USDA National Nutrient Database for Standard ReferenceRelease 28

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

Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: 100 g
Report Run at: May 12, 2016 23:34 EDT

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
04001	Fat, beef tallow	902.00	0.00	--
04002	Lard	902.00	0.00	--
04520	Fat, mutton tallow	902.00	0.00	--
04589	Fish oil, cod liver	902.00	0.00	--
04590	Fish oil, herring	902.00	0.00	--
04591	Fish oil, menhaden	902.00	0.00	--
04592	Fish oil, menhaden, fully hydrogenated	902.00	0.00	--
04593	Fish oil, salmon	902.00	0.00	--
04594	Fish oil, sardine	902.00	0.00	--
04518	Oil, corn, industrial and retail, all purpose salad or cooking	900.00	0.00	--
04542	Fat, chicken	900.00	0.00	--
04544	Shortening, household, lard and vegetable oil	900.00	0.00	--
04549	Shortening industrial, lard and vegetable oil	900.00	0.00	--
04550	Shortening frying (heavy duty), beef tallow and cottonseed	900.00	0.00	--
04575	Fat, turkey	900.00	0.00	--
04576	Fat, goose	900.00	0.00	--
04698	Oil, industrial, canola, high oleic	900.00	0.00	--
04699	Oil, industrial, soy, low linolenic	900.00	0.05	0.00
10864	Pork, bacon, rendered fat, cooked	898.00	0.13	0.00
04609	Animal fat, bacon grease	897.00	0.00	--
04047	Oil, coconut	892.00	0.05	0.00
04606	Meat drippings (lard, beef tallow, mutton tallow)	889.00	0.00	--
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	884.00	0.00	--
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	884.00	0.00	--
04037	Oil, rice bran	884.00	0.07	0.00
04038	Oil, wheat germ	884.00	0.00	--
04042	Oil, peanut, salad or cooking	884.00	0.03	0.00
04044	Oil, soybean, salad or cooking	884.00	0.05	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
04053	Oil, olive, salad or cooking	884.00	0.56	0.00
04055	Oil, palm	884.00	0.01	0.00
04058	Oil, sesame, salad or cooking	884.00	0.00	--
04060	Oil, sunflower, linoleic (less than 60%)	884.00	0.03	0.00
04501	Oil, cocoa butter	884.00	0.00	--
04502	Oil, cottonseed, salad or cooking	884.00	0.00	--
04506	Oil, sunflower, linoleic, (approx. 65%)	884.00	0.00	--
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	884.00	0.00	--
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	884.00	0.00	--
04514	Oil, poppyseed	884.00	0.00	--
04515	Oil, tomatoseed	884.00	0.00	--
04516	Oil, teaseed	884.00	0.00	--
04517	Oil, grapeseed	884.00	0.00	--
04528	Oil, walnut	884.00	0.00	--
04529	Oil, almond	884.00	0.00	--
04530	Oil, apricot kernel	884.00	0.00	--
04532	Oil, hazelnut	884.00	0.00	--
04534	Oil, babassu	884.00	0.00	--
04536	Oil, sheanut	884.00	0.00	--
04541	Oil, cupu assu	884.00	--	0.00
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	884.00	0.00	--
04545	Oil, sunflower, linoleic, (partially hydrogenated)	884.00	0.00	--
04546	Shortening bread, soybean (hydrogenated) and cottonseed	884.00	0.00	--
04548	Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)	884.00	0.00	--
04551	Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)	884.00	0.00	--
04554	Shortening industrial, soybean (hydrogenated) and cottonseed	884.00	0.00	--
04556	Shortening frying (heavy duty), palm (hydrogenated)	884.00	0.00	--
04559	Shortening household soybean (hydrogenated) and palm	884.00	0.00	--
04560	Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)	884.00	0.00	--
04570	Shortening, confectionery, fractionated palm	884.00	0.00	--
04572	Oil, nutmeg butter	884.00	0.00	--
04573	Oil, ucuhuba butter	884.00	0.00	--
04581	Oil, avocado	884.00	0.00	--
04582	Oil, canola	884.00	0.00	--
04583	Oil, mustard	884.00	0.00	--

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
04584	Oil, sunflower, high oleic (70% and over)	884.00	0.00	--
04586	Shortening, special purpose for cakes and frostings, soybean (hydrogenated)	884.00	0.00	--
04587	Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed	884.00	0.00	--
04588	Oil, oat	884.00	0.00	--
04595	Shortening, multipurpose, soybean (hydrogenated) and palm (hydrogenated)	884.00	0.00	--
04615	Shortening, vegetable, household, composite	884.00	0.07	0.00
04642	Oil, industrial, mid-oleic, sunflower	884.00	0.03	0.00
04643	Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying	884.00	0.00	--
04644	Oil, industrial, canola for salads, woks and light frying	884.00	0.00	--
04645	Oil, industrial, canola (partially hydrogenated) oil for deep fat frying	884.00	0.00	--
04646	Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts	884.00	0.04	0.00
04648	Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables	884.00	0.00	--
04649	Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening	884.00	0.00	--
04650	Oil, industrial, soy, refined, for woks and light frying	884.00	0.02	0.00
04651	Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor	884.00	0.00	--
04652	Oil, industrial, soy (partially hydrogenated), all purpose	884.00	0.00	--
04653	Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry	884.00	0.00	--
04654	Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening	884.00	0.00	--
04656	Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter	884.00	0.29	0.00
04657	Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter	884.00	0.15	0.00
04658	Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product	884.00	0.15	0.00
04659	Oil, industrial, coconut, confection fat, typical basis for ice cream coatings	884.00	0.15	0.00
04660	Oil, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy	884.00	0.15	0.00
04663	Oil, industrial, palm kernel (hydrogenated), filling fat	884.00	0.15	0.00
04664	Oil, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings	884.00	0.00	--
04666	Shortening, industrial, soy (partially hydrogenated) and corn for frying	884.00	0.00	--
04667	Shortening, industrial, soy (partially hydrogenated) for baking and confections	884.00	0.00	--
04669	USDA Commodity Food, oil, vegetable, soybean, refined	884.00	0.02	0.00
04670	USDA Commodity Food, oil, vegetable, low saturated fat	884.00	0.02	0.00
04678	Oil, vegetable, Natreon canola, high stability, non trans, high oleic (70%)	884.00	--	0.00
04685	Oil, cooking and salad, ENOVA, 80% diglycerides	884.00	--	--
04700	Oil, industrial, soy, ultra low linolenic	884.00	0.05	0.00
04701	Oil, industrial, soy, fully hydrogenated	884.00	0.05	0.00
04702	Oil, industrial, cottonseed, fully hydrogenated	884.00	0.00	--
42231	Oil, flaxseed, cold pressed	884.00	0.00	--

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
42289	Oil, corn and canola	884.00	0.00	--
44005	Oil, corn, peanut, and olive	884.00	0.13	0.00
04574	Fat, duck	882.00	0.00	--
04661	Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners	880.00	0.15	0.00
04662	Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)	880.00	0.15	0.00
04707	Oil, flaxseed, contains added sliced flaxseed	878.00	0.34	--
01003	Butter oil, anhydrous	876.00	0.00	--
04513	Vegetable oil, palm kernel	862.00	0.00	--
10109	Pork, fresh, variety meats and by-products, leaf fat, raw	857.00	0.09	0.00
13335	Beef, variety meats and by-products, suet, raw	854.00	0.17	0.00
10004	Pork, fresh, backfat, raw	812.00	0.18	0.10
04679	Oil, PAM cooking spray, original	792.00	0.00	--
04531	Oil, soybean lecithin	763.00	0.00	--
10165	Pork, cured, salt pork, raw	748.00	0.44	0.00
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	731.00	0.47	0.00
04684	Margarine, 80% fat, tub, CANOLA HARVEST Soft Spread (canola, palm and palm kernel oils)	730.00	--	--
04585	Margarine-like, margarine-butter blend, soybean oil and butter	727.00	0.04	0.10
04073	Margarine, regular, hard, soybean (hydrogenated)	719.00	0.00	0.20
12145	Nuts, pilinuts, dried	719.00	3.53	0.60
01002	Butter, whipped, with salt	718.00	0.05	0.00
12131	Nuts, macadamia nuts, raw	718.00	3.69	1.20
12132	Nuts, macadamia nuts, dry roasted, without salt added	718.00	2.65	0.70
42307	Margarine-like, butter-margarine blend, 80% fat, stick, without salt	718.00	0.09	0.10
01001	Butter, salted	717.00	0.02	0.00
01145	Butter, without salt	717.00	0.02	0.00
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	717.00	0.50	0.00
04145	Salad dressing, mayonnaise, soybean oil, without salt	717.00	0.50	0.00
04610	Margarine, regular, 80% fat, composite, stick, with salt	717.00	0.06	0.20
04617	Margarine, regular, 80% fat, composite, stick, without salt	717.00	0.06	0.20
04628	Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils	717.00	0.12	--
04691	Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D	717.00	0.06	0.20
04696	Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D	717.00	0.06	0.20
12632	Nuts, macadamia nuts, dry roasted, with salt added	716.00	2.65	0.70
12144	Nuts, pecans, oil roasted, without salt added	715.00	2.47	0.70
12644	Nuts, pecans, oil roasted, with salt added	715.00	2.47	0.70

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04665	Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated), for flaky pastries	714.00	0.00	0.40
04668	Margarine, industrial, soy and partially hydrogenated soy oil, use for baking, sauces and candy	714.00	0.12	--
04611	Margarine, regular, 80% fat, composite, tub, with salt	713.00	0.00	0.10
04618	Margarine, regular, 80% fat, composite, tub, without salt	713.00	0.00	0.10
04692	Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D	713.00	0.00	0.10
12143	Nuts, pecans, dry roasted, without salt added	710.00	2.80	0.70
12643	Nuts, pecans, dry roasted, with salt added	710.00	2.80	0.70
12142	Nuts, pecans	691.00	2.53	1.10
43598	Mayonnaise dressing, no cholesterol	688.00	0.23	0.00
23436	Beef, New Zealand, imported, subcutaneous fat, raw	685.00	0.38	0.00
12177	Nuts, coconut meat, dried (desiccated), creamed	684.00	3.36	1.50
04025	Salad dressing, mayonnaise, regular	680.00	0.21	0.00
13020	Beef, retail cuts, separable fat, cooked	680.00	1.08	0.00
13019	Beef, retail cuts, separable fat, raw	674.00	0.72	0.00
12147	Nuts, pine nuts, dried	673.00	5.53	0.80
01137	Egg, yolk, dried	669.00	9.56	0.00
17005	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw	665.00	0.98	0.00
12108	Nuts, coconut meat, dried (desiccated), not sweetened	660.00	3.32	1.50
12078	Nuts, brazilnuts, dried, unblanched	659.00	2.43	0.70
12130	Nuts, hickorynuts, dried	657.00	2.12	2.00
10105	Pork, fresh, variety meats and by-products, jowl, raw	655.00	0.42	0.00
12155	Nuts, walnuts, english	654.00	2.91	1.30
16149	Peanut spread, reduced sugar	650.00	2.84	0.00
17284	Lamb, Australian, imported, fresh, separable fat, raw	648.00	0.63	--
12200	Nuts, formulated, wheat-based, all flavors except macadamia, without salt	647.00	2.60	0.10
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	646.00	4.38	3.80
12157	Nuts, walnuts, dry roasted, with salt added	643.00	2.57	1.40
17093	Veal, composite of trimmed retail cuts, separable fat, cooked	642.00	1.00	0.00
19078	Baking chocolate, unsweetened, squares	642.00	17.40	0.00
21337	McDONALD'S, Peanuts (for Sundaes)	640.00	1.45	--
17066	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw	640.00	1.14	0.00
17285	Lamb, Australian, imported, fresh, separable fat, cooked	639.00	1.11	--
23300	Beef, Australian, imported, Wagyu, external fat, Aust. marble score 9, raw	639.00	0.81	0.00
17092	Veal, composite of trimmed retail cuts, separable fat, raw	638.00	0.60	0.00
10006	Pork, fresh, separable fat, raw	632.00	0.26	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
12141	Nuts, mixed nuts, dry roasted, with peanuts, salt added, CHOSEN ROASTER	632.00	3.22	--
04133	Salad dressing, french, home recipe	631.00	0.20	0.60
04146	Salad dressing, french, cottonseed, oil, home recipe	631.00	0.20	0.00
12201	Seeds, sesame seed kernels, dried (decorticated)	631.00	6.36	0.00
04626	Margarine-like spread with yogurt, 70% fat, stick, with salt	630.00	0.01	0.10
05047	Chicken, broilers or fryers, separable fat, raw	629.00	0.70	0.00
12121	Nuts, hazelnuts or filberts, blanched	629.00	3.30	2.00
12149	Nuts, pine nuts, pinyon, dried	629.00	3.06	2.00
04629	Margarine, margarine-type vegetable oil spread, 70% fat, soybean and partially hydrogenated soybean, stick	628.00	0.12	--
04655	Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries	628.00	0.00	--
12120	Nuts, hazelnuts or filberts	628.00	4.70	6.30
35233	Hazelnuts, beaked (Northern Plains Indians)	628.00	3.12	--
23301	Beef, Australian, imported, Wagyu, seam fat, Aust. marble score 9, raw	627.00	0.91	0.00
10007	Pork, fresh, separable fat, cooked	626.00	0.46	0.00
12140	Nuts, formulated, wheat-based, unflavored, with salt added	622.00	2.40	0.10
12039	Seeds, sunflower seed kernels, toasted, without salt	619.00	6.81	1.40
12154	Nuts, walnuts, black, dried	619.00	3.12	1.70
12539	Seeds, sunflower seed kernels, toasted, with salt added	619.00	6.81	1.40
12040	Seeds, sunflower seed butter, without salt	617.00	4.12	2.70
12540	Seeds, sunflower seed butter, with salt added	617.00	4.12	2.70
01134	Egg, whole, dried, stabilized, glucose reduced	615.00	8.28	0.00
12138	Nuts, mixed nuts, oil roasted, without peanuts, without salt added	615.00	2.57	0.50
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	615.00	2.57	0.50
43297	Pork, oriental style, dehydrated	615.00	0.50	0.00
12195	Nuts, almond butter, plain, without salt added	614.00	3.49	0.00
12695	Nuts, almond butter, plain, with salt added	614.00	3.49	0.00
12084	Nuts, butternuts, dried	612.00	4.02	3.20
12588	Nuts, cashew butter, plain, with salt added	609.00	4.91	0.00
16399	Peanut butter with omega-3, creamy	608.00	1.67	--
12065	Nuts, almonds, oil roasted, without salt added	607.00	3.68	0.00
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	607.00	3.73	0.80
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	607.00	2.61	0.50
12171	Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)	607.00	6.35	0.00
12565	Nuts, almonds, oil roasted, with salt added	607.00	3.68	0.00
12567	Nuts, almonds, oil roasted, with salt added, smoke flavor	607.00	3.86	0.00

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12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	607.00	2.61	0.50
12665	Nuts, almonds, oil roasted, lightly salted	607.00	3.68	0.00
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	607.00	2.61	0.50
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	607.00	5.18	0.60
04683	Margarine, margarine-like vegetable oil spread, 67-70% fat, tub	606.00	--	--
04677	Margarine-like spread, SMART BALANCE Omega Plus Spread (with plant sterols & fish oil)	605.00	--	--
23420	Beef, New Zealand, imported, intermuscular fat, raw	602.00	0.76	0.00
16089	Peanuts, all types, oil-roasted, with salt	599.00	1.52	0.80
16389	Peanuts, all types, oil-roasted, without salt	599.00	1.52	0.80
12063	Nuts, almonds, dry roasted, without salt added	598.00	3.73	0.00
12563	Nuts, almonds, dry roasted, with salt added	598.00	3.73	0.00
16098	Peanut butter, smooth style, with salt	598.00	1.74	0.00
16398	Peanut butter, smooth style, without salt	598.00	1.74	0.00
19904	Chocolate, dark, 70-85% cacao solids	598.00	11.90	--
23298	Beef, Australian, imported, Wagyu, external fat, Aust. marble score 4/5, raw	596.00	1.00	0.00
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	595.00	8.95	0.00
12206	Nuts, almonds, honey roasted, unblanched	594.00	2.83	0.70
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	594.00	3.70	0.40
23299	Beef, Australian, imported, Wagyu, seam fat, Aust. marble score 4/5, raw	594.00	0.97	0.00
16156	Peanut butter, chunky, vitamin and mineral fortified	593.00	17.50	0.00
01133	Egg, whole, dried	592.00	7.20	0.00
12038	Seeds, sunflower seed kernels, oil roasted, without salt	592.00	4.28	1.10
12114	Nuts, coconut meat, dried (desiccated), toasted	592.00	3.39	1.50
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	592.00	4.28	1.10
12698	Seeds, sesame butter, tahini, type of kernels unspecified	592.00	4.42	4.20
10167	Pork, cured, separable fat (from ham and arm picnic), roasted	591.00	0.61	0.00
16155	Peanut butter, smooth, vitamin and mineral fortified	591.00	16.60	0.00
12062	Nuts, almonds, blanched	590.00	3.28	0.00
42291	Peanut butter, reduced sodium	590.00	1.90	0.00
16094	Peanuts, valencia, oil-roasted, with salt	589.00	1.65	0.00
16097	Peanut butter, chunk style, with salt	589.00	1.90	0.00
16394	Peanuts, valencia, oil-roasted, without salt	589.00	1.65	0.00
16397	Peanut butter, chunk style, without salt	589.00	1.90	0.00
16167	USDA Commodity, Peanut Butter, smooth	588.00	2.16	0.00
12088	Nuts, cashew butter, plain, without salt added	587.00	5.03	0.00

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16090	Peanuts, all types, dry-roasted, with salt	587.00	1.58	0.00
16390	Peanuts, all types, dry-roasted, without salt	587.00	1.58	0.00
12169	Seeds, sesame butter, paste	586.00	19.20	0.00
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	586.00	1.29	0.00
17067	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked	586.00	1.39	0.00
10000	Pork, fresh, composite of separable fat, with added solution, cooked	585.00	0.82	0.00
12036	Seeds, sunflower seed kernels, dried	584.00	5.25	1.40
04673	Margarine-like spread, SMART BALANCE Regular Buttery Spread with flax oil	583.00	--	--
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	583.00	1.98	0.30
12037	Seeds, sunflower seed kernels, dry roasted, without salt	582.00	3.80	1.40
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	582.00	3.80	1.40
12586	Nuts, cashew nuts, oil roasted, with salt added	581.00	6.05	0.30
12086	Nuts, cashew nuts, oil roasted, without salt added	580.00	6.05	0.30
12136	Nuts, mixed nuts, dry roasted, with peanuts, salt added, PLANTERS pistachio blend	580.00	3.43	--
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	579.00	0.39	0.00
12061	Nuts, almonds	579.00	3.71	0.00
16092	Peanuts, spanish, oil-roasted, with salt	579.00	2.28	0.00
16392	Peanuts, spanish, oil-roasted, without salt	579.00	2.28	0.00
19903	Chocolate, dark, 60-69% cacao solids	579.00	6.32	--
16096	Peanuts, virginia, oil-roasted, with salt	578.00	1.67	0.00
16396	Peanuts, virginia, oil-roasted, without salt	578.00	1.67	0.00
01070	Dessert topping, powdered	577.00	0.03	0.00
19130	Candies, HERSHEY'S POT OF GOLD Almond Bar	577.00	1.85	0.00
12077	Nuts, beechnuts, dried	576.00	2.46	15.50
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	574.00	8.07	1.80
12085	Nuts, cashew nuts, dry roasted, without salt added	574.00	6.00	0.00
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	574.00	8.07	1.80
12585	Nuts, cashew nuts, dry roasted, with salt added	574.00	6.00	0.00
12023	Seeds, sesame seeds, whole, dried	573.00	14.55	0.00
19897	Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Covered Almonds	573.00	3.56	27.30
12152	Nuts, pistachio nuts, dry roasted, without salt added	572.00	4.03	3.00
12198	Seeds, sesame butter, tahini, from raw and stone ground kernels	570.00	2.51	0.00
16091	Peanuts, spanish, raw	570.00	3.91	0.00
16093	Peanuts, valencia, raw	570.00	2.09	0.00
12652	Nuts, pistachio nuts, dry roasted, with salt added	569.00	4.03	3.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
19084	Candies, HERSHEY'S GOLDEN ALMOND SOLITAIRES	569.00	2.50	0.00
19236	Candies, HERSHEY'S MILK CHOCOLATE WITH ALMOND BITES	568.00	1.50	1.80
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	567.00	7.78	0.00
12034	Seeds, sesame meal, partially defatted	567.00	14.55	0.00
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	567.00	7.78	0.00
16087	Peanuts, all types, raw	567.00	4.58	0.00
12024	Seeds, sesame seeds, whole, roasted and toasted	565.00	14.76	0.00
42137	Salad dressing, peppercorn dressing, commercial, regular	564.00	0.35	0.60
19248	Candies, HERSHEY'S, ALMOND JOY BITES	563.00	1.33	1.00
16095	Peanuts, virginia, raw	563.00	2.55	0.00
23297	Beef, Australian, imported, grass-fed, seam fat, raw	562.00	0.89	0.00
28290	Cookie, with peanut butter filling, chocolate-coated	562.00	2.10	0.00
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	560.00	2.53	0.00
19383	Candies, toffee, prepared-from-recipe	560.00	0.03	0.20
23419	Beef, New Zealand, imported, intermuscular fat, cooked	560.00	1.18	0.00
25064	Snacks, potato chips, lightly salted	560.00	1.43	27.30
12151	Nuts, pistachio nuts, raw	560.00	3.92	5.60
12014	Seeds, pumpkin and squash seed kernels, dried	559.00	8.82	1.90
18211	Puff pastry, frozen, ready-to-bake, baked	558.00	2.60	0.00
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	558.00	1.10	0.00
28033	GIRL SCOUTS, Tagalongs Cookies	558.00	2.10	--
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	557.00	1.85	0.10
43447	Snacks, corn-based, extruded, chips, unsalted	557.00	1.70	2.00
12174	Seeds, watermelon seed kernels, dried	557.00	7.28	0.00
19164	Candies, SPECIAL DARK Chocolate Bar	556.00	2.13	0.00
01210	Egg Mix, USDA Commodity	555.00	3.23	--
12012	Seeds, hemp seed, hulled	553.00	7.95	0.50
12087	Nuts, cashew nuts, raw	553.00	6.68	0.50
28205	MOTHER'S, Macaroon Cookies	552.00	2.40	--
18337	Puff pastry, frozen, ready-to-bake	551.00	2.56	0.00
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	551.00	1.60	8.50
19407	Snacks, beef sticks, smoked	550.00	3.40	6.80
19905	Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	550.00	8.13	0.00
42183	Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars	550.00	1.31	1.00
19279	Candies, milk chocolate coated coffee beans	549.00	2.29	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
18612	MCKEE BAKING, LITTLE DEBBIE NUTTY BARS, Wafers with Peanut Butter, Chocolate Covered	548.00	--	2.00
10860	Pork, cured, bacon, cooked, baked	548.00	1.49	0.00
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	547.00	1.40	9.50
28128	KEEBLER, SANDIES, Pecan Shortbread Cookies, bite size	547.00	2.50	--
19254	Candies, MARS SNACKFOOD US, DOVE Milk Chocolate	546.00	1.11	0.80
19902	Chocolate, dark, 45- 59% cacao solids	546.00	8.02	--
28125	KEEBLER, SANDIES, Chocolate Chip & Pecan Shortbread Cookies	546.00	2.90	--
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	546.00	3.80	1.40
19410	Snack, potato chips, made from dried potatoes, plain	545.00	0.80	1.20
19041	Snacks, pork skins, plain	544.00	0.88	0.50
28100	KEEBLER, FUDGE SHOPPE, Fudge Sticks, Peanut Butter	544.00	1.80	--
18193	Cookies, shortbread, commercially prepared, pecan	542.00	2.43	0.00
19910	Candies, crispy bar with peanut butter filling	542.00	1.30	0.60
43015	Salad dressing, caesar dressing, regular	542.00	1.08	0.30
04697	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt, with added vitamin D	542.00	0.00	0.10
19125	Chocolate-flavored hazelnut spread	541.00	4.38	0.00
19136	Candies, HERSHEY'S SKOR Toffee Bar	541.00	0.57	0.50
19418	Snacks, sesame sticks, wheat-based, salted	541.00	0.74	0.00
19820	Snacks, sesame sticks, wheat-based, unsalted	541.00	0.74	0.00
28127	KEEBLER, SANDIES, Pecan Shortbread Cookies	541.00	3.40	--
28333	Cookies, gluten-free, chocolate wafer	541.00	3.67	--
28359	GLUTINO, Gluten Free Wafers, Milk Chocolate	541.00	3.67	--
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	541.00	1.44	0.00
19071	Candies, carob, unsweetened	540.00	1.29	0.50
19268	Candies, dark chocolate coated coffee beans	540.00	2.70	0.00
28126	KEEBLER, SANDIES, Dark Chocolate Almond Shortbread Cookies	540.00	3.10	--
19085	Candies, confectioner's coating, butterscotch	539.00	0.08	0.10
19087	Candies, white chocolate	539.00	0.24	0.50
19326	Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Bar	539.00	3.47	42.60
17449	Lamb, Australian, imported, fresh, external fat, cooked	538.00	1.98	0.00
19003	Snacks, corn-based, extruded, chips, plain	538.00	1.20	0.00
19143	Candies, MR. GOODBAR Chocolate Bar	538.00	1.39	0.90
19408	Snacks, pork skins, barbecue-flavor	538.00	1.04	1.50
19914	Candies, M&M MARS 3 MUSKETEERS Truffle Crisp	538.00	1.88	0.00
28053	KEEBLER, CHIPS DELUXE, Chocolate Malt Chunk Cookies	537.00	2.50	--

