10.55
08087	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain CHEERIOS	483.00	401.00	8.30
12038	Seeds, sunflower seed kernels, oil roasted, without salt	483.00	3.00	20.06
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	483.00	733.00	20.06
15031	Fish, grouper, mixed species, raw	483.00	53.00	19.38
09446	Plantains, green, fried	482.00	2.00	1.50
11211	Edamame, frozen, unprepared	482.00	6.00	11.22
08631	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS LITTLE BITES, chocolate	481.00	371.00	8.50
15115	Fish, trout, rainbow, wild, raw	481.00	31.00	20.48

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
15191	Fish, butterfish, cooked, dry heat	481.00	114.00	22.15
08290	Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes	480.00	200.00	14.44
11407	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	480.00	45.00	3.44
11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	480.00	281.00	3.44
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	480.00	68.00	32.99
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	478.00	58.00	6.40
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	478.00	324.00	2.75
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	477.00	841.00	22.47
12096	Nuts, chestnuts, chinese, roasted	477.00	4.00	4.48
15189	Fish, bluefish, cooked, dry heat	477.00	77.00	25.69
28360	MARY'S GONE CRACKERS, Original Crackers, Organic Gluten Free	477.00	587.00	12.06
11508	Sweet potato, cooked, baked in skin, flesh, without salt	475.00	36.00	2.01
11875	Sweet potato, cooked, baked in skin, flesh, with salt	475.00	246.00	2.01
12024	Seeds, sesame seeds, whole, roasted and toasted	475.00	11.00	16.96
15032	Fish, grouper, mixed species, cooked, dry heat	475.00	53.00	24.84
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	472.00	3.00	1.30
17190	Veal, variety meats and by-products, brain, cooked, pan-fried	472.00	176.00	14.48
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	471.00	391.00	2.51
15075	Fish, sablefish, smoked	471.00	737.00	17.65
18993	BEAR NAKED, Double Chocolate Cookies	471.00	200.00	6.60
19236	Candies, HERSHEY'S MILK CHOCOLATE WITH ALMOND BITES	471.00	74.00	9.76
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	470.00	84.00	29.46
11613	Borage, raw	470.00	80.00	1.80
12023	Seeds, sesame seeds, whole, dried	468.00	11.00	17.73
11031	Lima beans, immature seeds, raw	467.00	8.00	6.84
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	467.00	89.00	22.23
21249	BURGER KING, french fries	467.00	279.00	3.23
20070	Triticale flour, whole-grain	466.00	2.00	13.18
11458	Spinach, cooked, boiled, drained, without salt	466.00	70.00	2.97
11854	Spinach, cooked, boiled, drained, with salt	466.00	306.00	2.97
09278	Plantains, cooked	465.00	5.00	0.79
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	465.00	26.00	0.40
02022	Spices, mace, ground	463.00	80.00	6.71
08384	Cereals ready-to-eat, KELLOGG, KELLOGG'S MINI-WHEATS, unfrosted bite size	463.00	2.00	11.60
15219	Fish, trout, mixed species, cooked, dry heat	463.00	67.00	26.63
16046	Beans, small white, mature seeds, cooked, boiled, without salt	463.00	2.00	8.97

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
16346	Beans, small white, mature seeds, cooked, boiled, with salt	463.00	238.00	8.97
07909	Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite	461.00	1,032.00	15.23
11620	Drumstick pods, raw	461.00	42.00	2.10
06334	CAMPBELL'S Red and White, Cream of Celery Soup, condensed	460.00	516.00	0.81
11521	Taro leaves, cooked, steamed, without salt	460.00	2.00	2.72
11879	Taro, leaves, cooked, steamed, with salt	460.00	238.00	2.72
15239	Fish, salmon, coho, farmed, cooked, dry heat	460.00	52.00	24.30
20008	Buckwheat	460.00	1.00	13.25
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	459.00	85.00	29.17
11190	Cornsalad, raw	459.00	4.00	2.00
11412	Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated	459.00	373.00	2.57
11953	Squash, zucchini, baby, raw	459.00	3.00	2.71
12157	Nuts, walnuts, dry roasted, with salt added	459.00	643.00	14.29
12171	Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)	459.00	1.00	17.95
12698	Seeds, sesame butter, tahini, type of kernels unspecified	459.00	35.00	17.40
15208	Fish, sablefish, cooked, dry heat	459.00	72.00	17.19
17153	Game meat, beefalo, composite of cuts, cooked, roasted	459.00	82.00	30.66
02065	Spearmint, fresh	458.00	30.00	3.29
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	458.00	820.00	24.95
15056	Fish, mullet, striped, cooked, dry heat	458.00	71.00	24.81
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	457.00	68.00	27.58
11621	Drumstick pods, cooked, boiled, drained, without salt	457.00	43.00	2.09
11787	Drumstick pods, cooked, boiled, drained, with salt	457.00	279.00	2.09
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	456.00	5.00	5.96
11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	456.00	240.00	5.96
15187	Fish, bass, freshwater, mixed species, cooked, dry heat	456.00	90.00	24.18
15205	Fish, pollock, Atlantic, cooked, dry heat	456.00	110.00	24.92
18017	Biscuits, mixed grain, refrigerated dough	456.00	670.00	6.10
21144	CHICK-FIL-A, hash browns	456.00	454.00	3.00
01161	Cheese substitute, mozzarella	455.00	685.00	11.47
11201	Cowpeas, leafy tips, raw	455.00	7.00	4.10
11355	Potatoes, red, flesh and skin, raw	455.00	18.00	1.89
15082	Fish, salmon, coho, wild, cooked, moist heat	455.00	53.00	27.36
09314	Sapote, mamey, raw	454.00	7.00	1.45
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	454.00	52.00	27.68
11697	Arrowroot, raw	454.00	26.00	4.24

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
16051	Beans, white, mature seeds, canned	454.00	340.00	7.26
18227	Crackers, rye, wafers, seasoned	454.00	887.00	9.00
11221	Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt	453.00	21.00	0.66
11785	Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt	453.00	257.00	0.66
11039	Lima beans, immature seeds, frozen, baby, unprepared	452.00	52.00	7.59
20004	Barley, hulled	452.00	12.00	12.48
10223	Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	451.00	65.00	30.42
11841	Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated	451.00	32.00	2.66
06958	Gravy, instant beef, dry	450.00	5,203.00	9.80
09011	Apples, dried, sulfured, uncooked	450.00	87.00	0.93
11361	Potatoes, roasted, salt added in processing, frozen, unprepared	450.00	298.00	2.22
11622	Kale, scotch, raw	450.00	70.00	2.80
15238	Fish, salmon, coho, farmed, raw	450.00	47.00	21.27
15241	Fish, trout, rainbow, farmed, cooked, dry heat	450.00	61.00	23.80
16420	Soy protein concentrate, produced by acid wash	450.00	900.00	63.63
43112	Beans, chili, barbecue, ranch style, cooked	450.00	725.00	5.00
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	449.00	86.00	28.88
07278	HORMEL Pillow Pak Sliced Turkey Pepperoni	449.00	1,858.00	30.99
08696	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN, Cinnamon Almond	449.00	373.00	7.40
11274	Mustard spinach, (tendergreen), raw	449.00	21.00	2.20
15218	Fish, sunfish, pumpkin seed, cooked, dry heat	449.00	103.00	24.87
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	448.00	25.00	0.51
09144	Jackfruit, raw	448.00	2.00	1.72
09410	Apple juice, frozen concentrate, unsweetened, undiluted, with added ascorbic acid	448.00	25.00	0.51
11266	Mushrooms, brown, italian, or crimini, raw	448.00	6.00	2.50
11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	448.00	6.00	2.50
15116	Fish, trout, rainbow, wild, cooked, dry heat	448.00	56.00	22.92
11675	Potatoes, microwaved, cooked in skin, flesh and skin, without salt	447.00	8.00	2.44
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	447.00	244.00	2.44
12093	Nuts, chestnuts, chinese, raw	447.00	3.00	4.20
12588	Nuts, cashew butter, plain, with salt added	447.00	295.00	12.12
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	447.00	64.00	33.68
15042	Fish, herring, Atlantic, kippered	447.00	918.00	24.58
16125	Soy sauce made from hydrolyzed vegetable protein	447.00	6,820.00	7.00
25045	Formulated bar, high fiber, chewy, oats and chocolate	447.00	350.00	5.00
31027	Potatoes, yellow fleshed, french fried, frozen, unprepared	447.00	300.00	2.47

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
25062	Snack, Mixed Berry Bar	446.00	447.00	13.16
06075	Soup, beef broth or bouillon, powder, dry	446.00	26,000.00	15.97
08435	Cereals ready-to-eat, UNCLE SAM CEREAL	446.00	206.00	15.98
15051	Fish, mackerel, spanish, raw	446.00	59.00	19.29
08691	Cereals, QUAKER, oatmeal, REAL MEDLEYS, summer berry, dry	445.00	354.00	11.31
18299	Pancakes, whole-wheat, dry mix, incomplete	445.00	1,419.00	12.80
32018	Spanish rice mix, dry mix, unprepared	445.00	1,085.00	10.62
43031	Candies, chocolate covered, caramel with nuts	445.00	156.00	9.50
19132	Candies, milk chocolate, with almonds	444.00	74.00	9.00
31026	Potatoes, yellow fleshed, roasted, salt added in processing, frozen, unprepared	444.00	338.00	1.99
06047	CAMPBELL'S Red and White, Chicken and Stars Soup, condensed	444.00	381.00	2.38
06354	CAMPBELL'S Red and White, French Onion Soup, condensed	444.00	516.00	1.59
08627	Cereals ready-to-eat, QUAKER, Natural Granola Apple Cranberry Almond	444.00	47.00	9.21
10221	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled	444.00	64.00	29.86
09034	Apricots, dried, sulfured, stewed, with added sugar	443.00	3.00	1.17
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	443.00	71.00	30.45
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	442.00	77.00	33.17
03938	Infant formula, PBM PRODUCTS, store brand, powder	441.00	118.00	12.00
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	441.00	70.00	26.40
11195	Cowpeas (blackeyes), immature seeds, frozen, unprepared	441.00	6.00	8.98
12155	Nuts, walnuts, english	441.00	2.00	15.23
15127	Fish, tuna, fresh, yellowfin, raw	441.00	45.00	24.40
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	439.00	67.00	26.48
11547	Tomato products, canned, puree, without salt added	439.00	28.00	1.65
11888	Tomato products, canned, puree, with salt added	439.00	202.00	1.65
15212	Fish, salmon, pink, cooked, dry heat	439.00	90.00	24.58
18116	Cake, gingerbread, prepared from recipe	439.00	327.00	3.90
08216	Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps	438.00	365.00	12.38
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	438.00	64.00	28.57
11419	Pumpkin leaves, cooked, boiled, drained, without salt	438.00	8.00	2.72
11848	Pumpkin leaves, cooked, boiled, drained, with salt	438.00	244.00	2.72
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	438.00	76.00	29.81
17176	Game meat, opossum, cooked, roasted	438.00	58.00	30.20
19093	Candies, SYMPHONY Milk Chocolate Bar	438.00	101.00	8.51
23545	Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	437.00	72.00	29.97
03185	Babyfood, cereal, mixed, dry fortified	437.00	3.00	12.20

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
06365	CAMPBELL'S Red and White, Mega Noodle in Chicken Broth, condensed	437.00	381.00	2.38
11243	Mushrooms, portabella, grilled	437.00	11.00	3.28
11483	Squash, winter, acorn, cooked, baked, without salt	437.00	4.00	1.12
11864	Squash, winter, acorn, cooked, baked, with salt	437.00	240.00	1.12
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	437.00	11.00	3.28
15045	Fish, lingcod, raw	437.00	59.00	17.66
15214	Fish, seatrout, mixed species, cooked, dry heat	437.00	74.00	21.46
09422	Durian, raw or frozen	436.00	2.00	1.47
11212	Edamame, frozen, prepared	436.00	6.00	11.91
11418	Pumpkin leaves, raw	436.00	11.00	3.15
12130	Nuts, hickorynuts, dried	436.00	1.00	12.72
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	436.00	61.00	31.27
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	436.00	76.00	29.70
15086	Fish, salmon, sockeye, cooked, dry heat	436.00	92.00	26.48
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	436.00	1.00	9.01
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	436.00	238.00	9.01
17152	Game meat, beefalo, composite of cuts, raw	436.00	78.00	23.30
18982	KASHI, H2H Woven Wheat Cracker, Roasted Garlic	436.00	240.00	10.50
20075	Wheat, soft white	435.00	2.00	10.69
27034	CAMPBELL'S, 98% Fat Free Cream of Mushroom Soup, condensed	435.00	392.00	1.10
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	435.00	75.00	30.09
14424	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate. Not manufactured anymore.	435.00	24.00	0.10
15036	Fish, halibut, Atlantic and Pacific, raw	435.00	68.00	18.56
15049	Fish, mackerel, king, raw	435.00	158.00	20.28
16123	Soy sauce made from soy and wheat (shoyu)	435.00	5,493.00	8.14
17219	Veal, variety meats and by-products, thymus, cooked, braised	435.00	59.00	22.67
15133	Fish, whiting, mixed species, cooked, dry heat	434.00	132.00	23.48
15247	Fish, salmon, coho, wild, cooked, dry heat	434.00	58.00	23.45
17347	Game meat, deer, tenderloin, separable lean only, cooked, broiled	434.00	57.00	29.90
20124	Pasta, whole-wheat, dry	434.00	6.00	13.87
36606	CRACKER BARREL, farm raised catfish platter	434.00	414.00	22.94
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	433.00	87.00	28.45
06217	Soup, vegetable, canned, low sodium, condensed	433.00	385.00	2.20
08708	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Touch of Fruit in the Middle, raisin	433.00	3.00	9.10
13338	Beef, variety meats and by-products, thymus, cooked, braised	433.00	116.00	21.85
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	433.00	75.00	29.96

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
15112	Fish, tilefish, raw	433.00	53.00	17.50
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	433.00	3.00	8.18
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	433.00	239.00	8.18
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	433.00	59.00	27.94
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	432.00	59.00	27.87
20074	Wheat, hard white	432.00	2.00	11.31
20076	Wheat, durum	431.00	2.00	13.68
02010	Spices, cinnamon, ground	431.00	10.00	3.99
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	431.00	234.00	8.42
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	431.00	58.00	27.83
11191	Cowpeas (blackeyes), immature seeds, raw	431.00	4.00	2.95
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	430.00	58.00	26.14
11408	Potatoes, frozen, french fried, par fried, extruded, unprepared	430.00	490.00	2.83
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	430.00	419.00	23.48
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	430.00	203.00	11.10
19220	Desserts, rennin, chocolate, dry mix	430.00	187.00	2.40
18230	Crackers, standard snack-type, sandwich, with cheese filling	429.00	978.00	9.30
19913	Candies, NESTLE, BUTTERFINGER Crisp	429.00	13.00	6.67
20038	Oats	429.00	2.00	16.89
25032	Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	429.00	321.00	16.67
35203	Rose Hips, wild (Northern Plains Indians)	429.00	4.00	1.60
42237	Cereals ready-to-eat, WEETABIX whole grain cereal	429.00	371.00	11.43
06082	CAMPBELL'S Red and White, Chicken NOODLEO's Soup, condensed	429.00	381.00	2.38
06357	CAMPBELL'S Red and White, GOLDFISH Pasta with Chicken in Chicken Broth, condensed	429.00	381.00	2.38
11226	Jerusalem-artichokes, raw	429.00	4.00	2.00
13333	Beef, variety meats and by-products, spleen, raw	429.00	85.00	18.30
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	429.00	78.00	30.24
15079	Fish, salmon, chum, raw	429.00	50.00	20.14
06126	Gravy, turkey, dry	428.00	4,392.00	10.42
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	428.00	58.00	31.00
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	428.00	50.00	25.82
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	428.00	84.00	30.55
42204	Rice cake, cracker (include hain mini rice cakes)	428.00	71.00	7.10
20088	Wild rice, raw	427.00	7.00	14.73
20142	Teff, uncooked	427.00	12.00	13.30
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	427.00	55.00	30.17

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	427.00	45.00	29.37
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	427.00	90.00	20.26
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	427.00	88.00	24.21
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	427.00	870.00	27.18
12204	Nuts, chestnuts, japanese, roasted	427.00	19.00	2.97
15009	Fish, carp, cooked, dry heat	427.00	63.00	22.86
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	426.00	78.00	30.12
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	426.00	58.00	29.35
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	425.00	55.00	30.01
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	425.00	45.00	29.26
31021	Potatoes, hash brown, refrigerated, unprepared	425.00	42.00	1.75
03206	Babyfood, cookie, baby, fruit	425.00	9.00	6.80
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	425.00	80.00	28.86
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	425.00	58.00	28.62
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	425.00	66.00	28.60
11352	Potatoes, flesh and skin, raw	425.00	6.00	2.05
12032	Seeds, sesame flour, partially defatted	425.00	41.00	40.32
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	425.00	76.00	31.75
08130	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry	424.00	506.00	9.20
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	424.00	801.00	22.88
12143	Nuts, pecans, dry roasted, without salt added	424.00	1.00	9.50
12643	Nuts, pecans, dry roasted, with salt added	424.00	383.00	9.50
08599	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS	423.00	337.00	6.30
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	423.00	62.00	27.32
12170	Seeds, sesame flour, high-fat	423.00	41.00	30.78
13158	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled	423.00	64.00	29.25
15043	Fish, herring, Pacific, raw	423.00	74.00	16.39
15081	Fish, salmon, coho, wild, raw	423.00	46.00	21.62
15131	Fish, whitefish, mixed species, smoked	423.00	1,019.00	23.40
36045	ON THE BORDER, refried beans	423.00	378.00	7.30
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	422.00	64.00	29.21
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	421.00	57.00	26.17
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	421.00	45.00	21.80
12084	Nuts, butternuts, dried	421.00	1.00	24.90
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	421.00	68.00	29.94
05148	Goose, domesticated, meat only, raw	420.00	87.00	22.75

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	420.00	215.00	29.50
10201	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled	420.00	65.00	29.46
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	420.00	65.00	28.19
11152	Chicory greens, raw	420.00	45.00	1.70
11987	Mushrooms, oyster, raw	420.00	18.00	3.31
15135	Fish, yellowtail, mixed species, raw	420.00	39.00	23.14
17210	Lamb, variety meats and by-products, pancreas, raw	420.00	75.00	14.84
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	419.00	57.00	26.04
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	419.00	165.00	18.29
15040	Fish, herring, Atlantic, cooked, dry heat	419.00	115.00	23.03
15233	Fish, catfish, channel, wild, cooked, dry heat	419.00	50.00	18.47
16031	Beans, kidney, california red, mature seeds, cooked, boiled, without salt	419.00	4.00	9.13
16331	Beans, kidney, california red, mature seeds, cooked, boiled, with salt	419.00	240.00	9.13
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	419.00	67.00	29.79
18979	KASHI, H2H Woven Wheat Cracker, Original	418.00	283.00	10.60
43218	Cereals ready-to-eat, ALPEN	418.00	27.00	11.20
08589	Cereals ready-to-eat, KASHI GOLEAN CRISP Toasted Berry Crumble	418.00	245.00	18.00
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	418.00	4.00	3.17
11258	Mountain yam, hawaii, raw	418.00	13.00	1.34
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	418.00	240.00	3.17
15110	Fish, swordfish, raw	418.00	81.00	19.66
09139	Guavas, common, raw	417.00	2.00	2.55
11353	Potatoes, russet, flesh and skin, raw	417.00	5.00	2.14
15101	Fish, snapper, mixed species, raw	417.00	64.00	20.51
15274	Fish, trout, brook, raw, New York State	417.00	45.00	21.23
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	416.00	77.00	27.03
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	416.00	56.00	28.75
15023	Fish, mahimahi, raw	416.00	88.00	18.50
36030	DENNY'S, hash browns	416.00	468.00	2.49
36039	Restaurant, family style, hash browns	416.00	468.00	2.49
25033	Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors	415.00	293.00	18.57
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	415.00	53.00	27.47
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	415.00	88.00	31.69
11216	Ginger root, raw	415.00	13.00	1.82
15035	Fish, haddock, smoked	415.00	763.00	25.23
11957	Fennel, bulb, raw	414.00	52.00	1.24

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	414.00	115.00	17.00
12198	Seeds, sesame butter, tahini, from raw and stone ground kernels	414.00	74.00	17.81
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	414.00	68.00	29.85
43544	Babyfood, cereal, rice with pears and apple, dry, instant fortified	414.00	2.00	6.60
19279	Candies, milk chocolate coated coffee beans	413.00	70.00	7.41
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	413.00	84.00	18.71
11362	Potatoes, raw, skin	413.00	10.00	2.57
11553	Tomato products, canned, sauce, with onions	413.00	551.00	1.56
15015	Fish, cod, Atlantic, raw	413.00	54.00	17.81
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	412.00	566.00	8.85
13345	Beef, cured, breakfast strips, cooked	412.00	2,253.00	31.30
16114	Tempeh	412.00	9.00	20.29
16526	WORTHINGTON Meatless Chicken Roll, frozen, unprepared	412.00	452.00	16.10
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	412.00	386.00	20.75
25051	Snacks, CLIF BAR, mixed flavors	412.00	195.00	14.71
31017	CAMPBELL'S, V8 Vegetable Juice, Low Sodium Spicy Hot	412.00	58.00	0.82
23351	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	411.00	68.00	29.66
03837	Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not reconstituted	411.00	123.00	11.40
09033	Apricots, dried, sulfured, stewed, without added sugar	411.00	4.00	1.20
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	411.00	56.00	28.41
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	411.00	29.00	6.65
11240	Mushrooms, morel, raw	411.00	21.00	3.12
11368	Potatoes, microwaved, cooked in skin, flesh, without salt	411.00	7.00	2.10
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	411.00	265.00	6.65
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	411.00	243.00	2.10
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	411.00	66.00	29.94
11496	Succotash, (corn and limas), cooked, boiled, drained, without salt	410.00	17.00	5.07
11871	Succotash, (corn and limas), cooked, boiled, drained, with salt	410.00	253.00	5.07
12142	Nuts, pecans	410.00	0.00	9.17
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	410.00	66.00	30.80
20012	Bulgur, dry	410.00	17.00	12.29
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	410.00	56.00	28.77
43529	Babyfood, rice and apples, dry	410.00	16.00	6.70
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	409.00	56.00	28.35
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	409.00	66.00	30.87
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	409.00	146.00	2.16

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
35141	Mutton, cooked, roasted (Navajo)	409.00	135.00	33.43
05652	Ostrich, oyster, cooked	409.00	81.00	28.81
07908	Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)	409.00	1,411.00	13.40
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	409.00	1,500.00	22.62
06101	Soup, cream of vegetable, dry, powder	408.00	4,957.00	8.00
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	408.00	59.00	27.09
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	408.00	66.00	30.39
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	408.00	58.00	26.28
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	408.00	332.00	2.24
11842	Potatoes, french fried, all types, salt not added in processing, frozen, as purchased	408.00	23.00	2.24
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	408.00	66.00	29.79
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	408.00	74.00	21.45
15226	Crustaceans, crab, dungeness, cooked, moist heat	408.00	378.00	22.32
27009	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST New England Clam Chowder	408.00	167.00	2.04
28120	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Mints Grasshopper Cookies	408.00	343.00	5.20
36608	CRACKER BARREL, grilled sirloin steak	408.00	180.00	31.52
43125	Beans, liquid from stewed kidney beans	408.00	2.00	1.80
19125	Chocolate-flavored hazelnut spread	407.00	41.00	5.41
19147	Candies, peanut bar	407.00	156.00	15.50
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	407.00	65.00	29.85
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	407.00	60.00	22.61
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	407.00	89.00	27.73
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	407.00	91.00	30.02
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	407.00	58.00	24.73
11354	Potatoes, white, flesh and skin, raw	407.00	16.00	1.68
11366	Potatoes, boiled, cooked in skin, skin, without salt	407.00	14.00	2.86
11832	Potatoes, boiled, cooked in skin, skin, with salt	407.00	250.00	2.86
12006	Seeds, chia seeds, dried	407.00	16.00	16.54
13922	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	407.00	65.00	23.90
15123	Fish, tuna, fresh, skipjack, raw	407.00	37.00	22.00
16590	MORNINGSTAR FARMS BBQ Riblets, frozen, unprepared	407.00	438.00	11.40
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	406.00	39.00	16.96
12034	Seeds, sesame meal, partially defatted	406.00	39.00	16.96
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	406.00	588.00	16.96
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	406.00	71.00	28.77
15050	Fish, mackerel, Pacific and jack, mixed species, raw	406.00	86.00	20.07

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
15223	Fish, whitefish, mixed species, cooked, dry heat	406.00	65.00	24.47
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	405.00	65.00	29.52
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	405.00	49.00	27.51
28198	MOTHER'S, Double Fudge Creme Sandwich Cookies	405.00	245.00	5.30
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	405.00	41.00	27.95
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	405.00	852.00	25.48
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	405.00	1.00	8.67
17169	Game meat, goat, cooked, roasted	405.00	86.00	27.10
06120	Gravy, chicken, dry	404.00	4,152.00	11.27
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	404.00	67.00	29.85
15006	Fish, burbot, raw	404.00	97.00	19.31
15097	Fish, sheepshead, raw	404.00	71.00	20.21
17340	Game meat, elk, loin, separable lean only, cooked, broiled	404.00	54.00	31.00
06076	Soup, beef broth, cubed, dry	403.00	24,000.00	17.30
08023	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN	403.00	280.00	9.20
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	403.00	2.00	8.67
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	403.00	238.00	8.67
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	403.00	238.00	8.67
17151	Game meat, beaver, cooked, roasted	403.00	59.00	34.85
20138	Wheat, KAMUT khorasan, uncooked	403.00	5.00	14.54
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	403.00	74.00	21.17
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	402.00	66.00	22.50
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	402.00	66.00	22.66
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	402.00	65.00	29.47
36418	Restaurant, Mexican, refried beans	402.00	376.00	6.91
13353	Beef, cured, luncheon meat, jellied	402.00	1,322.00	19.00
06142	Sauce, sofrito, prepared from recipe	401.00	1,145.00	12.80
07081	Turkey breast, sliced, prepackaged	401.00	922.00	16.33
10196	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled	401.00	62.00	27.63
11215	Garlic, raw	401.00	17.00	6.36
13415	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	401.00	67.00	29.66
15047	Fish, mackerel, Atlantic, cooked, dry heat	401.00	83.00	23.85
16075	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	401.00	3.00	8.04
16375	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	401.00	239.00	8.04
23040	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	401.00	62.00	26.66
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	401.00	66.00	22.52

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
06026	Soup, chili beef, canned, condensed	400.00	788.00	5.09
08038	Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	400.00	465.00	11.22
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	400.00	58.00	28.81
11122	Cardoon, raw	400.00	170.00	0.70
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	400.00	317.00	2.19
15054	Fish, monkfish, raw	400.00	18.00	14.48
15059	Fish, pout, ocean, raw	400.00	61.00	16.64
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	399.00	53.00	20.95
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	399.00	50.00	22.88
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	399.00	73.00	21.64
07019	Chorizo, pork and beef	398.00	1,235.00	24.10
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	398.00	66.00	29.62
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	398.00	368.00	0.94
17182	Game meat, raccoon, cooked, roasted	398.00	79.00	29.20
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	398.00	57.00	30.20
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	398.00	55.00	28.15
31028	Potatoes, yellow fleshed, hash brown, shredded, salt added in processing, frozen, unprepared	398.00	330.00	2.04
19124	Baking chocolate, mexican, squares	397.00	3.00	3.64
20073	Wheat, soft red winter	397.00	2.00	10.35
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	397.00	59.00	30.58
05624	Emu, fan fillet, cooked, broiled	397.00	53.00	31.27
11207	Dandelion greens, raw	397.00	76.00	2.70
12033	Seeds, sesame flour, low-fat	397.00	39.00	50.14
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	397.00	307.00	24.62
10117	Pork, fresh, variety meats and by-products, spleen, raw	396.00	98.00	17.86
11263	Mushrooms, white, stir-fried	396.00	12.00	3.58
11373	Potatoes, au gratin, home-prepared from recipe using butter	396.00	433.00	5.06
11843	Potatoes, au gratin, home-prepared from recipe using margarine	396.00	433.00	5.06
17159	Game meat, boar, wild, cooked, roasted	396.00	60.00	28.30
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	396.00	705.00	8.44
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	396.00	64.00	28.48
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	395.00	72.00	21.39
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	395.00	65.00	23.03
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	395.00	59.00	30.45
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	395.00	65.00	23.04
03181	Babyfood, cereal, barley, dry fortified	395.00	12.00	13.20

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
03994	Babyfood, fruit, banana and strawberry, junior	395.00	1.00	0.71
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	395.00	62.00	27.54
13867	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	395.00	62.00	27.58
07056	Peppered loaf, pork, beef	394.00	732.00	17.30
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	394.00	846.00	26.02
13395	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	394.00	69.00	28.04
13396	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled	394.00	69.00	28.04
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	394.00	63.00	29.52
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	394.00	89.00	27.96
15078	Fish, salmon, chinook, raw	394.00	47.00	19.93
19143	Candies, MR. GOODBAR Chocolate Bar	394.00	41.00	10.22
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	393.00	763.00	8.38
01061	Cheese, American, nonfat or fat free	393.00	1,316.00	21.05
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	393.00	52.00	20.65
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	393.00	64.00	30.55
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	393.00	86.00	20.52
13979	Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	393.00	94.00	24.18
14262	Beverages, citrus fruit juice drink, frozen concentrate	393.00	3.00	1.20
17103	Veal, leg (top round), separable lean only, cooked, roasted	393.00	68.00	28.07
07025	Frankfurter, turkey	392.00	911.00	12.23
12144	Nuts, pecans, oil roasted, without salt added	392.00	1.00	9.20
12644	Nuts, pecans, oil roasted, with salt added	392.00	393.00	9.20
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	392.00	63.00	29.45
13490	Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled	392.00	63.00	29.93
15022	Fish, cusk, raw	392.00	31.00	18.99
16557	MORNINGSTAR FARMS Chik Patties, frozen, unprepared	392.00	835.00	11.80
17341	Game meat, elk, round, separable lean only, cooked, broiled	392.00	51.00	30.94
17342	Game meat, elk, tenderloin, separable lean only, cooked, broiled	392.00	50.00	30.76
19406	Snacks, granola bars, soft, uncoated, nut and raisin	392.00	254.00	8.00
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	391.00	75.00	27.97
43393	Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	391.00	0.00	10.93
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	391.00	52.00	30.54
08471	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Protein Plus	391.00	601.00	31.20
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	391.00	89.00	29.29
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	391.00	155.00	17.19
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	391.00	50.00	21.65

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
11363	Potatoes, baked, flesh, without salt	391.00	5.00	1.96
11829	Potatoes, baked, flesh, with salt	391.00	241.00	1.96
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	391.00	2.00	8.33
16325	Beans, great northern, mature seeds, cooked, boiled, with salt	391.00	238.00	8.33
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	390.00	87.00	30.46
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	390.00	91.00	29.20
11616	Dock, raw	390.00	4.00	2.00
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	390.00	59.00	30.70
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	390.00	87.00	28.15
17337	Game meat, bison, top round, separable lean only, 1" steak, raw	390.00	47.00	23.32
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	390.00	56.00	30.78
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	390.00	67.00	29.81
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	390.00	414.00	9.14
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	389.00	63.00	28.36
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	389.00	57.00	22.89
08144	Cereals, whole wheat hot natural cereal, dry	389.00	2.00	11.20
08642	Cereals, QUAKER, Instant Oatmeal, Apple and Cinnamon, reduced sugar	389.00	535.00	10.29
10024	Pork, fresh, loin, whole, separable lean only, raw	389.00	52.00	21.43
11098	Brussels sprouts, raw	389.00	25.00	3.38
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	389.00	85.00	28.28
15064	Fish, pike, walleye, raw	389.00	51.00	19.14
16038	Beans, navy, mature seeds, cooked, boiled, without salt	389.00	0.00	8.23
16338	Beans, navy, mature seeds, cooked, boiled, with salt	389.00	237.00	8.23
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	389.00	68.00	27.70
05149	Goose, domesticated, meat only, cooked, roasted	388.00	76.00	28.97
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	388.00	154.00	27.58
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	388.00	88.00	27.70
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	388.00	343.00	2.87
20140	Spelt, uncooked	388.00	8.00	14.57
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	388.00	73.00	21.28
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	388.00	58.00	23.05
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	387.00	57.00	22.77
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	387.00	67.00	30.97
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	387.00	67.00	30.09
07964	Frankfurter, meat and poultry, cooked, grilled	387.00	1,079.00	10.67
08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	387.00	2.00	11.80

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	387.00	50.00	28.57
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	387.00	49.00	22.41
10195	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised	387.00	40.00	26.29
13227	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw	387.00	63.00	21.75
16020	Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	387.00	1.00	9.34
16320	Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	387.00	237.00	9.34
17100	Veal, leg (top round), separable lean only, cooked, braised	387.00	67.00	36.71
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	387.00	53.00	28.05
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	386.00	87.00	23.75
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	386.00	71.00	21.93
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	386.00	74.00	25.95
15070	Fish, rockfish, Pacific, mixed species, raw	386.00	74.00	18.36
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	386.00	57.00	21.96
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	386.00	53.00	26.61
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	386.00	62.00	29.07
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	386.00	62.00	29.34
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	386.00	62.00	29.44
42285	Babyfood, cereal, brown rice, dry, instant	386.00	12.00	8.70
43326	Pork, cured, ham, low sodium, lean and fat, cooked	386.00	969.00	22.30
21604	School Lunch, pizza, sausage topping, thin crust, whole grain, frozen, cooked	385.00	457.00	12.63
22123	MORNINGSTAR FARMS Spicy Black Bean Burger, frozen, unprepared	385.00	489.00	14.60
23514	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	385.00	74.00	26.82
07921	Bacon and beef sticks	385.00	1,420.00	29.10
08668	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Nutty Clusters & Almonds	385.00	378.00	7.90
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	385.00	737.00	24.46
15224	Fish, wolffish, Atlantic, cooked, dry heat	385.00	109.00	22.44
17168	Goat, raw	385.00	82.00	20.60
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	384.00	42.00	19.90
10228	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw	384.00	54.00	21.23
11270	Mustard greens, raw	384.00	20.00	2.86
13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	384.00	74.00	28.09
15094	Fish, shad, american, raw	384.00	51.00	16.93
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	384.00	61.00	22.10
16102	Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	384.00	5.00	6.76
16402	Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	384.00	241.00	6.76
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	384.00	67.00	29.90

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	383.00	70.00	21.72
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	383.00	87.00	29.39
15001	Fish, anchovy, european, raw	383.00	104.00	20.35
17095	Veal, leg (top round), separable lean and fat, cooked, braised	383.00	67.00	36.16
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	383.00	455.00	28.41
17178	Game meat, rabbit, domesticated, composite of cuts, cooked, roasted	383.00	47.00	29.06
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	382.00	100.00	26.76
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	382.00	41.00	30.18
19238	Candies, REESE'S BITES	382.00	179.00	11.34
21602	School Lunch, pizza, pepperoni topping, thin crust, whole grain, frozen, cooked	382.00	495.00	12.78
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	382.00	69.00	26.03
43245	Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits	382.00	245.00	7.10
90560	Mollusks, snail, raw	382.00	70.00	16.10
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	381.00	600.00	7.00
20315	Corn flour, whole-grain, blue (harina de maiz morado)	381.00	5.00	8.75
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	381.00	61.00	21.69
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	381.00	69.00	30.24
28345	Crackers, gluten-free, multi-seeded and multigrain	381.00	438.00	11.25
31029	Potatoes, french fried, wedge cut, frozen, unprepared	381.00	380.00	2.56
42227	Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies	381.00	45.00	7.53
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	381.00	2.00	11.37
11316	Peas, mature seeds, sprouted, raw	381.00	20.00	8.80
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	381.00	63.00	29.65
15068	Fish, pompano, florida, raw	381.00	65.00	18.48
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	381.00	49.00	20.53
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	380.00	349.00	2.34
11437	Salsify, (vegetable oyster), raw	380.00	20.00	3.30
11551	Tomato products, canned, sauce, with mushrooms	380.00	452.00	1.45
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	380.00	81.00	21.03
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	380.00	63.00	30.29
15107	Fish, sucker, white, raw	380.00	40.00	16.76
15262	Fish, tilapia, cooked, dry heat	380.00	56.00	26.15
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	380.00	75.00	27.94
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	380.00	91.00	27.00
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	379.00	57.00	28.97
23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	379.00	92.00	23.51

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
31002	CAMPBELL'S, Tomato juice, low sodium	379.00	58.00	0.82
35204	Chokecherries, raw, pitted (Northern Plains Indians)	379.00	5.00	3.04
36011	T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	379.00	232.00	31.02
36013	Restaurant, family style, sirloin steak	379.00	339.00	29.80
11147	Chard, swiss, raw	379.00	213.00	1.80
11365	Potatoes, boiled, cooked in skin, flesh, without salt	379.00	4.00	1.87
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	379.00	323.00	2.16
11831	Potatoes, boiled, cooked in skin, flesh, with salt	379.00	240.00	1.87
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	379.00	85.00	27.59
15044	Fish, ling, raw	379.00	135.00	18.99
15106	Fish, sturgeon, mixed species, smoked	379.00	739.00	31.20
16554	MORNINGSTAR FARMS Tomato & Basil Pizza Burger, frozen, unprepared	379.00	414.00	15.50
16556	MORNINGSTAR FARMS Chik'n Nuggets, frozen, unprepared	379.00	702.00	14.40
17171	Game meat, horse, cooked, roasted	379.00	55.00	28.14
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	379.00	49.00	20.43
07071	Salami, dry or hard, pork	378.00	2,260.00	22.58
07941	Salami, Italian, pork and beef, dry, sliced, 50% less sodium	378.00	936.00	21.80
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	378.00	99.00	29.56
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	378.00	828.00	26.49
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	378.00	54.00	22.54
11372	Potatoes, scalloped, home-prepared with butter	378.00	335.00	2.87
11844	Potatoes, scalloped, home-prepared with margarine	378.00	335.00	2.87
16036	Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	378.00	5.00	9.49
16336	Beans, kidney, royal red, mature seeds, cooked, boiled with salt	378.00	241.00	9.49
17180	Game meat, rabbit, wild, raw	378.00	50.00	21.79
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	378.00	62.00	21.41
23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	378.00	86.00	28.30
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	378.00	69.00	30.08
23638	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	378.00	62.00	29.58
42265	Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & Pecan	378.00	247.00	7.90
19027	Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip	377.00	328.00	9.80
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	377.00	52.00	27.12
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	377.00	63.00	29.33
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	377.00	57.00	29.12
07060	Luxury loaf, pork	377.00	1,225.00	18.40
10229	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked	377.00	57.00	29.47

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
11517	Sweet potato, frozen, cooked, baked, without salt	377.00	8.00	1.71
11877	Sweet potato, frozen, cooked, baked, with salt	377.00	244.00	1.71
13358	Beef, cured, smoked, chopped beef	377.00	1,258.00	20.19
15182	Fish, salmon, sockeye, canned, without salt, drained solids with bone	377.00	75.00	20.47
15240	Fish, trout, rainbow, farmed, raw	377.00	51.00	19.94
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	377.00	45.00	31.47
06231	PREGO Pasta, Mushroom and Parmesan Italian Sauce, ready-to-serve	376.00	384.00	2.40
09044	Cherries, tart, dried, sweetened	376.00	13.00	1.25
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	376.00	84.00	28.69
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	376.00	86.00	29.36
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	376.00	61.00	29.41
13448	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	376.00	61.00	29.53
16551	MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared	376.00	741.00	11.40
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	376.00	84.00	29.99
18976	KASHI, TLC, Country Cheddar Crackers	376.00	724.00	9.80
20126	Spaghetti, spinach, dry	376.00	36.00	13.35
23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	376.00	93.00	27.40
23287	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	376.00	93.00	27.00
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	376.00	71.00	25.80
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	376.00	61.00	29.42
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	375.00	55.00	21.38
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	375.00	92.00	26.80
05622	Emu, ground, cooked, pan-broiled	375.00	65.00	28.43
06004	Soup, bean with pork, canned, condensed	375.00	672.00	5.88
06117	CAMPBELL'S Red and White, Bean with Bacon Soup, condensed	375.00	672.00	6.25
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	375.00	65.00	21.35
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	375.00	5.00	8.49
11298	Parsnips, raw	375.00	10.00	1.20
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	375.00	241.00	8.49
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	375.00	58.00	29.99
15007	Fish, butterfish, raw	375.00	89.00	17.28
16061	Cowpeas, catjang, mature seeds, cooked, boiled, without salt	375.00	19.00	8.13
16361	Cowpeas, catjang, mature seeds, cooked, boiled, with salt	375.00	255.00	8.13
05632	Emu, top loin, cooked, broiled	374.00	58.00	29.07
06081	Soup, chicken broth cubes, dry	374.00	24,000.00	14.60
06182	Soup, cream of mushroom, canned, condensed, reduced sodium	374.00	383.00	1.21

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
08228	Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry	374.00	516.00	8.82
08244	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	374.00	356.00	6.59
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	374.00	48.00	27.23
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	374.00	49.00	22.39
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	374.00	84.00	27.51
15202	Fish, milkfish, cooked, dry heat	374.00	92.00	26.32
20064	Rye flour, medium	374.00	2.00	10.88
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	374.00	62.00	28.19
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	374.00	62.00	28.99
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	374.00	43.00	29.68
18949	Crackers, whole-wheat, reduced fat	373.00	745.00	11.34
21401	Fast foods, chicken tenders	373.00	769.00	19.22
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	373.00	51.00	26.88
23095	Beef, chuck for stew, separable lean and fat, choice, raw	373.00	79.00	21.64
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	373.00	64.00	23.13
01210	Egg Mix, USDA Commodity	373.00	576.00	35.60
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	373.00	64.00	29.41
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	373.00	48.00	21.55
11559	Tomato products, canned, sauce, with tomato tidbits	373.00	15.00	1.32
13097	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw	373.00	63.00	20.13
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	373.00	67.00	26.31
08598	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, HONEY CLUSTERS	372.00	394.00	7.69
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	372.00	64.00	20.54
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	372.00	68.00	28.54
15005	Fish, bluefish, raw	372.00	60.00	20.04
15100	Fish, smelt, rainbow, cooked, dry heat	372.00	77.00	22.60
15269	Fish, cod, Pacific, cooked (not previously frozen)	372.00	134.00	20.42
16608	MORNINGSTAR FARMS Chik Patties Original, frozen, unprepared	372.00	676.00	11.20
17099	Veal, leg (top round), separable lean only, raw	372.00	64.00	21.28
17145	Game meat, antelope, cooked, roasted	372.00	54.00	29.45
19120	Candies, milk chocolate	372.00	79.00	7.65
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	372.00	84.00	28.37
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	372.00	43.00	29.49
23515	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	372.00	71.00	26.36
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	372.00	68.00	28.60
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	372.00	72.00	27.30

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	372.00	61.00	29.30
20132	Oat flour, partially debranned	371.00	19.00	14.66
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	371.00	70.00	21.31
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	371.00	70.00	21.29
23241	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	371.00	62.00	28.26
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	371.00	62.00	28.33
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	371.00	62.00	28.24
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	371.00	72.00	25.56
01095	Milk, canned, condensed, sweetened	371.00	127.00	7.91
07058	Pickle and pimiento loaf, pork	371.00	1,040.00	11.23
08695	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, little bites	371.00	2.00	9.19
10152	Pork, cured, ham, whole, separable lean only, unheated	371.00	1,516.00	22.32
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	371.00	34.00	1.56
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	371.00	270.00	1.56
13447	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	371.00	57.00	29.16
13901	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	371.00	51.00	22.24
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	371.00	68.00	28.71
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	371.00	454.00	27.29
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	371.00	52.00	29.45
06972	Sauce, tomato chili sauce, bottled, with salt	370.00	1,338.00	2.50
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	370.00	86.00	28.58
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	370.00	826.00	23.95
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	370.00	760.00	24.36
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	370.00	151.00	25.84
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	370.00	84.00	27.83
11007	Artichokes, (globe or french), raw	370.00	94.00	3.27
11100	Brussels sprouts, frozen, unprepared	370.00	10.00	3.78
12201	Seeds, sesame seed kernels, dried (decorticated)	370.00	47.00	20.45
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	370.00	64.00	27.63
16023	Beans, french, mature seeds, cooked, boiled, without salt	370.00	6.00	7.05
16323	Beans, french, mature seeds, cooked, boiled, with salt	370.00	242.00	7.05
19134	Candies, milk chocolate, with rice cereal	370.00	86.00	7.64
23039	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw	370.00	58.00	21.13
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	370.00	60.00	29.04
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	369.00	84.00	27.10
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	369.00	85.00	21.60

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	369.00	61.00	29.51
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	369.00	570.00	9.80
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	369.00	55.00	20.48
11649	Tomato products, canned, sauce, spanish style	369.00	472.00	1.44
11959	Arugula, raw	369.00	27.00	2.58
13293	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	369.00	81.00	21.13
16070	Lentils, mature seeds, cooked, boiled, without salt	369.00	2.00	9.02
16370	Lentils, mature seeds, cooked, boiled, with salt	369.00	238.00	9.02
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	369.00	62.00	25.29
12131	Nuts, macadamia nuts, raw	368.00	5.00	7.91
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	368.00	61.00	29.33
13927	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	368.00	59.00	25.26
15213	Fish, scup, cooked, dry heat	368.00	54.00	24.21
17057	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	368.00	88.00	25.48
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	368.00	60.00	21.50
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	368.00	60.00	21.44
23052	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	368.00	60.00	28.01
23279	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	368.00	91.00	26.30
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	368.00	91.00	26.80
27065	Dip, bean, original flavor	368.00	443.00	5.44
27068	Dip, FRITO'S, bean, original flavor	368.00	443.00	5.44
28324	Pancakes, whole wheat, dry mix, incomplete	368.00	1,632.00	10.53
21156	Fast foods, submarine sandwich, ham on white bread with lettuce and tomato	367.00	396.00	9.12
21209	SUBWAY, black forest ham sub on white bread with lettuce and tomato	367.00	396.00	9.12
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	367.00	80.00	21.75
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	367.00	60.00	21.34
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	367.00	71.00	25.70
05650	Ostrich, outside strip, cooked	367.00	72.00	28.55
06957	Gravy, brown instant, dry	367.00	5,053.00	8.53
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	367.00	45.00	27.58
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	367.00	1,180.00	20.57
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	367.00	1,179.00	20.54
11299	Parsnips, cooked, boiled, drained, without salt	367.00	10.00	1.32
11808	Parsnips, cooked, boiled, drained, with salt	367.00	246.00	1.32
12205	Seeds, lotus seeds, raw	367.00	1.00	4.13
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	367.00	59.00	29.22

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	367.00	69.00	26.89
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	367.00	82.00	21.28
13791	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw	367.00	82.00	19.25
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	367.00	63.00	27.45
15085	Fish, salmon, sockeye, raw	367.00	78.00	22.25
17094	Veal, leg (top round), separable lean and fat, raw	367.00	63.00	20.98
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	367.00	84.00	27.43
05647	Ostrich, inside strip, cooked	366.00	73.00	29.37
08122	Cereals, oats, instant, fortified, plain, dry	366.00	220.00	11.92
08390	Cereals ready-to-eat, KASHI GOOD FRIENDS	366.00	204.00	9.40
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	366.00	86.00	26.68
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	366.00	76.00	27.57
13445	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	366.00	59.00	28.57
15083	Fish, salmon, pink, raw	366.00	75.00	20.50
15235	Fish, catfish, channel, farmed, cooked, dry heat	366.00	119.00	18.44
20135	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, dry	366.00	11.00	13.51
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	366.00	60.00	20.93
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	366.00	67.00	28.41
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	366.00	67.00	28.29
19080	Candies, semisweet chocolate	365.00	11.00	4.20
19701	Candies, semisweet chocolate, made with butter	365.00	11.00	4.20
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	365.00	55.00	28.79
23033	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	365.00	52.00	29.24
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	365.00	54.00	20.74
23056	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	365.00	54.00	29.08
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	365.00	84.00	20.05
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	365.00	59.00	27.96
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	365.00	73.00	21.64
11516	Sweet potato, frozen, unprepared	365.00	6.00	1.71
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	365.00	63.00	27.27
16059	Chili with beans, canned	365.00	423.00	6.12
17139	Veal, sirloin, separable lean only, cooked, roasted	365.00	85.00	26.32
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	364.00	5.00	16.26
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	364.00	1,255.00	18.49
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	364.00	1,163.00	20.95
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	364.00	846.00	23.79

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	364.00	54.00	28.47
11265	Mushrooms, portabella, raw	364.00	9.00	2.11
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	364.00	9.00	2.11
15105	Fish, sturgeon, mixed species, cooked, dry heat	364.00	69.00	20.70
15267	Fish, pollock, Alaska, cooked (not previously frozen)	364.00	166.00	19.42
17344	Game meat, deer, ground, cooked, pan-broiled	364.00	78.00	26.45
19239	Candies, REESE'S NUTRAGEOUS Candy Bar	364.00	141.00	11.28
21387	BURGER KING, Hash Brown Rounds	364.00	568.00	2.80
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	364.00	55.00	28.53
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	364.00	62.00	22.31
35206	Plums, wild (Northern Plains Indians)	364.00	4.00	0.43
20067	Sorghum grain	363.00	2.00	10.62
20072	Wheat, hard red winter	363.00	2.00	12.61
20080	Wheat flour, whole-grain	363.00	2.00	13.21
21148	School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Pepperoni Pizza 50/50 Cheese, frozen	363.00	470.00	12.14
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	363.00	54.00	20.93
23064	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	363.00	58.00	27.52
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	363.00	54.00	28.00
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	363.00	58.00	27.23
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	363.00	71.00	24.61
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	363.00	75.00	25.21
01045	Cheese food, cold pack, American	363.00	966.00	19.66
06006	Soup, bean with frankfurters, canned, condensed	363.00	831.00	7.60
07072	Salami, dry or hard, pork, beef	363.00	1,756.00	21.07
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	363.00	2.00	9.20
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	363.00	2.00	9.19
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	363.00	59.00	21.20
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	363.00	86.00	26.96
10203	Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted	363.00	50.00	28.81
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	363.00	1,160.00	20.89
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	363.00	43.00	31.11
11255	Lotus root, cooked, boiled, drained, without salt	363.00	45.00	1.58
11796	Lotus root, cooked, boiled, drained, with salt	363.00	281.00	1.58
12132	Nuts, macadamia nuts, dry roasted, without salt added	363.00	4.00	7.79
12632	Nuts, macadamia nuts, dry roasted, with salt added	363.00	353.00	7.79
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	363.00	60.00	28.88

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
15236	Fish, salmon, Atlantic, farmed, raw	363.00	59.00	20.42
05656	Ostrich, tip trimmed, cooked	362.00	80.00	28.49
08120	Cereals, oats, regular and quick, not fortified, dry	362.00	6.00	13.15
08132	Cereals, oats, instant, fortified, with raisins and spice, dry	362.00	462.00	8.45
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	362.00	58.00	21.99
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	362.00	1,385.00	21.97
10220	Pork, fresh, ground, cooked	362.00	73.00	25.69
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	362.00	83.00	21.47
16086	Peas, split, mature seeds, cooked, boiled, without salt	362.00	2.00	8.34
16386	Peas, split, mature seeds, cooked, boiled, with salt	362.00	238.00	8.34
17216	Veal, variety meats and by-products, spleen, raw	362.00	97.00	18.30
19022	Snacks, granola bars, soft, uncoated, raisin	362.00	282.00	7.60
21078	Fast foods, nachos, with cheese	362.00	313.00	4.32
21268	TACO BELL, Nachos	362.00	313.00	4.32
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	362.00	39.00	21.19
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	362.00	61.00	22.91
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	362.00	60.00	29.16
25017	Formulated bar, POWER BAR, chocolate	362.00	308.00	14.15
28114	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Dark Chocolate Fudge Stripes Cookies	362.00	392.00	4.50
43325	Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted	362.00	969.00	22.00
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	361.00	60.00	26.07
23050	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	361.00	57.00	27.22
23058	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	361.00	60.00	26.30
23278	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	361.00	89.00	26.00
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	361.00	52.00	30.09
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	361.00	57.00	23.07
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	361.00	62.00	22.18
08680	Cereals, oats, instant, fortified, maple and brown sugar, dry	361.00	505.00	9.25
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	361.00	285.00	3.13
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	361.00	80.00	21.19
13446	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	361.00	59.00	28.19
15114	Fish, trout, mixed species, raw	361.00	52.00	20.77
17157	Game meat, bison, separable lean only, cooked, roasted	361.00	57.00	28.44
05295	Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	360.00	678.00	17.60
06232	PREGO Pasta, Organic Mushroom Italian Sauce, ready-to-serve	360.00	376.00	1.60
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	360.00	1,032.00	17.40

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	360.00	440.00	9.11
11105	Burdock root, cooked, boiled, drained, without salt	360.00	4.00	2.09
11747	Burdock root, cooked, boiled, drained, with salt	360.00	240.00	2.09
13337	Beef, variety meats and by-products, thymus, raw	360.00	96.00	12.18
17170	Game meat, horse, raw	360.00	53.00	21.39
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	360.00	53.00	20.98
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	360.00	62.00	22.15
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	360.00	63.00	31.71
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	360.00	89.00	21.10
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	360.00	89.00	20.80
28087	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Dark Chocolate	360.00	370.00	4.30
31030	Potatoes, french fried, steak cut, salt not added in processing, frozen, unprepared	360.00	30.00	2.40
19151	Candies, REESE'S PIECES Candy	359.00	194.00	12.46
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	359.00	61.00	31.48
23094	Beef, chuck for stew, separable lean and fat, select, raw	359.00	81.00	21.90
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	359.00	39.00	21.04
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	359.00	58.00	27.17
07962	Frankfurter, meat and poultry, unheated	359.00	976.00	9.72
08215	Cereals ready-to-eat, QUAKER, Oatmeal Squares, cinnamon	359.00	344.00	11.23
08683	Cereals ready-to-eat, CASCADIAN FARM, Multi-Grain Squares	359.00	--	9.39
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	359.00	76.00	21.81
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	359.00	60.00	21.79
11950	Mushrooms, enoki, raw	359.00	3.00	2.66
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	359.00	55.00	31.09
08365	Cereals ready-to-eat, QUAKER, Shredded Wheat, bagged cereal	358.00	4.00	11.24
08402	Cereals, QUAKER, Quick Oats, Dry	358.00	3.00	13.70
08451	Cereals, QUAKER, Quick Oats with Iron, Dry	358.00	3.00	13.70
08632	Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple	358.00	347.00	11.30
09040	Bananas, raw	358.00	1.00	1.09
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	358.00	47.00	21.34
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	358.00	835.00	27.75
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	358.00	722.00	22.27
11490	Squash, winter, hubbard, baked, without salt	358.00	8.00	2.48
11868	Squash, winter, hubbard, baked, with salt	358.00	244.00	2.48
15010	Fish, catfish, channel, wild, raw	358.00	43.00	16.38
15074	Fish, sablefish, raw	358.00	56.00	13.41

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
16005	Beans, baked, home prepared	358.00	422.00	5.54
17187	Lamb, variety meats and by-products, brain, cooked, pan-fried	358.00	157.00	16.97
17214	Lamb, variety meats and by-products, spleen, raw	358.00	84.00	17.20
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	358.00	60.00	31.32
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	358.00	59.00	29.01
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	358.00	526.00	1.86
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	357.00	88.00	19.70
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	357.00	88.00	19.46
23477	Beef, ground, 97% lean meat / 3% fat, raw	357.00	66.00	21.98
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	357.00	56.00	22.27
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	357.00	60.00	22.60
05663	Ground turkey, fat free, pan-broiled crumbles	357.00	61.00	31.69
08214	Cereals ready-to-eat, QUAKER, Oatmeal Squares	357.00	347.00	11.38
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	357.00	440.00	8.19
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	357.00	44.00	26.62
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	357.00	47.00	27.23
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	357.00	96.00	24.88
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	357.00	55.00	27.51
10140	Pork, cured, ham, regular (approximately 13% fat), canned, roasted	357.00	941.00	20.53
13149	Beef, rib, shortribs, separable lean only, choice, raw	357.00	65.00	19.05
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	357.00	73.00	27.53
13389	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted	357.00	73.00	27.53
13390	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted	357.00	73.00	27.53
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	357.00	63.00	22.18
13972	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw	357.00	85.00	20.61
15055	Fish, mullet, striped, raw	357.00	65.00	19.35
07230	OSCAR MAYER, Salami (hard)	356.00	1,976.00	25.90
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	356.00	73.00	20.27
10020	Pork, fresh, loin, whole, separable lean and fat, raw	356.00	50.00	19.74
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	356.00	56.00	26.76
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	356.00	810.00	24.39
11261	Mushrooms, white, cooked, boiled, drained, without salt	356.00	2.00	2.17
11446	Seaweed, laver, raw	356.00	48.00	5.81
11555	Tomato products, canned, sauce, with herbs and cheese	356.00	543.00	2.13
11797	Mushrooms, white, cooked, boiled, drained, with salt	356.00	238.00	2.17
12104	Nuts, coconut meat, raw	356.00	20.00	3.33

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	356.00	58.00	30.21
15003	Fish, bass, fresh water, mixed species, raw	356.00	70.00	18.86
15065	Fish, pollock, Atlantic, raw	356.00	86.00	19.44
17127	Veal, shoulder, arm, separable lean only, cooked, roasted	356.00	91.00	26.13
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	356.00	75.00	20.86
23054	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	356.00	59.00	26.22
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	356.00	74.00	27.88
18427	Crackers, standard snack-type, regular, low salt	355.00	216.00	7.40
19038	Snacks, popcorn, caramel-coated, with peanuts	355.00	177.00	6.40
20111	Noodles, egg, spinach, enriched, dry	355.00	72.00	14.61
21026	Fast foods, potatoes, hash browns, round pieces or patty	355.00	566.00	2.58
23057	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw	355.00	60.00	20.67
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	355.00	52.00	21.44
08245	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Hearty Raisin	355.00	195.00	8.50
11453	Soybeans, mature seeds, sprouted, cooked, steamed	355.00	10.00	8.47
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	355.00	246.00	8.47
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	355.00	58.00	29.02
13951	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	355.00	59.00	27.95
16015	Beans, black, mature seeds, cooked, boiled, without salt	355.00	1.00	8.86
16315	Beans, black, mature seeds, cooked, boiled, with salt	355.00	237.00	8.86
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	355.00	57.00	28.99
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	355.00	57.00	28.96
06152	Sauce, pizza, canned, ready-to-serve	354.00	348.00	2.18
06221	PREGO Pasta, Chunky Garden Mushroom Supreme Italian Sauce, ready-to-serve	354.00	--	1.54
06240	PREGO Pasta, Zesty Mushroom Italian Sauce, ready-to-serve	354.00	408.00	1.54
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	354.00	63.00	22.49
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	354.00	63.00	22.81
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	354.00	89.00	26.69
13319	Beef, variety meats and by-products, brain, cooked, pan-fried	354.00	158.00	12.57
13916	Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	354.00	64.00	25.92
15013	Fish, cisco, raw	354.00	55.00	18.99
15143	Crustaceans, crab, dungeness, raw	354.00	295.00	17.41
15163	Mollusks, cuttlefish, mixed species, raw	354.00	372.00	16.24
17305	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, cooked, broiled	354.00	66.00	27.63
17309	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	354.00	66.00	26.75
17339	Game meat, elk, ground, cooked, pan-broiled	354.00	85.00	26.64

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	354.00	52.00	21.13
23513	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw	354.00	64.00	19.63
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	354.00	93.00	26.28
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	354.00	55.00	22.06
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	354.00	57.00	22.93
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	353.00	60.00	30.93
23220	Beef, ground, unspecified fat content, cooked	353.00	85.00	25.07
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	353.00	64.00	26.36
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	353.00	55.00	22.53
05658	Ostrich, top loin, cooked	353.00	77.00	28.12
09290	Prunes, dehydrated (low-moisture), stewed	353.00	2.00	1.23
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	353.00	59.00	21.65
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	353.00	94.00	27.63
11204	Cress, garden, cooked, boiled, drained, without salt	353.00	8.00	1.90
11781	Cress, garden, cooked, boiled, drained, with salt	353.00	244.00	1.90
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	353.00	85.00	21.74
15195	Fish, drum, freshwater, cooked, dry heat	353.00	96.00	22.49
17144	Game meat, antelope, raw	353.00	51.00	22.38
17148	Bison, ground, grass-fed, cooked	353.00	76.00	25.45
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	353.00	85.00	27.37
17334	Game meat, bison, chuck, shoulder clod, separable lean only, raw	353.00	62.00	21.12
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	353.00	65.00	24.26
03114	Babyfood, vegetable, butternut squash and corn	352.00	5.00	2.00
05645	Ostrich, inside leg, cooked	352.00	83.00	29.01
06380	CAMPBELL'S Red and White, Split Pea with Ham and Bacon Soup, condensed	352.00	664.00	7.81
08677	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS Touch of Fruit in the Middle, Raspberry	352.00	17.00	8.80
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	352.00	60.00	26.83
10059	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted	352.00	59.00	27.78
11485	Squash, winter, butternut, raw	352.00	4.00	1.00
13326	Beef, variety meats and by-products, liver, cooked, braised	352.00	79.00	29.08
16424	Soy sauce made from soy and wheat (shoyu), low sodium	352.00	3,598.00	9.05
17184	Game meat, squirrel, cooked, roasted	352.00	119.00	30.77
17201	Lamb, variety meats and by-products, liver, cooked, pan-fried	352.00	124.00	25.53
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	352.00	61.00	31.03
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	352.00	62.00	31.18
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	352.00	54.00	27.55

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	352.00	40.00	20.15
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	352.00	57.00	22.69
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	352.00	58.00	28.29
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	351.00	86.00	24.66
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	351.00	57.00	22.88
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	351.00	383.00	21.91
32024	Rice mix, cheese flavor, dry mix, unprepared	351.00	1,193.00	8.77
07007	Bologna, beef	351.00	1,013.00	10.91
08669	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Chocolate Squares	351.00	400.00	3.29
09039	Avocados, raw, Florida	351.00	2.00	2.23
10079	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted	351.00	80.00	26.68
10185	Pork, cured, ham, extra lean and regular, canned, roasted	351.00	1,068.00	20.94
11202	Cowpeas, leafy tips, cooked, boiled, drained, without salt	351.00	6.00	4.67
11780	Cowpeas, leafy tips, cooked, boiled, drained, with salt	351.00	242.00	4.67
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	351.00	72.00	28.02
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	351.00	77.00	26.52
13823	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	351.00	81.00	27.02
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	351.00	58.00	27.78
15034	Fish, haddock, cooked, dry heat	351.00	261.00	19.99
16026	Beans, great northern, mature seeds, canned	351.00	370.00	7.37
16326	Beans, great northern, mature seeds, canned, low sodium	351.00	177.00	7.37
17136	Veal, sirloin, separable lean and fat, cooked, roasted	351.00	83.00	25.14
01225	Dulce de Leche	350.00	129.00	6.84
02025	Spices, nutmeg, ground	350.00	16.00	5.84
06986	CAMPBELL'S HEALTHY REQUEST, Chicken Noodle Soup, condensed	350.00	334.00	2.40
08640	Cereals, QUAKER, Instant Oatmeal Organic, Regular	350.00	4.00	16.00
08712	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN with cranberries	350.00	361.00	6.90
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	350.00	83.00	27.01
11241	Kohlrabi, raw	350.00	20.00	1.70
11643	Squash, winter, all varieties, raw	350.00	4.00	0.95
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	350.00	57.00	30.50
15108	Fish, sunfish, pumpkin seed, raw	350.00	80.00	19.40
15166	Mollusks, octopus, common, raw	350.00	230.00	14.91
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	350.00	64.00	21.10
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	350.00	510.00	7.12
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	350.00	56.00	27.51

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	350.00	56.00	27.48
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	350.00	59.00	22.19
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	350.00	57.00	27.89
36000	APPLEBEE'S, 9 oz house sirloin steak	350.00	604.00	26.85
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	349.00	83.00	21.36
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	349.00	86.00	24.24
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	349.00	54.00	27.38
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	349.00	79.00	24.62
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	349.00	56.00	22.09
27060	Soup, chunky vegetable, reduced sodium, canned, ready-to-serve	349.00	138.00	1.16
42297	Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch	349.00	238.00	9.80
03682	Babyfood, cereal, high protein, prepared with whole milk	349.00	49.00	8.70
07254	Turkey bacon, unprepared	349.00	1,069.00	15.94
07944	Turkey, white, rotisserie, deli cut	349.00	1,200.00	13.50
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	349.00	46.00	26.45
10174	Pork, fresh, variety meats and by-products, tail, raw	349.00	63.00	17.75
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	349.00	986.00	22.56
13857	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	349.00	58.00	27.17
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	349.00	60.00	22.06
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	349.00	79.00	20.15
15026	Fish, eel, mixed species, cooked, dry heat	349.00	65.00	23.65
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	349.00	61.00	23.41
07013	Bratwurst, pork, cooked	348.00	846.00	13.72
08081	Cereals ready-to-eat, POST, Honey Nut Shredded Wheat	348.00	102.00	8.50
08157	Cereals ready-to-eat, wheat, puffed, fortified	348.00	4.00	14.70
09231	Passion-fruit, (granadilla), purple, raw	348.00	28.00	2.20
10138	Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted	348.00	1,135.00	21.16
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	348.00	744.00	22.45
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	348.00	54.00	30.93
17124	Veal, shoulder, arm, separable lean and fat, cooked, roasted	348.00	90.00	25.46
17137	Veal, sirloin, separable lean only, raw	348.00	80.00	20.20
17150	Game meat, beaver, raw	348.00	51.00	24.05
21600	School Lunch, pizza, cheese topping, thin crust, whole grain, frozen, cooked	348.00	421.00	12.72
22988	KASHI, Pilaf, 7 Whole Grain, unprepared	348.00	5.00	13.81
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	348.00	58.00	26.45
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	348.00	58.00	22.78

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
32016	Macaroni or noodles with cheese, microwaveable, unprepared	348.00	902.00	11.48
19098	Candies, 5TH AVENUE Candy Bar	347.00	225.00	8.78
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	347.00	50.00	9.57
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	347.00	680.00	13.86
23037	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw	347.00	61.00	20.39
23104	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	347.00	77.00	19.20
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	347.00	82.00	21.19
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	347.00	56.00	27.26
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	347.00	65.00	26.29
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	347.00	56.00	22.33
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	347.00	56.00	22.12
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	347.00	1,098.00	19.44
11482	Squash, winter, acorn, raw	347.00	3.00	0.80
15177	Mollusks, whelk, unspecified, raw	347.00	206.00	23.84
17126	Veal, shoulder, arm, separable lean only, cooked, braised	347.00	90.00	35.73
03205	Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified	346.00	0.00	10.50
03711	Babyfood, cereal, high protein, with apple and orange, prepared with whole milk	346.00	58.00	6.90
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	346.00	75.00	25.33
10198	Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted	346.00	48.00	26.99
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	346.00	1,096.00	19.38
11400	Potatoes, frozen, whole, unprepared	346.00	25.00	2.38
11461	Spinach, canned, regular pack, drained solids	346.00	322.00	2.81
11463	Spinach, frozen, chopped or leaf, unprepared	346.00	74.00	3.63
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	346.00	64.00	29.88
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	346.00	87.00	20.39
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	346.00	62.00	21.30
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	346.00	62.00	21.68
18172	Cookies, gingersnaps	346.00	501.00	5.60
18177	Cookies, molasses	346.00	459.00	5.60
18383	Bread, protein, (includes gluten), toasted	346.00	444.00	13.20
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	346.00	81.00	21.30
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	346.00	79.00	25.28
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	346.00	56.00	27.31
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	346.00	39.00	19.88
23557	Beef, ground, 95% lean meat / 5% fat, raw	346.00	66.00	21.41
18235	Crackers, whole-wheat	345.00	704.00	10.58

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	345.00	62.00	21.59
01192	KRAFT VELVEETA LIGHT Reduced Fat Pasteurized Process Cheese Product	345.00	1,586.00	19.60
07052	Pastrami, turkey	345.00	1,123.00	16.30
08459	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS, Maple & Brown Sugar, Bite Size	345.00	6.00	8.70
08670	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS, MEDLEY CRUNCH	345.00	385.00	9.10
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	345.00	81.00	25.96
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	345.00	82.00	21.14
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	345.00	54.00	20.08
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	345.00	55.00	26.07
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	345.00	977.00	22.18
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	345.00	89.00	27.14
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	345.00	57.00	27.12
15020	Fish, croaker, Atlantic, raw	345.00	56.00	17.78
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	345.00	76.00	25.53
18078	Bread, whole-wheat, prepared from recipe, toasted	345.00	381.00	9.20
08690	Cereals, QUAKER, oatmeal, REAL MEDLEYS, apple walnut, dry	344.00	356.00	8.18
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	344.00	55.00	25.61
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	344.00	821.00	26.18
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	344.00	81.00	25.58
11223	Drumstick leaves, cooked, boiled, drained, without salt	344.00	9.00	5.27
11523	Taro shoots, cooked, without salt	344.00	2.00	0.73
11786	Drumstick leaves, cooked, boiled, drained, with salt	344.00	245.00	5.27
11880	Taro, shoots, cooked, with salt	344.00	238.00	0.73
13393	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	344.00	64.00	24.91
13821	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	344.00	80.00	26.65
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	344.00	86.00	20.28
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	344.00	80.00	20.32
15061	Fish, perch, mixed species, cooked, dry heat	344.00	79.00	24.86
15084	Fish, salmon, pink, canned, total can contents	344.00	403.00	19.68
15196	Fish, halibut, greenland, cooked, dry heat	344.00	103.00	18.42
16171	Refried beans, canned, vegetarian	344.00	430.00	5.28
16172	Refried beans, canned, fat-free	344.00	438.00	5.34
17004	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked	344.00	76.00	28.22
17268	Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw	344.00	48.00	22.10
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	344.00	60.00	20.93
17422	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	344.00	60.00	20.93

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	344.00	76.00	21.22
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	344.00	54.00	21.34
27023	CAMPBELL'S Soup on the Go, HEALTHY REQUEST Classic Tomato Soup	344.00	134.00	0.98
19150	Candies, REESE'S Peanut Butter Cups	343.00	357.00	10.24
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	343.00	80.00	21.13
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	343.00	49.00	21.74
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	343.00	47.00	32.06
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	343.00	206.00	2.42
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	343.00	55.00	20.71
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	343.00	57.00	25.79
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	343.00	74.00	26.74
11097	Broccoli raab, cooked	343.00	56.00	3.83
17156	Game meat, bison, separable lean only, raw	343.00	54.00	21.62
17181	Game meat, rabbit, wild, cooked, stewed	343.00	45.00	33.02
07064	Pork sausage, link/patty, cooked, pan-fried	342.00	814.00	18.53
08462	Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat	342.00	4.00	12.00
08542	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS Bite Size Strawberry Delight	342.00	3.00	8.70
13000	Beef, grass-fed, strip steaks, lean only, raw	342.00	55.00	23.07
13392	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	342.00	64.00	24.73
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	342.00	54.00	20.56
13866	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	342.00	54.00	20.56
17018	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	342.00	66.00	28.17
17141	Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised	342.00	93.00	34.94
17304	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, raw	342.00	64.00	20.43
17307	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	342.00	65.00	25.54
17308	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	342.00	64.00	20.65
18225	Crackers, rye, sandwich-type with cheese filling	342.00	1,044.00	9.20
19268	Candies, dark chocolate coated coffee beans	342.00	25.00	7.50
23038	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	342.00	59.00	26.07
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	342.00	68.00	18.86
23280	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	342.00	78.00	25.50
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	342.00	66.00	26.22
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	342.00	57.00	21.91
32009	Pasta mix, classic beef, unprepared	342.00	1,537.00	12.32
19075	Candies, CARAMELLO Candy Bar	341.00	122.00	6.19
21319	McDONALD'S, Hash Brown	341.00	580.00	2.48

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	341.00	76.00	21.05
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	341.00	49.00	21.65
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	341.00	56.00	22.22
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	341.00	57.00	22.12
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	341.00	53.00	21.43
36615	DENNY'S, top sirloin steak	341.00	349.00	28.90
06633	Sauce, hot chile, sriracha, TUONG OT SRIRACHA	341.00	1,540.00	1.86
08617	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Bite Size Blueberry Muffin	341.00	5.00	8.60
10072	Pork, fresh, shoulder, whole, separable lean only, raw	341.00	76.00	19.55
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	341.00	57.00	26.36
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	341.00	57.00	21.94
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	341.00	414.00	20.86
15093	Fish, seatrout, mixed species, raw	341.00	58.00	16.74
17252	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	341.00	83.00	23.48
17331	Game meat, bison, ground, cooked, pan-broiled	341.00	73.00	23.77
18114	Cake, gingerbread, dry mix	341.00	657.00	4.40
07926	Salami, Italian, pork	340.00	1,890.00	21.70
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	340.00	57.00	26.64
11242	Kohlrabi, cooked, boiled, drained, without salt	340.00	21.00	1.80
11422	Pumpkin, raw	340.00	--	1.00
11618	Eppaw, raw	340.00	12.00	4.60
11670	Peppers, hot chili, green, raw	340.00	7.00	2.00
11793	Kohlrabi, cooked, boiled, drained, with salt	340.00	257.00	1.80
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	340.00	57.00	21.72
13328	Beef, variety meats and by-products, lungs, raw	340.00	198.00	16.20
13391	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	340.00	56.00	27.27
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	340.00	82.00	20.35
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	340.00	58.00	21.49
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	340.00	57.00	26.72
13924	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	340.00	57.00	26.48
13952	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	340.00	56.00	27.27
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	340.00	55.00	26.75
15011	Fish, catfish, channel, cooked, breaded and fried	340.00	280.00	18.09
15021	Fish, croaker, Atlantic, cooked, breaded and fried	340.00	348.00	18.20
17049	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	340.00	82.00	27.71
17109	Veal, loin, separable lean only, cooked, roasted	340.00	96.00	26.32

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
17313	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, cooked, broiled	340.00	80.00	26.53
20071	Wheat, hard red spring	340.00	2.00	15.40
23427	Beef, New Zealand, imported, manufacturing beef, raw	340.00	55.00	21.23
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	340.00	57.00	22.17
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	340.00	55.00	21.57
28333	Cookies, gluten-free, chocolate wafer	340.00	122.00	4.06
28359	GLUTINO, Gluten Free Wafers, Milk Chocolate	340.00	122.00	4.06
36413	Restaurant, Latino, black bean soup	340.00	311.00	5.10
43135	Sandwich spread, meatless	340.00	630.00	8.00
43495	Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY	340.00	380.00	10.00
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	339.00	193.00	10.20
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	339.00	59.00	20.51
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	339.00	78.00	20.10
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	339.00	77.00	22.26
28355	CRUNCHMASTER, Multi-Grain Crisps, Snack Crackers, Gluten-Free	339.00	370.00	10.91
42139	Granola bar, soft, milk chocolate coated, peanut butter	339.00	193.00	9.60
42185	Frozen yogurts, chocolate, nonfat milk, sweetened without sugar	339.00	81.00	4.40
01187	Yogurt, chocolate, nonfat milk	339.00	135.00	3.53
01222	Yogurt, chocolate, nonfat milk, fortified with vitamin D	339.00	135.00	3.53
01235	Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener	339.00	81.00	4.40
05664	Ground turkey, fat free, patties, broiled	339.00	59.00	28.99
08641	Cereals, QUAKER, Instant Oatmeal, fruit and cream, variety of flavors, reduced sugar	339.00	559.00	10.16
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	339.00	65.00	18.73
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	339.00	816.00	21.61
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	339.00	64.00	29.90
13822	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	339.00	79.00	26.41
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	339.00	56.00	27.66
17125	Veal, shoulder, arm, separable lean only, raw	339.00	86.00	20.04
17138	Veal, sirloin, separable lean only, cooked, braised	339.00	81.00	33.96
17225	Lamb, ground, cooked, broiled	339.00	81.00	24.75
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	339.00	61.00	23.69
06222	PREGO Pasta, Diced Onion and Garlic Italian Sauce, ready-to-serve	338.00	369.00	1.54
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	338.00	67.00	20.76
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	338.00	32.00	2.42
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	338.00	56.00	27.82
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	338.00	63.00	29.51

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	338.00	83.00	20.36
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	338.00	56.00	26.44
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	338.00	68.00	28.30
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	338.00	76.00	35.54
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	338.00	89.00	31.90
18188	Cookies, peanut butter, refrigerated dough, baked	338.00	436.00	9.10
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	338.00	63.00	21.24
23418	Beef, New Zealand, imported, inside, raw	338.00	40.00	22.16
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	338.00	49.00	27.79
25043	Snacks, candy bits, yogurt covered with vitamin C	338.00	75.00	0.00
23431	Beef, New Zealand, imported, ribs prepared, raw	337.00	54.00	21.31
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	337.00	74.00	22.11
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	337.00	58.00	21.38
27043	Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve	337.00	194.00	2.33
31012	CAMPBELL'S, V8 Vegetable Juice, Low Sodium V8	337.00	58.00	0.82
36005	APPLEBEE'S, chicken tenders, from kids' menu	337.00	763.00	19.25
42173	Turkey and pork sausage, fresh, bulk, patty or link, cooked	337.00	878.00	22.70
42261	Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	337.00	287.00	9.00
06545	CAMPBELL'S Homestyle New England Clam Chowder	337.00	363.00	2.33
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	337.00	78.00	25.70
10044	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw	337.00	56.00	20.28
10142	Pork, cured, ham, center slice, separable lean and fat, unheated	337.00	1,386.00	20.17
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	337.00	1,223.00	18.82
11222	Drumstick leaves, raw	337.00	9.00	9.40
11507	Sweet potato, raw, unprepared	337.00	55.00	1.57
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	337.00	262.00	2.88
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	337.00	70.00	26.98
16068	Hyacinth beans, mature seeds, cooked, boiled, without salt	337.00	7.00	8.14
16368	Hyacinth beans, mature seeds, cooked, boiled, with salt	337.00	243.00	8.14
17143	Veal, ground, cooked, broiled	337.00	83.00	24.38
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	337.00	65.00	25.14
18097	Cake, pudding-type, chocolate, dry mix	337.00	767.00	4.60
05111	Canada Goose, breast meat, skinless, raw	336.00	50.00	24.31
08039	Cereals ready-to-eat, POST, GRAPE-NUTS Flakes	336.00	470.00	9.40
08202	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Crunchy Almond	336.00	212.00	9.89
08709	Cereals ready-to-eat, MOM'S BEST, Sweetened WHEAT-FULS	336.00	14.00	8.18

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	336.00	57.00	20.48
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	336.00	81.00	20.07
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	336.00	55.00	24.04
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	336.00	56.00	26.96
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	336.00	82.00	20.57
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	336.00	82.00	23.08
17237	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	336.00	78.00	26.06
17303	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	336.00	64.00	25.75
19015	Snacks, granola bars, hard, plain	336.00	294.00	10.10
23102	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	336.00	76.00	19.17
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	336.00	55.00	23.30
23472	Beef, ground, 93% lean meat / 7% fat, raw	336.00	66.00	20.85
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	336.00	74.00	21.57
36023	APPLEBEE'S, chicken tenders platter	336.00	740.00	19.62
18196	Cookies, brownies, dry mix, sugar free	335.00	83.00	2.90
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	335.00	59.00	28.72
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	335.00	66.00	21.55
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	335.00	83.00	24.04
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	335.00	75.00	21.69
01191	KRAFT VELVEETA Pasteurized Process Cheese Spread	335.00	1,499.00	16.30
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	335.00	88.00	26.38
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	335.00	88.00	28.84
10187	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw	335.00	55.00	18.95
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	335.00	82.00	20.16
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	335.00	60.00	20.68
17061	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, broiled	335.00	76.00	28.08
17165	Game meat, deer, cooked, roasted	335.00	54.00	30.21
17244	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	335.00	82.00	23.84
17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	335.00	51.00	21.40
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	334.00	45.00	22.50
08694	Cereals, QUAKER, Instant Oatmeal, weight control, cinnamon	334.00	618.00	16.50
10184	Pork, cured, ham, extra lean and regular, canned, unheated	334.00	1,276.00	17.97
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	334.00	1,212.00	18.62
11677	Shallots, raw	334.00	12.00	2.50
13436	Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised	334.00	45.00	36.12
13438	Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised	334.00	45.00	36.12

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	334.00	55.00	21.68
17173	Game meat, moose, cooked, roasted	334.00	69.00	29.27
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	334.00	63.00	20.61
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	334.00	80.00	25.08
35205	Stinging Nettles, blanched (Northern Plains Indians)	334.00	4.00	2.71
36027	DENNY'S, chicken strips	334.00	798.00	19.17
21421	KFC, Crispy Chicken Strips	333.00	948.00	20.25
22941	SPAGHETTIOS, SpaghettiOs with Sliced Franks	333.00	238.00	3.57
23044	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	333.00	76.00	25.29
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	333.00	71.00	24.95
23502	USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked	333.00	95.00	26.06
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	333.00	68.00	26.11
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	333.00	76.00	21.45
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	333.00	54.00	21.26
32029	Rice mix, white and wild, flavored, unprepared	333.00	1,140.00	10.53
42131	Milk dessert, frozen, milk-fat free, chocolate	333.00	97.00	4.30
43142	Radishes, hawaiian style, pickled	333.00	789.00	1.10
05649	Ostrich, outside strip, raw	333.00	70.00	23.36
10006	Pork, fresh, separable fat, raw	333.00	47.00	9.25
11235	Kale, frozen, unprepared	333.00	15.00	2.66
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	333.00	62.00	28.61
15008	Fish, carp, raw	333.00	49.00	17.83
15124	Fish, tuna, white, canned in oil, drained solids	333.00	396.00	26.53
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	333.00	464.00	18.07
15185	Fish, tuna, white, canned in oil, without salt, drained solids	333.00	50.00	26.53
15260	Fish, salmon, pink, canned, drained solids	333.00	381.00	23.10
16147	Veggie burgers or soyburgers, unprepared	333.00	569.00	15.70
17022	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	333.00	71.00	28.35
17123	Veal, shoulder, arm, separable lean and fat, cooked, braised	333.00	87.00	33.63
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	332.00	115.00	7.55
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	332.00	173.00	20.32
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	332.00	76.00	24.99
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	332.00	67.00	23.11
11522	Taro shoots, raw	332.00	1.00	0.92
11973	Beans, fava, in pod, raw	332.00	25.00	7.92
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	332.00	81.00	19.18

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
13860	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	332.00	63.00	24.13
13887	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw	332.00	58.00	19.74
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	332.00	85.00	20.67
16093	Peanuts, valencia, raw	332.00	1.00	25.09
20069	Triticale	332.00	5.00	13.05
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	332.00	74.00	21.96
21147	School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Cheese Pizza 50/50 Cheese, frozen	331.00	400.00	12.08
23411	Beef, New Zealand, imported, flank, separable lean only, raw	331.00	47.00	20.53
06229	PREGO Pasta, Mushroom and Garlic Italian Sauce, ready-to-serve	331.00	362.00	1.54
13919	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	331.00	57.00	23.90
13925	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	331.00	57.00	23.90
15063	Fish, pike, northern, cooked, dry heat	331.00	49.00	24.69
15266	Fish, pollock, Alaska, raw (not previously frozen)	331.00	159.00	17.17
17140	Veal, cubed for stew (leg and shoulder), separable lean only, raw	331.00	83.00	20.27
17311	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	331.00	78.00	25.49
01215	Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D	330.00	1,201.00	17.60
05021	Chicken, broilers or fryers, giblets, cooked, fried	330.00	113.00	32.54
05626	Emu, full rump, raw	330.00	90.00	22.83
05646	Ostrich, inside strip, raw	330.00	76.00	23.69
07039	Lebanon bologna, beef	330.00	1,374.00	19.03
08686	Cereals, QUAKER, Weight Control Instant Oatmeal, maple and brown sugar	330.00	642.00	16.37
11145	Celtuce, raw	330.00	11.00	0.85
11591	Watercress, raw	330.00	41.00	2.30
13023	Beef, brisket, whole, separable lean only, all grades, raw	330.00	79.00	20.72
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	330.00	54.00	21.22
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	330.00	45.00	35.62
13430	Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	330.00	45.00	35.62
13432	Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised	330.00	45.00	35.62
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	330.00	65.00	24.47
17177	Game meat, rabbit, domesticated, composite of cuts, raw	330.00	41.00	20.05
17343	Game meat, deer, ground, raw	330.00	75.00	21.78
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	330.00	67.00	24.39
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	330.00	81.00	20.87
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	330.00	66.00	18.86
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	330.00	63.00	22.03
25063	Snacks, potato chips, made from dried potatoes (preformed), multigrain	330.00	544.00	5.30

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
28326	Crackers, whole grain, sandwich-type, with peanut butter filling	330.00	635.00	14.12
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	330.00	871.00	18.67
42148	Candies, MARS SNACKFOOD US, M&M's Peanut Butter Chocolate Candies	330.00	213.00	10.16
42258	Cheese product, pasteurized process, cheddar, reduced fat	330.00	1,587.00	17.60
19034	Snacks, popcorn, air-popped	329.00	8.00	12.94
23103	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	329.00	76.00	19.15
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	329.00	66.00	18.86
05147	Goose, domesticated, meat and skin, cooked, roasted	329.00	70.00	25.16
07001	Barbecue loaf, pork, beef	329.00	1,334.00	15.84
07209	OSCAR MAYER, Chicken Breast (honey glazed)	329.00	1,438.00	19.85
08639	Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar	329.00	760.00	11.26
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	329.00	84.00	19.87
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	329.00	90.00	21.66
10046	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	329.00	55.00	24.42
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	329.00	68.00	23.28
12202	Nuts, chestnuts, japanese, raw	329.00	14.00	2.25
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	329.00	77.00	19.71
13883	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw	329.00	58.00	19.60
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	329.00	54.00	26.46
15139	Crustaceans, crab, blue, raw	329.00	293.00	18.06
15253	Salmon, sockeye, canned, total can contents	329.00	433.00	20.63
15268	Fish, cod, Pacific, raw (not previously frozen)	329.00	109.00	17.54
17134	Veal, sirloin, separable lean and fat, raw	329.00	76.00	19.07
17203	Veal, variety meats and by-products, liver, cooked, braised	329.00	78.00	28.42
17233	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	329.00	65.00	26.73
17292	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	329.00	81.00	20.46
17296	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	329.00	81.00	20.45
17297	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	329.00	69.00	27.18
06234	PREGO Pasta, Heart Smart- Ricotta Parmesan Italian Sauce, ready-to-serve	328.00	288.00	2.40
06237	PREGO Pasta, Heart Smart- Roasted Red Pepper and Garlic Italian Sauce, ready-to-serve	328.00	288.00	1.60
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	328.00	698.00	20.94
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	328.00	732.00	8.30
08635	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar	328.00	528.00	6.50
08666	Cereals ready-to-eat, GENERAL MILLS, Cinnamon Burst CHEERIOS	328.00	375.00	6.30
11367	Potatoes, boiled, cooked without skin, flesh, without salt	328.00	5.00	1.71
11833	Potatoes, boiled, cooked without skin, flesh, with salt	328.00	241.00	1.71

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	328.00	69.00	26.07
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	328.00	96.00	25.56
13858	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	328.00	64.00	22.76
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	328.00	54.00	26.44
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	328.00	54.00	21.22
15092	Fish, sea bass, mixed species, cooked, dry heat	328.00	87.00	23.63
15188	Fish, bass, striped, cooked, dry heat	328.00	88.00	22.73
17090	Veal, composite of trimmed retail cuts, separable lean only, raw	328.00	86.00	20.20
17149	Bison, ground, grass-fed, raw	328.00	70.00	20.23
17167	Game meat, elk, cooked, roasted	328.00	61.00	30.19
17300	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	328.00	80.00	20.48
19031	Snacks, oriental mix, rice-based	328.00	413.00	17.31
22122	MORNINGSTAR FARMS Breakfast Sausage Patties, frozen, unprepared	328.00	671.00	25.80
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	328.00	58.00	22.37
25048	Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	328.00	195.00	9.38
19036	Snacks, popcorn, cakes	327.00	288.00	9.70
21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	327.00	526.00	28.98
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	327.00	58.00	20.54
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	327.00	53.00	20.50
08124	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry	327.00	454.00	8.62
08191	Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size	327.00	19.00	7.80
08500	Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS	327.00	18.00	9.09
08673	Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	327.00	2.00	8.81
08687	Cereals, QUAKER, Weight Control Instant Oatmeal, banana bread	327.00	619.00	16.50
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	327.00	71.00	25.98
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	327.00	71.00	26.00
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	327.00	58.00	20.80
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	327.00	56.00	20.70
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	327.00	54.00	26.80
15039	Fish, herring, Atlantic, raw	327.00	90.00	17.96
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	327.00	77.00	25.17
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	327.00	77.00	19.98
17121	Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted	327.00	97.00	25.81
17122	Veal, shoulder, arm, separable lean and fat, raw	327.00	83.00	19.34
17312	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	327.00	75.00	21.00
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	327.00	82.00	20.40

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
08702	Cereals, KELLOGG'S SPECIAL K NOURISH, Cinnamon Raisin Pecan, dry	326.00	295.00	14.10
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	326.00	69.00	25.58
11267	Mushrooms, shiitake, stir-fried	326.00	5.00	3.45
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	326.00	333.00	1.96
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	326.00	53.00	27.55
13096	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	326.00	53.00	26.58
13885	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw	326.00	58.00	19.48
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	326.00	54.00	21.22
15158	Mollusks, clam, mixed species, cooked, breaded and fried	326.00	364.00	14.24
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	326.00	75.00	19.78
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	326.00	378.00	24.62
17016	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	326.00	65.00	26.41
17293	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	326.00	72.00	27.31
18076	Bread, whole-wheat, commercially prepared, toasted	326.00	565.00	16.27
23159	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	326.00	56.00	28.21
23281	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	326.00	80.00	19.90
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	326.00	63.00	21.46
28365	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza	326.00	815.00	9.67
43100	Breakfast bars, oats, sugar, raisins, coconut (include granola bar)	326.00	251.00	9.80
19020	Snacks, granola bars, soft, uncoated, plain	325.00	278.00	7.40
19110	Candies, KRACKEL Chocolate Bar	325.00	196.00	6.62
19115	Candies, MARS SNACKFOOD US, MARS Almond Bar	325.00	170.00	8.10
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	325.00	71.00	24.98
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	325.00	80.00	19.70
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	325.00	55.00	22.09
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	325.00	50.00	24.89
23501	USDA Commodity, beef patties with VPP, frozen, cooked	325.00	66.00	15.64
06158	Soup, tomato bisque, canned, condensed	325.00	698.00	1.76
08353	Cereals ready-to-eat, QUAKER, MOTHER'S Cinnamon Oat Crunch	325.00	275.00	10.60
10076	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted	325.00	70.00	23.47
10149	Pork, cured, ham, steak, boneless, extra lean, unheated	325.00	1,269.00	19.56
11080	Beets, raw	325.00	78.00	1.61
11740	Broccoli, flower clusters, raw	325.00	27.00	2.98
11741	Broccoli, stalks, raw	325.00	27.00	2.98
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	325.00	4.00	3.63
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	325.00	5.00	9.16

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	325.00	241.00	9.16
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	325.00	87.00	30.10
17106	Veal, loin, separable lean and fat, cooked, roasted	325.00	93.00	24.80
17324	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, raw	325.00	83.00	19.88
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	325.00	65.00	20.20
05627	Emu, full rump, cooked, broiled	324.00	110.00	33.67
07935	Oven-roasted chicken breast roll	324.00	883.00	14.59
08286	Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX	324.00	239.00	8.60
08590	Cereals ready-to-eat, KASHI HEART TO HEART, Warm Cinnamon	324.00	251.00	11.60
12110	Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned	324.00	20.00	3.35
13852	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	324.00	63.00	22.54
15142	Crustaceans, crab, blue, crab cakes, home recipe	324.00	330.00	20.21
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	324.00	83.00	27.12
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	324.00	62.00	19.88
20648	Sorghum flour, whole-grain	324.00	3.00	8.43
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	324.00	75.00	19.38
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	324.00	52.00	23.35
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	324.00	52.00	23.35
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	324.00	54.00	26.34
36034	Restaurant, family style, chicken tenders	324.00	800.00	18.88
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	323.00	239.00	7.53
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	323.00	52.00	23.26
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	323.00	46.00	20.12
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	323.00	54.00	21.17
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	323.00	54.00	21.07
03216	Babyfood, teething biscuits	323.00	285.00	10.70
05642	Ostrich, ground, cooked, pan-broiled	323.00	80.00	26.15
07963	Frankfurter, meat and poultry, cooked, boiled	323.00	914.00	10.31
11063	Beans, snap, green, microwaved	323.00	3.00	2.31
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	323.00	62.00	28.40
13851	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	323.00	53.00	25.85
13861	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	323.00	65.00	22.15
13953	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	323.00	53.00	26.05
15118	Fish, tuna, fresh, bluefin, cooked, dry heat	323.00	50.00	29.91
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	323.00	72.00	24.43
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	323.00	81.00	19.84

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	323.00	67.00	23.56
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	323.00	88.00	31.89
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	322.00	725.00	28.34
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	322.00	725.00	27.69
05648	Ostrich, outside leg, raw	322.00	90.00	22.86
08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	322.00	7.00	12.64
09083	Currants, european black, raw	322.00	2.00	1.40
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	322.00	52.00	21.75
11248	Lentils, sprouted, raw	322.00	11.00	8.96
11819	Peppers, hot chili, red, raw	322.00	9.00	1.87
17118	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	322.00	96.00	25.32
17269	Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw	322.00	59.00	21.10
17338	Game meat, elk, ground, raw	322.00	79.00	21.76
18043	Bread, protein (includes gluten)	322.00	404.00	12.10
23060	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	322.00	77.00	24.93
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	322.00	52.00	23.24
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	322.00	60.00	22.15
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	322.00	87.00	23.45
36015	Restaurant, family style, chicken fingers, from kid's menu	322.00	809.00	18.68
19142	Candies, MOUNDS Candy Bar	321.00	145.00	4.60
21443	POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed	321.00	478.00	26.51
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	321.00	51.00	20.92
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	321.00	56.00	27.58
23562	Beef, ground, 90% lean meat / 10% fat, raw	321.00	66.00	20.00
06631	Sauce, hot chile, sriracha	321.00	2,124.00	1.93
07091	New england brand sausage, pork, beef	321.00	1,220.00	17.27
09292	Plums, dried (prunes), stewed, without added sugar	321.00	1.00	0.96
11236	Kale, frozen, cooked, boiled, drained, without salt	321.00	15.00	2.84
11791	Kale, frozen, cooked, boiled, drained, with salt	321.00	251.00	2.84
13356	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw	321.00	77.00	19.42
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	321.00	62.00	28.17
13831	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	321.00	64.00	22.73
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	321.00	45.00	34.60
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	321.00	53.00	20.68
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	321.00	53.00	20.64
17135	Veal, sirloin, separable lean and fat, cooked, braised	321.00	79.00	31.26

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	321.00	82.00	20.62
05621	Emu, ground, raw	320.00	56.00	22.77
05630	Emu, outside drum, raw	320.00	100.00	23.08
05644	Ostrich, inside leg, raw	320.00	72.00	22.39
05654	Ostrich, tenderloin, raw	320.00	86.00	22.07
06233	PREGO Pasta, Organic Tomato and Basil Italian Sauce, ready-to-serve	320.00	376.00	1.60
06239	PREGO Pasta, Tomato, Basil and Garlic Italian Sauce, ready-to-serve	320.00	336.00	1.60
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	320.00	437.00	1.39
06995	PREGO Pasta, Chunky Garden Tomato, Onion and Garlic Italian Sauce, ready-to-serve	320.00	376.00	1.60
07971	Bologna, meat and poultry	320.00	1,379.00	10.34
08704	Cereals, KELLOGG'S SPECIAL K NOURISH, Maple Brown Sugar Crunch, dry	320.00	266.00	15.39
09247	Peaches, dried, sulfured, stewed, without added sugar	320.00	2.00	1.16
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	320.00	93.00	29.06
11124	Carrots, raw	320.00	69.00	0.93
11489	Squash, winter, hubbard, raw	320.00	7.00	2.00
12200	Nuts, formulated, wheat-based, all flavors except macadamia, without salt	320.00	91.00	13.11
15164	Mollusks, mussel, blue, raw	320.00	286.00	11.90
16007	Beans, baked, canned, with beef	320.00	475.00	6.38
16588	MORNINGSTAR FARMS Chik'n Grill Veggie Patties, frozen, unprepared	320.00	519.00	12.80
16601	MORNINGSTAR FARMS Grillers Chik'n Veggie Patties, frozen, unprepared	320.00	519.00	12.80
17175	Game meat, muskrat, cooked, roasted	320.00	95.00	30.09
17282	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	320.00	83.00	20.25
17317	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, grilled	320.00	85.00	32.16
19352	Syrups, malt	320.00	35.00	6.20
20009	Buckwheat groats, roasted, dry	320.00	11.00	11.73
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	320.00	68.00	32.29
23110	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	320.00	76.00	19.20
25038	Snacks, granola bars, soft, almond, confectioners coating	320.00	486.00	8.60
35140	Bread, kneel down (Navajo)	320.00	126.00	4.29
36019	APPLEBEE'S, chili	320.00	381.00	12.56
36037	Restaurant, family style, chili with meat and beans	320.00	381.00	12.56
18216	Crackers, crispbread, rye	319.00	410.00	7.90
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	319.00	67.00	32.41
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	319.00	54.00	27.87
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	319.00	53.00	23.37
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	319.00	53.00	23.37

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	319.00	45.00	19.77
36024	CRACKER BARREL, chicken tenderloin platter, fried	319.00	874.00	18.06
36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	319.00	467.00	19.00
06976	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	319.00	30.00	1.41
07027	Ham, chopped, not canned	319.00	1,039.00	16.50
10003	Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	319.00	57.00	18.22
10851	HORMEL, Cure 81 Ham	319.00	1,038.00	18.43
11025	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	319.00	6.00	0.84
11711	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt	319.00	242.00	0.84
13855	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	319.00	63.00	22.28
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	319.00	53.00	20.71
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	319.00	45.00	34.34
16103	Refried beans, canned, traditional style (includes USDA commodity)	319.00	370.00	4.98
16403	Refried beans, canned, traditional, reduced sodium	319.00	138.00	4.98
17120	Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised	319.00	97.00	33.68
17231	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	319.00	67.00	26.20
05628	Emu, inside drum, raw	318.00	102.00	22.22
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	318.00	506.00	6.69
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	318.00	76.00	24.29
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	318.00	61.00	17.42
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	318.00	60.00	26.57
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	318.00	85.00	25.02
10204	Pork, fresh, loin, country-style ribs, separable lean and fat, raw	318.00	63.00	19.34
11260	Mushrooms, white, raw	318.00	5.00	3.09
11938	Mushroom, white, exposed to ultraviolet light, raw	318.00	5.00	3.09
12140	Nuts, formulated, wheat-based, unflavored, with salt added	318.00	505.00	13.82
13352	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled	318.00	73.00	26.49
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	318.00	55.00	20.48
13921	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	318.00	52.00	26.43
17114	Veal, rib, separable lean only, cooked, braised	318.00	99.00	34.44
17164	Game meat, deer, raw	318.00	51.00	22.96
17227	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	318.00	72.00	25.51
17283	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	318.00	80.00	26.71
17301	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	318.00	83.00	27.75
17306	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	318.00	61.00	19.17
18021	Bread, boston brown, canned	318.00	631.00	5.20

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
20653	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry	318.00	12.00	13.20
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	318.00	59.00	28.98
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	318.00	59.00	29.18
23438	Beef, New Zealand, imported, sweetbread, raw	318.00	64.00	11.51
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	318.00	72.00	25.93
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	318.00	52.00	20.76
23042	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	317.00	78.00	24.70
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	317.00	82.00	20.96
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	317.00	53.00	23.27
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	317.00	53.00	23.26
06405	CAMPBELL'S CHUNKY, HEALTHY REQUEST Chicken Noodle Soup	317.00	161.00	2.97
08689	Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry	317.00	337.00	9.81
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	317.00	1,141.00	17.34
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	317.00	895.00	19.25
11099	Brussels sprouts, cooked, boiled, drained, without salt	317.00	21.00	2.55
11745	Brussels sprouts, cooked, boiled, drained, with salt	317.00	257.00	2.55
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	317.00	76.00	19.23
13895	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	317.00	45.00	34.09
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	317.00	52.00	20.64
15130	Fish, whitefish, mixed species, raw	317.00	51.00	19.09
17172	Game meat, moose, raw	317.00	65.00	22.24
01244	Milk dessert bar, frozen, made from lowfat milk	316.00	92.00	4.41
07022	Frankfurter, beef, unheated	316.00	992.00	11.16
07069	Salami, cooked, beef and pork	316.00	1,740.00	21.85
07932	Chicken breast, fat-free, mesquite flavor, sliced	316.00	1,040.00	16.80
08539	Cereals ready-to-eat, KASHI ORGANIC PROMISE, CINNAMON HARVEST	316.00	4.00	11.00
10153	Pork, cured, ham, whole, separable lean only, roasted	316.00	1,327.00	25.05
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	316.00	1,193.00	17.99
11090	Broccoli, raw	316.00	33.00	2.82
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	316.00	52.00	26.16
17191	Lamb, variety meats and by-products, heart, raw	316.00	89.00	16.47
17278	Veal, shank (fore and hind), separable lean only, raw	316.00	85.00	19.28
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	316.00	57.00	33.78
18219	Crackers, matzo, whole-wheat	316.00	2.00	13.10
18295	Pancakes, buckwheat, dry mix, incomplete	316.00	684.00	10.90
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	316.00	55.00	23.59

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	316.00	55.00	23.59
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	316.00	56.00	22.15
20016	Corn flour, whole-grain, yellow	315.00	5.00	6.93
20316	Corn flour, whole-grain, white	315.00	5.00	6.93
21256	BURGER KING, Chicken Strips	315.00	859.00	18.20
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	315.00	67.00	33.55
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	315.00	65.00	32.49
23108	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	315.00	76.00	18.99
23393	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	315.00	51.00	29.67
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	315.00	61.00	21.20
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	315.00	58.00	27.31
05653	Ostrich, round, raw	315.00	72.00	21.99
05661	Chicken, liver, all classes, cooked, pan-fried	315.00	92.00	25.78
06225	PREGO Pasta, Garlic Supreme Italian Sauce, ready-to-serve	315.00	408.00	1.54
07008	Bologna, beef and pork	315.00	960.00	15.20
08657	Cereals ready-to-eat, BARBARA'S PUFFINS, original	315.00	704.00	7.41
09520	Kiwifruit, ZESPRI SunGold, raw	315.00	3.00	1.02
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	315.00	47.00	17.43
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	315.00	74.00	23.72
13339	Beef, variety meats and by-products, tongue, raw	315.00	69.00	14.90
13825	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	315.00	63.00	22.42
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	315.00	52.00	20.30
16134	Yardlong beans, mature seeds, cooked, boiled, without salt	315.00	5.00	8.29
16434	Yardlong beans, mature seeds, cooked, boiled, with salt	315.00	241.00	8.29
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	315.00	81.00	26.16
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	315.00	59.00	18.64
17088	Veal, composite of trimmed retail cuts, separable lean and fat, raw	315.00	82.00	19.35
17188	Veal, variety meats and by-products, brain, raw	315.00	127.00	10.32
17329	Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	315.00	94.00	23.83
11213	Endive, raw	314.00	22.00	1.25
12071	Nuts, almond paste	314.00	--	9.00
13351	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	314.00	73.00	26.50
15046	Fish, mackerel, Atlantic, raw	314.00	90.00	18.60
15087	Fish, salmon, sockeye, canned, drained solids	314.00	408.00	23.59
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	314.00	78.00	24.91
17276	Veal, shank (fore and hind), separable lean and fat, raw	314.00	84.00	19.15

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
18077	Bread, whole-wheat, prepared from recipe	314.00	346.00	8.40
21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	314.00	814.00	28.94
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	314.00	54.00	23.49
90240	Mollusks, scallop, (bay and sea), cooked, steamed	314.00	667.00	20.54
19024	Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip	313.00	200.00	5.80
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	313.00	81.00	19.38
23106	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	313.00	73.00	26.10
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	313.00	54.00	23.44
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	313.00	54.00	23.59
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	313.00	54.00	23.59
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	313.00	54.00	21.29
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	313.00	61.00	20.61
27029	PACE, Tequila Lime Salsa	313.00	594.00	0.00
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	313.00	172.00	28.24
07940	Macaroni and cheese loaf, chicken, pork and beef	313.00	3.00	11.76
07959	Bologna, chicken, pork, beef	313.00	1,120.00	11.33
08591	Cereals ready-to-eat, KASHI ORGANIC PROMISE, ISLAND VANILLA	313.00	12.00	10.70
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	313.00	73.00	21.22
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	313.00	84.00	26.81
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	313.00	1,181.00	17.77
13150	Beef, rib, shortribs, separable lean only, choice, cooked, braised	313.00	58.00	30.76
13325	Beef, variety meats and by-products, liver, raw	313.00	69.00	20.36
13828	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	313.00	63.00	22.26
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	313.00	52.00	20.61
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	313.00	52.00	20.59
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	313.00	51.00	20.64
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	313.00	66.00	25.55
17033	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	313.00	85.00	27.74
17161	Game meat, buffalo, water, cooked, roasted	313.00	56.00	26.83
17199	Lamb, variety meats and by-products, liver, raw	313.00	70.00	20.38
17295	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	313.00	67.00	25.25
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	313.00	52.00	36.28
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	313.00	73.00	21.50
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	312.00	14.00	0.82
05629	Emu, inside drums, cooked, broiled	312.00	118.00	32.38
05657	Ostrich, top loin, raw	312.00	81.00	21.67

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
06226	PREGO Pasta, Italian Sausage and Garlic Italian Sauce, ready-to-serve	312.00	384.00	2.40
08663	Cereals ready-to-eat, KASHI ORGANIC PROMISE, Berry Fruitful	312.00	5.00	10.70
08707	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolate Almond	312.00	545.00	7.59
09148	Kiwifruit, green, raw	312.00	3.00	1.14
09293	Plums, dried (prunes), stewed, with added sugar	312.00	2.00	1.09
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	312.00	1,126.00	17.06
11503	Swamp cabbage, (skunk cabbage), raw	312.00	113.00	2.60
11506	Sweet potato leaves, cooked, steamed, without salt	312.00	7.00	2.18
11512	Sweet potato, canned, vacuum pack	312.00	53.00	1.65
11874	Sweet potato leaves, cooked, steamed, with salt	312.00	249.00	2.18
15264	Salmon, sockeye, canned, drained solids, without skin and bones	312.00	386.00	26.33
17166	Game meat, elk, raw	312.00	58.00	22.95
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	312.00	65.00	30.91
23109	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	312.00	75.00	18.85
23115	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	312.00	76.00	24.86
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	312.00	62.00	30.64
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	312.00	54.00	23.49
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	312.00	50.00	23.41
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	312.00	50.00	23.41
27048	Sauce, steak, tomato based	312.00	1,647.00	1.25
19416	Snacks, rice cakes, brown rice, rye	311.00	110.00	8.10
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	311.00	54.00	23.45
28311	Cookies, sugar wafer, chocolate-covered	311.00	138.00	3.45
05363	Ruffed Grouse, breast meat, skinless, raw	311.00	50.00	25.94
07030	Ham, minced	311.00	1,245.00	16.28
10803	USDA Commodity, pork, ground, fine/coarse, frozen, cooked	311.00	76.00	23.55
17115	Veal, rib, separable lean only, cooked, roasted	311.00	97.00	25.76
17119	Veal, shoulder, whole (arm and blade), separable lean only, raw	311.00	92.00	19.79
17247	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	311.00	72.00	31.10
17443	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	311.00	73.00	23.42
05285	Turkey, diced, light and dark meat, seasoned	310.00	850.00	18.70
05655	Ostrich, tip trimmed, raw	310.00	67.00	21.85
09265	Persimmons, native, raw	310.00	1.00	0.80
10150	Pork, cured, ham, whole, separable lean and fat, unheated	310.00	1,284.00	18.49
10856	HORMEL ALWAYS TENDER, Boneless Pork Loin, Fresh Pork	310.00	358.00	19.02
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	310.00	881.00	18.66

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
10973	Pork, ground, 96% lean / 4% fat, raw	310.00	67.00	21.10
13788	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	310.00	80.00	19.14
13832	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	310.00	65.00	23.10
13834	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	310.00	62.00	21.95
16173	Frijoles rojos volteados (Refried beans, red, canned)	310.00	375.00	5.00
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	310.00	72.00	24.52
17133	Veal, shoulder, blade, separable lean only, cooked, roasted	310.00	102.00	25.64
17163	Game meat, caribou, cooked, roasted	310.00	60.00	29.77
18983	AUSTIN, Cheddar Cheese on Wheat Crackers, sandwich-type	310.00	839.00	7.90
23105	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	310.00	73.00	26.18
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	310.00	50.00	23.30
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	310.00	61.00	20.95
31031	Potatoes, french fried, cross cut, frozen, unprepared	310.00	393.00	2.70
18562	ARCHWAY Home Style Cookies, Reduced Fat Ginger Snaps	309.00	406.00	4.67
20130	Barley flour or meal	309.00	4.00	10.50
21430	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed	309.00	477.00	27.25
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	309.00	74.00	18.99
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	309.00	68.00	33.31
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	309.00	50.00	23.28
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	309.00	56.00	23.59
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	309.00	56.00	23.59
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	309.00	47.00	20.93
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	309.00	59.00	27.03
27051	Sauce, cocktail, ready-to-serve	309.00	983.00	1.36
35195	Cattail, Narrow Leaf Shoots (Northern Plains Indians)	309.00	109.00	1.18
42183	Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars	309.00	266.00	7.30
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	309.00	661.00	25.34
06080	Soup, chicken broth or bouillon, dry	309.00	23,875.00	16.66
06981	Soup, bouillon cubes and granules, low sodium, dry	309.00	1,067.00	16.70
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	309.00	51.00	20.16
13839	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	309.00	64.00	21.55
13845	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	309.00	64.00	21.55
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	309.00	51.00	19.92
16009	Beans, baked, canned, with pork	309.00	414.00	5.19
17045	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	309.00	77.00	24.44
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	309.00	82.00	22.05

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	309.00	67.00	20.65
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	309.00	95.00	32.06
17279	Veal, shank (fore and hind), separable lean only, cooked, braised	309.00	94.00	32.22
17291	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	309.00	70.00	25.16
05146	Goose, domesticated, meat and skin, raw	308.00	73.00	15.86
05643	Ostrich, fan, raw	308.00	75.00	21.81
06220	PREGO Pasta, Chunky Garden Mushroom and Green Pepper Italian Sauce, ready-to-serve	308.00	362.00	1.54
06235	P REGO Pasta, Roasted Garlic and Herb Italian Sauce, ready-to-serve	308.00	354.00	1.54
06236	PREGO Pasta, Roasted Garlic Parmesan Italian Sauce, ready-to-serve	308.00	369.00	2.31
06585	CAMPBELL'S Soup on the Go, Vegetable with Mini Round Noodles Soup	308.00	213.00	0.66
06994	PREGO Pasta, Chunky Garden Combination Italian Sauce, ready-to-serve	308.00	362.00	1.54
08544	Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	308.00	214.00	8.90
11104	Burdock root, raw	308.00	5.00	1.53
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	308.00	92.00	22.86
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	308.00	50.00	25.66
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	308.00	75.00	28.79
16018	Beans, black turtle, mature seeds, canned	308.00	384.00	6.03
16316	Beans, black, mature seeds, canned, low sodium	308.00	138.00	6.03
17202	Veal, variety meats and by-products, liver, raw	308.00	77.00	19.93
17302	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, raw	308.00	59.00	18.33
17321	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, cooked	308.00	91.00	26.18
17445	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	308.00	80.00	32.08
17460	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	308.00	73.00	23.23
18187	Cookies, peanut butter, refrigerated dough	308.00	397.00	8.20
21603	School Lunch, pizza, pepperoni topping, thick crust, whole grain, frozen, cooked	308.00	474.00	14.35
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	308.00	65.00	31.35
23113	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	308.00	76.00	24.63
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	308.00	55.00	22.01
36020	T.G.I. FRIDAY'S, chicken fingers	308.00	787.00	18.68
19154	Candies, sesame crunch	307.00	167.00	11.60
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	307.00	85.00	19.68
23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	307.00	75.00	24.47
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	307.00	70.00	25.03
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	307.00	61.00	30.06
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	307.00	56.00	23.49
28351	Cookies, Marie biscuit	307.00	370.00	7.05

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
07063	Pork sausage, link/patty, unprepared	307.00	739.00	15.39
10855	HORMEL ALWAYS TENDER, Center Cut Chops, Fresh Pork	307.00	378.00	18.74
11046	Beans, navy, mature seeds, sprouted, raw	307.00	13.00	6.15
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	307.00	63.00	30.45
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	307.00	73.00	19.72
17330	Game meat , bison, ground, raw	307.00	66.00	18.67
17358	Lamb, New Zealand, imported, brains, raw	307.00	117.00	11.33
03139	Babyfood, prunes, without vitamin c, strained	306.00	--	1.00
06128	Soup, chicken noodle, dry, mix	306.00	3,643.00	15.42
06959	Gravy, instant turkey, dry	306.00	4,090.00	11.72
07968	Kielbasa, fully cooked, grilled	306.00	1,062.00	12.45
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	306.00	470.00	8.40
12095	Nuts, chestnuts, chinese, boiled and steamed	306.00	2.00	2.88
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	306.00	65.00	30.54
13354	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled	306.00	74.00	26.53
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	306.00	67.00	30.68
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	306.00	72.00	30.39
17111	Veal, rib, separable lean and fat, cooked, braised	306.00	95.00	32.43
17113	Veal, rib, separable lean only, raw	306.00	95.00	19.97
17130	Veal, shoulder, blade, separable lean and fat, cooked, roasted	306.00	100.00	25.15
17320	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, raw	306.00	88.00	19.36
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	306.00	69.00	21.13
18233	Crackers, wheat, sandwich, with cheese filling	306.00	839.00	9.80
19248	Candies, HERSHEY'S, ALMOND JOY BITES	306.00	39.00	5.58
21464	Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	306.00	512.00	27.93
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	306.00	56.00	23.46
23451	Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	306.00	49.00	20.05
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	306.00	61.00	21.34
28093	KEEBLER, FUDGE SHOPPE, Grasshopper Cookies, Fudge Mint	306.00	266.00	4.00
28325	Crackers, toast thins, low sodium	306.00	177.00	6.45
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	305.00	150.00	5.00
22972	Pulled pork in barbecue sauce	305.00	666.00	13.19
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	305.00	--	5.59
42074	Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated	305.00	104.00	6.40
01237	Ice cream, bar or stick, chocolate covered	305.00	68.00	4.10
03217	Zwieback	305.00	227.00	10.10

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
06361	CAMPBELL'S Red and White, Green Pea Soup, condensed	305.00	680.00	7.03
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	305.00	58.00	25.07
11081	Beets, cooked, boiled, drained	305.00	77.00	1.68
11435	Rutabagas, raw	305.00	12.00	1.08
11734	Beets, cooked, boiled. drained, with salt	305.00	285.00	1.68
11977	Peppers, serrano, raw	305.00	10.00	1.74
13095	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw	305.00	56.00	17.51
13317	Beef, ground, patties, frozen, cooked, broiled	305.00	77.00	23.05
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	305.00	68.00	24.38
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	305.00	64.00	22.77
15222	Fish, turbot, european, cooked, dry heat	305.00	192.00	20.58
17132	Veal, shoulder, blade, separable lean only, cooked, braised	305.00	101.00	32.66
17277	Veal, shank (fore and hind), separable lean and fat, cooked, braised	305.00	93.00	31.54
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	305.00	61.00	21.45
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	304.00	90.00	27.10
07089	Sausage, Italian, pork, cooked	304.00	743.00	19.12
07969	Kielbasa, fully cooked, pan-fried	304.00	1,046.00	12.36
09427	Abiyuch, raw	304.00	20.00	1.50
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	304.00	69.00	6.07
11238	Mushrooms, shiitake, raw	304.00	9.00	2.24
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	304.00	289.00	6.07
13483	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	304.00	66.00	28.45
13835	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	304.00	65.00	22.57
13926	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw	304.00	49.00	18.15
13965	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled	304.00	68.00	26.11
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	304.00	68.00	26.16
16079	Mothbeans, mature seeds, cooked, boiled, without salt	304.00	10.00	7.81
16379	Mothbeans, mature seeds, cooked, boiled, with salt	304.00	246.00	7.81
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	304.00	69.00	22.06
17183	Game meat, squirrel, raw	304.00	103.00	21.23
17235	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	304.00	68.00	24.95
23511	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	304.00	68.00	26.13
19162	Candies, WHATCHAMACALLIT Candy Bar	303.00	299.00	8.04
21115	Fast foods, hamburger, large, triple patty, with condiments	303.00	275.00	19.30
21601	School Lunch, pizza, cheese topping, thick crust, whole grain, frozen, cooked	303.00	421.00	14.62
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	303.00	93.00	20.14

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	303.00	66.00	32.01
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	303.00	66.00	32.21
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	303.00	63.00	29.99
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	303.00	54.00	28.95
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	303.00	106.00	6.81
01153	Milk, canned, evaporated, with added vitamin A	303.00	106.00	6.81
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	303.00	106.00	6.81
01291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	303.00	100.00	6.67
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	303.00	313.00	28.00
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	303.00	416.00	10.39
10112	Pork, fresh, variety meats and by-products, lungs, raw	303.00	153.00	14.08
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	303.00	893.00	22.71
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	303.00	50.00	19.82
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	303.00	87.00	21.72
06632	Sauce, hot chile, sriracha, CHA! BY TEXAS PETE	302.00	2,903.00	2.02
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	302.00	65.00	17.18
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	302.00	97.00	4.01
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	302.00	322.00	4.01
11952	Radicchio, raw	302.00	22.00	1.43
13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	302.00	67.00	24.18
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	302.00	64.00	22.60
13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	302.00	54.00	19.32
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	302.00	50.00	19.61
15145	Crustaceans, crayfish, mixed species, wild, raw	302.00	58.00	15.97
15231	Mollusks, oyster, Pacific, cooked, moist heat	302.00	212.00	18.90
15234	Fish, catfish, channel, farmed, raw	302.00	98.00	15.23
15261	Fish, tilapia, raw	302.00	52.00	20.08
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	302.00	91.00	19.27
17310	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, raw	302.00	70.00	19.32
17375	Lamb, New Zealand, imported, sweetbread, raw	302.00	39.00	11.00
19867	Ice creams, vanilla, fat free	302.00	97.00	4.48
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	302.00	74.00	18.75
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	302.00	76.00	18.87
19806	Snacks, popcorn, air-popped (Unsalted)	301.00	4.00	12.00
21060	Fast foods, burrito, with beans	301.00	454.00	6.48
23107	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	301.00	73.00	26.30

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	301.00	58.00	26.29
28051	KEEBLER, Cheese on Wheat Sandwich Crackers	301.00	790.00	8.40
28258	AUSTIN, Cheddar Cheese on Wafer Crackers, sandwich-type	301.00	978.00	7.80
32012	Pizza rolls, frozen, unprepared	301.00	599.00	8.73
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	301.00	417.00	28.74
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	301.00	69.00	25.51
17020	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	301.00	68.00	24.63
17037	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	301.00	78.00	24.42
17281	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	301.00	76.00	24.52
17294	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, raw	301.00	75.00	18.59
05623	Emu, fan fillet, raw	300.00	120.00	22.50
07044	USDA Commodity, luncheon meat, canned	300.00	820.00	17.50
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	300.00	861.00	24.34
11141	Celeriac, raw	300.00	100.00	1.50
11965	Cauliflower, green, raw	300.00	23.00	2.95
13387	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted	300.00	65.00	23.48
13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	300.00	67.00	24.05
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	300.00	50.00	19.37
15080	Fish, salmon, chum, canned, drained solids with bone	300.00	391.00	21.43
15134	Fish, wolffish, Atlantic, raw	300.00	85.00	17.50
15180	Fish, salmon, chum, canned, without salt, drained solids with bone	300.00	75.00	21.43
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	300.00	37.00	30.38
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	300.00	68.00	25.77
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	300.00	61.00	26.62
25034	Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	300.00	486.00	17.88
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	300.00	792.00	18.11
43410	Chicken, meatless, breaded, fried	300.00	400.00	21.28
19052	Snacks, rice cakes, brown rice, buckwheat	299.00	116.00	9.00
19817	Snacks, rice cakes, brown rice, buckwheat, unsalted	299.00	4.00	9.00
23394	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	299.00	54.00	29.06
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	299.00	67.00	25.73
42128	Turkey ham, sliced, extra lean, prepackaged or deli-sliced	299.00	1,038.00	19.60
06989	CAMPBELL'S HEALTHY REQUEST, Homestyle Chicken Noodle Soup, condensed	299.00	317.00	2.70
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	299.00	809.00	25.11
11135	Cauliflower, raw	299.00	30.00	1.92
11278	Okra, raw	299.00	7.00	1.93

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	299.00	3.00	1.89
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	299.00	239.00	1.89
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	299.00	65.00	23.96
13846	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	299.00	65.00	23.40
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	299.00	76.00	18.39
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	299.00	72.00	20.88
07958	Turkey sausage, fresh, cooked	298.00	665.00	23.89
10114	Pork, fresh, variety meats and by-products, mechanically separated, raw	298.00	50.00	15.03
13848	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	298.00	62.00	20.65
13854	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	298.00	49.00	24.53
17328	Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	298.00	90.00	19.10
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	298.00	348.00	6.21
21269	TACO BELL, Nachos Supreme	298.00	348.00	6.21
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	298.00	70.00	32.96
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	298.00	67.00	32.07
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	298.00	64.00	29.56
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	298.00	63.00	29.36
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	298.00	42.00	22.16
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	298.00	42.00	22.16
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	298.00	53.00	28.73
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	298.00	67.00	25.67
43391	Turkey, light or dark meat, smoked, cooked, skin and bone removed	298.00	996.00	29.30
18234	Crackers, wheat, sandwich, with peanut butter filling	297.00	807.00	13.50
18429	Crackers, whole-wheat, low salt	297.00	186.00	8.80
19138	Candies, truffles, prepared-from-recipe	297.00	68.00	6.21
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	297.00	55.00	22.55
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	297.00	55.00	22.46
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	297.00	59.00	21.83
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	297.00	43.00	18.22
43217	Tomato sauce, canned, no salt added	297.00	11.00	1.20
01189	KRAFT CHEEZ WHIZ LIGHT Pasteurized Process Cheese Product	297.00	1,705.00	16.30
05354	USDA Commodity, turkey taco meat, frozen, cooked	297.00	632.00	16.80
05651	Ostrich, oyster, raw	297.00	83.00	21.55
05711	Turkey, retail parts, breast, meat only, cooked, roasted	297.00	114.00	29.51
06051	Soup, pea, split with ham, canned, condensed	297.00	630.00	7.68
07051	Olive loaf, pork	297.00	964.00	11.80

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
08682	Cereals ready-to-eat, GENERAL MILLS, Multi Grain CHEERIOS, Peanut Butter	297.00	447.00	6.80
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	297.00	1,278.00	18.26
10208	Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised	297.00	60.00	27.74
10805	USDA Commodity, pork, ground, fine/coarse, frozen, raw	297.00	58.00	15.41
11549	Tomato products, canned, sauce	297.00	474.00	1.20
13284	Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw	297.00	52.00	21.17
13346	Beef, cured, corned beef, brisket, raw	297.00	1,217.00	14.68
13842	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	297.00	63.00	20.86
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	297.00	49.00	19.56
16593	MORNINGSTAR FARMS Hot and Spicy Veggie Sausage Patties, frozen, unprepared	297.00	551.00	21.80
17108	Veal, loin, separable lean only, cooked, braised	297.00	84.00	33.57
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	297.00	98.00	31.26
17160	Game meat, buffalo, water, raw	297.00	53.00	20.39
17299	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	297.00	78.00	24.88
05156	Pheasant, leg, meat only, raw	296.00	45.00	22.20
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	296.00	610.00	24.34
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	296.00	104.00	25.14
07972	Meatballs, frozen, Italian style	296.00	666.00	14.40
08351	Cereals ready-to-eat, QUAKER, MOTHER'S PEANUT BUTTER BUMPERS Cereal	296.00	774.00	7.62
11024	Balsam-pear (bitter gourd), pods, raw	296.00	5.00	1.00
11156	Chives, raw	296.00	3.00	3.27
11568	Turnip greens, raw	296.00	40.00	1.50
11657	Potatoes, mashed, home-prepared, whole milk added	296.00	302.00	1.91
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	296.00	94.00	16.77
17185	Lamb, variety meats and by-products, brain, raw	296.00	112.00	10.40
19914	Candies, M&M MARS 3 MUSKETEERS Truffle Crisp	296.00	63.00	6.41
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	296.00	761.00	28.77
23100	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	296.00	59.00	27.97
23101	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	296.00	68.00	27.18
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	296.00	59.00	28.11
28100	KEEBLER, FUDGE SHOPPE, Fudge Sticks, Peanut Butter	296.00	138.00	6.80
28362	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Explosive Pizza	296.00	868.00	9.56
43449	Beans, baked, canned, no salt added	296.00	1.00	4.80
18199	Cookies, chocolate sandwich, with creme filling, special dietary	295.00	342.00	4.50
18927	Crackers, cheese, sandwich-type with cheese filling	295.00	878.00	8.92
19249	Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate	295.00	264.00	9.53

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
19910	Candies, crispy bar with peanut butter filling	295.00	264.00	9.53
23146	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	295.00	69.00	27.12
23147	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	295.00	70.00	27.03
23200	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	295.00	54.00	24.85
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	295.00	42.00	21.95
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	295.00	53.00	19.38
23567	Beef, ground, 85% lean meat / 15% fat, raw	295.00	66.00	18.59
02044	Basil, fresh	295.00	4.00	3.15
05662	Ground turkey, fat free, raw	295.00	51.00	23.57
06592	CAMPBELL'S Soup on the Go, Creamy Tomato Soup	295.00	213.00	0.98
10170	Pork, cured, shoulder, blade roll, separable lean and fat, unheated	295.00	1,250.00	16.47
11501	Succotash, (corn and limas), frozen, unprepared	295.00	45.00	4.31
13850	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	295.00	49.00	19.33
13915	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw	295.00	53.00	19.00
13977	Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	295.00	76.00	26.66
16011	Beans, baked, canned, with pork and tomato sauce	295.00	437.00	5.15
17112	Veal, rib, separable lean and fat, cooked, roasted	295.00	92.00	23.96
17162	Game meat, caribou, raw	295.00	57.00	22.63
17288	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	295.00	106.00	20.83
17290	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	295.00	73.00	18.24
17327	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	295.00	88.00	21.71
05306	Ground turkey, cooked	294.00	78.00	27.37
07032	Ham and cheese loaf or roll	294.00	1,000.00	13.60
08697	Cereals ready-to-eat, KASHI ORGANIC PROMISE, RAISIN VINEYARD	294.00	279.00	8.69
09095	Figs, dried, stewed	294.00	4.00	1.42
10103	Pork, fresh, variety meats and by-products, heart, raw	294.00	56.00	17.27
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	294.00	5.00	3.28
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	294.00	5.00	3.28
17461	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled	294.00	85.00	33.17
18201	Cookies, peanut butter sandwich, special dietary	294.00	412.00	10.00
19014	Snacks, fruit leather, rolls	294.00	317.00	0.10
19250	Candies, HERSHEY, KIT KAT BIG KAT Bar	294.00	64.00	6.24
19414	Snacks, rice cakes, brown rice, multigrain	294.00	252.00	8.50
19818	Snacks, rice cakes, brown rice, multigrain, unsalted	294.00	4.00	8.50
20091	Pasta, gluten-free, corn, dry	294.00	3.00	7.46
21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed	294.00	601.00	24.31