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
28082	KEEBLER, FUDGE SHOPPE, Peanut Creme Filled Cookies	537.00	2.70	--
28095	KEEBLER, FUDGE SHOPPE, Jumbo Fudge Sticks, Peanut Butter	537.00	1.90	--
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	537.00	0.00	0.10
04693	Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D	537.00	0.00	0.10
19161	Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars	536.00	1.32	0.30
19295	Candies, MARS SNACKFOOD US, SNICKERS MUNCH bar	536.00	1.02	0.00
19809	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted	536.00	1.63	31.10
19810	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted	536.00	1.63	31.10
19811	Snacks, potato chips, plain, unsalted	536.00	1.63	31.10
42139	Granola bar, soft, milk chocolate coated, peanut butter	536.00	1.45	0.60
18201	Cookies, peanut butter sandwich, special dietary	535.00	2.55	0.00
19120	Candies, milk chocolate	535.00	2.35	0.00
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	535.00	2.06	0.00
28124	KEEBLER, SANDIES, Cashew Shortbread Cookies	535.00	2.70	--
04695	Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D	535.00	0.00	0.10
12220	Seeds, flaxseed	534.00	5.73	0.60
42256	Margarine-like, vegetable oil spread, stick or tub, sweetened	534.00	0.00	--
28083	KEEBLER, FUDGE SHOPPE, Triple Fudge Filled Cookies	533.00	3.20	--
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	533.00	0.00	0.10
04620	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt	533.00	0.00	0.10
04694	Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D	533.00	0.00	0.10
19411	Snacks, potato chips, plain, salted	532.00	1.28	21.60
25012	Snacks, sweet potato chips, unsalted	532.00	2.12	0.00
18202	Cookies, sugar wafer, with creme filling, sugar free	531.00	1.29	0.00
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	531.00	1.63	0.10
19043	Snacks, potato chips, sour-cream-and-onion-flavor	531.00	1.60	37.30
19093	Candies, SYMPHONY Milk Chocolate Bar	531.00	0.91	2.20
25027	Snacks, plantain chips, salted	531.00	0.97	32.10
42272	Snacks, granola bar, with coconut, chocolate coated	531.00	1.75	0.50
19243	Candies, HEATH BITES	530.00	0.78	0.80
28054	KEEBLER, CHIPS DELUXE, Coconut Cookies	530.00	2.50	--
28094	KEEBLER, FUDGE SHOPPE, Jumbo Fudge Sticks, Vanilla	530.00	1.50	--
19086	Candies, confectioner's coating, peanut butter	529.00	1.70	0.30
28086	KEEBLER, FUDGE SHOPPE, Fudge Sticks	529.00	1.30	--
42148	Candies, MARS SNACKFOOD US, M&M's Peanut Butter Chocolate Candies	529.00	1.06	0.50

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
01069	Cream substitute, powdered	529.00	0.26	0.00
28097	KEEBLER, FUDGE SHOPPE, Merry Mint Patties, Holiday	528.00	2.20	--
28267	KEEBLER, SANDIES, Simply Shortbread Cookies	528.00	2.60	--
18336	Pie crust, standard-type, prepared from recipe, baked	527.00	2.89	0.00
28232	MURRAY, Vanilla Sugar Wafer	527.00	1.80	--
19040	Snacks, popcorn, cheese-flavor	526.00	2.24	0.50
19132	Candies, milk chocolate, with almonds	526.00	1.63	0.20
28142	KEEBLER, TOWN HOUSE, Original Crackers	526.00	--	--
28311	Cookies, sugar wafer, chocolate-covered	526.00	1.24	0.00
04614	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	526.00	0.00	0.10
12170	Seeds, sesame flour, high-fat	526.00	15.17	0.00
02025	Spices, nutmeg, ground	525.00	3.04	3.00
02033	Spices, poppy seed	525.00	9.76	1.00
19001	Candies, TOBLERONE, milk chocolate with honey and almond nougat	525.00	1.60	0.00
19327	Candies, MARS SNACKFOOD US, COCOAVIA Blueberry and Almond Chocolate Bar	525.00	3.18	34.20
03837	Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not reconstituted	524.00	1.13	46.20
03938	Infant formula, PBM PRODUCTS, store brand, powder	524.00	9.50	43.30
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	523.00	1.54	1.70
19804	Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour	523.00	4.90	1.70
28301	Cookies, peanut butter, commercially prepared, sugar free	523.00	2.48	0.00
19079	Candies, confectioner's coating, yogurt	522.00	0.14	0.50
19147	Candies, peanut bar	522.00	0.97	0.00
19415	Snacks, potato sticks	522.00	2.27	47.30
42227	Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies	522.00	1.73	0.60
03853	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted	522.00	9.47	47.30
03858	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted	522.00	3.68	47.30
03950	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted	522.00	9.47	47.30
03827	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE LIPIL, with iron, powder, with ARA and DHA	521.00	9.40	62.00
03869	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, with iron, powder, not reconstituted	521.00	9.40	62.00
17270	Veal, breast, separable fat, cooked	521.00	0.45	--
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	521.00	2.47	--
19238	Candies, REESE'S BITES	521.00	0.85	0.80
19249	Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate	521.00	1.30	0.60
20118	Noodles, flat, crunchy, Chinese restaurant	521.00	1.76	0.00
28096	KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Original	521.00	1.20	--

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
19250	Candies, HERSHEY, KIT KAT BIG KAT Bar	520.00	0.84	1.30
19255	Candies, MARS SNACKFOOD US, DOVE Dark Chocolate	520.00	3.18	0.00
28029	GIRL SCOUTS, Caramel Dulce De Leche Cookies	520.00	2.30	--
03805	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, powder	520.00	9.30	62.00
03945	Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA	520.00	9.26	77.20
03948	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), powder, with ARA and DHA	520.00	9.33	45.10
16150	Peanut butter, smooth, reduced fat	520.00	1.90	0.00
03821	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, not reconstituted	519.00	9.40	60.00
19057	Snacks, tortilla chips, nacho cheese	519.00	1.16	0.40
19126	Candies, milk chocolate coated peanuts	519.00	1.31	0.00
19400	Snacks, banana chips	519.00	1.25	6.30
28028	FAMOUS AMOS, Chocolate Chip Pecan Cookies	519.00	2.50	--
28059	KEEBLER, CHIPS DELUXE, Peanut Butter Cups Cookies	519.00	1.30	--
18332	Pie crust, standard-type, dry mix	518.00	2.22	0.00
19109	Candies, KIT KAT Wafer Bar	518.00	1.00	0.00
28055	KEEBLER, CHIPS DELUXE, Dark Chocolate Chunk Cookies	518.00	2.80	--
10005	Pork, fresh, belly, raw	518.00	0.52	0.30
03843	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted	517.00	9.26	46.30
03954	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, powder, not reconstituted	517.00	9.26	46.30
03957	Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA	517.00	9.16	45.80
07921	Bacon and beef sticks	517.00	1.86	0.00
12021	Seeds, safflower seed kernels, dried	517.00	4.90	0.00
19139	Baking chocolate, MARS SNACKFOOD US, M&M's Semisweet Chocolate Mini Baking Bits	517.00	2.91	0.00
19239	Candies, REESE'S NUTRAGEOUS Candy Bar	517.00	1.23	0.50
19328	Candies, MARS SNACKFOOD US, COCOAVIA Crispy Chocolate Bar	517.00	3.45	37.90
25030	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	517.00	1.64	12.10
28058	KEEBLER, CHIPS DELUXE, Original Chocolate Chip Cookies	517.00	3.60	--
19154	Candies, sesame crunch	516.00	4.27	0.00
28078	KEEBLER, FUDGE SHOPPE, Mint Creme Middles, Chocolate Graham Cookies	516.00	1.70	--
18991	BARBARA DEE, Winter Mints Cookies	515.00	2.60	--
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	515.00	1.16	0.00
19150	Candies, REESE'S Peanut Butter Cups	515.00	1.21	0.30
25050	Snacks, yucca (cassava) chips, salted	515.00	0.72	--
28196	MOTHER'S, Circus Animal Cookies	515.00	1.50	--
28201	MOTHER'S, Holiday Circus Animal Cookies	515.00	1.50	--

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
28334	Cookies, gluten-free, lemon wafer	515.00	0.18	--
28358	GLUTINO, Gluten Free Wafers, Lemon Flavored	515.00	0.18	--
10895	Pork, cured, ham, separable fat, boneless, unheated	515.00	0.50	0.00
03849	Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, with iron, powder, with ARA and DHA	514.00	8.90	79.00
03980	Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder	514.00	9.30	62.00
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	514.00	9.30	46.00
18192	Cookies, shortbread, commercially prepared, plain	514.00	2.98	0.00
28098	KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Peanut Butter	514.00	1.20	--
28200	MOTHER'S, Halloween Circus Animals Cookies	514.00	1.50	--
28204	MOTHER'S, Jungle Animal Cookies	514.00	1.50	--
28226	MURRAY, SUGAR FREE, Pecan Shortbread Cookies	514.00	2.50	--
33862	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder	514.00	9.20	62.00
28243	SUNSHINE, CHEEZ-IT, Hot & Spicy Crackers	513.00	4.26	--
19105	Candies, NESTLE, GOOBERS Chocolate Covered Peanuts	512.00	1.10	0.30
19110	Candies, KRACKEL Chocolate Bar	512.00	1.06	0.80
28075	KEEBLER, E.L. FUDGE, Double Stuffed Cookies	512.00	2.60	--
28238	SUNSHINE, CHEEZ-IT, Colby Crackers	512.00	3.90	--
33867	Infant formula, GERBER, GOOD START, PROTECT PLUS, powder	512.00	7.70	51.00
33871	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with ARA and DHA	512.00	10.20	61.00
19134	Candies, milk chocolate, with rice cereal	511.00	2.65	0.60
28080	KEEBLER, FUDGE SHOPPE, Deluxe Grahams Cookies	511.00	--	--
28218	MURRAY, SOUTHERN KITCHEN, Coconut Cookies	511.00	2.40	--
28245	SUNSHINE, CHEEZ-IT, Crackers (made with Whole Grain)	511.00	3.90	--
03808	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, powder, with ARA and DHA	511.00	9.30	62.00
03809	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, powder, not reconstituted	511.00	3.60	62.00
03826	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, with iron, powder, not reconstituted	510.00	9.00	60.00
03852	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE LIPIL, with iron, powder, not reconstituted, with ARA and DHA	510.00	9.50	60.00
18229	Crackers, standard snack-type, regular	510.00	4.03	0.00
19005	Snacks, corn-based, extruded, cones, plain	510.00	2.54	0.00
19138	Candies, truffles, prepared-from-recipe	510.00	1.75	0.10
33863	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder	510.00	9.20	62.00
33877	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, powder	510.00	9.20	62.00
23296	Beef, Australian, imported, grass-fed, external fat, raw	509.00	0.95	0.00
28291	Cookies, animal, with frosting or icing	509.00	1.57	0.00
43401	Beverages, coffee, instant, with whitener, reduced calorie	509.00	0.06	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
03802	Infant formula, NESTLE, GOOD START SUPREME, with iron, powder	509.00	7.70	46.10
03943	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, powder, with ARA and DHA	509.00	9.16	61.10
12059	Nuts, acorns, dried	509.00	1.04	0.00
17154	Veal, Australian, separable fat, raw	509.00	0.93	0.00
02024	Spices, mustard seed, ground	508.00	9.21	7.10
03941	Infant formula, PBM PRODUCTS, store brand, soy, powder	508.00	9.10	42.00
10942	Pork, fresh, composite of separable fat, with added solution, raw	508.00	0.47	0.00
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	508.00	2.80	0.00
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	508.00	1.45	0.60
28052	KEEBLER, CHIPS DELUXE, Chocolate Lovers Cookies	508.00	3.60	--
19081	Candies, sweet chocolate	507.00	2.76	0.00
28077	KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Original Graham Cookies	507.00	2.60	--
28236	SUNSHINE, CHEEZ-IT, BIG Crackers	507.00	3.90	--
28240	SUNSHINE, CHEEZ-IT, Duoz Smoked Cheddar Monterey Jack Crackers	507.00	4.00	--
28280	SUNSHINE, CHEEZ-IT, Original Crackers	507.00	3.90	--
28294	Cookie, chocolate, with icing or coating	507.00	3.00	0.00
10894	Pork, cured, ham, separable fat, boneless, heated	507.00	0.53	0.00
12160	Seeds, cottonseed kernels, roasted (glandless)	506.00	5.40	9.00
18946	Pie crust, refrigerated, regular, baked	506.00	1.15	--
19031	Snacks, oriental mix, rice-based	506.00	2.44	0.30
28044	KEEBLER, ANIMALS, Frosted Cookies	506.00	--	--
28076	KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Dark Chocolate	506.00	3.50	--
28081	KEEBLER, FUDGE SHOPPE, Caramel Filled Cookies	506.00	1.50	--
25063	Snacks, potato chips, made from dried potatoes (preformed), multigrain	505.00	0.85	0.70
28061	KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite size	505.00	2.70	--
28225	MURRAY, SUGAR FREE, Peanut Butter Cookies	505.00	2.50	--
28073	KEEBLER, Danish Wedding Cookies	504.00	2.10	--
07057	Pepperoni, beef and pork, sliced	504.00	1.33	0.00
03867	Infant formula, NESTLE, GOOD START SOY, with ARA and DHA, powder	503.00	9.00	60.10
03998	Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	503.00	6.40	0.00
18188	Cookies, peanut butter, refrigerated dough, baked	503.00	1.87	0.00
18434	Crackers, cheese, low sodium	503.00	4.77	0.00
27066	Sauce, horseradish	503.00	0.23	0.20
28027	FAMOUS AMOS, Chocolate Chip Cookies	503.00	1.20	--
28235	SUNSHINE, CHEEZ-IT, Baby Swiss Crackers	503.00	4.10	--

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
28247	SUNSHINE, CHEEZ-IT, Parmesan Garlic Crackers	503.00	4.00	--
28248	SUNSHINE, CHEEZ-IT, Pepper Jack Crackers	503.00	4.10	--
28293	Cookie, butter or sugar, with chocolate icing or filling	503.00	2.44	0.00
43364	Snacks, tortilla chips, unsalted, white corn	503.00	2.32	0.00
18209	Cookies, sugar wafers with creme filling, regular	502.00	3.73	0.00
18427	Crackers, standard snack-type, regular, low salt	502.00	3.60	0.00
19045	Snacks, potato chips, made from dried potatoes, reduced fat	502.00	1.11	12.00
19146	Baking chocolate, MARS SNACKFOOD US, M&M's Milk Chocolate Mini Baking Bits	502.00	1.23	0.60
19157	Candies, MARS SNACKFOOD US, M&M's MINIs Milk Chocolate Candies	502.00	1.23	0.60
19160	Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars	502.00	0.81	0.60
28035	GIRL SCOUTS, Thin Mints Cookies	502.00	3.00	--
28049	KEEBLER, Cheese & Cheddar Sandwich Crackers	502.00	3.20	--
28060	KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies	502.00	3.00	--
28112	KEEBLER, READY CRUST, Shortbread Pie Crust	502.00	2.30	--
28150	KEEBLER, TRADITIONS, Iced Lemonade Cookies	502.00	2.40	--
28202	MOTHER'S, Iced Lemonade Cookies	502.00	2.40	--
28234	SUNSHINE, CHEEZ-IT, Asiago Crackers	502.00	4.10	--
03814	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, powder, not reconstituted	502.00	8.90	60.00
03928	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, powder	502.00	9.00	60.10
05017	Chicken, broilers or fryers, skin only, cooked, fried, flour	502.00	1.52	0.00
03967	Toddler formula, MEAD JOHNSON, ENFAGROW, PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), powder	501.00	9.00	45.00
12060	Nuts, acorn flour, full fat	501.00	1.21	0.00
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	501.00	1.92	0.70
18333	Pie crust, standard-type, dry mix, prepared, baked	501.00	2.15	0.00
18942	Pie Crust, Cookie-type, Graham Cracker, Ready Crust	501.00	2.60	0.00
19058	Snacks, tortilla chips, ranch-flavor	501.00	1.38	0.00
33869	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, powder	501.00	10.00	61.00
33872	Infant formula, GERBER, GOOD START 2 SOY, with iron, powder	501.00	9.00	60.00
18174	Cookies, graham crackers, chocolate-coated	500.00	2.00	0.10
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	500.00	0.70	0.50
19807	Snacks, popcorn, oil-popped, white popcorn, salt added	500.00	2.78	0.30
28057	KEEBLER, CHIPS DELUXE, Oatmeal Chocolate Chip Cookies	500.00	3.20	--
28092	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Original	500.00	--	--
28197	MOTHER'S, Coconut Cocadas Cookies	500.00	2.80	--
28206	MOTHER'S, Old Fashioned Chocolate Chip Cookies	500.00	2.50	--

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
28239	SUNSHINE, CHEEZ-IT, Duoz Sharp Cheddar Parmesan Crackers	500.00	4.00	--
28244	SUNSHINE, CHEEZ-IT, Italian Four Cheese Crackers	500.00	4.10	--
28246	SUNSHINE, CHEEZ-IT, Mozzarella Crackers	500.00	4.10	--
33873	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, AA LIPIL, powder, not reconstituted	500.00	9.00	60.00
42259	Snacks, popcorn, home-prepared, oil-popped, unsalted	500.00	2.78	0.30
12156	Nuts, walnuts, glazed	500.00	1.29	0.00
04601	Butter, light, stick, with salt	499.00	1.09	0.00
04602	Butter, light, stick, without salt	499.00	1.09	0.00
19007	Snacks, corn-based, extruded, onion-flavor	499.00	3.72	1.80
28051	KEEBLER, Cheese on Wheat Sandwich Crackers	499.00	3.00	--
28079	KEEBLER, FUDGE SHOPPE, Coconut Dreams Cookies	499.00	1.90	--
28093	KEEBLER, FUDGE SHOPPE, Grasshopper Cookies, Fudge Mint	499.00	1.70	--
28367	SAGE VALLEY, Gluten Free Vanilla Sandwich Cookies	499.00	0.45	--
19524	Snacks, taro chips	498.00	1.20	5.00
19857	Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	498.00	3.70	1.80
28036	GIRL SCOUTS, Trefoils Cookies	498.00	3.00	--
28056	KEEBLER, CHIPS DELUXE, Mini Chocolate Chip Cookies	498.00	3.60	--
28088	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Holiday/Spiderman	498.00	--	--
18161	Cookies, chocolate chip, dry mix	497.00	2.07	0.00
18168	Cookies, chocolate sandwich, with extra creme filling	497.00	7.80	0.00
18233	Crackers, wheat, sandwich, with cheese filling	497.00	2.62	1.50
18522	ARCHWAY Home Style Cookies, Chocolate Chip Ice Box	497.00	2.63	0.00
19151	Candies, REESE'S PIECES Candy	497.00	0.49	0.00
25028	Tortilla chips, yellow, plain, salted	497.00	1.32	0.00
28089	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Mini	497.00	1.00	--
28221	MURRAY, SUGAR FREE, Chocolate Chip & Pecan Cookies	497.00	3.00	--
18215	Crackers, cheese, sandwich-type with peanut butter filling	496.00	2.72	0.00
19421	Snacks, potato chips, cheese-flavor	496.00	1.84	54.10
25022	Snacks, FRITOLAY, SUNCHIPS, multigrain, French onion flavor	496.00	1.55	0.90
28136	KEEBLER, TOASTEDS, Sesame Crackers	496.00	--	--
01090	Milk, dry, whole, with added vitamin D	496.00	0.47	8.60
01212	Milk, dry, whole, without added vitamin D	496.00	0.47	8.60
06630	Sauce, pesto, MEZZETTA, NAPA VALLEY BISTRO, basil pesto, ready-to-serve	496.00	0.99	0.20
18234	Crackers, wheat, sandwich, with peanut butter filling	495.00	2.67	0.00
18983	AUSTIN, Cheddar Cheese on Wheat Crackers, sandwich-type	495.00	3.00	--

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
19016	Snacks, granola bars, hard, almond	495.00	2.50	0.00
19896	Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar	495.00	0.64	0.00
28133	KEEBLER, TOASTEDS, Buttercrisps Crackers	495.00	--	--
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	494.00	2.77	0.00
18984	AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type	494.00	3.20	--
19162	Candies, WHATCHAMACALLIT Candy Bar	494.00	1.13	0.90
28050	KEEBLER, Club & Cheddar Sandwich Crackers	494.00	3.20	--
33866	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, LIPIL, powder	494.00	9.90	60.00
03838	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN LIPIL, with iron, powder, not reconstituted, with ARA and DHA	494.00	8.90	60.00
18986	AUSTIN, Grilled Cheese on Wafer Crackers, sandwich-type	493.00	3.20	--
28217	MURRAY, SOUTHERN KITCHEN, Chocolate Chip Cookies	493.00	3.30	--
28335	Cookies, gluten-free, vanilla sandwich, with creme filling	493.00	0.34	--
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	492.00	5.58	0.00
18164	Cookies, chocolate chip, refrigerated dough, baked	492.00	2.50	0.00
18621	NABISCO, NABISCO RITZ Crackers	492.00	4.47	--
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	492.00	1.11	0.50
28153	KEEBLER, Vienna Fingers with Creme Filling	492.00	3.35	--
28256	AUSTIN, Peanut Butter on Cheese Crackers, sandwich-type	492.00	3.50	--
28265	KEEBLER, Cheese & Peanut Butter Sandwich Crackers	492.00	3.50	--
33868	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder	492.00	9.80	59.00
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	491.00	0.72	0.50
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	491.00	1.74	0.00
25023	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, Harvest Cheddar flavor	491.00	1.41	0.90
28034	GIRL SCOUTS, Thank U Berry Munch Cookies	491.00	2.30	--
28241	SUNSHINE, GRIPZ, Cheez-It Crackers	491.00	4.20	--
18927	Crackers, cheese, sandwich-type with cheese filling	490.00	2.13	2.60
28064	KEEBLER, CLUB, Dash of Salt Crackers	490.00	4.20	--
28111	KEEBLER, READY CRUST, Chocolate Pie Crust	490.00	2.92	--
28195	MOTHER'S, Chocolate Chip Cookies	490.00	2.70	--
18206	Cookies, sugar, refrigerated dough, baked	489.00	1.84	0.00
18214	Crackers, cheese, regular	489.00	4.88	0.00
28032	GIRL SCOUTS, Samoas Cookies	489.00	3.20	--
28110	KEEBLER, Toast & Peanut Butter Sandwich Crackers	489.00	3.30	--
28148	KEEBLER, TOWN HOUSE, Wheat Crackers	489.00	--	--