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	294.00	42.00	21.91
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	294.00	51.00	27.51
23506	USDA Commodity, beef patties with VPP, frozen, raw	294.00	55.00	15.21
21146	School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Turkey Pepperoni Pizza, frozen	293.00	450.00	13.63
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	293.00	82.00	21.10
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	293.00	63.00	28.90
23392	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	293.00	56.00	28.66
23509	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	293.00	71.00	25.90
23519	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	293.00	73.00	25.73
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	293.00	68.00	26.08
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	293.00	71.00	25.87
28050	KEEBLER, Club & Cheddar Sandwich Crackers	293.00	756.00	8.40
36059	Restaurant, Italian, chicken parmesan without pasta	293.00	536.00	16.17
11091	Broccoli, cooked, boiled, drained, without salt	293.00	41.00	2.38
11693	Tomatoes, crushed, canned	293.00	186.00	1.64
11742	Broccoli, cooked, boiled, drained, with salt	293.00	262.00	2.38
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	293.00	64.00	23.01
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	293.00	48.00	19.09
13961	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	293.00	73.00	25.74
13963	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	293.00	68.00	26.13
15014	Fish, cisco, smoked	293.00	481.00	16.36
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	293.00	107.00	18.31
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	292.00	114.00	29.01
06932	PREGO Pasta, Traditional Italian Sauce, ready-to-serve	292.00	369.00	1.54
09140	Guavas, strawberry, raw	292.00	37.00	0.58
09248	Peaches, dried, sulfured, stewed, with added sugar	292.00	2.00	1.06
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	292.00	1,231.00	24.94
11655	Carrot juice, canned	292.00	66.00	0.95
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	292.00	67.00	28.92
15053	Fish, milkfish, raw	292.00	72.00	20.53
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	292.00	79.00	28.48
19225	Desserts, rennin, tablets, unsweetened	292.00	26,050.00	1.00
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	292.00	70.00	32.10
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	292.00	66.00	21.61
27033	PREGO Pasta, Heart Smart- Traditional Sauce, ready-to-serve	292.00	277.00	1.54
32036	JIMMY DEAN, Sausage, Egg, and Cheese Breakfast Biscuit, frozen, unprepared	292.00	589.00	9.29

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
19021	Snacks, granola bars, soft, uncoated, peanut butter	291.00	409.00	10.50
19420	Snacks, granola bars, hard, peanut butter	291.00	283.00	9.80
21465	Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed	291.00	492.00	26.24
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	291.00	77.00	18.97
23413	Beef, New Zealand, imported, flat, separable lean only, raw	291.00	50.00	21.30
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	291.00	403.00	27.71
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	291.00	584.00	23.23
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	291.00	411.00	26.86
05641	Ostrich, ground, raw	291.00	72.00	20.22
07088	Honey roll sausage, beef	291.00	1,322.00	18.58
08571	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola	291.00	74.00	11.23
11581	Vegetables, mixed, canned, drained solids	291.00	214.00	2.59
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	291.00	68.00	28.16
13849	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	291.00	64.00	22.86
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	291.00	7.00	8.86
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	291.00	243.00	8.86
17211	Lamb, variety meats and by-products, pancreas, cooked, braised	291.00	52.00	22.83
17457	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	291.00	77.00	30.15
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	290.00	197.00	23.00
06213	CAMPBELL'S Red and White, 25% Less Sodium Tomato Soup, condensed	290.00	387.00	1.61
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	290.00	15.00	3.64
11154	Chicory roots, raw	290.00	50.00	1.40
11200	Yardlong bean, cooked, boiled, drained, without salt	290.00	4.00	2.53
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	290.00	259.00	3.64
11899	Yardlong bean, cooked, boiled, drained, with salt	290.00	240.00	2.53
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	290.00	67.00	27.65
13386	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	290.00	64.00	22.80
13479	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	290.00	67.00	27.86
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	290.00	62.00	19.23
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	290.00	63.00	19.14
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	290.00	62.00	19.33
15099	Fish, smelt, rainbow, raw	290.00	60.00	17.63
17017	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw	290.00	61.00	20.52
17110	Veal, rib, separable lean and fat, raw	290.00	89.00	18.86
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	290.00	63.00	16.56
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	290.00	73.00	17.43

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
19051	Snacks, rice cracker brown rice, plain	290.00	326.00	8.20
19053	Snacks, rice cakes, brown rice, sesame seed	290.00	227.00	7.60
19079	Candies, confectioner's coating, yogurt	290.00	88.00	5.87
19081	Candies, sweet chocolate	290.00	16.00	3.90
19816	Snacks, rice cakes, brown rice, plain, unsalted	290.00	26.00	8.20
19819	Snacks, rice cakes, brown rice, sesame seed, unsalted	290.00	4.00	7.60
25059	Snacks, brown rice chips	290.00	326.00	8.20
43546	Babyfood, banana no tapioca, strained	290.00	2.00	1.00
20090	Rice flour, brown	289.00	8.00	7.23
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	289.00	997.00	19.61
23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	289.00	68.00	29.28
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	289.00	44.00	21.94
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	289.00	44.00	21.94
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	289.00	75.00	26.13
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	289.00	78.00	25.56
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	289.00	46.00	34.46
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	289.00	253.00	16.19
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	289.00	347.00	27.48
08647	Cereals ready-to-eat, KASHI INDIGO MORNING	289.00	472.00	7.70
08706	Cereals ready-to-eat, KELLOGG SCOOBY-DOO! cereal	289.00	344.00	8.60
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	289.00	1,374.00	22.04
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	289.00	1,237.00	20.90
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	289.00	839.00	22.82
13047	Beef, grass-fed, ground, raw	289.00	68.00	19.42
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	289.00	46.00	34.93
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	289.00	372.00	18.73
17013	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw	289.00	62.00	20.56
17275	Veal, breast, whole, boneless, separable lean only, cooked, braised	289.00	68.00	30.32
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	289.00	97.00	31.40
18103	Coffeecake, cheese	289.00	339.00	7.00
05192	Turkey, all classes, breast, meat and skin, cooked, roasted	288.00	63.00	28.71
06179	Sauce, fish, ready-to-serve	288.00	7,851.00	5.06
09307	Rhubarb, raw	288.00	4.00	0.90
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	288.00	69.00	19.56
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	288.00	75.00	30.20
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	288.00	58.00	26.49

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
11245	Lambsquarters, cooked, boiled, drained, without salt	288.00	29.00	3.20
11794	Lambsquarters, cooked, boiled, drained, with salt	288.00	265.00	3.20
16039	Beans, navy, mature seeds, canned	288.00	336.00	7.53
17209	Lamb, variety meats and by-products, mechanically separated, raw	288.00	59.00	14.97
17319	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked	288.00	85.00	23.58
21145	School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Cheese Pizza, frozen	288.00	400.00	13.89
21422	KFC, Popcorn Chicken	288.00	1,140.00	17.67
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	288.00	69.00	31.86
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	288.00	47.00	23.30
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	288.00	47.00	23.30
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	288.00	57.00	21.27
42205	Cheese, pasteurized process, cheddar or American, fat-free	288.00	1,528.00	22.50
20014	Corn grain, yellow	287.00	35.00	9.42
20020	Cornmeal, whole-grain, yellow	287.00	35.00	8.12
20314	Corn grain, white	287.00	35.00	9.42
20320	Cornmeal, whole-grain, white	287.00	35.00	8.12
23517	Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	287.00	60.00	29.34
43327	Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted	287.00	969.00	20.90
07029	Ham, sliced, regular (approximately 11% fat)	287.00	1,143.00	16.60
08417	Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry	287.00	700.00	8.97
09062	Cherimoya, raw	287.00	7.00	1.57
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	287.00	95.00	28.82
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	287.00	1,203.00	20.93
10219	Pork, fresh, ground, raw	287.00	56.00	16.88
11399	Potato puffs, frozen, oven-heated	287.00	463.00	2.13
13321	Beef, variety meats and by-products, heart, raw	287.00	98.00	17.72
15090	Fish, scup, raw	287.00	42.00	18.88
17047	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw	287.00	69.00	19.99
17325	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, cooked, braised	287.00	78.00	34.17
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	287.00	59.00	25.80
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	287.00	70.00	28.60
07077	Smoked link sausage, pork and beef, nonfat dry milk added	286.00	1,173.00	13.28
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	286.00	60.00	2.89
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	286.00	296.00	2.89
13843	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	286.00	63.00	22.50
13859	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	286.00	53.00	16.74

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
15033	Fish, haddock, raw	286.00	213.00	16.32
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	286.00	76.00	20.09
17271	Veal, breast, whole, boneless, separable lean and fat, raw	286.00	71.00	17.47
19087	Candies, white chocolate	286.00	90.00	5.87
19401	Snacks, cornnuts, barbecue-flavor	286.00	600.00	9.00
19434	Cheese puffs and twists, corn based, baked, low fat	286.00	847.00	8.50
21139	Fast foods, potato, mashed	286.00	306.00	1.65
21428	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	286.00	738.00	28.65
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	286.00	69.00	31.41
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	286.00	71.00	27.03
23198	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	286.00	52.00	24.30
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	286.00	64.00	25.93
27007	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Microwavable Bowls, Chicken Noodle Soup	286.00	167.00	2.86
18312	Pie, chocolate mousse, prepared from mix, no-bake type	285.00	460.00	3.50
18385	Bread, wheat germ, toasted	285.00	621.00	10.70
18538	ARCHWAY Home Style Cookies, Oatmeal Raisin	285.00	339.00	5.17
20105	Macaroni, vegetable, enriched, dry	285.00	43.00	13.14
21150	SUBWAY, sweet onion chicken teriyaki sub on white bread with lettuce, tomato and sweet onion sauce	285.00	305.00	10.91
21151	Fast foods, submarine sandwich, sweet onion chicken teriyaki on white bread with lettuce, tomato and sweet onion sauce	285.00	305.00	10.91
21425	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	285.00	499.00	26.89
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	285.00	44.00	21.72
25036	Snacks, granola bites, mixed flavors	285.00	167.00	7.17
27044	Soup, chicken noodle, reduced sodium, canned, ready-to-serve	285.00	186.00	3.29
80200	Frog legs, raw	285.00	58.00	16.40
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	285.00	579.00	23.42
08637	Cereals ready-to-eat, GENERAL MILLS, Oat Cluster CHEERIOS Crunch	285.00	489.00	8.50
11033	Lima beans, immature seeds, canned, regular pack, solids and liquids	285.00	252.00	4.07
11275	Mustard spinach, (tendergreen), cooked, boiled, drained, without salt	285.00	14.00	1.70
11390	Potatoes, hash brown, frozen, plain, unprepared	285.00	22.00	2.06
11431	Radishes, oriental, cooked, boiled, drained, without salt	285.00	13.00	0.67
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	285.00	4.00	4.07
11801	Mustard spinach, (tendergreen), cooked, boiled, drained, with salt	285.00	250.00	1.70
11850	Radishes, oriental, cooked, boiled, drained, with salt	285.00	249.00	0.67
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	285.00	70.00	29.75
17369	Lamb, New Zealand, imported, liver, raw	285.00	59.00	20.70
01047	Cheese food, pasteurized process, swiss	284.00	1,552.00	21.92

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	284.00	328.00	28.04
05353	USDA Commodity, chicken fajita strips, frozen	284.00	799.00	18.56
07026	Ham, chopped, canned	284.00	1,280.00	16.06
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	284.00	434.00	9.53
11144	Celery, cooked, boiled, drained, without salt	284.00	91.00	0.83
11486	Squash, winter, butternut, cooked, baked, without salt	284.00	4.00	0.90
11504	Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt	284.00	122.00	2.08
11764	Celery, cooked, boiled, drained, with salt	284.00	327.00	0.83
11866	Squash, winter, butternut, cooked, baked, with salt	284.00	240.00	0.90
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	284.00	358.00	2.08
11934	Potatoes, mashed, home-prepared, whole milk and butter added	284.00	317.00	1.86
13334	Beef, variety meats and by-products, spleen, cooked, braised	284.00	57.00	25.10
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	284.00	57.00	22.41
15104	Fish, sturgeon, mixed species, raw	284.00	54.00	16.14
15156	Mollusks, abalone, mixed species, cooked, fried	284.00	591.00	19.63
17021	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw	284.00	64.00	20.55
17059	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw	284.00	65.00	20.21
17280	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	284.00	74.00	17.84
19252	Candies, REESE'S, FAST BREAK, milk chocolate peanut butter and soft nougats	284.00	330.00	8.66
19348	Syrups, chocolate, fudge-type	284.00	346.00	4.60
23158	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	284.00	67.00	27.96
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	284.00	71.00	27.68
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	284.00	70.00	28.65
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	284.00	68.00	28.36
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	284.00	44.00	21.67
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	284.00	45.00	21.78
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	284.00	46.00	23.07
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	284.00	45.00	21.78
23386	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	284.00	46.00	23.07
25000	Snacks, popcorn, microwave, 94% fat free	284.00	571.00	10.72
32013	Potsticker or wonton, pork and vegetable, frozen, unprepared	284.00	441.00	8.28
18232	Crackers, wheat, regular	283.00	699.00	7.30
21456	POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading	283.00	540.00	21.67
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	283.00	65.00	20.87
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	283.00	46.00	22.93
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	283.00	46.00	22.93

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	283.00	49.00	20.57
01252	Cheese product, pasteurized process, American, vitamin D fortified	283.00	1,309.00	17.12
03995	Babyfood, banana with mixed berries, strained	283.00	0.00	1.01
07004	Sausage, Berliner, pork, beef	283.00	1,297.00	15.27
07922	Bratwurst, beef and pork, smoked	283.00	848.00	12.20
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	283.00	501.00	9.98
11438	Salsify, cooked, boiled, drained, without salt	283.00	16.00	2.73
11852	Salsify, cooked, boiled, drained, with salt	283.00	252.00	2.73
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	283.00	52.00	20.01
15207	Fish, roe, mixed species, cooked, dry heat	283.00	117.00	28.62
08593	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate	282.00	556.00	5.80
13803	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw	282.00	69.00	18.42
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	282.00	575.00	10.52
21213	SUBWAY, cold cut sub on white bread with lettuce and tomato	282.00	575.00	10.52
21469	Fast Foods, Fried Chicken, Breast, meat and skin and breading	282.00	657.00	23.51
21605	School Lunch, pizza, sausage topping, thick crust, whole grain, frozen, cooked	282.00	433.00	13.26
22940	SPAGHETTIOS, SpaghettiOs with Meatballs	282.00	238.00	4.37
22942	SPAGHETTIOS, SpaghettiOs A to Z's with Meatballs	282.00	238.00	4.37
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	282.00	75.00	17.22
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	282.00	60.00	27.30
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	282.00	60.00	27.39
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	282.00	70.00	26.46
23390	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	282.00	50.00	26.92
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	282.00	45.00	34.34
18984	AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type	281.00	900.00	7.50
22954	Egg rolls, chicken, refrigerated, heated	281.00	478.00	10.44
22975	Chicken, nuggets, white meat, precooked, frozen, not reheated	281.00	538.00	14.36
22978	Chicken tenders, breaded, frozen, prepared	281.00	527.00	14.62
23152	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	281.00	63.00	21.65
23199	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	281.00	51.00	23.92
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	281.00	57.00	34.60
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	281.00	61.00	18.12
03194	Babyfood, cereal, rice, dry fortified	281.00	32.00	6.65
07010	Bologna, pork	281.00	907.00	15.30
07015	Brotwurst, pork, beef, link	281.00	1,112.00	14.30
10802	USDA Commodity, pork, cured, ham, boneless, cooked, heated	281.00	1,155.00	18.84

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	281.00	1,188.00	19.85
11935	Catsup	281.00	907.00	1.04
11949	Catsup, low sodium	281.00	20.00	1.04
17322	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, raw	281.00	72.00	17.06
17371	Lamb, New Zealand, imported, ground lamb, raw	281.00	57.00	20.33
17464	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, grilled	281.00	82.00	30.90
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	280.00	77.00	27.87
08225	Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry	280.00	499.00	8.30
08453	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Chocolatey Strawberry	280.00	631.00	6.90
08653	Cereals ready-to-eat, KELLOGG'S RICE KRISPIES, Gluten Free	280.00	614.00	7.80
09088	Elderberries, raw	280.00	6.00	0.66
09185	Melon balls, frozen	280.00	31.00	0.84
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	280.00	1,309.00	20.80
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	280.00	94.00	22.83
11637	Radishes, white icicle, raw	280.00	16.00	1.10
13236	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	280.00	68.00	27.48
14557	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients	280.00	136.00	4.55
16136	Winged beans, mature seeds, cooked, boiled, without salt	280.00	13.00	10.62
16436	Winged beans, mature seeds, cooked, boiled, with salt	280.00	249.00	10.62
17003	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw	280.00	66.00	20.29
17105	Veal, loin, separable lean and fat, cooked, braised	280.00	80.00	30.19
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	280.00	58.00	16.90
20005	Barley, pearled, raw	280.00	9.00	9.91
23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	280.00	68.00	27.75
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	280.00	70.00	27.06
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	280.00	69.00	27.95
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	280.00	44.00	21.57
31011	CAMPBELL'S, V8 Vegetable Juice, Calcium Enriched V8	280.00	198.00	0.82
43367	Turkey, drumstick, smoked, cooked, with skin, bone removed	280.00	996.00	27.90
43390	Turkey, light or dark meat, smoked, cooked, with skin, bone removed	280.00	996.00	28.10
18300	Pancakes, whole-wheat, dry mix, incomplete, prepared	279.00	572.00	8.50
19440	Snacks, M&M MARS, KUDOS Whole Grain Bar, chocolate chip	279.00	246.00	4.47
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	279.00	69.00	30.95
23156	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	279.00	67.00	27.40
23196	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	279.00	54.00	24.83
23227	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	279.00	58.00	24.85

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	279.00	44.00	21.50
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	279.00	46.00	22.79
32020	Chicken, thighs, frozen, breaded, reheated	279.00	813.00	18.66
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	279.00	392.00	25.65
06115	Gravy, au jus, dry	279.00	11,588.00	9.20
10857	HORMEL Canadian Style Bacon	279.00	1,016.00	16.88
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	279.00	779.00	22.35
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	279.00	45.00	34.39
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	279.00	56.00	33.90
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	279.00	51.00	19.06
15176	Mollusks, squid, mixed species, cooked, fried	279.00	306.00	17.94
17298	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw	279.00	70.00	17.25
17453	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	279.00	69.00	27.54
01186	Cheese, cream, fat free	278.00	702.00	15.69
09232	Passion-fruit juice, purple, raw	278.00	6.00	0.39
09233	Passion-fruit juice, yellow, raw	278.00	6.00	0.67
09315	Soursop, raw	278.00	14.00	1.00
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	278.00	838.00	19.70
11967	Cauliflower, green, cooked, no salt added	278.00	23.00	3.04
11968	Cauliflower, green, cooked, with salt	278.00	259.00	3.04
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	278.00	44.00	34.00
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	278.00	65.00	23.61
13830	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw	278.00	55.00	16.75
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	278.00	4.00	7.73
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	278.00	240.00	7.73
17212	Veal, variety meats and by-products, pancreas, raw	278.00	67.00	15.00
17213	Veal, variety meats and by-products, pancreas, cooked, braised	278.00	68.00	29.10
17274	Veal, breast, point half, boneless, separable lean and fat, cooked, braised	278.00	66.00	28.23
18994	BEAR NAKED, Fruit & Nut Cookies	278.00	133.00	7.50
19009	Snacks, KRAFT, CORNNUTS, plain	278.00	564.00	8.50
21480	DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked	278.00	555.00	11.41
21610	School Lunch, chicken patty, whole grain breaded	278.00	467.00	17.64
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	278.00	45.00	34.22
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	277.00	78.00	17.48
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	277.00	66.00	19.74
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	277.00	56.00	34.66

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
27045	Soup, beef and vegetables, reduced sodium, canned, ready-to-serve	277.00	175.00	3.26
27057	Sauce, barbecue, KC MASTERPIECE, original	277.00	613.00	1.00
32010	Pasta mix, Italian lasagna, unprepared	277.00	1,850.00	10.90
36058	OLIVE GARDEN, chicken parmigiana without pasta	277.00	625.00	15.33
06223	PREGO Pasta, Flavored with Meat Italian Sauce, ready-to-serve	277.00	369.00	1.54
06228	PREGO Pasta, Mini Meatball Italian Sauce, ready-to-serve	277.00	369.00	3.08
08388	Cereals ready-to-eat, KASHI 7 Whole Grain Puffs	277.00	9.00	13.00
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	277.00	72.00	29.03
13330	Beef, variety meats and by-products, mechanically separated beef, raw	277.00	57.00	14.97
16145	Beans, kidney, red, mature seeds, canned, drained solids	277.00	231.00	7.98
17050	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	277.00	67.00	25.46
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	277.00	61.00	18.12
17195	Lamb, variety meats and by-products, kidneys, raw	277.00	156.00	15.74
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	277.00	77.00	23.06
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	277.00	74.00	21.82
17373	Lamb, New Zealand, imported, heart, raw	277.00	94.00	18.09
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	276.00	79.00	33.44
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	276.00	329.00	26.37
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	276.00	85.00	25.11
09294	Prune juice, canned	276.00	4.00	0.61
11182	Corn, yellow, whole kernel, frozen, microwaved	276.00	4.00	3.62
11291	Onions, spring or scallions (includes tops and bulb), raw	276.00	16.00	1.83
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	276.00	56.00	22.13
13331	Beef, variety meats and by-products, pancreas, raw	276.00	67.00	15.70
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	276.00	50.00	19.79
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	276.00	59.00	17.94
13819	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw	276.00	69.00	17.37
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	276.00	75.00	28.82
16044	Beans, pinto, mature seeds, canned, solids and liquids	276.00	268.00	4.60
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	276.00	146.00	4.60
17026	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw	276.00	68.00	20.88
17174	Game meat, muskrat, raw	276.00	82.00	20.76
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	276.00	91.00	28.53
23153	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	276.00	56.00	21.99
23157	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	276.00	67.00	27.03
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	276.00	56.00	21.85

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
19405	Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow	275.00	316.00	6.10
19413	Snacks, rice cakes, brown rice, corn	275.00	167.00	8.40
21157	SUBWAY, meatball marinara sub on white bread (no toppings)	275.00	437.00	9.77
21158	Fast foods, submarine sandwich, meatball marinara on white bread	275.00	437.00	9.77
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	275.00	64.00	27.60
23150	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	275.00	64.00	21.22
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	275.00	86.00	18.52
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	275.00	56.00	34.72
05191	Turkey, all classes, breast, meat and skin, raw	275.00	59.00	21.89
06164	Sauce, salsa, ready-to-serve	275.00	711.00	1.52
06559	Soup, tomato, canned, prepared with equal volume water, commercial	275.00	186.00	0.71
07965	Pork sausage, link/patty, reduced fat, unprepared	275.00	581.00	16.75
08658	Cereals ready-to-eat, KELLOGG'S KRAVE double chocolate cereal	275.00	320.00	7.10
09084	Currants, red and white, raw	275.00	1.00	1.40
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	275.00	91.00	22.59
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	275.00	81.00	25.38
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	275.00	57.00	33.59
15024	Fish, drum, freshwater, raw	275.00	75.00	17.54
07057	Pepperoni, beef and pork, sliced	274.00	1,582.00	19.25
08554	Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch	274.00	239.00	8.50
11481	Squash, summer, zucchini, italian style, canned	274.00	374.00	1.03
11596	Winged beans, immature seeds, cooked, boiled, drained, without salt	274.00	4.00	5.31
11623	Kale, scotch, cooked, boiled, drained, without salt	274.00	45.00	1.90
11792	Kale, scotch, cooked, boiled, drained, with salt	274.00	281.00	1.90
11896	Winged bean, immature seeds, cooked, boiled, drained, with salt	274.00	240.00	5.31
13318	Beef, variety meats and by-products, brain, raw	274.00	126.00	10.86
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	274.00	51.00	22.32
16146	Beans, pinto, canned, drained solids	274.00	239.00	6.99
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	274.00	70.00	19.55
17207	Veal, variety meats and by-products, lungs, raw	274.00	108.00	16.30
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	274.00	71.00	17.02
19340	Sugars, maple	274.00	11.00	0.10
28049	KEEBLER, Cheese & Cheddar Sandwich Crackers	274.00	760.00	8.10
28349	Cookies, oatmeal, reduced fat	274.00	562.00	4.02
31036	Potatoes, mashed, ready-to-eat	274.00	298.00	1.97
36060	ON THE BORDER, soft taco with ground beef, cheese and lettuce	274.00	646.00	13.19

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
19016	Snacks, granola bars, hard, almond	273.00	256.00	7.70
21426	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed	273.00	524.00	26.30
21431	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed	273.00	526.00	25.90
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	273.00	65.00	28.23
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	273.00	85.00	17.87
23339	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	273.00	45.00	22.43
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	273.00	55.00	33.18
28041	KASHI, TLC, Oatmeal Raisin Flax Cookies	273.00	236.00	7.70
28343	Rolls, gluten-free, whole grain, made with tapioca starch and brown rice flour	273.00	507.00	11.80
28373	UDI'S, Gluten Free, Whole Grain Dinner Rolls	273.00	507.00	11.80
05193	Turkey, all classes, leg, meat and skin, raw	273.00	74.00	19.54
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	273.00	101.00	23.95
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	273.00	73.00	28.21
10110	Pork, fresh, variety meats and by-products, liver, raw	273.00	87.00	21.39
13372	Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	273.00	77.00	28.05
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	273.00	86.00	22.07
06955	Soup, cream of chicken, canned, condensed, reduced sodium	272.00	357.00	1.80
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	272.00	564.00	5.60
08584	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight	272.00	582.00	6.50
08671	Cereals ready-to-eat, GENERAL MILLS, Dulce De Leche CHEERIOS	272.00	509.00	6.50
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	272.00	91.00	26.99
10804	USDA Commodity, pork, cured, ham, boneless, cooked, unheated	272.00	1,210.00	17.44
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	272.00	1,390.00	15.09
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	272.00	1,389.00	15.08
11974	Grape leaves, raw	272.00	9.00	5.60
13824	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	272.00	55.00	16.53
15025	Fish, eel, mixed species, raw	272.00	51.00	18.44
17197	Veal, variety meats and by-products, kidneys, raw	272.00	178.00	15.76
17272	Veal, breast, whole, boneless, separable lean and fat, cooked, braised	272.00	65.00	26.97
18348	Rolls, dinner, whole-wheat	272.00	521.00	8.70
18986	AUSTIN, Grilled Cheese on Wafer Crackers, sandwich-type	272.00	910.00	7.90
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	272.00	1,003.00	8.70
19433	Tortilla chips, low fat, baked without fat	272.00	517.00	11.00
19833	Snacks, tortilla chips, low fat, unsalted	272.00	15.00	11.00
20095	Pasta, fresh-refrigerated, spinach, as purchased	272.00	27.00	11.26
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	272.00	66.00	21.17

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
43566	Snacks, tortilla chips, light (baked with less oil)	272.00	564.00	8.70
21432	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed	271.00	558.00	22.41
22928	Burrito, beef and bean, microwaved	271.00	659.00	8.73
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	271.00	77.00	19.10
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	271.00	45.00	22.19
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	271.00	67.00	25.25
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	271.00	58.00	17.77
32017	Pasta mix, Italian four cheese lasagna, unprepared	271.00	2,093.00	12.53
43283	Pheasant, cooked, total edible	271.00	43.00	32.40
05141	Duck, domesticated, meat only, raw	271.00	74.00	18.28
08703	Cereals, KELLOGG'S SPECIAL K NOURISH, Cranberry Almond, dry	271.00	284.00	15.00
11134	Cassava, raw	271.00	14.00	1.36
11305	Peas, green, cooked, boiled, drained, without salt	271.00	3.00	5.36
11811	Peas, green, cooked, boiled, drained, with salt	271.00	239.00	5.36
13002	Beef, carcass, separable lean and fat, select, raw	271.00	59.00	17.48
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	271.00	44.00	33.56
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	271.00	43.00	33.08
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	271.00	50.00	26.11
13815	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	271.00	68.00	17.16
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	271.00	73.00	21.12
17222	Veal, variety meats and by-products, tongue, raw	271.00	82.00	17.18
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	271.00	199.00	19.78
07006	Bockwurst, pork, veal, raw	270.00	756.00	14.03
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	270.00	70.00	28.02
11167	Corn, sweet, yellow, raw	270.00	15.00	3.27
11900	Corn, sweet, white, raw	270.00	15.00	3.22
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	270.00	55.00	33.37
14405	Beverages, fruit punch juice drink, frozen concentrate	270.00	10.00	0.30
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	270.00	76.00	22.13
17286	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	270.00	96.00	18.85
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	270.00	348.00	3.48
21140	Side dishes, potato salad	270.00	328.00	1.53
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	270.00	66.00	29.18
23151	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	270.00	65.00	20.93
23572	Beef, ground, 80% lean meat / 20% fat, raw	270.00	66.00	17.17
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	270.00	43.00	31.61

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
27032	CAMPBELL'S Red and White, Lentil Soup, condensed	270.00	635.00	6.35
21063	Fast foods, burrito, with beans and beef	269.00	570.00	11.52
21417	POPEYES, Mild Chicken Strips, analyzed 2006	269.00	922.00	19.20
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	269.00	71.00	25.81
23507	USDA Commodity, beef, patties (100%), frozen, raw	269.00	74.00	14.63
32032	Sausage, egg and cheese breakfast biscuit	269.00	591.00	9.54
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	269.00	99.00	24.22
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	269.00	106.00	24.76
05309	Chicken, cornish game hens, meat only, raw	269.00	68.00	20.04
05717	Turkey, retail parts, thigh, meat only, raw	269.00	75.00	20.60
06224	PREGO Pasta, Fresh Mushroom Italian Sauce, ready-to-serve	269.00	369.00	1.54
08549	Cereals ready-to-eat, QUAKER, QUAKER Honey Graham LIFE Cereal	269.00	488.00	9.33
08610	Cereals ready-to-eat, KASHI Honey Sunshine	269.00	446.00	7.80
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	269.00	67.00	30.54
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	269.00	43.00	32.67
15060	Fish, perch, mixed species, raw	269.00	62.00	19.39
05145	Duck, wild, breast, meat only, raw	268.00	57.00	19.85
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	268.00	177.00	24.23
08047	Cereals ready-to-eat, QUAKER, KING VITAMAN	268.00	825.00	6.41
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	268.00	1,310.00	14.07
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	268.00	95.00	20.85
11954	Tomatillos, raw	268.00	1.00	0.96
15038	Fish, halibut, Greenland, raw	268.00	80.00	14.37
15165	Mollusks, mussel, blue, cooked, moist heat	268.00	369.00	23.80
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	268.00	5.00	7.60
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	268.00	241.00	7.60
17055	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw	268.00	70.00	19.29
17323	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	268.00	73.00	29.70
20040	Rice, brown, medium-grain, raw	268.00	4.00	7.50
21478	DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked	268.00	663.00	13.22
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	268.00	52.00	20.12
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	268.00	43.00	18.49
18174	Cookies, graham crackers, chocolate-coated	267.00	265.00	4.00
18567	KRAFT, STOVE TOP Stuffing Mix Chicken Flavor	267.00	1,532.00	12.60
21434	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading	267.00	606.00	21.94
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	267.00	64.00	25.56

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
28080	KEEBLER, FUDGE SHOPPE, Deluxe Grahams Cookies	267.00	265.00	4.00
31013	CAMPBELL'S, V8 Vegetable Juice, Spicy Hot V8	267.00	198.00	0.82
05710	Turkey, retail parts, breast, meat only, raw	267.00	74.00	23.34
07062	Picnic loaf, pork, beef	267.00	1,164.00	14.92
08002	Cereals ready-to-eat, POST, ALPHA-BITS	267.00	592.00	10.00
08602	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan	267.00	650.00	7.50
09181	Melons, cantaloupe, raw	267.00	16.00	0.84
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	267.00	1,308.00	14.05
13001	Beef, carcass, separable lean and fat, choice, raw	267.00	59.00	17.32
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	267.00	54.00	33.26
13478	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw	267.00	42.00	22.22
13817	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	267.00	67.00	16.98
13827	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	267.00	54.00	16.34
17010	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	267.00	74.00	31.01
17028	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	267.00	66.00	26.59
17232	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw	267.00	58.00	18.99
17318	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	267.00	76.00	16.68
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	266.00	61.00	27.38
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	266.00	77.00	24.55
09172	Longans, raw	266.00	0.00	1.31
09174	Loquats, raw	266.00	1.00	0.43
11671	Potatoes, o'brien, home-prepared	266.00	217.00	2.35
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	266.00	43.00	22.61
13844	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw	266.00	56.00	16.52
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	266.00	43.00	32.76
16081	Mung beans, mature seeds, cooked, boiled, without salt	266.00	2.00	7.02
16381	Mung beans, mature seeds, cooked, boiled, with salt	266.00	238.00	7.02
17273	Veal, breast, plate half, boneless, separable lean and fat, cooked, braised	266.00	64.00	25.93
18032	Bread, irish soda, prepared from recipe	266.00	398.00	6.60
21437	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	266.00	884.00	21.70
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	266.00	54.00	33.15
28306	Bread, chapati or roti, plain, commercially prepared	266.00	409.00	11.25
36043	CARRABBA'S ITALIAN GRILL, lasagne	266.00	524.00	10.48
43366	Turkey, wing, smoked, cooked, with skin, bone removed	266.00	996.00	27.40
21152	SUBWAY, SUBWAY CLUB sub on white bread with lettuce and tomato	265.00	348.00	10.66
21153	Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato	265.00	348.00	10.66

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
21433	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed	265.00	714.00	28.67
23391	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	265.00	52.00	26.18
27021	CAMPBELL'S Homestyle HEALTHY REQUEST Chicken with Whole Grain Pasta Soup	265.00	167.00	3.80
03293	Babyfood, plums, bananas and rice, strained	265.00	0.00	1.10
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	265.00	91.00	20.89
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	265.00	45.00	4.31
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	265.00	281.00	4.31
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	265.00	49.00	25.85
16555	MORNINGSTAR FARMS Buffalo Wings, frozen, unprepared	265.00	642.00	14.10
17032	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw	265.00	72.00	19.98
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	265.00	68.00	24.94
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	265.00	118.00	21.01
17377	Lamb, New Zealand, imported, testes, raw	265.00	119.00	11.40
01137	Egg, yolk, dried	264.00	149.00	33.63
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	264.00	98.00	24.03
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	264.00	337.00	24.06
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	264.00	184.00	27.94
07939	Frankfurter, pork	264.00	816.00	12.81
08634	Cereals ready-to-eat, GENERAL MILLS, PEANUT BUTTER TOAST CRUNCH	264.00	452.00	8.19
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	264.00	1,267.00	21.28
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	264.00	53.00	3.11
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	264.00	3.00	1.14
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	264.00	289.00	3.11
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	264.00	239.00	1.14
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	264.00	54.00	32.90
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	264.00	42.00	32.73
13807	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	264.00	72.00	17.65
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	264.00	75.00	28.84
15270	Crustaceans, shrimp, raw (not previously frozen)	264.00	119.00	20.10
19161	Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars	264.00	226.00	9.18
21266	TACO BELL, BURRITO SUPREME with chicken	264.00	564.00	9.84
22904	Chili con carne with beans, canned entree	264.00	449.00	5.80
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	264.00	67.00	20.89
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	264.00	59.00	19.71
23189	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	264.00	62.00	23.53
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	264.00	58.00	23.89

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	264.00	42.00	31.82
23191	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	263.00	63.00	23.47
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	263.00	42.00	32.04
27056	Sauce, barbecue, BULL'S-EYE, original	263.00	1,012.00	0.91
03108	Babyfood, vegetables, sweet potatoes strained	263.00	22.00	1.10
05028	Chicken, liver, all classes, cooked, simmered	263.00	76.00	24.46
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	263.00	81.00	32.82
05693	Chicken, broiler, rotisserie, BBQ, back meat only	263.00	563.00	21.85
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	263.00	234.00	22.15
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	263.00	3.00	0.67
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	263.00	239.00	0.67
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	263.00	15.00	2.29
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	263.00	35.00	22.10
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	263.00	71.00	31.06
13833	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	263.00	53.00	16.15
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	263.00	42.00	32.85
17147	Game meat, bear, cooked, simmered	263.00	71.00	32.42
05154	Pheasant, raw, meat only	262.00	37.00	23.57
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	262.00	335.00	24.09
06118	Gravy, brown, dry	262.00	4,843.00	10.74
06122	Gravy, mushroom, dry, powder	262.00	6,580.00	10.00
06123	Gravy, onion, dry, mix	262.00	4,186.00	9.00
06127	Gravy, unspecified type, dry	262.00	5,730.00	13.00
07955	Turkey sausage, fresh, raw	262.00	593.00	18.79
08628	Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal	262.00	477.00	9.17
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	262.00	267.00	7.90
08700	Cereals ready-to-eat, KELLOGG RAISIN BRAN with Omega-3 from flaxseed	262.00	355.00	7.30
11113	Cabbage, red, cooked, boiled, drained, without salt	262.00	28.00	1.51
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	262.00	2.00	2.95
11641	Squash, summer, all varieties, raw	262.00	2.00	1.21
11752	Cabbage, red, cooked, boiled, drained, with salt	262.00	244.00	1.51
11788	Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	262.00	238.00	2.95
13323	Beef, variety meats and by-products, kidneys, raw	262.00	182.00	17.40
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	262.00	54.00	33.36
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	262.00	61.00	26.39
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	262.00	51.00	26.06

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
15137	Crustaceans, crab, alaska king, cooked, moist heat	262.00	1,072.00	19.35
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	262.00	63.00	15.40
17249	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted	262.00	65.00	22.93
20017	Corn flour, masa, enriched, white	262.00	5.00	8.46
20019	Corn flour, masa, unenriched, white	262.00	5.00	8.46
20317	Corn flour, yellow, masa, enriched	262.00	5.00	8.46
21472	Fast Foods, Fried Chicken, Wing, meat and skin and breading	262.00	867.00	21.14
23099	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	262.00	62.00	26.70
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	262.00	56.00	21.62
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	262.00	56.00	21.44
23190	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	262.00	64.00	23.36
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	262.00	64.00	20.38
28295	Tortillas, ready-to-bake or -fry, whole wheat	262.00	512.00	9.76
19040	Snacks, popcorn, cheese-flavor	261.00	889.00	9.30
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	261.00	61.00	4.33
19393	Frozen yogurts, chocolate, soft-serve	261.00	98.00	4.00
21061	Fast foods, burrito, with beans and cheese	261.00	563.00	7.35
21264	TACO BELL, Bean Burrito	261.00	563.00	7.35
21457	POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading	261.00	588.00	20.44
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	261.00	62.00	25.18
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	261.00	53.00	33.13
36029	DENNY'S, fish fillet, battered or breaded, fried	261.00	516.00	13.75
42280	Frankfurter, meat and poultry, low fat	261.00	983.00	15.50
05129	Chicken, stewing, light meat, meat only, raw	261.00	53.00	23.10
05324	Chicken patty, frozen, cooked	261.00	532.00	14.85
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	261.00	66.00	29.20
11477	Squash, summer, zucchini, includes skin, raw	261.00	8.00	1.21
11969	Broccoli, chinese, cooked	261.00	7.00	1.14
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	261.00	64.00	27.17
15242	Crustaceans, crayfish, mixed species, farmed, raw	261.00	62.00	14.85
16606	MORNINGSTAR FARMS Mediterranean Chickpea, frozen, unprepared	261.00	357.00	15.50
17015	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw	261.00	57.00	18.58
17040	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised	261.00	79.00	32.81
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	261.00	64.00	16.16
17193	Veal, variety meats and by-products, heart, raw	261.00	77.00	17.18
17243	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	261.00	74.00	29.46

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
05159	Quail, breast, meat only, raw	260.00	55.00	22.59
05162	Squab, (pigeon), light meat without skin, raw	260.00	55.00	21.76
05190	Turkey, all classes, back, meat and skin, cooked, roasted	260.00	73.00	26.59
05300	Turkey sticks, breaded, battered, fried	260.00	838.00	14.20
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	260.00	345.00	22.93
07078	Thuringer, cervelat, summer sausage, beef, pork	260.00	1,300.00	17.45
07212	OSCAR MAYER, Ham (chopped with natural juice)	260.00	1,249.00	16.30
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	260.00	463.00	9.14
09061	Carissa, (natal-plum), raw	260.00	3.00	0.50
11143	Celery, raw	260.00	80.00	0.69
13838	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, raw	260.00	55.00	16.26
16021	Beans, cranberry (roman), mature seeds, canned	260.00	332.00	5.54
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	260.00	256.00	5.22
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	260.00	117.00	5.22
17060	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised	260.00	70.00	33.69
17107	Veal, loin, separable lean only, raw	260.00	99.00	21.85
17326	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	260.00	78.00	16.48
19001	Candies, TOBLERONE, milk chocolate with honey and almond nougat	260.00	54.00	5.71
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	260.00	65.00	19.14
23197	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	260.00	54.00	23.69
28117	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Brownies	260.00	284.00	4.50
19058	Snacks, tortilla chips, ranch-flavor	259.00	519.00	7.19
19118	Candies, NESTLE, OH HENRY! Bar	259.00	193.00	7.70
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	259.00	63.00	26.21
23389	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	259.00	54.00	25.69
27047	Sauce, salsa, verde, ready-to-serve	259.00	600.00	1.13
03193	Babyfood, cereal, oatmeal, with honey, dry	259.00	47.00	13.50
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	259.00	76.00	31.84
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	259.00	95.00	28.18
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	259.00	185.00	20.70
06151	Sauce, plum, ready-to-serve	259.00	538.00	0.89
07912	Roast beef spread	259.00	724.00	15.27
08596	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Caramel Delight	259.00	470.00	5.80
09021	Apricots, raw	259.00	1.00	1.40
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	259.00	69.00	26.54
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	259.00	70.00	26.66

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	259.00	65.00	26.79
15062	Fish, pike, northern, raw	259.00	39.00	19.26
15140	Crustaceans, crab, blue, cooked, moist heat	259.00	395.00	17.88
15141	Crustaceans, crab, blue, canned	259.00	563.00	17.88
15271	Crustaceans, shrimp, cooked (not previously frozen)	259.00	111.00	23.98
17046	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	259.00	65.00	22.53
07956	Beef sausage, fresh, cooked	258.00	813.00	18.21
09260	Pears, dried, sulfured, stewed, without added sugar	258.00	3.00	0.91
10096	Pork, fresh, variety meats and by-products, brain, raw	258.00	120.00	10.28
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	258.00	1,072.00	20.43
11696	Tomatoes, yellow, raw	258.00	23.00	0.98
17058	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	258.00	68.00	24.61
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	258.00	77.00	33.31
17230	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw	258.00	57.00	18.47
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	258.00	101.00	14.03
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	258.00	72.00	32.50
21438	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading	258.00	607.00	21.24
21507	WENDY'S, Double Stack, with cheese	258.00	477.00	18.53
23181	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, raw	258.00	60.00	19.11
23387	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	258.00	45.00	21.54
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	258.00	52.00	12.53
36042	OLIVE GARDEN, lasagna classico	258.00	450.00	11.28
19407	Snacks, beef sticks, smoked	257.00	1,531.00	21.50
19708	Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	257.00	849.00	0.10
19896	Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar	257.00	321.00	8.93
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	257.00	64.00	25.40
25022	Snacks, FRITOLAY, SUNCHIPS, multigrain, French onion flavor	257.00	467.00	8.68
05012	Chicken, broilers or fryers, meat only, cooked, fried	257.00	91.00	30.57
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	257.00	112.00	28.61
06063	Soup, tomato rice, canned, condensed	257.00	635.00	1.64
11963	Nopales, raw	257.00	21.00	1.32
17008	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	257.00	72.00	28.37
17220	Lamb, variety meats and by-products, tongue, raw	257.00	78.00	15.70
17229	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	257.00	72.00	28.37
01004	Cheese, blue	256.00	1,146.00	21.40
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	256.00	74.00	31.02

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	256.00	128.00	24.24
08688	Cereals, QUAKER, Instant Oatmeal, Cinnamon Swirl, high fiber	256.00	473.00	8.79
11976	Pepper, banana, raw	256.00	13.00	1.66
11986	Malabar spinach, cooked	256.00	55.00	2.98
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	256.00	52.00	32.62
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	256.00	41.00	30.63
15004	Fish, bass, striped, raw	256.00	69.00	17.73
15091	Fish, sea bass, mixed species, raw	256.00	68.00	18.43
21129	Fast foods, hush puppies	256.00	813.00	6.16
21462	Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise	256.00	605.00	15.38
23213	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	256.00	50.00	19.55
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	256.00	70.00	24.56
43287	Dove, cooked (includes squab)	256.00	57.00	23.90
19858	Candies, sugar-coated almonds	255.00	13.00	10.00
20023	Cornmeal, yellow, self-rising, bolted, plain, enriched	255.00	1,247.00	8.28
20323	Cornmeal, white, self-rising, bolted, plain, enriched	255.00	1,247.00	8.28
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	255.00	66.00	28.47
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	255.00	63.00	24.23
28376	VAN'S, The Perfect 10, Crispy Six Whole Grain + Four Seed Baked Crackers, Gluten Free	255.00	730.00	7.63
36041	Restaurant, Italian, lasagna with meat	255.00	466.00	10.83
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	255.00	426.00	11.51
01046	Cheese food, pasteurized process, American, vitamin D fortified	255.00	1,284.00	16.86
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	255.00	77.00	5.73
01254	Cheese food, pasteurized process, American, without added vitamin D	255.00	1,441.00	16.86
05136	Chicken, capons, meat and skin, cooked, roasted	255.00	49.00	28.96
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	255.00	335.00	22.51
06039	Soup, minestrone, canned, chunky, ready-to-serve	255.00	288.00	2.13
06040	Soup, minestrone, canned, condensed	255.00	516.00	3.48
08592	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut	255.00	533.00	5.50
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	255.00	63.00	24.85
17289	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	255.00	100.00	27.50
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	254.00	96.00	28.38
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	254.00	837.00	25.34
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	254.00	509.00	20.29
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	254.00	174.00	23.47
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	254.00	112.00	28.21

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
08267	Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS	254.00	553.00	9.00
08510	Milk and cereal bar	254.00	319.00	6.47
08543	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond	254.00	559.00	7.80
08648	Cereals ready-to-eat, KASHI Simply Maize	254.00	415.00	7.80
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	254.00	1,181.00	19.46
11414	Potato salad, home-prepared	254.00	529.00	2.68
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	254.00	52.00	32.21
13841	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw	254.00	54.00	16.03
17056	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	254.00	79.00	32.35
18075	Bread, whole-wheat, commercially prepared	254.00	455.00	12.45
19065	Candies, ALMOND JOY Candy Bar	254.00	142.00	4.13
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	254.00	61.00	18.72
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	254.00	65.00	20.06
23388	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	254.00	44.00	21.29
42272	Snacks, granola bar, with coconut, chocolate coated	254.00	152.00	5.20
19871	Frozen novelties, No Sugar Added, FUDGSICLE pops	253.00	96.00	3.67
19917	Candies, M&M MARS Pretzel Chocolate Candies	253.00	475.00	5.00
21155	Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato	253.00	317.00	9.12
21207	SUBWAY, turkey breast sub on white bread with lettuce and tomato	253.00	317.00	9.12
21470	Fast Foods, Fried Chicken, Drumstick, meat and skin with breading	253.00	591.00	21.13
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	253.00	67.00	18.74
23395	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	253.00	44.00	21.13
28191	KELLOGG'S, SPECIAL K, Savory Herb Crackers	253.00	809.00	10.90
01089	Milk, low sodium, fluid	253.00	3.00	3.10
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	253.00	97.00	28.99
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	253.00	102.00	23.26
05600	USDA Commodity, turkey ham, dark meat, smoked, frozen	253.00	909.00	16.30
07003	Beerwurst, beer salami, pork	253.00	1,240.00	14.24
07036	Sausage, Italian, pork, raw	253.00	731.00	14.25
08277	Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA	253.00	497.00	7.90
10001	Pork, fresh, carcass, separable lean and fat, raw	253.00	42.00	13.91
11018	Asparagus, frozen, unprepared	253.00	8.00	3.23
11163	Collards, frozen, chopped, unprepared	253.00	48.00	2.69
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	253.00	6.00	1.28
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	253.00	242.00	1.28
05117	Chicken, roasting, light meat, meat only, raw	252.00	51.00	22.20

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
05142	Duck, domesticated, meat only, cooked, roasted	252.00	65.00	23.48
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	252.00	237.00	25.80
07945	Frankfurter, beef, heated	252.00	852.00	11.69
11116	Cabbage, chinese (pak-choi), raw	252.00	65.00	1.50
11224	Hyacinth-beans, immature seeds, raw	252.00	2.00	2.10
11901	Corn, sweet, white, cooked, boiled, drained, without salt	252.00	3.00	3.34
11902	Corn, sweet, white, cooked, boiled, drained, with salt	252.00	253.00	3.34
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	252.00	41.00	30.67
15117	Fish, tuna, fresh, bluefin, raw	252.00	39.00	23.33
20114	Noodles, japanese, soba, dry	252.00	792.00	14.38
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	252.00	350.00	15.17
21309	McDONALD'S, Chicken McNUGGETS	252.00	566.00	15.79
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	252.00	73.00	17.77
28091	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Oatmeal	252.00	367.00	5.50
19017	Snacks, granola bars, hard, chocolate chip	251.00	344.00	7.30
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	251.00	594.00	15.92
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	251.00	68.00	18.47
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	251.00	63.00	18.43
36033	Restaurant, family style, fish fillet, battered or breaded, fried	251.00	561.00	13.49
05054	Chicken, broilers or fryers, back, meat only, cooked, fried	251.00	99.00	29.99
05125	Chicken, stewing, meat only, raw	251.00	79.00	21.26
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	251.00	50.00	2.97
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	251.00	4.00	3.11
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	251.00	286.00	2.97
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	251.00	240.00	3.11
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	251.00	4.00	3.11
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	251.00	240.00	3.11
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	251.00	64.00	25.85
17038	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	251.00	66.00	22.51
17245	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	251.00	66.00	22.70
01259	Cheese spread, American or Cheddar cheese base, reduced fat	250.00	1,102.00	13.41
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	250.00	66.00	28.26
05310	Chicken, cornish game hens, meat only, cooked, roasted	250.00	63.00	23.30
05631	Emu, oyster, raw	250.00	150.00	22.81
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	250.00	190.00	25.34
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	250.00	237.00	26.52

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
06002	Soup, black bean, canned, condensed	250.00	970.00	4.83
08411	Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS, Brown Sugar, dry	250.00	500.00	8.69
08608	Cereals ready-to-eat, KASHI Berry Blossom	250.00	419.00	7.50
08684	Cereals ready-to-eat, CASCADIAN FARM, Honey Nut O's	250.00	572.00	8.30
08701	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Multi-grain	250.00	606.00	7.59
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	250.00	1,150.00	21.41
11088	Broadbeans, immature seeds, raw	250.00	50.00	5.60
11094	Broccoli, frozen, spears, unprepared	250.00	17.00	3.06
12119	Nuts, coconut water (liquid from coconuts)	250.00	105.00	0.72
15155	Mollusks, abalone, mixed species, raw	250.00	301.00	17.10
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	250.00	208.00	8.12
17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	250.00	74.00	30.35
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	250.00	64.00	23.27
18036	Bread, multi-grain, toasted (includes whole-grain)	250.00	414.00	14.52
18987	AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type, reduced fat	250.00	884.00	7.80
20036	Rice, brown, long-grain, raw	250.00	5.00	7.54
21033	Fast foods, sundae, hot fudge	250.00	115.00	3.57
21246	WENDY'S, Chicken Nuggets	250.00	708.00	16.46
21435	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading	250.00	625.00	22.30
25031	Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors	250.00	520.00	30.00
28115	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Fudge Covered Pretzels	250.00	595.00	7.50
35237	Tamales, masa and pork filling (Hopi)	250.00	298.00	13.19
19111	Candies, NESTLE, BABY RUTH Bar	249.00	230.00	5.40
19270	Ice creams, chocolate	249.00	76.00	3.80
19439	Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar	249.00	291.00	8.00
19899	Ice creams, regular, low carbohydrate, chocolate	249.00	76.00	3.80
27008	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Microwavable Bowls, Grilled Chicken & Sausage Gumbo Soup	249.00	167.00	2.86
28223	MURRAY, SUGAR FREE, Fudge Dipped Mint Cookies	249.00	364.00	6.00
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	249.00	96.00	28.62
05144	Duck, wild, meat and skin, raw	249.00	56.00	17.42
05186	Turkey, all classes, light meat, cooked, roasted	249.00	99.00	30.13
05220	Turkey, breast, from whole bird, meat only, roasted	249.00	99.00	30.13
05228	Turkey, wing, from whole bird, meat only, roasted	249.00	99.00	30.13
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	249.00	238.00	26.97
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	249.00	238.00	26.97
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	249.00	238.00	26.97

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	249.00	238.00	26.97
05739	Turkey, drumstick, from whole bird, meat only, roasted	249.00	99.00	30.13
08513	Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS	249.00	539.00	5.59
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	249.00	98.00	24.15
15132	Fish, whiting, mixed species, raw	249.00	72.00	18.31
17011	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw	249.00	56.00	17.91
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	249.00	69.00	29.59
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	248.00	101.00	29.55
05293	Turkey breast, pre-basted, meat and skin, cooked, roasted	248.00	397.00	22.16
05323	Chicken patty, frozen, uncooked	248.00	518.00	14.33
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	248.00	390.00	8.30
11009	Artichokes, (globe or french), frozen, unprepared	248.00	47.00	2.63
11392	Potatoes, hash brown, frozen, with butter sauce, unprepared	248.00	77.00	1.87
11979	Peppers, jalapeno, raw	248.00	3.00	0.91
13847	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw	248.00	53.00	15.77
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	248.00	40.00	30.70
17036	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	248.00	75.00	28.68
17215	Lamb, variety meats and by-products, spleen, cooked, braised	248.00	58.00	26.46
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	248.00	67.00	22.62
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	248.00	577.00	23.21
22966	SPAGHETTIOS, SpaghettiOs with Meatballs - Easy Open	248.00	238.00	4.37
23006	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	248.00	62.00	24.60
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	248.00	61.00	23.34
31025	Sweet Potato puffs, frozen, unprepared	248.00	250.00	1.36
23134	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	247.00	65.00	27.69
23195	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	247.00	54.00	22.92
43274	Cheese, cream, low fat	247.00	359.00	7.85
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	247.00	77.00	30.91
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	247.00	123.00	23.35
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	247.00	91.00	25.86
05732	Turkey, retail parts, breast, meat and skin, raw	247.00	72.00	21.88
06307	Sauce, barbecue, KRAFT, original	247.00	1,242.00	0.74
09321	Sugar-apples, (sweetsop), raw	247.00	9.00	2.06
10192	Pork, fresh, backribs, separable lean and fat, raw	247.00	87.00	19.07
11251	Lettuce, cos or romaine, raw	247.00	8.00	1.23
11398	Potato puffs, frozen, unprepared	247.00	428.00	1.93

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
11660	Tomatoes, red, ripe, cooked, stewed	247.00	455.00	1.96
14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	247.00	472.00	8.13
02055	Horseradish, prepared	246.00	420.00	1.18
07924	Bratwurst, pork, beef and turkey, lite, smoked	246.00	982.00	14.45
07928	Sausage, chicken, beef, pork, skinless, smoked	246.00	1,034.00	13.60
08380	Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH	246.00	358.00	6.59
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	246.00	18.00	1.21
11750	Cabbage, common (danish, domestic, and pointed types), stored, raw	246.00	18.00	1.21
13332	Beef, variety meats and by-products, pancreas, cooked, braised	246.00	60.00	27.10
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	246.00	52.00	20.36
15175	Mollusks, squid, mixed species, raw	246.00	44.00	15.58
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	246.00	64.00	22.55
17054	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	246.00	66.00	22.25
18048	Bread, raisin, enriched, toasted	246.00	377.00	8.60
18081	Bread stuffing, bread, dry mix	246.00	1,405.00	11.00
21336	McDONALD'S, Hot Fudge Sundae	246.00	94.00	4.14
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	246.00	52.00	20.28
23187	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	246.00	59.00	23.19
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	246.00	52.00	19.26
23508	USDA Commodity, beef, ground, bulk/coarse ground, frozen, raw	246.00	57.00	17.37
43144	Cabbage, mustard, salted	246.00	717.00	1.10
18224	Crackers, rusk toast	245.00	253.00	13.50
21102	Fast foods, chicken fillet sandwich, plain with pickles	245.00	753.00	16.28
21111	Fast foods, hamburger; double, regular patty; with condiments	245.00	345.00	14.80
21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	245.00	788.00	20.40
21526	CHICK-FIL-A, chicken sandwich	245.00	753.00	16.28
22969	Chili with beans, microwavable bowls	245.00	385.00	5.85
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	245.00	39.00	29.59
35211	Caribou, hind quarter, meat, cooked (Alaska Native)	245.00	45.00	28.81
03209	Babyfood, crackers, vegetable	245.00	571.00	8.40
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	245.00	71.00	29.80
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	245.00	64.00	22.27
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	245.00	381.00	17.66
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	245.00	76.00	22.57
07090	Luncheon sausage, pork and beef	245.00	1,182.00	15.38
08177	Cereals, MALT-O-MEAL, chocolate, dry	245.00	10.00	10.60

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
08699	Cereals ready-to-eat, KELLOGG'S KRAVE Smores	245.00	342.00	7.30
09261	Pears, dried, sulfured, stewed, with added sugar	245.00	3.00	0.86
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	245.00	1,335.00	13.88
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	245.00	1,335.00	13.88
11214	Escarole, cooked, boiled, drained, no salt added	245.00	19.00	1.15
14163	Beverages, chocolate drink, milk and soy based, ready to drink, fortified	245.00	63.00	4.22
16077	Lupins, mature seeds, cooked, boiled, without salt	245.00	4.00	15.57
16377	Lupins, mature seeds, cooked, boiled, with salt	245.00	240.00	15.57
17424	Veal, ground, cooked, pan-fried	245.00	146.00	25.83
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	245.00	113.00	27.33
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	244.00	186.00	24.72
07002	Beerwurst, beer salami, pork and beef	244.00	881.00	14.00
07931	Beerwurst, pork and beef	244.00	732.00	14.00
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	244.00	555.00	6.80
08537	Cereals ready-to-eat, KASHI 7 Whole Grain Flakes	244.00	291.00	11.00
09449	Nance, frozen, unsweetened	244.00	3.00	0.66
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	244.00	1,101.00	20.10
10972	Pork, ground, 84% lean / 16% fat, raw	244.00	68.00	17.99
11304	Peas, green, raw	244.00	5.00	5.42
13320	Beef, variety meats and by-products, brain, cooked, simmered	244.00	108.00	11.67
15016	Fish, cod, Atlantic, cooked, dry heat	244.00	78.00	22.83
15168	Mollusks, oyster, eastern, cooked, breaded and fried	244.00	417.00	8.77
17246	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw	244.00	61.00	17.19
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	244.00	75.00	28.92
17287	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	244.00	93.00	24.78
20109	Noodles, egg, dry, enriched	244.00	21.00	14.16
20409	Noodles, egg, dry, unenriched	244.00	21.00	14.16
23577	Beef, ground, 75% lean meat / 25% fat, raw	244.00	66.00	15.76
31024	Sweet Potatoes, french fried, crosscut, frozen, unprepared	244.00	214.00	1.70
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	244.00	509.00	12.56
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	244.00	644.00	16.27
21458	POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	243.00	685.00	19.14
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	243.00	48.00	20.49
23188	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	243.00	60.00	22.90
28190	KELLOGG'S, SPECIAL K, Multigrain Crackers	243.00	848.00	9.00
03109	Babyfood, vegetables, sweet potatoes, junior	243.00	18.00	1.10

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
05013	Chicken, broilers or fryers, meat only, roasted	243.00	86.00	28.93
05134	Chicken, capons, meat and skin and giblets and neck, cooked, roasted	243.00	50.00	28.35
05153	Pheasant, raw, meat and skin	243.00	40.00	22.70
07900	Turkey, pork, and beef sausage, low fat, smoked	243.00	796.00	8.00
08387	Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat	243.00	267.00	11.39
10121	Pork, fresh, variety meats and by-products, tongue, raw	243.00	110.00	16.30
10158	USDA Commodity, pork, canned	243.00	213.00	19.40
11112	Cabbage, red, raw	243.00	27.00	1.43
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	243.00	50.00	30.05
16611	MORNINGSTAR FARMS Parmesan Garlic Wings, frozen, unprepared	243.00	616.00	14.20
17052	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	243.00	75.00	28.51
01048	Cheese spread, pasteurized process, American	242.00	1,625.00	16.41
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	242.00	95.00	19.66
05131	Chicken, stewing, dark meat, meat only, raw	242.00	101.00	19.70
05155	Pheasant, breast, meat only, raw	242.00	33.00	24.37
05170	Turkey, skin from whole (light and dark), roasted	242.00	116.00	23.94
05185	Turkey from whole, light meat, raw	242.00	113.00	23.66
05219	Turkey, breast, from whole bird, meat only, raw	242.00	113.00	23.66
05227	Turkey, wing, from whole bird, meat only, raw	242.00	113.00	23.66
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	242.00	81.00	25.88
05696	Turkey from whole, light meat, meat only, with added solution, raw	242.00	206.00	21.54
05707	Turkey, whole, meat and skin, with added solution, roasted	242.00	224.00	26.09
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	242.00	206.00	21.54
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	242.00	206.00	21.54
05738	Turkey, drumstick, from whole bird, meat only, raw	242.00	113.00	23.66
10088	Pork, fresh, spareribs, separable lean and fat, raw	242.00	81.00	15.47
11350	Pokeberry shoots, (poke), raw	242.00	23.00	2.60
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	242.00	50.00	30.12
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	242.00	132.00	8.87
16054	Broadbeans (fava beans), mature seeds, canned	242.00	453.00	5.47
21345	McDONALD'S, DOUBLE QUARTER POUNDER with Cheese	242.00	476.00	16.96
21396	Fast foods, cheeseburger; double, large patty; with condiments	242.00	480.00	16.96
22971	Potato salad with egg	242.00	329.00	1.96
23186	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	242.00	60.00	22.71
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	242.00	65.00	17.98
28313	Rolls, hamburger or hot dog, whole wheat	242.00	427.00	12.38

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
43278	Cheese, american cheddar, imitation	242.00	1,345.00	16.70
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	241.00	65.00	27.16
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	241.00	38.00	29.73
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	241.00	39.00	29.87
25001	Snacks, popcorn, microwave, low fat	241.00	540.00	12.60
28039	KASHI, TLC, Happy Trail Mix Cookies	241.00	249.00	8.10
36018	APPLEBEE'S, fish, hand battered	241.00	607.00	13.23
43572	Popcorn, microwave, low fat and sodium	241.00	490.00	12.60
05294	Turkey thigh, pre-basted, meat and skin, cooked, roasted	241.00	437.00	18.80
06358	Soup, tomato bisque, canned, prepared with equal volume milk	241.00	442.00	2.51
08491	Cereals ready-to-eat, MOM'S BEST, Honey Nut TOASTY O'S	241.00	683.00	8.60
08613	Cereals ready-to-eat, KELLOGG'S SPECIAL K Multigrain Oats and Honey	241.00	494.00	7.80
08676	Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS	241.00	695.00	8.59
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	241.00	1,060.00	20.92
11644	Squash, winter, all varieties, cooked, baked, without salt	241.00	1.00	0.89
11863	Squash, winter, all varieties, cooked, baked, with salt	241.00	237.00	0.89
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	241.00	73.00	23.87
13808	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	241.00	69.00	24.40
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	241.00	49.00	30.20
17104	Veal, loin, separable lean and fat, raw	241.00	98.00	20.07
01188	KRAFT CHEEZ WHIZ Pasteurized Process Cheese Sauce	240.00	1,638.00	12.00
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	240.00	93.00	27.37
05195	Turkey, all classes, wing, meat and skin, raw	240.00	55.00	20.22
05625	Emu, flat fillet, raw	240.00	150.00	22.25
07979	Sausage, pork, turkey, and beef, reduced sodium	240.00	679.00	10.71
08675	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey & almonds	240.00	453.00	7.80
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	240.00	94.00	23.01
11199	Yardlong bean, raw	240.00	4.00	2.80
11301	Peas, edible-podded, boiled, drained, without salt	240.00	4.00	3.27
11809	Peas, edible-podded, cooked, boiled, drained, with salt	240.00	--	3.27
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	240.00	63.00	24.21
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	240.00	69.00	16.17
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	240.00	326.00	3.60
21471	Fast Foods, Fried Chicken, Thigh, meat and skin and breading	240.00	747.00	19.23
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	240.00	65.00	17.69
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	240.00	764.00	7.50

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
18184	Cookies, oatmeal, prepared from recipe, with raisins	239.00	538.00	6.50
18528	ARCHWAY Home Style Cookies, Dutch Cocoa	239.00	384.00	4.50
22903	Pizza, pepperoni topping, regular crust, frozen, cooked	239.00	590.00	14.38
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	239.00	70.00	25.48
05031	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	239.00	77.00	30.45
05039	Chicken, broilers or fryers, light meat, meat only, raw	239.00	68.00	23.20
05166	Turkey, whole, meat and skin, cooked, roasted	239.00	103.00	28.55
05168	Turkey, whole, meat only, cooked, roasted	239.00	101.00	29.06
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	239.00	117.00	23.93
05705	Turkey, whole, meat only, with added solution, roasted	239.00	223.00	26.61
05742	Turkey, retail parts, thigh, meat and skin, raw	239.00	75.00	19.54
07901	USDA Commodity, pork, sausage, bulk/links/patties, frozen, cooked	239.00	540.00	19.76
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	239.00	759.00	6.37
10146	Pork, cured, ham, patties, unheated	239.00	1,088.00	12.78
16552	MORNINGSTAR FARMS Mushroom Lover's Burger, frozen, unprepared	239.00	445.00	14.30
17226	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	239.00	59.00	17.54
17427	Veal, loin, chop, separable lean only, cooked, grilled	239.00	85.00	29.75
05080	Chicken, broilers or fryers, leg, meat only, raw	238.00	96.00	19.16
05113	Chicken, roasting, meat only, raw	238.00	75.00	20.33
11119	Cabbage, chinese (pe-tsai), raw	238.00	9.00	1.20
11250	Lettuce, butterhead (includes boston and bibb types), raw	238.00	5.00	1.35
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	238.00	38.00	28.29
15129	Fish, turbot, european, raw	238.00	150.00	16.05
15243	Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	238.00	97.00	17.52
17043	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw	238.00	60.00	16.79
17205	Lamb, variety meats and by-products, lungs, raw	238.00	157.00	16.70
17446	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw	238.00	77.00	23.11
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	238.00	674.00	15.78
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	238.00	38.00	28.45
25023	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, Harvest Cheddar flavor	238.00	705.00	8.08
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	238.00	367.00	6.67
43506	Frozen novelties, ice cream type, chocolate or caramel covered, with nuts	238.00	92.00	4.40
43541	Ice creams, chocolate, rich	238.00	57.00	4.72
18952	Tostada shells, corn	237.00	657.00	6.15
19404	Snacks, granola bars, soft, uncoated, chocolate chip	237.00	251.00	5.65
21436	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	237.00	781.00	18.90

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
21439	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading	237.00	632.00	20.62
23194	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	237.00	55.00	18.44
05003	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour	237.00	86.00	28.57
05023	Chicken, gizzard, all classes, raw	237.00	69.00	17.66
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	237.00	96.00	28.19
05093	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, flour	237.00	88.00	26.75
05158	Quail, meat only, raw	237.00	51.00	21.76
05161	Squab, (pigeon), meat only, raw	237.00	51.00	17.50
05305	Ground turkey, raw	237.00	58.00	19.66
05704	Turkey, whole, meat only, with added solution, raw	237.00	194.00	20.87
05708	Turkey, retail parts, breast, meat only, with added solution, raw	237.00	124.00	21.99
07059	Polish sausage, pork	237.00	876.00	14.10
07915	Sausage, Polish, beef with chicken, hot	237.00	1,540.00	17.60
08681	Cereals ready-to-eat, CASCADIAN FARM, Cinnamon Crunch	237.00	380.00	5.69
10122	Pork, fresh, variety meats and by-products, tongue, cooked, braised	237.00	109.00	24.10
11062	Beans, snap, green, frozen, all styles, microwaved	237.00	3.00	1.98
11529	Tomatoes, red, ripe, raw, year round average	237.00	5.00	0.88
11960	Carrots, baby, raw	237.00	78.00	0.64
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	237.00	49.00	28.97
13820	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	237.00	66.00	27.33
15126	Fish, tuna, white, canned in water, drained solids	237.00	377.00	23.62
15184	Fish, tuna, light, canned in water, without salt, drained solids	237.00	50.00	25.51
15186	Fish, tuna, white, canned in water, without salt, drained solids	237.00	50.00	23.62
16029	Beans, kidney, all types, mature seeds, canned	237.00	296.00	5.22
16426	Tofu, raw, firm, prepared with calcium sulfate	237.00	14.00	17.27
17009	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw	237.00	79.00	21.08
17242	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw	237.00	63.00	17.07
17448	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	237.00	67.00	28.01
01190	KRAFT FREE Singles American Nonfat Pasteurized Process Cheese Product	236.00	1,298.00	22.70
05118	Chicken, roasting, light meat, meat only, cooked, roasted	236.00	51.00	27.13
05307	Chicken, cornish game hens, meat and skin, raw	236.00	61.00	17.15
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	236.00	742.00	7.10
09286	Pomegranates, raw	236.00	3.00	1.67
13379	Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	236.00	65.00	27.18
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	236.00	763.00	7.00
19184	Puddings, chocolate, dry mix, instant	236.00	1,771.00	2.30

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
19804	Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour	236.00	763.00	7.00
21514	KASHI Pizza, Tikka Masala, single serve, frozen, unprepared	236.00	247.00	10.20
23201	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	236.00	50.00	18.85
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	235.00	42.00	20.69
27055	Sauce, barbecue, SWEET BABY RAY'S, original	235.00	765.00	0.95
27059	Sauce, peanut, made from peanut butter, water, soy sauce	235.00	1,338.00	6.31
28088	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Holiday/Spiderman	235.00	271.00	4.10
05167	Turkey, whole, meat only, raw	235.00	118.00	22.64
06124	Gravy, pork, dry, powder	235.00	5,356.00	8.78
11125	Carrots, cooked, boiled, drained, without salt	235.00	58.00	0.76
11130	Carrots, frozen, unprepared	235.00	68.00	0.78
11757	Carrots, cooked, boiled, drained, with salt	235.00	302.00	0.76
13350	Beef, cured, dried	235.00	2,790.00	31.10
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	235.00	48.00	29.23
15019	Fish, cod, Pacific, raw (may have been previously frozen)	235.00	303.00	15.27
16008	Beans, baked, canned, with franks	235.00	430.00	6.75
16596	MORNINGSTAR FARMS Grillers Quarter Pound Veggie Burger, frozen, unprepared	235.00	429.00	22.80
17234	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw	235.00	56.00	17.21
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	235.00	111.00	25.72
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	234.00	70.00	5.25
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	234.00	84.00	28.56
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	234.00	156.00	19.11
06014	CAMPBELL'S Red and White, Broccoli Cheese Soup, condensed	234.00	661.00	1.61
07954	Beef sausage, pre-cooked	234.00	822.00	15.50
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	234.00	1,090.00	17.53
16345	Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water	234.00	212.00	7.04
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	234.00	63.00	17.01
18166	Cookies, chocolate sandwich, with creme filling, regular	234.00	388.00	5.21
18996	KELLOGG'S, EGGO, Biscuit Scramblers, Egg & Cheese	234.00	583.00	8.80
28092	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Original	234.00	348.00	4.10
28293	Cookie, butter or sugar, with chocolate icing or filling	234.00	348.00	4.10
42186	Frozen yogurts, chocolate	234.00	63.00	3.00
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	233.00	689.00	10.90
21475	DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked	233.00	506.00	12.96
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	233.00	280.00	4.52
22997	KASHI, Tuscan Veggie Bake, Frozen Entree	233.00	245.00	2.00

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
23192	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	233.00	56.00	18.13
23503	USDA Commodity, beef, patties (100%), frozen, cooked	233.00	66.00	22.98
03163	Babyfood, fruit, bananas with apples and pears, strained	233.00	2.00	0.90
05077	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, flour	233.00	88.00	26.84
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	233.00	1.00	2.55
11429	Radishes, raw	233.00	39.00	0.68
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	233.00	245.00	2.55
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	233.00	332.00	1.90
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	233.00	68.00	16.50
13371	Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	233.00	68.00	23.53
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	233.00	65.00	26.78
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	232.00	206.00	25.55
06150	Sauce, barbecue	232.00	1,027.00	0.82
09089	Figs, raw	232.00	1.00	0.75
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	232.00	988.00	18.62
11208	Dandelion greens, cooked, boiled, drained, without salt	232.00	44.00	2.00
11782	Dandelion greens, cooked, boiled, drained, with salt	232.00	280.00	2.00
12156	Nuts, walnuts, glazed	232.00	446.00	8.28
12176	Nuts, coconut milk, frozen (liquid expressed from grated meat and water)	232.00	12.00	1.61
13147	Beef, rib, shortribs, separable lean and fat, choice, raw	232.00	49.00	14.40
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	232.00	37.00	28.08
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	232.00	48.00	28.82
22899	Ravioli, cheese-filled, canned	232.00	306.00	2.48
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	232.00	40.00	20.11
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	232.00	423.00	7.95
28076	KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Dark Chocolate	232.00	320.00	4.40
18189	Cookies, peanut butter, prepared from recipe	231.00	518.00	9.00
18360	Taco shells, baked	231.00	324.00	6.41
18376	Bread crumbs, dry, grated, seasoned	231.00	1,336.00	14.13
19109	Candies, KIT KAT Wafer Bar	231.00	54.00	6.51
21100	Fast foods, cheeseburger; double, large patty, with condiments and vegetables	231.00	445.00	14.72
21493	DOMINO'S 14" Sausage Pizza, Crunchy Thin Crust	231.00	725.00	12.77
21506	BURGER KING, Double Cheeseburger	231.00	562.00	16.83
21611	School Lunch, chicken nuggets, whole grain breaded	231.00	511.00	15.67
23193	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	231.00	57.00	17.92
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	231.00	51.00	18.69

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	231.00	269.00	7.52
07907	USDA Commodity, pork sausage, bulk/links/patties, frozen, raw	231.00	507.00	14.95
07910	Bratwurst, veal, cooked	231.00	60.00	13.99
08017	Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP	231.00	457.00	5.20
11658	Spinach souffle	231.00	566.00	7.89
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	231.00	47.00	28.94
16010	Beans, baked, canned, with pork and sweet sauce	231.00	391.00	4.52
16084	Mungo beans, mature seeds, cooked, boiled, without salt	231.00	7.00	7.54
16107	Sausage, meatless	231.00	888.00	20.28
16384	Mungo beans, mature seeds, cooked, boiled, with salt	231.00	243.00	7.54
17019	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw	231.00	56.00	16.94
17367	Lamb, New Zealand, imported, kidney, raw	231.00	168.00	15.21
17442	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	231.00	61.00	30.97
17444	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	231.00	83.00	22.28
17459	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	231.00	61.00	30.87
05027	Chicken, liver, all classes, raw	230.00	71.00	16.92
05036	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour	230.00	89.00	27.22
05143	Duck, domesticated, liver, raw	230.00	140.00	18.74
05150	Goose, liver, raw	230.00	140.00	16.37
07957	Pork and turkey sausage, pre-cooked	230.00	876.00	12.05
08239	Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry	230.00	639.00	8.80
11114	Cabbage, savoy, raw	230.00	28.00	2.00
11423	Pumpkin, cooked, boiled, drained, without salt	230.00	1.00	0.72
11459	Spinach, canned, regular pack, solids and liquids	230.00	319.00	2.11
11510	Sweet potato, cooked, boiled, without skin	230.00	27.00	1.37
11845	Pumpkin, cooked, boiled, drained, with salt	230.00	237.00	0.72
11855	Spinach, canned, no salt added, solids and liquids	230.00	75.00	2.11
11876	Sweet potato, cooked, boiled, without skin, with salt	230.00	263.00	1.37
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	230.00	36.00	27.37
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	230.00	64.00	26.37
15148	Crustaceans, lobster, northern, cooked, moist heat	230.00	486.00	19.00
17001	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	230.00	58.00	16.88
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	230.00	61.00	16.58
17447	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, roasted	230.00	72.00	26.52
21101	Fast foods, cheeseburger; triple, regular patty; plain	230.00	637.00	18.20
21427	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	230.00	568.00	22.78

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	230.00	326.00	6.97
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	230.00	37.00	28.00
28397	Bread, multi-grain (includes whole-grain)	230.00	381.00	13.36
93600	Turtle, green, raw	230.00	68.00	19.80
19403	Snacks, crisped rice bar, almond	229.00	234.00	7.00
21149	School Lunch, pizza, TONY'S Breakfast Pizza Sausage, frozen	229.00	600.00	10.39
21270	TACO BELL, Taco Salad	229.00	363.00	6.69
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	229.00	615.00	12.23
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	229.00	615.00	12.23
28222	MURRAY, SUGAR FREE, Fudge Dipped Grahams	229.00	278.00	5.70
43311	Potatoes, canned, drained solids, no salt added	229.00	5.00	1.40
05011	Chicken, broilers or fryers, meat only, raw	229.00	77.00	21.39
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	229.00	89.00	26.96
05114	Chicken, roasting, meat only, cooked, roasted	229.00	75.00	25.01
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	229.00	111.00	22.72
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	229.00	169.00	22.99
06956	Soup, tomato, canned, condensed, reduced sodium	229.00	22.00	1.61
07919	Sausage, turkey, breakfast links, mild	229.00	639.00	15.42
08383	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Red Berries	229.00	619.00	6.30
08651	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Honey Squares	229.00	425.00	4.80
09035	Apricots, frozen, sweetened	229.00	4.00	0.70
10106	Pork, fresh, variety meats and by-products, kidneys, raw	229.00	121.00	16.46
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	229.00	1,040.00	18.65
11209	Eggplant, raw	229.00	2.00	0.98
11376	Potatoes, canned, drained solids	229.00	219.00	1.41
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	229.00	35.00	20.00
15170	Mollusks, oyster, eastern, canned	229.00	112.00	7.06
16594	MORNINGSTAR FARMS Lasagna with Veggie Sausage, frozen, unprepared	229.00	208.00	7.10
17051	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw	229.00	62.00	16.63
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	229.00	86.00	28.04
05020	Chicken, broilers or fryers, giblets, raw	228.00	77.00	17.88
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	228.00	105.00	27.27
07925	Pastrami, beef, 98% fat-free	228.00	1,010.00	19.60
08270	Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA	228.00	488.00	5.40
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	228.00	517.00	6.19
09184	Melons, honeydew, raw	228.00	18.00	0.54

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
11234	Kale, cooked, boiled, drained, without salt	228.00	23.00	1.90
11790	Kale, cooked, boiled, drained, with salt	228.00	259.00	1.90
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	228.00	36.00	27.76
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	228.00	37.00	28.13
16158	Hummus, commercial	228.00	379.00	7.90
16602	MORNINGSTAR FARMS Meal Starters Veggie Meatballs, frozen, unprepared	228.00	487.00	17.70
17463	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	228.00	65.00	25.96
18045	Bread, pumpernickel, toasted	228.00	655.00	9.50
18267	English muffins, whole-wheat, toasted	228.00	396.00	9.60
21244	WENDY'S, Homestyle Chicken Fillet Sandwich	228.00	401.00	13.78
21267	TACO BELL, BURRITO SUPREME with steak	228.00	534.00	9.13
21402	McDONALD'S, Premium Grilled Chicken Classic Sandwich	228.00	410.00	14.16
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	228.00	70.00	25.26
28064	KEEBLER, CLUB, Dash of Salt Crackers	228.00	432.00	6.80
18414	Bread, raisin, unenriched	227.00	390.00	7.90
21234	McDONALD'S, QUARTER POUNDER	227.00	427.00	14.10
21403	McDONALD'S, Premium Crispy Chicken Classic Sandwich	227.00	430.00	12.08
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	227.00	46.00	28.66
28329	Cookies, chocolate, made with rice cereal	227.00	210.00	3.23
28330	Cookies, marshmallow, with rice cereal and chocolate chips	227.00	341.00	4.55
05032	Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted	227.00	75.00	29.02
05115	Chicken, roasting, giblets, raw	227.00	77.00	18.14
05119	Chicken, roasting, dark meat, meat only, raw	227.00	95.00	18.74
05188	Turkey, from whole, dark meat, cooked, roasted	227.00	104.00	27.71
05216	Turkey, back, from whole bird, meat only, roasted	227.00	104.00	27.71
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	227.00	201.00	26.10
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	227.00	201.00	26.10
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	227.00	201.00	26.10
05741	Turkey, thigh, from whole bird, meat only, roasted	227.00	104.00	27.71
10118	Pork, fresh, variety meats and by-products, spleen, cooked, braised	227.00	107.00	28.20
11430	Radishes, oriental, raw	227.00	21.00	0.60
13166	USDA Commodity, beef, canned	227.00	187.00	20.52
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	227.00	37.00	28.31
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	227.00	37.00	28.48
17441	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, raw	227.00	93.00	22.49

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
17462	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, roasted	227.00	71.00	25.95
18047	Bread, raisin, enriched	227.00	347.00	7.90
18066	Bread, wheat bran	227.00	486.00	8.80
03290	Babyfood, carrots and beef, strained	226.00	69.00	3.40
05050	Chicken, broilers or fryers, back, meat and skin, cooked, fried, flour	226.00	90.00	27.79
05127	Chicken, stewing, giblets, raw	226.00	77.00	17.89
05137	Chicken, capons, giblets, raw	226.00	77.00	18.28
05187	Turkey from whole, dark meat, meat only, raw	226.00	124.00	21.28
05215	Turkey, back from whole bird, meat only, raw	226.00	124.00	21.28
05694	Turkey, dark meat from whole, meat only, with added solution, raw	226.00	167.00	19.27
05719	Turkey, back, from whole bird, meat only, with added solution, raw	226.00	167.00	19.27
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	226.00	167.00	19.27
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	226.00	167.00	19.27
05740	Turkey, thigh, from whole bird, meat only, raw	226.00	124.00	21.28
07040	Liver cheese, pork	226.00	1,225.00	15.20
08355	Cereals ready-to-eat, QUAKER, MOTHER'S COCOA BUMPERS	226.00	452.00	4.21
08481	Cereals ready-to-eat, MALT-O-MEAL, HONEY GRAHAM SQUARES	226.00	838.00	4.46
09288	Prunes, canned, heavy syrup pack, solids and liquids	226.00	3.00	0.87
11442	Seaweed, agar, raw	226.00	9.00	0.54
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	226.00	36.00	27.53
15058	Fish, ocean perch, Atlantic, cooked, dry heat	226.00	347.00	18.51
16505	LOMA LINDA Swiss Stake with Gravy, canned, unprepared	226.00	471.00	10.20
17236	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	226.00	59.00	17.18
21094	Fast foods, cheeseburger, double, regular patty and bun, with condiments	226.00	617.00	16.24
21110	Fast foods, hamburger; double, regular, patty; plain	226.00	414.00	17.08
21395	Fast foods, cheeseburger; double, regular patty; with condiments	226.00	617.00	16.24
21461	Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise	226.00	630.00	17.19
18995	KELLOGG'S, EGGO, Biscuit Scramblers, Bacon, Egg & Cheese	225.00	610.00	8.80
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	225.00	569.00	7.50
19807	Snacks, popcorn, oil-popped, white popcorn, salt added	225.00	884.00	9.00
19911	Syrup, maple, Canadian	225.00	9.00	0.00
21202	Fast foods, hamburger, large, single patty, with condiments	225.00	374.00	15.68
21440	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading	225.00	682.00	17.17
21483	Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	225.00	782.00	13.36
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	225.00	175.00	15.68

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	225.00	36.00	27.56
42259	Snacks, popcorn, home-prepared, oil-popped, unsalted	225.00	3.00	9.00
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	225.00	114.00	19.41
05326	Chicken breast tenders, breaded, cooked, microwaved	225.00	446.00	16.35
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	225.00	106.00	24.58
06112	Sauce, teriyaki, ready-to-serve	225.00	3,833.00	5.93
06189	Sauce, teriyaki, ready-to-serve, reduced sodium	225.00	1,778.00	5.93
07061	Mother's loaf, pork	225.00	1,127.00	12.07
07953	Pork sausage, link/patty, fully cooked, microwaved	225.00	990.00	15.12
08587	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Low Fat Granola	225.00	219.00	13.10
09143	Guava sauce, cooked	225.00	4.00	0.32
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	225.00	9.00	1.50
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	225.00	245.00	1.50
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	225.00	36.00	27.68
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	225.00	344.00	21.39
17458	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	225.00	75.00	21.95
01110	Milk shakes, thick chocolate	224.00	111.00	3.05
05022	Chicken, broilers or fryers, giblets, cooked, simmered	224.00	67.00	27.15
05120	Chicken, roasting, dark meat, meat only, cooked, roasted	224.00	95.00	23.25
05165	Turkey, whole, meat and skin, raw	224.00	112.00	21.64
05284	Turkey, canned, meat only, with broth	224.00	518.00	23.68
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	224.00	517.00	5.94
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	224.00	1,045.00	21.69
11012	Asparagus, cooked, boiled, drained	224.00	14.00	2.40
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	224.00	15.00	3.35
11705	Asparagus, cooked, boiled, drained, with salt	224.00	240.00	2.40
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	224.00	251.00	3.35
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	224.00	50.00	21.57
14181	Beverages, chocolate syrup	224.00	72.00	2.10
16006	Beans, baked, canned, plain or vegetarian	224.00	343.00	4.75
16549	MORNINGSTAR FARMS Grillers Prime, frozen, unprepared	224.00	501.00	24.00
18009	Biscuits, plain or buttermilk, frozen, baked	224.00	942.00	6.20
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	224.00	361.00	5.70
20065	Rye flour, light	224.00	2.00	9.82
20131	Barley malt flour	224.00	11.00	10.28
20647	Millet flour	224.00	4.00	10.75

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
21121	Fast foods, roast beef sandwich, plain	224.00	653.00	15.17
21492	DOMINO'S 14" Pepperoni Pizza, Crunchy Thin Crust	224.00	783.00	13.88
21527	ARBY'S, roast beef sandwich, classic	224.00	653.00	15.17
23202	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	224.00	50.00	18.39
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	224.00	52.00	16.75
25052	Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar	224.00	313.00	4.17
28160	KELLOGG'S, ALL-BRAN, Garlic and Herb Crackers	224.00	850.00	8.60
28331	Crackers, flavored, fish-shaped	224.00	970.00	10.16
31035	Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	224.00	15.00	0.49
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	224.00	420.00	4.64
19047	Snacks, pretzels, hard, plain, salted	223.00	1,240.00	10.04
19057	Snacks, tortilla chips, nacho cheese	223.00	691.00	7.36
20120	Pasta, dry, enriched	223.00	6.00	13.04
20420	Pasta, dry, unenriched	223.00	6.00	13.04
21398	Fast foods, cheeseburger; single, large patty; with condiments	223.00	591.00	15.21
21441	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading	223.00	765.00	20.80
21485	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	223.00	875.00	14.01
22974	Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	223.00	560.00	12.43
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	223.00	54.00	15.81
03007	Babyfood, meat, pork, strained	223.00	42.00	14.00
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	223.00	82.00	27.30
05181	Turkey from whole, light meat, meat and skin, raw	223.00	105.00	21.96
05356	Chicken, broiler, rotisserie, BBQ, skin	223.00	335.00	15.19
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	223.00	596.00	7.69
11595	Winged beans, immature seeds, raw	223.00	4.00	6.95
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	223.00	36.00	27.42
16570	GARDENBURGER Black Bean Chipotle Burger, frozen, unprepared	223.00	545.00	6.50
16615	MORNINGSTAR FARMS Chipotle Black Bean Crumbles, frozen, unprepared	223.00	491.00	14.40
18065	Bread, wheat, toasted	223.00	601.00	12.96
01138	Egg, duck, whole, fresh, raw	222.00	146.00	12.81
01240	Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	222.00	94.00	5.21
05043	Chicken, broilers or fryers, dark meat, meat only, raw	222.00	85.00	20.08
05712	Turkey, retail parts, wing, meat only, raw	222.00	69.00	22.48
07937	Bologna, pork, turkey and beef	222.00	1,055.00	11.56
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	222.00	648.00	7.67
08389	Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs	222.00	8.00	10.00

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
08652	Cereals ready-to-eat, KELLOGG'S KRAVE chocolate cereal	222.00	320.00	7.00
09070	Cherries, sweet, raw	222.00	0.00	1.06
11467	Squash, summer, crookneck and straightneck, raw	222.00	2.00	1.01
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	222.00	36.00	27.23
17224	Lamb, ground, raw	222.00	59.00	16.56
21491	PIZZA HUT 14" Pepperoni Pizza, THIN 'N CRISPY Crust	222.00	967.00	14.13
22955	Egg rolls, vegetable, frozen, prepared	222.00	490.00	5.95
28089	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Mini	222.00	367.00	4.20
28104	KEEBLER, GRIPZ, Chocolate Chip Grahams, bite-size	222.00	289.00	7.40
18378	Cookies, chocolate chip, prepared from recipe, made with butter	221.00	341.00	5.70
18966	Crackers, saltines, whole wheat (includes multi-grain)	221.00	1,214.00	7.14
19096	Ice creams, vanilla, light, soft-serve	221.00	70.00	4.90
21245	WENDY'S, Ultimate Chicken Grill Sandwich	221.00	427.00	14.73
22917	Burrito, beef and bean, frozen	221.00	587.00	7.26
22963	Lean Pockets, Meatballs & Mozzarella	221.00	557.00	10.49
28078	KEEBLER, FUDGE SHOPPE, Mint Creme Middles, Chocolate Graham Cookies	221.00	283.00	4.30
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	221.00	126.00	20.79
06030	Soup, clam chowder, new england, canned, condensed	221.00	516.00	3.17
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	221.00	1,090.00	17.38
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	221.00	1,070.00	17.93
15072	Fish, roe, mixed species, raw	221.00	91.00	22.32
17200	Lamb, variety meats and by-products, liver, cooked, braised	221.00	56.00	30.57
05037	Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted	220.00	87.00	25.97
05057	Chicken, broilers or fryers, breast, meat and skin, raw	220.00	63.00	20.85
05152	Guinea hen, meat only, raw	220.00	69.00	20.64
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	220.00	195.00	20.02
05716	Turkey, retail parts, drumstick, meat only, raw	220.00	87.00	20.52
07905	Frankfurter, beef, pork, and turkey, fat free	220.00	880.00	12.50
09287	Prickly pears, raw	220.00	5.00	0.73
12118	Nuts, coconut milk, canned (liquid expressed from grated meat and water)	220.00	13.00	2.02
16073	Lima beans, large, mature seeds, canned	220.00	336.00	4.93
16607	MORNINGSTAR FARMS Buffalo Chik Patties, frozen, unprepared	220.00	757.00	12.10
19069	Candies, NESTLE, BUTTERFINGER Bar	220.00	230.00	5.40
21106	Fast foods, fish sandwich, with tartar sauce and cheese	220.00	434.00	11.26
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	220.00	378.00	11.85
21232	McDONALD'S, FILET-O-FISH	220.00	434.00	11.26

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
21379	McDONALD'S, Side Salad	220.00	12.00	1.03
21496	PIZZA HUT 14" Sausage Pizza, THIN 'N CRISPY Crust	220.00	839.00	13.95
18152	Cookies, brownies, dry mix, regular	219.00	303.00	4.00
18537	ARCHWAY Home Style Cookies, Oatmeal	219.00	394.00	5.48
20042	Rice, brown, parboiled, dry, UNCLE BEN'S	219.00	6.00	7.60
21235	McDONALD'S, QUARTER POUNDER with Cheese	219.00	579.00	14.59
21516	KASHI Pizza, Mushroom and Spinach, single serve, frozen, unprepared	219.00	337.00	10.70
28119	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Fudge Stripes Cookies	219.00	314.00	4.00
28161	KELLOGG'S, ALL-BRAN, Multigrain Crackers	219.00	690.00	8.60
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	219.00	66.00	4.93
01194	KRAFT BREAKSTONE'S FREE Fat Free Sour Cream	219.00	72.00	4.70
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	219.00	66.00	4.93
01231	Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener	219.00	66.00	4.93
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	219.00	600.00	6.30
08662	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with real strawberries	219.00	410.00	6.70
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	219.00	964.00	16.65
11045	Mung beans, mature seeds, sprouted, cooked, stir-fried	219.00	9.00	4.30
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	219.00	439.00	2.30
13322	Beef, variety meats and by-products, heart, cooked, simmered	219.00	59.00	28.48
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	219.00	35.00	26.77
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	218.00	559.00	22.24
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	218.00	165.00	21.55
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	218.00	1.00	3.41
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	218.00	2.00	1.16
11530	Tomatoes, red, ripe, cooked	218.00	11.00	0.95
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	218.00	253.00	3.41
11884	Tomatoes, red, ripe, cooked, with salt	218.00	247.00	0.95
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	218.00	35.00	26.57
13498	Beef, ground, 70% lean meat / 30% fat, raw	218.00	66.00	14.35
17454	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	218.00	80.00	20.97
18215	Crackers, cheese, sandwich-type with peanut butter filling	218.00	829.00	12.41
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	218.00	53.00	16.15
28118	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Fudge Grahams Cookies	218.00	349.00	4.50
36619	Restaurant, Chinese, kung pao chicken	218.00	402.00	9.76
19063	Snacks, tortilla chips, taco-flavor	217.00	787.00	7.90
19216	Candies, praline, prepared-from-recipe	217.00	48.00	3.30

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
21250	BURGER KING, Hamburger	217.00	461.00	14.85
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	217.00	613.00	13.30
21487	Fast foods, taco with chicken, lettuce and cheese, soft	217.00	613.00	13.30
22912	Spaghetti, with meatballs in tomato sauce, canned	217.00	280.00	4.37
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	217.00	44.00	31.23
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	217.00	81.00	14.86
28033	GIRL SCOUTS, Tagalongs Cookies	217.00	371.00	8.10
28290	Cookie, with peanut butter filling, chocolate-coated	217.00	371.00	8.10
05135	Chicken, capons, meat and skin, raw	217.00	45.00	18.77
06967	Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	217.00	194.00	1.10
07970	Kielbasa, fully cooked, unheated	217.00	928.00	10.84
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	217.00	5.00	3.50
11540	Tomato juice, canned, with salt added	217.00	253.00	0.85
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	217.00	241.00	3.50
11886	Tomato juice, canned, without salt added	217.00	10.00	0.85
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	217.00	35.00	26.79
14316	Beverages, Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	217.00	87.00	3.29
14548	Beverages, tea, instant, lemon, with added ascorbic acid	217.00	5.00	0.60
01044	Cheese, pasteurized process, swiss	216.00	1,370.00	24.73
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	216.00	65.00	4.86
05157	Quail, meat and skin, raw	216.00	53.00	19.63
06537	CAMPBELL'S Homestyle HEALTHY REQUEST Mexican Style Chicken Tortilla	216.00	167.00	2.86
07070	Salami, cooked, turkey	216.00	1,107.00	19.20
09295	Pummelo, raw	216.00	1.00	0.76
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	216.00	945.00	18.17
11436	Rutabagas, cooked, boiled, drained, without salt	216.00	5.00	0.93
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	216.00	19.00	2.99
11851	Rutabagas, cooked, boiled, drained, with salt	216.00	254.00	0.93
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	216.00	255.00	2.99
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	216.00	35.00	27.01
16512	WORTHINGTON Diced Chik, canned, unprepared	216.00	344.00	14.70
16527	WORTHINGTON Meatless Corned Beef Roll, frozen, unprepared	216.00	758.00	18.60
19857	Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	216.00	708.00	7.80
21092	Fast foods, cheeseburger; double, regular patty; plain	216.00	621.00	17.16
21344	McDONALD'S, Double Cheeseburger	216.00	668.00	15.50
27017	CAMPBELL'S Homestyle Microwaveable Bowls, HEALTHY REQUEST Italian Wedding Soup	216.00	167.00	2.45

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
27018	CAMPBELL'S Homestyle Microwaveable Bowls, HEALTHY REQUEST Mexican Style Tortilla	216.00	167.00	2.86
28040	KASHI, TLC, Oatmeal Dark Chocolate Cookies	216.00	222.00	7.20
43282	Quail, cooked, total edible	216.00	52.00	25.10
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	215.00	801.00	11.47
28317	Bread, wheat, sprouted, toasted	215.00	515.00	14.30
43364	Snacks, tortilla chips, unsalted, white corn	215.00	15.00	7.79
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	215.00	106.00	28.74
07045	Luncheon meat, pork, canned	215.00	1,289.00	12.50
08189	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins	215.00	257.00	8.70
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	215.00	936.00	14.28
11197	Cowpeas, young pods with seeds, raw	215.00	4.00	3.30
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	215.00	35.00	26.76
17217	Veal, variety meats and by-products, spleen, cooked, braised	215.00	58.00	24.08
18059	Bread, rice bran	215.00	269.00	8.90
03998	Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	214.00	71.00	0.00
05177	Turkey, liver, all classes, raw	214.00	131.00	18.26
05327	Chicken breast tenders, breaded, uncooked	214.00	536.00	14.73
08583	Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS	214.00	501.00	5.80
09163	Blueberries, dried, sweetened	214.00	3.00	2.50
09442	Pomegranate juice, bottled	214.00	9.00	0.15
10000	Pork, fresh, composite of separable fat, with added solution, cooked	214.00	125.00	10.06
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	214.00	5.00	1.48
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	214.00	241.00	1.48
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	214.00	35.00	26.41
17007	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw	214.00	72.00	18.91
17023	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw	214.00	56.00	16.32
17189	Veal, variety meats and by-products, brain, cooked, braised	214.00	156.00	11.48
17228	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw	214.00	72.00	18.91
19074	Candies, caramels	214.00	245.00	4.60
19205	Egg custards, dry mix, prepared with 2% milk	214.00	87.00	4.13
21243	WENDY'S, CLASSIC DOUBLE, with cheese	214.00	422.00	16.52
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	214.00	53.00	15.75
01226	Egg substitute, liquid or frozen, fat free	213.00	199.00	10.00
05089	Chicken, broilers or fryers, neck, meat only, cooked, fried	213.00	99.00	26.87
05133	Chicken, capons, meat and skin and giblets and neck, raw	213.00	47.00	18.51
05665	Ground turkey, 93% lean, 7% fat, raw	213.00	69.00	18.73

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
08538	Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Blueberry Clusters	213.00	244.00	10.39
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	213.00	990.00	16.09
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	213.00	1,011.00	15.73
11161	Collards, raw	213.00	17.00	3.02
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	213.00	3.00	3.02
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	213.00	3.00	3.02
16130	Okara	213.00	9.00	3.52
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	213.00	59.00	31.06
01179	Sour cream, light	212.00	83.00	3.50
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	212.00	79.00	26.78
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	212.00	98.00	23.79
08305	Cereals ready-to-eat, Post, Waffle Crisp	212.00	596.00	6.60
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	212.00	582.00	6.40
08710	Cereals ready-to-eat, KELLOGG'S, SPECIAL K gluten free, touch of brown sugar	212.00	376.00	6.09
09216	Orange peel, raw	212.00	3.00	1.50
11092	Broccoli, frozen, chopped, unprepared	212.00	24.00	2.81
11487	Squash, winter, butternut, frozen, unprepared	212.00	2.00	1.76
11583	Vegetables, mixed, frozen, unprepared	212.00	47.00	3.33
11695	Tomatoes, orange, raw	212.00	42.00	1.16
11951	Peppers, sweet, yellow, raw	212.00	2.00	1.00
16124	Soy sauce made from soy (tamari)	212.00	5,586.00	10.51
18384	Bread, rice bran, toasted	212.00	292.00	9.70
18615	MARTHA WHITE FOODS, Martha White's Buttermilk Biscuit Mix, dry	212.00	1,295.00	7.81
19353	Syrups, maple	212.00	12.00	0.04
21099	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and ham	212.00	674.00	15.55
21477	DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked	212.00	743.00	12.46
22953	Egg rolls, pork, refrigerated, heated	212.00	407.00	9.94
28303	Crackers, cheese, whole grain	212.00	802.00	9.62
42190	Pork sausage rice links, brown and serve, cooked	212.00	689.00	13.70
18148	Cheesecake prepared from mix, no-bake type	211.00	380.00	5.50
19293	Frozen yogurts, vanilla, soft-serve	211.00	87.00	4.00
21497	PIZZA HUT 14" Sausage Pizza, Hand-Tossed Crust	211.00	671.00	11.92
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	211.00	43.00	29.82
42240	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds	211.00	417.00	7.70
01178	Sour cream, reduced fat	211.00	70.00	7.00
03011	Babyfood, meat, lamb, junior	211.00	42.00	15.20

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	211.00	106.00	18.08
05112	Chicken, roasting, meat and skin, cooked, roasted	211.00	73.00	23.97
05706	Turkey, whole, meat and skin, with added solution, raw	211.00	180.00	19.03
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	211.00	772.00	21.81
07923	Bratwurst, chicken, cooked	211.00	72.00	19.44
07967	Pork sausage, link/patty, fully cooked, unheated	211.00	810.00	13.46
11052	Beans, snap, green, raw	211.00	6.00	1.83
11151	Chicory, witloof, raw	211.00	2.00	0.90
11280	Okra, frozen, unprepared	211.00	3.00	1.69
11821	Peppers, sweet, red, raw	211.00	4.00	0.99
14390	Beverages, cocoa mix, with aspartame, powder, prepared with water	211.00	72.00	1.21
01139	Egg, goose, whole, fresh, raw	210.00	138.00	13.87
01193	KRAFT BREAKSTONE'S Reduced Fat Sour Cream	210.00	59.00	4.50
03009	Babyfood, meat, ham, junior	210.00	44.00	11.30
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	210.00	87.00	25.95
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	210.00	92.00	30.46
07021	Dutch brand loaf, chicken, pork and beef	210.00	786.00	12.00
08096	Cereals, QUAKER, Instant Grits, Country Bacon flavor, dry	210.00	1,523.00	9.93
08450	Cereals, QUAKER, Instant Grits, Ham 'n' Cheese flavor, dry	210.00	1,930.00	10.73
11514	Sweet potato, canned, mashed	210.00	75.00	1.98
13355	Beef, cured, pastrami	210.00	1,078.00	21.80
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	210.00	34.00	26.05
16112	Miso	210.00	3,728.00	12.79
17456	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	210.00	87.00	20.58
18157	Cookies, chocolate wafers	210.00	580.00	6.60
18266	English muffins, whole-wheat	210.00	364.00	8.80
18950	Crackers, wheat, reduced fat	210.00	776.00	9.34
18954	Bread, pound cake type, pan de torta salvadoran	210.00	390.00	7.06
19243	Candies, HEATH BITES	210.00	245.00	3.94
21083	Fast foods, taco salad	210.00	385.00	6.68
21096	Fast foods, cheeseburger; single, large patty; plain	210.00	481.00	17.29
21098	Fast foods, cheeseburger; single, large patty; with condiments and vegetables	210.00	385.00	11.59
21479	DIGIORNO Pizza, supreme topping, rising crust, frozen, baked	210.00	712.00	11.74
22118	MORNINGSTAR FARMS Garden Veggie Patties, frozen, unprepared	210.00	525.00	17.80
22918	Burrito, bean and cheese, frozen	210.00	351.00	7.07
18541	ARCHWAY Home Style Cookies, Peanut Butter	209.00	404.00	9.00

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	209.00	696.00	8.83
19188	Puddings, chocolate, dry mix, regular	209.00	479.00	2.60
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	209.00	397.00	8.86
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	209.00	555.00	11.28
21260	TACO BELL, Original Taco with beef, cheese and lettuce	209.00	397.00	8.86
28308	Crackers, standard snack-type, with whole wheat	209.00	748.00	7.29
32030	KASHI Italian Vegetable Medley Pasta, frozen, unprepared	209.00	215.00	4.70
36629	Restaurant, Chinese, orange chicken	209.00	553.00	14.46
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	209.00	454.00	7.12
05139	Duck, domesticated, meat and skin, raw	209.00	63.00	11.49
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	209.00	1,160.00	14.47
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	209.00	5.00	0.83
11722	Beans, snap, yellow, raw	209.00	6.00	1.82
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	209.00	71.00	24.07
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	208.00	91.00	30.15
05183	Turkey, dark meat, meat and skin, raw	208.00	113.00	19.81
05736	Turkey, retail parts, drumstick, meat and skin, raw	208.00	86.00	19.96
09311	Roselle, raw	208.00	6.00	0.96
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	208.00	227.00	26.41
18044	Bread, pumpernickel	208.00	596.00	8.70
18161	Cookies, chocolate chip, dry mix	208.00	290.00	4.60
19088	Ice creams, vanilla, light	208.00	74.00	4.78
19235	Puddings, chocolate, ready-to-eat, fat free	208.00	154.00	1.93
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	208.00	658.00	11.34
21338	McDONALD'S, McFLURRY with M&M'S CANDIES	208.00	54.00	4.02
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	208.00	473.00	13.69
21412	Light Ice Cream, soft serve, blended with milk chocolate candies	208.00	54.00	4.02
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	208.00	473.00	13.69
43441	Rolls, pumpernickel	208.00	492.00	10.80
18170	Cookies, fig bars	207.00	350.00	3.70
19170	Egg custards, dry mix, prepared with whole milk	207.00	84.00	3.99
20024	Cornmeal, yellow, self-rising, bolted, with wheat flour added, enriched	207.00	1,319.00	8.41
20324	Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	207.00	1,319.00	8.41
21006	Fast foods, biscuit with egg and steak	207.00	600.00	12.12
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	207.00	801.00	12.86
21296	PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust	207.00	759.00	12.23

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
21341	McDONALD'S, BIG BREAKFAST	207.00	549.00	10.16
42236	Cereals ready-to-eat, frosted oat cereal with marshmallows	207.00	533.00	7.10
01263	Ice cream, light, soft serve, chocolate	207.00	64.00	3.36
05713	Turkey, retail parts, wing, meat only, cooked, roasted	207.00	103.00	30.17
06584	Soup, broccoli cheese, canned, condensed, commercial	207.00	661.00	2.10
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	207.00	721.00	17.00
11533	Tomatoes, red, ripe, canned, stewed	207.00	221.00	0.91
15119	Fish, tuna, light, canned in oil, drained solids	207.00	416.00	29.13
15183	Fish, tuna, light, canned in oil, without salt, drained solids	207.00	50.00	29.13
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	207.00	77.00	14.27
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	207.00	57.00	26.79
17449	Lamb, Australian, imported, fresh, external fat, cooked	207.00	58.00	16.90
01199	Cream, half and half, fat free	206.00	100.00	2.60
07016	Cheesefurter, cheese smokie, pork, beef	206.00	1,082.00	14.10
07917	Sausage, pork and beef, with cheddar cheese, smoked	206.00	848.00	12.89
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	206.00	1,483.00	19.43
07920	Swisswurst, pork and beef, with swiss cheese, smoked	206.00	827.00	12.69
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	206.00	772.00	5.30
10104	Pork, fresh, variety meats and by-products, heart, cooked, braised	206.00	35.00	23.60
11424	Pumpkin, canned, without salt	206.00	5.00	1.10
11846	Pumpkin, canned, with salt	206.00	241.00	1.10
21010	Fast foods, biscuit, with crispy chicken fillet	206.00	868.00	11.93
21105	Fast foods, fish sandwich, with tartar sauce	206.00	602.00	10.29
21109	Fast foods, hamburger; single, regular patty; with condiments and vegetables	206.00	458.00	11.74
21258	BURGER KING, Premium Fish Sandwich	206.00	602.00	10.29
21522	McDONALD'S, Southern Style Chicken Biscuit	206.00	868.00	11.93
25028	Tortilla chips, yellow, plain, salted	206.00	310.00	6.62
28085	KEEBLER, FUDGE SHOPPE, Fudge Grahams, 1/2 Dipped, Reduced Fat	206.00	324.00	5.60
31007	HEALTHY REQUEST Tomato juice	206.00	198.00	0.82
36032	DENNY'S, spaghetti and meatballs	206.00	351.00	7.84
36038	Restaurant, family style, spaghetti and meatballs	206.00	351.00	7.84
21032	Fast foods, sundae, caramel	205.00	126.00	4.71
21384	BURGER KING, CROISSAN'WICH with Sausage and Cheese	205.00	782.00	13.73
06627	Sauce, pesto, ready-to-serve, shelf stable	205.00	998.00	5.00
06630	Sauce, pesto, MEZZETTA, NAPA VALLEY BISTRO, basil pesto, ready-to-serve	205.00	897.00	6.69
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	205.00	1,170.00	15.43

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	205.00	1,099.00	13.69
11374	Potatoes, canned, solids and liquids	205.00	217.00	1.20
15172	Mollusks, scallop, mixed species, raw	205.00	392.00	12.06
17186	Lamb, variety meats and by-products, brain, cooked, braised	205.00	134.00	12.55
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	205.00	90.00	29.12
01106	Milk, goat, fluid, with added vitamin D	204.00	50.00	3.56
03008	Babyfood, meat, ham, strained	204.00	44.00	11.30
03689	Babyfood, cereal, oatmeal, prepared with whole milk	204.00	46.00	5.00
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	204.00	65.00	20.27
05053	Chicken, broilers or fryers, back, meat only, raw	204.00	82.00	19.56
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	204.00	81.00	16.52
05110	Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	204.00	71.00	23.96
05121	Chicken, stewing, meat and skin, and giblets and neck, raw	204.00	71.00	17.48
05123	Chicken, stewing, meat and skin, raw	204.00	71.00	17.55
05132	Chicken, stewing, dark meat, meat only, cooked, stewed	204.00	95.00	28.14
05140	Duck, domesticated, meat and skin, cooked, roasted	204.00	59.00	18.99
06193	Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve	204.00	196.00	4.00
08284	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins	204.00	249.00	9.00
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	204.00	--	5.77
08603	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Blueberry	204.00	481.00	6.90
10128	Pork, cured, breakfast strips, raw or unheated	204.00	987.00	11.74
11527	Tomatoes, green, raw	204.00	13.00	1.20
11585	Vegetable juice cocktail, low sodium, canned	204.00	55.00	0.91
11993	Mushrooms, maitake, raw	204.00	1.00	1.94
15136	Crustaceans, crab, alaska king, raw	204.00	836.00	18.29
16619	MORNINGSTAR FARMS Tuscan Greens & Beans, frozen, unprepared	204.00	161.00	5.90
18084	Bread stuffing, cornbread, dry mix	204.00	1,429.00	10.00
21064	Fast foods, burrito, with beans, cheese, and beef	204.00	451.00	7.03
21265	TACO BELL, BURRITO SUPREME with beef	204.00	451.00	7.03
21501	KASHI Pizza, Margherita, frozen, unprepared	204.00	560.00	12.80
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	204.00	439.00	9.32
22991	KASHI, STEAM MEAL, Sesame Chicken, Frozen Entree	204.00	233.00	6.10
28322	Bagels, multigrain	204.00	359.00	9.90
32008	Pasta mix, classic cheeseburger macaroni, unprepared	204.00	2,152.00	11.60
36603	Restaurant, Chinese, beef and vegetables	204.00	409.00	7.08
36633	Restaurant, Chinese, sesame chicken	204.00	482.00	14.33

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
18322	Pie, mince, prepared from recipe	203.00	254.00	2.60
18428	Crackers, wheat, low salt	203.00	190.00	8.60
22962	LEAN POCKETS, Ham N Cheddar	203.00	423.00	10.28
27028	PACE, Salsa Verde	203.00	719.00	0.00
32014	Macaroni or noodles with cheese, made from reduced fat packaged mix, unprepared	203.00	867.00	13.10
05075	Chicken, broilers or fryers, leg, meat and skin, raw	203.00	84.00	16.37
05176	Turkey, heart, all classes, cooked, simmered	203.00	140.00	24.88
09129	Grapes, muscadine, raw	203.00	1.00	0.81
11326	Peas and onions, frozen, unprepared	203.00	61.00	3.98
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	203.00	341.00	2.12
11569	Turnip greens, cooked, boiled, drained, without salt	203.00	29.00	1.14
11891	Turnip greens, cooked, boiled, drained, with salt	203.00	265.00	1.14
17131	Veal, shoulder, blade chop, separable lean only, raw	203.00	92.00	19.60
03100	Babyfood, vegetables, carrots, junior	202.00	49.00	0.80
04023	Salad dressing, thousand island dressing, reduced fat	202.00	955.00	0.83
05126	Chicken, stewing, meat only, cooked, stewed	202.00	78.00	30.42
05668	Ground turkey, 85% lean, 15% fat, raw	202.00	54.00	16.90
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	202.00	161.00	17.84
07024	Frankfurter, chicken	202.00	1,027.00	15.51
07207	OSCAR MAYER, Braunschweiger Liver Sausage (sliced)	202.00	1,159.00	14.25
11011	Asparagus, raw	202.00	2.00	2.20
11981	Peppers, hungarian, raw	202.00	1.00	0.80
18185	Cookies, peanut butter, commercially prepared, regular	202.00	463.00	8.92
18220	Crackers, melba toast, plain	202.00	598.00	12.10
18265	English muffins, wheat, toasted	202.00	384.00	9.40
18424	Crackers, melba toast, plain, without salt	202.00	19.00	12.10
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	202.00	633.00	12.80
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	202.00	628.00	12.33
21399	Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	202.00	405.00	15.50
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	202.00	178.00	5.89
28301	Cookies, peanut butter, commercially prepared, sugar free	202.00	448.00	10.34
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	201.00	326.00	4.93
20622	Spaghetti, protein-fortified, dry, enriched (n x 6.25)	201.00	8.00	21.78
21378	McDONALD'S, Bacon Ranch Salad without chicken	201.00	132.00	4.14
21505	Pizza, cheese topping, thin crust, frozen, cooked	201.00	471.00	11.91
22902	Pizza, meat topping, thick crust, frozen, cooked	201.00	690.00	11.76

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
36618	Restaurant, Chinese, general tso's chicken	201.00	435.00	12.90
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	201.00	275.00	24.84
08206	Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS	201.00	350.00	3.41
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	201.00	567.00	5.45
09191	Nectarines, raw	201.00	0.00	1.06
09530	Fruit juice smoothie, ODWALLA, strawberry banana	201.00	2.00	0.50
09531	Fruit juice smoothie, NAKED JUICE, strawberry banana	201.00	2.00	0.48
17239	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw	201.00	58.00	15.32
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	201.00	90.00	27.94
03176	Babyfood, juice, orange and banana	200.00	3.00	0.70
03303	Babyfood, dinner, sweet potatoes and chicken, strained	200.00	22.00	2.51
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	200.00	767.00	5.83
08553	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry	200.00	567.00	6.67
08674	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey	200.00	515.00	6.78
09206	Orange juice, raw	200.00	1.00	0.70
09450	Naranjilla (lulo) pulp, frozen, unsweetened	200.00	4.00	0.44
11300	Peas, edible-podded, raw	200.00	4.00	2.80
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	200.00	527.00	1.50
14310	Beverages, Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	200.00	72.00	3.67
15147	Crustaceans, lobster, northern, raw	200.00	423.00	16.52
15227	Crustaceans, crab, queen, cooked, moist heat	200.00	691.00	23.72
18164	Cookies, chocolate chip, refrigerated dough, baked	200.00	232.00	4.90
18284	Muffins, wheat bran, dry mix	200.00	700.00	7.10
21233	McDONALD'S, Cheeseburger	200.00	626.00	12.97
28052	KEEBLER, CHIPS DELUXE, Chocolate Lovers Cookies	200.00	417.00	5.50
43131	Luncheon slices, meatless	200.00	711.00	17.78
18198	Cookies, chocolate chip, commercially prepared, special dietary	199.00	244.00	3.90
18292	Pancakes, plain, dry mix, incomplete, prepared	199.00	505.00	7.80
19095	Ice creams, vanilla	199.00	80.00	3.50
19898	Ice creams, regular, low carbohydrate, vanilla	199.00	48.00	3.17
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	199.00	692.00	11.97
21301	Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	199.00	742.00	12.85
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	199.00	312.00	5.55
25060	Snack, Pretzel, hard chocolate coated	199.00	494.00	7.05
28101	KEEBLER, Cinnamon Toast Grahams	199.00	447.00	7.30
28361	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Cheddar	199.00	874.00	11.71

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
35146	Stew, mutton, corn, squash (Navajo)	199.00	49.00	8.62
43299	Soybean, curd cheese	199.00	20.00	12.50
03175	Babyfood, juice, orange and apricot	199.00	6.00	0.80
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	199.00	80.00	27.50
05130	Chicken, stewing, light meat, meat only, cooked, stewed	199.00	58.00	33.04
05160	Squab, (pigeon), meat and skin, raw	199.00	54.00	18.47
07014	Braunschweiger (a liver sausage), pork	199.00	977.00	14.50
07038	Knackwurst, knockwurst, pork, beef	199.00	930.00	11.10
08354	Cereals ready-to-eat, QUAKER, MOTHER'S GRAHAM BUMPERS	199.00	758.00	4.55
09076	Cherries, sweet, frozen, sweetened	199.00	1.00	1.15
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	199.00	1,069.00	13.99
17194	Veal, variety meats and by-products, heart, cooked, braised	199.00	58.00	29.12
05171	Turkey, whole, giblets, raw	198.00	136.00	18.18
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	198.00	162.00	20.31
06364	CAMPBELL'S Red and White, Manhattan Clam Chowder, condensed	198.00	698.00	1.59
08582	Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLORER	198.00	564.00	5.60
09107	Gooseberries, raw	198.00	1.00	0.88
10123	Pork, cured, bacon, unprepared	198.00	662.00	12.62
14036	Beverages, CYTOSPORT, Muscle Milk, ready-to-drink	198.00	95.00	5.87
17128	Veal, shoulder, blade chop, separable lean and fat, raw	198.00	91.00	18.72
17142	Veal, ground, raw	198.00	103.00	18.58
21154	Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato	198.00	268.00	10.84
21211	SUBWAY, oven roasted chicken sub on white bread with lettuce and tomato	198.00	268.00	10.84
21339	McDONALD'S, McFLURRY with OREO cookies	198.00	75.00	3.97
21413	Light Ice Cream, soft serve, blended with cookie pieces	198.00	75.00	3.97
28077	KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Original Graham Cookies	198.00	259.00	4.20
28316	Bread, wheat, sprouted	198.00	474.00	13.16
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	197.00	896.00	5.76
21107	Fast foods, hamburger; single, regular patty; plain	197.00	331.00	16.52
21108	Fast foods, hamburger; single, regular patty; with condiments	197.00	487.00	13.30
21295	PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust	197.00	857.00	13.37
21310	McDONALD'S, Barbeque Sauce	197.00	910.00	1.55
21484	Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	197.00	633.00	11.50
21490	Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread	197.00	427.00	17.34
28116	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Cookies 'N Creme	197.00	423.00	4.00
28137	KEEBLER, TOASTEDS, Wheat Crackers	197.00	875.00	8.30

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	197.00	766.00	12.73
43595	Breakfast bar, corn flake crust with fruit	197.00	297.00	4.40
01105	Milk, chocolate beverage, hot cocoa, homemade	197.00	44.00	3.52
07927	Sausage, Italian, turkey, smoked	197.00	928.00	15.05
07929	Sausage, turkey, hot, smoked	197.00	916.00	15.05
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	197.00	424.00	4.60
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	197.00	719.00	6.40
09296	Quinces, raw	197.00	4.00	0.40
10115	Pork, fresh, variety meats and by-products, pancreas, raw	197.00	44.00	18.56
14423	Beverages, dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice	197.00	61.00	2.19
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	197.00	363.00	15.24
01243	Fat free ice cream, no sugar added, flavors other than chocolate	196.00	110.00	4.41
03099	Babyfood, vegetables, carrots, strained	196.00	69.00	0.80
05109	Chicken, roasting, meat and skin and giblets and neck, raw	196.00	69.00	17.09
06426	Soup, chili beef, canned, prepared with equal volume water	196.00	388.00	2.49
09205	Oranges, raw, with peel	196.00	2.00	1.30
11096	Broccoli raab, raw	196.00	33.00	3.17
11110	Cabbage, cooked, boiled, drained, without salt	196.00	8.00	1.27
11198	Cowpeas, young pods with seeds, cooked, boiled, drained, without salt	196.00	3.00	2.60
11751	Cabbage, common, cooked, boiled, drained, with salt	196.00	255.00	1.27
11779	Cowpeas, young pods with seeds, cooked, boiled, drained, with salt	196.00	239.00	2.60
18079	Bread crumbs, dry, grated, plain	196.00	732.00	13.35
19226	Frostings, chocolate, creamy, ready-to-eat	196.00	183.00	1.10
19260	Ice creams, vanilla, light, no sugar added	196.00	96.00	3.97
19265	Ice creams, chocolate, light, no sugar added	196.00	75.00	3.54
21089	Fast foods, cheeseburger; single, regular patty; plain	196.00	515.00	16.51
21259	BURGER KING, Original Chicken Sandwich	196.00	638.00	12.14
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	196.00	696.00	12.80
22977	Lasagna with meat sauce, frozen, prepared	196.00	373.00	7.28
28082	KEEBLER, FUDGE SHOPPE, Peanut Creme Filled Cookies	196.00	354.00	7.20
28285	Bread, chapati or roti, whole wheat, commercially prepared, frozen	196.00	298.00	7.85
42196	Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar	196.00	168.00	3.20
20031	Millet, raw	195.00	5.00	11.02
21112	Fast foods, hamburger; single, large patty; plain	195.00	346.00	16.51
21239	WENDY'S, CLASSIC SINGLE Hamburger, no cheese	195.00	395.00	12.63
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	195.00	578.00	12.12

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	195.00	685.00	11.74
28032	GIRL SCOUTS, Samoas Cookies	195.00	182.00	3.50
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	195.00	182.00	3.50
32034	HUNGRY MAN, Salisbury Steak With Gravy, frozen, unprepared	195.00	379.00	7.96
36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	195.00	371.00	7.96
36055	Restaurant, Italian, cheese ravioli with marinara sauce	195.00	306.00	7.07
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	195.00	58.00	4.37
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	195.00	58.00	4.37
03130	Babyfood, fruit, peaches, strained	195.00	4.00	0.94
03131	Babyfood, fruit, peaches, junior	195.00	4.00	0.94
06629	Sauce, pesto, CLASSICO, basil pesto, ready-to-serve	195.00	1,028.00	4.16
08192	Cereals ready-to-eat, POST SELECTS Blueberry Morning	195.00	341.00	6.50
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	195.00	91.00	12.14
10894	Pork, cured, ham, separable fat, boneless, heated	195.00	677.00	8.77
11964	Nopales, cooked, without salt	195.00	20.00	1.35
01203	Yogurt, fruit, lowfat, with low calorie sweetener	194.00	58.00	4.86
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	194.00	58.00	4.40
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	194.00	58.00	4.86
05105	Chicken, broilers or fryers, wing, meat only, raw	194.00	81.00	21.97
07914	Sausage, Italian, sweet, links	194.00	570.00	16.13
09077	Crabapples, raw	194.00	1.00	0.40
09190	Mulberries, raw	194.00	10.00	1.44
09448	Nance, canned, syrup, drained	194.00	8.00	0.56
10171	Pork, cured, shoulder, blade roll, separable lean and fat, roasted	194.00	973.00	17.28
11253	Lettuce, green leaf, raw	194.00	28.00	1.36
11322	Peas and carrots, frozen, unprepared	194.00	79.00	3.40
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	194.00	2.00	1.15
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	194.00	238.00	1.15
15048	Fish, mackerel, jack, canned, drained solids	194.00	379.00	23.19
16162	MORI-NU, Tofu, silken, firm	194.00	36.00	6.90
16536	WORTHINGTON Wham (roll), frozen, unprepared	194.00	717.00	17.80
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	194.00	58.00	12.16
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	194.00	342.00	8.87
18619	NABISCO, NABISCO OREO CRUNCHIES, Cookie Crumb Topping	194.00	528.00	4.78
21382	McDONALD'S, FILET-O-FISH (without tartar sauce)	194.00	464.00	12.47
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	194.00	386.00	12.17

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	194.00	370.00	3.96
42192	Salad dressing, blue or roquefort cheese dressing, fat-free	194.00	814.00	1.52
43261	Yogurt, fruit variety, nonfat	194.00	58.00	4.40
18221	Crackers, melba toast, rye (includes pumpernickel)	193.00	899.00	11.60
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	193.00	81.00	4.24
21333	McDONALD'S, Vanilla Reduced Fat Ice Cream Cone	193.00	67.00	4.24
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	193.00	32.00	24.21
28296	Cake, snack cakes, creme-filled, chocolate with frosting, low-fat, with added fiber	193.00	483.00	3.71
31005	CAMPBELL'S, V8 Vegetable Juice, Organic V8	193.00	198.00	0.41
31008	CAMPBELL'S, V8 100% Vegetable Juice	193.00	173.00	0.82
31018	CAMPBELL'S, V8 Vegetable Juice, High Fiber V8	193.00	198.00	0.82
43365	Tomato and vegetable juice, low sodium	193.00	58.00	0.60
03010	Babyfood, meat, lamb, strained	193.00	43.00	14.07
05151	Guinea hen, meat and skin, raw	193.00	67.00	23.40
05174	Turkey, gizzard, all classes, cooked, simmered	193.00	127.00	26.45
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	193.00	594.00	4.80
09313	Sapodilla, raw	193.00	12.00	0.44
11137	Cauliflower, frozen, unprepared	193.00	24.00	2.01
11632	Peppers, jalapeno, canned, solids and liquids	193.00	1,671.00	0.92
11647	Sweet potato, canned, syrup pack, drained solids	193.00	39.00	1.28
11921	Peppers, sweet, red, sauteed	193.00	21.00	1.04
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	193.00	68.00	3.32
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	192.00	288.00	21.61
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	192.00	152.00	19.19
05734	Turkey, retail parts, wing, meat and skin, raw	192.00	67.00	19.53
09022	Apricots, canned, water pack, with skin, solids and liquids	192.00	3.00	0.71
11131	Carrots, frozen, cooked, boiled, drained, without salt	192.00	59.00	0.58
11302	Peas, edible-podded, frozen, unprepared	192.00	4.00	2.80
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	192.00	1.00	0.91
11760	Carrots, frozen, cooked, boiled, drained, with salt	192.00	295.00	0.58
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	192.00	237.00	0.91
14048	Beverages, FUZE, orange mango, fortified with vitamins A, C, E, B6	192.00	10.00	0.68
17440	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, cooked, braised	192.00	86.00	30.73
17455	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, braised	192.00	84.00	29.52
18190	Cookies, peanut butter sandwich, regular	192.00	368.00	8.80
21228	McDONALD'S, Hamburger	192.00	494.00	12.92