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
28257	AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type	489.00	3.30	--
28258	AUSTIN, Cheddar Cheese on Wafer Crackers, sandwich-type	489.00	3.20	--
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	489.00	3.20	0.20
08037	Cereals ready-to-eat, granola, homemade	489.00	3.95	1.20
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	488.00	2.46	0.30
18378	Cookies, chocolate chip, prepared from recipe, made with butter	488.00	2.48	0.20
19359	Candies, MARS SNACKFOOD US, SNICKERS CRUNCHER	488.00	0.68	0.50
28129	KEEBLER, SANDIES, Pecan Shortbread Cookies, Reduced Fat	488.00	2.80	--
18992	KELLOGG'S, BEANATURAL, Original 3-Bean Chips	487.00	4.70	--
19042	Snacks, potato chips, barbecue-flavor	487.00	1.36	62.40
19823	Potato chips, without salt, reduced fat	487.00	1.35	25.70
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	487.00	1.44	0.30
28087	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Dark Chocolate	487.00	2.10	--
28141	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Original	487.00	3.90	--
28194	MOTHER'S, 4th of July Circus Animal Cookies	487.00	1.50	--
28357	GLUTINO, Gluten Free Cookies, Vanilla Creme	487.00	0.23	--
19142	Candies, MOUNDS Candy Bar	486.00	2.09	0.40
19148	Candies, peanut brittle, prepared-from-recipe	486.00	1.22	0.00
19859	Cocoa, dry powder, hi-fat or breakfast, plain	486.00	14.50	0.00
28068	KEEBLER, CLUB, Original Crackers	486.00	--	--
28140	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Garlic Herb	486.00	4.00	--
28224	MURRAY, SUGAR FREE, Fudge Dipped Wafers	486.00	1.40	--
12006	Seeds, chia seeds, dried	486.00	7.72	1.60
19216	Candies, praline, prepared-from-recipe	485.00	1.29	0.30
28084	KEEBLER, FUDGE SHOPPE, Fudge-Dipped Ice Cream Cups	485.00	--	--
28262	FAMOUS AMOS, Vanilla Sandwich Creme Cookies	485.00	2.30	--
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	484.00	2.12	0.00
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	484.00	4.30	0.00
18961	Crackers, cream, GAMESA SABROSAS	484.00	7.38	--
18990	AUSTIN, PB & J Crackers, sandwich-type	484.00	3.10	--
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	484.00	3.39	1.30
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	484.00	3.39	1.30
28242	SUNSHINE, GRIPZ, Cheez-It Mixx and Cheesy Pizza Crackers	484.00	4.30	--
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	484.00	0.09	0.70
03819	Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted	483.00	8.80	38.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
18210	Cookies, vanilla sandwich with creme filling	483.00	2.21	0.00
19420	Snacks, granola bars, hard, peanut butter	483.00	2.40	0.20
28123	KEEBLER, 100 Calorie RIGHT BITES, White Fudge Dipped Pretzels	483.00	2.20	--
28134	KEEBLER, TOASTEDS, Party Pack Cracker Assortment	483.00	--	--
28145	KEEBLER, TOWN HOUSE, TOPPERS, Garlic Herb Crackers	483.00	3.00	--
28147	KEEBLER, TOWN HOUSE, TOPPERS, Original Crackers	483.00	3.80	--
28159	KEEBLER, WHEATABLES, Nut Crisp Crackers, Toasted Pecan	483.00	4.60	--
28222	MURRAY, SUGAR FREE, Fudge Dipped Grahams	483.00	3.10	--
19098	Candies, 5TH AVENUE Candy Bar	482.00	1.20	0.40
28072	KEEBLER, Country Style Oatmeal Cookies with Raisins	482.00	2.20	--
28074	KEEBLER, E.L. FUDGE, Butter Flavored Cookies	482.00	3.20	--
28106	KEEBLER, Almond Crescents Cookies, Holiday	482.00	2.80	--
28157	KEEBLER, WHEATABLES, Honey Wheat Crackers	482.00	2.90	--
28208	MOTHER'S, Peanut Butter Gauchos Cookies	482.00	2.30	--
28292	Crackers, multigrain	482.00	2.59	0.00
01206	Cream substitute, flavored, powdered	482.00	0.63	0.00
04029	Salad dressing, mayonnaise, imitation, soybean without cholesterol	482.00	0.01	0.00
05236	Turkey, young hen, skin only, cooked, roasted	482.00	1.82	0.00
14231	Beverages, KRAFT, coffee, instant, French Vanilla Cafe	481.00	0.33	0.00
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	481.00	3.13	0.00
18225	Crackers, rye, sandwich-type with cheese filling	481.00	2.45	0.40
18422	Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched	481.00	1.00	0.00
28223	MURRAY, SUGAR FREE, Fudge Dipped Mint Cookies	481.00	3.60	--
18541	ARCHWAY Home Style Cookies, Peanut Butter	480.00	2.72	0.00
19063	Snacks, tortilla chips, taco-flavor	480.00	2.02	0.90
19080	Candies, semisweet chocolate	480.00	3.13	0.00
19306	Candies, MARS SNACKFOOD US, POP'ABLES SNICKERS Brand Bite Size Candies	480.00	0.72	0.50
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	480.00	1.16	0.30
03861	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DHA	480.00	9.50	57.00
03929	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted	480.00	9.50	57.00
18985	AUSTIN, Chocolatey Peanut Butter Crackers, sandwich-type	479.00	3.10	--
19065	Candies, ALMOND JOY Candy Bar	479.00	1.27	0.70
19860	Cocoa, dry powder, hi-fat or breakfast, processed with alkali	479.00	14.50	0.00
28065	KEEBLER, CLUB, Minis Original Crackers	479.00	4.70	--
28114	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Dark Chocolate Fudge Stripes Cookies	479.00	1.70	--

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
28135	KEEBLER, TOASTEDS, Onion Crackers	479.00	--	--
28214	MURRAY, Lemon Creme Sandwich Cookies	479.00	2.20	--
18190	Cookies, peanut butter sandwich, regular	478.00	2.60	0.10
28030	GIRL SCOUTS, Chalet Cookies	478.00	3.30	--
28031	GIRL SCOUTS, Do-si-dos Cookies	478.00	3.40	--
28091	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Oatmeal	478.00	1.30	--
28264	KEEBLER, Oatmeal Cookies	478.00	2.10	--
28276	MURRAY, SOUTHERN KITCHEN, Oatmeal Cookies	478.00	2.10	--
18230	Crackers, standard snack-type, sandwich, with cheese filling	477.00	2.39	0.10
19701	Candies, semisweet chocolate, made with butter	477.00	3.13	0.00
28130	KEEBLER, SOFT BATCH, Chocolate Chip Cookies	477.00	2.10	--
28273	MURRAY, Vanilla Creme Sandwich Cookies	477.00	2.20	--
03209	Babyfood, crackers, vegetable	477.00	4.20	50.50
16128	Tofu, dried-frozen (koyadofu)	477.00	9.73	0.70
10861	Pork, cured, bacon, cooked, microwaved	476.00	1.14	0.00
18360	Taco shells, baked	476.00	1.64	0.00
18619	NABISCO, NABISCO OREO CRUNCHIES, Cookie Crumb Topping	476.00	4.90	--
28139	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Cheese	476.00	3.70	--
43212	Bacon bits, meatless	476.00	0.72	1.90
18189	Cookies, peanut butter, prepared from recipe	475.00	2.23	0.10
19119	Candies, NESTLE, CHUNKY Bar	475.00	0.90	0.00
19292	Candies, MARS SNACKFOOD US, M&M's Crispy Chocolate Candies	475.00	0.86	0.50
20113	Noodles, chinese, chow mein	475.00	4.73	0.00
28071	KEEBLER, CLUB Crackers, Snack Sticks, Original	475.00	--	--
28132	KEEBLER, Toasted Coconut Cookies	475.00	2.10	--
28209	MOTHER'S, Taffy Sandwich Cookies	475.00	2.10	--
28213	MURRAY, Duplex Creme Sandwich Cookies	475.00	2.70	--
02022	Spices, mace, ground	475.00	13.90	21.00
18952	Tostada shells, corn	474.00	1.53	--
19152	Candies, ROLO Caramels in Milk Chocolate	474.00	0.42	0.90
19252	Candies, REESE'S, FAST BREAK, milk chocolate peanut butter and soft nougats	474.00	0.96	0.40
19301	Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe	474.00	1.11	0.30
19858	Candies, sugar-coated almonds	474.00	1.90	0.00
28261	FAMOUS AMOS, Chocolate Sandwich Creme Cookies	474.00	3.40	--
28332	Cookies, gluten-free, chocolate sandwich, with creme filling	474.00	2.81	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
28356	GLUTINO, Gluten Free Cookies, Chocolate Vanilla Creme	474.00	2.81	--
18185	Cookies, peanut butter, commercially prepared, regular	473.00	2.11	0.00
18428	Crackers, wheat, low salt	473.00	4.40	0.00
25040	Snacks, vegetable chips, made from garden vegetables	473.00	1.55	4.90
28102	KEEBLER, GRIPZ, CHIPS DELUXE, Chocolate Chip Cookies, bite-size	473.00	3.70	--
28250	SUNSHINE, CHEEZ-IT, 100 Calorie RIGHT BITES, Extra Cheesy Party Mix	473.00	3.80	--
28254	SUNSHINE, CHEEZ-IT, Snack Mix, White Cheddar	473.00	3.70	--
28272	MURRAY, Chocolate Creme Sandwich Cookies	473.00	3.20	--
18208	Cookies, sugar, prepared from recipe, made with margarine	472.00	2.33	0.10
19056	Snacks, tortilla chips, plain, white corn, salted	472.00	1.52	0.00
19077	Baking chocolate, unsweetened, liquid	472.00	4.15	0.00
19302	Candies, MARS SNACKFOOD US, SNICKERS Almond bar	472.00	0.85	0.70
28158	KEEBLER, WHEATABLES, Nut Crisp Crackers, Roasted Almond	472.00	2.90	--
28266	KEEBLER, READY CRUST, Graham Pie Crust (10"), Reduced Fat	472.00	2.60	--
18183	Cookies, oatmeal, refrigerated dough, baked	471.00	2.38	0.10
19015	Snacks, granola bars, hard, plain	471.00	2.95	0.90
19422	Snacks, potato chips, reduced fat	471.00	1.35	25.70
28070	KEEBLER, CLUB Crackers, Snack Sticks, Honey Wheat	471.00	--	--
28116	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Cookies 'N Creme	471.00	2.10	--
28376	VAN'S, The Perfect 10, Crispy Six Whole Grain + Four Seed Baked Crackers, Gluten Free	471.00	1.94	--
03913	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, powder	471.00	8.50	42.00
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	471.00	2.31	0.00
16428	Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	470.00	9.73	0.70
28066	KEEBLER, CLUB, Minis Multigrain Crackers	470.00	4.50	--
28085	KEEBLER, FUDGE SHOPPE, Fudge Grahams, 1/2 Dipped, Reduced Fat	470.00	4.80	--
28103	KEEBLER, GRIPZ, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite-size	470.00	3.10	--
28108	KEEBLER, Holiday Jingles Cookies	470.00	2.90	--
28119	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Fudge Stripes Cookies	470.00	--	--
28269	MOTHER'S, Old Fashioned Oatmeal Cookies	470.00	2.50	--
33870	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Toddler, LIPIL, powder	470.00	9.50	57.00
43031	Candies, chocolate covered, caramel with nuts	470.00	1.70	1.40
18402	Pie crust, standard-type, prepared from recipe, unbaked	469.00	2.57	0.00
19117	Candies, halavah, plain	469.00	4.53	0.10
28037	JACKSON'S, Old Fashioned Lemon Jumble Cookies	469.00	2.60	--
28131	KEEBLER, Sweet Cremes Cookies	469.00	2.50	--

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
28199	MOTHER'S, English Tea Sandwich Cookies	469.00	2.50	--
28227	MURRAY, SUGAR FREE, Lemon Creme Sandwich Cookies	469.00	2.20	--
28270	MOTHER'S, Vanilla Sandwich Cookies	469.00	2.50	--
28277	MURRAY, SUGAR FREE, Chocolate Chip Cookies	469.00	3.20	--
28365	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza	469.00	4.87	--
42283	Snacks, potato chips, white, restructured, baked	469.00	0.80	0.00
16110	Soybeans, mature seeds, roasted, salted	469.00	3.90	2.20
16410	Soybeans, mature seeds, roasted, no salt added	469.00	3.90	2.20
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	468.00	0.95	0.00
18448	Taco shells, baked, without added salt	468.00	2.50	0.00
18540	ARCHWAY Home Style Cookies, Old Fashioned Windmill Cookies	468.00	3.06	0.00
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	468.00	2.26	--
19144	Candies, NESTLE, 100 GRAND Bar	468.00	0.34	0.70
21311	McDONALD'S, Creamy Ranch Sauce	468.00	0.25	0.00
28122	KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies	468.00	2.90	--
18155	Cookies, butter, commercially prepared, enriched	467.00	2.22	0.00
18421	Cookies, butter, commercially prepared, unenriched	467.00	0.29	0.00
18956	Keikitos (muffins), Latino bakery item	467.00	2.53	--
19115	Candies, MARS SNACKFOOD US, MARS Almond Bar	467.00	1.10	0.70
25060	Snack, Pretzel, hard chocolate coated	467.00	2.54	0.00
28109	KEEBLER, Iced Oatmeal Cookies	467.00	1.90	--
28118	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Fudge Grahams Cookies	467.00	--	--
28160	KELLOGG'S, ALL-BRAN, Garlic and Herb Crackers	467.00	3.50	--
28219	MURRAY, SOUTHERN KITCHEN, Iced Oatmeal Cookies	467.00	1.90	--
28228	MURRAY, SUGAR FREE, Vanilla Creme Sandwich Cookies	467.00	2.20	--
28363	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original	467.00	4.73	--
08571	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola	467.00	4.04	0.30
01021	Cheese, gjetost	466.00	0.52	0.00
18154	Cookies, brownies, prepared from recipe	466.00	1.84	0.30
19024	Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip	466.00	2.33	0.00
28067	KEEBLER, CLUB, Multigrain Crackers	466.00	--	--
28137	KEEBLER, TOASTEDS, Wheat Crackers	466.00	4.20	--
28152	KEEBLER, Vanilla Wafers Minis, Rainbow	466.00	--	--
28211	MURRAY, Chocolatey Chip Thins Cookies	466.00	3.30	--
28252	SUNSHINE, CHEEZ-IT, Scrabble Jr. Crackers	466.00	4.60	--

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
18243	Croutons, seasoned	465.00	2.82	0.00
18608	KEEBLER, KEEBLER Chocolate Graham SELECTS	465.00	--	--
19913	Candies, NESTLE, BUTTERFINGER Crisp	465.00	0.60	0.10
28154	KEEBLER, Vienna Fingers with Creme Filling, Reduced Fat	465.00	3.40	--
28279	MURRAY, SUGAR FREE, Chocolate Creme Sandwich Cookies	465.00	3.50	--
28326	Crackers, whole grain, sandwich-type, with peanut butter filling	465.00	3.07	0.00
42151	Vegetable oil-butter spread, reduced calorie	465.00	0.04	0.00
43566	Snacks, tortilla chips, light (baked with less oil)	465.00	1.63	0.20
14270	Beverages, coffee, instant, vanilla, sweetened, decaffeinated, with non dairy creamer	465.00	0.00	--
04703	Salad dressing, honey mustard, regular	464.00	0.29	0.20
18166	Cookies, chocolate sandwich, with creme filling, regular	464.00	12.14	0.00
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	464.00	2.24	0.10
18962	Crackers, cream, LA MODERNA RIKIS CREAM CRACKERS	464.00	6.64	--
28062	KEEBLER, CHIPS DELUXE, Soft 'n Chewy Chocolate Chip Cookies	464.00	1.20	--
43100	Breakfast bars, oats, sugar, raisins, coconut (include granola bar)	464.00	3.18	1.00
18989	AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type, reduced fat	463.00	3.30	--
19049	Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel	463.00	0.92	0.00
19256	Candies, MARS SNACKFOOD US, MILKY WAY Caramels, milk chocolate covered	463.00	0.34	0.70
19307	Candies, MARS SNACKFOOD US, POP'ABLES MILKY WAY Brand Bite Size Candies	463.00	0.50	0.60
25007	Snacks, M&M MARS, KUDOS Whole Grain Bars, peanut butter	463.00	0.89	0.30
28151	KEEBLER, TRADITIONS, Iced Oatmeal Cookies	463.00	2.30	--
28203	MOTHER'S, Iced Oatmeal Cookies	463.00	2.30	--
28271	MURRAY, COOKIE JAR CLASSICS, Butter Cookies	463.00	3.30	--
28275	MURRAY, Old Fashioned Gingersnaps Cookies	463.00	3.20	--
28308	Crackers, standard snack-type, with whole wheat	463.00	3.65	0.00
28331	Crackers, flavored, fish-shaped	463.00	4.58	--
18180	Cookies, oatmeal, dry mix	462.00	2.22	0.10
18609	KEEBLER, Vanilla Wafers	462.00	--	--
19059	Snacks, trail mix, regular	462.00	3.05	1.40
19075	Candies, CARAMELLO Candy Bar	462.00	1.09	1.70
19118	Candies, NESTLE, OH HENRY! Bar	462.00	0.50	0.00
19821	Snacks, trail mix, regular, unsalted	462.00	3.05	1.40
28121	KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies, Fudge Dipped	462.00	3.10	--
28146	KEEBLER, TOWN HOUSE, TOPPERS, Multigrain Crackers	462.00	3.60	--
36416	Restaurant, Latino, bunuelos (fried yeast bread)	462.00	1.78	--

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
05282	Pate de foie gras, canned (goose liver pate), smoked	462.00	5.50	2.00
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	462.00	0.90	0.00
07054	Pate, goose liver, smoked, canned	462.00	5.50	0.00
18199	Cookies, chocolate sandwich, with creme filling, special dietary	461.00	4.72	0.00
18987	AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type, reduced fat	461.00	3.40	--
18988	AUSTIN, Peanut Butter on Cheese Crackers, sandwich-type, reduced fat	461.00	3.50	--
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	461.00	1.97	0.20
28207	MOTHER'S, Old Fashioned Iced Oatmeal Cookies	461.00	2.30	--
28212	MURRAY, COOKIE JAR CLASSICS, Coconut Bars Cookies	461.00	3.30	--
28233	MURRAY, Vanilla Wafer	461.00	--	--
18524	ARCHWAY Home Style Cookies, Coconut Macaroon	460.00	0.82	0.00
28138	KEEBLER, TOWN HOUSE, Bistro Multigrain Crackers	460.00	3.00	--
28237	SUNSHINE, CHEEZ-IT, Cheddar Jack Crackers	460.00	3.90	--
28309	Cookies, coconut macaroon	460.00	0.82	0.00
14224	Beverages, coffee, instant, mocha, sweetened	460.00	0.00	0.60
04141	Salad dressing, french dressing, commercial, regular, without salt	459.00	0.80	0.00
05170	Turkey, skin from whole (light and dark), roasted	459.00	1.63	0.00
19069	Candies, NESTLE, BUTTERFINGER Bar	459.00	0.79	0.00
19111	Candies, NESTLE, BABY RUTH Bar	459.00	0.63	0.00
28045	KEEBLER, ANIMALS, Iced Cookies	459.00	3.10	--
28216	MURRAY, Old Fashioned Iced Oatmeal Cookies	459.00	2.50	--
28364	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Parmesan	459.00	4.45	--
18187	Cookies, peanut butter, refrigerated dough	458.00	1.70	0.00
19258	Candies, MARS SNACKFOOD US, MILKY WAY Caramels. dark chocolate covered	458.00	1.20	0.40
19403	Snacks, crisped rice bar, almond	458.00	6.35	11.50
28210	MURRAY, SUGAR FREE, Vanilla Sugar Wafer	458.00	1.50	--
28362	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Explosive Pizza	458.00	4.43	--
12071	Nuts, almond paste	458.00	1.60	0.10
04120	Salad dressing, french dressing, commercial, regular	457.00	0.80	3.60
18186	Cookies, peanut butter, commercially prepared, soft-type	457.00	0.89	0.00
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	457.00	2.60	0.00
18446	Pie crust, standard-type, frozen, ready-to-bake, unenriched	457.00	0.38	0.00
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	457.00	2.00	0.50
25037	Snacks, pita chips, salted	457.00	4.59	0.00
28198	MOTHER'S, Double Fudge Creme Sandwich Cookies	457.00	3.80	--

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
28361	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Cheddar	457.00	4.26	--
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	456.00	0.49	0.70
28120	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Mints Grasshopper Cookies	456.00	--	--
28344	Crackers, gluten-free, multigrain and vegetable, made with corn starch and white rice flour	456.00	0.56	--
28355	CRUNCHMASTER, Multi-Grain Crisps, Snack Crackers, Gluten-Free	456.00	2.68	--
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	456.00	1.51	0.00
07019	Chorizo, pork and beef	455.00	1.59	0.00
18213	Cookies, vanilla wafers, higher fat	455.00	2.79	0.00
18232	Crackers, wheat, regular	455.00	2.64	0.00
25038	Snacks, granola bars, soft, almond, confectioners coating	455.00	1.49	0.20
28115	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Fudge Covered Pretzels	455.00	5.50	--
28117	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Brownies	455.00	3.30	--
19406	Snacks, granola bars, soft, uncoated, nut and raisin	454.00	2.18	0.00
05018	Chicken, broilers or fryers, skin only, cooked, roasted	454.00	1.51	0.00
19379	Candies, fudge, chocolate marshmallow, prepared-from-recipe	453.00	0.96	0.20
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	453.00	1.29	0.00
28038	JACKSON'S, Old Fashioned Vanilla Wafers	453.00	2.60	--
28345	Crackers, gluten-free, multi-seeded and multigrain	453.00	2.83	0.00
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	452.00	4.00	1.30
18964	Cinnamon buns, frosted (includes honey buns)	452.00	1.37	0.30
28113	KEEBLER, 100 Calorie RIGHT BITES, CHIPS DELUXE, Chocolate Chip Cookies	452.00	3.20	--
28251	SUNSHINE, CHEEZ-IT, 100 Calorie Right Bites, Reduced Fat	452.00	4.40	--
01156	Cheese, goat, hard type	452.00	1.88	0.00
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	451.00	1.08	0.00
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	451.00	3.22	0.00
18163	Cookies, chocolate chip, refrigerated dough	451.00	2.00	0.00
25036	Snacks, granola bites, mixed flavors	451.00	1.56	0.20
25046	Snacks, bagel chips, plain	451.00	5.05	0.00
28039	KASHI, TLC, Happy Trail Mix Cookies	451.00	--	--
28278	MURRAY, SUGAR FREE, Oatmeal Cookies	451.00	2.80	--
28310	Cookies, shortbread, reduced fat	451.00	2.98	0.00
43340	Cheese, parmesan, low sodium	451.00	0.95	0.00
18178	Cookies, oatmeal, commercially prepared, regular	450.00	2.58	0.50
18198	Cookies, chocolate chip, commercially prepared, special dietary	450.00	3.50	0.00
18630	PILLSBURY, Chocolate Chip Cookies, refrigerated dough	450.00	2.03	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
28043	KEEBLER, ANIMALS, Cookies	450.00	3.30	--
28046	KEEBLER, ANIMALS, Crackers	450.00	3.30	--
28144	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Reduced Fat	450.00	4.30	--
42309	Margarine-like, vegetable oil-butter spread, reduced calorie, tub, with salt	450.00	0.09	0.10
18200	Cookies, oatmeal, commercially prepared, special dietary	449.00	4.07	0.30
28281	SUNSHINE, CHEEZ-IT, Reduced Fat Crackers	449.00	4.40	--
04135	Salad dressing, home recipe, vinegar and oil	449.00	0.00	--
13345	Beef, cured, breakfast strips, cooked	449.00	3.14	0.00
16111	Soybeans, mature seeds, dry roasted	449.00	3.95	4.60
14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	448.00	0.68	1.30
19022	Snacks, granola bars, soft, uncoated, raisin	448.00	2.44	0.00
19367	Toppings, nuts in syrup	448.00	1.05	0.30
18377	Cookies, oatmeal, prepared from recipe, without raisins	447.00	2.70	0.20
19917	Candies, M&M MARS Pretzel Chocolate Candies	447.00	0.90	0.00
28350	Cookies, chocolate cream covered biscuit sticks	447.00	0.90	0.00
18223	Crackers, milk	446.00	3.58	0.20
19009	Snacks, KRAFT, CORNNUTS, plain	446.00	1.67	0.00
25041	Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors	446.00	2.70	0.00
28360	MARY'S GONE CRACKERS, Original Crackers, Organic Gluten Free	446.00	3.17	--
28399	Cookies, animal crackers (includes arrowroot, tea biscuits)	446.00	2.75	0.00
06101	Soup, cream of vegetable, dry, powder	446.00	2.60	16.60
12163	Seeds, pumpkin and squash seeds, whole, roasted, without salt	446.00	3.31	0.30
12663	Seeds, pumpkin and squash seeds, whole, roasted, with salt added	446.00	3.31	0.30
16108	Soybeans, mature seeds, raw	446.00	15.70	6.00
18948	Pie crust, refrigerated, regular, unbaked	445.00	1.02	--
18958	Pan Dulce, LA RICURA, Salpora de Arroz con Azucar, cookie-like, contains wheat flour and rice flour	445.00	2.52	--
18976	KASHI, TLC, Country Cheddar Crackers	445.00	1.10	3.00
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	445.00	1.63	0.20
28274	MURRAY, Honey Graham	445.00	3.80	--
18160	Cookies, chocolate chip, commercially prepared, soft-type	444.00	4.07	--
18950	Crackers, wheat, reduced fat	444.00	5.02	0.00
28107	KEEBLER, Gingerbread Men Cookies, Holiday	444.00	3.50	--
01144	Egg substitute, powder	444.00	3.16	0.80
04016	Salad dressing, sesame seed dressing, regular	443.00	0.60	0.00
05673	Chicken, skin (drumsticks and thighs), cooked, braised	443.00	1.00	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
08487	Cereals ready-to-eat, MALT-O-MEAL, Blueberry MUFFIN TOPS Cereal	443.00	34.29	25.00
12110	Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned	443.00	1.84	0.00
18429	Crackers, whole-wheat, low salt	443.00	3.08	0.00
18994	BEAR NAKED, Fruit & Nut Cookies	443.00	2.10	--
19020	Snacks, granola bars, soft, uncoated, plain	443.00	2.56	0.00
19308	Candies, MARS SNACKFOOD US, POP'ABLES 3 MUSKETEERS Brand Bite Size Candies	443.00	0.58	0.40
28149	KEEBLER, TOWN HOUSE, FLATBREAD CRISPS, Sea Salt and Olive Oil Crackers	443.00	--	--
28249	SUNSHINE, CHEEZ-IT, White Cheddar, Reduced Fat Crackers	443.00	4.70	--
42196	Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar	443.00	1.20	0.20
18513	ARCHWAY Home Style Cookies, Sugar Free Oatmeal	442.00	1.96	0.00
19061	Snacks, trail mix, tropical	442.00	2.64	7.60
28325	Crackers, toast thins, low sodium	442.00	3.48	0.00
18212	Cookies, vanilla wafers, lower fat	441.00	2.38	0.00
18632	PILLSBURY, Traditional Fudge Brownie Mix, dry	441.00	2.81	--
28069	KEEBLER, CLUB, Reduced Fat Crackers	441.00	--	--
06982	Soup, ramen noodle, beef flavor, dry	441.00	3.93	0.60
05674	Chicken, skin (drumsticks and thighs), raw	440.00	0.37	0.00
06583	Soup, ramen noodle, any flavor, dry	440.00	4.11	0.30
14204	Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener	440.00	3.06	0.00
18982	KASHI, H2H Woven Wheat Cracker, Roasted Garlic	440.00	6.00	20.00
28185	KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Strawberry Baked Bites	440.00	9.40	--
28329	Cookies, chocolate, made with rice cereal	440.00	2.49	0.00
06983	Soup, ramen noodle, chicken flavor, dry	439.00	4.21	0.00
16116	Soy flour, full-fat, roasted	439.00	5.82	0.00
06981	Soup, bouillon cubes and granules, low sodium, dry	438.00	1.03	1.10
07953	Pork sausage, link/patty, fully cooked, microwaved	438.00	0.95	0.00
18478	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Brown sugar cinnamon	438.00	3.60	0.00
19017	Snacks, granola bars, hard, chocolate chip	438.00	3.05	0.10
28184	KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Chocolate Baked Bites	438.00	7.80	--
28215	MURRAY, JACKS Vanilla Wafers	438.00	2.60	--
28253	SUNSHINE, CHEEZ-IT, Snack Mix	438.00	3.84	--
18114	Cake, gingerbread, dry mix	437.00	4.70	0.20
28047	KEEBLER, BAKER'S TREASURES, Chocolate Chip Cookie, soft	437.00	3.30	--
28314	Crackers, sandwich-type, peanut butter filled, reduced fat	437.00	3.00	0.00
18107	Coffeecake, cinnamon with crumb topping, dry mix	436.00	1.90	0.20