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
21254	BURGER KING, DOUBLE WHOPPER, no cheese	192.00	289.00	13.94
21350	McDONALD'S, BIG MAC (without Big Mac Sauce)	192.00	454.00	12.79
21389	Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	192.00	289.00	13.94
21498	PIZZA HUT 14" Sausage Pizza, Pan Crust	192.00	596.00	11.08
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	192.00	577.00	13.77
21524	McDONALD'S, RANCH SNACK WRAP, Grilled	192.00	577.00	13.77
22914	Pasta with tomato sauce, no meat, canned	192.00	272.00	2.22
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	192.00	28.00	30.75
36620	Restaurant, Chinese, shrimp and vegetables	192.00	375.00	5.90
18289	Pancakes, plain, dry mix, complete (includes buttermilk)	191.00	1,082.00	9.77
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	191.00	1,496.00	10.00
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	191.00	784.00	15.29
22522	Pasta with Sliced Franks in Tomato Sauce, canned entree	191.00	287.00	4.37
22984	KASHI, Chicken Pasta Pomodoro, Frozen Entree	191.00	166.00	7.00
28225	MURRAY, SUGAR FREE, Peanut Butter Cookies	191.00	458.00	9.50
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	191.00	67.00	1.00
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	191.00	79.00	1.00
03127	Babyfood, vegetables, spinach, creamed, strained	191.00	49.00	2.50
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	191.00	151.00	16.56
06406	Soup, bean with frankfurters, canned, prepared with equal volume water	191.00	437.00	3.99
09131	Grapes, american type (slip skin), raw	191.00	2.00	0.63
09132	Grapes, red or green (European type, such as Thompson seedless), raw	191.00	2.00	0.72
10942	Pork, fresh, composite of separable fat, with added solution, raw	191.00	81.00	9.27
11531	Tomatoes, red, ripe, canned, packed in tomato juice	191.00	115.00	0.79
11564	Turnips, raw	191.00	67.00	0.90
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	191.00	10.00	0.79
14164	Beverages, chocolate malt powder, prepared with 1% milk, fortified	191.00	60.00	3.32
16534	WORTHINGTON Stakelets, frozen, unprepared	191.00	651.00	19.70
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	190.00	284.00	22.84
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	190.00	78.00	26.26
05312	Chicken, wing, frozen, glazed, barbecue flavored	190.00	615.00	19.67
09236	Peaches, yellow, raw	190.00	0.00	0.91
11295	Onion rings, breaded, par fried, frozen, unprepared	190.00	246.00	3.15
14407	Beverages, orange-flavor drink, breakfast type, powder	190.00	17.00	0.00
17029	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw	190.00	56.00	14.52
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	190.00	693.00	11.52

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
21482	Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	190.00	637.00	11.06
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	190.00	28.00	30.13
28321	Rolls, hamburger, whole grain white, calcium-fortified	190.00	512.00	9.30
36403	Restaurant, Latino, empanadas, beef, prepared	190.00	440.00	11.31
21227	Pizza, meat and vegetable topping, rising crust, frozen, cooked	189.00	640.00	12.63
21255	BURGER KING, DOUBLE WHOPPER, with cheese	189.00	387.00	14.47
21303	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	189.00	684.00	11.49
21463	Yogurt parfait, lowfat, with fruit and granola	189.00	49.00	3.36
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	189.00	38.00	32.08
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	189.00	57.00	18.31
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	189.00	185.00	5.71
28105	KEEBLER, GRIPZ, Cinnamon Grahams, bite-size	189.00	324.00	7.40
05001	Chicken, broilers or fryers, meat and skin and giblets and neck, raw	189.00	70.00	18.33
05006	Chicken, broilers or fryers, meat and skin, raw	189.00	70.00	18.60
05076	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, batter	189.00	279.00	21.77
05336	USDA Commodity Chicken, canned, meat only, drained	189.00	271.00	27.52
07065	Pork and beef sausage, fresh, cooked	189.00	929.00	13.80
07916	Sausage, Polish, pork and beef, smoked	189.00	848.00	12.07
08629	Cereals ready-to-eat, QUAKER, Cap'n Crunch's OOPS! All Berries Cereal	189.00	637.00	4.60
17079	Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled	189.00	55.00	29.31
17314	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	189.00	69.00	21.26
01018	Cheese, edam	188.00	812.00	24.99
01029	Cheese, mozzarella, low moisture, part-skim	188.00	666.00	23.75
07068	Salami, cooked, beef	188.00	1,140.00	12.60
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	188.00	809.00	6.40
08531	Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt	188.00	452.00	7.10
14064	Beverages, Orange juice, light, No pulp	188.00	4.00	0.21
17065	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked	188.00	50.00	29.59
17192	Lamb, variety meats and by-products, heart, cooked, braised	188.00	63.00	24.97
18011	Biscuits, plain or buttermilk, dry mix, prepared	188.00	955.00	7.30
18501	KELLOGG, KELLOG'S NUTRI-GRAIN CEREAL BARS, Mixed Berry	188.00	284.00	4.30
19152	Candies, ROLO Caramels in Milk Chocolate	188.00	--	5.08
19271	Ice creams, strawberry	188.00	60.00	3.20
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	188.00	329.00	12.17
21210	SUBWAY, roast beef sub on white bread with lettuce and tomato	188.00	329.00	12.17
21358	McDONALD'S, Sausage McMUFFIN	188.00	693.00	12.66

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	188.00	342.00	11.34
21495	DOMINO'S 14" Sausage Pizza, Ultimate Deep Dish Crust	188.00	677.00	11.03
22120	MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared	188.00	434.00	18.50
22535	HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen	188.00	346.00	8.90
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	188.00	504.00	9.16
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	188.00	238.00	25.00
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	188.00	1,303.00	10.42
42286	Babyfood, green beans and turkey, strained	188.00	11.00	4.10
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	187.00	503.00	6.08
19117	Candies, halavah, plain	187.00	195.00	12.49
19345	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	187.00	100.00	1.40
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	187.00	476.00	14.87
21297	PIZZA HUT 14" Pepperoni Pizza, Pan Crust	187.00	676.00	11.47
21515	MORNINGSTAR FARMS Pizza, Baja Black Bean, single serve, frozen, unprepared	187.00	261.00	10.60
35235	Wocas, tuber, cooked, Oregon, yellow pond lily (Klamath)	187.00	10.00	0.69
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	187.00	270.00	5.87
01007	Cheese, camembert	187.00	842.00	19.80
03002	Babyfood, meat, beef, strained	187.00	41.00	12.03
03003	Babyfood, meat, beef, junior	187.00	41.00	12.03
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	187.00	63.00	28.98
05100	Chicken, broilers or fryers, wing, meat and skin, raw	187.00	84.00	17.52
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	187.00	725.00	4.45
08059	Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP	187.00	740.00	4.51
11029	Beans, kidney, mature seeds, sprouted, raw	187.00	6.00	4.20
11257	Lettuce, red leaf, raw	187.00	25.00	1.33
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	187.00	1,173.00	0.90
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	187.00	1,173.00	0.90
15057	Fish, ocean perch, Atlantic, raw	187.00	287.00	15.31
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	187.00	67.00	26.26
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	187.00	310.00	3.16
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	186.00	269.00	21.95
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	186.00	215.00	2.00
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	186.00	754.00	4.39
08138	Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS	186.00	667.00	6.94
08550	Cereals ready-to-eat, QUAKER, Christmas Crunch	186.00	724.00	4.44
08594	Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX	186.00	629.00	4.80

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
08711	Cereals ready-to-eat, KELLOGG'S, SPECIAL K protein, cinnamon brown sugar crunch	186.00	611.00	22.29
09149	Kumquats, raw	186.00	10.00	1.88
11060	Beans, snap, green, frozen, all styles, unprepared	186.00	3.00	1.79
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	186.00	272.00	2.41
11730	Beans, snap, yellow, frozen, all styles, unprepared	186.00	3.00	1.80
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	186.00	3.00	2.41
11908	Corn, sweet, white, canned, vacuum pack, regular pack	186.00	272.00	2.41
11909	Corn, sweet, white, canned, vacuum pack, no salt added	186.00	3.00	2.41
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	186.00	54.00	27.88
18264	English muffins, wheat	186.00	353.00	8.70
18327	Pie, pumpkin, prepared from recipe	186.00	225.00	4.50
18363	Tortillas, ready-to-bake or -fry, corn	186.00	45.00	5.70
19160	Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars	186.00	198.00	4.91
19227	Frostings, coconut-nut, ready-to-eat	186.00	160.00	1.50
20066	Semolina, enriched	186.00	1.00	12.68
20466	Semolina, unenriched	186.00	1.00	12.68
21161	SUBWAY, B.L.T. sub on white bread with bacon, lettuce and tomato	186.00	354.00	10.06
21162	Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread	186.00	354.00	10.06
21335	McDONALD'S, Hot Caramel Sundae	186.00	80.00	3.58
22980	KASHI, Chicken and Chipotle BBQ Sauce with Mango, Frozen Entree	186.00	219.00	5.30
36411	Restaurant, Latino, tamale, corn	186.00	277.00	3.48
18533	ARCHWAY Home Style Cookies, Iced Oatmeal	185.00	377.00	4.89
21248	WENDY'S, Frosty Dairy Dessert	185.00	98.00	3.49
21473	DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked	185.00	806.00	13.48
21508	WEND'YS, Crispy Chicken Sandwich	185.00	566.00	11.72
21513	KASHI Pizza, Greek Tzatziki, single serve, frozen, unprepared	185.00	322.00	11.10
22911	Chili, no beans, canned entree	185.00	411.00	7.53
28057	KEEBLER, CHIPS DELUXE, Oatmeal Chocolate Chip Cookies	185.00	332.00	6.40
28287	Bread, naan, whole wheat, commercially prepared, refrigerated	185.00	467.00	10.20
32021	Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine)	185.00	349.00	3.27
36626	Restaurant, Chinese, chicken and vegetables	185.00	413.00	8.18
43447	Snacks, corn-based, extruded, chips, unsalted	185.00	15.00	6.60
03104	Babyfood, vegetables, squash, strained	185.00	5.00	0.81
03105	Babyfood, vegetables, squash, junior	185.00	5.00	0.81
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	185.00	292.00	22.54
05030	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, batter	185.00	287.00	23.55

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
05035	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter	185.00	295.00	21.85
05173	Turkey, gizzard, all classes, raw	185.00	147.00	18.80
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	185.00	157.00	16.86
06170	Soup, stock, beef, home-prepared	185.00	198.00	1.97
08625	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S Halloween Crunch	185.00	719.00	4.41
10005	Pork, fresh, belly, raw	185.00	32.00	9.34
11578	Vegetable juice cocktail, canned	185.00	169.00	0.93
11645	Sweet potato, canned, syrup pack, solids and liquids	185.00	29.00	0.98
15027	Fish, fish sticks, frozen, prepared	185.00	402.00	11.01
16529	WORTHINGTON FriPats, frozen, unprepared	185.00	517.00	23.70
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	185.00	962.00	7.80
03172	Babyfood, juice, orange	184.00	0.00	0.60
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	184.00	76.00	25.32
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	184.00	515.00	7.70
08665	Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	184.00	464.00	7.10
09207	Orange juice, canned, unsweetened	184.00	4.00	0.68
09516	Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	184.00	5.00	0.44
09517	Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	184.00	5.00	0.12
11115	Cabbage, savoy, cooked, boiled, drained, without salt	184.00	24.00	1.80
11281	Okra, frozen, cooked, boiled, drained, without salt	184.00	3.00	1.63
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	184.00	18.00	2.30
11447	Sesbania flower, raw	184.00	15.00	1.28
11574	Turnip greens, frozen, unprepared	184.00	12.00	2.47
11753	Cabbage, savoy, cooked, boiled, drained, with salt	184.00	260.00	1.80
11804	Okra, frozen, cooked, boiled, drained, with salt	184.00	239.00	1.63
11827	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	184.00	254.00	2.30
13340	Beef, variety meats and by-products, tongue, cooked, simmered	184.00	65.00	19.29
19183	Puddings, chocolate, ready-to-eat	184.00	152.00	2.09
21090	Fast foods, cheeseburger; single, regular patty, with condiments	184.00	628.00	13.49
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	184.00	589.00	11.02
21356	McDONALD'S, McCHICKEN Sandwich (without mayonnaise)	184.00	555.00	11.08
22916	Lasagna with meat & sauce, frozen entree	184.00	347.00	6.63
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	184.00	59.00	31.29
28086	KEEBLER, FUDGE SHOPPE, Fudge Sticks	184.00	131.00	2.60
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	184.00	269.00	7.44
36401	Restaurant, Latino, chicken and rice, entree, prepared	184.00	518.00	12.02

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
18180	Cookies, oatmeal, dry mix	183.00	473.00	6.50
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	183.00	39.00	4.38
21159	SUBWAY, steak & cheese sub on white bread with American cheese, lettuce and tomato	183.00	444.00	12.29
21160	Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato	183.00	444.00	12.29
21263	TACO BELL, Soft Taco with steak	183.00	551.00	11.81
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	183.00	611.00	11.25
21293	PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust	183.00	674.00	11.98
21488	Fast foods, quesadilla, with chicken	183.00	745.00	15.05
21494	DOMINO'S 14" Sausage Pizza, Classic Hand-Tossed Crust	183.00	594.00	11.08
23452	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	183.00	37.00	29.92
28028	FAMOUS AMOS, Chocolate Chip Pecan Cookies	183.00	356.00	5.80
01111	Milk shakes, thick vanilla	183.00	95.00	3.86
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	183.00	75.00	25.00
06192	Split pea soup, canned, reduced sodium, prepared with water or ready-to serve	183.00	166.00	3.85
06983	Soup, ramen noodle, chicken flavor, dry	183.00	1,923.00	10.22
07067	Poultry salad sandwich spread	183.00	653.00	11.64
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	183.00	142.00	5.70
08672	Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS	183.00	368.00	3.50
11349	Poi	183.00	12.00	0.38
11497	Succotash, (corn and limas), canned, with cream style corn	183.00	245.00	2.64
14312	Beverages, Malted drink mix, natural, powder, prepared with whole milk	183.00	79.00	3.86
17075	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted	183.00	45.00	27.68
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	183.00	86.00	28.16
18061	Bread, rye, toasted	183.00	664.00	9.40
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	182.00	59.00	3.95
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	182.00	59.00	3.96
01152	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A	182.00	59.00	3.95
03098	Babyfood, vegetables, beets, strained	182.00	83.00	1.30
05124	Chicken, stewing, meat and skin, cooked, stewed	182.00	73.00	26.88
08318	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Strong Heart Antioxidants Cereal	182.00	398.00	7.50
09183	Melons, casaba, raw	182.00	9.00	1.11
09226	Papayas, raw	182.00	8.00	0.47
11475	Squash, summer, scallop, raw	182.00	1.00	1.20
11567	Turnips, frozen, cooked, boiled, drained, without salt	182.00	36.00	1.53
11890	Turnips, frozen, cooked, boiled, drained, with salt	182.00	272.00	1.53
14428	Beverages, shake, fast food, strawberry	182.00	83.00	3.40

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
16548	MORNINGSTAR FARMS Grillers Original, frozen, unprepared	182.00	422.00	23.90
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	182.00	51.00	20.48
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	182.00	188.00	4.00
18377	Cookies, oatmeal, prepared from recipe, without raisins	182.00	598.00	6.80
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	182.00	942.00	5.85
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	182.00	679.00	7.29
19056	Snacks, tortilla chips, plain, white corn, salted	182.00	328.00	7.10
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	182.00	485.00	11.94
22910	Lasagna, cheese, frozen, prepared	182.00	284.00	6.54
22990	KASHI, STEAM MEAL, Roasted Garlic Chicken Farfalle, Frozen Entree	182.00	213.00	5.50
27064	Wasabi	182.00	3,390.00	2.23
28027	FAMOUS AMOS, Chocolate Chip Cookies	182.00	359.00	4.50
18243	Croutons, seasoned	181.00	1,089.00	10.80
21237	McDONALD'S, BIG MAC	181.00	460.00	11.82
21499	KASHI Pizza, Roasted Vegetable, frozen, unprepared	181.00	546.00	12.50
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	181.00	33.00	33.53
28020	KASHI, TLC, Pita Crisps, Zesty Salsa	181.00	585.00	11.00
28312	Rolls, hamburger or hot dog, wheat/cracked wheat	181.00	463.00	11.69
28350	Cookies, chocolate cream covered biscuit sticks	181.00	213.00	10.00
03178	Babyfood, juice, prune and orange	181.00	2.00	0.60
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	181.00	74.00	25.97
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	181.00	85.00	16.57
06583	Soup, ramen noodle, any flavor, dry	181.00	1,855.00	10.17
08495	Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYNO-BITES	181.00	534.00	4.15
09200	Oranges, raw, all commercial varieties	181.00	0.00	0.94
15012	Fish, caviar, black and red, granular	181.00	1,500.00	24.60
15232	Fish, roughy, orange, cooked, dry heat	181.00	69.00	22.64
16603	MORNINGSTAR FARMS Breakfast Biscuit Sausage, Egg & Cheese, frozen, unprepared	181.00	568.00	9.30
17270	Veal, breast, separable fat, cooked	181.00	49.00	9.40
01032	Cheese, parmesan, grated	180.00	1,804.00	28.42
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	180.00	58.00	3.93
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	180.00	47.00	3.57
03964	Babyfood, fortified cereal bar, fruit filling	180.00	157.00	5.43
05014	Chicken, broilers or fryers, meat only, stewed	180.00	70.00	27.29
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	180.00	65.00	28.88
05049	Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter	180.00	317.00	21.97

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
05086	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, flour	180.00	82.00	24.01
06067	Soup, chunky vegetable, canned, ready-to-serve	180.00	267.00	1.14
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	180.00	24.00	3.10
11246	Leeks, (bulb and lower leaf-portion), raw	180.00	20.00	1.50
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	180.00	260.00	3.10
12129	Nuts, ginkgo nuts, canned	180.00	307.00	2.29
14631	Beverages, Horchata, dry mix, unprepared, variety of brands, all with morro seeds	180.00	3.00	7.50
15154	Crustaceans, spiny lobster, mixed species, raw	180.00	177.00	20.60
16088	Peanuts, all types, cooked, boiled, with salt	180.00	751.00	13.50
16161	MORI-NU, Tofu, silken, soft	180.00	5.00	4.80
18163	Cookies, chocolate chip, refrigerated dough	180.00	321.00	3.98
18346	Rolls, dinner, rye	180.00	650.00	10.30
19240	Frostings, chocolate, creamy, dry mix	180.00	76.00	1.30
19408	Snacks, pork skins, barbecue-flavor	180.00	2,667.00	57.90
28048	KEEBLER, BAKER'S TREASURES, Oatmeal Raisin Cookie, soft	180.00	321.00	6.10
28062	KEEBLER, CHIPS DELUXE, Soft 'n Chewy Chocolate Chip Cookies	180.00	349.00	4.20
42189	Milk, buttermilk, fluid, cultured, reduced fat	180.00	105.00	4.10
43132	Meatballs, meatless	180.00	550.00	21.00
43137	Vegetarian meatloaf or patties	180.00	550.00	21.00
43275	Cheese, pasteurized process, American, low fat	180.00	1,789.00	24.60
43379	Cheese, pasteurized process, swiss, low fat	180.00	1,430.00	25.50
18448	Taco shells, baked, without added salt	179.00	15.00	7.20
20093	Pasta, fresh-refrigerated, plain, as purchased	179.00	26.00	11.31
21013	Fast foods, croissant, with egg, cheese, and ham	179.00	711.00	12.45
21020	Fast foods, english muffin, with cheese and sausage	179.00	668.00	13.28
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	179.00	617.00	10.94
21476	DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked	179.00	753.00	13.92
22931	SPAGHETTIOS, SpaghettiOs Original	179.00	238.00	2.38
22932	SPAGHETTIOS, SpaghettiOs A to Z's	179.00	238.00	2.38
22989	KASHI, Red Curry Chicken, Frozen Entree	179.00	154.00	5.90
32015	Turnover, cheese-filled, tomato-based sauce, frozen, unprepared	179.00	598.00	10.24
05024	Chicken, gizzard, all classes, cooked, simmered	179.00	56.00	30.39
05175	Turkey, heart, all classes, raw	179.00	129.00	16.70
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	179.00	150.00	18.03
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	179.00	273.00	3.24
07075	Sausage, smoked link sausage, pork and beef	179.00	911.00	12.00

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	179.00	727.00	8.50
08487	Cereals ready-to-eat, MALT-O-MEAL, Blueberry MUFFIN TOPS Cereal	179.00	462.00	4.90
08659	Cereals ready-to-eat, KELLOGG'S FROSTED FLAKES, CHOCO ZUCARITAS	179.00	515.00	5.10
09201	Oranges, raw, California, valencias	179.00	0.00	1.04
11128	Carrots, canned, regular pack, drained solids	179.00	242.00	0.64
11759	Carrots, canned, no salt added, drained solids	179.00	42.00	0.64
14044	Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan	179.00	72.00	6.59
15121	Fish, tuna, light, canned in water, drained solids	179.00	247.00	19.44
17285	Lamb, Australian, imported, fresh, separable fat, cooked	179.00	51.00	9.42
01108	Milk, indian buffalo, fluid	178.00	52.00	3.75
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	178.00	48.00	3.82
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	178.00	48.00	3.82
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	178.00	73.00	16.69
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	178.00	62.00	27.39
09209	Orange juice, chilled, includes from concentrate	178.00	2.00	0.68
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	178.00	2.00	0.68
09211	Orange juice, chilled, includes from concentrate, with added calcium	178.00	2.00	0.68
09221	Tangerine juice, raw	178.00	1.00	0.50
09223	Tangerine juice, canned, sweetened	178.00	1.00	0.50
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	178.00	2.00	0.68
11659	Sweet potato, cooked, candied, home-prepared	178.00	119.00	0.89
15128	Fish, tuna salad	178.00	402.00	16.04
16065	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	178.00	350.00	2.74
16586	GARDENBURGER Veggie Medley Burger, frozen, unprepared	178.00	559.00	4.10
17196	Lamb, variety meats and by-products, kidneys, cooked, braised	178.00	151.00	23.65
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	178.00	546.00	13.06
21242	WENDY'S, Jr. Hamburger, with cheese	178.00	660.00	13.06
21251	BURGER KING, Cheeseburger	178.00	602.00	14.57
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	178.00	518.00	13.59
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	178.00	283.00	3.24
22965	SPAGHETTIOS, SpaghettiOs Original, easy open	178.00	225.00	2.35
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	178.00	30.00	34.51
28169	KELLOGG'S, POP-TARTS, Frosted Cookies & Creme Toaster Pastries	178.00	597.00	4.90
28208	MOTHER'S, Peanut Butter Gauchos Cookies	178.00	434.00	7.40
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	178.00	13.00	0.80
18388	Muffins, wheat bran, toaster-type with raisins, toasted	177.00	527.00	5.50

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
18617	NABISCO, NABISCO GRAHAMS Crackers	177.00	659.00	6.99
18980	KASHI, Original Waffle	177.00	479.00	6.00
19090	Ice creams, french vanilla, soft-serve	177.00	61.00	4.10
19418	Snacks, sesame sticks, wheat-based, salted	177.00	1,488.00	10.90
19820	Snacks, sesame sticks, wheat-based, unsalted	177.00	29.00	10.90
21034	Fast foods, sundae, strawberry	177.00	60.00	4.09
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	177.00	329.00	12.33
21214	SUBWAY, tuna sub on white bread with lettuce and tomato	177.00	329.00	12.33
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	177.00	455.00	16.23
21361	McDONALD'S, Sausage Biscuit	177.00	875.00	9.62
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	177.00	33.00	31.30
31001	CAMPBELL'S, Tomato juice	177.00	280.00	0.82
31006	CAMPBELL'S, Organic Tomato juice	177.00	280.00	0.82
31010	CAMPBELL'S, V8 Vegetable Juice, Essential Antioxidants V8	177.00	198.00	0.82
32028	Turnover, filled with egg, meat and cheese, frozen	177.00	378.00	7.87
42141	Cream substitute, liquid, light	177.00	60.00	0.80
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	177.00	53.00	3.98
01184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	177.00	59.00	3.86
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	177.00	53.00	3.98
01221	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D	177.00	59.00	3.86
01236	Ice cream, soft serve, chocolate	177.00	61.00	4.10
03136	Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained	177.00	5.00	0.60
05102	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour	177.00	77.00	26.11
05172	Turkey, whole, giblets, cooked, simmered	177.00	117.00	26.44
06982	Soup, ramen noodle, beef flavor, dry	177.00	1,727.00	10.06
08586	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIX	177.00	497.00	5.40
08655	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches	177.00	483.00	7.00
09433	Clementines, raw	177.00	1.00	0.85
09515	Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	177.00	11.00	0.63
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	177.00	1.00	1.04
11565	Turnips, cooked, boiled, drained, without salt	177.00	16.00	0.71
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	177.00	237.00	1.04
11961	Hearts of palm, canned	177.00	426.00	2.52
16579	GARDENBURGER Original, frozen, unprepared	177.00	684.00	7.20
18025	Bread, cracked-wheat	177.00	538.00	8.70
18064	Bread, wheat	177.00	508.00	10.72

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
01250	Nutritional supplement for people with diabetes, liquid	176.00	92.00	4.40
05025	Chicken, heart, all classes, raw	176.00	74.00	15.55
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	176.00	73.00	24.17
06061	Soup, tomato beef with noodle, canned, condensed	176.00	731.00	3.55
08073	Cereals ready-to-eat, POST, GOLDEN CRISP	176.00	95.00	5.50
08204	Cereals ready-to-eat, chocolate-flavored frosted puffed corn	176.00	534.00	3.34
11656	Corn pudding, home prepared	176.00	282.00	4.42
13357	Beef, cured, sausage, cooked, smoked	176.00	1,131.00	14.11
16584	GARDENBURGER Savory Portabella Veggie Burger, frozen, unprepared	176.00	633.00	5.90
18127	Cake, snack cakes, creme-filled, chocolate with frosting	176.00	332.00	3.63
18154	Cookies, brownies, prepared from recipe	176.00	343.00	6.20
28299	Cookies, chocolate sandwich, with creme filling, reduced fat	176.00	471.00	2.94
28319	Bagels, whole grain white	176.00	372.00	9.30
36049	ON THE BORDER, cheese enchilada	176.00	561.00	11.67
36056	Restaurant, Mexican, cheese tamales	176.00	503.00	8.99
42137	Salad dressing, peppercorn dressing, commercial, regular	176.00	1,103.00	1.20
18200	Cookies, oatmeal, commercially prepared, special dietary	175.00	273.00	4.80
18290	Pancakes, plain, dry mix, complete, prepared	175.00	628.00	5.20
18316	Pie, coconut custard, commercially prepared	175.00	335.00	5.90
21002	Fast foods, biscuit, with egg	175.00	655.00	8.53
21225	Pizza, cheese topping, rising crust, frozen, cooked	175.00	556.00	12.37
21241	WENDY'S, Jr. Hamburger, without cheese	175.00	539.00	12.62
22993	KASHI Spicy Black Bean Enchilada, frozen, unprepared	175.00	237.00	3.00
27042	Soup, clam chowder, new england, canned, ready-to-serve	175.00	343.00	2.61
35202	Raspberries, wild (Northern Plains Indians)	175.00	4.00	1.12
43528	Beverages, ABBOTT, ENSURE PLUS, ready-to-drink	175.00	95.00	5.16
05088	Chicken, broilers or fryers, neck, meat only, raw	175.00	81.00	17.55
06007	Soup, bean with ham, canned, chunky, ready-to-serve	175.00	400.00	5.19
11333	Peppers, sweet, green, raw	175.00	3.00	0.86
14173	Beverages, coffee, ready to drink, vanilla, light, milk based, sweetened	175.00	34.00	2.14
14179	Beverages, coffee, ready to drink, milk based, sweetened	175.00	26.00	1.98
15077	Fish, salmon, chinook, smoked	175.00	672.00	18.28
15179	Fish, salmon, chinook, smoked, (lox), regular	175.00	2,000.00	18.28
06749	Soup, beef and vegetables, canned, ready-to-serve	174.00	326.00	3.18
10895	Pork, cured, ham, separable fat, boneless, unheated	174.00	616.00	7.50
20046	Rice, white, long-grain, parboiled, enriched, dry	174.00	2.00	7.51

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
20446	Rice, white, long-grain, parboiled, unenriched, dry	174.00	2.00	7.51
21008	Fast foods, biscuit, with ham	174.00	974.00	11.85
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	174.00	456.00	10.33
28279	MURRAY, SUGAR FREE, Chocolate Creme Sandwich Cookies	174.00	329.00	5.30
32007	Taquitos, frozen, beef and cheese, oven-heated	174.00	456.00	9.40
42267	Babyfood, juice, orange-carrot	174.00	10.00	0.50
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	173.00	299.00	7.91
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	173.00	617.00	13.64
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	173.00	685.00	11.93
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	173.00	492.00	12.93
21321	McDONALD'S, Hotcakes (plain)	173.00	358.00	6.00
21334	McDONALD'S, Strawberry Sundae	173.00	47.00	3.19
21355	McDONALD'S, McCHICKEN Sandwich	173.00	624.00	10.43
21357	McDONALD'S, Egg McMUFFIN	173.00	617.00	13.64
21415	POPEYES, biscuit	173.00	745.00	6.00
21517	Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce	173.00	607.00	11.48
21523	McDONALD'S, RANCH SNACK WRAP, Crispy	173.00	607.00	11.48
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	173.00	29.00	31.94
28055	KEEBLER, CHIPS DELUXE, Dark Chocolate Chunk Cookies	173.00	437.00	4.30
28083	KEEBLER, FUDGE SHOPPE, Triple Fudge Filled Cookies	173.00	235.00	3.60
04015	Salad dressing, russian dressing	173.00	1,133.00	0.69
05304	Turkey, mechanically deboned, from turkey frames, raw	173.00	48.00	13.29
09063	Cherries, sour, red, raw	173.00	3.00	1.00
11126	Carrots, canned, regular pack, solids and liquids	173.00	240.00	0.58
11142	Celeriac, cooked, boiled, drained, without salt	173.00	61.00	0.96
11150	Chayote, fruit, cooked, boiled, drained, without salt	173.00	1.00	0.62
11416	Pumpkin flowers, raw	173.00	5.00	1.03
11763	Celeriac, cooked, boiled, drained, with salt	173.00	297.00	0.96
11766	Chayote, fruit, cooked, boiled, drained, with salt	173.00	237.00	0.62
11813	Peas, green, canned, no salt added, drained solids	173.00	2.00	4.42
13329	Beef, variety meats and by-products, lungs, cooked, braised	173.00	101.00	20.40
15144	Crustaceans, crab, queen, raw	173.00	539.00	18.50
16137	Hummus, home prepared	173.00	242.00	4.86
17093	Veal, composite of trimmed retail cuts, separable fat, cooked	173.00	57.00	9.42
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	172.00	65.00	3.46
08444	Cereals, QUAKER, Instant Grits, Redeye Gravy & Country Ham flavor, dry	172.00	1,805.00	9.83

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
09334	Feijoa, raw	172.00	3.00	0.71
11013	Asparagus, canned, regular pack, solids and liquids	172.00	284.00	1.80
11015	Asparagus, canned, drained solids	172.00	287.00	2.14
11019	Asparagus, frozen, cooked, boiled, drained, without salt	172.00	3.00	2.95
11707	Asparagus, canned, no salt added, solids and liquids	172.00	26.00	1.80
11709	Asparagus, frozen, cooked, boiled, drained, with salt	172.00	240.00	2.95
14177	Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	172.00	58.00	3.23
14318	Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	172.00	60.00	3.37
14421	Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk	172.00	49.00	3.30
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	172.00	293.00	4.74
20137	Quinoa, cooked	172.00	7.00	4.40
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	172.00	598.00	11.39
22908	Beef, corned beef hash, with potato, canned	172.00	412.00	8.73
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	172.00	30.00	33.22
28245	SUNSHINE, CHEEZ-IT, Crackers (made with Whole Grain)	172.00	824.00	10.70
36630	Restaurant, Italian, spaghetti with meat sauce	172.00	230.00	5.79
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	171.00	311.00	5.10
18978	KASHI, Blueberry Waffle	171.00	476.00	5.70
21095	Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables	171.00	404.00	13.04
21359	McDONALD'S, Sausage McMUFFIN with Egg	171.00	572.00	12.59
28058	KEEBLER, CHIPS DELUXE, Original Chocolate Chip Cookies	171.00	350.00	5.50
28067	KEEBLER, CLUB, Multigrain Crackers	171.00	883.00	7.10
28292	Crackers, multigrain	171.00	883.00	7.10
28302	Cookies, graham crackers, plain or honey, lowfat	171.00	629.00	5.71
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	171.00	53.00	3.57
03704	Babyfood, cereal, mixed, with honey, prepared with whole milk	171.00	48.00	5.00
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	171.00	67.00	24.88
06068	Soup, vegetarian vegetable, canned, condensed	171.00	516.00	1.72
09164	Litchis, raw	171.00	1.00	0.83
17064	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw	171.00	46.00	20.75
03005	Babyfood, meat, veal, strained	170.00	39.00	13.12
03282	Babyfood, vegetables, mix vegetables junior	170.00	36.00	1.40
03298	Babyfood, dinner, broccoli and chicken, junior	170.00	17.00	3.59
03693	Babyfood, cereal, oatmeal, with honey, prepared with whole milk	170.00	49.00	5.00
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	170.00	71.00	23.26
06013	Soup, chicken broth, canned, condensed	170.00	621.00	4.42

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
07041	Liver sausage, liverwurst, pork	170.00	860.00	14.10
07911	Liverwurst spread	170.00	700.00	12.38
11109	Cabbage, raw	170.00	18.00	1.28
11219	Gourd, white-flowered (calabash), cooked, boiled, drained, without salt	170.00	2.00	0.60
11272	Mustard greens, frozen, unprepared	170.00	29.00	2.49
11439	Sauerkraut, canned, solids and liquids	170.00	661.00	0.91
11784	Gourd, white-flowered (calabash), cooked, boiled, drained, with salt	170.00	238.00	0.60
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	170.00	947.00	22.78
16104	Bacon, meatless	170.00	1,465.00	11.69
16507	LOMA LINDA Redi-Burger, canned, unprepared	170.00	508.00	21.90
17259	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	170.00	44.00	25.34
18042	Bread, pita, whole-wheat	170.00	527.00	9.80
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	170.00	459.00	6.69
19114	Ice creams, chocolate, light	170.00	71.00	5.00
19301	Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe	170.00	79.00	3.24
20025	Cornmeal, yellow, self-rising, degermed, enriched	170.00	1,348.00	8.41
20325	Cornmeal, white, self-rising, degermed, enriched	170.00	1,348.00	8.41
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	170.00	454.00	13.39
21294	PIZZA HUT 14" Cheese Pizza, Pan Crust	170.00	580.00	10.85
21363	McDONALD'S, Deluxe Breakfast, with syrup and margarine	170.00	437.00	7.56
22956	Lasagna, Vegetable, frozen, baked	170.00	445.00	6.87
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	170.00	30.00	31.86
18261	English muffins, mixed-grain, toasted (includes granola)	169.00	324.00	9.90
20087	Wheat, sprouted	169.00	16.00	7.49
21252	BURGER KING, WHOPPER, no cheese	169.00	313.00	10.74
21253	BURGER KING, WHOPPER, with cheese	169.00	453.00	11.19
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	169.00	615.00	10.76
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	169.00	597.00	10.81
28162	KELLOGG'S, Corn Flakes Crumbs	169.00	638.00	7.50
28363	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original	169.00	947.00	9.42
32000	Rice and vermicelli mix, beef flavor, unprepared	169.00	1,337.00	10.84
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	169.00	66.00	2.99
01172	Egg, white, raw, frozen, pasteurized	169.00	--	10.20
03901	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, liquid concentrate, not reconstituted	169.00	49.00	3.25
06375	CAMPBELL'S, Vegetable Beef Soup, condensed	169.00	656.00	3.79
06558	Soup, tomato bisque, canned, prepared with equal volume water	169.00	424.00	0.92

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
08679	Cereals ready-to-eat, GENERAL MILLS, FROSTED TOAST CRUNCH	169.00	565.00	5.19
09120	Grapefruit, sections, canned, juice pack, solids and liquids	169.00	7.00	0.70
09203	Oranges, raw, Florida	169.00	0.00	0.70
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	169.00	35.00	2.86
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	169.00	271.00	2.86
14246	Beverages, tea, green, instant, decaffeinated, lemon, unsweetened, fortified with vitamin C	169.00	--	0.00
14357	Beverages, tea, instant, decaffeinated, lemon, sweetened	169.00	5.00	0.12
14370	Beverages, tea, instant, lemon, sweetened, powder	169.00	5.00	0.12
16514	WORTHINGTON Low Fat Fri Chik, canned, unprepared	169.00	416.00	14.30
18092	Cake, pudding-type, carrot, dry mix	169.00	567.00	5.10
03283	Babyfood, vegetables, garden vegetable, strained	168.00	31.00	2.30
05338	USDA Commodity, Chicken, canned, meat only, with broth	168.00	256.00	22.41
07201	OSCAR MAYER, Bologna (beef)	168.00	1,179.00	11.05
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	168.00	729.00	7.50
09176	Mangos, raw	168.00	1.00	0.82
10116	Pork, fresh, variety meats and by-products, pancreas, cooked, braised	168.00	42.00	28.50
14059	Beverages, KELLOGG'S, SPECIAL K Protein Shake	168.00	73.00	3.20
15171	Mollusks, oyster, Pacific, raw	168.00	106.00	9.45
19010	Snacks, crisped rice bar, chocolate chip	168.00	278.00	5.10
19083	Candies, sweet chocolate coated fondant	168.00	26.00	2.20
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	168.00	284.00	3.15
19148	Candies, peanut brittle, prepared-from-recipe	168.00	445.00	7.57
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	168.00	624.00	11.73
21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	168.00	650.00	10.35
21503	KASHI Pizza, Mediterranean, frozen, unprepared	168.00	531.00	12.70
22982	KASHI, STEAM MEAL, Chicken Fettuccine, Frozen Entree	168.00	166.00	6.20
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	168.00	271.00	5.71
28123	KEEBLER, 100 Calorie RIGHT BITES, White Fudge Dipped Pretzels	168.00	632.00	7.00
28146	KEEBLER, TOWN HOUSE, TOPPERS, Multigrain Crackers	168.00	871.00	7.60
28364	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Parmesan	168.00	1,187.00	11.16
43417	Babyfood, meat, beef with vegetables, toddler	168.00	26.00	3.50
18326	Pie, pumpkin, commercially prepared	167.00	239.00	3.90
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	167.00	437.00	4.90
21003	Fast foods, biscuit, with egg and bacon	167.00	844.00	11.33
21130	Fast foods, onion rings, breaded and fried	167.00	776.00	3.86
21380	McDONALD'S, Fruit 'n Yogurt Parfait	167.00	58.00	2.73

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
21500	KASHI Pizza, Mushroom Trio & Spinach, frozen, unprepared	167.00	587.00	12.70
21509	BURGER KING, Onion Rings	167.00	776.00	3.86
32026	Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	167.00	276.00	7.87
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	167.00	60.00	3.17
05033	Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed	167.00	63.00	26.14
08211	Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S	167.00	679.00	3.92
08579	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH	167.00	565.00	5.09
14427	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water	167.00	10.00	0.12
15073	Fish, roughy, orange, raw	167.00	72.00	16.41
16617	MORNINGSTAR FARMS Spicy Black Bean Enchilada Entree, frozen, unprepared	167.00	277.00	5.80
17073	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted	167.00	43.00	24.81
01070	Dessert topping, powdered	166.00	122.00	4.90
03685	Babyfood, cereal, mixed, prepared with whole milk	166.00	42.00	4.14
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	166.00	67.00	24.68
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	166.00	70.00	23.50
09202	Oranges, raw, navels	166.00	1.00	0.91
09218	Tangerines, (mandarin oranges), raw	166.00	2.00	0.81
11283	Onions, cooked, boiled, drained, without salt	166.00	3.00	1.36
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	166.00	2.00	0.92
11805	Onions, cooked, boiled, drained, with salt	166.00	239.00	1.36
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	166.00	238.00	0.92
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	166.00	2.00	0.92
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	166.00	238.00	0.92
14347	Shake, fast food, vanilla	166.00	81.00	3.37
17087	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised	166.00	56.00	34.06
18060	Bread, rye	166.00	603.00	8.50
18095	Cake, cherry fudge with chocolate frosting	166.00	164.00	2.40
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	166.00	284.00	3.10
20028	Couscous, dry	166.00	10.00	12.76
21004	Fast foods, biscuit, with egg and ham	166.00	1,093.00	10.64
42290	Milk, fluid, nonfat, calcium fortified (fat free or skim)	166.00	52.00	3.40
43507	Frankfurter, low sodium	166.00	311.00	12.00
18304	Pie, banana cream, prepared from recipe	165.00	240.00	4.40
18968	Bagels, wheat	165.00	439.00	10.20
21362	McDONALD'S, Sausage Biscuit with Egg	165.00	664.00	11.27
21381	McDONALD'S, Fruit 'n Yogurt Parfait (without granola)	165.00	38.00	2.47

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
28158	KEEBLER, WHEATABLES, Nut Crisp Crackers, Roasted Almond	165.00	743.00	8.40
28342	Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and sorghum flour	165.00	544.00	5.65
28354	ANDREA'S, Gluten Free Soft Dinner Roll	165.00	544.00	5.65
36601	Restaurant, Chinese, egg rolls, assorted	165.00	468.00	8.28
36613	DENNY'S, macaroni & cheese, from kid's menu	165.00	300.00	5.19
01057	Eggnog	165.00	54.00	4.55
06053	Soup, cream of potato, canned, condensed	165.00	604.00	1.51
06341	CAMPBELL'S, Cream of Potato Soup, condensed	165.00	604.00	1.51
07938	Ham, honey, smoked, cooked	165.00	900.00	17.93
09024	Apricots, canned, juice pack, with skin, solids and liquids	165.00	4.00	0.63
09508	Fruit juice smoothie, NAKED JUICE, GREEN MACHINE	165.00	6.00	0.60
14090	Beverages, Coconut water, ready-to-drink, unsweetened	165.00	26.00	0.22
15251	USDA Commodity, salmon nuggets, breaded, frozen, heated	165.00	173.00	12.69
16565	MORNINGSTAR FARMS Sausage Style Recipe Crumbles, frozen, unprepared	165.00	758.00	20.20
10167	Pork, cured, separable fat (from ham and arm picnic), roasted	164.00	624.00	7.64
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	164.00	--	1.77
11605	Beets, harvard, canned, solids and liquids	164.00	162.00	0.84
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	164.00	213.00	1.95
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	164.00	12.00	1.95
17261	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	164.00	50.00	24.41
19013	Snacks, fruit leather, pieces	164.00	403.00	1.00
19274	Snacks, fruit leather, pieces, with vitamin C	164.00	317.00	0.10
20116	Noodles, japanese, somen, dry	164.00	1,840.00	11.35
20139	Wheat, KAMUT khorasan, cooked	164.00	8.00	5.71
28304	Waffles, whole wheat, lowfat, frozen, ready-to-heat	164.00	557.00	7.14
36631	OLIVE GARDEN, spaghetti with meat sauce	164.00	209.00	5.80
18183	Cookies, oatmeal, refrigerated dough, baked	163.00	327.00	6.00
18206	Cookies, sugar, refrigerated dough, baked	163.00	362.00	4.70
19144	Candies, NESTLE, 100 GRAND Bar	163.00	203.00	2.50
22905	Beef stew, canned entree	163.00	388.00	4.41
28318	Bread, french or vienna, whole wheat	163.00	375.00	8.33
36003	APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	163.00	288.00	5.01
01124	Egg, white, raw, fresh	163.00	166.00	10.90
03051	Babyfood, dinner, spaghetti and tomato and meat, toddler	163.00	239.00	5.30
05005	Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	163.00	66.00	24.49
06165	Sauce, homemade, white, thin	163.00	328.00	3.77

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
06434	CAMPBELL'S CHUNKY Soups, Old Fashioned Vegetable Beef Soup	163.00	346.00	3.16
07050	Mortadella, beef, pork	163.00	1,246.00	16.37
08268	Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY	163.00	458.00	5.50
08273	Cereals ready-to-eat, GENERAL MILLS, BOO BERRY	163.00	458.00	5.50
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	163.00	221.00	2.60
15250	Mollusks, conch, baked or broiled	163.00	153.00	26.30
17428	Veal, shank, separable lean only, raw	163.00	109.00	19.77
18006	Bagels, cinnamon-raisin, toasted	163.00	370.00	10.60
18010	Biscuits, plain or buttermilk, dry mix	163.00	1,276.00	8.00
01043	Cheese, pasteurized process, pimento	162.00	915.00	22.13
01058	Sour dressing, non-butterfat, cultured, filled cream-type	162.00	48.00	3.25
01080	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D	162.00	52.00	3.48
01083	Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D	162.00	52.00	3.48
03137	Babyfood, fruit, prunes with tapioca, without ascorbic acid, junior	162.00	2.00	0.60
07033	Ham and cheese spread	162.00	1,197.00	16.18
07960	Bologna, chicken, pork	162.00	1,240.00	10.31
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	162.00	500.00	4.90
08678	Cereals ready-to-eat, GENERAL MILLS, Apple Cinnamon CHEX	162.00	614.00	4.69
09042	Blackberries, raw	162.00	1.00	1.39
09124	Grapefruit juice, white, canned, sweetened	162.00	2.00	0.58
09127	Grapefruit juice, pink or red, with added calcium	162.00	1.00	0.50
09128	Grapefruit juice, white, raw	162.00	1.00	0.50
09404	Grapefruit juice, pink, raw	162.00	1.00	0.50
11271	Mustard greens, cooked, boiled, drained, without salt	162.00	9.00	2.56
11799	Mustard greens, cooked, boiled, drained, with salt	162.00	252.00	2.56
17063	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked	162.00	46.00	24.42
17223	Veal, variety meats and by-products, tongue, cooked, braised	162.00	64.00	25.85
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	162.00	34.00	22.60
17435	Veal, shank, separable lean and fat, raw	162.00	107.00	19.28
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	162.00	977.00	6.66
18506	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Low Fat	162.00	559.00	6.50
28059	KEEBLER, CHIPS DELUXE, Peanut Butter Cups Cookies	162.00	285.00	6.00
36025	CRACKER BARREL, coleslaw	162.00	110.00	0.89
43398	Cheese, pasteurized process, cheddar or American, low sodium	162.00	7.00	22.20
18310	Pie, chocolate creme, commercially prepared	161.00	266.00	4.15
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	161.00	560.00	9.25

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
21277	DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	161.00	523.00	10.80
21486	Fast foods, taco with beef, cheese and lettuce, soft	161.00	560.00	9.25
28340	Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and potato starch	161.00	707.00	7.99
28370	UDI'S, Gluten Free, Classic French Dinner Rolls	161.00	707.00	7.99
36617	Restaurant, Chinese, lemon chicken	161.00	252.00	11.87
01074	Sour cream, imitation, cultured	161.00	102.00	2.40
01114	Whey, sweet, fluid	161.00	54.00	0.85
05673	Chicken, skin (drumsticks and thighs), cooked, braised	161.00	75.00	14.61
06482	CAMPBELL'S Low Sodium Soups, Chicken with Noodles Soup	161.00	46.00	3.93
09263	Persimmons, japanese, raw	161.00	1.00	0.58
15252	USDA Commodity, salmon nuggets, cooked as purchased, unheated	161.00	167.00	11.97
16510	WORTHINGTON Chili, canned, unprepared	161.00	453.00	10.40
17255	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	161.00	46.00	25.26
05116	Chicken, roasting, giblets, cooked, simmered	160.00	60.00	26.77
06027	Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	160.00	417.00	3.02
07978	Pork sausage, reduced sodium, cooked	160.00	294.00	9.41
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	160.00	328.00	11.61
09156	Lemon peel, raw	160.00	6.00	1.50
14632	Beverages, Meal supplement drink, canned, peanut flavor	160.00	54.00	3.50
15028	Fish, flatfish (flounder and sole species), raw	160.00	296.00	12.41
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	160.00	333.00	12.19
15095	Fish, shark, mixed species, raw	160.00	79.00	20.98
17258	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	160.00	41.00	18.76
18351	Rolls, hamburger or hotdog, mixed-grain	160.00	458.00	9.60
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	160.00	570.00	10.27
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	160.00	528.00	12.29
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	160.00	432.00	12.63
28184	KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Chocolate Baked Bites	160.00	487.00	5.00
42119	Babyfood, banana juice with low fat yogurt	160.00	37.00	2.50
18367	Waffles, plain, prepared from recipe	159.00	511.00	7.90
18527	ARCHWAY Home Style Cookies, Date Filled Oatmeal	159.00	331.00	4.67
19219	Puddings, coconut cream, dry mix, regular, prepared with 2% milk	159.00	163.00	3.10
28097	KEEBLER, FUDGE SHOPPE, Merry Mint Patties, Holiday	159.00	249.00	2.90
28224	MURRAY, SUGAR FREE, Fudge Dipped Wafers	159.00	71.00	3.40
32019	Lasagna, cheese, frozen, unprepared	159.00	312.00	5.06
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	159.00	1.00	1.49

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
11082	Beets, canned, regular pack, solids and liquids	159.00	143.00	0.73
11292	Onions, young green, tops only	159.00	15.00	0.97
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	159.00	245.00	1.49
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	159.00	49.00	23.43
17198	Veal, variety meats and by-products, kidneys, cooked, braised	159.00	110.00	26.32
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	159.00	828.00	6.70
01157	Cheese, goat, semisoft type	158.00	415.00	21.58
03073	Babyfood, dinner, vegetables chicken, strained	158.00	24.00	2.47
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	158.00	67.00	25.31
06190	Soup, bean & ham, canned, reduced sodium, prepared with water or ready-to-serve	158.00	187.00	4.19
06451	Soup, pea, split with ham, canned, prepared with equal volume water	158.00	398.00	4.08
07951	Scrapple, pork	158.00	482.00	8.06
09212	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium	158.00	4.00	0.60
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	158.00	4.00	0.60
09217	Orange-grapefruit juice, canned or bottled, unsweetened	158.00	3.00	0.60
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	158.00	68.00	3.09
11758	Carrots, canned, no salt added, solids and liquids	158.00	34.00	0.59
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	158.00	304.00	3.09
11943	Pimento, canned	158.00	14.00	1.10
14083	Beverages, chocolate malt, powder, prepared with fat free milk	158.00	77.00	3.25
17221	Lamb, variety meats and by-products, tongue, cooked, braised	158.00	67.00	21.57
21014	Fast foods, croissant, with egg, cheese, and sausage	158.00	577.00	12.09
21307	Fast foods, griddle cake sandwich, egg, cheese, and bacon	158.00	718.00	12.03
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	158.00	577.00	12.09
36621	Restaurant, Chinese, sweet and sour chicken	158.00	246.00	10.10
19089	Ice creams, vanilla, rich	157.00	61.00	3.50
19325	Puddings, coconut cream, dry mix, regular, prepared with whole milk	157.00	162.00	3.00
19419	Snacks, corn cakes	157.00	488.00	8.10
19800	Snacks, corn cakes, very low sodium	157.00	28.00	8.10
28021	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Original	157.00	567.00	6.60
28221	MURRAY, SUGAR FREE, Chocolate Chip & Pecan Cookies	157.00	390.00	6.00
28332	Cookies, gluten-free, chocolate sandwich, with creme filling	157.00	275.00	2.19
28356	GLUTINO, Gluten Free Cookies, Chocolate Vanilla Creme	157.00	275.00	2.19
04016	Salad dressing, sesame seed dressing, regular	157.00	1,000.00	3.10
04022	Salad dressing, russian dressing, low calorie	157.00	868.00	0.50
06072	Soup, vegetable with beef broth, canned, condensed	157.00	515.00	2.42

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
08494	Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS	157.00	473.00	3.32
09279	Plums, raw	157.00	0.00	0.70
10175	Pork, fresh, variety meats and by-products, tail, cooked, simmered	157.00	25.00	17.00
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	156.00	42.00	3.37
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	156.00	42.00	3.37
03214	Babyfood, cookies, arrowroot	156.00	319.00	7.60
06166	Sauce, homemade, white, medium	156.00	354.00	3.84
07974	Bacon, turkey, low sodium	156.00	900.00	13.33
14062	Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink	156.00	84.00	3.80
15167	Mollusks, oyster, eastern, wild, raw	156.00	85.00	5.71
16216	Vitasoy USA, Vitasoy Organic Classic Original Soymilk	156.00	66.00	3.20
18214	Crackers, cheese, regular	156.00	973.00	10.93
18260	English muffins, mixed-grain (includes granola)	156.00	298.00	9.10
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	156.00	102.00	3.28
21012	Fast foods, croissant, with egg, cheese, and bacon	156.00	602.00	12.58
35200	Prairie Turnips, raw (Northern Plains Indians)	156.00	5.00	2.62
36021	APPLEBEE'S, coleslaw	156.00	178.00	0.79
42129	Bologna, beef and pork, low fat	156.00	1,108.00	11.50
42187	Frozen yogurts, flavors other than chocolate	156.00	63.00	3.00
32006	Taquitos, frozen, chicken and cheese, oven-heated	155.00	453.00	9.21
43384	Beef, bologna, reduced sodium	155.00	682.00	11.70
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	155.00	46.00	3.47
05236	Turkey, young hen, skin only, cooked, roasted	155.00	44.00	19.03
08661	Cereals ready-to-eat, KELLOGG'S CINNAMON JACKS	155.00	451.00	5.90
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	155.00	172.00	2.13
15096	Fish, shark, mixed species, cooked, batter-dipped and fried	155.00	122.00	18.62
03934	Babyfood, corn and sweet potatoes, strained	154.00	14.00	1.26
03966	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, liquid concentrate	154.00	53.00	3.31
05128	Chicken, stewing, giblets, cooked, simmered	154.00	56.00	25.73
09023	Apricots, canned, water pack, without skin, solids and liquids	154.00	11.00	0.69
09282	Plums, canned, purple, juice pack, solids and liquids	154.00	1.00	0.51
09511	Fruit juice smoothie, NAKED JUICE, BLUE MACHINE	154.00	4.00	0.42
16163	MORI-NU, Tofu, silken, extra firm	154.00	63.00	7.40
16513	WORTHINGTON FriChik Original, canned, unprepared	154.00	401.00	13.40
18040	Bread, oatmeal, toasted	154.00	486.00	9.20
18449	Tortillas, ready-to-bake or -fry, corn, without added salt	154.00	11.00	5.70

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
19136	Candies, HERSHEY'S SKOR Toffee Bar	153.00	317.00	3.13
19187	Flan, caramel custard, dry mix	153.00	432.00	0.00
21009	Fast foods, biscuit, with sausage	153.00	814.00	9.67
21141	BURGER KING, Vanilla Shake	153.00	100.00	3.19
22998	Rice and vermicelli mix, chicken flavor, unprepared	153.00	1,238.00	10.64
28056	KEEBLER, CHIPS DELUXE, Mini Chocolate Chip Cookies	153.00	418.00	5.20
28066	KEEBLER, CLUB, Minis Multigrain Crackers	153.00	876.00	7.30
28134	KEEBLER, TOASTEDS, Party Pack Cracker Assortment	153.00	904.00	6.50
36035	Restaurant, family style, coleslaw	153.00	221.00	0.88
03824	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, liquid concentrate, not reconstituted	153.00	45.00	3.19
03854	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, LIPIL, liquid concentrate, not reconstituted, with ARA and DHA	153.00	45.00	3.19
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	153.00	73.00	27.18
05138	Chicken, capons, giblets, cooked, simmered	153.00	55.00	26.39
05178	Turkey, liver, all classes, cooked, simmered	153.00	98.00	27.00
05311	Chicken, canned, no broth	153.00	482.00	25.30
06064	Soup, turkey, chunky, canned, ready-to-serve	153.00	391.00	4.33
06974	Soup, vegetable chicken, canned, prepared with water, low sodium	153.00	35.00	5.10
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	153.00	124.00	11.60
09316	Strawberries, raw	153.00	1.00	0.67
11184	Corn with red and green peppers, canned, solids and liquids	153.00	347.00	2.33
11312	Peas, green, frozen, unprepared	153.00	108.00	5.22
13344	Beef, cured, breakfast strips, raw or unheated	153.00	955.00	12.50
18110	Cake, fruitcake, commercially prepared	153.00	101.00	2.90
18112	Cake, pudding-type, german chocolate, dry mix	153.00	841.00	4.17
01006	Cheese, brie	152.00	629.00	20.75
01031	Cheese, neufchatel	152.00	334.00	9.15
01128	Egg, whole, cooked, fried	152.00	207.00	13.61
02046	Mustard, prepared, yellow	152.00	1,104.00	3.74
07236	OSCAR MAYER, Smokies Sausage Little Cheese (pork, turkey)	152.00	1,036.00	13.50
07950	Frankfurter, meat	152.00	1,090.00	10.26
07952	Bologna, chicken, turkey, pork	152.00	922.00	9.88
15246	Mollusks, oyster, eastern, farmed, cooked, dry heat	152.00	163.00	7.00
16525	WORTHINGTON Chic-Ketts, frozen, unprepared	152.00	642.00	23.60
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	152.00	1,002.00	6.79
18228	Crackers, saltines (includes oyster, soda, soup)	152.00	941.00	9.46
18396	Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	152.00	415.00	8.50

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
21224	Pizza, cheese topping, regular crust, frozen, cooked	152.00	447.00	10.36
28102	KEEBLER, GRIPZ, CHIPS DELUXE, Chocolate Chip Cookies, bite-size	152.00	385.00	5.30
28205	MOTHER'S, Macaroon Cookies	152.00	284.00	6.10
36412	Restaurant, Latino, tamale, pork	152.00	473.00	7.35
36622	Restaurant, Chinese, sweet and sour pork	152.00	304.00	8.91
19367	Toppings, nuts in syrup	151.00	42.00	4.50
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	151.00	25.00	29.87
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	151.00	25.00	29.79
28018	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Blueberry	151.00	527.00	6.20
28261	FAMOUS AMOS, Chocolate Sandwich Creme Cookies	151.00	420.00	4.30
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	151.00	66.00	3.61
01078	Milk, producer, fluid, 3.7% milkfat	151.00	49.00	3.28
01088	Milk, buttermilk, fluid, cultured, lowfat	151.00	190.00	3.31
03681	Babyfood, cereal, barley, prepared with whole milk	151.00	43.00	3.73
03694	Babyfood, cereal, rice, prepared with whole milk	151.00	42.00	3.45
05085	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, batter	151.00	276.00	19.82
05337	USDA Commodity, Chicken, canned, meat only, with water	151.00	251.00	22.02
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	151.00	7.00	11.77
09302	Raspberries, raw	151.00	1.00	1.20
09518	Raspberries, frozen, unsweetened	151.00	1.00	1.20
10113	Pork, fresh, variety meats and by-products, lungs, cooked, braised	151.00	81.00	16.60
11118	Cabbage, kimchi	151.00	498.00	1.10
17265	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	151.00	52.00	29.43
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	150.00	44.00	3.37
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	150.00	44.00	3.37
06028	Soup, clam chowder, manhattan, canned, condensed	150.00	698.00	1.74
07031	Ham salad spread	150.00	1,075.00	8.68
09118	Grapefruit, raw, white, Florida	150.00	0.00	0.63
09452	Orange Pineapple Juice Blend	150.00	4.00	0.41
10111	Pork, fresh, variety meats and by-products, liver, cooked, braised	150.00	49.00	26.02
11218	Gourd, white-flowered (calabash), raw	150.00	2.00	0.62
11603	Yambean (jicama), raw	150.00	4.00	0.72
16528	WORTHINGTON Dinner Roast, frozen, unprepared	150.00	671.00	16.00
18055	Bread, reduced-calorie, wheat	150.00	332.00	13.32
18218	Crackers, matzo, egg	150.00	21.00	12.30

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	150.00	98.00	3.16
21120	Fast foods, hotdog, with corn flour coating (corndog)	150.00	556.00	9.60
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	150.00	671.00	11.97
21340	McDONALD'S, Sausage Burrito	150.00	744.00	11.10
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	150.00	744.00	11.10
22915	Lasagna with meat & sauce, low-fat, frozen entree	150.00	181.00	6.81
36031	DENNY'S, onion rings	150.00	780.00	5.29
43543	Milk, imitation, non-soy	150.00	55.00	1.60
18151	Cookies, brownies, commercially prepared	149.00	286.00	4.80
18354	Strudel, apple	149.00	135.00	3.30
21005	Fast Foods, biscuit, with egg and sausage	149.00	672.00	11.13
28031	GIRL SCOUTS, Do-si-dos Cookies	149.00	301.00	8.10
28348	Rolls, dinner, sweet	149.00	253.00	10.04
32022	KASHI Three Cheese Ravioli with Mediterranean Tomato Sauce, frozen, unprepared	149.00	269.00	5.50
03154	Babyfood, fruit and vegetable, apple and sweet potato	149.00	3.00	0.30
03956	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified	149.00	41.00	3.40
06167	Sauce, homemade, white, thick	149.00	373.00	3.99
11043	Mung beans, mature seeds, sprouted, raw	149.00	6.00	3.04
15162	Mollusks, clam, mixed species, canned, liquid	149.00	215.00	0.40
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	149.00	377.00	5.00
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	149.00	260.00	3.00
02050	Vanilla extract	148.00	9.00	0.06
03096	Babyfood, vegetable, green beans and potatoes	148.00	18.00	2.20
03171	Babyfood, juice, apple and prune	148.00	8.00	0.20
06249	Soup, pea, green, canned, prepared with equal volume milk	148.00	352.00	4.97
09073	Cherries, sweet, canned, light syrup pack, solids and liquids	148.00	3.00	0.61
09116	Grapefruit, raw, white, all areas	148.00	0.00	0.69
09318	Strawberries, frozen, unsweetened	148.00	2.00	0.43
09367	Cherries, sweet, canned, pitted, heavy syrup, drained	148.00	3.00	0.73
10105	Pork, fresh, variety meats and by-products, jowl, raw	148.00	25.00	6.38
11084	Beets, canned, drained solids	148.00	194.00	0.91
14093	Beverages, The COCA-COLA company, Glaceau Vitamin Water, Revive Fruit Punch, fortified	148.00	--	0.00
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	148.00	12.00	9.04
18005	Bagels, cinnamon-raisin	148.00	344.00	9.80
18222	Crackers, melba toast, wheat	148.00	837.00	12.90
18935	Waffle, plain, frozen, ready-to-heat, microwave	148.00	682.00	6.71

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
19168	Desserts, egg custard, baked, prepared-from-recipe	148.00	61.00	5.02
21364	McDONALD'S, Hotcakes and Sausage	148.00	484.00	7.81
28121	KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies, Fudge Dipped	148.00	253.00	4.10
43432	Babyfood, dinner, macaroni, beef and tomato sauce, toddler	148.00	35.00	4.34
18182	Cookies, oatmeal, refrigerated dough	147.00	294.00	5.40
18205	Cookies, sugar, refrigerated dough	147.00	328.00	4.00
19379	Candies, fudge, chocolate marshmallow, prepared-from-recipe	147.00	85.00	2.26
21018	Fast foods, egg, scrambled	147.00	187.00	13.84
21022	Fast foods, english muffin, with egg, cheese, and sausage	147.00	548.00	13.38
28054	KEEBLER, CHIPS DELUXE, Coconut Cookies	147.00	293.00	5.70
28277	MURRAY, SUGAR FREE, Chocolate Chip Cookies	147.00	411.00	5.60
28282	SUNSHINE, KRISPY, Soup & Oyster Crackers (large)	147.00	1,536.00	8.60
42161	Bologna, beef, low fat	147.00	821.00	11.80
43285	Eggs, scrambled, frozen mixture	147.00	162.00	13.10
01054	Cream, whipped, cream topping, pressurized	147.00	8.00	3.20
06404	Soup, bean with pork, canned, prepared with equal volume water	147.00	349.00	2.88
09113	Grapefruit, raw, pink and red, California and Arizona	147.00	1.00	0.50
11205	Cucumber, with peel, raw	147.00	2.00	0.65
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	147.00	5.00	2.75
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	147.00	245.00	2.75
14287	Beverages, Lemonade, powder	147.00	51.00	0.00
17085	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	147.00	51.00	28.21
17254	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	147.00	41.00	17.95
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	147.00	658.00	6.70
18037	Bread, oat bran	147.00	353.00	10.40
03091	Babyfood, vegetables, green beans, strained	146.00	7.00	1.20
03926	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted	146.00	46.00	3.20
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	146.00	139.00	12.26
09001	Acerola, (west indian cherry), raw	146.00	7.00	0.40
11053	Beans, snap, green, cooked, boiled, drained, without salt	146.00	1.00	1.89
11282	Onions, raw	146.00	4.00	1.10
11335	Peppers, sweet, green, canned, solids and liquids	146.00	1,369.00	0.80
11723	Beans, snap, green, cooked, boiled, drained, with salt	146.00	239.00	1.89
11916	Peppers, sweet, red, canned, solids and liquids	146.00	1,369.00	0.80
16129	Tofu, fried	146.00	16.00	18.82
16160	Tofu, hard, prepared with nigari	146.00	2.00	12.68