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
18205	Cookies, sugar, refrigerated dough	436.00	1.85	0.00
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	436.00	0.67	0.20
19401	Snacks, cornnuts, barbecue-flavor	436.00	1.70	0.40
28299	Cookies, chocolate sandwich, with creme filling, reduced fat	436.00	3.18	0.00
18184	Cookies, oatmeal, prepared from recipe, with raisins	435.00	2.65	0.50
18533	ARCHWAY Home Style Cookies, Iced Oatmeal	435.00	2.19	0.00
19104	Candies, fudge, vanilla with nuts	435.00	0.41	0.10
28330	Cookies, marshmallow, with rice cereal and chocolate chips	435.00	1.64	0.00
03206	Babyfood, cookie, baby, fruit	435.00	2.90	1.50
16115	Soy flour, full-fat, raw	434.00	6.37	0.00
18152	Cookies, brownies, dry mix, regular	434.00	1.99	0.30
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	434.00	2.53	0.00
18426	Crackers, saltines, unsalted tops (includes oyster, soda, soup)	434.00	5.40	0.00
19324	Puddings, coconut cream, dry mix, regular	434.00	0.57	0.30
18157	Cookies, chocolate wafers	433.00	4.01	0.00
18960	Crackers, snack, GOYA CRACKERS	433.00	5.66	--
19227	Frostings, coconut-nut, ready-to-eat	433.00	0.54	0.20
28104	KEEBLER, GRIPZ, Chocolate Chip Grahams, bite-size	433.00	3.70	--
28183	KELLOGG'S, POP-TARTS MINI CRISPS, Cinnamon Brown Sugar Baked Bites	433.00	7.80	--
03213	Babyfood, cookies	433.00	4.18	7.00
18420	Cake, yellow, unenriched, dry mix	432.00	0.48	0.20
19027	Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip	432.00	1.94	0.00
19153	Candies, NESTLE, AFTER EIGHT Mints	432.00	0.57	0.00
19434	Cheese puffs and twists, corn based, baked, low fat	432.00	1.28	21.40
18528	ARCHWAY Home Style Cookies, Dutch Cocoa	431.00	3.36	--
19039	Snacks, popcorn, caramel-coated, without peanuts	431.00	1.74	0.00
28143	KEEBLER, TOWN HOUSE, Reduced Fat Crackers	431.00	--	--
28229	MURRAY, SUGAR FREE, Shortbread Cookies	431.00	3.10	--
42136	Cream substitute, powdered, light	431.00	0.03	0.00
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	430.00	3.78	0.00
18177	Cookies, molasses	430.00	6.43	0.00
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	430.00	1.80	1.70
18529	ARCHWAY Home Style Cookies, Frosty Lemon	430.00	1.62	0.00
28263	KEEBLER, Grahams, Cinnamon Crisp	430.00	3.50	--
04639	Salad dressing, ranch dressing, regular	430.00	0.30	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
03302	Babyfood, snack, GERBER GRADUATE YOGURT MELTS	429.00	0.00	57.10
25033	Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors	429.00	3.39	0.00
28101	KEEBLER, Cinnamon Toast Grahams	429.00	3.40	--
43572	Popcorn, microwave, low fat and sodium	429.00	2.28	0.00
18010	Biscuits, plain or buttermilk, dry mix	428.00	2.77	0.30
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	428.00	4.40	0.10
14311	Beverages, Malted drink mix, natural, powder, dairy based.	428.00	0.70	2.90
16100	Peanut flour, low fat	428.00	4.74	0.00
18235	Crackers, whole-wheat	427.00	3.34	0.00
19405	Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow	427.00	2.57	0.00
43017	Salad dressing, green goddess, regular	427.00	0.35	0.20
18196	Cookies, brownies, dry mix, sugar free	426.00	1.52	0.00
18250	Doughnuts, cake-type, plain, sugared or glazed	426.00	1.06	0.10
19021	Snacks, granola bars, soft, uncoated, peanut butter	426.00	2.13	0.00
19124	Baking chocolate, mexican, squares	426.00	2.18	0.10
28040	KASHI, TLC, Oatmeal Dark Chocolate Cookies	426.00	--	--
03217	Zwieback	426.00	0.60	5.30
06627	Sauce, pesto, ready-to-serve, shelf stable	426.00	0.88	0.10
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	426.00	2.26	0.00
07926	Salami, Italian, pork	425.00	1.52	0.00
08494	Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS	425.00	30.00	20.00
28328	Cookies, chocolate chip sandwich, with creme filling	425.00	1.06	0.00
18182	Cookies, oatmeal, refrigerated dough	424.00	2.14	0.00
18562	ARCHWAY Home Style Cookies, Reduced Fat Ginger Snaps	424.00	12.57	--
18617	NABISCO, NABISCO GRAHAMS Crackers	424.00	4.13	0.00
25001	Snacks, popcorn, microwave, low fat	424.00	2.28	0.00
28155	KEEBLER, Waffle Bowls	424.00	3.00	--
28156	KEEBLER, Waffle Cones	424.00	3.00	--
03214	Babyfood, cookies, arrowroot	424.00	3.00	5.50
04630	Margarine Spread, approximately 48% fat, tub	424.00	0.21	0.00
18135	Cake, pudding-type, white, enriched, dry mix	423.00	1.36	0.00
18142	Cake, pudding-type, yellow, dry mix	423.00	1.57	0.00
18419	Cake, pudding-type, white, unenriched, dry mix	423.00	0.52	0.00
18993	BEAR NAKED, Double Chocolate Cookies	423.00	3.70	--
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	423.00	1.03	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
28352	Cookies, vanilla sandwich with creme filling, reduced fat	423.00	2.25	0.00
19149	Candies, NESTLE, RAISINETS Chocolate Covered Raisins	422.00	1.20	1.60
25005	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON MULTIGRAIN CRUNCH BAR	422.00	14.67	144.30
25031	Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors	422.00	3.60	120.00
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	421.00	2.53	0.10
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	421.00	2.38	1.20
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	421.00	5.13	0.00
18537	ARCHWAY Home Style Cookies, Oatmeal	421.00	2.45	0.00
42284	Babyfood, baked product, finger snacks cereal fortified	421.00	22.50	10.00
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	421.00	1.17	0.00
08054	Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey	421.00	2.81	0.20
01032	Cheese, parmesan, grated	420.00	0.49	0.00
18532	ARCHWAY Home Style Cookies, Iced Molasses	420.00	4.10	--
18977	KASHI, TLC, Toasted Asiago Crackers	420.00	2.90	--
19440	Snacks, M&M MARS, KUDOS Whole Grain Bar, chocolate chip	420.00	1.40	0.10
28048	KEEBLER, BAKER'S TREASURES, Oatmeal Raisin Cookie, soft	420.00	2.60	--
35183	Corn, dried, yellow (Northern Plains Indians)	419.00	2.61	0.00
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	418.00	2.50	0.10
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	418.00	1.91	0.30
18228	Crackers, saltines (includes oyster, soda, soup)	418.00	5.57	0.00
18412	Bread, cornbread, dry mix, unenriched (includes corn muffin mix)	418.00	0.59	0.10
18417	Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	418.00	0.78	0.30
18610	CONTINENTAL MILLS, KRUSTEAZ Almond Poppyseed Muffin Mix, Artificially Flavored, dry	418.00	2.47	--
18957	Cake, pound, BIMBO Bakeries USA, Panque Casero, home baked style	418.00	1.51	--
18965	Crackers, cheese, reduced fat	418.00	4.80	0.00
19230	Frostings, vanilla, creamy, ready-to-eat	418.00	0.16	0.00
19404	Snacks, granola bars, soft, uncoated, chocolate chip	418.00	2.19	0.00
28283	KEEBLER, ZESTA, Saltines, Original	418.00	4.00	--
06626	Sauce, pesto, ready-to-serve, refrigerated	418.00	0.57	0.00
06628	Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated	418.00	0.57	0.00
08627	Cereals ready-to-eat, QUAKER, Natural Granola Apple Cranberry Almond	418.00	2.47	3.10
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	417.00	18.36	0.00
10123	Pork, cured, bacon, unprepared	417.00	0.41	0.00
18251	Doughnuts, cake-type, chocolate, sugared or glazed	417.00	2.27	0.10
18271	Ice cream cones, cake or wafer-type	417.00	3.60	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
18479	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted brown sugar cinnamon	417.00	5.40	--
21509	BURGER KING, Onion Rings	417.00	0.78	1.40
18117	Cake, pudding-type, marble, dry mix	416.00	1.62	0.00
18172	Cookies, gingersnaps	416.00	6.40	0.00
18949	Crackers, whole-wheat, reduced fat	416.00	3.56	0.00
19833	Snacks, tortilla chips, low fat, unsalted	416.00	1.60	0.20
28167	KELLOGG'S, POP-TARTS, Frosted Cinnamon Roll Toaster Pastries	416.00	3.60	--
28282	SUNSHINE, KRISPY, Soup & Oyster Crackers (large)	416.00	4.90	--
28284	KEEBLER, ZESTA, Saltines with Whole Wheat	416.00	3.89	--
18092	Cake, pudding-type, carrot, dry mix	415.00	1.80	1.20
19228	Frostings, cream cheese-flavor, ready-to-eat	415.00	0.16	0.00
19322	Puddings, coconut cream, dry mix, instant	415.00	0.72	0.30
19433	Tortilla chips, low fat, baked without fat	415.00	1.60	0.20
25009	Snacks, M&M MARS, KUDOS Whole Grain Bar, M&M's milk chocolate	415.00	0.85	0.20
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	415.00	10.13	75.00
25043	Snacks, candy bits, yogurt covered with vitamin C	415.00	0.19	180.00
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	415.00	8.71	0.10
28105	KEEBLER, GRIPZ, Cinnamon Grahams, bite-size	415.00	3.80	--
28161	KELLOGG'S, ALL-BRAN, Multigrain Crackers	415.00	2.50	--
01146	Cheese, parmesan, shredded	415.00	0.87	0.00
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	414.00	1.65	0.00
18241	Croissants, cheese	414.00	2.15	0.20
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	414.00	2.20	0.00
28041	KASHI, TLC, Oatmeal Raisin Flax Cookies	414.00	--	--
28255	KEEBLER, ZESTA, Export Sodas Crackers	414.00	4.30	--
18642	GENERAL MILLS, BETTY CROCKER SUPERMOIST Yellow Cake Mix, dry	413.00	--	--
19371	Frostings, vanilla, creamy, dry mix, prepared with margarine	413.00	0.01	0.00
01023	Cheese, gruyere	413.00	0.17	0.00
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	413.00	15.50	20.70
08510	Milk and cereal bar	413.00	5.99	15.40
08554	Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch	413.00	3.50	0.10
14631	Beverages, Horchata, dry mix, unprepared, variety of brands, all with morro seeds	413.00	5.80	0.30
08211	Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S	412.00	19.52	36.40
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	412.00	2.69	0.50
08594	Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX	412.00	25.70	17.10

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
18080	Bread sticks, plain	412.00	4.28	0.00
18253	Doughnuts, french crullers, glazed	412.00	2.42	0.00
18325	Pie, pecan, prepared from recipe	412.00	1.48	0.20
18476	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Blueberry	412.00	3.50	0.00
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	412.00	2.03	0.10
28231	MURRAY, SUGAR FREE, Vanilla Wafer	412.00	2.40	--
28297	Cake, snack cakes, not chocolate, with icing or filling, low-fat, with added fiber	412.00	1.34	0.00
28303	Crackers, cheese, whole grain	412.00	3.46	0.00
19100	Candies, fudge, chocolate, prepared-from-recipe	411.00	1.77	0.00
21130	Fast foods, onion rings, breaded and fried	411.00	0.78	1.40
01223	Protein supplement, milk based, Muscle Milk, powder	411.00	8.57	30.00
13861	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	411.00	1.95	0.00
14317	Beverages, malted drink mix, chocolate, powder	411.00	2.28	1.50
01270	Cheese, cheddar, sharp, sliced	410.00	0.16	0.00
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	410.00	20.48	19.40
08588	Cereals ready-to-eat, KELLOGG, KELLOGG'S CINNABON cereal	410.00	15.69	65.00
08634	Cereals ready-to-eat, GENERAL MILLS, PEANUT BUTTER TOAST CRUNCH	410.00	14.50	19.40
08679	Cereals ready-to-eat, GENERAL MILLS, FROSTED TOAST CRUNCH	410.00	15.00	20.00
19002	Snacks, beef jerky, chopped and formed	410.00	5.42	0.00
19169	Egg custards, dry mix	410.00	1.93	0.40
19171	Cocoa, dry powder, unsweetened, HERSHEY'S European Style Cocoa	410.00	36.00	0.00
19244	Frostings, vanilla, creamy, dry mix	410.00	0.00	--
18179	Cookies, oatmeal, commercially prepared, soft-type	409.00	2.79	0.20
18939	Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	409.00	3.92	0.00
19313	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Tropical fruits	409.00	0.01	59.40
28296	Cake, snack cakes, creme-filled, chocolate with frosting, low-fat, with added fiber	409.00	4.01	0.00
42240	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds	409.00	33.80	0.00
06959	Gravy, instant turkey, dry	409.00	9.57	0.90
08546	Rice and Wheat cereal bar	409.00	2.56	0.00
16135	Winged beans, mature seeds, raw	409.00	13.44	0.00
08678	Cereals ready-to-eat, GENERAL MILLS, Apple Cinnamon CHEX	408.00	29.00	19.40
18972	Bread, cheese	408.00	2.49	0.00
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	408.00	0.01	58.70
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	408.00	0.93	0.00
19309	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Fruit and Creme	408.00	0.01	58.30

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
25052	Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar	408.00	1.50	0.50
18224	Crackers, rusk toast	407.00	2.72	0.00
18242	Croutons, plain	407.00	4.08	0.00
18324	Pie, pecan, commercially prepared	407.00	0.93	0.00
18566	Artificial Blueberry Muffin Mix, dry	407.00	--	--
18614	MARTHA WHITE FOODS, Martha White's Chewy Fudge Brownie Mix, dry	407.00	3.81	0.00
42190	Pork sausage rice links, brown and serve, cooked	407.00	1.12	0.00
05169	Turkey, skin from whole, (light and dark), raw	407.00	0.85	0.00
07071	Salami, dry or hard, pork	407.00	1.30	0.00
08351	Cereals ready-to-eat, QUAKER, MOTHER'S PEANUT BUTTER BUMPERS Cereal	407.00	1.97	0.00
08681	Cereals ready-to-eat, CASCADIAN FARM, Cinnamon Crunch	407.00	2.70	0.00
10994	Bacon, pre-sliced, reduced/low sodium, unprepared	407.00	0.42	0.00
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	406.00	0.98	0.00
08059	Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP	406.00	18.35	0.00
13344	Beef, cured, breakfast strips, raw or unheated	406.00	1.23	24.00
18239	Croissants, butter	406.00	2.03	0.20
18538	ARCHWAY Home Style Cookies, Oatmeal Raisin	406.00	2.40	0.00
18539	ARCHWAY Home Style Cookies, Old Fashioned Molasses	406.00	4.99	0.00
28191	KELLOGG'S, SPECIAL K, Savory Herb Crackers	406.00	3.90	--
28351	Cookies, Marie biscuit	406.00	0.00	--
42285	Babyfood, cereal, brown rice, dry, instant	406.00	47.60	0.00
18151	Cookies, brownies, commercially prepared	405.00	2.25	0.00
19368	Candies, MARS SNACKFOOD US, SKITTLES Tropical Bite Size Candies	405.00	0.00	67.10
19370	Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies	405.00	0.00	66.80
20086	Wheat flour, white, tortilla mix, enriched	405.00	7.05	0.00
23322	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	405.00	1.82	0.00
07954	Beef sausage, pre-cooked	405.00	1.53	0.70
08204	Cereals ready-to-eat, chocolate-flavored frosted puffed corn	405.00	15.87	52.90
14035	Beverages, ABBOTT, EAS soy protein powder	405.00	6.43	0.00
01009	Cheese, cheddar	404.00	0.14	0.00
03212	Babyfood, cereal, rice, with bananas, dry	404.00	47.50	2.00
05139	Duck, domesticated, meat and skin, raw	404.00	2.40	2.80
08501	Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES	404.00	7.62	1.00
13848	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	404.00	2.08	0.00
18453	Cake, yellow, light, dry mix	404.00	1.31	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
19010	Snacks, crisped rice bar, chocolate chip	404.00	6.30	0.00
19372	Frostings, chocolate, creamy, dry mix, prepared with margarine	404.00	0.93	0.00
20132	Oat flour, partially debranned	404.00	4.00	0.00
18244	Danish pastry, cinnamon, enriched	403.00	1.96	0.10
18430	Danish pastry, cinnamon, unenriched	403.00	0.78	0.20
18436	Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	403.00	0.60	0.10
18535	ARCHWAY Home Style Cookies, Molasses	403.00	4.68	0.00
21388	Fast foods, miniature cinnamon rolls	403.00	2.55	0.00
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	403.00	14.20	68.00
25048	Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	403.00	5.65	0.20
42261	Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	403.00	17.30	0.20
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	403.00	0.65	0.00
08595	Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX	403.00	27.00	20.00
03184	Babyfood, cereal, whole wheat, with apples, dry fortified	402.00	45.00	58.30
03205	Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified	402.00	14.30	2.70
08034	Cereals ready-to-eat, POST, FRUITY PEBBLES	402.00	6.67	22.20
08156	Cereals ready-to-eat, rice, puffed, fortified	402.00	31.70	0.00
08625	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S Halloween Crunch	402.00	19.60	0.10
18272	Ice cream cones, sugar, rolled-type	402.00	4.43	0.00
19363	Candies, MARS SNACKFOOD US, SKITTLES Wild Berry Bite Size Candies	402.00	0.00	67.10
25000	Snacks, popcorn, microwave, 94% fat free	402.00	2.87	0.00
18191	Cookies, raisin, soft-type	401.00	2.29	0.40
19369	Candies, MARS SNACKFOOD US, SKITTLES Sours Original	401.00	0.01	61.10
21415	POPEYES, biscuit	401.00	2.51	--
28170	KELLOGG'S, POP-TARTS, Frosted Orange Cream Toaster Pastries	401.00	4.60	--
28190	KELLOGG'S, SPECIAL K, Multigrain Crackers	401.00	2.50	--
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	401.00	34.82	0.00
08346	Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH	401.00	30.00	20.00
08699	Cereals ready-to-eat, KELLOGG'S KRAVE Smores	401.00	14.50	48.00
14357	Beverages, tea, instant, decaffeinated, lemon, sweetened	401.00	0.21	0.00
14370	Beverages, tea, instant, lemon, sweetened, powder	401.00	0.21	0.00
08553	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry	400.00	15.00	20.00
08665	Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	400.00	28.00	0.40
13835	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	400.00	2.17	0.00
14195	Beverages, Cocoa mix, NESTLE, Hot Cocoa Mix Rich Chocolate With Marshmallows	400.00	1.80	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
14197	Cocoa mix, NESTLE, Rich Chocolate Hot Cocoa Mix	400.00	1.80	0.00
14557	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients	400.00	0.00	27.30
18527	ARCHWAY Home Style Cookies, Date Filled Oatmeal	400.00	2.26	--
18544	ARCHWAY Home Style Cookies, Raspberry Filled	400.00	2.32	--
18547	ARCHWAY Home Style Cookies, Strawberry Filled	400.00	2.32	--
19038	Snacks, popcorn, caramel-coated, with peanuts	400.00	3.91	0.00
19315	Candies, MARS SNACKFOOD US, STARBURST Sour Fruit Chews	400.00	0.01	56.60
28180	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Rainbow Chip Toaster Pastries	400.00	3.60	--
42236	Cereals ready-to-eat, frosted oat cereal with marshmallows	400.00	15.00	20.00
18127	Cake, snack cakes, creme-filled, chocolate with frosting	399.00	3.60	1.90
18486	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted raspberry	399.00	3.50	0.00
19908	Sugar, turbinado	399.00	0.37	--
04704	Salad dressing, poppyseed, creamy	399.00	0.25	0.30
08655	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches	399.00	15.50	0.20
08662	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with real strawberries	399.00	26.10	15.60
01169	Cheese, low-sodium, cheddar or colby	398.00	0.72	0.00
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	398.00	19.42	0.00
08481	Cereals ready-to-eat, MALT-O-MEAL, HONEY GRAHAM SQUARES	398.00	33.81	29.90
14192	Beverages, Cocoa mix, powder	398.00	1.19	0.20
18488	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Strawberry	398.00	3.50	0.00
18966	Crackers, saltines, whole wheat (includes multi-grain)	398.00	5.14	0.00
18974	KASHI, TLC, Honey Sesame Crackers	398.00	2.40	1.00
19907	Sweeteners, for baking, contains sugar and sucralose	398.00	0.06	--
28182	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Vanilla Milkshake Toaster Pastries	398.00	3.80	--
28193	KELLOGG'S, POP-TARTS, Yum-azing Vanilla Milkshake Toaster Pastries	398.00	3.60	--
28300	Cookies, oatmeal sandwich, with creme filling	398.00	1.88	0.00
43046	Candies, nougat, with almonds	398.00	0.59	0.30
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	397.00	1.99	0.00
18481	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted cherry	397.00	3.50	0.00
19226	Frostings, chocolate, creamy, ready-to-eat	397.00	1.42	0.00
19382	Candies, taffy, prepared-from-recipe	397.00	0.01	0.00
28164	KELLOGG'S, POP-TARTS, Frosted Blueberry Muffin Toaster Pastries	397.00	3.60	--
28181	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Strawberry Milkshake Toaster Pastries	397.00	3.80	--
03215	Babyfood, pretzels	397.00	3.77	3.80
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	397.00	19.80	0.10

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	397.00	6.20	0.00
08495	Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYNO-BITES	397.00	6.21	0.00
08550	Cereals ready-to-eat, QUAKER, Christmas Crunch	397.00	19.78	0.10
08652	Cereals ready-to-eat, KELLOGG'S KRAVE chocolate cereal	397.00	14.50	48.00
08658	Cereals ready-to-eat, KELLOGG'S KRAVE double chocolate cereal	397.00	15.00	50.00
08661	Cereals ready-to-eat, KELLOGG'S CINNAMON JACKS	397.00	16.10	54.00
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	397.00	1.85	0.00
01224	Protein supplement, milk based, Muscle Milk Light, powder	396.00	12.00	42.00
07065	Pork and beef sausage, fresh, cooked	396.00	1.13	0.00
07913	Salami, pork, beef, less sodium	396.00	1.55	0.70
08347	Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH	396.00	30.00	20.00
08674	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey	396.00	27.00	20.00
10175	Pork, fresh, variety meats and by-products, tail, cooked, simmered	396.00	0.79	0.00
18284	Muffins, wheat bran, dry mix	396.00	3.60	0.00
18979	KASHI, H2H Woven Wheat Cracker, Original	396.00	6.00	20.00
19106	Candies, gumdrops, starch jelly pieces	396.00	0.40	0.00
25004	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Chewy Chocolate Peanut Bar	396.00	--	144.40
43529	Babyfood, rice and apples, dry	396.00	37.00	0.00
18079	Bread crumbs, dry, grated, plain	395.00	4.83	0.00
18217	Crackers, matzo, plain	395.00	3.16	0.00
28163	KELLOGG'S, POP-TARTS, Frosted Apple Strudel Toaster Pastries	395.00	4.90	--
08023	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN	395.00	3.70	31.00
08192	Cereals ready-to-eat, POST SELECTS Blueberry Morning	395.00	3.30	0.90
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	395.00	6.00	20.00
08629	Cereals ready-to-eat, QUAKER, Cap'n Crunch's OOPS! All Berries Cereal	395.00	21.57	0.40
01011	Cheese, colby	394.00	0.76	0.00
03189	Babyfood, cereal, oatmeal, dry fortified	394.00	64.07	0.00
05016	Chicken, broilers or fryers, skin only, cooked, fried, batter	394.00	1.43	0.00
08025	Cereals ready-to-eat, RALSTON CRISP RICE	394.00	32.73	64.50
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	394.00	8.44	0.00
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	394.00	28.90	0.00
08693	Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry	394.00	2.99	0.70
19107	Candies, hard	394.00	0.30	0.00
19181	Candies, YORK BITES	394.00	0.94	0.00
28171	KELLOGG'S, POP-TARTS, Frosted Pumpkin Pie Toaster Pastries	394.00	3.60	--