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
16429	Tofu, fried, prepared with calcium sulfate	146.00	16.00	18.82
18073	Bread, white, prepared from recipe, made with low fat (2%) milk	146.00	359.00	7.90
19812	Snacks, pretzels, hard, plain, made with unenriched flour, salted	146.00	1,715.00	9.10
19813	Snacks, pretzels, hard, plain, made with unenriched flour, unsalted	146.00	289.00	9.10
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	146.00	250.00	9.10
21118	Fast foods, hotdog, plain	146.00	684.00	10.60
21119	Fast foods, hotdog, with chili	146.00	421.00	11.85
21305	Fast foods, griddle cake sandwich, egg, cheese, and sausage	146.00	652.00	10.77
21329	McDONALD'S, Sausage, Egg & Cheese McGRIDDLES	146.00	652.00	10.77
28017	KASHI, TLC, Pita Crisps, Sea Salt	146.00	585.00	10.50
18272	Ice cream cones, sugar, rolled-type	145.00	298.00	7.90
18282	Muffins, corn, prepared from recipe, made with low fat (2%) milk	145.00	585.00	7.10
18390	Pancakes, buttermilk, prepared from recipe	145.00	522.00	6.80
20650	Sorghum flour, refined, unenriched	145.00	1.00	9.53
21306	Fast foods, griddle cake sandwich, sausage	145.00	737.00	8.41
21328	McDONALD'S, Sausage McGRIDDLES	145.00	737.00	8.41
21411	Fast foods, bagel, with breakfast steak, egg, cheese, and condiments	145.00	642.00	15.95
28159	KEEBLER, WHEATABLES, Nut Crisp Crackers, Toasted Pecan	145.00	654.00	7.60
43212	Bacon bits, meatless	145.00	1,770.00	32.00
01280	Yogurt, Greek, nonfat, strawberry, DANNON OIKOS	145.00	33.00	8.03
03053	Babyfood, dinner, vegetables and beef, strained	145.00	31.00	2.21
03054	Babyfood, dinner, vegetables and beef, junior	145.00	31.00	2.21
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	145.00	64.00	22.18
06049	Soup, pea, green, canned, condensed	145.00	680.00	6.54
06201	Soup, cream of asparagus, canned, prepared with equal volume milk	145.00	420.00	2.55
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	145.00	3.00	0.60
09167	Loganberries, frozen	145.00	1.00	1.52
09513	Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	145.00	3.00	0.63
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	145.00	263.00	2.05
13347	Beef, cured, corned beef, brisket, cooked	145.00	973.00	18.17
14182	Beverages, chocolate syrup, prepared with whole milk	145.00	47.00	3.07
05048	Chicken, broilers or fryers, back, meat and skin, raw	144.00	64.00	14.05
06037	Soup, lentil with ham, canned, ready-to-serve	144.00	532.00	3.74
06168	Sauce, ready-to-serve, pepper or hot	144.00	2,643.00	0.51
06174	Soup, stock, fish, home-prepared	144.00	156.00	2.26
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	144.00	257.00	2.05

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
14558	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk	144.00	50.00	3.27
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	144.00	278.00	4.92
16227	Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D	144.00	46.00	2.10
16237	SILK Chocolate, soymilk	144.00	41.00	2.06
16240	SILK Light Chocolate, soymilk	144.00	41.00	2.06
16241	SILK Plus Omega-3 DHA, soymilk	144.00	49.00	2.88
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	144.00	132.00	4.92
18270	Hush puppies, prepared from recipe	144.00	668.00	7.70
18403	Waffles, plain, frozen, ready -to-heat, toasted	144.00	730.00	7.19
19003	Snacks, corn-based, extruded, chips, plain	144.00	514.00	6.17
22401	Spaghetti with meat sauce, frozen entree	144.00	238.00	5.05
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	144.00	123.00	27.28
28275	MURRAY, Old Fashioned Gingersnaps Cookies	144.00	541.00	5.10
28367	SAGE VALLEY, Gluten Free Vanilla Sandwich Cookies	144.00	212.00	3.13
32031	Salisbury steak with gravy, frozen	144.00	509.00	6.98
19007	Snacks, corn-based, extruded, onion-flavor	143.00	950.00	7.70
19182	Desserts, mousse, chocolate, prepared-from-recipe	143.00	38.00	4.14
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	143.00	124.00	1.11
19372	Frostings, chocolate, creamy, dry mix, prepared with margarine	143.00	163.00	1.10
20141	Spelt, cooked	143.00	5.00	5.50
22986	KASHI Mayan Harvest Bake, frozen, unprepared	143.00	133.00	3.00
22987	KASHI Pesto Pasta Primavera, frozen, unprepared	143.00	265.00	3.80
23420	Beef, New Zealand, imported, intermuscular fat, raw	143.00	32.00	6.97
28074	KEEBLER, E.L. FUDGE, Butter Flavored Cookies	143.00	275.00	5.50
28248	SUNSHINE, CHEEZ-IT, Pepper Jack Crackers	143.00	865.00	8.80
28298	Cookies, brownies, commercially prepared, reduced fat, with added fiber	143.00	290.00	2.77
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	143.00	218.00	3.42
01112	Whey, acid, fluid	143.00	48.00	0.76
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	143.00	205.00	3.50
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified	143.00	38.00	3.05
08100	Cereals, CREAM OF RICE, dry	143.00	6.00	6.30
08546	Rice and Wheat cereal bar	143.00	500.00	9.09
09117	Grapefruit, raw, white, California	143.00	0.00	0.88
09357	Apricots, canned, heavy syrup, drained	143.00	4.00	0.64
10107	Pork, fresh, variety meats and by-products, kidneys, cooked, braised	143.00	80.00	25.40
16166	Soymilk, chocolate, unfortified	143.00	53.00	2.26

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
16168	Soymilk, chocolate, with added calcium, vitamins A and D	143.00	53.00	2.26
01141	Egg, turkey, whole, fresh, raw	142.00	151.00	13.68
01164	Cheese sauce, prepared from recipe	142.00	493.00	10.33
03052	Babyfood, dinner, beef stew, toddler	142.00	106.00	5.10
03812	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, liquid concentrate, with ARA and DHA	142.00	35.00	2.76
03818	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, liquid concentrate, with ARA and DHA	142.00	39.00	2.76
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	142.00	553.00	6.01
09075	Cherries, sweet, canned, extra heavy syrup pack, solids and liquids	142.00	3.00	0.59
09507	Fruit juice smoothie, NAKED JUICE, MIGHTY MANGO	142.00	4.00	0.42
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	142.00	11.00	3.10
11136	Cauliflower, cooked, boiled, drained, without salt	142.00	15.00	1.84
11289	Onions, frozen, whole, unprepared	142.00	10.00	0.89
11735	Beets, canned, no salt added, solids and liquids	142.00	21.00	0.80
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	142.00	260.00	3.10
11761	Cauliflower, cooked, boiled, drained, with salt	142.00	242.00	1.84
11905	Corn, sweet, white, canned, whole kernel, drained solids	142.00	185.00	2.32
17208	Veal, variety meats and by-products, lungs, cooked, braised	142.00	56.00	18.74
18039	Bread, oatmeal	142.00	447.00	8.40
18178	Cookies, oatmeal, commercially prepared, regular	142.00	383.00	6.20
20022	Cornmeal, degermed, enriched, yellow	142.00	7.00	7.11
20322	Cornmeal, degermed, enriched, white	142.00	7.00	7.11
20422	Cornmeal, degermed, unenriched, yellow	142.00	7.00	7.11
20522	Cornmeal, degermed, unenriched, white	142.00	7.00	7.11
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	142.00	39.00	29.35
32035	BANQUET, Salisbury Steak With Gravy, family size, frozen, unprepared	142.00	517.00	6.89
36036	Restaurant, family style, onion rings	142.00	692.00	4.89
36404	Restaurant, Latino, arroz con leche (rice pudding)	142.00	106.00	3.20
18314	Pie, coconut cream, prepared from mix, no-bake type	141.00	329.00	2.80
18965	Crackers, cheese, reduced fat	141.00	1,167.00	10.00
28072	KEEBLER, Country Style Oatmeal Cookies with Raisins	141.00	362.00	6.50
28136	KEEBLER, TOASTEDS, Sesame Crackers	141.00	887.00	6.60
36026	CRACKER BARREL, onion rings, thick-cut	141.00	463.00	4.78
36028	DENNY'S, coleslaw	141.00	376.00	0.97
43387	Turnip greens, canned, no salt added	141.00	29.00	1.36
01256	Yogurt, Greek, plain, nonfat	141.00	36.00	10.19
01287	Yogurt, Greek, plain, lowfat	141.00	34.00	9.95

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
01295	Yogurt, vanilla, non-fat	141.00	47.00	2.94
03012	Babyfood, meat, chicken, strained	141.00	49.00	13.70
03061	Babyfood, dinner, vegetables and ham, strained	141.00	16.00	2.19
03177	Babyfood, juice, orange and pineapple	141.00	2.00	0.50
03696	Babyfood, cereal, rice, with honey, prepared with whole milk	141.00	49.00	3.90
07949	Frankfurter, meat, heated	141.00	1,013.00	9.77
08090	Cereals, corn grits, white, regular and quick, enriched, dry	141.00	1.00	7.65
11252	Lettuce, iceberg (includes crisphead types), raw	141.00	10.00	0.90
11570	Turnip greens, canned, solids and liquids	141.00	277.00	1.36
16223	Soymilk (All flavors), enhanced	141.00	50.00	2.94
18134	Cake, sponge, prepared from recipe	141.00	228.00	7.30
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	140.00	47.00	3.30
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	140.00	47.00	3.30
03830	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, LIPIL, with iron, liquid concentrate, not reconstituted, with ARA and DHA	140.00	38.00	2.68
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	140.00	64.00	24.56
06070	Soup, chunky beef, canned, ready-to-serve	140.00	338.00	3.97
06978	Soup, beef and mushroom, low sodium, chunk style	140.00	25.00	4.30
06980	Soup, beef stroganoff, canned, chunky style, ready-to-serve	140.00	435.00	5.10
09025	Apricots, canned, extra light syrup pack, with skin, solids and liquids	140.00	2.00	0.60
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	140.00	4.00	0.53
09048	Blackberries, frozen, unsweetened	140.00	1.00	1.18
10119	Pork, fresh, variety meats and by-products, stomach, raw	140.00	75.00	16.85
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	140.00	1.00	1.03
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	140.00	237.00	1.03
18030	Bread, french or vienna, toasted (includes sourdough)	140.00	720.00	13.00
18101	Cake, chocolate, prepared from recipe without frosting	140.00	315.00	5.30
18191	Cookies, raisin, soft-type	140.00	418.00	4.10
21420	KFC, Coleslaw	140.00	189.00	0.91
25046	Snacks, bagel chips, plain	140.00	233.00	12.34
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	140.00	191.00	3.90
36050	Restaurant, Mexican, cheese enchilada	140.00	528.00	11.24
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	139.00	467.00	10.86
28019	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Honey Oat	139.00	544.00	6.60
28286	Bread, paratha, whole wheat, commercially prepared, frozen	139.00	452.00	6.36
33864	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, Liquid concentrate, not reconstituted	139.00	35.00	2.73

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
43297	Pork, oriental style, dehydrated	139.00	685.00	11.80
01059	Milk, filled, fluid, with blend of hydrogenated vegetable oils	139.00	57.00	3.33
01060	Milk, filled, fluid, with lauric acid oil	139.00	57.00	3.33
03068	Babyfood, dinner, chicken noodle, strained	139.00	38.00	2.69
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	139.00	67.00	22.78
09057	Boysenberries, frozen, unsweetened	139.00	1.00	1.10
09111	Grapefruit, raw, pink and red and white, all areas	139.00	0.00	0.63
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	139.00	18.00	1.61
11220	Gourd, dishcloth (towelgourd), raw	139.00	3.00	1.20
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	139.00	25.00	2.27
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	139.00	254.00	1.61
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	139.00	261.00	2.27
14351	Beverages, Strawberry-flavor beverage mix, powder, prepared with whole milk	139.00	48.00	3.00
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	139.00	166.00	11.42
16532	WORTHINGTON Prosage Roll, frozen, unprepared	139.00	667.00	19.60
01035	Cheese, provolone	138.00	876.00	25.58
01123	Egg, whole, raw, fresh	138.00	142.00	12.56
01131	Egg, whole, cooked, poached	138.00	297.00	12.51
01208	Cheese, provolone, reduced fat	138.00	615.00	24.70
03173	Babyfood, juice, orange and apple	138.00	3.00	0.40
03816	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, liquid concentrate, not reconstituted	138.00	60.00	3.53
03842	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid concentrate	138.00	56.00	3.13
03844	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA	138.00	60.00	3.53
03940	Infant formula, PBM PRODUCTS, store brand, soy, liquid concentrate, not reconstituted	138.00	36.00	3.60
03947	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA	138.00	39.00	2.73
03952	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, liquid concentrate	138.00	56.00	3.13
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	138.00	320.00	19.87
05277	Chicken, canned, meat only, with broth	138.00	503.00	21.77
05282	Pate de foie gras, canned (goose liver pate), smoked	138.00	697.00	11.40
06001	Soup, cream of asparagus, canned, condensed	138.00	669.00	1.82
06071	Soup, vegetable beef, canned, condensed	138.00	706.00	4.45
07054	Pate, goose liver, smoked, canned	138.00	697.00	11.40
07055	Pate, liver, not specified, canned	138.00	697.00	14.20
07936	Bologna, pork and turkey, lite	138.00	716.00	13.06
07942	Pate, truffle flavor	138.00	807.00	11.20

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	138.00	4.00	0.53
09150	Lemons, raw, without peel	138.00	2.00	1.10
11426	Pumpkin pie mix, canned	138.00	208.00	1.09
11579	Vegetables, mixed, canned, solids and liquids	138.00	224.00	1.42
14041	Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	138.00	77.00	5.38
18156	Cookies, fudge, cake-type (includes trolley cakes)	138.00	192.00	5.00
18294	Pancakes, blueberry, prepared from recipe	138.00	412.00	6.10
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	138.00	710.00	7.42
21283	PAPA JOHN'S 14" Cheese Pizza, Original Crust	138.00	578.00	11.53
28197	MOTHER'S, Coconut Cocadas Cookies	138.00	430.00	5.70
33865	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, Liquid concentrate, not reconstituted	138.00	35.00	2.72
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	138.00	26.00	1.40
18168	Cookies, chocolate sandwich, with extra creme filling	137.00	351.00	4.33
18355	Sweet rolls, cheese	137.00	357.00	7.10
19122	Puddings, banana, dry mix, regular, prepared with 2% milk	137.00	164.00	2.90
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	137.00	159.00	2.94
21011	Fast foods, croissant, with egg and cheese	137.00	434.00	10.07
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	137.00	33.00	20.14
42120	Babyfood, mixed fruit juice with low fat yogurt	137.00	36.00	2.40
42266	Babyfood, juice, apple-sweet potato	137.00	5.00	0.30
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	137.00	372.00	10.34
01109	Milk, sheep, fluid	137.00	44.00	5.98
03215	Babyfood, pretzels	137.00	269.00	10.80
03801	Infant formula, NESTLE, GOOD START SUPREME, with iron, liquid concentrate, not reconstituted	137.00	34.00	2.79
05084	Chicken, broilers or fryers, neck, meat and skin, raw	137.00	64.00	14.07
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	137.00	1.00	8.80
08314	Cereals, QUAKER, hominy grits, white, quick, dry	137.00	1.00	8.80
08316	Cereals, QUAKER, hominy grits, white, regular, dry	137.00	1.00	8.80
08615	Cereals ready-to-eat, KELLOGG'S CRUNCHY NUT Golden Honey Nut flakes	137.00	442.00	6.70
11566	Turnips, frozen, unprepared	137.00	25.00	1.04
17264	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	137.00	42.00	17.19
01005	Cheese, brick	136.00	560.00	23.24
01034	Cheese, port de salut	136.00	534.00	23.78
01050	Cream, fluid, light (coffee cream or table cream)	136.00	72.00	2.96
05018	Chicken, broilers or fryers, skin only, cooked, roasted	136.00	65.00	20.36
06211	Soup, cheese, canned, prepared with equal volume milk	136.00	406.00	3.77

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
09010	Apples, dehydrated (low moisture), sulfured, stewed	136.00	26.00	0.28
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	136.00	1.00	0.55
09383	Tangerines, (mandarin oranges), canned, juice pack, drained	136.00	5.00	0.75
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	136.00	195.00	1.95
11206	Cucumber, peeled, raw	136.00	2.00	0.59
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	136.00	12.00	1.95
13348	Beef, cured, corned beef, canned	136.00	897.00	27.10
14183	Beverages, coffee, ready to drink, iced, mocha, milk based	136.00	31.00	1.48
17062	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw	136.00	39.00	16.74
28300	Cookies, oatmeal sandwich, with creme filling	136.00	444.00	2.61
36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	136.00	344.00	1.34
18179	Cookies, oatmeal, commercially prepared, soft-type	135.00	349.00	6.10
18422	Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched	135.00	315.00	5.40
18478	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Brown sugar cinnamon	135.00	380.00	5.40
20002	Amaranth grain, cooked	135.00	6.00	3.80
28047	KEEBLER, BAKER'S TREASURES, Chocolate Chip Cookie, soft	135.00	348.00	5.30
28075	KEEBLER, E.L. FUDGE, Double Stuffed Cookies	135.00	266.00	4.60
36017	Restaurant, family style, macaroni & cheese, from kids' menu	135.00	361.00	5.42
36022	APPLEBEE'S, crunchy onion rings	135.00	833.00	4.58
42278	Babyfood, vegetable and brown rice, strained	135.00	14.00	1.90
01171	Egg, whole, raw, frozen, pasteurized	135.00	128.00	12.33
01230	Milk, buttermilk, fluid, whole	135.00	105.00	3.21
03015	Babyfood, meat, turkey, strained	135.00	49.00	11.50
03016	Babyfood, meat, turkey, junior	135.00	49.00	11.50
07011	Bologna, turkey	135.00	1,071.00	11.42
08092	Cereals, QUAKER, corn grits, instant, plain, dry	135.00	1,121.00	7.31
09043	Blackberry juice, canned	135.00	1.00	0.30
09112	Grapefruit, raw, pink and red, all areas	135.00	0.00	0.77
11279	Okra, cooked, boiled, drained, without salt	135.00	6.00	1.87
11803	Okra, cooked, boiled, drained, with salt	135.00	241.00	1.87
11889	Turnips, cooked, boiled, drained, with salt	135.00	286.00	0.71
13324	Beef, variety meats and by-products, kidneys, cooked, simmered	135.00	94.00	27.27
18088	Cake, angelfood, dry mix, prepared	135.00	511.00	6.10
01030	Cheese, muenster	134.00	628.00	23.41
03174	Babyfood, juice, orange and apple and banana	134.00	0.00	0.40
03851	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not reconstituted	134.00	31.00	2.64

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
03856	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, liquid concentrate, not reconstituted	134.00	31.00	2.64
03951	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, liquid concentrate, not reconstituted	134.00	31.00	2.64
08449	Cereals, QUAKER, Instant Grits Product with American Cheese Flavor, dry	134.00	1,518.00	8.80
09028	Apricots, canned, heavy syrup pack, without skin, solids and liquids	134.00	11.00	0.51
11174	Corn, sweet, yellow, canned, cream style, regular pack	134.00	261.00	1.74
11339	Peppers, sweet, green, sauteed	134.00	17.00	0.78
11772	Corn, sweet, yellow, canned, cream style, no salt added	134.00	3.00	1.74
11907	Corn, sweet, white, canned, cream style, no salt added	134.00	3.00	1.74
18019	Bread, banana, prepared from recipe, made with margarine	134.00	302.00	4.30
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	134.00	418.00	5.97
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	134.00	477.00	5.31
18268	French toast, frozen, ready-to-heat	134.00	495.00	7.40
18269	French toast, prepared from recipe, made with low fat (2%) milk	134.00	479.00	7.70
19100	Candies, fudge, chocolate, prepared-from-recipe	134.00	45.00	2.39
28148	KEEBLER, TOWN HOUSE, Wheat Crackers	134.00	876.00	6.30
28217	MURRAY, SOUTHERN KITCHEN, Chocolate Chip Cookies	134.00	493.00	5.50
28272	MURRAY, Chocolate Creme Sandwich Cookies	134.00	507.00	4.90
42303	Cheese, muenster, low fat	134.00	600.00	24.70
18325	Pie, pecan, prepared from recipe	133.00	262.00	4.90
18494	Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted brown sugar cinnamon	133.00	379.00	4.70
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	133.00	742.00	8.01
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	133.00	194.00	2.60
19209	Puddings, tapioca, dry mix, prepared with 2% milk	133.00	121.00	2.88
19324	Puddings, coconut cream, dry mix, regular	133.00	682.00	1.00
19334	Sugars, brown	133.00	28.00	0.12
28143	KEEBLER, TOWN HOUSE, Reduced Fat Crackers	133.00	868.00	6.60
28263	KEEBLER, Grahams, Cinnamon Crisp	133.00	474.00	5.90
42157	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free	133.00	897.00	1.40
03077	Babyfood, dinner, pasta with vegetables	133.00	11.00	1.70
05179	Turkey from whole, neck, meat only, raw	133.00	233.00	16.51
06024	Soup, chicken and vegetable, canned, ready-to-serve	133.00	229.00	1.97
09060	Carambola, (starfruit), raw	133.00	2.00	1.04
09219	Tangerines, (mandarin oranges), canned, juice pack	133.00	5.00	0.62
11286	Onions, yellow, sauteed	133.00	12.00	0.95
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	133.00	2.00	1.23
11867	Squash, winter, butternut, frozen, cooked, boiled, with salt	133.00	238.00	1.23

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	133.00	599.00	6.59
01017	Cheese, cream	132.00	314.00	6.15
01042	Cheese, pasteurized process, American, fortified with vitamin D	132.00	1,671.00	18.13
01049	Cream, fluid, half and half	132.00	61.00	3.13
01077	Milk, whole, 3.25% milkfat, with added vitamin D	132.00	43.00	3.15
01132	Egg, whole, cooked, scrambled	132.00	145.00	9.99
01140	Egg, quail, whole, fresh, raw	132.00	141.00	13.05
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	132.00	43.00	3.15
01253	Cheese, pasteurized process, American, without added vitamin D	132.00	1,671.00	18.13
01285	Yogurt, Greek, strawberry, nonfat	132.00	33.00	8.05
03144	Babyfood, fruit, applesauce and cherries, strained	132.00	1.00	0.00
03145	Babyfood, fruit, applesauce and cherries, junior	132.00	1.00	0.00
04640	Salad dressing, ranch dressing, reduced fat	132.00	1,120.00	1.25
05026	Chicken, heart, all classes, cooked, simmered	132.00	48.00	26.41
08094	Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry	132.00	1,644.00	8.98
09119	Grapefruit, sections, canned, water pack, solids and liquids	132.00	2.00	0.58
09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	132.00	1.00	0.40
09510	Pineapple juice, canned, not from concentrate, unsweetened, with added vitamins A, C and E	132.00	3.00	0.36
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	132.00	205.00	2.29
16249	SILK Coffee, soymilk	132.00	41.00	2.06
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	132.00	52.00	17.51
18241	Croissants, cheese	132.00	361.00	9.20
18293	Pancakes, plain, prepared from recipe	132.00	439.00	6.40
19191	Puddings, coconut cream, dry mix, instant, prepared with 2% milk	132.00	246.00	2.90
21520	Fast foods, breadstick, soft, prepared with garlic and parmesan cheese	132.00	539.00	12.20
21525	PIZZA HUT, breadstick, parmesan garlic	132.00	539.00	12.20
35239	Tortilla, blue corn, Sakwavikaviki (Hopi)	132.00	663.00	7.83
43215	Salad dressing, buttermilk, lite	132.00	1,120.00	1.25
18280	Muffins, corn, dry mix, prepared	131.00	795.00	7.40
18432	Bread, white, commercially prepared, toasted, low sodium no salt	131.00	376.00	9.00
18437	English muffins, plain, enriched, without calcium propionate(includes sourdough)	131.00	464.00	7.70
18438	English muffins, plain, unenriched, with calcium propionate (includes sourdough)	131.00	464.00	7.70
18439	English muffins, plain, unenriched, without calcium propionate (includes sourdough)	131.00	464.00	7.70
18450	Tortillas, ready-to-bake or -fry, flour, without added calcium	131.00	478.00	8.70
19121	Puddings, banana, dry mix, instant, prepared with 2% milk	131.00	296.00	2.76
19199	Puddings, tapioca, dry mix, prepared with whole milk	131.00	120.00	2.84

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
21007	Fast foods, biscuit, with egg, cheese, and bacon	131.00	816.00	12.01
21023	Fast foods, french toast with butter	131.00	380.00	7.66
21142	Fast food, biscuit	131.00	979.00	7.08
21388	Fast foods, miniature cinnamon rolls	131.00	554.00	7.02
21521	Fast foods, strawberry banana smoothie made with ice and low-fat yogurt	131.00	14.00	0.86
28288	Bread, roll, Mexican, bollilo	131.00	506.00	10.65
35147	Tamales (Navajo)	131.00	427.00	6.28
36044	ON THE BORDER, Mexican rice	131.00	677.00	3.56
01271	Cheese, mozzarella, low moisture, part-skim, shredded	131.00	682.00	23.63
01276	Yogurt, Greek, strawberry, DANNON OIKOS	131.00	34.00	8.25
03147	Babyfood, fruit, applesauce with banana, junior	131.00	3.00	0.37
09071	Cherries, sweet, canned, water pack, solids and liquids	131.00	1.00	0.77
09072	Cherries, sweet, canned, juice pack, solids and liquids	131.00	3.00	0.91
09325	Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids	131.00	2.00	0.41
09428	Rowal, raw	131.00	4.00	2.30
14169	Beverages, Carob-flavor beverage mix, powder, prepared with whole milk	131.00	46.00	3.16
16215	Vitasoy USA, Vitasoy Organic Creamy Original Soymilk	131.00	66.00	2.90
17256	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	131.00	45.00	18.04
18070	Bread, white, commercially prepared, toasted	131.00	537.00	9.00
01275	Yogurt, Greek, nonfat, vanilla, CHOBANI	130.00	36.00	9.07
03132	Babyfood, fruit, pears, strained	130.00	1.00	0.30
06253	Soup, cream of potato, canned, prepared with equal volume milk	130.00	230.00	2.33
06440	Soup, minestrone, canned, prepared with equal volume water	130.00	254.00	1.77
07241	OSCAR MAYER, Wieners (beef franks)	130.00	1,025.00	11.35
08489	Cereals, MALT-O-MEAL, Maple & Brown Sugar Hot Wheat Cereal, dry	130.00	5.00	8.82
09250	Peaches, frozen, sliced, sweetened	130.00	6.00	0.63
09273	Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	130.00	2.00	0.36
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	130.00	2.00	0.36
11276	New Zealand spinach, raw	130.00	--	1.50
14056	Beverages, Acai berry drink, fortified	130.00	13.00	0.83
14634	Beverages, milk beverage, reduced fat, flavored and sweetened, Ready-to-drink, added calcium, vitamin A and vitamin D	130.00	49.00	3.05
16159	Tofu, extra firm, prepared with nigari	130.00	4.00	9.98
18160	Cookies, chocolate chip, commercially prepared, soft-type	130.00	276.00	3.63
19049	Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel	130.00	1,117.00	9.85
19204	Puddings, lemon, dry mix, instant, prepared with 2% milk	130.00	268.00	2.76
19208	Puddings, rice, dry mix, prepared with 2% milk	130.00	109.00	3.29

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	130.00	132.00	1.42
19906	Sweeteners, for baking, brown, contains sugar and sucralose	130.00	11.00	0.00
22994	KASHI Spinach Artichoke Pasta, frozen, unprepared	130.00	229.00	5.00
28320	English muffins, whole grain white	130.00	386.00	7.02
35198	Prickly pears, raw (Northern Plains Indians)	130.00	4.00	0.12
43408	Babyfood, juice, pear	130.00	8.00	0.00
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	129.00	477.00	10.32
18961	Crackers, cream, GAMESA SABROSAS	129.00	1,148.00	7.01
19323	Puddings, coconut cream, dry mix, instant, prepared with whole milk	129.00	246.00	2.90
21127	Fast foods, coleslaw	129.00	203.00	0.95
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	129.00	338.00	4.89
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	129.00	25.00	6.50
25037	Snacks, pita chips, salted	129.00	854.00	11.79
28241	SUNSHINE, GRIPZ, Cheez-It Crackers	129.00	809.00	11.00
42179	Frankfurter, beef, low fat	129.00	744.00	12.00
42316	Babyfood, carrots, toddler	129.00	48.00	0.60
43585	Babyfood, fruit supreme dessert	129.00	1.00	0.50
01055	Cream, sour, reduced fat, cultured	129.00	89.00	2.94
01180	Sour cream, fat free	129.00	141.00	3.10
01228	Cheese, fresh, queso fresco	129.00	751.00	18.09
01284	Yogurt, Greek, strawberry, lowfat	129.00	33.00	8.17
06415	CAMPBELL'S CHUNKY Soups, Hearty Beef Barley Soup	129.00	308.00	2.89
06463	Soup, tomato rice, canned, prepared with equal volume water	129.00	319.00	0.82
08588	Cereals ready-to-eat, KELLOGG, KELLOGG'S CINNABON cereal	129.00	385.00	5.69
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	129.00	2.00	0.56
09123	Grapefruit juice, white, canned or bottled, unsweetened	129.00	3.00	0.58
09416	Grapefruit juice, white, bottled, unsweetened, OCEAN SPRAY	129.00	3.00	0.58
11264	Mushrooms, canned, drained solids	129.00	425.00	1.87
01024	Cheese, limburger	128.00	800.00	20.05
01255	Egg, whole, raw, frozen, salted, pasteurized	128.00	3,663.00	10.97
03092	Babyfood, vegetables, green beans, junior	128.00	5.00	1.20
05302	Poultry, mechanically deboned, from backs and necks without skin, raw	128.00	51.00	13.79
06169	Sauce, ready-to-serve, pepper, TABASCO	128.00	633.00	1.29
09238	Peaches, canned, juice pack, solids and liquids	128.00	4.00	0.63
17260	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw	128.00	39.00	17.18
17263	Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	128.00	44.00	19.86

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
18426	Crackers, saltines, unsalted tops (includes oyster, soda, soup)	128.00	766.00	9.20
19195	Puddings, rice, dry mix, prepared with whole milk	128.00	108.00	3.25
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	128.00	286.00	2.70
27035	Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium	128.00	1,200.00	10.89
36612	DENNY'S, golden fried shrimp	128.00	1,400.00	13.88
18522	ARCHWAY Home Style Cookies, Chocolate Chip Ice Box	127.00	270.00	4.28
18967	Bread, white wheat	127.00	478.00	10.66
19041	Snacks, pork skins, plain	127.00	1,818.00	61.30
19331	Puddings, lemon, dry mix, instant, prepared with whole milk	127.00	267.00	2.70
22979	KASHI Black Bean Mango, frozen, unprepared	127.00	134.00	3.00
28347	Pancakes, gluten-free, frozen, ready-to-heat	127.00	331.00	3.31
28374	VAN'S, Gluten Free, Totally Original Pancakes	127.00	331.00	3.31
36040	CRACKER BARREL, macaroni n' cheese	127.00	375.00	6.49
01011	Cheese, colby	127.00	604.00	23.76
03055	Babyfood, dinner, beef with vegetables	127.00	38.00	2.03
03286	Babyfood, vegetables, mix vegetables strained	127.00	0.00	1.00
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	127.00	301.00	4.62
06084	CAMPBELL'S Red and White, Chicken Vegetable Soup, condensed	127.00	706.00	2.38
09114	Grapefruit, raw, pink and red, Florida	127.00	0.00	0.55
09267	Pineapple, canned, water pack, solids and liquids	127.00	1.00	0.43
09415	Pears, raw, green anjou	127.00	1.00	0.44
14096	Alcoholic beverage, wine, table, red	127.00	4.00	0.07
14602	Alcoholic Beverage, wine, table, red, Merlot	127.00	4.00	0.07
17206	Lamb, variety meats and by-products, lungs, cooked, braised	127.00	84.00	19.88
01129	Egg, whole, cooked, hard-boiled	126.00	124.00	12.58
01229	Cheese, white, queso blanco	126.00	704.00	20.38
06025	Soup, chicken vegetable, canned, condensed	126.00	706.00	2.94
06044	Soup, mushroom with beef stock, canned, condensed	126.00	773.00	2.51
06147	Soup, beef mushroom, canned, condensed	126.00	709.00	4.60
08469	Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal	126.00	528.00	5.59
08595	Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX	126.00	605.00	5.00
09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	126.00	7.00	0.14
09029	Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	126.00	13.00	0.55
09281	Plums, canned, purple, water pack, solids and liquids	126.00	1.00	0.39
09411	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added ascorbic acid	126.00	7.00	0.14
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	126.00	9.00	1.49

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	126.00	245.00	1.49
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	126.00	246.00	7.05
18028	Bread, egg, toasted	126.00	417.00	10.50
18069	Bread, white, commercially prepared (includes soft bread crumbs)	126.00	490.00	8.85
18328	Pie, vanilla cream, prepared from recipe	126.00	260.00	4.80
18932	Waffles, buttermilk, frozen, ready-to-heat	126.00	621.00	6.58
44048	Cheese food, pasteurized process, American, imitation, without added vitamin D	126.00	1,297.00	4.08
18244	Danish pastry, cinnamon, enriched	125.00	414.00	7.00
18323	Pie, peach	125.00	217.00	1.90
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	125.00	736.00	8.20
18365	Waffles, plain, frozen, ready-to-heat	125.00	638.00	6.47
18430	Danish pastry, cinnamon, unenriched	125.00	371.00	7.00
18487	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, S'mores	125.00	410.00	6.20
18532	ARCHWAY Home Style Cookies, Iced Molasses	125.00	605.00	3.50
19193	Puddings, rice, ready-to-eat	125.00	97.00	3.23
21365	McDONALD'S, Hotcakes (with 2 pats margarine & syrup)	125.00	283.00	4.05
22973	Corn dogs, frozen, prepared	125.00	668.00	8.57
23419	Beef, New Zealand, imported, intermuscular fat, cooked	125.00	25.00	7.90
28079	KEEBLER, FUDGE SHOPPE, Coconut Dreams Cookies	125.00	193.00	3.50
28178	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Hot Fudge Sundae Toaster Pastries	125.00	399.00	4.40
28206	MOTHER'S, Old Fashioned Chocolate Chip Cookies	125.00	383.00	5.40
28307	Bread, naan, plain, commercially prepared, refrigerated	125.00	465.00	9.62
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	125.00	374.00	6.46
01015	Cheese, cottage, lowfat, 2% milkfat	125.00	308.00	10.45
01037	Cheese, ricotta, part skim milk	125.00	99.00	11.39
01056	Cream, sour, cultured	125.00	31.00	2.44
01204	Cheese, parmesan, dry grated, reduced fat	125.00	1,529.00	20.00
01267	Cheese, mexican, queso cotija	125.00	1,400.00	20.00
03128	Babyfood, fruit, apricot with tapioca, junior	125.00	0.00	0.30
03860	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed	125.00	36.00	2.86
05017	Chicken, broilers or fryers, skin only, cooked, fried, flour	125.00	53.00	19.09
06032	Soup, beef broth bouillon and consomme, canned, condensed	125.00	694.00	2.52
06210	Soup, cream of celery, canned, prepared with equal volume milk	125.00	272.00	2.29
06246	Soup, cream of onion, canned, prepared with equal volume milk	125.00	405.00	2.74
06402	Soup, black bean, canned, prepared with equal volume water	125.00	487.00	2.42
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	125.00	527.00	6.75

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
09429	Pineapple, raw, traditional varieties	125.00	1.00	0.55
10007	Pork, fresh, separable fat, cooked	125.00	56.00	7.06
11149	Chayote, fruit, raw	125.00	2.00	0.82
01281	Yogurt, Greek, nonfat, strawberry, CHOBANI	124.00	33.00	8.03
03870	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber	124.00	36.00	2.80
05169	Turkey, skin from whole, (light and dark), raw	124.00	62.00	12.96
09068	Cherries, sour, red, frozen, unsweetened	124.00	1.00	0.92
09354	Pineapple, canned, juice pack, drained	124.00	1.00	0.51
11287	Onions, frozen, chopped, unprepared	124.00	12.00	0.79
14425	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water	124.00	10.00	0.03
15245	Mollusks, oyster, eastern, farmed, raw	124.00	178.00	5.22
18051	Bread, reduced-calorie, oatmeal	124.00	388.00	7.60
18080	Bread sticks, plain	124.00	713.00	12.00
18242	Croutons, plain	124.00	698.00	11.90
18960	Crackers, snack, GOYA CRACKERS	124.00	665.00	14.25
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	124.00	167.00	4.01
20082	Wheat flour, white, all-purpose, self-rising, enriched	124.00	1,193.00	9.89
28346	Waffles, gluten-free, frozen, ready-to-heat	124.00	505.00	2.72
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	124.00	183.00	4.26
36623	Restaurant, Chinese, chicken chow mein	124.00	311.00	6.76
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	123.00	441.00	6.50
18417	Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	123.00	351.00	6.80
18524	ARCHWAY Home Style Cookies, Coconut Macaroon	123.00	200.00	3.02
21410	Fast foods, bagel, with egg, sausage patty, cheese, and condiments	123.00	550.00	12.98
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	123.00	333.00	5.65
28111	KEEBLER, READY CRUST, Chocolate Pie Crust	123.00	507.00	5.10
28125	KEEBLER, SANDIES, Chocolate Chip & Pecan Shortbread Cookies	123.00	304.00	5.60
28264	KEEBLER, Oatmeal Cookies	123.00	325.00	7.10
28276	MURRAY, SOUTHERN KITCHEN, Oatmeal Cookies	123.00	325.00	7.10
28309	Cookies, coconut macaroon	123.00	241.00	3.02
28339	Bread, gluten-free, whole grain, made with tapioca starch and brown rice flour	123.00	510.00	7.25
28372	UDI'S, Gluten Free, Soft & Hearty Whole Grain Bread	123.00	510.00	7.25
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	123.00	66.00	2.99
01286	Yogurt, Greek, vanilla, nonfat	123.00	34.00	8.64
03167	Babyfood, apple-banana juice	123.00	4.00	0.20
08463	Cereals ready-to-eat, KASHI ORGANIC PROMISE, STRAWBERRY FIELDS	123.00	337.00	9.40

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
09413	Pears, raw, red anjou	123.00	1.00	0.33
09451	Horned melon (Kiwano)	123.00	2.00	1.78
11210	Eggplant, cooked, boiled, drained, without salt	123.00	1.00	0.83
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	123.00	370.00	4.14
11783	Eggplant, cooked, boiled, drained, with salt	123.00	239.00	0.83
16235	SILK Plain, soymilk	123.00	49.00	2.88
16236	SILK Vanilla, soymilk	123.00	39.00	2.47
16238	SILK Light Plain, soymilk	123.00	49.00	2.47
16239	SILK Light Vanilla, soymilk	123.00	39.00	2.47
16242	SILK Plus for Bone Health, soymilk	123.00	39.00	2.47
16243	SILK Plus Fiber, soymilk	123.00	39.00	2.47
16244	SILK Unsweetened, soymilk	123.00	35.00	2.88
16245	SILK Very Vanilla, soymilk	123.00	58.00	2.47
16246	SILK Nog, soymilk	123.00	61.00	2.46
16247	SILK Chai, soymilk	123.00	41.00	2.47
16248	SILK Mocha, soymilk	123.00	41.00	2.06
18038	Bread, oat bran, toasted	123.00	387.00	11.40
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	123.00	351.00	6.80
18117	Cake, pudding-type, marble, dry mix	123.00	519.00	3.40
03013	Babyfood, meat, chicken, junior	122.00	49.00	14.00
03043	Babyfood, dinner, beef lasagna, toddler	122.00	41.00	4.20
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	122.00	30.00	2.57
04635	Salad dressing, thousand island dressing, fat-free	122.00	788.00	0.55
09268	Pineapple, canned, juice pack, solids and liquids	122.00	1.00	0.42
09414	Pears, raw, bosc	122.00	1.00	0.36
11310	Peas, green, canned, seasoned, solids and liquids	122.00	254.00	3.09
14648	Beverages, fruit juice drink, greater than 3% fruit juice, high vitamin C and added thiamin	122.00	61.00	0.13
14651	Beverages, fruit juice drink, greater than 3% juice, high vitamin C	122.00	8.00	0.13
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	122.00	47.00	2.60
18050	Bread, reduced-calorie, oat bran, toasted	122.00	547.00	9.50
18350	Rolls, hamburger or hotdog, plain	122.00	494.00	9.77
18936	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	122.00	566.00	5.88
19924	Syrup, NESTLE, chocolate	122.00	150.00	0.00
22996	KASHI Three Cheese Penne, frozen, unprepared	122.00	248.00	5.70
28069	KEEBLER, CLUB, Reduced Fat Crackers	122.00	938.00	6.10
28113	KEEBLER, 100 Calorie RIGHT BITES, CHIPS DELUXE, Chocolate Chip Cookies	122.00	441.00	4.70

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
28195	MOTHER'S, Chocolate Chip Cookies	122.00	527.00	5.70
28242	SUNSHINE, GRIPZ, Cheez-It Mixx and Cheesy Pizza Crackers	122.00	919.00	10.80
28314	Crackers, sandwich-type, peanut butter filled, reduced fat	122.00	639.00	8.33
36006	T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	122.00	1,210.00	11.87
18273	Muffins, plain, prepared from recipe, made with low fat (2%) milk	121.00	467.00	6.90
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	121.00	336.00	4.49
18345	Rolls, dinner, oat bran	121.00	413.00	9.50
21360	McDONALD'S, Bacon Egg & Cheese Biscuit	121.00	863.00	13.45
27062	Soup, beef barley, ready to serve	121.00	297.00	2.81
28126	KEEBLER, SANDIES, Dark Chocolate Almond Shortbread Cookies	121.00	303.00	6.10
28132	KEEBLER, Toasted Coconut Cookies	121.00	324.00	3.80
28209	MOTHER'S, Taffy Sandwich Cookies	121.00	324.00	3.80
28249	SUNSHINE, CHEEZ-IT, White Cheddar, Reduced Fat Crackers	121.00	789.00	9.70
28375	VAN'S, Gluten Free, Totally Original Waffles	121.00	508.00	2.99
36611	DENNY'S, mozzarella cheese sticks	121.00	1,008.00	13.56
01022	Cheese, gouda	121.00	819.00	24.94
01126	Egg, yolk, raw, frozen, pasteurized	121.00	67.00	15.53
03118	Babyfood, fruit, apricot with tapioca, strained	121.00	0.00	0.30
03278	Babyfood, dinner, mixed vegetable, strained	121.00	38.00	1.20
08221	Cereals, QUAKER, Instant Grits, Butter flavor, dry	121.00	1,197.00	8.12
08476	Cereals ready-to-eat, MALT-O-MEAL, Honey BUZZERS	121.00	759.00	3.45
09340	Pears, asian, raw	121.00	0.00	0.50
14245	Beverages, Eggnog-flavor mix, powder, prepared with whole milk	121.00	55.00	2.93
16427	Tofu, raw, regular, prepared with calcium sulfate	121.00	7.00	8.08
18016	Biscuits, plain or buttermilk, prepared from recipe	121.00	580.00	7.00
03017	Babyfood, meat, turkey sticks, junior	120.00	440.00	13.70
03049	Babyfood, dinner, beef and rice, toddler	120.00	32.00	5.00
03142	Babyfood, fruit, applesauce and apricots, strained	120.00	0.00	0.20
03289	Babyfood, apples with ham, strained	120.00	9.00	2.60
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	120.00	7.00	10.50
09502	Apples, raw, granny smith, with skin	120.00	1.00	0.44
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120.00	8.00	7.17
16222	Soymilk (all flavors), unsweetened, with added calcium, vitamins A and D	120.00	37.00	2.86
17262	Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw	120.00	42.00	15.87
18041	Bread, pita, white, enriched	120.00	536.00	9.10
18413	Bread, pita, white, unenriched	120.00	536.00	9.10

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
20113	Noodles, chinese, chow mein	120.00	1,174.00	8.11
21349	McDONALD'S, NEWMAN'S OWN Ranch Dressing	120.00	954.00	2.62
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	120.00	400.00	11.72
43450	Frozen novelties, juice type, juice with cream	120.00	42.00	1.41
18416	Bread, white, commercially prepared, low sodium, no salt	119.00	298.00	8.20
18621	NABISCO, NABISCO RITZ Crackers	119.00	882.00	7.23
19102	Candies, fudge, peanut butter, prepared-from-recipe	119.00	118.00	3.78
19207	Puddings, vanilla, dry mix, regular, prepared with whole milk	119.00	156.00	2.80
21343	McDONALD'S, Low Fat Caramel Sauce	119.00	170.00	1.89
22938	SPAGHETTIOS, SpaghettiOs plus Calcium	119.00	238.00	2.38
28095	KEEBLER, FUDGE SHOPPE, Jumbo Fudge Sticks, Peanut Butter	119.00	121.00	7.10
28268	KEEBLER, Sugar Cones	119.00	326.00	7.30
05674	Chicken, skin (drumsticks and thighs), raw	119.00	51.00	9.58
06146	CAMPBELL'S Red and White, Beef with Vegetables and Barley Soup, condensed	119.00	706.00	3.97
06175	Sauce, hoisin, ready-to-serve	119.00	1,615.00	3.31
06351	CAMPBELL'S Red and White, Old Fashioned Tomato Rice Soup, condensed	119.00	611.00	0.79
11294	Onions, sweet, raw	119.00	8.00	0.80
11906	Corn, sweet, white, canned, cream style, regular pack	119.00	261.00	1.74
12203	Nuts, chestnuts, japanese, boiled and steamed	119.00	5.00	0.82
16003	Beans, adzuki, mature seeds, canned, sweetened	119.00	218.00	3.80
03159	Babyfood, fruit, pears and pineapple, junior	118.00	0.00	0.30
03820	Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder	118.00	52.00	3.33
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	118.00	176.00	1.11
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	118.00	2.00	6.72
11590	Waterchestnuts, chinese, canned, solids and liquids	118.00	8.00	0.88
14622	Beverages, V8 V-FUSION Juices, Tropical	118.00	33.00	0.41
16120	Soymilk, original and vanilla, unfortified	118.00	51.00	3.27
17257	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	118.00	47.00	26.97
18229	Crackers, standard snack-type, regular	118.00	726.00	6.64
18239	Croissants, butter	118.00	467.00	8.20
18497	Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted strawberry	118.00	357.00	4.20
18544	ARCHWAY Home Style Cookies, Raspberry Filled	118.00	334.00	4.35
18547	ARCHWAY Home Style Cookies, Strawberry Filled	118.00	377.00	4.35
19094	Desserts, flan, caramel custard, prepared-from-recipe	118.00	53.00	4.53
19321	Puddings, banana, dry mix, regular, prepared with whole milk	118.00	158.00	2.74
21416	POPEYES, Coleslaw	118.00	218.00	0.98

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
35145	Stew, hominy with mutton (Navajo)	118.00	45.00	6.71
43098	Pie fillings, cherry, low calorie	118.00	12.00	0.82
18209	Cookies, sugar wafers with creme filling, regular	117.00	103.00	3.84
18535	ARCHWAY Home Style Cookies, Molasses	117.00	577.00	4.25
18962	Crackers, cream, LA MODERNA RIKIS CREAM CRACKERS	117.00	752.00	7.19
19246	Frostings, white, fluffy, dry mix	117.00	234.00	2.30
28135	KEEBLER, TOASTEDS, Onion Crackers	117.00	1,006.00	5.70
28243	SUNSHINE, CHEEZ-IT, Hot & Spicy Crackers	117.00	988.00	8.30
28251	SUNSHINE, CHEEZ-IT, 100 Calorie Right Bites, Reduced Fat	117.00	823.00	13.30
28281	SUNSHINE, CHEEZ-IT, Reduced Fat Crackers	117.00	823.00	13.30
32027	Turnover, meat- and cheese-filled, tomato-based sauce, reduced fat, frozen	117.00	378.00	9.45
01130	Egg, whole, cooked, omelet	117.00	155.00	10.57
05019	Chicken, broilers or fryers, skin only, cooked, stewed	117.00	56.00	15.22
06018	Soup, chunky chicken noodle, canned, ready-to-serve	117.00	306.00	3.09
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	117.00	469.00	5.30
09160	Lime juice, raw	117.00	2.00	0.42
11162	Collards, cooked, boiled, drained, without salt	117.00	15.00	2.71
11269	Mushrooms, shiitake, cooked, without salt	117.00	4.00	1.56
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	117.00	37.00	2.54
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	117.00	18.00	0.66
11768	Collards, cooked, boiled, drained, with salt	117.00	252.00	2.71
11798	Mushrooms, shiitake, cooked, with salt	117.00	240.00	1.56
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	117.00	273.00	2.54
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	117.00	254.00	0.66
11937	Pickles, cucumber, dill or kosher dill	117.00	809.00	0.50
11947	Pickles, cucumber, dill, reduced sodium	117.00	18.00	0.50
16225	Soymilk, original and vanilla, light, with added calcium, vitamins A and D	117.00	48.00	2.38
16228	Soymilk, original and vanilla, light, unsweetened, with added calcium, vitamins A and D	117.00	63.00	2.62
18029	Bread, french or vienna (includes sourdough)	117.00	602.00	10.75
01227	Cheese, dry white, queso seco	116.00	1,808.00	24.51
03059	Babyfood, dinner, vegetables and bacon, strained	116.00	49.00	1.92
03093	Babyfood, green beans, dices, toddler	116.00	37.00	1.20
03158	Babyfood, fruit, pears and pineapple, strained	116.00	0.00	0.30
08066	Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice	116.00	5.00	7.01
09103	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids	116.00	5.00	0.51
09252	Pears, raw	116.00	1.00	0.36

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
09514	Fruit juice smoothie, BOLTHOUSE FARMS, BERRY BOOST	116.00	4.00	0.63
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	116.00	163.00	2.18
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	116.00	457.00	11.14
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	116.00	44.00	1.59
19076	Candies, caramels, chocolate-flavor roll	116.00	44.00	1.59
22126	LOMA LINDA Big Franks, canned, unprepared	116.00	426.00	21.50
32023	KASHI Mushroom & Asparagus Risotto, frozen, unprepared	116.00	206.00	4.30
36417	Restaurant, Mexican, spanish rice	116.00	528.00	3.28
18236	Cracker meal	115.00	16.00	9.30
18347	Rolls, dinner, wheat	115.00	524.00	8.60
18457	Crackers, saltines, fat-free, low-sodium	115.00	849.00	10.50
20044	Rice, white, long-grain, regular, raw, enriched	115.00	5.00	7.13
20444	Rice, white, long-grain, regular, raw, unenriched	115.00	5.00	7.13
21419	KFC, biscuit	115.00	1,070.00	7.50
22529	Beef Pot Pie, frozen entree, prepared	115.00	365.00	7.25
28133	KEEBLER, TOASTEDS, Buttercrisps Crackers	115.00	930.00	5.50
28252	SUNSHINE, CHEEZ-IT, Scrabble Jr. Crackers	115.00	612.00	10.90
44158	Pie fillings, blueberry, canned	115.00	12.00	0.41
01238	Ice cream sandwich	115.00	129.00	4.29
01278	Yogurt, Greek, nonfat, vanilla, DANNON OIKOS	115.00	32.00	8.12
03133	Babyfood, fruit, pears, junior	115.00	1.00	0.30
06431	CAMPBELL'S CHUNKY, New England Clam Chowder	115.00	353.00	2.46
08106	Cereals, CREAM OF WHEAT, instant, dry	115.00	571.00	10.60
09362	Cherries, sour, canned, water pack, drained	115.00	4.00	0.69
11609	Beets, pickled, canned, solids and liquids	115.00	149.00	0.80
14202	Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated	115.00	14.00	0.10
14210	Beverages, coffee, brewed, espresso, restaurant-prepared	115.00	14.00	0.12
18007	Bagels, oat bran	115.00	590.00	10.70
18027	Bread, egg	115.00	380.00	9.50
01076	Milk substitutes, fluid, with lauric acid oil	114.00	78.00	1.75
03021	Babyfood, meat, meat sticks, junior	114.00	423.00	13.40
05180	Turkey from whole, neck, meat only, cooked, simmered	114.00	246.00	22.48
08348	Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice	114.00	924.00	6.07
09036	Apricot nectar, canned, without added ascorbic acid	114.00	3.00	0.37
09306	Raspberries, frozen, red, sweetened	114.00	1.00	0.70
09403	Apricot nectar, canned, with added ascorbic acid	114.00	3.00	0.37

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
16531	WORTHINGTON Prosage Links, frozen, unprepared	114.00	819.00	20.20
18223	Crackers, milk	114.00	687.00	7.60
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	114.00	467.00	6.50
18349	Rolls, french	114.00	574.00	8.60
18973	Focaccia, Italian flatbread, plain	114.00	561.00	8.77
22981	KASHI, Chicken Enchilada with Ancho Sauce, Frozen Entree	114.00	243.00	4.90
42284	Babyfood, baked product, finger snacks cereal fortified	114.00	214.00	6.40
18175	Cookies, ladyfingers, with lemon juice and rind	113.00	147.00	10.60
18303	Pie, banana cream, prepared from mix, no-bake type	113.00	290.00	3.40
18412	Bread, cornbread, dry mix, unenriched (includes corn muffin mix)	113.00	1,111.00	7.00
18423	Cookies, ladyfingers, without lemon juice and rind	113.00	147.00	10.60
18540	ARCHWAY Home Style Cookies, Old Fashioned Windmill Cookies	113.00	471.00	5.17
18942	Pie Crust, Cookie-type, Graham Cracker, Ready Crust	113.00	471.00	5.10
28016	KELLOGG'S, EGGO Protein, Waffles, Homestyle	113.00	562.00	10.80
31034	Peppers, hot pickled, canned	113.00	1,430.00	0.80
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	113.00	357.00	4.80
08156	Cereals ready-to-eat, rice, puffed, fortified	113.00	3.00	6.30
11980	Peppers, chili, green, canned	113.00	397.00	0.72
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	113.00	566.00	13.61
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	113.00	817.00	7.00
01169	Cheese, low-sodium, cheddar or colby	112.00	21.00	24.35
02069	Vinegar, balsamic	112.00	23.00	0.49
03044	Babyfood, dinner, macaroni and tomato and beef, strained	112.00	38.00	2.36
03279	Babyfood, dinner, mixed vegetable, junior	112.00	40.00	1.01
06964	Soup, tomato, low sodium, with water	112.00	33.00	0.79
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	112.00	466.00	5.10
09326	Watermelon, raw	112.00	1.00	0.61
09523	Lemon juice from concentrate, bottled, CONCORD	112.00	29.00	0.40
14263	Beverages, citrus fruit juice drink, frozen concentrate, prepared with water	112.00	4.00	0.34
15109	Fish, surimi	112.00	143.00	15.18
17284	Lamb, Australian, imported, fresh, separable fat, raw	112.00	33.00	6.27
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	112.00	421.00	5.50
18119	Cake, pineapple upside-down, prepared from recipe	112.00	319.00	3.50
18217	Crackers, matzo, plain	112.00	0.00	10.00
18271	Ice cream cones, cake or wafer-type	112.00	256.00	8.10
19319	Puddings, banana, dry mix, instant, prepared with whole milk	112.00	290.00	2.62

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
28109	KEEBLER, Iced Oatmeal Cookies	112.00	297.00	6.50
28147	KEEBLER, TOWN HOUSE, TOPPERS, Original Crackers	112.00	967.00	7.60
28219	MURRAY, SOUTHERN KITCHEN, Iced Oatmeal Cookies	112.00	297.00	6.50
28237	SUNSHINE, CHEEZ-IT, Cheddar Jack Crackers	112.00	813.00	9.50
28254	SUNSHINE, CHEEZ-IT, Snack Mix, White Cheddar	112.00	952.00	8.55
43276	Cheese spread, cream cheese base	112.00	436.00	7.10
18155	Cookies, butter, commercially prepared, enriched	111.00	282.00	6.10
18356	Sweet rolls, cinnamon, commercially prepared with raisins	111.00	304.00	6.20
18421	Cookies, butter, commercially prepared, unenriched	111.00	351.00	6.10
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	111.00	174.00	5.00
19091	Candies, YORK Peppermint Pattie	111.00	28.00	2.19
21024	Fast foods, french toast sticks	111.00	400.00	6.00
21386	BURGER KING, french toast sticks	111.00	428.00	6.00
28068	KEEBLER, CLUB, Original Crackers	111.00	909.00	5.50
28323	Pancakes, plain, low fat, dry mix, incomplete (includes buttermilk)	111.00	839.00	7.40
31016	CAMPBELL'S, V8 60% Vegetable Juice, V8 V-Lite	111.00	148.00	0.41
43405	Cheese, swiss, low sodium	111.00	14.00	28.40
43589	Cheese, swiss, low fat	111.00	199.00	28.40
01160	Egg, yolk, raw, frozen, salted, pasteurized	111.00	3,487.00	14.07
01266	Cheese, Swiss, nonfat or fat free	111.00	1,000.00	28.40
04638	Salad dressing, ranch dressing, fat-free	111.00	897.00	0.25
06498	Soup, tomato, dry, mix, prepared with water	111.00	356.00	0.93
11285	Onions, canned, solids and liquids	111.00	371.00	0.85
18071	Bread, white, prepared from recipe, made with nonfat dry milk	111.00	336.00	7.70
03112	Babyfood, potatoes, toddler	110.00	57.00	1.00
06216	Soup, cream of chicken, canned, prepared with equal volume milk	110.00	362.00	3.01
06748	Soup, PROGRESSO, beef barley, traditional, ready to serve	110.00	284.00	2.71
07073	Sandwich spread, pork, beef	110.00	1,013.00	7.66
08346	Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH	110.00	806.00	3.64
11313	Peas, green, frozen, cooked, boiled, drained, without salt	110.00	72.00	5.15
11814	Peas, green, frozen, cooked, boiled, drained, with salt	110.00	323.00	5.15
18033	Bread, italian	110.00	550.00	8.80
18451	Cake, pound, commercially prepared, fat-free	110.00	341.00	5.40
18934	Waffle, buttermilk, frozen, ready-to-heat, microwaved	110.00	663.00	6.92
19436	Popcorn, sugar syrup/caramel, fat-free	110.00	286.00	2.00
22906	Chicken pot pie, frozen entree, prepared	110.00	393.00	5.11

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
28060	KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies	110.00	332.00	5.10
28061	KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite size	110.00	311.00	4.75
28145	KEEBLER, TOWN HOUSE, TOPPERS, Garlic Herb Crackers	110.00	958.00	6.40
28151	KEEBLER, TRADITIONS, Iced Oatmeal Cookies	110.00	493.00	5.40
28203	MOTHER'S, Iced Oatmeal Cookies	110.00	493.00	5.40
43535	Babyfood, juice, apple - cherry	110.00	4.00	0.20
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	109.00	425.00	8.87
19039	Snacks, popcorn, caramel-coated, without peanuts	109.00	206.00	3.80
28239	SUNSHINE, CHEEZ-IT, Duoz Sharp Cheddar Parmesan Crackers	109.00	866.00	9.70
01125	Egg, yolk, raw, fresh	109.00	48.00	15.86
03143	Babyfood, fruit, applesauce and apricots, junior	109.00	0.00	0.20
03937	Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted	109.00	29.00	2.90
06125	Gravy, turkey, canned, ready-to-serve	109.00	577.00	2.60
08347	Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH	109.00	633.00	4.19
09153	Lemon juice from concentrate, canned or bottled	109.00	24.00	0.45
09266	Pineapple, raw, all varieties	109.00	1.00	0.54
09504	Apples, raw, fuji, with skin	109.00	1.00	0.20
09524	Lemon juice from concentrate, bottled, REAL LEMON	109.00	26.00	0.47
11050	Beans, shellie, canned, solids and liquids	109.00	334.00	1.76
11932	Beans, snap, yellow, canned, regular pack, drained solids	109.00	251.00	1.15
11933	Beans, snap, yellow, canned, no salt added, drained solids	109.00	2.00	1.15
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	109.00	212.00	7.04
16546	MORNINGSTAR FARMS Breakfast Sausage Links, frozen, unprepared	109.00	670.00	19.20
16600	MORNINGSTAR FARMS Sesame Chik'n Entree, frozen, unprepared	109.00	196.00	5.30
01200	Reddi Wip Fat Free Whipped Topping	108.00	72.00	3.00
03280	Babyfood, fruit, bananas with tapioca, junior	108.00	0.00	0.40
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	108.00	52.00	19.61
06430	Soup, clam chowder, new england, canned, prepared with equal volume water	108.00	254.00	1.55
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	108.00	850.00	6.45
09309	Rhubarb, frozen, uncooked	108.00	2.00	0.55
09430	Pineapple, raw, extra sweet variety	108.00	1.00	0.53
09503	Apples, raw, gala, with skin	108.00	1.00	0.25
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	108.00	12.00	0.77
11492	Squash, winter, spaghetti, raw	108.00	17.00	0.64
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	108.00	248.00	0.77
18353	Rolls, hard (includes kaiser)	108.00	544.00	9.90

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
18436	Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	108.00	342.00	6.40
19181	Candies, YORK BITES	108.00	46.00	1.78
19233	Puddings, vanilla, ready-to-eat, fat free	108.00	191.00	2.02
28103	KEEBLER, GRIPZ, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite-size	108.00	383.00	4.70
28140	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Garlic Herb	108.00	1,517.00	6.50
28144	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Reduced Fat	108.00	1,288.00	7.20
35201	Prairie Turnips, boiled (Northern Plains Indians)	108.00	4.00	1.64
36012	Restaurant, family style, fried mozzarella sticks	108.00	861.00	14.75
36016	Restaurant, family style, shrimp, breaded and fried	108.00	1,125.00	12.67
43331	Salad dressing, bacon and tomato	108.00	905.00	1.80
18186	Cookies, peanut butter, commercially prepared, soft-type	107.00	336.00	5.30
20081	Wheat flour, white, all-purpose, enriched, bleached	107.00	2.00	10.33
20143	Teff, cooked	107.00	8.00	3.87
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	107.00	2.00	10.33
20481	Wheat flour, white, all-purpose, unenriched	107.00	2.00	10.33
20581	Wheat flour, white, all-purpose, enriched, unbleached	107.00	2.00	10.33
28338	Bread, gluten-free, white, made with tapioca starch and brown rice flour	107.00	515.00	5.40
28371	UDI'S, Gluten Free, Soft & Delicious White Sandwich Bread	107.00	515.00	5.40
32025	Dumpling, potato- or cheese-filled, frozen	107.00	474.00	5.26
43340	Cheese, parmesan, low sodium	107.00	63.00	41.60
03296	Babyfood, dinner, turkey, rice, and vegetables, toddler	107.00	183.00	3.80
04017	Salad dressing, thousand island, commercial, regular	107.00	962.00	1.09
04020	Salad dressing, french dressing, reduced fat	107.00	838.00	0.58
04142	Salad dressing, french dressing, reduced fat, without salt	107.00	30.00	0.58
05698	Turkey, skin from whole (light and dark), with added solution, raw	107.00	138.00	12.29
08506	Cereals ready-to-eat, RALSTON Corn Flakes	107.00	571.00	5.90
09003	Apples, raw, with skin	107.00	1.00	0.26
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	107.00	6.00	0.50
11448	Sesbania flower, cooked, steamed, without salt	107.00	11.00	1.14
11537	Tomatoes, red, ripe, canned, with green chilies	107.00	401.00	0.69
11922	Sesbania flower, cooked, steamed, with salt	107.00	247.00	1.14
17092	Veal, composite of trimmed retail cuts, separable fat, raw	107.00	26.00	6.02
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	107.00	422.00	10.56
03014	Babyfood, meat, chicken sticks, junior	106.00	408.00	14.60
03121	Babyfood, vegetables, peas, strained	106.00	5.00	3.27
06121	Gravy, mushroom, canned	106.00	570.00	1.26