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
36051	ON THE BORDER, cheese quesadilla	394.00	1.52	--
43058	Candies, hard, dietetic or low calorie (sorbitol)	394.00	0.00	--
18457	Crackers, saltines, fat-free, low-sodium	393.00	7.72	0.00
25034	Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	393.00	5.20	19.30
28173	KELLOGG'S, POP-TARTS, Frosted Sugar Cookie Toaster Pastries	393.00	3.60	--
28192	KELLOGG'S, POP-TARTS, Gingerbread Toaster Pastries	393.00	3.60	--
01040	Cheese, swiss	393.00	0.13	0.00
03190	Babyfood, cereal, oatmeal, with bananas, dry	393.00	47.50	4.70
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	393.00	1.15	0.00
13849	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	393.00	2.33	0.00
01033	Cheese, parmesan, hard	392.00	0.82	0.00
02007	Spices, celery seed	392.00	44.90	17.10
03216	Babyfood, teething biscuits	392.00	3.55	9.10
07967	Pork sausage, link/patty, fully cooked, unheated	392.00	0.92	0.00
08672	Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS	392.00	24.00	16.00
14654	Beverages, nutritional shake mix, high protein, powder	392.00	22.50	75.00
18487	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, S'mores	392.00	3.50	0.00
19053	Snacks, rice cakes, brown rice, sesame seed	392.00	1.58	3.00
19819	Snacks, rice cakes, brown rice, sesame seed, unsalted	392.00	1.58	3.00
23320	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, separable lean and fat, Aust. marble score 9, raw	392.00	1.54	0.00
42204	Rice cake, cracker (include hain mini rice cakes)	392.00	1.49	0.00
18097	Cake, pudding-type, chocolate, dry mix	391.00	2.92	0.10
18141	Cake, yellow, commercially prepared, with vanilla frosting	391.00	1.07	0.00
18218	Crackers, matzo, egg	391.00	2.70	0.10
18400	Crackers, matzo, egg and onion	391.00	4.37	0.20
18477	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted blueberry	391.00	3.50	0.00
19070	Candies, butterscotch	391.00	0.01	0.00
28175	KELLOGG'S, POP-TARTS, Frosted Wild Fruit Fusion Toaster Pastries	391.00	3.60	--
28177	KELLOGG'S, POP-TARTS, Frosted Wild Strawberry Toaster Pastries	391.00	3.60	--
28178	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Hot Fudge Sundae Toaster Pastries	391.00	3.60	--
03186	Babyfood, cereal, mixed, with bananas, dry	391.00	47.50	3.60
03193	Babyfood, cereal, oatmeal, with honey, dry	391.00	67.23	0.00
03997	Babyfood, Baby MUM MUM Rice Biscuits	391.00	0.00	--
08349	Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	391.00	28.12	18.80
03194	Babyfood, cereal, rice, dry fortified	390.00	53.01	2.40

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
08202	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Crunchy Almond	390.00	15.00	0.00
08305	Cereals ready-to-eat, Post, Waffle Crisp	390.00	9.00	0.00
08493	Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS	390.00	27.27	18.20
08682	Cereals ready-to-eat, GENERAL MILLS, Multi Grain CHEERIOS, Peanut Butter	390.00	28.89	21.40
08690	Cereals, QUAKER, oatmeal, REAL MEDLEYS, apple walnut, dry	390.00	2.77	0.90
18220	Crackers, melba toast, plain	390.00	3.70	0.00
18424	Crackers, melba toast, plain, without salt	390.00	3.70	0.00
18489	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted strawberry	390.00	4.80	--
18490	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted wild berry	390.00	3.50	--
18603	GEORGE WESTON BAKERIES, Brownberry Sage and Onion Stuffing Mix, dry	390.00	3.81	--
18954	Bread, pound cake type, pan de torta salvadoran	390.00	2.20	--
19439	Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar	390.00	8.60	0.00
19866	Candies, soft fruit and nut squares	390.00	0.93	0.20
25032	Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	390.00	1.62	0.40
28172	KELLOGG'S, POP-TARTS, Frosted Spring Berry Toaster Pastries	390.00	3.50	--
28176	KELLOGG'S, POP-TARTS, Frosted Wild Grape Toaster Pastries	390.00	4.80	--
28179	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Ice Creme Sandwich Toaster Pastries	390.00	3.80	--
35234	Piki bread, made from blue cornmeal (Hopi)	390.00	6.11	--
42117	Imitation cheese, american or cheddar, low cholesterol	390.00	0.70	0.00
42297	Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch	390.00	28.00	0.10
43016	Salad dressing, coleslaw	390.00	0.20	0.00
18084	Bread stuffing, cornbread, dry mix	389.00	3.25	3.50
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	389.00	3.04	0.10
18121	Cake, pound, commercially prepared, other than all butter, enriched	389.00	1.62	0.10
18221	Crackers, melba toast, rye (includes pumpernickel)	389.00	3.68	0.00
18418	Cake, pound, commercially prepared, other than all butter, unenriched	389.00	0.60	0.10
18981	KASHI, TLC, Fire Roasted Vegetable Crackers	389.00	2.40	4.00
19240	Frostings, chocolate, creamy, dry mix	389.00	1.19	0.00
19336	Sugars, powdered	389.00	0.06	0.00
20038	Oats	389.00	4.72	0.00
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	389.00	6.00	0.90
43544	Babyfood, cereal, rice with pears and apple, dry, instant fortified	389.00	9.00	250.00
01020	Cheese, fontina	389.00	0.23	0.00
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	389.00	0.20	0.00
08002	Cereals ready-to-eat, POST, ALPHA-BITS	389.00	30.00	20.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	389.00	14.50	48.00
08189	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins	389.00	3.70	6.00
08206	Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS	389.00	30.00	20.00
08409	Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes	389.00	11.60	19.40
14350	Strawberry-flavor beverage mix, powder	389.00	0.44	0.30
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	388.00	2.58	0.40
08491	Cereals ready-to-eat, MOM'S BEST, Honey Nut TOASTY O'S	388.00	3.02	0.00
10128	Pork, cured, breakfast strips, raw or unheated	388.00	0.94	27.20
13147	Beef, rib, shortribs, separable lean and fat, choice, raw	388.00	1.55	0.00
14067	Beverages, Protein powder soy based	388.00	12.00	0.00
14450	Beverages, drink mix, QUAKER OATS, GATORADE, orange flavor, powder	388.00	0.34	0.40
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	388.00	5.51	0.00
18615	MARTHA WHITE FOODS, Martha White's Buttermilk Biscuit Mix, dry	388.00	4.06	0.20
19906	Sweeteners, for baking, brown, contains sugar and sucralose	388.00	1.64	--
32016	Macaroni or noodles with cheese, microwaveable, unprepared	388.00	2.36	0.00
43241	Cereals ready-to-eat, FAMILIA	388.00	2.78	0.60
19034	Snacks, popcorn, air-popped	387.00	3.19	0.00
19051	Snacks, rice cracker brown rice, plain	387.00	1.49	0.00
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	387.00	0.80	0.00
19076	Candies, caramels, chocolate-flavor roll	387.00	0.80	0.00
19102	Candies, fudge, peanut butter, prepared-from-recipe	387.00	0.22	0.00
19335	Sugars, granulated	387.00	0.05	0.00
19414	Snacks, rice cakes, brown rice, multigrain	387.00	1.96	0.00
19419	Snacks, corn cakes	387.00	1.40	0.00
19706	Puddings, banana, dry mix, regular, with added oil	387.00	0.05	0.00
19800	Snacks, corn cakes, very low sodium	387.00	1.40	0.00
19816	Snacks, rice cakes, brown rice, plain, unsalted	387.00	1.49	0.00
19818	Snacks, rice cakes, brown rice, multigrain, unsalted	387.00	1.96	0.00
28165	KELLOGG'S, POP-TARTS, Chocolate Chip Cookie Dough Toaster Pastries	387.00	3.60	--
01010	Cheese, cheshire	387.00	0.21	0.00
01038	Cheese, romano	387.00	0.77	0.00
01094	Milk, buttermilk, dried	387.00	0.30	5.70
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	387.00	6.00	20.00
08138	Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS	387.00	30.00	20.00
08659	Cereals ready-to-eat, KELLOGG'S FROSTED FLAKES, CHOCO ZUCARITAS	387.00	15.00	20.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
08670	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS, MEDLEY CRUNCH	387.00	14.50	19.40
08676	Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS	387.00	30.00	20.00
08683	Cereals ready-to-eat, CASCADIAN FARM, Multi-Grain Squares	387.00	2.70	0.00
08692	Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry	387.00	2.80	16.10
12058	Nuts, acorns, raw	387.00	0.79	0.00
16157	Chickpea flour (besan)	387.00	4.86	0.00
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	386.00	0.51	0.00
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	386.00	15.00	20.00
08268	Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY	386.00	13.60	18.20
08273	Cereals ready-to-eat, GENERAL MILLS, BOO BERRY	386.00	13.60	18.20
08579	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH	386.00	12.89	17.10
08689	Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry	386.00	3.08	2.80
13834	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	386.00	2.13	0.00
14407	Beverages, orange-flavor drink, breakfast type, powder	386.00	0.02	230.80
18081	Bread stuffing, bread, dry mix	386.00	3.81	0.00
19416	Snacks, rice cakes, brown rice, rye	386.00	1.80	0.00
19705	Puddings, banana, dry mix, instant, with added oil	386.00	0.12	0.00
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	386.00	16.31	489.90
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	386.00	4.98	96.60
28302	Cookies, graham crackers, plain or honey, lowfat	386.00	3.09	0.00
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	385.00	4.35	0.00
18975	KASHI, TLC, Original 7-Grain Crackers	385.00	3.80	--
19413	Snacks, rice cakes, brown rice, corn	385.00	1.17	0.00
25025	Snacks, soy chips or crisps, salted	385.00	5.20	0.00
36031	DENNY'S, onion rings	385.00	0.74	--
43245	Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits	385.00	9.82	0.00
08083	Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS	385.00	5.80	48.40
08309	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES	385.00	6.20	20.00
08615	Cereals ready-to-eat, KELLOGG'S CRUNCHY NUT Golden Honey Nut flakes	385.00	14.50	20.00
14033	Beverages, ABBOTT, EAS whey protein powder	385.00	0.92	0.80
14548	Beverages, tea, instant, lemon, with added ascorbic acid	385.00	0.16	100.00
08032	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES	384.00	18.00	50.00
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	384.00	16.89	18.80
08411	Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS, Brown Sugar, dry	384.00	7.91	0.00
08544	Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	384.00	3.80	25.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	384.00	3.50	--
19036	Snacks, popcorn, cakes	384.00	1.87	0.00
19047	Snacks, pretzels, hard, plain, salted	384.00	4.58	2.10
19091	Candies, YORK Peppermint Pattie	384.00	0.92	0.00
20109	Noodles, egg, dry, enriched	384.00	4.01	0.00
20409	Noodles, egg, dry, unenriched	384.00	1.90	0.00
25059	Snacks, brown rice chips	384.00	1.49	0.00
28323	Pancakes, plain, low fat, dry mix, incomplete (includes buttermilk)	384.00	3.55	0.00
28327	Crackers, water biscuits	384.00	0.00	--
18236	Cracker meal	383.00	4.64	0.00
18376	Bread crumbs, dry, grated, seasoned	383.00	4.92	2.70
19103	Candies, fudge, vanilla, prepared-from-recipe	383.00	0.02	0.00
19222	Desserts, rennin, vanilla, dry mix	383.00	0.07	0.00
25062	Snack, Mixed Berry Bar	383.00	1.89	0.60
08066	Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice	383.00	2.86	0.00
08270	Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA	383.00	16.70	22.20
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	383.00	16.70	22.20
08586	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIX	383.00	19.29	17.10
14024	Beverages, Whiskey sour mix, powder	383.00	0.39	2.70
01173	Egg, white, dried	382.00	0.15	0.00
08084	Cereals ready-to-eat, wheat germ, toasted, plain	382.00	9.09	6.00
08353	Cereals ready-to-eat, QUAKER, MOTHER'S Cinnamon Oat Crunch	382.00	3.24	0.80
08355	Cereals ready-to-eat, QUAKER, MOTHER'S COCOA BUMPERS	382.00	2.06	0.20
12032	Seeds, sesame flour, partially defatted	382.00	14.30	0.00
19074	Candies, caramels	382.00	0.14	0.40
19806	Snacks, popcorn, air-popped (Unsalted)	382.00	2.66	0.00
20111	Noodles, egg, spinach, enriched, dry	382.00	4.20	0.00
20647	Millet flour	382.00	3.94	0.00
28186	KELLOGG'S, SPECIAL K, Cracker Chips, Cheddar	382.00	1.80	--
18227	Crackers, rye, wafers, seasoned	381.00	3.04	0.10
18567	KRAFT, STOVE TOP Stuffing Mix Chicken Flavor	381.00	4.32	3.30
19172	Gelatin desserts, dry mix	381.00	0.13	0.00
19436	Popcorn, sugar syrup/caramel, fat-free	381.00	0.80	0.00
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	381.00	0.15	62.80
19812	Snacks, pretzels, hard, plain, made with unenriched flour, salted	381.00	1.67	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
19813	Snacks, pretzels, hard, plain, made with unenriched flour, unsalted	381.00	1.67	0.00
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	381.00	4.32	0.00
20027	Cornstarch	381.00	0.47	0.00
28017	KASHI, TLC, Pita Crisps, Sea Salt	381.00	2.20	--
28020	KASHI, TLC, Pita Crisps, Zesty Salsa	381.00	2.70	--
05698	Turkey, skin from whole (light and dark), with added solution, raw	381.00	0.57	0.00
06120	Gravy, chicken, dry	381.00	1.33	0.60
08047	Cereals ready-to-eat, QUAKER, KING VITAMAN	381.00	29.00	40.00
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	381.00	30.42	63.30
08277	Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA	381.00	2.00	0.80
08284	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins	381.00	3.30	4.00
08370	Cereals ready-to-eat, GENERAL MILLS, RICE CRUNCHINS	381.00	5.14	42.90
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	381.00	10.53	46.00
08513	Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS	381.00	16.10	21.40
08583	Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS	381.00	16.70	55.60
08584	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight	381.00	26.10	68.00
05714	Turkey, skin, from retail parts, from dark meat, raw	380.00	0.76	0.00
06957	Gravy, brown instant, dry	380.00	7.40	1.90
08017	Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP	380.00	17.30	23.10
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	380.00	22.27	26.60
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	380.00	1.50	22.00
08073	Cereals ready-to-eat, POST, GOLDEN CRISP	380.00	6.70	0.00
08593	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate	380.00	16.70	55.60
08632	Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple	380.00	29.00	11.50
08635	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar	380.00	15.00	20.00
14068	Beverages, KELLOGG'S SPECIAL K20 protein powder	380.00	2.00	0.00
14296	Beverages, lemonade-flavor drink, powder	380.00	0.17	40.60
19052	Snacks, rice cakes, brown rice, buckwheat	380.00	1.14	0.00
19334	Sugars, brown	380.00	0.71	0.00
19817	Snacks, rice cakes, brown rice, buckwheat, unsalted	380.00	1.14	0.00
20048	Rice, white, long-grain, precooked or instant, enriched, dry	380.00	6.30	0.00
28189	KELLOGG'S, SPECIAL K, Cracker Chips, Southwest Ranch	380.00	2.00	--
43495	Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY	380.00	2.88	120.00
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	379.00	2.03	0.00
18959	Pastry, Pastelitos de Guava (guava pastries)	379.00	2.12	--

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
19206	Puddings, vanilla, dry mix, regular	379.00	0.08	0.00
19437	Snacks, potato chips, fat free, salted	379.00	3.57	9.30
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	379.00	2.75	0.70
28169	KELLOGG'S, POP-TARTS, Frosted Cookies & Creme Toaster Pastries	379.00	8.40	--
03185	Babyfood, cereal, mixed, dry fortified	379.00	47.50	2.30
04017	Salad dressing, thousand island, commercial, regular	379.00	1.18	0.00
07005	Blood sausage	379.00	6.40	0.00
08120	Cereals, oats, regular and quick, not fortified, dry	379.00	4.25	0.00
08214	Cereals ready-to-eat, QUAKER, Oatmeal Squares	379.00	29.30	11.50
08215	Cereals ready-to-eat, QUAKER, Oatmeal Squares, cinnamon	379.00	29.50	12.00
08225	Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry	379.00	11.30	0.30
08354	Cereals ready-to-eat, QUAKER, MOTHER'S GRAHAM BUMPERS	379.00	1.87	0.30
08476	Cereals ready-to-eat, MALT-O-MEAL, Honey BUZZERS	379.00	31.03	20.70
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	379.00	27.93	20.70
08560	Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax	379.00	2.80	1.00
08580	Incaparina, dry mix (corn and soy flours), unprepared	379.00	22.00	--
08675	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey & almonds	379.00	41.38	29.60
05356	Chicken, broiler, rotisserie, BBQ, skin	378.00	0.86	0.00
07072	Salami, dry or hard, pork, beef	378.00	1.36	0.00
08239	Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry	378.00	16.70	22.20
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	378.00	28.00	21.00
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	378.00	34.06	38.50
08637	Cereals ready-to-eat, GENERAL MILLS, Oat Cluster CHEERIOS Crunch	378.00	16.70	22.20
08660	Cereals ready-to-eat, KELLOGG'S APPLE JACKS with marshmallows	378.00	16.10	54.00
08671	Cereals ready-to-eat, GENERAL MILLS, Dulce De Leche CHEERIOS	378.00	33.29	55.60
10174	Pork, fresh, variety meats and by-products, tail, raw	378.00	0.99	0.00
13843	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	378.00	2.30	0.00
14246	Beverages, tea, green, instant, decaffeinated, lemon, unsweetened, fortified with vitamin C	378.00	0.21	1,342.30
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	378.00	4.31	4.00
18171	Cookies, fortune	378.00	1.44	0.00
19184	Puddings, chocolate, dry mix, instant	378.00	1.29	0.00
19330	Puddings, lemon, dry mix, instant	378.00	0.08	0.00
20031	Millet, raw	378.00	3.01	0.00
25008	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Honey Nut Oat Bar	378.00	18.15	176.40
42265	Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & Pecan	378.00	16.40	0.50

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
18637	KRAFT FOODS, SHAKE 'N' BAKE ORIGINAL RECIPE, Coating for Pork, dry	377.00	--	--
19202	Puddings, vanilla, dry mix, instant	377.00	0.01	0.00
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	377.00	1.34	--
43595	Breakfast bar, corn flake crust with fruit	377.00	4.86	0.00
06128	Soup, chicken noodle, dry, mix	377.00	2.44	0.00
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	377.00	28.00	68.00
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	377.00	1.21	0.00
14196	Beverages, Cocoa mix, no sugar added, powder	377.00	4.96	0.00
01008	Cheese, caraway	376.00	0.64	0.00
01136	Egg, white, dried, powder, stabilized, glucose reduced	376.00	0.24	0.00
03181	Babyfood, cereal, barley, dry fortified	376.00	47.50	2.20
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	376.00	33.17	21.60
08039	Cereals ready-to-eat, POST, GRAPE-NUTS Flakes	376.00	27.90	0.00
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	376.00	20.58	21.40
08267	Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS	376.00	16.70	22.20
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	376.00	23.70	18.90
08376	Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS	376.00	15.50	52.00
08538	Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Blueberry Clusters	376.00	3.20	55.00
08641	Cereals, QUAKER, Instant Oatmeal, fruit and cream, variety of flavors, reduced sugar	376.00	12.13	0.10
08685	Cereals ready-to-eat, QUAKER WHOLE HEARTS oat cereal	376.00	32.11	71.30
08706	Cereals ready-to-eat, KELLOGG SCOOBY-DOO! cereal	376.00	28.10	47.00
10001	Pork, fresh, carcass, separable lean and fat, raw	376.00	0.69	0.40
14287	Beverages, Lemonade, powder	376.00	0.19	39.90
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	376.00	1.11	0.00
19194	Puddings, rice, dry mix	376.00	1.79	0.00
20028	Couscous, dry	376.00	1.08	0.00
21361	McDONALD'S, Sausage Biscuit	376.00	2.01	0.00
21384	BURGER KING, CROISSAN'WICH with Sausage and Cheese	376.00	1.87	0.00
43398	Cheese, pasteurized process, cheddar or American, low sodium	376.00	0.39	0.00
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	375.00	1.30	0.90
19068	Candies, NESTLE, BIT-O'-HONEY Candy Chews	375.00	0.20	0.80
19108	Candies, jellybeans	375.00	0.13	0.00
20018	Corn flour, yellow, degermed, unenriched	375.00	0.91	0.00
22988	KASHI, Pilaf, 7 Whole Grain, unprepared	375.00	3.63	--
28168	KELLOGG'S, POP-TARTS, Frosted Confetti Cake Toaster Pastries	375.00	5.10	--

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
28268	KEEBLER, Sugar Cones	375.00	3.20	--
01043	Cheese, pasteurized process, pimento	375.00	0.42	2.30
02014	Spices, cumin seed	375.00	66.36	7.70
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	375.00	16.10	54.00
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	375.00	15.50	52.00
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	375.00	14.10	18.80
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	375.00	33.29	22.20
08587	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Low Fat Granola	375.00	--	1.00
08592	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut	375.00	16.10	53.60
08602	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan	375.00	27.00	70.00
08666	Cereals ready-to-eat, GENERAL MILLS, Cinnamon Burst CHEERIOS	375.00	25.29	46.90
08707	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolate Almond	375.00	25.70	75.00
01167	Cheese, mexican, queso chihuahua	374.00	0.47	0.00
03211	Babyfood, cereal, high protein, with apple and orange, dry	374.00	47.50	3.10
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	374.00	14.50	19.40
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	374.00	29.33	0.00
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	374.00	60.00	200.00
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	374.00	23.22	0.10
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	374.00	7.90	10.50
12099	Nuts, chestnuts, european, dried, unpeeled	374.00	2.38	15.00
18128	Cake, snack cakes, creme-filled, sponge	374.00	1.36	0.10
18144	Cake, yellow, enriched, dry mix	374.00	2.08	0.00
18222	Crackers, melba toast, wheat	374.00	4.50	0.00
18245	Danish pastry, cheese	374.00	1.80	0.10
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	374.00	0.98	0.00
20046	Rice, white, long-grain, parboiled, enriched, dry	374.00	3.33	0.00
20446	Rice, white, long-grain, parboiled, unenriched, dry	374.00	0.74	0.00
20622	Spaghetti, protein-fortified, dry, enriched (n x 6.25)	374.00	4.15	0.00
43405	Cheese, swiss, low sodium	374.00	0.17	0.00
19099	Candies, fondant, prepared-from-recipe	373.00	0.01	0.00
19269	Snacks, GENERAL MILLS, BETTY CROCKER Fruit Roll Ups, berry flavored, with vitamin C	373.00	--	120.00
19274	Snacks, fruit leather, pieces, with vitamin C	373.00	0.75	120.00
28174	KELLOGG'S, POP-TARTS, Frosted Waffle Cone Toaster Pastries	373.00	3.60	--
43214	Butter replacement, without fat, powder	373.00	2.00	0.00
01025	Cheese, monterey	373.00	0.72	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
01165	Cheese, mexican, queso anejo	373.00	0.47	0.00
08081	Cereals ready-to-eat, POST, Honey Nut Shredded Wheat	373.00	28.00	0.00
08549	Cereals ready-to-eat, QUAKER, QUAKER Honey Graham LIFE Cereal	373.00	29.73	0.00
08628	Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal	373.00	28.69	0.00
08709	Cereals ready-to-eat, MOM'S BEST, Sweetened WHEAT-FULS	373.00	3.26	0.00
14063	Beverages, chocolate powder, no sugar added	373.00	3.27	54.50
06629	Sauce, pesto, CLASSICO, basil pesto, ready-to-serve	372.00	0.71	0.00
08085	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ	372.00	8.05	5.50
08216	Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps	372.00	29.90	11.50
08245	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Hearty Raisin	372.00	14.50	0.40
08352	Cereals ready-to-eat, QUAKER, MOTHER'S Toasted Oat Bran cereal	372.00	4.07	0.00
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	372.00	1.09	37.00
13386	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	372.00	2.33	0.00
14080	Beverages, rich chocolate, powder	372.00	16.36	54.50
14168	Beverages, Carob-flavor beverage mix, powder	372.00	4.60	0.00
14309	Beverages, OVALTINE, Classic Malt powder	372.00	16.36	54.50
14315	Beverages, OVALTINE, chocolate malt powder	372.00	16.36	54.50
16118	Soy flour, low-fat	372.00	8.20	0.00
17029	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw	372.00	1.39	0.00
18356	Sweet rolls, cinnamon, commercially prepared with raisins	372.00	1.60	2.00
18459	Breakfast tart, low fat	372.00	3.42	3.80
20126	Spaghetti, spinach, dry	372.00	2.13	0.00
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	372.00	2.34	0.00
18101	Cake, chocolate, prepared from recipe without frosting	371.00	1.61	0.20
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	371.00	1.77	3.90
18339	Popovers, dry mix, enriched	371.00	2.97	0.10
18431	Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	371.00	0.75	3.90
18433	Danish pastry, lemon, unenriched	371.00	0.75	3.90
18435	Danish pastry, raspberry, unenriched	371.00	0.75	3.90
18447	Popovers, dry mix, unenriched	371.00	0.82	0.10
19014	Snacks, fruit leather, rolls	371.00	1.01	120.00
19246	Frostings, white, fluffy, dry mix	371.00	0.09	0.00
20001	Amaranth grain, uncooked	371.00	7.61	4.20
20120	Pasta, dry, enriched	371.00	3.30	0.00
20420	Pasta, dry, unenriched	371.00	1.30	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
21009	Fast foods, biscuit, with sausage	371.00	1.86	0.00
28230	MURRAY, SUGAR FREE, Shortbread Bites	371.00	3.00	--
42237	Cereals ready-to-eat, WEETABIX whole grain cereal	371.00	12.86	0.00
01005	Cheese, brick	371.00	0.43	0.00
01253	Cheese, pasteurized process, American, without added vitamin D	371.00	0.63	0.00
05146	Goose, domesticated, meat and skin, raw	371.00	2.50	4.20
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	371.00	1.00	0.00
08228	Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry	371.00	10.70	0.80
08318	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Strong Heart Antioxidants Cereal	371.00	36.00	30.00
08402	Cereals, QUAKER, Quick Oats, Dry	371.00	4.64	0.00
08451	Cereals, QUAKER, Quick Oats with Iron, Dry	371.00	49.45	0.00
08648	Cereals ready-to-eat, KASHI Simply Maize	371.00	2.60	--
08653	Cereals ready-to-eat, KELLOGG'S RICE KRISPIES, Gluten Free	371.00	30.00	50.00
08684	Cereals ready-to-eat, CASCADIAN FARM, Honey Nut O's	371.00	2.40	0.00
08704	Cereals, KELLOGG'S SPECIAL K NOURISH, Maple Brown Sugar Crunch, dry	371.00	10.39	23.00
14034	Alcoholic beverage, creme de menthe, 72 proof	371.00	0.07	0.00
16076	Lupins, mature seeds, raw	371.00	4.36	4.80
01185	Parmesan cheese topping, fat free	370.00	5.00	0.00
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	370.00	26.10	19.40
08087	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain CHEERIOS	370.00	27.89	20.70
08090	Cereals, corn grits, white, regular and quick, enriched, dry	370.00	3.05	0.00
08100	Cereals, CREAM OF RICE, dry	370.00	28.44	0.00
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	370.00	28.60	0.00
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	370.00	7.92	27.60
08702	Cereals, KELLOGG'S SPECIAL K NOURISH, Cinnamon Raisin Pecan, dry	370.00	10.39	23.00
13842	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	370.00	2.12	0.00
18361	Toaster pastries, brown-sugar-cinnamon	370.00	5.62	--
18501	KELLOGG, KELLOG'S NUTRI-GRAIN CEREAL BARS, Mixed Berry	370.00	4.90	0.00
20022	Cornmeal, degermed, enriched, yellow	370.00	4.36	0.00
20042	Rice, brown, parboiled, dry, UNCLE BEN'S	370.00	1.16	0.00
20054	Rice, white, glutinous, unenriched, uncooked	370.00	1.60	0.00
20322	Cornmeal, degermed, enriched, white	370.00	4.36	0.00
20422	Cornmeal, degermed, unenriched, yellow	370.00	1.10	0.00
20522	Cornmeal, degermed, unenriched, white	370.00	1.10	0.00
21142	Fast food, biscuit	370.00	2.76	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
19198	Puddings, tapioca, dry mix	369.00	0.12	0.00
19709	Puddings, tapioca, dry mix, with no added salt	369.00	0.12	0.00
19710	Puddings, vanilla, dry mix, regular, with added oil	369.00	0.05	0.00
01039	Cheese, roquefort	369.00	0.56	0.00
06958	Gravy, instant beef, dry	369.00	6.27	0.90
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	369.00	26.70	24.20
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	369.00	8.46	0.00
08172	Cereals, farina, unenriched, dry	369.00	1.50	0.00
08221	Cereals, QUAKER, Instant Grits, Butter flavor, dry	369.00	30.00	0.00
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	369.00	8.31	0.10
08710	Cereals ready-to-eat, KELLOGG'S, SPECIAL K gluten free, touch of brown sugar	369.00	18.39	37.00
12100	Nuts, chestnuts, european, dried, peeled	369.00	2.39	15.10
01030	Cheese, muenster	368.00	0.41	0.00
07230	OSCAR MAYER, Salami (hard)	368.00	1.83	0.00
07973	Turkey bacon, microwaved	368.00	2.63	0.00
08130	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry	368.00	8.22	0.00
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	368.00	2.90	0.00
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	368.00	9.19	0.30
08417	Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry	368.00	10.07	0.90
08453	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Chocolatey Strawberry	368.00	27.89	72.00
08489	Cereals, MALT-O-MEAL, Maple & Brown Sugar Hot Wheat Cereal, dry	368.00	31.29	1.00
08589	Cereals ready-to-eat, KASHI GOLEAN CRISP Toasted Berry Crumble	368.00	3.59	1.00
08680	Cereals, oats, instant, fortified, maple and brown sugar, dry	368.00	10.36	0.00
14055	Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, whey powder, 3-2-1 Plan,	368.00	24.84	103.80
18289	Pancakes, plain, dry mix, complete (includes buttermilk)	368.00	3.60	--
20035	Quinoa, uncooked	368.00	4.57	--
36052	Restaurant, Mexican, cheese quesadilla	368.00	1.52	--
43216	Sweeteners, tabletop, fructose, dry, powder	368.00	0.10	0.00
18955	Bread, pan dulce, sweet yeast bread	367.00	2.87	1.20
19318	Puddings, banana, dry mix, instant	367.00	0.12	0.00
20036	Rice, brown, long-grain, raw	367.00	1.29	0.00
20105	Macaroni, vegetable, enriched, dry	367.00	4.28	0.00
20142	Teff, uncooked	367.00	7.63	--
28162	KELLOGG'S, Corn Flakes Crumbs	367.00	13.30	--
06118	Gravy, brown, dry	367.00	1.72	0.30

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
06124	Gravy, pork, dry, powder	367.00	3.94	1.40
06126	Gravy, turkey, dry	367.00	3.29	0.20
08386	Cereals ready-to-eat, KASHI GOLEAN CRUNCH!	367.00	2.79	1.00
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	367.00	38.37	18.50
08531	Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt	367.00	25.30	66.00
08561	Cereals, KASHI GO LEAN Hot Cereal, Hearty Honey & Cinnamon, dry	367.00	3.70	1.00
08640	Cereals, QUAKER, Instant Oatmeal Organic, Regular	367.00	4.20	0.00
12005	Seeds, breadnut tree seeds, dried	367.00	4.60	46.60
12011	Seeds, cottonseed meal, partially defatted (glandless)	367.00	13.35	2.50
13847	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw	367.00	1.65	0.00
01042	Cheese, pasteurized process, American, fortified with vitamin D	366.00	0.63	0.00
01267	Cheese, mexican, queso cotija	366.00	0.00	--
08106	Cereals, CREAM OF WHEAT, instant, dry	366.00	28.60	0.00
08124	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry	366.00	8.78	1.20
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	366.00	4.41	0.00
08366	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Wheat Germ, Regular	366.00	8.34	6.00
08543	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond	366.00	27.00	70.00
08582	Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLORER	366.00	30.00	22.20
08688	Cereals, QUAKER, Instant Oatmeal, Cinnamon Swirl, high fiber	366.00	9.41	0.20
18087	Cake, angelfood, dry mix	366.00	0.27	0.00
18216	Crackers, crispbread, rye	366.00	2.43	0.00
18494	Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted brown sugar cinnamon	366.00	3.60	--
19083	Candies, sweet chocolate coated fondant	366.00	1.56	0.00
19320	Puddings, banana, dry mix, regular	366.00	0.05	0.00
19708	Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	366.00	0.17	0.00
20061	Rice flour, white, unenriched	366.00	0.35	0.00
18175	Cookies, ladyfingers, with lemon juice and rind	365.00	3.58	3.70
19337	Sweeteners, tabletop, aspartame, EQUAL, packets	365.00	0.04	0.00
20014	Corn grain, yellow	365.00	2.71	0.00
20044	Rice, white, long-grain, regular, raw, enriched	365.00	4.31	0.00
20314	Corn grain, white	365.00	2.71	0.00
20444	Rice, white, long-grain, regular, raw, unenriched	365.00	0.80	0.00
28188	KELLOGG'S, SPECIAL K, Cracker Chips, Sour Cream & Onion	365.00	1.70	--
28349	Cookies, oatmeal, reduced fat	365.00	1.45	0.00
44258	Puddings, chocolate flavor, low calorie, regular, dry mix	365.00	3.87	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
08116	Cereals, MALT-O-MEAL, original, plain, dry	365.00	30.86	0.00
08488	Cereals, MALT-O-MEAL, Farina Hot Wheat Cereal, dry	365.00	40.93	0.00
08590	Cereals ready-to-eat, KASHI HEART TO HEART, Warm Cinnamon	365.00	3.09	91.00
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	365.00	2.35	0.00
01157	Cheese, goat, semisoft type	364.00	1.62	0.00
08157	Cereals ready-to-eat, wheat, puffed, fortified	364.00	31.70	0.00
08231	Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry	364.00	8.07	0.00
08387	Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat	364.00	2.40	91.00
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	364.00	38.20	27.30
08647	Cereals ready-to-eat, KASHI INDIGO MORNING	364.00	2.60	4.00
08701	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Multi-grain	364.00	29.00	68.00
19384	Candies, divinity, prepared-from-recipe	364.00	0.02	0.00
20081	Wheat flour, white, all-purpose, enriched, bleached	364.00	4.64	0.00
20133	Rice noodles, dry	364.00	0.70	0.00
20315	Corn flour, whole-grain, blue (harina de maiz morado)	364.00	1.74	--
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	364.00	4.64	0.00
20481	Wheat flour, white, all-purpose, unenriched	364.00	1.17	0.00
20581	Wheat flour, white, all-purpose, enriched, unbleached	364.00	4.64	0.00
18423	Cookies, ladyfingers, without lemon juice and rind	363.00	3.58	0.00
18497	Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted strawberry	363.00	3.60	--
19220	Desserts, rennin, chocolate, dry mix	363.00	2.55	0.00
19332	Puddings, lemon, dry mix, regular	363.00	0.17	0.00
20017	Corn flour, masa, enriched, white	363.00	8.50	0.00
20019	Corn flour, masa, unenriched, white	363.00	1.47	0.00
20090	Rice flour, brown	363.00	1.98	0.00
20317	Corn flour, yellow, masa, enriched	363.00	8.50	0.00
25017	Formulated bar, POWER BAR, chocolate	363.00	11.70	92.30
32018	Spanish rice mix, dry mix, unprepared	363.00	3.32	--
05019	Chicken, broilers or fryers, skin only, cooked, stewed	363.00	1.13	0.00
08094	Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry	363.00	30.38	0.00
08177	Cereals, MALT-O-MEAL, chocolate, dry	363.00	42.88	0.00
08603	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Blueberry	363.00	27.00	70.00
12094	Nuts, chestnuts, chinese, dried	363.00	2.29	58.50
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	362.00	0.32	6.80
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	362.00	0.32	6.80

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
04600	Margarine-like, vegetable oil-butter spread, tub, with salt	362.00	0.04	0.10
07078	Thuringer, cervelat, summer sausage, beef, pork	362.00	2.04	16.60
08122	Cereals, oats, instant, fortified, plain, dry	362.00	24.72	0.00
08613	Cereals ready-to-eat, KELLOGG'S SPECIAL K Multigrain Oats and Honey	362.00	27.90	72.00
08649	Cereals ready-to-eat, KASHI GOLEAN CRISP Cinnamon Crumble	362.00	4.59	1.00
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	362.00	2.65	0.20
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	362.00	2.69	1.00
19188	Puddings, chocolate, dry mix, regular	362.00	1.82	0.00
20020	Cornmeal, whole-grain, yellow	362.00	3.45	0.00
20040	Rice, brown, medium-grain, raw	362.00	1.80	0.00
20084	Wheat flour, white, cake, enriched	362.00	7.32	0.00
20135	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, dry	362.00	3.33	--
20320	Cornmeal, whole-grain, white	362.00	3.45	0.00
32024	Rice mix, cheese flavor, dry mix, unprepared	362.00	4.74	2.10
18146	Cake, yellow, prepared from recipe without frosting	361.00	1.64	0.20
18254	Doughnuts, yeast-leavened, with creme filling	361.00	1.83	0.00
20016	Corn flour, whole-grain, yellow	361.00	2.38	0.00
20083	Wheat flour, white, bread, enriched	361.00	4.41	0.00
20129	Wheat flours, bread, unenriched	361.00	0.90	0.00
20131	Barley malt flour	361.00	4.71	0.60
20316	Corn flour, whole-grain, white	361.00	2.38	0.00
20653	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry	361.00	3.41	--
28187	KELLOGG'S, SPECIAL K, Cracker Chips, Sea Salt	361.00	1.80	--
35232	Wocas, dried seeds, Oregon, yellow pond lily (Klamath)	361.00	1.47	--
04708	Mayonnaise, reduced fat, with olive oil	361.00	0.00	--
08038	Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	361.00	28.00	0.10
08316	Cereals, QUAKER, hominy grits, white, regular, dry	361.00	4.42	0.00
08686	Cereals, QUAKER, Weight Control Instant Oatmeal, maple and brown sugar	361.00	10.13	0.10
08687	Cereals, QUAKER, Weight Control Instant Oatmeal, banana bread	361.00	8.78	0.10
08694	Cereals, QUAKER, Instant Oatmeal, weight control, cinnamon	361.00	8.84	0.10
08703	Cereals, KELLOGG'S SPECIAL K NOURISH, Cranberry Almond, dry	361.00	10.39	23.00
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	361.00	1.43	0.00
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	361.00	1.88	0.00
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	360.00	33.39	0.00
08132	Cereals, oats, instant, fortified, with raisins and spice, dry	360.00	9.43	0.70

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	360.00	9.10	0.70
08449	Cereals, QUAKER, Instant Grits Product with American Cheese Flavor, dry	360.00	30.38	0.00
08562	Cereals, KASHI GO LEAN Hot Cereal, Creamy TRULY VANILLA, dry	360.00	2.70	0.00
12175	Nuts, chestnuts, japanese, dried	360.00	3.38	61.30
14236	Beverages, coffee substitute, cereal grain beverage, powder	360.00	4.60	0.00
18237	Cream puff shell, prepared from recipe	360.00	2.02	0.00
18355	Sweet rolls, cheese	360.00	0.76	0.20
19163	Chewing gum	360.00	0.00	--
20050	Rice, white, medium-grain, raw, enriched	360.00	4.36	0.00
20066	Semolina, enriched	360.00	4.36	0.00
20078	Wheat germ, crude	360.00	6.26	0.00
20450	Rice, white, medium-grain, raw, unenriched	360.00	0.80	0.00
20466	Semolina, unenriched	360.00	1.23	0.00
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	360.00	2.40	0.00
43158	Sweeteners, tabletop, saccharin (sodium saccharin)	360.00	0.04	0.00
19013	Snacks, fruit leather, pieces	359.00	0.75	56.00
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	359.00	0.60	0.10
20648	Sorghum flour, whole-grain	359.00	3.14	0.80
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	359.00	0.56	260.80
32000	Rice and vermicelli mix, beef flavor, unprepared	359.00	2.82	1.90
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	359.00	2.44	4.10
08471	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Protein Plus	359.00	25.30	66.00
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	359.00	29.75	0.00
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	359.00	1.00	0.30
12007	Seeds, cottonseed flour, partially defatted (glandless)	359.00	12.66	2.40
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	359.00	3.08	0.00
13855	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	359.00	2.39	0.00
14058	Beverages, Whey protein powder isolate	359.00	1.26	34.90
14538	Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A	359.00	4.96	0.00
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	359.00	1.60	0.00
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	358.00	0.31	5.60
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	358.00	0.31	5.60
01251	Cheese, Mexican blend	358.00	0.59	0.00
01264	Ice cream bar, stick or nugget, with crunch coating	358.00	0.00	--
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	358.00	8.19	0.30

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
08383	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Red Berries	358.00	26.10	68.00
08463	Cereals ready-to-eat, KASHI ORGANIC PROMISE, STRAWBERRY FIELDS	358.00	1.80	19.00
08639	Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar	358.00	12.00	0.30
08642	Cereals, QUAKER, Instant Oatmeal, Apple and Cinnamon, reduced sugar	358.00	12.77	1.30
11386	Potatoes, scalloped, dry mix, unprepared	358.00	2.01	16.50
13371	Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	358.00	2.34	0.00
16144	Lentils, pink or red, raw	358.00	7.39	1.70
20052	Rice, white, short-grain, enriched, uncooked	358.00	4.23	0.00
20068	Tapioca, pearl, dry	358.00	1.58	0.00
20452	Rice, white, short-grain, raw, unenriched	358.00	0.80	0.00
21419	KFC, biscuit	358.00	2.86	--
22998	Rice and vermicelli mix, chicken flavor, unprepared	358.00	2.77	0.00
43260	Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted	358.00	2.30	138.00
18139	Cake, white, prepared from recipe without frosting	357.00	1.52	0.20
20003	Arrowroot flour	357.00	0.33	0.00
20065	Rye flour, light	357.00	0.91	0.00
20088	Wild rice, raw	357.00	1.96	0.00
20091	Pasta, gluten-free, corn, dry	357.00	0.93	0.00
20650	Sorghum flour, refined, unenriched	357.00	0.97	0.60
01018	Cheese, edam	357.00	0.44	0.00
01258	Egg, white, dried, stabilized, glucose reduced	357.00	0.18	0.00
04687	Margarine-like spread, BENECOL Light Spread	357.00	0.00	--
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	357.00	28.90	21.00
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	357.00	32.00	25.40
08074	Cereals ready-to-eat, RALSTON TASTEEOS	357.00	32.14	21.40
08142	Cereals, WHEATENA, dry	357.00	3.57	0.00
08469	Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal	357.00	15.00	20.00
08506	Cereals ready-to-eat, RALSTON Corn Flakes	357.00	19.40	65.00
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	357.00	3.50	16.00
11413	Potato flour	357.00	1.38	3.80
12116	Nuts, coconut cream, canned, sweetened	357.00	0.13	0.00
17085	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	357.00	2.11	0.00
01022	Cheese, gouda	356.00	0.24	0.00
01166	Cheese, mexican, queso asadero	356.00	0.51	0.00
08567	Cereals ready-to-eat, KASHI 7 Whole Grain Nuggets	356.00	24.00	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
08569	Cereals, KASHI HEART TO HEART, Instant Oatmeal, golden brown maple, dry	356.00	1.79	1.00
08711	Cereals ready-to-eat, KELLOGG'S, SPECIAL K protein, cinnamon brown sugar crunch	356.00	26.10	68.00
18102	Cake, white, prepared from recipe with coconut frosting	356.00	1.16	0.10
18116	Cake, gingerbread, prepared from recipe	356.00	2.88	0.10
20116	Noodles, japanese, somen, dry	356.00	1.32	0.00
32010	Pasta mix, Italian lasagna, unprepared	356.00	2.87	0.90
36022	APPLEBEE'S, crunchy onion rings	356.00	0.67	--
36036	Restaurant, family style, onion rings	356.00	0.71	--
44061	Puddings, chocolate flavor, low calorie, instant, dry mix	356.00	3.11	0.00
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	355.00	3.05	0.00
20025	Cornmeal, yellow, self-rising, degermed, enriched	355.00	4.73	0.00
20325	Cornmeal, white, self-rising, degermed, enriched	355.00	4.73	0.00
32017	Pasta mix, Italian four cheese lasagna, unprepared	355.00	3.12	--
32029	Rice mix, white and wild, flavored, unprepared	355.00	4.74	0.00
04015	Salad dressing, russian dressing	355.00	0.60	6.00
08286	Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX	355.00	8.19	0.30
08450	Cereals, QUAKER, Instant Grits, Ham 'n' Cheese flavor, dry	355.00	38.20	0.00
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	355.00	32.02	0.00
13833	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	355.00	1.70	0.00
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	355.00	2.35	0.00
14222	Beverages, coffee, instant, with chicory	355.00	4.76	0.00
01093	Milk, dry, nonfat, calcium reduced	354.00	0.32	6.70
01240	Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	354.00	0.00	--
08380	Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH	354.00	8.50	2.00
08500	Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS	354.00	29.45	0.00
08631	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS LITTLE BITES, chocolate	354.00	28.89	0.00
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	354.00	1.21	81.00
12104	Nuts, coconut meat, raw	354.00	2.43	3.30
13860	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	354.00	2.23	0.00
19340	Sugars, maple	354.00	1.61	0.00
20004	Barley, hulled	354.00	3.60	0.00
20082	Wheat flour, white, all-purpose, self-rising, enriched	354.00	4.67	0.00
32009	Pasta mix, classic beef, unprepared	354.00	2.71	2.60
43057	Candies, gum drops, no sugar or low calorie (sorbitol)	354.00	0.00	--
43483	Millet, puffed	354.00	2.81	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
18016	Biscuits, plain or buttermilk, prepared from recipe	353.00	2.90	0.20
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	353.00	1.48	0.00
18310	Pie, chocolate creme, commercially prepared	353.00	1.49	0.00
43205	Beverage, instant breakfast powder, chocolate, not reconstituted	353.00	12.82	76.90
01004	Cheese, blue	353.00	0.31	0.00
01115	Whey, sweet, dried	353.00	0.88	1.50
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	353.00	33.30	22.20
08290	Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes	353.00	2.54	4.20
08568	Cereals, KASHI HEART TO HEART, Instant Oatmeal, Apple Cinnamon, dry	353.00	2.40	2.00
08691	Cereals, QUAKER, oatmeal, REAL MEDLEYS, summer berry, dry	353.00	3.13	9.40
14214	Beverages, coffee, instant, regular, powder	353.00	4.41	0.00
01034	Cheese, port de salut	352.00	0.43	0.00
08191	Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size	352.00	3.46	0.00
08542	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS Bite Size Strawberry Delight	352.00	29.50	0.00
08617	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Bite Size Blueberry Muffin	352.00	29.50	0.00
13828	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	352.00	2.18	0.00
14066	Beverages, Protein powder whey based	352.00	1.13	0.00
14203	Beverages, coffee, instant, regular, half the caffeine	352.00	4.41	0.00
16069	Lentils, raw	352.00	6.51	4.50
16085	Peas, green, split, mature seeds, raw	352.00	4.82	1.80
19919	Candies, fruit snacks, with high vitamin C	352.00	0.00	136.40
20005	Barley, pearled, raw	352.00	2.50	0.00
20124	Pasta, whole-wheat, dry	352.00	3.62	--
43218	Cereals ready-to-eat, ALPEN	352.00	3.00	8.70
18219	Crackers, matzo, whole-wheat	351.00	4.65	0.00
21422	KFC, Popcorn Chicken	351.00	1.42	--
44259	Puddings, all flavors except chocolate, low calorie, regular, dry mix	351.00	0.05	0.00
01035	Cheese, provolone	351.00	0.52	0.00
01135	Egg, white, dried, flakes, stabilized, glucose reduced	351.00	0.23	0.00
08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	351.00	2.50	0.00
08459	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS, Maple & Brown Sugar, Bite Size	351.00	29.50	0.00
08695	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, little bites	351.00	28.89	0.00
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	351.00	2.37	0.00
14218	Beverages, coffee, instant, decaffeinated, powder	351.00	3.80	0.00
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	351.00	2.17	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
01017	Cheese, cream	350.00	0.11	0.00
07941	Salami, Italian, pork and beef, dry, sliced, 50% less sodium	350.00	1.51	0.00
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	350.00	28.00	0.00
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	350.00	30.00	0.00
08591	Cereals ready-to-eat, KASHI ORGANIC PROMISE, ISLAND VANILLA	350.00	2.80	0.00
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	350.00	5.89	0.00
08673	Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	350.00	29.45	0.00
18112	Cake, pudding-type, german chocolate, dry mix	350.00	3.01	0.00
18963	Garlic bread, frozen	350.00	3.05	0.20
19348	Syrups, chocolate, fudge-type	350.00	1.30	0.20
21268	TACO BELL, Nachos	350.00	0.75	--
25045	Formulated bar, high fiber, chewy, oats and chocolate	350.00	0.90	1.20
27035	Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium	350.00	4.52	1.20
28324	Pancakes, whole wheat, dry mix, incomplete	350.00	7.11	0.00
44260	Puddings, all flavors except chocolate, low calorie, instant, dry mix	350.00	0.38	0.00
18156	Cookies, fudge, cake-type (includes trolley cakes)	349.00	2.48	0.10
18297	Pancakes, special dietary, dry mix	349.00	3.05	0.00
20064	Rye flour, medium	349.00	2.54	0.00
21386	BURGER KING, french toast sticks	349.00	1.92	0.00
32008	Pasta mix, classic cheeseburger macaroni, unprepared	349.00	2.75	2.30
05015	Chicken, broilers or fryers, skin only, raw	349.00	1.08	0.00
08389	Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs	349.00	2.50	0.00
08700	Cereals ready-to-eat, KELLOGG RAISIN BRAN with Omega-3 from flaxseed	349.00	8.50	2.00
09110	Goji berries, dried	349.00	6.80	48.40
11284	Onions, dehydrated flakes	349.00	1.55	75.00
13808	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	349.00	2.43	0.00
08314	Cereals, QUAKER, hominy grits, white, quick, dry	348.00	4.42	0.00
08365	Cereals ready-to-eat, QUAKER, Shredded Wheat, bagged cereal	348.00	3.33	0.00
08668	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Nutty Clusters & Almonds	348.00	8.19	10.90
11640	Shallots, freeze-dried	348.00	6.00	39.00
12128	Nuts, ginkgo nuts, dried	348.00	1.60	29.30
18170	Cookies, fig bars	348.00	2.90	0.30
19112	Candies, TWIZZLERS Strawberry Twists Candy	348.00	0.51	0.00
19187	Flan, caramel custard, dry mix	348.00	0.08	0.00
20024	Cornmeal, yellow, self-rising, bolted, with wheat flour added, enriched	348.00	4.95	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
20324	Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	348.00	4.95	0.00
19092	Candies, TWIZZLERS NIBS CHERRY BITS	347.00	0.28	0.00
19909	Sweeteners, sugar substitute, granulated, brown	347.00	0.16	--
25010	Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Almond Snack Bar	347.00	2.21	42.50
03001	Babyfood, juice treats, fruit medley, toddler	347.00	0.24	8.00
08696	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN, Cinnamon Almond	347.00	7.80	2.00
16042	Beans, pinto, mature seeds, raw	347.00	5.07	6.30
16080	Mung beans, mature seeds, raw	347.00	6.74	4.80
16133	Yardlong beans, mature seeds, raw	347.00	8.61	1.60
07036	Sausage, Italian, pork, raw	346.00	1.18	2.00
08348	Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice	346.00	27.27	18.20
08435	Cereals ready-to-eat, UNCLE SAM CEREAL	346.00	4.03	2.40
09009	Apples, dehydrated (low moisture), sulfured, uncooked	346.00	2.00	2.20
09041	Bananas, dehydrated, or banana powder	346.00	1.15	7.00
16535	WORTHINGTON Stripples, frozen, unprepared	346.00	3.60	0.00
16542	MORNINGSTAR FARMS Breakfast Bacon Strips, frozen, unprepared	346.00	3.60	0.00
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	346.00	2.39	0.00
18126	Cake, shortcake, biscuit-type, prepared from recipe	346.00	2.54	0.20
18281	Muffins, corn, toaster-type	346.00	1.47	0.00
20009	Buckwheat groats, roasted, dry	346.00	2.47	0.00
25051	Snacks, CLIF BAR, mixed flavors	346.00	6.62	88.20
19703	Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C	345.00	0.02	490.00
19704	Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium	345.00	0.02	0.00
20130	Barley flour or meal	345.00	2.68	0.00
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	345.00	1.11	0.00
25024	Pretzels, soft, unsalted	345.00	3.92	0.00
28298	Cookies, brownies, commercially prepared, reduced fat, with added fiber	345.00	1.99	0.00
35190	Salmon, red (sockeye), filets with skin, smoked (Alaska Native)	345.00	1.06	0.00
02018	Spices, fennel seed	345.00	18.54	21.00
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	345.00	30.60	12.80
11982	Peppers, pasilla, dried	345.00	9.83	6.40
14368	Beverages, tea, instant, lemon, unsweetened	345.00	0.75	0.00
16047	Beans, yellow, mature seeds, raw	345.00	7.01	0.00
17052	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	345.00	2.35	0.00
03964	Babyfood, fortified cereal bar, fruit filling	344.00	13.16	2.40