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
07018	Chicken spread	106.00	722.00	18.01
08025	Cereals ready-to-eat, RALSTON CRISP RICE	106.00	545.00	6.69
11306	Peas, green, canned, regular pack, solids and liquids	106.00	185.00	3.01
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	106.00	273.00	4.47
11417	Pumpkin flowers, cooked, boiled, drained, without salt	106.00	6.00	1.09
11847	Pumpkin, flowers, cooked, boiled, drained, with salt	106.00	242.00	1.09
16560	MORNINGSTAR FARMS Corn Dog, frozen, unprepared	106.00	666.00	11.20
18121	Cake, pound, commercially prepared, other than all butter, enriched	106.00	400.00	5.20
18126	Cake, shortcake, biscuit-type, prepared from recipe	106.00	506.00	6.10
18251	Doughnuts, cake-type, chocolate, sugared or glazed	106.00	215.00	4.50
18317	Pie, egg custard, commercially prepared	106.00	275.00	5.50
18418	Cake, pound, commercially prepared, other than all butter, unenriched	106.00	400.00	5.20
18434	Crackers, cheese, low sodium	106.00	458.00	10.10
28246	SUNSHINE, CHEEZ-IT, Mozzarella Crackers	106.00	593.00	8.60
36004	APPLEBEE'S, mozzarella sticks	106.00	838.00	14.87
42304	Cheese, mozzarella, nonfat	106.00	743.00	31.70
18361	Toaster pastries, brown-sugar-cinnamon	105.00	361.00	4.06
19314	Pie fillings, canned, cherry	105.00	18.00	0.37
20084	Wheat flour, white, cake, enriched	105.00	2.00	8.20
27052	Dip, salsa con queso, cheese and salsa- medium	105.00	796.00	3.14
28071	KEEBLER, CLUB Crackers, Snack Sticks, Original	105.00	1,106.00	6.00
28335	Cookies, gluten-free, vanilla sandwich, with creme filling	105.00	201.00	2.66
35143	Tortilla, includes plain and from mutton sandwich (Navajo)	105.00	482.00	7.28
36625	Restaurant, Chinese, vegetable lo mein, without meat	105.00	430.00	4.77
43046	Candies, nougat, with almonds	105.00	33.00	3.33
01036	Cheese, ricotta, whole milk	105.00	84.00	11.26
01127	Egg, yolk, raw, frozen, sugared, pasteurized	105.00	70.00	13.87
06172	Soup, stock, chicken, home-prepared	105.00	143.00	2.52
06214	CAMPBELL'S, 25% Less Sodium Cream of Mushroom Soup, condensed	105.00	524.00	1.61
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	105.00	795.00	6.06
09012	Apples, dried, sulfured, stewed, without added sugar	105.00	20.00	0.22
09269	Pineapple, canned, light syrup pack, solids and liquids	105.00	1.00	0.36
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	105.00	505.00	5.68
11311	Peas, green, canned, drained solids, rinsed in tap water	105.00	231.00	4.33
16230	Soymilk (all flavors), nonfat, with added calcium, vitamins A and D	105.00	57.00	2.47
16231	Soymilk, chocolate, nonfat, with added calcium, vitamins A and D	105.00	57.00	2.47

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
16516	WORTHINGTON Multigrain Cutlets, canned, unprepared	105.00	371.00	23.29
01012	Cheese, cottage, creamed, large or small curd	104.00	364.00	11.12
05301	Poultry, mechanically deboned, from backs and necks with skin, raw	104.00	40.00	11.39
05303	Poultry, mechanically deboned, from mature hens, raw	104.00	40.00	14.72
08349	Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	104.00	453.00	4.69
09098	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	104.00	4.00	0.40
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	104.00	5.00	0.37
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	104.00	5.00	0.37
09270	Pineapple, canned, heavy syrup pack, solids and liquids	104.00	1.00	0.35
09500	Apples, raw, red delicious, with skin	104.00	1.00	0.27
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	104.00	5.00	0.37
14168	Beverages, Carob-flavor beverage mix, powder	104.00	103.00	1.80
18344	Rolls, dinner, egg	104.00	566.00	9.50
28179	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Ice Creme Sandwich Toaster Pastries	104.00	374.00	4.60
28218	MURRAY, SOUTHERN KITCHEN, Coconut Cookies	104.00	202.00	5.70
28230	MURRAY, SUGAR FREE, Shortbread Bites	104.00	518.00	6.50
28234	SUNSHINE, CHEEZ-IT, Asiago Crackers	104.00	763.00	8.70
28235	SUNSHINE, CHEEZ-IT, Baby Swiss Crackers	104.00	629.00	8.60
28244	SUNSHINE, CHEEZ-IT, Italian Four Cheese Crackers	104.00	833.00	8.40
28352	Cookies, vanilla sandwich with creme filling, reduced fat	104.00	354.00	4.17
36416	Restaurant, Latino, bunuelos (fried yeast bread)	104.00	418.00	8.02
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	103.00	393.00	6.10
18955	Bread, pan dulce, sweet yeast bread	103.00	228.00	9.42
18959	Pastry, Pastelitos de Guava (guava pastries)	103.00	231.00	5.48
18963	Garlic bread, frozen	103.00	544.00	8.36
19104	Candies, fudge, vanilla with nuts	103.00	42.00	3.00
28122	KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies	103.00	438.00	5.20
28124	KEEBLER, SANDIES, Cashew Shortbread Cookies	103.00	370.00	6.30
28142	KEEBLER, TOWN HOUSE, Original Crackers	103.00	826.00	5.10
28247	SUNSHINE, CHEEZ-IT, Parmesan Garlic Crackers	103.00	869.00	8.50
05015	Chicken, broilers or fryers, skin only, raw	103.00	63.00	13.33
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	103.00	357.00	2.36
09090	Figs, canned, water pack, solids and liquids	103.00	1.00	0.40
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	103.00	5.00	0.48
09152	Lemon juice, raw	103.00	1.00	0.35
09276	Pitanga, (surinam-cherry), raw	103.00	3.00	0.80

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
15174	Mollusks, scallop, mixed species, imitation, made from surimi	103.00	795.00	12.77
16591	WORTHINGTON Leanies, frozen, unprepared	103.00	1,078.00	19.50
03084	Babyfood, dinner, vegetables and turkey, strained	102.00	20.00	2.32
04636	Salad dressing, italian dressing, fat-free	102.00	1,129.00	0.97
08309	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES	102.00	700.00	6.80
09091	Figs, canned, light syrup pack, solids and liquids	102.00	1.00	0.39
09159	Limes, raw	102.00	2.00	0.70
09271	Pineapple, canned, extra heavy syrup pack, solids and liquids	102.00	1.00	0.34
11277	New Zealand spinach, cooked, boiled, drained, without salt	102.00	107.00	1.30
11802	New zealand spinach, cooked, boiled, drained, with salt	102.00	343.00	1.30
14621	Beverages, V8 V-FUSION Juices, Strawberry Banana	102.00	28.00	0.41
18049	Bread, reduced-calorie, oat bran	102.00	459.00	8.00
18250	Doughnuts, cake-type, plain, sugared or glazed	102.00	402.00	5.20
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	102.00	316.00	6.14
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	102.00	334.00	4.20
18964	Cinnamon buns, frosted (includes honey buns)	102.00	305.00	4.45
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	102.00	40.00	19.00
36052	Restaurant, Mexican, cheese quesadilla	102.00	701.00	15.93
43536	Babyfood, dessert, peach yogurt	102.00	14.00	0.90
18406	Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	101.00	534.00	10.50
18407	Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	101.00	534.00	10.50
18408	Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)	101.00	534.00	10.50
18957	Cake, pound, BIMBO Bakeries USA, Panque Casero, home baked style	101.00	357.00	6.62
20089	Wild rice, cooked	101.00	3.00	3.99
27063	Sauce, enchilada, red, mild, ready to serve	101.00	547.00	0.62
28240	SUNSHINE, CHEEZ-IT, Duoz Smoked Cheddar Monterey Jack Crackers	101.00	898.00	9.00
42135	Whipped topping, frozen, low fat	101.00	72.00	3.00
03170	Babyfood, juice, apple and plum	101.00	0.00	0.10
03179	Babyfood, juice, mixed fruit	101.00	8.00	0.10
03839	Infant formula, ABBOTT NUTRITION, SIMILAC, NATURAL CARE, ADVANCE, ready-to-feed, with ARA and DHA	101.00	34.00	2.12
03840	Infant formula, ABBOTT NUTRITION, SIMILAC, SPECIAL CARE, ADVANCE 24, with iron, ready-to-feed, with ARA and DHA	101.00	34.00	1.80
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	101.00	139.00	11.11
07020	Corned beef loaf, jellied	101.00	953.00	22.90
07083	Sausage, Vienna, canned, chicken, beef, pork	101.00	879.00	10.50
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	101.00	4.00	0.10

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	101.00	4.00	0.10
09412	Pears, raw, bartlett	101.00	1.00	0.39
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	101.00	10.00	2.03
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	101.00	8.00	0.71
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	101.00	246.00	2.03
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	101.00	244.00	0.71
12116	Nuts, coconut cream, canned, sweetened	101.00	36.00	1.17
14635	Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E	101.00	29.00	0.30
16517	WORTHINGTON Prime Stakes, canned, unprepared	101.00	480.00	10.20
08116	Cereals, MALT-O-MEAL, original, plain, dry	100.00	0.00	11.80
09272	Pineapple, frozen, chunks, sweetened	100.00	2.00	0.40
09501	Apples, raw, golden delicious, with skin	100.00	2.00	0.28
11318	Peas and carrots, canned, regular pack, solids and liquids	100.00	260.00	2.17
11812	Peas, green, canned, no salt added, solids and liquids	100.00	9.00	3.19
11816	Peas and carrots, canned, no salt added, solids and liquids	100.00	4.00	2.17
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	100.00	457.00	0.58
16502	LOMA LINDA Low Fat Big Franks, canned, unprepared	100.00	481.00	23.10
18339	Popovers, dry mix, enriched	100.00	906.00	10.40
18447	Popovers, dry mix, unenriched	100.00	906.00	10.40
20083	Wheat flour, white, bread, enriched	100.00	2.00	11.98
20086	Wheat flour, white, tortilla mix, enriched	100.00	677.00	9.66
20129	Wheat flours, bread, unenriched	100.00	2.00	11.98
21314	McDONALD'S, Spicy Buffalo Sauce	100.00	2,140.00	0.54
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	100.00	8.00	0.46
28155	KEEBLER, Waffle Bowls	100.00	149.00	6.50
28156	KEEBLER, Waffle Cones	100.00	149.00	6.50
28269	MOTHER'S, Old Fashioned Oatmeal Cookies	100.00	640.00	6.50
28399	Cookies, animal crackers (includes arrowroot, tea biscuits)	100.00	407.00	6.90
43346	Frozen novelties, juice type, orange	100.00	8.00	0.50
43539	Babyfood, dessert, banana yogurt, strained	100.00	14.00	1.10
18213	Cookies, vanilla wafers, higher fat	99.00	325.00	4.90
18324	Pie, pecan, commercially prepared	99.00	275.00	4.50
21315	McDONALD'S, Sweet 'N Sour Sauce	99.00	557.00	0.66
27050	Sauce, sweet and sour, ready-to-serve	99.00	371.00	0.27
28141	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Original	99.00	1,240.00	6.60
28327	Crackers, water biscuits	99.00	571.00	7.14

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
06618	Sauce, peanut, made from coconut, water, sugar, peanuts	99.00	319.00	2.02
09046	Blackberries, canned, heavy syrup, solids and liquids	99.00	3.00	1.31
09092	Figs, canned, heavy syrup pack, solids and liquids	99.00	1.00	0.38
09237	Peaches, canned, water pack, solids and liquids	99.00	3.00	0.44
13020	Beef, retail cuts, separable fat, cooked	99.00	23.00	10.65
14084	Alcoholic beverage, wine, table, all	99.00	5.00	0.07
14194	Beverages, Cocoa mix, powder, prepared with water	99.00	73.00	0.92
18102	Cake, white, prepared from recipe with coconut frosting	99.00	284.00	4.40
18133	Cake, sponge, commercially prepared	99.00	623.00	5.40
02051	Vanilla extract, imitation, alcohol	98.00	4.00	0.05
03085	Babyfood, dinner, vegetables and turkey, junior	98.00	45.00	1.72
03268	Babyfood, juice, apple and cherry	98.00	0.00	0.10
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	98.00	20.00	1.97
06010	Soup, cream of celery, canned, condensed	98.00	516.00	1.32
06046	Soup, cream of onion, canned, condensed	98.00	637.00	2.20
09013	Apples, dried, sulfured, stewed, with added sugar	98.00	19.00	0.20
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	98.00	7.00	0.77
09319	Strawberries, frozen, sweetened, whole	98.00	1.00	0.52
09320	Strawberries, frozen, sweetened, sliced	98.00	3.00	0.53
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	98.00	259.00	0.80
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	98.00	14.00	0.80
14623	Beverages, V8 V- FUSION Juices, Acai Berry	98.00	28.00	0.00
16533	WORTHINGTON Smoked Turkey Roll, frozen, unprepared	98.00	859.00	18.50
18053	Bread, reduced-calorie, rye	98.00	513.00	9.10
18245	Danish pastry, cheese	98.00	417.00	8.00
18446	Pie crust, standard-type, frozen, ready-to-bake, unenriched	98.00	576.00	3.90
28194	MOTHER'S, 4th of July Circus Animal Cookies	98.00	192.00	3.80
28196	MOTHER'S, Circus Animal Cookies	98.00	192.00	3.80
28200	MOTHER'S, Halloween Circus Animals Cookies	98.00	191.00	3.80
28201	MOTHER'S, Holiday Circus Animal Cookies	98.00	192.00	3.80
28204	MOTHER'S, Jungle Animal Cookies	98.00	192.00	3.80
43130	Frankfurter, meatless	98.00	471.00	19.61
18212	Cookies, vanilla wafers, lower fat	97.00	388.00	5.00
18237	Cream puff shell, prepared from recipe	97.00	483.00	9.00
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	97.00	409.00	6.16
27067	Sauce, OLD EL PASO, enchilada, red, mild, ready to serve	97.00	543.00	0.59

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
28171	KELLOGG'S, POP-TARTS, Frosted Pumpkin Pie Toaster Pastries	97.00	345.00	4.70
28236	SUNSHINE, CHEEZ-IT, BIG Crackers	97.00	753.00	11.40
28238	SUNSHINE, CHEEZ-IT, Colby Crackers	97.00	761.00	9.55
28280	SUNSHINE, CHEEZ-IT, Original Crackers	97.00	753.00	11.40
28305	Pancakes, plain, reduced fat	97.00	429.00	5.71
36001	APPLEBEE'S, Double Crunch Shrimp	97.00	838.00	12.31
36008	T.G.I. FRIDAY'S, fried mozzarella	97.00	738.00	15.82
01052	Cream, fluid, light whipping	97.00	34.00	2.17
01146	Cheese, parmesan, shredded	97.00	1,696.00	37.86
03062	Babyfood, dinner, vegetables and ham, junior	97.00	45.00	2.02
03168	Babyfood, juice, apple and peach	97.00	0.00	0.20
03169	Babyfood, apple-cranberry juice	97.00	5.00	0.00
03944	Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA	97.00	23.00	1.92
04028	Salad dressing, mayonnaise, imitation, milk cream	97.00	504.00	2.10
09002	Acerola juice, raw	97.00	3.00	0.40
09093	Figs, canned, extra heavy syrup pack, solids and liquids	97.00	1.00	0.38
09240	Peaches, canned, light syrup pack, solids and liquids	97.00	5.00	0.45
16535	WORTHINGTON Stripples, frozen, unprepared	97.00	1,463.00	12.40
16542	MORNINGSTAR FARMS Breakfast Bacon Strips, frozen, unprepared	97.00	1,463.00	12.40
01205	Cream substitute, flavored, liquid	96.00	67.00	0.69
06248	Soup, oyster stew, canned, prepared with equal volume milk	96.00	425.00	2.51
08493	Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS	96.00	454.00	4.51
09254	Pears, canned, juice pack, solids and liquids	96.00	4.00	0.34
09310	Rhubarb, frozen, cooked, with sugar	96.00	1.00	0.39
09420	Jackfruit, canned, syrup pack	96.00	11.00	0.36
09443	Juice, apple and grape blend, with added ascorbic acid	96.00	7.00	0.16
11056	Beans, snap, green, canned, regular pack, drained solids	96.00	230.00	1.12
11324	Peas and onions, canned, solids and liquids	96.00	442.00	3.28
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	96.00	5.00	0.61
11729	Beans, snap, green, canned, no salt added, drained solids	96.00	2.00	1.12
13019	Beef, retail cuts, separable fat, raw	96.00	26.00	8.21
14092	Beverages, chocolate almond milk, unsweetened, shelf-stable, fortified with vitamin D2 and E	96.00	75.00	0.83
16561	MORNINGSTAR FARMS Corn Dog Mini, frozen, unprepared	96.00	678.00	13.20
18940	Muffin, blueberry, commercially prepared, low-fat	96.00	413.00	4.23
19097	Sherbet, orange	96.00	46.00	1.10
19322	Puddings, coconut cream, dry mix, instant	96.00	1,040.00	0.90

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
20125	Pasta, whole-wheat, cooked	96.00	4.00	5.99
28044	KEEBLER, ANIMALS, Frosted Cookies	96.00	257.00	3.00
28081	KEEBLER, FUDGE SHOPPE, Caramel Filled Cookies	96.00	138.00	2.90
28291	Cookies, animal, with frosting or icing	96.00	257.00	3.00
43027	Jellies, no sugar (with sodium saccharin), any flavors	96.00	3.00	0.55
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	95.00	298.00	7.10
18476	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Blueberry	95.00	398.00	4.60
18477	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted blueberry	95.00	320.00	4.60
18481	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted cherry	95.00	320.00	4.20
22970	Macaroni and cheese, frozen entree	95.00	290.00	5.60
28035	GIRL SCOUTS, Thin Mints Cookies	95.00	380.00	4.50
28294	Cookie, chocolate, with icing or coating	95.00	380.00	4.50
36051	ON THE BORDER, cheese quesadilla	95.00	677.00	16.87
43373	Babyfood, dinner, chicken and noodle with vegetables, toddler	95.00	235.00	3.80
43597	Cheese, mozzarella, low sodium	95.00	16.00	27.50
01010	Cheese, cheshire	95.00	700.00	23.37
01053	Cream, fluid, heavy whipping	95.00	27.00	2.84
03067	Babyfood, dinner, vegetables and lamb, junior	95.00	13.00	2.10
03236	Babyfood, dessert, fruit dessert, without ascorbic acid, junior	95.00	0.00	0.30
03297	Babyfood, dinner, apples and chicken, strained	95.00	12.00	2.16
06256	Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk	95.00	354.00	2.78
07053	Pate, chicken liver, canned	95.00	386.00	13.45
08376	Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS	95.00	393.00	4.59
09065	Cherries, sour, red, canned, light syrup pack, solids and liquids	95.00	7.00	0.74
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	95.00	4.00	0.46
16504	LOMA LINDA Tender Rounds with Gravy, canned, unprepared	95.00	443.00	16.30
18139	Cake, white, prepared from recipe without frosting	95.00	327.00	5.40
03066	Babyfood, dinner, vegetables and lamb, strained	94.00	20.00	2.00
03235	Babyfood, dessert, fruit dessert, without ascorbic acid, strained	94.00	0.00	0.30
04665	Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated), for flaky pastries	94.00	879.00	1.90
08172	Cereals, farina, unenriched, dry	94.00	3.00	10.60
09096	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	94.00	4.00	0.42
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	94.00	3.00	0.83
09370	Peaches, canned, heavy syrup, drained	94.00	6.00	0.52
09528	Ruby Red grapefruit juice blend (grapefruit, grape, apple), OCEAN SPRAY, bottled, with added vitamin C	94.00	8.00	0.50
18958	Pan Dulce, LA RICURA, Salpora de Arroz con Azucar, cookie-like, contains wheat flour and rice flour	94.00	445.00	8.81

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
28053	KEEBLER, CHIPS DELUXE, Chocolate Malt Chunk Cookies	94.00	342.00	4.70
28131	KEEBLER, Sweet Cremes Cookies	94.00	267.00	4.50
28199	MOTHER'S, English Tea Sandwich Cookies	94.00	267.00	4.50
28278	MURRAY, SUGAR FREE, Oatmeal Cookies	94.00	410.00	6.70
28328	Cookies, chocolate chip sandwich, with creme filling	94.00	279.00	2.94
18488	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Strawberry	93.00	355.00	4.70
20006	Barley, pearled, cooked	93.00	3.00	2.26
23436	Beef, New Zealand, imported, subcutaneous fat, raw	93.00	26.00	8.50
28139	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Cheese	93.00	1,454.00	8.00
28211	MURRAY, Chocolatey Chip Thins Cookies	93.00	439.00	7.10
28213	MURRAY, Duplex Creme Sandwich Cookies	93.00	412.00	4.90
42279	Babyfood, peas and brown rice	93.00	6.00	3.40
01008	Cheese, caraway	93.00	690.00	25.18
01182	USDA Commodity, cheese, cheddar, reduced fat	93.00	725.00	27.20
01209	Cheese, Mexican, blend, reduced fat	93.00	776.00	24.69
03230	Babyfood, dessert, peach melba, junior	93.00	9.00	0.30
05714	Turkey, skin, from retail parts, from dark meat, raw	93.00	78.00	14.35
08488	Cereals, MALT-O-MEAL, Farina Hot Wheat Cereal, dry	93.00	3.00	10.48
09006	Apples, raw, without skin, cooked, microwave	93.00	1.00	0.28
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	93.00	7.00	0.73
09283	Plums, canned, purple, light syrup pack, solids and liquids	93.00	20.00	0.37
09379	Plums, canned, heavy syrup, drained	93.00	19.00	0.44
11058	Beans, snap, canned, all styles, seasoned, solids and liquids	93.00	373.00	0.83
18086	Cake, angelfood, commercially prepared	93.00	749.00	5.90
01033	Cheese, parmesan, hard	92.00	1,376.00	35.75
03072	Babyfood, dinner, chicken stew, toddler	92.00	25.00	5.20
03269	Babyfood, juice, apple, with calcium	92.00	3.00	0.06
09241	Peaches, canned, heavy syrup pack, solids and liquids	92.00	6.00	0.45
11054	Beans, snap, green, canned, regular pack, solids and liquids	92.00	192.00	0.72
11726	Beans, snap, green, canned, no salt added, solids and liquids	92.00	14.00	0.80
14057	Alcoholic beverage, wine, dessert, sweet	92.00	9.00	0.20
14536	Alcoholic beverage, wine, dessert, dry	92.00	9.00	0.20
18281	Muffins, corn, toaster-type	92.00	430.00	5.30
18529	ARCHWAY Home Style Cookies, Frosty Lemon	92.00	449.00	4.41
19218	Puddings, tapioca, ready-to-eat	92.00	145.00	1.95
20034	Oat bran, cooked	92.00	1.00	3.21

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
28026	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Original	92.00	553.00	6.50
28207	MOTHER'S, Old Fashioned Iced Oatmeal Cookies	92.00	597.00	6.00
28336	Bread, gluten-free, white, made with potato extract, rice starch, and rice flour	92.00	528.00	3.13
28366	RUDI'S, Gluten-Free Bakery, Original Sandwich Bread	92.00	528.00	3.13
18146	Cake, yellow, prepared from recipe without frosting	91.00	343.00	5.30
18210	Cookies, vanilla sandwich with creme filling	91.00	349.00	4.50
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	91.00	353.00	5.52
19294	Fruit butters, apple	91.00	15.00	0.39
01039	Cheese, roquefort	91.00	1,809.00	21.54
03082	Babyfood, dinner, turkey and rice, strained	91.00	19.00	2.27
03166	Babyfood, juice, apple	91.00	8.00	0.00
09067	Cherries, sour, red, canned, extra heavy syrup pack, solids and liquids	91.00	7.00	0.71
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	91.00	19.00	0.36
11337	Peppers, sweet, green, frozen, chopped, unprepared	91.00	5.00	1.08
11917	Peppers, sweet, red, frozen, chopped, unprepared	91.00	5.00	1.08
15030	Fish, gefiltefish, commercial, sweet recipe	91.00	524.00	9.07
18087	Cake, angelfood, dry mix	91.00	822.00	6.40
01013	Cheese, cottage, creamed, with fruit	90.00	344.00	10.69
01206	Cream substitute, flavored, powdered	90.00	123.00	0.68
03119	Babyfood, vegetables, corn, creamed, strained	90.00	43.00	1.40
03265	Babyfood, juice, apple and grape	90.00	0.00	0.10
04021	Salad dressing, italian dressing, commercial, reduced fat	90.00	891.00	0.39
06395	CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup	90.00	325.00	3.41
08660	Cereals ready-to-eat, KELLOGG'S APPLE JACKS with marshmallows	90.00	381.00	4.30
09004	Apples, raw, without skin	90.00	0.00	0.27
09056	Boysenberries, canned, heavy syrup	90.00	3.00	0.99
09351	Fruit cocktail, canned, heavy syrup, drained	90.00	6.00	0.47
15138	Crustaceans, crab, alaska king, imitation, made from surimi	90.00	529.00	7.62
18106	Coffeecake, fruit	90.00	385.00	5.20
18147	Cheesecake commercially prepared	90.00	438.00	5.50
18240	Croissants, apple	90.00	274.00	7.40
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	90.00	461.00	5.23
18956	Keikitos (muffins), Latino bakery item	90.00	515.00	6.81
20018	Corn flour, yellow, degermed, unenriched	90.00	1.00	5.59
28010	KELLOGG'S, EGGO, Waffles, Buttermilk	90.00	526.00	6.60
43004	Babyfood, dessert, banana pudding, strained	90.00	54.00	1.00

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
18320	Pie, lemon meringue, commercially prepared	89.00	172.00	1.50
20118	Noodles, flat, crunchy, Chinese restaurant	89.00	378.00	10.33
22901	Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased	89.00	406.00	13.50
28025	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Brown Sugar	89.00	490.00	5.80
28065	KEEBLER, CLUB, Minis Original Crackers	89.00	972.00	6.00
03968	Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), ready-to-feed	89.00	25.00	1.78
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	89.00	6.00	0.40
09154	Lemon juice, frozen, unsweetened, single strength	89.00	1.00	0.46
09285	Plums, canned, purple, extra heavy syrup pack, solids and liquids	89.00	19.00	0.36
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	89.00	5.00	0.17
11445	Seaweed, kelp, raw	89.00	233.00	1.68
14187	Beverages, Clam and tomato juice, canned	89.00	362.00	0.60
15153	Crustaceans, shrimp, mixed species, imitation, made from surimi	89.00	705.00	12.39
03129	Babyfood, fruit, bananas with tapioca, strained	88.00	0.00	0.40
03900	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, ready-to-feed	88.00	25.00	1.70
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	88.00	642.00	1.37
06461	Soup, tomato beef with noodle, canned, prepared with equal volume water	88.00	367.00	1.78
09005	Apples, raw, without skin, cooked, boiled	88.00	1.00	0.26
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	88.00	6.00	0.39
14553	Beverages, Wine, non-alcoholic	88.00	7.00	0.50
18192	Cookies, shortbread, commercially prepared, plain	88.00	353.00	5.37
18386	Muffins, blueberry, toaster-type, toasted	88.00	444.00	4.90
18505	KELLOGG'S, EGGO, Waffles, Homestyle, Low Fat	88.00	393.00	6.30
20010	Buckwheat groats, roasted, cooked	88.00	4.00	3.38
25024	Pretzels, soft, unsalted	88.00	252.00	8.20
27054	Dip, TOSTITOS, salsa con queso, medium	88.00	773.00	2.92
28070	KEEBLER, CLUB Crackers, Snack Sticks, Honey Wheat	88.00	890.00	6.50
28310	Cookies, shortbread, reduced fat	88.00	571.00	5.37
36009	T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	88.00	482.00	5.03
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	88.00	270.00	5.48
43109	Pretzels, soft	88.00	545.00	8.20
43154	Alcoholic beverage, wine, cooking	88.00	626.00	0.50
43155	Alcoholic beverage, wine, light	88.00	7.00	0.07
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	87.00	385.00	5.35
18513	ARCHWAY Home Style Cookies, Sugar Free Oatmeal	87.00	308.00	5.54
27046	Sauce, duck, ready-to-serve	87.00	455.00	0.36

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
28127	KEEBLER, SANDIES, Pecan Shortbread Cookies	87.00	354.00	5.00
28270	MOTHER'S, Vanilla Sandwich Cookies	87.00	276.00	4.80
01165	Cheese, mexican, queso anejo	87.00	1,131.00	21.44
03047	Babyfood, dinner, beef noodle, strained	87.00	15.00	2.44
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	87.00	10.00	0.81
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	87.00	246.00	0.81
11970	Cabbage, napa, cooked	87.00	11.00	1.10
17067	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked	87.00	35.00	9.72
18107	Coffeecake, cinnamon with crumb topping, dry mix	87.00	596.00	4.80
01016	Cheese, cottage, lowfat, 1% milkfat	86.00	406.00	12.39
01038	Cheese, romano	86.00	1,433.00	31.80
01166	Cheese, mexican, queso asadero	86.00	705.00	22.60
03083	Babyfood, dinner, turkey and rice, junior	86.00	23.00	2.37
03226	Babyfood, dessert, fruit pudding, orange, strained	86.00	20.00	1.10
03267	Babyfood, juice, fruit punch, with calcium	86.00	4.00	0.20
06413	Soup, chicken broth, canned, prepared with equal volume water	86.00	306.00	2.02
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	86.00	338.00	0.86
06963	Fish broth	86.00	318.00	2.00
06970	Soup, chicken broth, low sodium, canned	86.00	30.00	2.00
09101	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra heavy syrup, solids and liquids	86.00	6.00	0.39
09317	Strawberries, canned, heavy syrup pack, solids and liquids	86.00	4.00	0.56
11676	Radish seeds, sprouted, raw	86.00	6.00	3.81
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	86.00	560.00	4.10
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	86.00	311.00	4.01
20037	Rice, brown, long-grain, cooked	86.00	4.00	2.74
20050	Rice, white, medium-grain, raw, enriched	86.00	1.00	6.61
20450	Rice, white, medium-grain, raw, unenriched	86.00	1.00	6.61
28015	KELLOGG'S, EGGO, Waffles, Homestyle	86.00	586.00	6.60
28022	KELLOGG'S, EGGO Seasons, Waffles, Pumpkin Spice	86.00	540.00	5.50
28344	Crackers, gluten-free, multigrain and vegetable, made with corn starch and white rice flour	86.00	890.00	2.50
35236	Stew, pinto bean and hominy, badufsuki (Hopi)	86.00	45.00	1.42
36605	CRACKER BARREL, country fried shrimp platter	86.00	1,050.00	12.62
42235	Cheese, cottage, lowfat, 1% milkfat, lactose reduced	86.00	220.00	12.40
43273	Cheese, cottage, with vegetables	86.00	403.00	10.90
43352	Cheese, cottage, lowfat, 1% milkfat, no sodium added	86.00	13.00	12.40
43396	Cheese, cottage, lowfat, 1% milkfat, with vegetables	86.00	403.00	10.90

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
18486	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted raspberry	85.00	320.00	4.20
01251	Cheese, Mexican blend	85.00	338.00	23.54
03134	Babyfood, fruit, plums with tapioca, without ascorbic acid, strained	85.00	0.00	0.10
03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	85.00	26.00	1.71
04144	Salad dressing, italian dressing, reduced fat, without salt	85.00	30.00	0.47
06183	Soup, chicken broth, less/reduced sodium, ready to serve	85.00	231.00	1.36
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	85.00	111.00	1.98
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	85.00	4.00	0.41
10863	Pork, fresh, variety meats and by-products, stomach, cooked, simmered	85.00	40.00	21.40
14620	Beverages, V8 V-FUSION Juices, Peach Mango	85.00	28.00	0.41
01028	Cheese, mozzarella, part skim milk	84.00	619.00	24.26
04114	Salad dressing, italian dressing, commercial, regular	84.00	993.00	0.41
04367	Salad dressing, french dressing, fat-free	84.00	853.00	0.20
18609	KEEBLER, Vanilla Wafers	84.00	402.00	4.00
18972	Bread, cheese	84.00	750.00	10.42
22247	Macaroni and Cheese, canned entree	84.00	302.00	3.38
28000	KELLOGG'S, EGGO, Mini Muffin Tops, Chocolate Chip	84.00	582.00	5.20
28073	KEEBLER, Danish Wedding Cookies	84.00	267.00	3.90
28174	KELLOGG'S, POP-TARTS, Frosted Waffle Cone Toaster Pastries	84.00	432.00	3.90
28233	MURRAY, Vanilla Wafer	84.00	401.00	4.00
36407	Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	84.00	583.00	3.50
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	83.00	445.00	5.40
18277	Muffins, blueberry, toaster-type	83.00	417.00	4.60
18400	Crackers, matzo, egg and onion	83.00	285.00	10.00
18431	Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	83.00	354.00	5.40
18433	Danish pastry, lemon, unenriched	83.00	354.00	5.40
18435	Danish pastry, raspberry, unenriched	83.00	354.00	5.40
18946	Pie crust, refrigerated, regular, baked	83.00	472.00	3.41
21313	McDONALD'S, Hot Mustard Sauce	83.00	902.00	2.60
27053	Dip, OLD EL PASO, Cheese 'n Salsa, medium	83.00	690.00	2.70
28152	KEEBLER, Vanilla Wafers Minis, Rainbow	83.00	400.00	4.00
03135	Babyfood, fruit, plums with tapioca, without ascorbic acid, junior	83.00	0.00	0.10
03161	Babyfood, peaches, dices, toddler	83.00	9.00	0.50
03229	Babyfood, dessert, peach melba, strained	83.00	9.00	0.20
03274	Babyfood, dinner, vegetables and chicken, junior	83.00	34.00	2.04
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	83.00	8.00	0.47

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
14015	Alcoholic beverage, pina colada, canned	83.00	71.00	0.60
14436	Beverages, orange breakfast drink, ready-to-drink, with added nutrients	83.00	54.00	0.00
06483	Soup, cream of chicken, dry, mix, prepared with water	82.00	454.00	0.68
08409	Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes	82.00	451.00	4.25
09104	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, light syrup, solids and liquids	82.00	6.00	0.34
11576	Turnip greens and turnips, frozen, unprepared	82.00	18.00	2.46
16219	Vitasoy USA, Vitasoy Light Vanilla Soymilk	82.00	49.00	1.60
17005	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw	82.00	31.00	6.65
18368	Wonton wrappers (includes egg roll wrappers)	82.00	572.00	9.80
18420	Cake, yellow, unenriched, dry mix	82.00	657.00	4.40
19866	Candies, soft fruit and nut squares	82.00	131.00	2.31
21059	Fast foods, shrimp, breaded and fried	82.00	897.00	7.84
28231	MURRAY, SUGAR FREE, Vanilla Wafer	82.00	281.00	5.90
35144	Stew, dumpling with mutton (Navajo)	82.00	46.00	8.71
18308	Pie, cherry, commercially prepared	81.00	246.00	2.00
18939	Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	81.00	354.00	4.70
19005	Snacks, corn-based, extruded, cones, plain	81.00	1,022.00	5.80
28130	KEEBLER, SOFT BATCH, Chocolate Chip Cookies	81.00	350.00	3.60
28229	MURRAY, SUGAR FREE, Shortbread Cookies	81.00	476.00	7.00
36414	Restaurant, Latino, tripe soup	81.00	411.00	8.61
42155	Cheese, monterey, low fat	81.00	781.00	28.20
01023	Cheese, gruyere	81.00	714.00	29.81
01025	Cheese, monterey	81.00	600.00	24.48
03120	Babyfood, vegetables, corn, creamed, junior	81.00	52.00	1.40
03122	Babyfood, peas, dices, toddler	81.00	48.00	3.90
03233	Babyfood, dessert, fruit pudding, pineapple, strained	81.00	0.00	1.30
06114	Gravy, au jus, canned	81.00	478.00	1.20
06116	Gravy, beef, canned, ready-to-serve	81.00	560.00	3.75
06353	CAMPBELL'S Red and White, Fiesta Nacho Cheese Soup, condensed	81.00	637.00	2.42
06977	Gravy, meat or poultry, low sodium, prepared	81.00	18.00	3.80
16122	Soy protein isolate	81.00	1,005.00	88.32
03152	Babyfood, fruit, apple and raspberry, strained	80.00	0.00	0.20
09078	Cranberries, raw	80.00	2.00	0.46
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	80.00	6.00	0.34
09106	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, extra heavy syrup, solids and liquids	80.00	5.00	0.33
11028	Bamboo shoots, canned, drained solids	80.00	7.00	1.72

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
14327	Beverages, orange and apricot juice drink, canned	80.00	2.00	0.30
15152	Crustaceans, shrimp, mixed species, canned	80.00	870.00	20.42
18254	Doughnuts, yeast-leavened, with creme filling	80.00	309.00	6.40
28226	MURRAY, SUGAR FREE, Pecan Shortbread Cookies	80.00	351.00	5.90
32005	Macaroni and cheese, box mix with cheese sauce, prepared	80.00	460.00	6.68
18256	Doughnuts, yeast-leavened, with jelly filling	79.00	455.00	5.90
18302	Pie, apple, prepared from recipe	79.00	211.00	2.40
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	79.00	515.00	3.70
20041	Rice, brown, medium-grain, cooked	79.00	1.00	2.32
28023	KELLOGG'S, SIMPLY EGGO, Original	79.00	636.00	6.20
28128	KEEBLER, SANDIES, Pecan Shortbread Cookies, bite size	79.00	333.00	5.00
28212	MURRAY, COOKIE JAR CLASSICS, Coconut Bars Cookies	79.00	488.00	7.10
42171	Salad dressing, french dressing, reduced calorie	79.00	804.00	0.40
43369	Beverages, Chocolate-flavored drink, whey and milk based	79.00	91.00	0.64
03162	Babyfood, fruit, papaya and applesauce with tapioca, strained	79.00	5.00	0.20
03823	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-feed	79.00	23.00	1.64
03857	Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA	79.00	23.00	1.64
03864	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA	79.00	23.00	2.14
03930	Infant formula, MEAD JOHNSON,NEXT STEP PROSOBEE, prepared from powder	79.00	23.00	2.14
03982	Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed	79.00	24.00	2.17
06009	Soup, beef noodle, canned, condensed	79.00	653.00	3.85
06472	Soup, vegetable with beef broth, canned, prepared with equal volume water	79.00	253.00	1.21
09145	Java-plum, (jambolan), raw	79.00	14.00	0.72
11001	Alfalfa seeds, sprouted, raw	79.00	6.00	3.99
03150	Babyfood, fruit, applesauce and pineapple, strained	78.00	2.00	0.10
03156	Babyfood, fruit, bananas and pineapple with tapioca, junior	78.00	0.00	0.20
09102	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	78.00	3.00	0.35
09220	Tangerines, (mandarin oranges), canned, light syrup pack	78.00	6.00	0.45
11944	Pickle relish, hot dog	78.00	1,091.00	1.50
11989	Mushrooms, straw, canned, drained solids	78.00	384.00	3.83
16585	GARDENBURGER Sun-Dried Tomato Basil Burger, frozen, unprepared	78.00	387.00	5.50
18105	Coffeecake, creme-filled with chocolate frosting	78.00	323.00	5.00
18253	Doughnuts, french crullers, glazed	78.00	345.00	3.10
18352	Rolls, hamburger or hotdog, reduced-calorie	78.00	410.00	8.30
19186	Desserts, apple crisp, prepared-from-recipe	78.00	351.00	1.75
21311	McDONALD'S, Creamy Ranch Sauce	78.00	708.00	1.11

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
28084	KEEBLER, FUDGE SHOPPE, Fudge-Dipped Ice Cream Cups	78.00	136.00	6.00
28253	SUNSHINE, CHEEZ-IT, Snack Mix	78.00	1,107.00	9.00
18208	Cookies, sugar, prepared from recipe, made with margarine	77.00	491.00	5.90
18309	Pie, cherry, prepared from recipe	77.00	191.00	2.80
19247	Frostings, white, fluffy, dry mix, prepared with water	77.00	156.00	1.50
19297	Jams and preserves	77.00	32.00	0.37
19719	Jams and preserves, apricot	77.00	40.00	0.70
20054	Rice, white, glutinous, unenriched, uncooked	77.00	7.00	6.81
20136	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, cooked	77.00	6.00	5.82
28192	KELLOGG'S, POP-TARTS, Gingerbread Toaster Pastries	77.00	433.00	4.10
35142	Frybread, made with lard (Navajo)	77.00	329.00	6.69
43075	Fluid replacement, electrolyte solution (include PEDIALYTE)	77.00	101.00	0.00
43382	Cranberry juice, unsweetened	77.00	2.00	0.39
03117	Babyfood, fruit, applesauce, junior	77.00	1.00	0.00
03846	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed	77.00	29.00	1.80
03935	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with ARA and DHA	77.00	29.00	1.80
06333	CAMPBELL'S Red and White, Cream of Broccoli Soup, condensed	77.00	605.00	1.61
06470	CAMPBELL'S Low Sodium Soups, Chicken Broth	77.00	47.00	1.01
08143	Cereals, WHEATENA, cooked with water	77.00	--	2.00
08182	Cereals, WHEATENA, cooked with water, with salt	77.00	238.00	2.03
09014	Apples, frozen, unsweetened, unheated	77.00	3.00	0.28
09050	Blueberries, raw	77.00	1.00	0.74
09109	Gooseberries, canned, light syrup pack, solids and liquids	77.00	2.00	0.65
16519	WORTHINGTON Super Links, canned, unprepared	77.00	708.00	14.50
01009	Cheese, cheddar	76.00	653.00	22.87
01026	Cheese, mozzarella, whole milk	76.00	627.00	22.17
01270	Cheese, cheddar, sharp, sliced	76.00	644.00	24.25
03151	Babyfood, fruit, applesauce and pineapple, junior	76.00	2.00	0.10
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	76.00	26.00	1.84
06042	Soup, mushroom barley, canned, condensed	76.00	573.00	1.50
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	76.00	468.00	3.96
08501	Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES	76.00	630.00	3.90
09015	Apples, frozen, unsweetened, heated	76.00	3.00	0.29
09522	Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium	76.00	6.00	0.27
11958	Pickle relish, hamburger	76.00	1,096.00	0.63
14542	Lemonade, frozen concentrate, pink	76.00	4.00	0.22

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
18057	Bread, reduced-calorie, white	76.00	479.00	8.70
18944	Pie, Dutch Apple, Commercially Prepared	76.00	200.00	2.17
20052	Rice, white, short-grain, enriched, uncooked	76.00	1.00	6.50
20061	Rice flour, white, unenriched	76.00	0.00	5.95
20452	Rice, white, short-grain, raw, unenriched	76.00	1.00	6.50
28011	KELLOGG'S, EGGO, Waffles, Cinnamon Toast	76.00	524.00	5.50
28013	KELLOGG'S, EGGO, FIBERPLUS Waffles, Chocolate Chip	76.00	503.00	4.30
28014	KELLOGG'S, EGGO, Waffles, French Toast	76.00	537.00	5.80
28274	MURRAY, Honey Graham	76.00	477.00	5.90
28341	Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch	76.00	593.00	3.34
28368	SCHAR, Gluten-Free, Classic White Rolls	76.00	593.00	3.34
36602	Restaurant, Chinese, fried rice, without meat	76.00	387.00	4.05
28271	MURRAY, COOKIE JAR CLASSICS, Butter Cookies	75.00	441.00	7.20
28337	Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca	75.00	447.00	4.31
35015	Blackberries, wild, raw (Alaska Native)	75.00	6.00	0.84
01027	Cheese, mozzarella, whole milk, low moisture	75.00	710.00	21.60
03925	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed	75.00	23.00	1.63
03955	Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, ready-to-feed, with ARA and DHA	75.00	25.00	2.00
05016	Chicken, broilers or fryers, skin only, cooked, fried, batter	75.00	581.00	10.32
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	75.00	2.00	0.16
09161	Lime juice, canned or bottled, unsweetened	75.00	16.00	0.25
14054	Beverages, almond milk, chocolate, ready-to-drink	75.00	71.00	0.63
16132	Tofu, salted and fermented (fuyu)	75.00	2,873.00	8.92
16432	Tofu, salted and fermented (fuyu), prepared with calcium sulfate	75.00	2,873.00	8.15
03160	Babyfood, fruit, guava and papaya with tapioca, strained	74.00	4.00	0.20
03859	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed	74.00	26.00	1.60
03942	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, ready-to-feed, with ARA and DHA	74.00	27.00	1.71
03946	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-to-feed, with ARA and DHA	74.00	21.00	1.48
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	74.00	226.00	0.85
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	74.00	2.00	0.17
09239	Peaches, canned, extra light syrup, solids and liquids	74.00	5.00	0.40
09401	Applesauce, canned, unsweetened, with added ascorbic acid	74.00	2.00	0.17
16506	LOMA LINDA Vege-Burger, canned, unprepared	74.00	222.00	22.20
18338	Phyllo dough	74.00	483.00	7.10
18951	Waffles, chocolate chip, frozen, ready-to-heat	74.00	529.00	5.80
28043	KEEBLER, ANIMALS, Cookies	74.00	468.00	5.60

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
28046	KEEBLER, ANIMALS, Crackers	74.00	468.00	5.60
28129	KEEBLER, SANDIES, Pecan Shortbread Cookies, Reduced Fat	74.00	401.00	6.70
28167	KELLOGG'S, POP-TARTS, Frosted Cinnamon Roll Toaster Pastries	74.00	329.00	4.70
28260	KELLOGG'S, EGGO, Waffles, Chocolate Chip	74.00	529.00	5.80
28315	Bread, cinnamon	74.00	388.00	7.05
18193	Cookies, shortbread, commercially prepared, pecan	73.00	281.00	4.90
18948	Pie crust, refrigerated, regular, unbaked	73.00	409.00	2.97
28149	KEEBLER, TOWN HOUSE, FLATBREAD CRISPS, Sea Salt and Olive Oil Crackers	73.00	942.00	8.00
28266	KEEBLER, READY CRUST, Graham Pie Crust (10"), Reduced Fat	73.00	483.00	4.90
28297	Cake, snack cakes, not chocolate, with icing or filling, low-fat, with added fiber	73.00	316.00	3.71
02032	Spices, pepper, white	73.00	5.00	10.40
02048	Vinegar, cider	73.00	5.00	0.00
03081	Babyfood, dinner, vegetables and noodles and turkey, junior	73.00	17.00	1.80
06208	Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve	73.00	416.00	1.16
06466	Soup, turkey vegetable, canned, prepared with equal volume water	73.00	376.00	1.28
01040	Cheese, swiss	72.00	187.00	26.96
03045	Babyfood, dinner, macaroni and tomato and beef, junior	72.00	35.00	2.50
03153	Babyfood, fruit, apple and raspberry, junior	72.00	0.00	0.20
03813	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, ready-to-feed	72.00	31.00	1.83
03832	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, ready-to-feed, with ARA and DHA	72.00	19.00	1.38
03845	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, ready-to-feed, with ARA and DHA	72.00	31.00	1.83
03868	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, ready-to-feed	72.00	19.00	1.38
03983	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN AA, ready-to-feed	72.00	31.00	1.84
08034	Cereals ready-to-eat, POST, FRUITY PEBBLES	72.00	531.00	4.62
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	72.00	240.00	0.95
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	72.00	4.00	0.95
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	72.00	240.00	0.95
14292	Lemonade, frozen concentrate, white	72.00	7.00	0.22
18135	Cake, pudding-type, white, enriched, dry mix	72.00	665.00	3.90
18419	Cake, pudding-type, white, unenriched, dry mix	72.00	665.00	3.90
22919	Macaroni and Cheese, canned, microwavable	72.00	335.00	5.98
28001	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Mixed Berry Granola	72.00	262.00	6.40
18988	AUSTIN, Peanut Butter on Cheese Crackers, sandwich-type, reduced fat	71.00	726.00	9.70
20652	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, cooked	71.00	4.00	5.67
28007	KELLOGG'S, EGGO, Wafflers, Brown Sugar Cinnamon Roll	71.00	672.00	4.80
28008	KELLOGG'S, EGGO, Wafflers, Strawberry Strudel	71.00	691.00	5.00

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
28009	KELLOGG'S, EGGO, Waffles, Blueberry	71.00	520.00	5.50
28024	KELLOGG'S, EGGO, Waffles, Strawberry	71.00	525.00	5.50
28165	KELLOGG'S, POP-TARTS, Chocolate Chip Cookie Dough Toaster Pastries	71.00	382.00	4.50
28183	KELLOGG'S, POP-TARTS MINI CRISPS, Cinnamon Brown Sugar Baked Bites	71.00	525.00	4.80
33876	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, ready-to-feed	71.00	18.00	1.38
43550	Babyfood, banana apple dessert, strained	71.00	7.00	0.30
44110	Jellies, reduced sugar, home preserved	71.00	2.00	0.30
01264	Ice cream bar, stick or nugget, with crunch coating	71.00	84.00	2.11
03116	Babyfood, fruit, applesauce, strained	71.00	0.00	0.20
03800	Infant formula, NESTLE, GOOD START SUPREME, with iron, ready-to-feed	71.00	18.00	1.45
03803	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, ready-to-feed	71.00	18.00	1.38
03806	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, ready-to-feed	71.00	18.00	1.38
03815	Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with iron, ready-to-feed, with ARA and DHA	71.00	18.00	1.38
03822	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, prepared from powder	71.00	31.00	1.82
03825	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, ready to feed, with ARA and DHA	71.00	18.00	1.38
03841	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed	71.00	29.00	1.61
03953	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, ready-to-feed	71.00	29.00	1.61
03960	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, ready-to-feed	71.00	18.00	1.45
03961	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, prepared from liquid concentrate	71.00	18.00	1.45
03963	Infant Formula, MEAD JOHNSON, ENFAMIL GENTLEASE LIPIL, with iron, prepared from powder	71.00	21.00	1.52
03986	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, ready-to-feed	71.00	18.00	1.38
03988	Infant formula, GERBER, GOOD START, PROTECT PLUS, ready-to-feed	71.00	18.00	1.44
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	71.00	18.00	1.44
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	71.00	18.00	1.44
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	71.00	29.00	1.76
04601	Butter, light, stick, with salt	71.00	450.00	3.30
04602	Butter, light, stick, without salt	71.00	36.00	3.30
04677	Margarine-like spread, SMART BALANCE Omega Plus Spread (with plant sterols & fish oil)	71.00	729.00	0.13
06401	Soup, cream of asparagus, canned, prepared with equal volume water	71.00	402.00	0.94
06449	Soup, pea, green, canned, prepared with equal volume water	71.00	336.00	3.20
06965	Soup, pea, low sodium, prepared with equal volume water	71.00	10.00	3.20
08083	Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS	71.00	855.00	3.32
08129	Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water	71.00	111.00	2.37
08145	Cereals, whole wheat hot natural cereal, cooked with water, without salt	71.00	0.00	2.00
08183	Cereals, whole wheat hot natural cereal, cooked with water, with salt	71.00	233.00	2.00
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	71.00	660.00	6.59

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
14017	Alcoholic beverage, pina colada, prepared-from-recipe	71.00	6.00	0.42
14106	Alcoholic beverage, wine, table, white	71.00	5.00	0.07
14160	Alcoholic beverage, wine, table, white, Chardonnay	71.00	5.00	0.07
16515	WORTHINGTON Low Fat Veja-Links, canned, unprepared	71.00	612.00	15.80
18128	Cake, snack cakes, creme-filled, sponge	71.00	470.00	3.47
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	70.00	20.00	1.40
06015	Soup, chicken, canned, chunky, ready-to-serve	70.00	354.00	5.06
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	70.00	4.00	2.54
08180	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt	70.00	71.00	2.54
09008	Apples, canned, sweetened, sliced, drained, heated	70.00	3.00	0.18
18998	KELLOGG'S, EGGO, French Toaster Sticks, Original	70.00	598.00	5.30
19234	Puddings, tapioca, ready-to-eat, fat free	70.00	187.00	1.44
42150	Babyfood, apple yogurt dessert, strained	70.00	20.00	0.80
18279	Muffins, corn, commercially prepared	69.00	467.00	5.90
32003	Rice and vermicelli mix, rice pilaf flavor, prepared with 80% margarine	69.00	430.00	2.94
43028	Jams and preserves, no sugar (with sodium saccharin), any flavor	69.00	0.00	0.30
03164	Babyfood, fruit, apple and blueberry, strained	69.00	1.00	0.20
03850	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, ready-to-feed	69.00	16.00	1.36
03855	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, ready-to-feed	69.00	16.00	1.36
03939	Infant formula, PBM PRODUCTS, store brand, soy, ready-to-feed	69.00	18.00	1.80
03949	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, ready-to-feed	69.00	16.00	1.36
04706	Dressing, honey mustard, fat-free	69.00	1,004.00	1.07
06471	Soup, vegetable beef, canned, prepared with equal volume water	69.00	349.00	2.23
15041	Fish, herring, Atlantic, pickled	69.00	870.00	14.19
16518	WORTHINGTON Saucettes, canned, unprepared	69.00	532.00	15.00
01239	Ice cream cookie sandwich	68.00	162.00	3.70
03157	Babyfood, fruit, bananas and pineapple with tapioca, strained	68.00	0.00	0.20
03246	Babyfood, dessert, custard pudding, vanilla, junior	68.00	26.00	1.76
09007	Apples, canned, sweetened, sliced, drained, unheated	68.00	3.00	0.18
09053	Blueberries, wild, frozen	68.00	3.00	0.00
12022	Seeds, safflower seed meal, partially defatted	68.00	3.00	35.62
18003	Bagels, egg	68.00	505.00	10.60
18507	KELLOGG'S EGGO Lowfat Blueberry Nutri-Grain Waffles	68.00	591.00	5.95
18969	Cream puff, eclair, custard or cream filled, iced	68.00	265.00	4.41
18989	AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type, reduced fat	68.00	648.00	9.50
20013	Bulgur, cooked	68.00	5.00	3.08

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
27049	Sauce, tartar, ready-to-serve	68.00	667.00	1.00
28030	GIRL SCOUTS, Chalet Cookies	68.00	247.00	4.20
28185	KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Strawberry Baked Bites	68.00	510.00	4.70
28256	AUSTIN, Peanut Butter on Cheese Crackers, sandwich-type	68.00	843.00	10.80
28265	KEEBLER, Cheese & Peanut Butter Sandwich Crackers	68.00	843.00	10.80
18336	Pie crust, standard-type, prepared from recipe, baked	67.00	542.00	6.40
28357	GLUTINO, Gluten Free Cookies, Vanilla Creme	67.00	189.00	2.19
42138	Mayonnaise, reduced-calorie or diet, cholesterol-free	67.00	733.00	0.90
03089	Babyfood, dinner, macaroni and cheese, strained	67.00	119.00	3.14
03221	Babyfood, dessert, dutch apple, junior	67.00	3.00	0.20
04120	Salad dressing, french dressing, commercial, regular	67.00	836.00	0.77
04141	Salad dressing, french dressing, commercial, regular, without salt	67.00	0.00	0.77
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	67.00	697.00	1.29
07933	Chicken breast, oven-roasted, fat-free, sliced	67.00	1,087.00	16.79
09228	Papaya, canned, heavy syrup, drained	67.00	9.00	0.14
12041	Seeds, sunflower seed flour, partially defatted	67.00	3.00	48.06
13341	Beef, variety meats and by-products, tripe, raw	67.00	97.00	12.07
14091	Beverages, almond milk, unsweetened, shelf stable	67.00	71.00	0.59
18082	Bread stuffing, bread, dry mix, prepared	67.00	479.00	2.73
01168	Cheese, low fat, cheddar or colby	66.00	873.00	24.35
01265	Cheese, cheddar, nonfat or fat free	66.00	1,000.00	32.14
03070	Babyfood, dinner, chicken soup, strained	66.00	16.00	1.60
03140	Babyfood, fruit dessert, mango with tapioca	66.00	4.00	0.30
03245	Babyfood, dessert, custard pudding, vanilla, strained	66.00	0.00	1.60
06212	CAMPBELL'S, 25% Less Sodium Chicken Noodle Soup, condensed	66.00	446.00	2.90
09256	Pears, canned, light syrup pack, solids and liquids	66.00	5.00	0.19
09374	Pears, canned, heavy syrup, drained	66.00	5.00	0.24
10165	Pork, cured, salt pork, raw	66.00	2,684.00	5.05
14406	Beverages, fruit punch juice drink, frozen concentrate, prepared with water	66.00	5.00	0.07
18459	Breakfast tart, low fat	66.00	361.00	3.99
18479	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted brown sugar cinnamon	66.00	343.00	4.60
18990	AUSTIN, PB & J Crackers, sandwich-type	66.00	582.00	7.60
18997	KELLOGG'S, EGGO, French Toaster Sticks, Cinnamon	66.00	550.00	4.80
18999	KELLOGG'S, EGGO, Mini Muffin Tops, Blueberry	66.00	586.00	5.00
19364	Toppings, butterscotch or caramel	66.00	341.00	1.21
28004	KELLOGG'S, EGGO, Pancakes, Chocolate Chip	66.00	471.00	5.50

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
28012	KELLOGG'S, EGGO, FIBERPLUS Waffles, Buttermilk	66.00	559.00	4.70
28045	KEEBLER, ANIMALS, Iced Cookies	66.00	337.00	5.60
28110	KEEBLER, Toast & Peanut Butter Sandwich Crackers	66.00	772.00	10.60
28257	AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type	66.00	772.00	10.60
42178	Mayonnaise, made with tofu	66.00	773.00	5.95
18301	Pie, apple, commercially prepared, enriched flour	65.00	201.00	1.90
18313	Pie, coconut creme, commercially prepared	65.00	204.00	2.10
18319	Pie, fried pies, fruit	65.00	333.00	3.00
18321	Pie, lemon meringue, prepared from recipe	65.00	242.00	3.80
18443	Pie, apple, commercially prepared, unenriched flour	65.00	266.00	1.90
18444	Pie, fried pies, cherry	65.00	374.00	3.00
18445	Pie, fried pies, lemon	65.00	374.00	3.00
18453	Cake, yellow, light, dry mix	65.00	604.00	4.70
18985	AUSTIN, Chocolatey Peanut Butter Crackers, sandwich-type	65.00	584.00	7.70
18991	BARBARA DEE, Winter Mints Cookies	65.00	290.00	3.90
19201	Puddings, vanilla, ready-to-eat	65.00	142.00	1.45
28002	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Strawberry Granola	65.00	263.00	6.50
28164	KELLOGG'S, POP-TARTS, Frosted Blueberry Muffin Toaster Pastries	65.00	398.00	4.00
28180	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Rainbow Chip Toaster Pastries	65.00	391.00	4.00
28267	KEEBLER, SANDIES, Simply Shortbread Cookies	65.00	291.00	6.00
01041	Cheese, tilsit	65.00	753.00	24.41
03165	Babyfood, fruit, apple and blueberry, junior	65.00	1.00	0.20
06444	Soup, mushroom with beef stock, canned, prepared with equal volume water	65.00	397.00	1.29
09257	Pears, canned, heavy syrup pack, solids and liquids	65.00	5.00	0.20
10004	Pork, fresh, backfat, raw	65.00	11.00	2.92
16508	LOMA LINDA Tender Bits, canned, unprepared	65.00	613.00	15.10
01020	Cheese, fontina	64.00	800.00	25.60
03984	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed	64.00	38.00	1.97
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	64.00	38.00	1.97
04627	Margarine-like spread with yogurt, approximately 40% fat, tub, with salt	64.00	630.00	2.00
04639	Salad dressing, ranch dressing, regular	64.00	901.00	1.32
05047	Chicken, broilers or fryers, separable fat, raw	64.00	32.00	3.73
06043	Soup, cream of mushroom, canned, condensed	64.00	691.00	1.35
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water	64.00	264.00	2.22
09258	Pears, canned, extra heavy syrup pack, solids and liquids	64.00	5.00	0.19
16229	Soymilk (All flavors), lowfat, with added calcium, vitamins A and D	64.00	37.00	1.65

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
16509	LOMA LINDA Linketts, canned, unprepared	64.00	401.00	21.30
18332	Pie crust, standard-type, dry mix	64.00	753.00	6.90
19085	Candies, confectioner's coating, butterscotch	64.00	89.00	2.20
28216	MURRAY, Old Fashioned Iced Oatmeal Cookies	64.00	589.00	5.00
33874	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed Low iron	64.00	38.00	1.97
33875	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calories ready-to-feed Low iron	64.00	38.00	1.97
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	63.00	832.00	5.40
19362	Syrups, table blends, corn, refiner, and sugar	63.00	71.00	0.00
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	63.00	4.00	3.23
21324	McDONALD'S, Baked Apple Pie	63.00	199.00	3.07
28038	JACKSON'S, Old Fashioned Vanilla Wafers	63.00	390.00	5.00
28228	MURRAY, SUGAR FREE, Vanilla Creme Sandwich Cookies	63.00	192.00	4.90
90480	Syrup, Cane	63.00	58.00	0.00
01260	Cheese, cheddar, reduced fat	63.00	628.00	27.35
03079	Babyfood, dinner, vegetables and noodles and turkey, strained	63.00	21.00	1.20
04689	Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light	63.00	848.00	1.53
06145	CAMPBELL'S Red and White, Beef Noodle Soup, condensed	63.00	651.00	3.17
06547	Soup, beef mushroom, canned, prepared with equal volume water	63.00	386.00	2.37
06549	Soup, chicken mushroom, canned, prepared with equal volume water	63.00	327.00	1.80
10102	Pork, fresh, variety meats and by-products, feet, raw	63.00	132.00	23.16
11444	Seaweed, irishmoss, raw	63.00	67.00	1.51
16164	MORI-NU, Tofu, silken, lite firm	63.00	85.00	6.30
18142	Cake, pudding-type, yellow, dry mix	63.00	860.00	4.00
01019	Cheese, feta	62.00	917.00	14.21
06411	Soup, cheese, canned, prepared with equal volume water	62.00	388.00	2.19
14251	Alcoholic beverages, beer, higher alcohol	62.00	4.00	0.90
18085	Bread stuffing, cornbread, dry mix, prepared	62.00	526.00	2.90
18211	Puff pastry, frozen, ready-to-bake, baked	62.00	253.00	7.40
18333	Pie crust, standard-type, dry mix, prepared, baked	62.00	729.00	6.70
20032	Millet, cooked	62.00	2.00	3.51
28029	GIRL SCOUTS, Caramel Dulce De Leche Cookies	62.00	225.00	5.10
28227	MURRAY, SUGAR FREE, Lemon Creme Sandwich Cookies	62.00	189.00	4.90
43523	Babyfood, mixed fruit yogurt, strained	62.00	16.00	0.80
43537	Babyfood, dessert, blueberry yogurt, strained	62.00	14.00	0.50
18337	Puff pastry, frozen, ready-to-bake	61.00	249.00	7.30
20651	Rice, brown, parboiled, cooked, UNCLE BENS	61.00	4.00	3.09