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
06127	Gravy, unspecified type, dry	344.00	1.00	7.00
07089	Sausage, Italian, pork, cooked	344.00	1.43	0.10
08596	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Caramel Delight	344.00	28.79	12.00
08712	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN with cranberries	344.00	7.59	0.00
16067	Hyacinth beans, mature seeds, raw	344.00	5.10	0.00
17036	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	344.00	2.40	0.00
18299	Pancakes, whole-wheat, dry mix, incomplete	344.00	7.84	0.00
20008	Buckwheat	343.00	2.20	0.00
21078	Fast foods, nachos, with cheese	343.00	0.75	1.10
21520	Fast foods, breadstick, soft, prepared with garlic and parmesan cheese	343.00	4.65	0.00
21525	PIZZA HUT, breadstick, parmesan garlic	343.00	4.65	--
25006	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Double Chocolate Nut Bar	343.00	17.95	176.20
32011	Yellow rice with seasoning, dry packet mix, unprepared	343.00	2.53	0.00
06969	Potato soup, instant, dry mix	343.00	2.38	16.00
08092	Cereals, QUAKER, corn grits, instant, plain, dry	343.00	38.75	0.00
08708	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Touch of Fruit in the Middle, raisin	343.00	29.50	0.00
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	343.00	3.12	0.00
16022	Beans, french, mature seeds, raw	343.00	3.40	4.60
16040	Beans, pink, mature seeds, raw	343.00	6.77	0.00
16060	Cowpeas, catjang, mature seeds, raw	343.00	9.95	1.50
16078	Mothbeans, mature seeds, raw	343.00	10.85	4.00
16101	Pigeon peas (red gram), mature seeds, raw	343.00	5.23	0.00
02035	Spices, pumpkin pie spice	342.00	19.71	23.40
07957	Pork and turkey sausage, pre-cooked	342.00	1.30	0.70
08144	Cereals, whole wheat hot natural cereal, dry	342.00	3.39	0.00
08384	Cereals ready-to-eat, KELLOGG, KELLOGG'S MINI-WHEATS, unfrosted bite size	342.00	29.50	0.00
08444	Cereals, QUAKER, Instant Grits, Redeye Gravy & Country Ham flavor, dry	342.00	42.03	0.00
08484	Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal	342.00	15.25	0.00
08677	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS Touch of Fruit in the Middle, Raspberry	342.00	29.50	0.00
08697	Cereals ready-to-eat, KASHI ORGANIC PROMISE, RAISIN VINEYARD	342.00	2.09	1.00
12022	Seeds, safflower seed meal, partially defatted	342.00	4.86	0.00
17239	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw	342.00	1.43	0.00
17265	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	342.00	2.16	0.00
19273	Snacks, SUNKIST, SUNKIST Fruit Roll, strawberry, with vitamins A, C, and E	342.00	--	81.60

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
20012	Bulgur, dry	342.00	2.46	0.00
20074	Wheat, hard white	342.00	4.56	0.00
21008	Fast foods, biscuit, with ham	342.00	2.41	0.10
19018	Fruit syrup	341.00	0.04	1.60
19272	Snacks, FARLEY CANDY, FARLEY Fruit Snacks, with vitamins A, C, and E	341.00	--	90.30
19375	Frostings, glaze, prepared-from-recipe	341.00	0.03	0.00
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	341.00	2.49	0.00
02026	Spices, onion powder	341.00	3.90	23.40
07910	Bratwurst, veal, cooked	341.00	0.74	0.00
11683	Carrot, dehydrated	341.00	3.93	14.60
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	341.00	3.13	0.00
13852	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	341.00	2.42	0.00
16014	Beans, black, mature seeds, raw	341.00	5.02	0.00
16052	Broadbeans (fava beans), mature seeds, raw	341.00	6.70	1.40
16083	Mungo beans, mature seeds, raw	341.00	7.57	0.00
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	341.00	1.62	0.00
01041	Cheese, tilsit	340.00	0.23	0.00
01053	Cream, fluid, heavy whipping	340.00	0.10	0.60
08096	Cereals, QUAKER, Instant Grits, Country Bacon flavor, dry	340.00	30.38	0.00
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	340.00	1.93	0.00
18256	Doughnuts, yeast-leavened, with jelly filling	340.00	1.76	0.00
18295	Pancakes, buckwheat, dry mix, incomplete	340.00	4.73	0.00
20075	Wheat, soft white	340.00	5.37	0.00
20080	Wheat flour, whole-grain	340.00	3.60	0.00
21024	Fast foods, french toast sticks	340.00	1.92	0.00
18103	Coffeecake, cheese	339.00	0.64	0.10
20076	Wheat, durum	339.00	3.52	0.00
43393	Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	339.00	3.87	0.00
01113	Whey, acid, dried	339.00	1.24	0.90
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	339.00	0.02	0.10
04690	Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	339.00	0.02	0.10
09289	Prunes, dehydrated (low-moisture), uncooked	339.00	3.52	0.00
16016	Beans, black turtle, mature seeds, raw	339.00	8.70	0.00
16024	Beans, great northern, mature seeds, raw	339.00	5.47	5.30
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	339.00	2.38	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
08462	Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat	338.00	3.10	0.00
13839	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	338.00	2.19	0.00
14356	Beverages, tea, instant, decaffeinated, lemon, diet	338.00	8.87	0.00
14375	Beverages, tea, instant, sweetened with sodium saccharin, lemon-flavored, powder	338.00	8.87	0.00
16071	Lima beans, large, mature seeds, raw	338.00	7.51	0.00
17243	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	338.00	2.39	0.00
18009	Biscuits, plain or buttermilk, frozen, baked	338.00	3.30	0.00
19067	Candies, TWIZZLERS CHERRY BITES	338.00	0.55	0.00
20062	Rye grain	338.00	2.63	0.00
20070	Triticale flour, whole-grain	338.00	2.59	0.00
20140	Spelt, uncooked	338.00	4.44	0.00
21020	Fast foods, english muffin, with cheese and sausage	338.00	3.14	0.00
21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	338.00	1.38	--
43109	Pretzels, soft	338.00	3.92	0.00
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	337.00	0.84	0.00
18270	Hush puppies, prepared from recipe	337.00	3.04	0.20
20138	Wheat, KAMUT khorasan, uncooked	337.00	3.77	0.00
21441	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading	337.00	0.79	--
02002	Spices, anise seed	337.00	36.96	21.00
04674	Margarine-like spread, SMART BALANCE Light Buttery Spread	337.00	0.00	--
05140	Duck, domesticated, meat and skin, cooked, roasted	337.00	2.70	0.00
07968	Kielbasa, fully cooked, grilled	337.00	0.99	14.70
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	337.00	2.63	0.00
08537	Cereals ready-to-eat, KASHI 7 Whole Grain Flakes	337.00	2.90	0.00
13825	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	337.00	2.19	0.00
16032	Beans, kidney, red, mature seeds, raw	337.00	6.69	4.50
16037	Beans, navy, mature seeds, raw	337.00	5.49	--
16119	Soy meal, defatted, raw	337.00	13.70	0.00
17247	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	337.00	2.43	0.00
07069	Salami, cooked, beef and pork	336.00	1.56	0.00
07937	Bologna, pork, turkey and beef	336.00	1.20	11.00
07960	Bologna, chicken, pork	336.00	1.12	13.20
08388	Cereals ready-to-eat, KASHI 7 Whole Grain Puffs	336.00	3.00	0.00
08539	Cereals ready-to-eat, KASHI ORGANIC PROMISE, CINNAMON HARVEST	336.00	2.80	0.00
14414	Alcoholic beverage, liqueur, coffee, 53 proof	336.00	0.06	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
16045	Beans, small white, mature seeds, raw	336.00	7.73	0.00
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	336.00	8.27	1.50
19868	Sweeteners, tabletop, sucralose, SPLENDA packets	336.00	0.00	--
20069	Triticale	336.00	2.57	0.00
20114	Noodles, japanese, soba, dry	336.00	2.70	0.00
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	336.00	1.61	0.00
18011	Biscuits, plain or buttermilk, dry mix, prepared	335.00	2.05	0.40
19177	Gelatins, dry powder, unsweetened	335.00	1.11	0.00
20011	Buckwheat flour, whole-groat	335.00	4.06	0.00
36403	Restaurant, Latino, empanadas, beef, prepared	335.00	2.70	0.70
02021	Spices, ginger, ground	335.00	19.80	0.70
02076	Seasoning mix, dry, chili, original	335.00	3.90	5.90
13859	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	335.00	1.77	0.00
16019	Beans, cranberry (roman), mature seeds, raw	335.00	5.00	0.00
16074	Lima beans, thin seeded (baby), mature seeds, raw	335.00	6.19	0.00
16122	Soy protein isolate	335.00	14.50	0.00
01006	Cheese, brie	334.00	0.50	0.00
01044	Cheese, pasteurized process, swiss	334.00	0.61	0.00
04011	Salad dressing, KRAFT Mayo Light Mayonnaise	334.00	0.20	0.30
07045	Luncheon meat, pork, canned	334.00	0.72	1.00
08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	334.00	2.88	0.00
13379	Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	334.00	3.18	0.00
18226	Crackers, rye, wafers, plain	334.00	5.94	0.10
18969	Cream puff, eclair, custard or cream filled, iced	334.00	0.95	0.00
20023	Cornmeal, yellow, self-rising, bolted, plain, enriched	334.00	5.76	0.00
20323	Cornmeal, white, self-rising, bolted, plain, enriched	334.00	5.76	0.00
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	334.00	2.07	0.60
32020	Chicken, thighs, frozen, breaded, reheated	334.00	1.26	--
18357	Sweet rolls, cinnamon, refrigerated dough with frosting	333.00	2.44	0.20
18386	Muffins, blueberry, toaster-type, toasted	333.00	0.54	0.00
21358	McDONALD'S, Sausage McMUFFIN	333.00	2.04	0.00
21491	PIZZA HUT 14" Pepperoni Pizza, THIN 'N CRISPY Crust	333.00	2.78	2.80
36008	T.G.I. FRIDAY'S, fried mozzarella	333.00	0.59	--
42138	Mayonnaise, reduced-calorie or diet, cholesterol-free	333.00	0.00	--
02005	Spices, caraway seed	333.00	16.23	21.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
04689	Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light	333.00	0.31	0.00
07013	Bratwurst, pork, cooked	333.00	0.53	0.00
07969	Kielbasa, fully cooked, pan-fried	333.00	0.93	16.20
08452	Cereals, QUAKER, Whole Wheat Natural Cereal, dry	333.00	3.30	0.00
08657	Cereals ready-to-eat, BARBARA'S PUFFINS, original	333.00	1.33	55.60
09044	Cherries, tart, dried, sweetened	333.00	0.68	19.30
11409	Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	333.00	1.66	6.20
12033	Seeds, sesame flour, low-fat	333.00	14.22	0.00
13841	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw	333.00	1.68	0.00
13846	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	333.00	2.39	0.00
16027	Beans, kidney, all types, mature seeds, raw	333.00	8.20	4.50
16049	Beans, white, mature seeds, raw	333.00	10.44	0.00
16138	Falafel, home-prepared	333.00	3.42	1.60
05086	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, flour	332.00	2.42	0.00
07956	Beef sausage, fresh, cooked	332.00	1.57	0.00
08610	Cereals ready-to-eat, KASHI Honey Sunshine	332.00	3.00	0.00
12008	Seeds, cottonseed flour, low fat (glandless)	332.00	12.58	2.40
12013	Seeds, lotus seeds, dried	332.00	3.53	0.00
13498	Beef, ground, 70% lean meat / 30% fat, raw	332.00	1.64	0.00
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	332.00	1.62	0.00
42281	Gums, seed gums (includes locust bean, guar)	332.00	0.00	--
18105	Coffeecake, creme-filled with chocolate frosting	331.00	0.51	0.10
20073	Wheat, soft red winter	331.00	3.21	0.00
21485	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	331.00	1.95	2.00
23312	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	331.00	1.71	0.00
28007	KELLOGG'S, EGGO, Wafflers, Brown Sugar Cinnamon Roll	331.00	5.90	--
43114	Vermicelli, made from soy	331.00	1.81	0.00
01045	Cheese food, cold pack, American	331.00	0.84	0.00
01237	Ice cream, bar or stick, chocolate covered	331.00	0.29	0.00
02020	Spices, garlic powder	331.00	5.65	1.20
02036	Spices, rosemary, dried	331.00	29.25	61.20
05049	Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter	331.00	1.49	0.00
05050	Chicken, broilers or fryers, back, meat and skin, cooked, fried, flour	331.00	1.62	0.00
07207	OSCAR MAYER, Braunschweiger Liver Sausage (sliced)	331.00	10.51	9.00
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	331.00	30.98	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
13387	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted	331.00	2.40	0.00
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	331.00	2.46	0.00
13922	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	331.00	3.11	0.00
01046	Cheese food, pasteurized process, American, vitamin D fortified	330.00	0.26	0.00
01254	Cheese food, pasteurized process, American, without added vitamin D	330.00	0.26	0.00
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	330.00	1.05	179.90
04627	Margarine-like spread with yogurt, approximately 40% fat, tub, with salt	330.00	0.02	0.20
05085	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, batter	330.00	2.15	0.00
08705	Cereals ready-to-eat, KASHI GOLEAN Vanilla Graham Clusters	330.00	5.30	0.00
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	330.00	2.28	2.80
13832	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	330.00	2.41	0.00
16030	Beans, kidney, california red, mature seeds, raw	330.00	9.35	4.50
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	330.00	1.85	0.10
18635	PILLSBURY, Cinnamon Rolls with Icing, refrigerated dough	330.00	1.93	0.10
23314	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 9, raw	330.00	2.14	0.00
35142	Frybread, made with lard (Navajo)	330.00	4.04	--
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	330.00	0.79	--
20067	Sorghum grain	329.00	3.36	0.00
20071	Wheat, hard red spring	329.00	3.60	0.00
28343	Rolls, gluten-free, whole grain, made with tapioca starch and brown rice flour	329.00	1.64	--
28373	UDI'S, Gluten Free, Whole Grain Dinner Rolls	329.00	1.64	--
42230	Salad Dressing, coleslaw dressing, reduced fat	329.00	0.26	0.00
43078	Beverage, milkshake mix, dry, not chocolate	329.00	7.70	1.20
07241	OSCAR MAYER, Wieners (beef franks)	329.00	1.34	0.00
14422	Beverages, Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder	329.00	7.70	5.60
16001	Beans, adzuki, mature seeds, raw	329.00	4.98	0.00
16035	Beans, kidney, royal red, mature seeds, raw	329.00	8.70	4.50
06122	Gravy, mushroom, dry, powder	328.00	1.00	7.00
07016	Cheesefurter, cheese smokie, pork, beef	328.00	1.08	0.00
08029	Cereals ready-to-eat, POST Bran Flakes	328.00	28.00	0.00
16121	Soy protein concentrate, produced by alcohol extraction	328.00	10.78	0.00
16420	Soy protein concentrate, produced by acid wash	328.00	10.78	0.00
21492	DOMINO'S 14" Pepperoni Pizza, Crunchy Thin Crust	328.00	1.13	1.20
32012	Pizza rolls, frozen, unprepared	328.00	1.80	0.00
32036	JIMMY DEAN, Sausage, Egg, and Cheese Breakfast Biscuit, frozen, unprepared	328.00	1.84	--

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
20072	Wheat, hard red winter	327.00	3.19	0.00
35009	Whale, beluga, meat, dried (Alaska Native)	327.00	72.35	0.00
36026	CRACKER BARREL, onion rings, thick-cut	327.00	0.73	--
01024	Cheese, limburger	327.00	0.13	0.00
07014	Braunschweiger (a liver sausage), pork	327.00	11.20	0.00
07942	Pate, truffle flavor	327.00	3.94	2.00
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	327.00	62.10	207.00
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	327.00	0.13	0.20
16099	Peanut flour, defatted	327.00	2.10	0.00
16117	Soy flour, defatted	327.00	9.24	0.00
07041	Liver sausage, liverwurst, pork	326.00	6.40	0.00
07059	Polish sausage, pork	326.00	1.44	1.00
12041	Seeds, sunflower seed flour, partially defatted	326.00	6.62	1.30
18019	Bread, banana, prepared from recipe, made with margarine	326.00	1.40	1.70
21246	WENDY'S, Chicken Nuggets	326.00	0.62	1.30
28286	Bread, paratha, whole wheat, commercially prepared, frozen	326.00	1.61	0.00
43331	Salad dressing, bacon and tomato	326.00	0.27	8.80
18375	Leavening agents, yeast, baker's, active dry	325.00	2.17	0.30
18450	Tortillas, ready-to-bake or -fry, flour, without added calcium	325.00	3.30	0.00
19310	Pectin, unsweetened, dry mix	325.00	2.71	0.00
20063	Rye flour, dark	325.00	4.97	0.00
25018	Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Blueberry Snack Bar	325.00	1.88	42.40
28011	KELLOGG'S, EGGO, Waffles, Cinnamon Toast	325.00	6.80	--
36012	Restaurant, family style, fried mozzarella sticks	325.00	0.62	0.00
36020	T.G.I. FRIDAY'S, chicken fingers	325.00	0.77	--
01227	Cheese, dry white, queso seco	325.00	0.18	--
02015	Spices, curry powder	325.00	19.10	0.70
07064	Pork sausage, link/patty, cooked, pan-fried	325.00	1.20	0.00
07970	Kielbasa, fully cooked, unheated	325.00	0.75	19.10
09244	Peaches, dehydrated (low-moisture), sulfured, uncooked	325.00	5.51	10.60
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	324.00	1.29	0.00
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	324.00	18.30	0.90
11962	Peppers, hot chile, sun-dried	324.00	6.04	31.40
13845	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	324.00	2.19	0.00
13919	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	324.00	3.11	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	324.00	2.57	0.00
18110	Cake, fruitcake, commercially prepared	324.00	2.07	0.50
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	324.00	1.63	0.00
32032	Sausage, egg and cheese breakfast biscuit	324.00	1.85	0.10
36611	DENNY'S, mozzarella cheese sticks	324.00	0.84	--
21238	McDONALD'S, french fries	323.00	0.80	5.60
21324	McDONALD'S, Baked Apple Pie	323.00	1.99	32.30
21496	PIZZA HUT 14" Sausage Pizza, THIN 'N CRISPY Crust	323.00	2.38	3.00
36001	APPLEBEE'S, Double Crunch Shrimp	323.00	1.03	--
43506	Frozen novelties, ice cream type, chocolate or caramel covered, with nuts	323.00	0.72	0.70
01047	Cheese food, pasteurized process, swiss	323.00	0.60	0.00
02019	Spices, fenugreek seed	323.00	33.53	3.00
07015	Brotwurst, pork, beef, link	323.00	1.03	0.00
08598	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, HONEY CLUSTERS	323.00	31.20	11.50
13858	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	323.00	2.44	0.00
01125	Egg, yolk, raw, fresh	322.00	2.73	0.00
02075	Seasoning mix, dry, taco, original	322.00	7.20	0.00
06123	Gravy, onion, dry, mix	322.00	1.00	7.00
07945	Frankfurter, beef, heated	322.00	1.22	--
08608	Cereals ready-to-eat, KASHI Berry Blossom	322.00	3.20	6.00
13827	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	322.00	1.72	0.00
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	322.00	1.74	0.00
19365	Toppings, marshmallow cream	322.00	0.22	0.00
42178	Mayonnaise, made with tofu	322.00	0.27	0.00
18147	Cheesecake commercially prepared	321.00	0.63	0.40
18280	Muffins, corn, dry mix, prepared	321.00	1.94	0.10
21483	Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	321.00	1.73	2.10
28348	Rolls, dinner, sweet	321.00	2.74	0.20
01095	Milk, canned, condensed, sweetened	321.00	0.19	2.60
05102	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour	321.00	1.25	0.00
11624	Leeks, (bulb and lower-leaf portion), freeze-dried	321.00	7.60	118.00
16422	Soy protein isolate, potassium type	321.00	14.50	0.00
07075	Sausage, smoked link sausage, pork and beef	320.00	0.75	0.00
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	320.00	60.00	200.00
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	320.00	6.31	9.50