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
28037	JACKSON'S, Old Fashioned Lemon Jumble Cookies	61.00	334.00	5.70
04704	Salad dressing, poppyseed, creamy	61.00	933.00	0.92
05286	Turkey and gravy, frozen	61.00	554.00	5.88
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	61.00	49.00	2.37
09402	Applesauce, canned, sweetened, with salt	61.00	28.00	0.18
14240	Beverages, cranberry-apricot juice drink, bottled	61.00	2.00	0.20
14334	Beverages, pineapple and grapefruit juice drink, canned	61.00	14.00	0.20
06017	Soup, chicken gumbo, canned, condensed	60.00	693.00	2.10
09055	Blueberries, frozen, sweetened	60.00	1.00	0.40
28150	KEEBLER, TRADITIONS, Iced Lemonade Cookies	60.00	262.00	4.50
28163	KELLOGG'S, POP-TARTS, Frosted Apple Strudel Toaster Pastries	60.00	329.00	4.40
28202	MOTHER'S, Iced Lemonade Cookies	60.00	262.00	4.50
43008	Babyfood, dinner, chicken and rice	60.00	25.00	1.60
18402	Pie crust, standard-type, prepared from recipe, unbaked	59.00	482.00	5.70
03076	Babyfood, dinner, vegetables, noodles and chicken, junior	59.00	26.00	1.70
08032	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES	59.00	371.00	4.30
14253	Alcoholic beverages, wine, rose	59.00	5.00	0.36
03238	Babyfood, dessert, tropical fruit, junior	58.00	7.00	0.20
18357	Sweet rolls, cinnamon, refrigerated dough with frosting	58.00	765.00	5.00
20029	Couscous, cooked	58.00	5.00	3.79
20127	Spaghetti, spinach, cooked	58.00	14.00	4.58
22999	Rice and vermicelli mix, chicken flavor, prepared with 80% margarine	58.00	377.00	2.65
28259	KELLOGG'S, EGGO Minis, Pancakes, Buttermilk	58.00	521.00	5.50
43017	Salad dressing, green goddess, regular	58.00	867.00	1.90
18202	Cookies, sugar wafer, with creme filling, sugar free	57.00	71.00	3.57
18499	KELLOGG, KELLOGG'S EGGO, Buttermilk Pancake	57.00	508.00	5.30
28210	MURRAY, SUGAR FREE, Vanilla Sugar Wafer	57.00	81.00	3.20
28215	MURRAY, JACKS Vanilla Wafers	57.00	331.00	4.80
06487	CAMPBELL'S Low Sodium Soups, Cream of Mushroom Soup	57.00	20.00	1.01
14270	Beverages, coffee, instant, vanilla, sweetened, decaffeinated, with non dairy creamer	57.00	333.00	0.00
16165	MORI-NU, Tofu, silken, lite extra firm	57.00	98.00	7.00
03228	Babyfood, dessert, peach cobbler, junior	56.00	0.00	0.30
06045	Soup, onion, canned, condensed	56.00	516.00	3.06
06149	Soup, chicken mushroom, canned, condensed	56.00	669.00	1.61
06311	CAMPBELL'S Red and White, Chicken Won Ton Soup, condensed	56.00	690.00	2.38
06312	CAMPBELL'S Red and White, Cream of Asparagus Soup, condensed	56.00	669.00	1.61

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
06343	CAMPBELL'S Red and White, Creamy Chicken Noodle Soup, condensed	56.00	702.00	3.23
06453	Soup, cream of potato, canned, prepared with equal volume water	56.00	238.00	0.72
16500	LOMA LINDA Little Links, canned, unprepared	56.00	472.00	19.40
16524	WORTHINGTON Veja-Links, canned, unprepared	56.00	530.00	14.60
20047	Rice, white, long-grain, parboiled, enriched, cooked	56.00	2.00	2.91
20447	Rice, white, long-grain, parboiled, unenriched, cooked	56.00	2.00	2.91
27058	Sauce, barbecue, OPEN PIT, original	56.00	1,517.00	0.44
28173	KELLOGG'S, POP-TARTS, Frosted Sugar Cookie Toaster Pastries	56.00	393.00	4.50
20656	Pasta, gluten-free, rice flour and rice bran extract, cooked, DE BOLES	55.00	4.00	4.21
27001	Soup, hot and sour, Chinese restaurant	55.00	376.00	2.58
28168	KELLOGG'S, POP-TARTS, Frosted Confetti Cake Toaster Pastries	55.00	460.00	4.40
42117	Imitation cheese, american or cheddar, low cholesterol	55.00	670.00	25.00
03075	Babyfood, dinner, vegetables, noodles and chicken, strained	55.00	20.00	2.00
03936	Infant formula, PBM PRODUCTS, store brand, ready-to-feed	55.00	14.00	1.40
04686	Salad dressing, honey mustard dressing, reduced calorie	55.00	701.00	0.98
06999	Gravy, CAMPBELL'S, chicken	55.00	424.00	0.79
10100	Pork, fresh, variety meats and by-products, ears, frozen, raw	55.00	191.00	22.45
03001	Babyfood, juice treats, fruit medley, toddler	54.00	89.00	0.00
03227	Babyfood, dessert, peach cobbler, strained	54.00	7.00	0.30
06008	Soup, beef broth or bouillon canned, ready-to-serve	54.00	372.00	1.14
06176	Sauce, oyster, ready-to-serve	54.00	2,733.00	1.35
09054	Blueberries, frozen, unsweetened	54.00	1.00	0.42
09352	Blueberries, canned, light syrup, drained	54.00	3.00	1.04
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	54.00	2.00	0.10
14250	Beverages, AMBER, hard cider	54.00	4.00	0.00
19300	Jellies	54.00	30.00	0.15
43128	Chicken, meatless	54.00	709.00	23.64
18489	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted strawberry	53.00	331.00	4.10
19263	Frozen novelties, fruit and juice bars	53.00	4.00	1.20
19361	Syrups, table blends, cane and 15% maple	53.00	104.00	0.00
28175	KELLOGG'S, POP-TARTS, Frosted Wild Fruit Fusion Toaster Pastries	53.00	334.00	3.90
28176	KELLOGG'S, POP-TARTS, Frosted Wild Grape Toaster Pastries	53.00	334.00	4.10
28177	KELLOGG'S, POP-TARTS, Frosted Wild Strawberry Toaster Pastries	53.00	333.00	3.90
06180	Soup, shark fin, restaurant-prepared	53.00	501.00	3.20
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	53.00	667.00	17.79
09253	Pears, canned, water pack, solids and liquids	53.00	2.00	0.19

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
18141	Cake, yellow, commercially prepared, with vanilla frosting	53.00	269.00	2.99
01167	Cheese, mexican, queso chihuahua	52.00	617.00	21.56
04011	Salad dressing, KRAFT Mayo Light Mayonnaise	52.00	633.00	0.60
19296	Honey	52.00	4.00	0.30
28172	KELLOGG'S, POP-TARTS, Frosted Spring Berry Toaster Pastries	52.00	321.00	4.00
28262	FAMOUS AMOS, Vanilla Sandwich Creme Cookies	52.00	260.00	4.90
28273	MURRAY, Vanilla Creme Sandwich Cookies	52.00	317.00	4.90
18490	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted wild berry	51.00	315.00	4.00
18614	MARTHA WHITE FOODS, Martha White's Chewy Fudge Brownie Mix, dry	51.00	457.00	4.42
19137	Toppings, strawberry	51.00	21.00	0.20
19383	Candies, toffee, prepared-from-recipe	51.00	135.00	1.07
42153	Salad dressing, blue or roquefort cheese dressing, light	51.00	939.00	2.10
01107	Milk, human, mature, fluid	51.00	17.00	1.03
03141	Babyfood, pears, dices, toddler	51.00	6.00	0.30
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	51.00	567.00	4.30
14162	Beverages, Apple juice drink, light, fortified with vitamin C	51.00	13.00	0.00
17066	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw	51.00	22.00	6.92
03115	Babyfood, apples, dices, toddler	50.00	6.00	0.20
04013	Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	50.00	750.00	0.20
04624	Margarine-like, vegetable oil spread, fat free, liquid, with salt	50.00	833.00	1.50
06391	CAMPBELL'S CHUNKY, Creamy Chicken and Dumplings Soup	50.00	339.00	2.32
06410	Soup, cream of celery, canned, prepared with equal volume water	50.00	254.00	0.68
11669	Seaweed, wakame, raw	50.00	872.00	3.03
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	50.00	63.00	0.42
14180	Beverages, coffee, brewed, breakfast blend	50.00	1.00	0.30
14552	Carbonated beverage, chocolate-flavored soda	50.00	4.00	0.00
18305	Pie, blueberry, commercially prepared	50.00	287.00	1.80
18306	Pie, blueberry, prepared from recipe	50.00	185.00	2.70
28003	KELLOGG'S, EGGO, Pancakes, Blueberry	50.00	480.00	5.30
28006	KELLOGG'S, CINNABON, Pancakes, Original	50.00	456.00	5.00
28098	KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Peanut Butter	50.00	479.00	6.90
28214	MURRAY, Lemon Creme Sandwich Cookies	50.00	308.00	4.70
42230	Salad Dressing, coleslaw dressing, reduced fat	50.00	1,600.00	0.00
19103	Candies, fudge, vanilla, prepared-from-recipe	49.00	47.00	1.05
21316	McDONALD'S, Tangy Honey Mustard Sauce	49.00	383.00	1.32
28182	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Vanilla Milkshake Toaster Pastries	49.00	391.00	4.00

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
42158	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	49.00	932.00	1.00
42193	Salad Dressing, mayonnaise-like, fat-free	49.00	788.00	0.20
04014	Salad dressing, KRAFT MIRACLE WHIP FREE Nonfat Dressing	49.00	788.00	0.20
06016	Soup, cream of chicken, canned, condensed	49.00	702.00	2.38
06336	CAMPBELL'S, Cream of Chicken Soup, condensed	49.00	624.00	1.76
06446	Soup, cream of onion, canned, prepared with equal volume water	49.00	380.00	1.13
09079	Cranberries, dried, sweetened	49.00	5.00	0.17
14209	Beverages, coffee, brewed, prepared with tap water	49.00	2.00	0.12
14430	Cranberry juice cocktail, frozen concentrate	49.00	4.00	0.05
01156	Cheese, goat, hard type	48.00	423.00	30.52
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior	48.00	3.00	1.30
04143	Salad dressing, italian dressing, commercial, regular, without salt	48.00	30.00	0.38
04705	Salad dressing, caesar, fat-free	48.00	1,265.00	1.47
06003	CAMPBELL'S Red and White, Beefy Mushroom Soup, condensed	48.00	706.00	2.38
06019	Soup, chicken noodle, canned, condensed	48.00	681.00	2.37
06340	CAMPBELL'S Red and White, Cream of Onion Soup, condensed	48.00	645.00	0.81
09177	Mangosteen, canned, syrup pack	48.00	7.00	0.41
18275	Muffins, blueberry, dry mix	48.00	479.00	3.48
28005	KELLOGG'S, CINNABON, Pancakes, Caramel	48.00	456.00	5.00
28181	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Strawberry Milkshake Toaster Pastries	48.00	390.00	4.00
28193	KELLOGG'S, POP-TARTS, Yum-azing Vanilla Milkshake Toaster Pastries	48.00	389.00	4.10
32001	Rice and vermicelli mix, beef flavor, prepared with 80% margarine	48.00	364.00	2.82
28138	KEEBLER, TOWN HOUSE, Bistro Multigrain Crackers	47.00	797.00	7.30
28170	KELLOGG'S, POP-TARTS, Frosted Orange Cream Toaster Pastries	47.00	387.00	3.90
43007	Babyfood, fruit, tutti frutti, junior	47.00	17.00	0.40
43476	Tofu yogurt	47.00	35.00	3.50
03042	Babyfood, dinner, vegetables and dumplings and beef, junior	47.00	52.00	2.10
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	47.00	3.00	1.30
06056	Soup, cream of shrimp, canned, condensed	47.00	685.00	2.22
09175	Mammy-apple, (mamey), raw	47.00	15.00	0.50
10898	Pork, pickled pork hocks	47.00	1,050.00	19.11
14226	Beverages, OCEAN SPRAY, Light Cranberry and Raspberry Flavored Juice	47.00	2.00	0.73
18144	Cake, yellow, enriched, dry mix	47.00	728.00	3.70
03041	Babyfood, dinner, vegetables and dumplings and beef, strained	46.00	49.00	2.00
03287	Babyfood, dinner, beef noodle, junior	46.00	26.00	2.50
04629	Margarine, margarine-type vegetable oil spread, 70% fat, soybean and partially hydrogenated soybean, stick	46.00	700.00	0.26

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
09353	Blueberries, wild, canned, heavy syrup, drained	46.00	1.00	0.56
14341	Beverages, pineapple and orange juice drink, canned	46.00	3.00	1.30
15157	Mollusks, clam, mixed species, raw	46.00	601.00	14.67
43006	Babyfood, fruit, tutti frutti, strained	46.00	25.00	0.40
19312	Pie fillings, apple, canned	45.00	47.00	0.10
28096	KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Original	45.00	187.00	5.00
43404	Beverages, cranberry-apple juice drink, low calorie, with vitamin C added	45.00	5.00	0.10
03222	Babyfood, cherry cobbler, junior	45.00	0.00	0.30
06022	Soup, chicken rice, canned, chunky, ready-to-serve	45.00	370.00	5.11
09255	Pears, canned, extra light syrup pack, solids and liquids	45.00	2.00	0.30
16004	Yokan, prepared from adzuki beans and sugar	45.00	83.00	3.29
03090	Babyfood, dinner, macaroni and cheese, junior	44.00	266.00	2.60
03199	Babyfood, cereal, with eggs, strained	44.00	38.00	2.20
06062	CAMPBELL'S, Red and White, Chicken Noodle Soup, condensed	44.00	683.00	2.37
14268	Beverages, Fruit punch drink, frozen concentrate	44.00	8.00	0.20
16523	WORTHINGTON Vegetarian Burger, canned, unprepared	44.00	451.00	18.60
19068	Candies, NESTLE, BIT-O'-HONEY Candy Chews	44.00	295.00	2.00
19349	Syrups, corn, dark	44.00	155.00	0.00
20015	Corn bran, crude	44.00	7.00	8.36
20121	Pasta, cooked, enriched, without added salt	44.00	1.00	5.80
20321	Pasta, cooked, enriched, with added salt	44.00	131.00	5.80
20421	Pasta, cooked, unenriched, without added salt	44.00	1.00	5.80
20521	Pasta, cooked, unenriched, with added salt	44.00	131.00	5.80
27066	Sauce, horseradish	44.00	730.00	1.09
19366	Toppings, pineapple	43.00	42.00	0.10
28284	KEEBLER, ZESTA, Saltines with Whole Wheat	43.00	1,532.00	8.40
11228	Jew's ear, (pepeao), raw	43.00	9.00	0.48
04073	Margarine, regular, hard, soybean (hydrogenated)	42.00	943.00	0.90
06119	Gravy, chicken, canned or bottled, ready-to-serve	42.00	389.00	0.71
09195	Olives, pickled, canned or bottled, green	42.00	1,556.00	1.03
09301	Rambutan, canned, syrup pack	42.00	11.00	0.65
20523	Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	42.00	5.00	8.86
23640	Beef, variety meats and by-products, tripe, cooked, simmered	42.00	68.00	11.71
28232	MURRAY, Vanilla Sugar Wafer	42.00	92.00	3.90
42270	Beverages, Orange juice drink	42.00	2.00	0.20
18171	Cookies, fortune	41.00	31.00	4.20

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
01002	Butter, whipped, with salt	41.00	583.00	0.49
01241	Ice cream sandwich, made with light ice cream, vanilla	41.00	146.00	4.29
01242	Ice cream sandwich, vanilla, light, no sugar added	41.00	164.00	5.71
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	41.00	3.00	1.20
06423	Soup, chicken with rice, canned, prepared with equal volume water	41.00	238.00	1.45
06968	Soup, cream of mushroom, low sodium, ready-to-serve, canned	41.00	20.00	1.00
14237	Beverages, coffee substitute, cereal grain beverage, prepared with water	41.00	5.00	0.10
02054	Capers, canned	40.00	2,348.00	2.36
06048	Soup, oyster stew, canned, condensed	40.00	722.00	1.72
06349	CAMPBELL'S Red and White, SCOOBY-DOO Soup, condensed	40.00	627.00	2.38
06409	Soup, beef noodle, canned, prepared with equal volume water	40.00	325.00	1.93
09052	Blueberries, canned, heavy syrup, solids and liquids	40.00	3.00	0.65
09251	Peach nectar, canned, without added ascorbic acid	40.00	7.00	0.27
09407	Peach nectar, canned, with added ascorbic acid	40.00	7.00	0.27
10101	Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered	40.00	167.00	15.95
27015	CAMPBELL'S Red and White, PHINEAS and FERB Soup, condensed	40.00	627.00	2.38
43483	Millet, puffed	40.00	5.00	13.00
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	39.00	351.00	3.40
19909	Sweeteners, sugar substitute, granulated, brown	39.00	572.00	2.06
02068	Vinegar, red wine	39.00	8.00	0.04
03069	Babyfood, dinner, chicken noodle, junior	39.00	35.00	2.37
03197	Babyfood, cereal, with egg yolks, strained	39.00	33.00	1.90
09435	Guava nectar, canned, with added ascorbic acid	39.00	6.00	0.09
14285	Beverages, OCEAN SPRAY, Ruby Red cranberry	39.00	11.00	0.07
14296	Beverages, lemonade-flavor drink, powder	39.00	130.00	0.00
18090	Cake, boston cream pie, commercially prepared	39.00	254.00	2.40
06442	Soup, mushroom barley, canned, prepared with equal volume water	38.00	365.00	0.77
07005	Blood sausage	38.00	680.00	14.60
09082	Cranberry-orange relish, canned	38.00	32.00	0.30
09192	Oheloberries, raw	38.00	1.00	0.38
14257	Beverages, OCEAN SPRAY, Light Cranberry	38.00	15.00	0.22
16511	WORTHINGTON Choplets, canned, unprepared	38.00	456.00	19.40
20110	Noodles, egg, enriched, cooked	38.00	5.00	4.54
20310	Noodles, egg, cooked, enriched, with added salt	38.00	165.00	4.54
20410	Noodles, egg, unenriched, cooked, without added salt	38.00	5.00	4.54
20510	Noodles, egg, cooked, unenriched, with added salt	38.00	165.00	4.54

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
28250	SUNSHINE, CHEEZ-IT, 100 Calorie RIGHT BITES, Extra Cheesy Party Mix	38.00	1,338.00	8.50
19092	Candies, TWIZZLERS NIBS CHERRY BITS	37.00	195.00	2.30
19108	Candies, jellybeans	37.00	50.00	0.00
19303	Marmalade, orange	37.00	56.00	0.30
20096	Pasta, fresh-refrigerated, spinach, cooked	37.00	6.00	5.06
20112	Noodles, egg, spinach, enriched, cooked	37.00	12.00	5.04
22119	MORNINGSTAR FARMS Veggie Dog, frozen, unprepared	37.00	1,076.00	17.40
42307	Margarine-like, butter-margarine blend, 80% fat, stick, without salt	37.00	28.00	0.90
42309	Margarine-like, vegetable oil-butter spread, reduced calorie, tub, with salt	37.00	607.00	1.00
06011	Soup, cheese, canned, condensed	37.00	692.00	0.80
06038	CAMPBELL'S, Cheddar Cheese Soup, condensed	37.00	692.00	0.80
14207	Beverages, tea, ready-to-drink, lemon, diet	37.00	1.00	0.00
14352	Beverages, tea, black, brewed, prepared with tap water, decaffeinated	37.00	3.00	0.00
14355	Beverages, tea, black, brewed, prepared with tap water	37.00	3.00	0.00
04018	Salad dressing, mayonnaise type, regular, with salt	36.00	653.00	0.65
04600	Margarine-like, vegetable oil-butter spread, tub, with salt	36.00	786.00	1.00
04630	Margarine Spread, approximately 48% fat, tub	36.00	646.00	0.20
04631	Margarine-like, vegetable oil spread, fat-free, tub	36.00	580.00	0.10
06416	Soup, cream of chicken, canned, prepared with equal volume water	36.00	347.00	1.41
14219	Beverages, coffee, instant, decaffeinated, prepared with water	36.00	4.00	0.12
28334	Cookies, gluten-free, lemon wafer	36.00	111.00	0.00
28358	GLUTINO, Gluten Free Wafers, Lemon Flavored	36.00	111.00	0.00
31033	Ginger root, pickled, canned, with artificial sweetener	36.00	906.00	0.33
42116	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie	36.00	833.00	1.50
19228	Frostings, cream cheese-flavor, ready-to-eat	35.00	191.00	0.10
20045	Rice, white, long-grain, regular, enriched, cooked	35.00	1.00	2.69
20115	Noodles, japanese, soba, cooked	35.00	60.00	5.06
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	35.00	382.00	2.69
20445	Rice, white, long-grain, regular, unenriched, cooked without salt	35.00	1.00	2.69
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	35.00	382.00	2.69
27061	Gravy, HEINZ Home Style, classic chicken	35.00	372.00	0.67
28107	KEEBLER, Gingerbread Men Cookies, Holiday	35.00	420.00	4.90
03198	Babyfood, cereal, with egg yolks, junior	35.00	33.00	1.90
03201	Babyfood, cereal, egg yolks and bacon, junior	35.00	48.00	2.50
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	35.00	1,000.00	0.90
14223	Beverages, coffee, instant, chicory	35.00	7.00	0.09

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
03224	Babyfood, dessert, cherry vanilla pudding, strained	34.00	0.00	0.20
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	34.00	568.00	1.10
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	34.00	589.00	0.51
04145	Salad dressing, mayonnaise, soybean oil, without salt	34.00	30.00	1.10
04690	Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	34.00	589.00	0.51
06023	Soup, chicken with rice, canned, condensed	34.00	645.00	1.84
06309	CAMPBELL'S, Chicken with Rice Soup, condensed	34.00	645.00	1.84
09526	Cranberry sauce, jellied, canned, OCEAN SPRAY	34.00	5.00	1.05
14259	Beverages, OCEAN SPRAY, Light Cranberry, Concord Grape	34.00	8.00	0.36
14610	Beverages, V8 SPLASH Juice Drinks, Diet Tropical Blend	34.00	15.00	0.00
14638	Beverages, Horchata, as served in restaurant	34.00	14.00	0.48
19230	Frostings, vanilla, creamy, ready-to-eat	34.00	184.00	0.00
42140	Salad dressing, italian dressing, reduced calorie	33.00	1,074.00	0.30
43019	Salad dressing, sweet and sour	33.00	208.00	0.10
03220	Babyfood, dessert, dutch apple, strained	33.00	0.00	0.20
03225	Babyfood, dessert, cherry vanilla pudding, junior	33.00	0.00	0.20
06219	CAMPBELL'S, 98% Fat Free Cream of Chicken Soup, condensed	33.00	575.00	1.80
09519	Guava nectar, with sucralose, canned	33.00	6.00	0.30
10173	Pork, fresh, variety meats and by-products, feet, cooked, simmered	33.00	73.00	21.94
14004	Alcoholic beverage, beer, regular, BUDWEISER	33.00	3.00	0.36
14252	Beverages, Malt liquor beverage	33.00	3.00	0.35
14282	Beverages, grape juice drink, canned	33.00	9.00	0.00
14607	Beverages, V8 SPLASH Juice Drinks, Diet Berry Blend	33.00	14.00	0.00
03046	Babyfood, ravioli, cheese filled, with tomato sauce	32.00	282.00	3.60
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior	32.00	3.00	1.20
04674	Margarine-like spread, SMART BALANCE Light Buttery Spread	32.00	580.00	0.02
06091	CAMPBELL'S Red and White, Beef Broth, condensed	32.00	694.00	2.42
06097	CAMPBELL'S Red and White, Beef Consomme, condensed	32.00	653.00	3.23
08512	Cereals, MALT-O-MEAL, chocolate, prepared with water, without salt	32.00	1.00	1.37
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	32.00	18.00	0.37
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	32.00	92.00	2.80
16522	WORTHINGTON Vegetable Steaks, canned, unprepared	32.00	417.00	20.70
27002	Soup, wonton, Chinese restaurant	32.00	406.00	2.08
20092	Pasta, gluten-free, corn, cooked	31.00	0.00	2.63
20106	Macaroni, vegetable, enriched, cooked	31.00	6.00	4.53
04641	Salad dressing, mayonnaise, light	31.00	827.00	0.37

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
04707	Oil, flaxseed, contains added sliced flaxseed	31.00	6.00	0.37
04708	Mayonnaise, reduced fat, with olive oil	31.00	800.00	0.37
05335	Chicken, feet, boiled	31.00	67.00	19.40
06417	Soup, chicken gumbo, canned, prepared with equal volume water	31.00	391.00	1.08
06443	Soup, cream of mushroom, canned, prepared with equal volume water	31.00	340.00	0.66
06465	Soup, turkey noodle, canned, prepared with equal volume water	31.00	334.00	1.60
06494	Soup, onion, dry, mix, prepared with water	31.00	346.00	0.32
07034	Headcheese, pork	31.00	941.00	13.83
09229	Papaya nectar, canned	31.00	5.00	0.17
10109	Pork, fresh, variety meats and by-products, leaf fat, raw	31.00	5.00	1.76
14267	Beverages, Fruit punch drink, with added nutrients, canned	31.00	38.00	0.00
14645	Beverages, Fruit flavored drink, less than 3% juice, not fortified with vitamin C	31.00	36.00	0.00
14646	Beverages, Fruit flavored drink containing less than 3% fruit juice, with high vitamin C	31.00	36.00	0.00
14647	Beverages, Fruit flavored drink, reduced sugar, greater than 3% fruit juice, high vitamin C, added calcium	31.00	25.00	0.00
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	30.00	785.00	0.12
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	30.00	615.00	0.17
04614	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	30.00	700.00	0.60
04620	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt	30.00	2.00	0.17
04693	Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D	30.00	785.00	0.12
04694	Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D	30.00	785.00	0.17
04695	Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D	30.00	785.00	0.60
04697	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt, with added vitamin D	30.00	2.00	0.17
06930	Sauce, cheese, ready-to-serve	30.00	828.00	6.71
06984	Soup, SWANSON Chicken Broth 99% Fat Free	30.00	409.00	0.54
14215	Beverages, coffee, instant, regular, prepared with water	30.00	4.00	0.10
14414	Alcoholic beverage, liqueur, coffee, 53 proof	30.00	8.00	0.10
14450	Beverages, drink mix, QUAKER OATS, GATORADE, orange flavor, powder	30.00	63.00	0.00
14534	Alcoholic beverage, liqueur, coffee, 63 proof	30.00	8.00	0.10
19375	Frostings, glaze, prepared-from-recipe	30.00	6.00	0.44
20133	Rice noodles, dry	30.00	182.00	5.95
42256	Margarine-like, vegetable oil spread, stick or tub, sweetened	30.00	542.00	0.00
44260	Puddings, all flavors except chocolate, low calorie, instant, dry mix	30.00	3,750.00	0.81
19908	Sugar, turbinado	29.00	3.00	0.00
20051	Rice, white, medium-grain, enriched, cooked	29.00	0.00	2.38
20117	Noodles, japanese, somen, cooked	29.00	161.00	4.00
20451	Rice, white, medium-grain, cooked, unenriched	29.00	0.00	2.38

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
43015	Salad dressing, caesar dressing, regular	29.00	1,209.00	2.17
43021	Salad dressing, caesar, low calorie	29.00	1,148.00	0.30
11975	Grape leaves, canned	29.00	2,853.00	4.27
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	28.00	4.00	1.20
04673	Margarine-like spread, SMART BALANCE Regular Buttery Spread with flax oil	28.00	646.00	0.14
09081	Cranberry sauce, canned, sweetened	28.00	5.00	0.90
14028	Beverages, Whiskey sour mix, bottled	28.00	102.00	0.10
28106	KEEBLER, Almond Crescents Cookies, Holiday	28.00	407.00	5.10
42040	Syrups, grenadine	28.00	27.00	0.00
20048	Rice, white, long-grain, precooked or instant, enriched, dry	27.00	10.00	7.82
21347	McDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing	27.00	851.00	3.56
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	27.00	2.00	1.71
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	27.00	227.00	1.58
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	27.00	223.00	1.71
09437	Tamarind nectar, canned	27.00	7.00	0.09
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	27.00	42.00	1.40
14003	Alcoholic beverage, beer, regular, all	27.00	4.00	0.46
14239	Alcoholic beverage, malt beer, hard lemonade	27.00	5.00	0.00
14280	Beverages, tea, black, ready to drink, decaffeinated, diet	27.00	4.00	0.00
14281	Beverages, tea, black, ready to drink, decaffeinated	27.00	8.00	0.00
14639	Beverages, rice milk, unsweetened	27.00	39.00	0.28
01159	Cheese, goat, soft type	26.00	459.00	18.52
04676	Margarine-like spread, SMART BEAT Smart Squeeze	26.00	829.00	0.00
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	26.00	45.00	1.88
14005	Alcoholic beverage, beer, light, BUDWEISER SELECT	26.00	3.00	0.20
14007	Alcoholic beverage, beer, light, BUD LIGHT	26.00	3.00	0.25
19217	Frozen novelties, ice type, fruit, no sugar added	26.00	5.00	0.50
20053	Rice, white, short-grain, enriched, cooked	26.00	0.00	2.36
20453	Rice, white, short-grain, cooked, unenriched	26.00	0.00	2.36
43268	Whipped cream substitute, dietetic, made from powdered mix	26.00	106.00	0.90
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	25.00	4.00	3.46
43479	Alcoholic beverage, rice (sake)	25.00	2.00	0.50
04626	Margarine-like spread with yogurt, 70% fat, stick, with salt	25.00	590.00	0.30
04633	Margarine-like, vegetable oil spread, 20% fat, with salt	25.00	733.00	0.00
04634	Margarine-like, vegetable oil spread, 20% fat, without salt	25.00	--	0.00
09434	Guanabana nectar, canned	25.00	8.00	0.11

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
11945	Pickle relish, sweet	25.00	811.00	0.37
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	25.00	3.00	0.02
14264	Beverages, fruit punch drink, without added nutrients, canned	25.00	10.00	0.00
14408	Beverages, orange-flavor drink, breakfast type, powder, prepared with water	25.00	5.00	0.00
01001	Butter, salted	24.00	643.00	0.85
01145	Butter, without salt	24.00	11.00	0.85
04133	Salad dressing, french, home recipe	24.00	658.00	0.10
04146	Salad dressing, french, cottonseed, oil, home recipe	24.00	658.00	0.10
06342	CAMPBELL'S Red and White, Cream of Shrimp Soup, condensed	24.00	694.00	2.42
06419	Soup, chicken noodle, canned, prepared with equal volume water	24.00	335.00	1.16
06456	Soup, cream of shrimp, canned, prepared with equal volume water	24.00	391.00	1.11
09436	Mango nectar, canned	24.00	5.00	0.11
14086	Beverages, V8 SPLASH Smoothies, Peach Mango	24.00	29.00	1.22
14087	Beverages, V8 SPLASH Smoothies, Strawberry Banana	24.00	29.00	1.22
14088	Beverages, V8 SPLASH Smoothies, Tropical Colada	24.00	20.00	1.22
14241	Beverages, cranberry-grape juice drink, bottled	24.00	3.00	0.20
14256	Beverages, OCEAN SPRAY, Cran Cherry	24.00	7.00	0.19
14633	Beverages, Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C	24.00	14.00	0.00
20094	Pasta, fresh-refrigerated, plain, cooked	24.00	6.00	5.15
20657	Pasta, gluten-free, corn and rice flour, cooked	24.00	4.00	3.20
43329	Salad dressing, mayonnaise and mayonnaise-type, low calorie	24.00	837.00	0.90
19384	Candies, divinity, prepared-from-recipe	23.00	34.00	1.32
19856	Frozen novelties, juice type, POPSICLE SCRIBBLERS	23.00	13.00	0.00
44203	Beverages, Cocktail mix, non-alcoholic, concentrated, frozen	23.00	0.00	0.08
06611	Soup, SWANSON, beef broth, lower sodium	23.00	180.00	1.20
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	23.00	18.00	1.82
08113	Cereals, farina, enriched, cooked with water, without salt	23.00	18.00	1.82
08173	Cereals, farina, enriched, cooked with water, with salt	23.00	126.00	1.82
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	23.00	34.00	1.44
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	23.00	4.00	1.65
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	23.00	4.00	1.95
11941	Pickles, cucumber, sour	23.00	1,208.00	0.33
11946	Pickles, cucumber, sour, low sodium	23.00	18.00	0.33
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	22.00	11.00	0.00
04585	Margarine-like, margarine-butter blend, soybean oil and butter	22.00	719.00	0.31
06363	CAMPBELL'S, Homestyle Chicken Noodle Soup, condensed	22.00	739.00	2.36

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
06966	Soup, chicken noodle, low sodium, canned, prepared with equal volume water	22.00	173.00	1.27
06985	Gravy, HEINZ Home Style, savory beef	22.00	587.00	1.09
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	22.00	2.00	1.23
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	22.00	223.00	1.23
14258	Beverages, OCEAN SPRAY, White Cranberry Peach	22.00	11.00	0.13
19720	Syrups, table blends, pancake, with 2% maple, with added potassium	22.00	61.00	0.00
27000	Soup, egg drop, Chinese restaurant	22.00	370.00	1.16
28034	GIRL SCOUTS, Thank U Berry Munch Cookies	22.00	305.00	4.60
28036	GIRL SCOUTS, Trefoils Cookies	22.00	343.00	5.70
20097	Pasta, homemade, made with egg, cooked	21.00	83.00	5.28
09328	Maraschino cherries, canned, drained	21.00	4.00	0.22
09525	Cranberry sauce, whole, canned, OCEAN SPRAY	21.00	5.00	0.75
14006	Alcoholic beverage, beer, light	21.00	4.00	0.24
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	21.00	5.00	0.06
14248	Alcoholic beverage, beer, light, higher alcohol	21.00	4.00	0.25
14544	Beverages, tea, black, brewed, prepared with distilled water	21.00	--	0.00
04025	Salad dressing, mayonnaise, regular	20.00	635.00	0.96
04703	Salad dressing, honey mustard, regular	20.00	512.00	0.87
06188	Soup, beef broth, less/reduced sodium, ready to serve	20.00	225.00	1.14
06448	Soup, oyster stew, canned, prepared with equal volume water	20.00	407.00	0.87
06615	Soup, SWANSON, vegetable broth	20.00	303.00	0.23
08101	Cereals, CREAM OF RICE, cooked with water, without salt	20.00	1.00	0.90
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	20.00	102.00	1.84
08168	Cereals, CREAM OF RICE, cooked with water, with salt	20.00	173.00	0.90
14649	Beverages, tea, hibiscus, brewed	20.00	4.00	0.00
16128	Tofu, dried-frozen (koyadofu)	20.00	6.00	52.47
16428	Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	20.00	6.00	52.43
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	20.00	10,600.00	0.00
19206	Puddings, vanilla, dry mix, regular	20.00	635.00	0.30
19710	Puddings, vanilla, dry mix, regular, with added oil	20.00	754.00	0.30
20058	Rice, white, steamed, Chinese restaurant	20.00	5.00	3.20
21346	McDONALD'S, NEWMAN'S OWN Cobb Dressing	20.00	709.00	1.69
21348	McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette	20.00	1,562.00	0.19
20098	Pasta, homemade, made without egg, cooked	19.00	74.00	4.37
01072	Dessert topping, pressurized	19.00	62.00	0.98
06700	Soup, vegetable broth, ready to serve	19.00	296.00	0.24

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
14024	Beverages, Whiskey sour mix, powder	19.00	274.00	0.60
14119	Beverages, Mixed vegetable and fruit juice drink, with added nutrients	19.00	21.00	0.04
14137	Beverages, NESTEA, tea, black, ready-to-drink, lemon	19.00	21.00	0.00
14165	Beverages, carbonated, limeade, high caffeine	19.00	40.00	0.00
14171	Beverages, coconut milk, sweetened, fortified with calcium, vitamins A, B12, D2	19.00	--	0.21
14261	Beverages, tea, green, ready to drink, unsweetened	19.00	7.00	0.00
14284	Beverages, Cranberry juice cocktail	19.00	2.00	0.00
14476	Beverages, LIPTON BRISK, tea, black, ready-to-drink, lemon	19.00	21.00	0.00
01073	Dessert topping, semi solid, frozen	18.00	25.00	1.25
03048	Babyfood, macaroni and cheese, toddler	18.00	112.00	3.50
04610	Margarine, regular, 80% fat, composite, stick, with salt	18.00	751.00	0.16
04617	Margarine, regular, 80% fat, composite, stick, without salt	18.00	2.00	0.16
04628	Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils	18.00	654.00	0.16
04668	Margarine, industrial, soy and partially hydrogenated soy oil, use for baking, sauces and candy	18.00	886.00	0.18
04691	Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D	18.00	751.00	0.16
04696	Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D	18.00	2.00	0.16
06194	Soup, chicken broth, ready-to-serve	18.00	371.00	0.64
10098	Pork, fresh, variety meats and by-products, chitterlings, raw	18.00	24.00	7.64
14029	Alcoholic beverage, whiskey sour, prepared from item 14028	18.00	61.00	0.06
14233	Beverages, OCEAN SPRAY, Cran Raspberry Juice Drink	18.00	14.00	0.28
14323	Beverages, orange drink, canned, with added vitamin C	18.00	3.00	0.00
14367	Beverages, tea, instant, unsweetened, prepared with water	18.00	4.00	0.06
14461	Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	18.00	42.00	0.00
44259	Puddings, all flavors except chocolate, low calorie, regular, dry mix	18.00	1,765.00	1.60
19320	Puddings, banana, dry mix, regular	17.00	788.00	0.00
19387	Frozen novelties, ice type, pineapple-coconut	17.00	35.00	0.00
19706	Puddings, banana, dry mix, regular, with added oil	17.00	788.00	0.00
04611	Margarine, regular, 80% fat, composite, tub, with salt	17.00	657.00	0.22
04618	Margarine, regular, 80% fat, composite, tub, without salt	17.00	28.00	0.22
04692	Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D	17.00	657.00	0.22
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	17.00	129.00	1.46
14013	Alcoholic beverage, beer, light, low carb	17.00	3.00	0.17
14238	Beverages, cranberry-apple juice drink, bottled	17.00	2.00	0.00
14543	Beverages, lemonade, frozen concentrate, pink, prepared with water	17.00	4.00	0.05
16521	WORTHINGTON Vegetable Skallops, canned, unprepared	17.00	460.00	19.90
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	16.00	6.00	1.44

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
13335	Beef, variety meats and by-products, suet, raw	16.00	7.00	1.50
14462	Beverages, Propel Zero, fruit-flavored, non-carbonated	16.00	33.00	0.00
19177	Gelatins, dry powder, unsweetened	16.00	196.00	85.60
19129	Syrups, table blends, pancake	15.00	82.00	0.00
19283	Frozen novelties, ice type, pop	15.00	7.00	0.00
19318	Puddings, banana, dry mix, instant	15.00	1,499.00	0.00
19705	Puddings, banana, dry mix, instant, with added oil	15.00	1,499.00	0.00
10864	Pork, bacon, rendered fat, cooked	15.00	27.00	0.07
14260	Beverages, tea, green, brewed, decaffeinated	15.00	--	0.00
14293	Lemonade, frozen concentrate, white, prepared with water	15.00	4.00	0.07
14371	Beverages, tea, instant, lemon, sweetened, prepared with water	15.00	2.00	0.01
14460	Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.	15.00	39.00	0.00
14608	Beverages, V8 SPLASH Juice Drinks, Diet Fruit Medley	15.00	13.00	0.00
14609	Beverages, V8 SPLASH Juice Drinks, Diet Strawberry Kiwi	15.00	13.00	0.00
08511	Cereals, MALT-O-MEAL, original, plain, prepared with water, without salt	14.00	0.00	1.67
10099	Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	14.00	18.00	12.49
14161	Beverages, Kiwi Strawberry Juice Drink	14.00	11.00	0.00
14199	Beverages, tea, black, ready-to-drink, lemon, sweetened	14.00	3.00	0.00
14211	Beverages, tea, black, ready-to-drink, lemon, diet	14.00	17.00	0.00
14220	Beverages, OCEAN SPRAY, Cranberry-Apple Juice Drink, bottled	14.00	19.00	0.29
14227	Beverages, OCEAN SPRAY, White Cranberry Strawberry Flavored Juice Drink	14.00	3.00	0.22
14242	Cranberry juice cocktail, bottled	14.00	2.00	0.00
14376	Beverages, tea, instant, lemon, diet	14.00	6.00	0.02
14601	Beverages, WENDY'S, tea, ready-to-drink, unsweetened	14.00	3.00	0.22
14611	Beverages, V8 SPLASH Juice Drinks, Berry Blend	14.00	21.00	0.00
14618	Beverages, V8 SPLASH Juice Drinks, Strawberry Kiwi	14.00	21.00	0.00
19067	Candies, TWIZZLERS CHERRY BITES	14.00	261.00	2.97
19175	Gelatin desserts, dry mix, reduced calorie, with aspartame	14.00	862.00	15.67
19704	Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium	14.00	158.00	55.30
43598	Mayonnaise dressing, no cholesterol	14.00	486.00	0.00
06528	Soup, chicken noodle, dry, mix, prepared with water	13.00	229.00	0.84
09262	Pear nectar, canned, without added ascorbic acid	13.00	4.00	0.11
09408	Pear nectar, canned, with added ascorbic acid	13.00	4.00	0.11
10132	Pork, cured, feet, pickled	13.00	946.00	11.63
14191	Beverages, tea, green, ready-to-drink, citrus, diet, fortified with vitamin C	13.00	26.00	0.00
14269	Beverages, Fruit punch drink, frozen concentrate, prepared with water	13.00	5.00	0.06

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
14644	Beverages, PEPSICO QUAKER, Gatorade G2, low calorie	13.00	45.00	0.05
04675	Margarine-like spread, SMART BEAT Super Light without saturated fat	12.00	755.00	0.00
11108	Butterbur, canned	12.00	4.00	0.11
14206	Beverages, tea, green, ready-to-drink, sweetened	12.00	21.00	0.00
14235	Beverages, OCEAN SPRAY, Diet Cran Cherry	12.00	8.00	0.21
14277	Beverages, grape drink, canned	12.00	16.00	0.00
14279	Beverages, tea, black, ready-to-drink, peach, diet	12.00	5.00	0.00
14431	Cranberry juice cocktail, frozen concentrate, prepared with water	12.00	4.00	0.01
14613	Beverages, V8 SPLASH Juice Drinks, Guava Passion Fruit	12.00	14.00	0.00
14614	Beverages, V8 SPLASH Juice Drinks, Mango Peach	12.00	16.00	0.00
14619	Beverages, V8 SPLASH Juice Drinks, Tropical Blend	12.00	21.00	0.00
19202	Puddings, vanilla, dry mix, instant	12.00	1,441.00	0.00
19370	Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies	12.00	15.00	0.19
43146	Eggplant, pickled	12.00	1,674.00	0.90
19873	Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops	11.00	10.00	0.00
20003	Arrowroot flour	11.00	2.00	0.30
20068	Tapioca, pearl, dry	11.00	1.00	0.19
43514	Frozen novelties, ice type, pop, with low calorie sweetener	11.00	10.00	0.00
14009	Alcoholic beverage, daiquiri, canned	11.00	40.00	0.00
14027	Alcoholic beverage, whiskey sour, canned	11.00	44.00	0.00
14217	Beverages, OCEAN SPRAY, Cran Grape	11.00	19.00	0.21
14255	Beverages, OCEAN SPRAY, Cran Pomegranate	11.00	12.00	0.07
14636	Beverages, fruit juice drink, reduced sugar, with vitamin E added	11.00	2.00	0.00
04027	Salad dressing, mayonnaise, imitation, soybean	10.00	497.00	0.30
04029	Salad dressing, mayonnaise, imitation, soybean without cholesterol	10.00	353.00	0.10
06481	Soup, chicken broth cubes, dry, prepared with water	10.00	326.00	0.39
14019	Alcoholic beverage, tequila sunrise, canned	10.00	57.00	0.30
14060	Beverages, Energy Drink with carbonated water and high fructose corn syrup	10.00	48.00	0.42
14095	Beverages, MINUTE MAID, Lemonada, Limeade	10.00	6.00	0.00
14167	Beverages, POWERADE, Zero, Mixed Berry	10.00	42.00	0.00
14174	Beverages, Lemonade fruit juice drink light, fortified with vitamin E and C	10.00	5.00	0.00
14189	Beverages, The COCA-COLA company, Minute Maid, Lemonade	10.00	6.00	0.00
14234	Beverages, OCEAN SPRAY, Cran Lemonade	10.00	52.00	0.07
14303	Limeade, frozen concentrate, prepared with water	10.00	3.00	0.00
14475	Beverages, ARIZONA, tea, ready-to-drink, lemon	10.00	4.00	0.00
14599	Beverages, Powerade Zero Ion4, calorie-free, assorted flavors	10.00	42.00	0.00

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
14612	Beverages, V8 SPLASH Juice Drinks, Fruit Medley	10.00	21.00	0.00
14615	Beverages, V8 SPLASH Juice Drinks, Orange Pineapple	10.00	21.00	0.00
14616	Beverages, V8 SPLASH Juice Drinks, Orchard Blend	10.00	21.00	0.00
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	10.00	--	0.16
19371	Frostings, vanilla, creamy, dry mix, prepared with margarine	10.00	114.00	0.34
20055	Rice, white, glutinous, unenriched, cooked	10.00	5.00	2.02
43355	Mayonnaise, low sodium, low calorie or diet	10.00	110.00	0.30
20030	Hominy, canned, white	9.00	345.00	1.48
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	9.00	4.00	2.18
20330	Hominy, canned, yellow	9.00	345.00	1.48
28154	KEEBLER, Vienna Fingers with Creme Filling, Reduced Fat	9.00	366.00	4.50
43016	Salad dressing, coleslaw	9.00	710.00	0.90
09194	Olives, ripe, canned (jumbo-super colossal)	9.00	735.00	0.97
14381	Beverages, tea, herb, other than chamomile, brewed	9.00	1.00	0.00
14545	Beverages, tea, herb, brewed, chamomile	9.00	1.00	0.00
02047	Salt, table	8.00	38,758.00	0.00
04135	Salad dressing, home recipe, vinegar and oil	8.00	1.00	0.00
09193	Olives, ripe, canned (small-extra large)	8.00	735.00	0.84
14031	Beverages, water, bottled, yumberry, pomegranate with anti-oxidants, zero calories	8.00	10.00	0.00
14221	Beverages, OCEAN SPRAY, Diet Cranberry Juice	8.00	7.00	0.07
14278	Beverages, tea, green, brewed, regular	8.00	1.00	0.22
14305	Malt beverage, includes non-alcoholic beer	8.00	13.00	0.21
14416	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	8.00	--	0.11
14617	Beverages, V8 SPLASH Juice Drinks, Strawberry Banana	8.00	21.00	0.00
19330	Puddings, lemon, dry mix, instant	8.00	1,332.00	0.00
19919	Candies, fruit snacks, with high vitamin C	8.00	23.00	0.08
28112	KEEBLER, READY CRUST, Shortbread Pie Crust	8.00	430.00	4.40
19018	Fruit syrup	7.00	--	0.00
19172	Gelatin desserts, dry mix	7.00	466.00	7.80
19244	Frostings, vanilla, creamy, dry mix	7.00	13.00	0.30
19310	Pectin, unsweetened, dry mix	7.00	200.00	0.30
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	7.00	491.00	7.80
25025	Snacks, soy chips or crisps, salted	7.00	842.00	26.50
28153	KEEBLER, Vienna Fingers with Creme Filling	7.00	301.00	4.50
14146	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine	7.00	4.00	0.12
14530	Whiskey sour mix, bottled, with added potassium and sodium	7.00	33.00	0.10

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
06475	Soup, beef broth or bouillon, powder, prepared with water	6.00	382.00	0.21
06476	Soup, beef broth, cubed, prepared with water	6.00	260.00	0.21
06480	Soup, chicken broth or bouillon, dry, prepared with water	6.00	401.00	0.28
11593	Waxgourd, (chinese preserving melon), raw	6.00	111.00	0.40
14288	Lemonade, powder, prepared with water	6.00	--	0.00
14350	Strawberry-flavor beverage mix, powder	6.00	38.00	0.10
14629	Beverages, Energy drink, ROCKSTAR	6.00	16.00	0.34
19281	Frozen novelties, ice type, italian, restaurant-prepared	6.00	4.00	0.03
19333	Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water	6.00	63.00	0.65
19360	Syrups, table blends, pancake, with 2% maple	6.00	61.00	0.00
42151	Vegetable oil-butter spread, reduced calorie	6.00	581.00	0.00
18370	Leavening agents, baking powder, double-acting, straight phosphate	5.00	7,893.00	0.10
19106	Candies, gumdrops, starch jelly pieces	5.00	44.00	0.00
19107	Candies, hard	5.00	38.00	0.00
19116	Candies, marshmallows	5.00	80.00	1.80
19194	Puddings, rice, dry mix	5.00	366.00	2.70
19198	Puddings, tapioca, dry mix	5.00	477.00	0.10
19332	Puddings, lemon, dry mix, regular	5.00	506.00	0.10
19365	Toppings, marshmallow cream	5.00	80.00	0.80
19709	Puddings, tapioca, dry mix, with no added salt	5.00	8.00	0.10
43020	Salad dressing, blue or roquefort cheese, low calorie	5.00	939.00	5.10
01003	Butter oil, anhydrous	5.00	2.00	0.28
11563	Tree fern, cooked, without salt	5.00	--	0.29
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	5.00	107.00	0.40
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	5.00	343.00	0.40
11928	Tree fern, cooked, with salt	5.00	241.00	0.29
14148	Beverages, carbonated, cola, regular	5.00	3.00	0.00
14188	Beverages, tea, green, ready to drink, ginseng and honey, sweetened	5.00	2.00	0.00
14190	Beverages, tea, green, ready-to-drink, diet	5.00	6.00	0.00
14531	Alcoholic beverage, whiskey sour	5.00	20.00	0.00
04662	Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)	4.00	6.00	0.00
04687	Margarine-like spread, BENECOL Light Spread	4.00	670.00	0.00
14021	Beverages, Energy drink, Citrus	4.00	10.00	0.00
14025	Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix	4.00	47.00	0.10
14166	Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine	4.00	16.00	0.00
14604	Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener	4.00	14.00	0.00

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
19099	Candies, fondant, prepared-from-recipe	4.00	11.00	0.00
19337	Sweeteners, tabletop, aspartame, EQUAL, packets	4.00	0.00	2.17
19868	Sweeteners, tabletop, sucralose, SPLENDA packets	4.00	--	0.00
19912	Sweetener, syrup, agave	4.00	--	0.09
20134	Rice noodles, cooked	4.00	19.00	1.79
43158	Sweeteners, tabletop, saccharin (sodium saccharin)	4.00	428.00	0.94
19070	Candies, butterscotch	3.00	391.00	0.03
19113	Syrups, table blends, pancake, with butter	3.00	287.00	0.00
19128	Syrups, table blends, pancake, reduced-calorie	3.00	178.00	0.00
19222	Desserts, rennin, vanilla, dry mix	3.00	6.00	0.00
19280	Frozen novelties, ice type, lime	3.00	22.00	0.40
19382	Candies, taffy, prepared-from-recipe	3.00	52.00	0.03
20027	Cornstarch	3.00	9.00	0.26
43114	Vermicelli, made from soy	3.00	4.00	0.10
43497	Jellyfish, dried, salted	3.00	9,690.00	5.50
14147	Beverages, carbonated, cola, without caffeine	3.00	4.00	0.00
14149	Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners	3.00	4.00	0.00
14154	Beverages, Energy drink, RED BULL	3.00	39.00	0.46
14156	Beverages, Energy drink, RED BULL, sugar free, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12	3.00	83.00	0.25
14297	Beverages, lemonade-flavor drink, powder, prepared with water	3.00	13.00	0.00
14625	Beverages, Energy drink, AMP	3.00	27.00	0.25
14626	Beverages, Energy drink, FULL THROTTLE	3.00	35.00	0.25
14630	Beverages, Energy drink, ROCKSTAR, sugar free	3.00	52.00	0.25
14640	Beverages, Energy drink, VAULT, citrus flavor	3.00	12.00	0.00
14641	Beverages, Energy drink, VAULT Zero, sugar-free, citrus flavor	3.00	14.00	0.25
02053	Vinegar, distilled	2.00	--	0.00
04656	Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter	2.00	6.00	0.00
04659	Oil, industrial, coconut, confection fat, typical basis for ice cream coatings	2.00	5.00	0.00
04660	Oil, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy	2.00	6.00	0.00
04661	Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners	2.00	7.00	0.00
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	2.00	1.00	0.00
14050	Alcoholic beverage, distilled, rum, 80 proof	2.00	1.00	0.00
14075	Beverages, GEROLSTEINER BRUNNEN GmbH & Co. KG,Gerolsteiner naturally sparkling mineral water,	2.00	13.00	0.00
14079	Beverages, yellow green colored citrus soft drink with caffeine	2.00	18.00	0.00
14121	Beverages, carbonated, club soda	2.00	21.00	0.00
14143	Beverages, carbonated, low calorie, other than cola or pepper, without caffeine	2.00	6.00	0.10

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
14150	Beverages, carbonated, orange	2.00	12.00	0.00
14151	Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine	2.00	6.00	0.10
14400	Beverages, carbonated, cola, fast-food cola	2.00	4.00	0.07
14532	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof	2.00	1.00	0.00
14533	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof	2.00	1.00	0.00
14537	Carbonated beverage, low calorie, other than cola or pepper, with sodium saccharin, without caffeine	2.00	16.00	0.00
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	2.00	1.00	0.00
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	2.00	1.00	0.00
14627	Beverages, Energy Drink, Monster, fortified with vitamins C, B2, B3, B6, B12	2.00	77.00	0.47
14628	Beverages, Energy drink, AMP, sugar free	2.00	31.00	0.00
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	2.00	--	0.41
19163	Chewing gum	2.00	1.00	0.00
19335	Sugars, granulated	2.00	1.00	0.00
19336	Sugars, powdered	2.00	--	0.00
19907	Sweeteners, for baking, contains sugar and sucralose	2.00	--	0.00
28094	KEEBLER, FUDGE SHOPPE, Jumbo Fudge Sticks, Vanilla	2.00	113.00	2.40
43214	Butter replacement, without fat, powder	--	1,200.00	2.00
19030	Syrup, fruit flavored	1.00	--	0.00
19173	Gelatin desserts, dry mix, prepared with water	1.00	75.00	1.22
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	1.00	48.00	0.83
19350	Syrups, corn, light	1.00	62.00	0.00
04053	Oil, olive, salad or cooking	1.00	2.00	0.00
04657	Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter	1.00	6.00	0.00
04658	Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product	1.00	6.00	0.00
04663	Oil, industrial, palm kernel (hydrogenated), filling fat	1.00	6.00	0.00
14051	Alcoholic beverage, distilled, vodka, 80 proof	1.00	--	0.00
14052	Alcoholic beverage, distilled, whiskey, 86 proof	1.00	--	0.00
14130	Carbonated beverage, cream soda	1.00	12.00	0.00
14136	Beverages, carbonated, ginger ale	1.00	7.00	0.00
14142	Beverages, carbonated, grape soda	1.00	15.00	0.00
14144	Beverages, carbonated, lemon-lime soda, no caffeine	1.00	10.00	0.09
14145	Beverages, carbonated, SPRITE, lemon-lime, without caffeine	1.00	9.00	0.05
14153	Beverages, carbonated, pepper-type, contains caffeine	1.00	10.00	0.00
14157	Beverages, carbonated, root beer	1.00	13.00	0.00
14429	Beverages, water, tap, municipal	1.00	3.00	0.00
14541	Beverages, fruit punch-flavor drink, powder, without added sodium, prepared with water	1.00	7.00	0.00

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
02052	Vanilla extract, imitation, no alcohol	0.00	3.00	0.03
03024	Babyfood, water, bottled, GERBER, without added fluoride.	--	--	0.00
04001	Fat, beef tallow	--	--	0.00
04002	Lard	--	--	0.00
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	--	--	0.00
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	--	--	0.00
04037	Oil, rice bran	--	--	0.00
04038	Oil, wheat germ	--	--	0.00
04042	Oil, peanut, salad or cooking	--	--	0.00
04044	Oil, soybean, salad or cooking	--	--	0.00
04047	Oil, coconut	--	--	0.00
04055	Oil, palm	--	--	0.00
04058	Oil, sesame, salad or cooking	--	--	0.00
04060	Oil, sunflower, linoleic (less than 60%)	--	--	0.00
04501	Oil, cocoa butter	--	--	0.00
04502	Oil, cottonseed, salad or cooking	--	--	0.00
04506	Oil, sunflower, linoleic, (approx. 65%)	--	--	0.00
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	--	--	0.00
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	--	--	0.00
04513	Vegetable oil, palm kernel	--	--	0.00
04514	Oil, poppyseed	--	--	0.00
04515	Oil, tomatoseed	--	--	0.00
04516	Oil, teaseed	--	--	0.00
04517	Oil, grapeseed	--	--	0.00
04518	Oil, corn, industrial and retail, all purpose salad or cooking	--	--	0.00
04520	Fat, mutton tallow	--	--	0.00
04528	Oil, walnut	--	--	0.00
04529	Oil, almond	--	--	0.00
04530	Oil, apricot kernel	--	--	0.00
04531	Oil, soybean lecithin	--	--	0.00
04532	Oil, hazelnut	--	--	0.00
04534	Oil, babassu	--	--	0.00
04536	Oil, sheanut	--	--	0.00
04541	Oil, cupu assu	--	--	0.00
04542	Fat, chicken	--	--	0.00
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	--	--	0.00

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
04544	Shortening, household, lard and vegetable oil	--	--	0.00
04545	Oil, sunflower, linoleic, (partially hydrogenated)	--	--	0.00
04546	Shortening bread, soybean (hydrogenated) and cottonseed	--	--	0.00
04548	Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)	--	--	0.00
04549	Shortening industrial, lard and vegetable oil	--	--	0.00
04550	Shortening frying (heavy duty), beef tallow and cottonseed	--	--	0.00
04551	Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)	--	--	0.00
04554	Shortening industrial, soybean (hydrogenated) and cottonseed	--	--	0.00
04556	Shortening frying (heavy duty), palm (hydrogenated)	--	--	0.00
04559	Shortening household soybean (hydrogenated) and palm	--	--	0.00
04560	Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)	--	--	0.00
04570	Shortening, confectionery, fractionated palm	--	--	0.00
04572	Oil, nutmeg butter	--	--	0.00
04573	Oil, ucuhuba butter	--	--	0.00
04574	Fat, duck	--	--	0.00
04575	Fat, turkey	--	--	0.00
04576	Fat, goose	--	--	0.00
04581	Oil, avocado	--	--	0.00
04582	Oil, canola	--	--	0.00
04583	Oil, mustard	--	--	0.00
04584	Oil, sunflower, high oleic (70% and over)	--	--	0.00
04586	Shortening, special purpose for cakes and frostings, soybean (hydrogenated)	--	--	0.00
04587	Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed	--	--	0.00
04588	Oil, oat	--	--	0.00
04589	Fish oil, cod liver	--	--	0.00
04590	Fish oil, herring	--	--	0.00
04591	Fish oil, menhaden	--	--	0.00
04592	Fish oil, menhaden, fully hydrogenated	--	--	0.00
04593	Fish oil, salmon	--	--	0.00
04594	Fish oil, sardine	--	--	0.00
04595	Shortening, multipurpose, soybean (hydrogenated) and palm (hydrogenated)	--	--	0.00
04606	Meat drippings (lard, beef tallow, mutton tallow)	--	545.00	0.00
04609	Animal fat, bacon grease	--	150.00	0.00
04615	Shortening, vegetable, household, composite	--	4.00	0.00
04642	Oil, industrial, mid-oleic, sunflower	--	--	0.00
04643	Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying	--	--	0.00

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
04644	Oil, industrial, canola for salads, woks and light frying	--	--	0.00
04645	Oil, industrial, canola (partially hydrogenated) oil for deep fat frying	--	--	0.00
04646	Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts	--	--	0.00
04648	Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables	--	--	0.00
04649	Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening	--	--	0.00
04650	Oil, industrial, soy, refined, for woks and light frying	--	--	0.00
04651	Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor	--	--	0.00
04652	Oil, industrial, soy (partially hydrogenated), all purpose	--	--	0.00
04653	Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry	--	--	0.00
04654	Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening	--	--	0.00
04655	Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries	--	864.00	0.00
04664	Oil, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings	--	--	0.00
04666	Shortening, industrial, soy (partially hydrogenated) and corn for frying	--	--	0.00
04667	Shortening, industrial, soy (partially hydrogenated) for baking and confections	--	--	0.00
04669	USDA Commodity Food, oil, vegetable, soybean, refined	--	--	0.00
04670	USDA Commodity Food, oil, vegetable, low saturated fat	--	--	0.00
04679	Oil, PAM cooking spray, original	0.00	59.00	0.26
04698	Oil, industrial, canola, high oleic	--	--	0.00
04699	Oil, industrial, soy, low linolenic	--	--	0.00
04700	Oil, industrial, soy, ultra low linolenic	--	--	0.00
04701	Oil, industrial, soy, fully hydrogenated	--	--	0.00
04702	Oil, industrial, cottonseed, fully hydrogenated	--	--	0.00
14022	Beverages, MONSTER energy drink, low carb	--	75.00	0.00
14026	Beverages, THE COCA-COLA COMPANY, NOS Zero, energy drink, sugar-free with guarana, fortified with vitamins B6 and B12	--	85.00	0.00
14030	Beverages, THE COCA-COLA COMPANY, NOS energy drink, Original, grape, loaded cherry, charged citrus, fortified with vitamins B6 and B12	--	85.00	0.00
14034	Alcoholic beverage, creme de menthe, 72 proof	--	5.00	0.00
14038	Beverages, OCEAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink	--	21.00	0.00
14049	Alcoholic beverage, distilled, gin, 90 proof	--	2.00	0.00
14061	Beverages, Energy Drink, sugar free	0.00	42.00	0.42
14065	Beverages, The COCA-COLA company, Hi-C Flashin' Fruit Punch	--	8.00	0.00
14073	Beverages, ZEVIA, cola	--	6.00	0.00
14074	Beverages, ZEVIA, cola, caffeine free	--	6.00	0.00
14076	Beverages, ICELANDIC, Glacial Natural spring water	--	1.00	0.00
14080	Beverages, rich chocolate, powder	--	636.00	0.00

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
14155	Beverages, carbonated, tonic water	--	12.00	0.00
14197	Cocoa mix, NESTLE, Rich Chocolate Hot Cocoa Mix	0.00	850.00	3.00
14216	Beverages, aloe vera juice drink, fortified with Vitamin C	--	8.00	0.00
14247	Beverages, tea, black, ready to drink	--	2.00	0.00
14276	Beverages, Tropical Punch, ready-to-drink	--	13.00	0.00
14309	Beverages, OVALTINE, Classic Malt powder	--	636.00	0.00
14315	Beverages, OVALTINE, chocolate malt powder	--	636.00	0.00
14384	Beverages, water, bottled, PERRIER	--	1.00	0.00
14385	Beverages, water, bottled, POLAND SPRING	--	1.00	0.00
14411	Beverages, water, tap, drinking	--	4.00	0.00
14412	Beverages, water, tap, well	--	5.00	0.00
14432	Beverages, water, bottled, non-carbonated, DANNON	--	--	0.00
14433	Beverages, water, bottled, non-carbonated, PEPSI, AQUAFINA	--	--	0.00
14434	Beverages, The COCA-COLA company, DASANI, water, bottled, non-carbonated	--	--	0.00
14437	Beverages, water, bottled, non-carbonated, CALISTOGA	--	--	0.00
14438	Beverages, water, bottled, non-carbonated, CRYSTAL GEYSER	--	1.00	0.00
14439	Water, bottled, non-carbonated, NAYA	--	1.00	0.00
14440	Beverages, water, bottled, non-carbonated, DANNON Fluoride To Go	--	1.00	0.00
14555	Water, bottled, generic	--	2.00	0.00
14559	Beverages, water, bottled, non-carbonated, EVIAN	--	--	0.00
14605	Beverages, Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors	--	--	0.00
14637	Water, with corn syrup and/or sugar and low calorie sweetener, fruit flavored	--	8.00	0.00
18372	Leavening agents, baking soda	--	27,360.00	0.00
19351	Syrups, corn, high-fructose	--	2.00	0.00
19918	Sweetener, herbal extract powder from Stevia leaf	--	--	0.00
28108	KEEBLER, Holiday Jingles Cookies	0.00	380.00	5.00
28283	KEEBLER, ZESTA, Saltines, Original	0.00	1,021.00	8.20
42231	Oil, flaxseed, cold pressed	0.00	--	0.11
42281	Gums, seed gums (includes locust bean, guar)	0.00	125.00	4.60
42289	Oil, corn and canola	--	--	0.00
43026	Syrups, sugar free	0.00	210.00	0.80
43057	Candies, gum drops, no sugar or low calorie (sorbitol)	--	7.00	0.00
43058	Candies, hard, dietetic or low calorie (sorbitol)	--	--	0.00
43060	Chewing gum, sugarless	--	7.00	0.00
43216	Sweeteners, tabletop, fructose, dry, powder	--	12.00	0.00
44005	Oil, corn, peanut, and olive	--	--	0.00

NDB_No	Description	Potassium, K(mg) Value Per	Sodium, Na(mg) Value Per	Protein(g) Value Per
44018	Sweeteners, tabletop, fructose, liquid	--	2.00	0.00