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
28336	Bread, gluten-free, white, made with potato extract, rice starch, and rice flour	320.00	0.76	--
28366	RUDI'S, Gluten-Free Bakery, Original Sandwich Bread	320.00	0.76	--
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	319.00	3.09	0.00
18030	Bread, french or vienna, toasted (includes sourdough)	319.00	3.87	0.20
18119	Cake, pineapple upside-down, prepared from recipe	319.00	1.48	1.20
19362	Syrups, table blends, corn, refiner, and sugar	319.00	0.74	0.00
21347	McDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing	319.00	0.28	0.00
21493	DOMINO'S 14" Sausage Pizza, Crunchy Thin Crust	319.00	1.07	1.10
36612	DENNY'S, golden fried shrimp	319.00	1.54	--
05048	Chicken, broilers or fryers, back, meat and skin, raw	319.00	0.94	1.60
07055	Pate, liver, not specified, canned	319.00	5.50	2.00
13338	Beef, variety meats and by-products, thymus, cooked, braised	319.00	1.49	30.20
01027	Cheese, mozzarella, whole milk, low moisture	318.00	0.20	0.00
01073	Dessert topping, semi solid, frozen	318.00	0.12	0.00
02031	Spices, pepper, red or cayenne	318.00	7.80	76.40
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	318.00	12.33	0.00
08663	Cereals ready-to-eat, KASHI ORGANIC PROMISE, Berry Fruitful	318.00	3.00	0.00
12193	Seeds, sisymbrium sp. seeds, whole, dried	318.00	0.11	30.70
13820	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	318.00	3.20	0.00
16088	Peanuts, all types, cooked, boiled, with salt	318.00	1.01	0.00
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	318.00	1.43	0.20
19116	Candies, marshmallows	318.00	0.23	0.00
19352	Syrups, malt	318.00	0.96	0.00
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	318.00	4.80	5.50
21306	Fast foods, griddle cake sandwich, sausage	318.00	1.42	0.00
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	318.00	1.12	0.00
28008	KELLOGG'S, EGGO, Wafflers, Strawberry Strudel	318.00	5.90	--
28288	Bread, roll, Mexican, bollilo	318.00	3.90	0.20
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	317.00	2.67	0.00
23321	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	317.00	1.68	0.00
08599	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS	317.00	8.19	10.90
09163	Blueberries, dried, sweetened	317.00	0.90	23.80
10076	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted	317.00	1.18	0.20
17263	Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	317.00	1.74	0.00
07022	Frankfurter, beef, unheated	316.00	1.20	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
07201	OSCAR MAYER, Bologna (beef)	316.00	1.36	0.00
13838	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, raw	316.00	1.71	0.00
13925	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	316.00	3.11	0.00
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	316.00	1.81	0.00
18282	Muffins, corn, prepared from recipe, made with low fat (2%) milk	316.00	2.61	0.30
18319	Pie, fried pies, fruit	316.00	1.22	1.30
18396	Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	316.00	2.96	0.20
18444	Pie, fried pies, cherry	316.00	1.22	1.30
18445	Pie, fried pies, lemon	316.00	1.22	0.00
20060	Rice bran, crude	316.00	18.54	0.00
36004	APPLEBEE'S, mozzarella sticks	316.00	0.43	--
18028	Bread, egg, toasted	315.00	3.34	0.00
01225	Dulce de Leche	315.00	0.17	2.60
02038	Spices, sage, ground	315.00	28.12	32.40
07236	OSCAR MAYER, Smokies Sausage Little Cheese (pork, turkey)	315.00	1.24	0.00
07908	Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)	315.00	0.64	0.00
10146	Pork, cured, ham, patties, unheated	315.00	1.05	0.00
13831	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	315.00	2.22	0.00
14353	Beverages, tea, instant, decaffeinated, unsweetened	315.00	2.26	0.00
14366	Beverages, tea, instant, unsweetened, powder	315.00	2.26	0.00
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	315.00	2.05	0.00
11384	Potatoes, au gratin, dry mix, unprepared	314.00	1.63	15.50
11634	Peppers, sweet, green, freeze-dried	314.00	10.40	1,900.00
11931	Peppers, sweet, red, freeze-dried	314.00	10.40	1,900.00
02004	Spices, bay leaf	313.00	43.00	46.50
06115	Gravy, au jus, dry	313.00	9.30	1.00
07077	Smoked link sausage, pork and beef, nonfat dry milk added	313.00	1.47	0.00
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	313.00	3.42	0.00
18065	Bread, wheat, toasted	313.00	4.09	0.20
18277	Muffins, blueberry, toaster-type	313.00	0.51	0.00
18388	Muffins, wheat bran, toaster-type with raisins, toasted	313.00	2.83	0.00
21343	McDONALD'S, Low Fat Caramel Sauce	313.00	0.16	--
21349	McDONALD'S, NEWMAN'S OWN Ranch Dressing	313.00	0.25	0.80
23186	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	313.00	2.29	0.00
42155	Cheese, monterey, low fat	313.00	0.72	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
18403	Waffles, plain, frozen, ready -to-heat, toasted	312.00	6.91	0.00
21005	Fast Foods, biscuit, with egg and sausage	312.00	1.90	0.00
21012	Fast foods, croissant, with egg, cheese, and bacon	312.00	1.70	0.10
21138	Fast foods, potato, french fried in vegetable oil	312.00	0.81	4.70
21328	McDONALD'S, Sausage McGRIDDLES	312.00	1.42	0.00
43507	Frankfurter, low sodium	312.00	1.43	0.00
01252	Cheese product, pasteurized process, American, vitamin D fortified	312.00	0.89	0.00
02043	Spices, turmeric, ground	312.00	55.00	0.70
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	312.00	34.00	0.00
13357	Beef, cured, sausage, cooked, smoked	312.00	1.76	0.00
13392	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	312.00	2.28	0.00
02006	Spices, cardamom	311.00	13.97	21.00
07050	Mortadella, beef, pork	311.00	1.40	0.00
08393	Cereals ready-to-eat, KASHI GOLEAN	311.00	6.09	0.00
11615	Chives, freeze-dried	311.00	20.00	660.00
16106	Meat extender	311.00	11.99	0.00
17262	Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw	311.00	1.43	0.00
17323	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	311.00	2.42	--
18106	Coffeecake, fruit	311.00	2.43	0.80
21112	Fast foods, hamburger; single, large patty; plain	311.00	2.61	0.00
21362	McDONALD'S, Sausage Biscuit with Egg	311.00	2.03	0.00
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	310.00	3.72	0.20
19912	Sweetener, syrup, agave	310.00	0.09	17.00
21096	Fast foods, cheeseburger; single, large patty; plain	310.00	2.57	0.00
21101	Fast foods, cheeseburger; triple, regular patty; plain	310.00	2.23	0.00
21458	POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	310.00	1.38	--
21472	Fast Foods, Fried Chicken, Wing, meat and skin and breading	310.00	1.04	0.00
28295	Tortillas, ready-to-bake or -fry, whole wheat	310.00	2.63	0.00
28340	Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and potato starch	310.00	0.78	--
28370	UDI'S, Gluten Free, Classic French Dinner Rolls	310.00	0.78	--
43384	Beef, bologna, reduced sodium	310.00	1.40	0.00
01229	Cheese, white, queso blanco	310.00	0.18	--
02037	Spices, saffron	310.00	11.10	80.80
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	310.00	67.67	239.70
13916	Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	310.00	2.26	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
17023	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw	310.00	1.61	0.00
01260	Cheese, cheddar, reduced fat	309.00	0.12	0.00
07074	Smoked link sausage, pork	309.00	0.59	0.00
09446	Plantains, green, fried	309.00	0.67	3.40
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	309.00	1.86	0.00
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	309.00	2.61	0.00
16104	Bacon, meatless	309.00	2.41	0.00
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	309.00	2.12	0.00
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	309.00	6.59	0.00
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	309.00	0.64	0.00
21440	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading	309.00	0.83	--
23188	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	309.00	2.29	0.00
28339	Bread, gluten-free, whole grain, made with tapioca starch and brown rice flour	309.00	0.76	--
28372	UDI'S, Gluten Free, Soft & Hearty Whole Grain Bread	309.00	0.76	--
21014	Fast foods, croissant, with egg, cheese, and sausage	308.00	1.65	0.10
21059	Fast foods, shrimp, breaded and fried	308.00	0.86	0.00
21089	Fast foods, cheeseburger; single, regular patty; plain	308.00	2.71	0.00
21092	Fast foods, cheeseburger; double, regular patty; plain	308.00	2.37	0.00
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	308.00	1.65	0.00
36016	Restaurant, family style, shrimp, breaded and fried	308.00	1.16	0.00
07008	Bologna, beef and pork	308.00	1.21	0.80
09079	Cranberries, dried, sweetened	308.00	0.39	0.20
13927	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	308.00	3.15	0.00
14534	Alcoholic beverage, liqueur, coffee, 63 proof	308.00	0.06	0.00
01127	Egg, yolk, raw, frozen, sugared, pasteurized	307.00	3.70	0.00
02034	Spices, poultry seasoning	307.00	35.30	12.00
07038	Knackwurst, knockwurst, pork, beef	307.00	0.66	0.00
07920	Swisswurst, pork and beef, with swiss cheese, smoked	307.00	0.72	0.00
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	307.00	2.14	0.00
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	307.00	2.48	0.10
18344	Rolls, dinner, egg	307.00	3.52	0.00
18634	PILLSBURY Golden Layer Buttermilk Biscuits, Artificial Flavor, refrigerated dough	307.00	2.12	--
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	307.00	0.83	0.60
22901	Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased	307.00	1.50	0.00
23189	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	307.00	2.15	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
28025	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Brown Sugar	307.00	8.20	--
36015	Restaurant, family style, chicken fingers, from kid's menu	307.00	0.76	--
42173	Turkey and pork sausage, fresh, bulk, patty or link, cooked	307.00	1.62	1.10
18076	Bread, whole-wheat, commercially prepared, toasted	306.00	2.96	0.00
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	306.00	3.63	0.00
21295	PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust	306.00	2.52	4.20
23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	306.00	2.64	0.00
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	306.00	2.68	0.00
13824	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	306.00	1.74	0.00
02016	Spices, dill seed	305.00	16.33	21.00
05147	Goose, domesticated, meat and skin, cooked, roasted	305.00	2.83	0.00
07911	Liverwurst spread	305.00	8.85	3.50
17063	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked	305.00	2.10	0.00
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	305.00	2.24	0.00
18078	Bread, whole-wheat, prepared from recipe, toasted	305.00	3.40	0.00
18279	Muffins, corn, commercially prepared	305.00	2.81	0.00
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	305.00	2.78	0.10
21003	Fast foods, biscuit, with egg and bacon	305.00	2.49	1.80
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	305.00	2.70	0.00
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	305.00	1.66	0.00
28014	KELLOGG'S, EGGO, Waffles, French Toast	305.00	8.00	--
83110	Fish, mackerel, salted	305.00	1.40	0.00
19296	Honey	304.00	0.42	0.50
21011	Fast foods, croissant, with egg and cheese	304.00	1.73	0.10
21360	McDONALD'S, Bacon Egg & Cheese Biscuit	304.00	2.13	2.10
21522	McDONALD'S, Southern Style Chicken Biscuit	304.00	1.76	0.70
23187	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	304.00	2.29	0.00
01271	Cheese, mozzarella, low moisture, part-skim, shredded	304.00	0.23	0.00
07040	Liver cheese, pork	304.00	10.83	3.00
10114	Pork, fresh, variety meats and by-products, mechanically separated, raw	304.00	4.25	0.70
13854	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	304.00	1.64	0.00
01191	KRAFT VELVEETA Pasteurized Process Cheese Spread	303.00	0.18	0.20
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	303.00	1.71	0.00
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	303.00	2.51	0.00
23195	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	303.00	2.33	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
23199	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	303.00	2.00	0.00
23438	Beef, New Zealand, imported, sweetbread, raw	303.00	1.15	0.00
21301	Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	302.00	1.71	3.00
21309	McDONALD'S, Chicken McNUGGETS	302.00	0.89	1.20
21387	BURGER KING, Hash Brown Rounds	302.00	0.71	4.30
36006	T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	302.00	0.53	--
36034	Restaurant, family style, chicken tenders	302.00	0.74	--
07964	Frankfurter, meat and poultry, cooked, grilled	302.00	1.15	19.20
09297	Raisins, golden seedless	302.00	1.79	3.20
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	302.00	2.53	0.00
07006	Bockwurst, pork, veal, raw	301.00	1.15	3.20
07916	Sausage, Polish, pork and beef, smoked	301.00	1.00	0.00
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	301.00	1.16	0.00
21007	Fast foods, biscuit, with egg, cheese, and bacon	301.00	1.57	0.00
21144	CHICK-FIL-A, hash browns	301.00	0.65	6.20
21247	WENDY'S, french fries	301.00	0.93	3.80
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	301.00	1.72	0.00
21010	Fast foods, biscuit, with crispy chicken fillet	300.00	1.76	0.70
23191	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	300.00	2.14	0.00
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	300.00	4.95	0.00
28000	KELLOGG'S, EGGO, Mini Muffin Tops, Chocolate Chip	300.00	3.90	--
28378	PEPPERIDGE FARM, Cinnamon Swirl Bread	300.00	3.20	1.10
01007	Cheese, camembert	300.00	0.33	0.00
01026	Cheese, mozzarella, whole milk	300.00	0.44	0.00
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	300.00	1.42	0.00
01228	Cheese, fresh, queso fresco	299.00	0.20	0.00
07007	Bologna, beef	299.00	1.29	15.20
08390	Cereals ready-to-eat, KASHI GOOD FRIENDS	299.00	4.10	0.00
09298	Raisins, seedless	299.00	1.88	2.30
18338	Phyllo dough	299.00	3.21	0.00
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	299.00	2.66	0.00
28285	Bread, chapati or roti, whole wheat, commercially prepared, frozen	299.00	2.20	0.00
18313	Pie, coconut creme, commercially prepared	298.00	0.80	0.00
18935	Waffle, plain, frozen, ready-to-heat, microwave	298.00	5.81	--
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	298.00	2.14	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	298.00	0.91	1.70
22928	Burrito, beef and bean, microwaved	298.00	3.12	1.00
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	298.00	2.46	0.00
28338	Bread, gluten-free, white, made with tapioca starch and brown rice flour	298.00	0.53	--
28371	UDI'S, Gluten Free, Soft & Delicious White Sandwich Bread	298.00	0.53	--
02013	Spices, coriander seed	298.00	16.32	21.00
05035	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter	298.00	1.44	0.00
07952	Bologna, chicken, turkey, pork	298.00	1.16	19.70
07963	Frankfurter, meat and poultry, cooked, boiled	298.00	1.12	19.40
11230	Pepeao, dried	298.00	6.14	1.40
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	298.00	1.24	0.00
05084	Chicken, broilers or fryers, neck, meat and skin, raw	297.00	1.90	0.00
07922	Bratwurst, beef and pork, smoked	297.00	1.00	0.00
10220	Pork, fresh, ground, cooked	297.00	1.29	0.70
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	297.00	2.42	0.00
17237	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	297.00	1.84	0.00
18048	Bread, raisin, enriched, toasted	297.00	3.15	0.40
18134	Cake, sponge, prepared from recipe	297.00	1.58	0.00
18951	Waffles, chocolate chip, frozen, ready-to-heat	297.00	6.40	0.00
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	297.00	3.32	0.00
21107	Fast foods, hamburger; single, regular patty; plain	297.00	3.06	0.00
21437	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	297.00	0.93	--
28306	Bread, chapati or roti, plain, commercially prepared	297.00	3.01	--
32014	Macaroni or noodles with cheese, made from reduced fat packaged mix, unprepared	297.00	1.81	0.00
36023	APPLEBEE'S, chicken tenders platter	297.00	0.90	--
18273	Muffins, plain, prepared from recipe, made with low fat (2%) milk	296.00	2.39	0.30
21129	Fast foods, hush puppies	296.00	2.55	0.00
23134	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	296.00	2.49	0.00
28022	KELLOGG'S, EGGO Seasons, Waffles, Pumpkin Spice	296.00	6.40	--
28393	PEPPERIDGE FARM, White Hoagie Roll	296.00	3.50	0.00
36005	APPLEBEE'S, chicken tenders, from kids' menu	296.00	0.90	--
36007	T.G.I. FRIDAY'S, french fries	296.00	0.98	1.10
01126	Egg, yolk, raw, frozen, pasteurized	296.00	4.55	0.00
02032	Spices, pepper, white	296.00	14.31	21.00
07917	Sausage, pork and beef, with cheddar cheese, smoked	296.00	0.73	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
09299	Raisins, seeded	296.00	2.59	5.40
11268	Mushrooms, shiitake, dried	296.00	1.72	3.50
17261	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	296.00	2.10	0.00
17319	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked	296.00	1.78	--
01029	Cheese, mozzarella, low moisture, part-skim	295.00	0.22	0.00
02041	Spices, tarragon, dried	295.00	32.30	50.00
13150	Beef, rib, shortribs, separable lean only, choice, cooked, braised	295.00	3.36	0.00
13317	Beef, ground, patties, frozen, cooked, broiled	295.00	2.42	0.00
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	295.00	2.46	0.00
13844	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw	295.00	1.74	0.00
14533	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof	295.00	0.04	0.00
21110	Fast foods, hamburger; double, regular, patty; plain	295.00	2.88	0.00
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	295.00	0.51	0.00
21410	Fast foods, bagel, with egg, sausage patty, cheese, and condiments	295.00	1.77	0.50
28026	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Original	295.00	8.20	--
36027	DENNY'S, chicken strips	295.00	0.72	--
36618	Restaurant, Chinese, general tso's chicken	295.00	1.16	1.60
43276	Cheese spread, cream cheese base	295.00	1.13	0.00
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	294.00	1.41	0.00
18006	Bagels, cinnamon-raisin, toasted	294.00	4.09	0.60
21364	McDONALD'S, Hotcakes and Sausage	294.00	1.41	0.00
21488	Fast foods, quesadilla, with chicken	294.00	1.77	0.10
28023	KELLOGG'S, SIMPLY EGGO, Original	294.00	6.40	--
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	294.00	0.58	--
05160	Squab, (pigeon), meat and skin, raw	294.00	3.54	5.20
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	294.00	3.24	0.00
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	294.00	1.88	0.00
06094	Soup, onion, dry, mix	293.00	1.25	3.40
07906	Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	293.00	0.64	43.00
18275	Muffins, blueberry, dry mix	293.00	1.62	2.30
18353	Rolls, hard (includes kaiser)	293.00	3.28	0.00
18385	Bread, wheat germ, toasted	293.00	3.88	0.30
18432	Bread, white, commercially prepared, toasted, low sodium no salt	293.00	3.33	0.00
18633	PILLSBURY GRANDS, Buttermilk Biscuits, refrigerated dough	293.00	2.34	0.00
18999	KELLOGG'S, EGGO, Mini Muffin Tops, Blueberry	293.00	5.90	--

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
21457	POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading	293.00	1.06	--
23577	Beef, ground, 75% lean meat / 25% fat, raw	293.00	1.79	0.00
36024	CRACKER BARREL, chicken tenderloin platter, fried	293.00	0.59	--
36633	Restaurant, Chinese, sesame chicken	293.00	1.09	1.00
18040	Bread, oatmeal, toasted	292.00	2.94	0.30
21256	BURGER KING, Chicken Strips	292.00	0.62	1.10
23198	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	292.00	1.95	0.00
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	292.00	5.09	0.00
27064	Wasabi	292.00	0.50	0.00
01052	Cream, fluid, light whipping	292.00	0.03	0.60
02029	Spices, parsley, dried	292.00	22.04	125.00
04143	Salad dressing, italian dressing, commercial, regular, without salt	292.00	0.63	0.00
05323	Chicken patty, frozen, uncooked	292.00	0.93	0.00
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	292.00	1.32	0.50
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	292.00	0.92	0.00
17020	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	292.00	2.00	0.00
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	291.00	1.79	0.40
13001	Beef, carcass, separable lean and fat, choice, raw	291.00	1.83	0.00
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	291.00	2.53	0.00
13851	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	291.00	1.66	0.00
17327	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	291.00	1.58	--
17463	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	291.00	2.47	0.00
18367	Waffles, plain, prepared from recipe	291.00	2.31	0.40
18368	Wonton wrappers (includes egg roll wrappers)	291.00	3.36	0.00
19113	Syrups, table blends, pancake, with butter	291.00	0.09	0.00
21296	PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust	291.00	2.71	1.00
21297	PIZZA HUT 14" Pepperoni Pizza, Pan Crust	291.00	2.57	1.00
21305	Fast foods, griddle cake sandwich, egg, cheese, and sausage	291.00	1.51	0.00
23099	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	291.00	2.68	0.00
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	291.00	5.06	0.00
23197	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	291.00	2.24	0.00
28260	KELLOGG'S, EGGO, Waffles, Chocolate Chip	291.00	6.40	--
28307	Bread, naan, plain, commercially prepared, refrigerated	291.00	3.25	--
18032	Bread, irish soda, prepared from recipe	290.00	2.69	0.80
18070	Bread, white, commercially prepared, toasted	290.00	3.33	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
18133	Cake, sponge, commercially prepared	290.00	2.72	0.00
18944	Pie, Dutch Apple, Commercially Prepared	290.00	0.91	5.70
19304	Molasses	290.00	4.72	0.00
19355	Syrups, sorghum	290.00	3.80	0.00
23190	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	290.00	2.13	0.00
36002	APPLEBEE'S, french fries	290.00	1.01	0.70
43134	Vegetarian fillets	290.00	2.00	0.00
01048	Cheese spread, pasteurized process, American	290.00	0.33	0.00
07950	Frankfurter, meat	290.00	1.09	0.00
11667	Seaweed, spirulina, dried	290.00	28.50	10.10
15018	Fish, cod, Atlantic, dried and salted	290.00	2.50	3.50
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	290.00	2.17	0.00
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	289.00	1.37	0.00
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	289.00	1.10	0.00
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	289.00	2.43	0.00
18322	Pie, mince, prepared from recipe	289.00	1.49	5.90
18934	Waffle, buttermilk, frozen, ready-to-heat, microwaved	289.00	6.53	0.00
20095	Pasta, fresh-refrigerated, spinach, as purchased	289.00	3.30	0.00
23006	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	289.00	3.24	0.00
23319	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	289.00	1.69	0.00
36014	Restaurant, family style, french fries	289.00	0.91	1.10
18036	Bread, multi-grain, toasted (includes whole-grain)	288.00	2.72	0.10
20093	Pasta, fresh-refrigerated, plain, as purchased	288.00	3.35	0.00
02050	Vanilla extract	288.00	0.12	0.00
05054	Chicken, broilers or fryers, back, meat only, cooked, fried	288.00	1.65	0.00
07063	Pork sausage, link/patty, unprepared	288.00	1.02	0.00
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	288.00	2.67	0.00
13830	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw	288.00	1.77	0.00
17056	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	288.00	2.60	0.00
05324	Chicken patty, frozen, cooked	287.00	0.95	0.00
10171	Pork, cured, shoulder, blade roll, separable lean and fat, roasted	287.00	0.89	3.20
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	287.00	1.33	0.00
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	287.00	4.50	0.00
18027	Bread, egg	287.00	3.04	0.00
18616	MISSION FOODS, MISSION Flour Tortillas, Soft Taco, 8 inch	287.00	1.99	--

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
21303	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	287.00	2.55	0.70
21497	PIZZA HUT 14" Sausage Pizza, Hand-Tossed Crust	287.00	2.45	2.80
21498	PIZZA HUT 14" Sausage Pizza, Pan Crust	287.00	2.39	1.60
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	287.00	2.76	0.00
23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	287.00	2.68	0.00
32007	Taquitos, frozen, beef and cheese, oven-heated	287.00	2.67	0.00
36605	CRACKER BARREL, country fried shrimp platter	287.00	1.53	--
44203	Beverages, Cocktail mix, non-alcoholic, concentrated, frozen	287.00	0.04	4.20
18346	Rolls, dinner, rye	286.00	2.70	0.00
19349	Syrups, corn, dark	286.00	0.37	0.00
21022	Fast foods, english muffin, with egg, cheese, and sausage	286.00	2.63	0.00
21099	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and ham	286.00	1.98	2.90
21251	BURGER KING, Cheeseburger	286.00	2.50	0.20
21259	BURGER KING, Original Chicken Sandwich	286.00	1.79	0.20
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	286.00	2.20	0.00
28287	Bread, naan, whole wheat, commercially prepared, refrigerated	286.00	1.73	0.00
28379	PEPPERIDGE FARM, Raisin Cinnamon Swirl Bread	286.00	3.20	1.10
07972	Meatballs, frozen, Italian style	286.00	1.77	0.00
09173	Longans, dried	286.00	5.40	28.00
02066	Spearmint, dried	285.00	87.47	0.00
05036	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour	285.00	1.50	0.00
05124	Chicken, stewing, meat and skin, cooked, stewed	285.00	1.37	0.00
13393	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	285.00	2.30	0.00
17087	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised	285.00	2.34	0.00
18073	Bread, white, prepared from recipe, made with low fat (2%) milk	285.00	2.97	0.20
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	285.00	2.27	1.50
18321	Pie, lemon meringue, prepared from recipe	285.00	1.00	3.30
18365	Waffles, plain, frozen, ready-to-heat	285.00	5.61	0.00
21095	Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables	285.00	2.07	1.20
21341	McDONALD'S, BIG BREAKFAST	285.00	1.74	0.40
21363	McDONALD'S, Deluxe Breakfast, with syrup and margarine	285.00	1.50	0.20
21507	WENDY'S, Double Stack, with cheese	285.00	2.75	--
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	285.00	2.46	0.00
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	285.00	2.49	0.00
18061	Bread, rye, toasted	284.00	3.10	0.20

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	284.00	2.82	0.00
32006	Taquitos, frozen, chicken and cheese, oven-heated	284.00	2.47	0.00
07979	Sausage, pork, turkey, and beef, reduced sodium	284.00	1.60	0.80
11988	Fungi, Cloud ears, dried	284.00	5.88	0.00
13340	Beef, variety meats and by-products, tongue, cooked, simmered	284.00	2.61	1.30
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	284.00	2.95	0.00
17105	Veal, loin, separable lean and fat, cooked, braised	284.00	1.09	0.00
17235	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	284.00	2.01	0.00
09085	Currants, zante, dried	283.00	3.26	4.70
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	283.00	2.38	0.00
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	283.00	2.96	0.00
17040	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised	283.00	2.67	0.00
17225	Lamb, ground, cooked, broiled	283.00	1.79	0.00
18451	Cake, pound, commercially prepared, fat-free	283.00	2.06	0.00
19350	Syrups, corn, light	283.00	0.00	--
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	283.00	2.54	0.40
21329	McDONALD'S, Sausage, Egg & Cheese McGRIDDLES	283.00	1.51	0.00
21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	283.00	1.90	0.00
21478	DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked	283.00	0.90	--
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	283.00	2.46	0.00
21094	Fast foods, cheeseburger, double, regular patty and bun, with condiments	282.00	2.35	2.90
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	282.00	2.07	0.70
21232	McDONALD'S, FILET-O-FISH	282.00	1.56	0.30
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	282.00	2.52	0.90
21344	McDONALD'S, Double Cheeseburger	282.00	2.24	0.40
21395	Fast foods, cheeseburger; double, regular patty; with condiments	282.00	2.35	2.90
21411	Fast foods, bagel, with breakfast steak, egg, cheese, and condiments	282.00	2.06	0.00
21482	Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	282.00	2.45	1.00
21506	BURGER KING, Double Cheeseburger	282.00	2.33	--
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	282.00	5.21	0.00
36610	DENNY'S, french fries	282.00	0.72	1.60
01182	USDA Commodity, cheese, cheddar, reduced fat	282.00	0.13	0.00
01209	Cheese, Mexican, blend, reduced fat	282.00	0.13	0.00
02009	Spices, chili powder	282.00	17.30	0.70
02028	Spices, paprika	282.00	21.14	0.90

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
07061	Mother's loaf, pork	282.00	1.32	1.00
09087	Dates, deglet noor	282.00	1.02	0.40
17224	Lamb, ground, raw	282.00	1.55	0.00
17273	Veal, breast, plate half, boneless, separable lean and fat, cooked, braised	282.00	0.75	--
07971	Bologna, meat and poultry	281.00	1.24	0.00
11978	Peppers, ancho, dried	281.00	10.93	2.00
13915	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw	281.00	1.58	0.00
17045	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	281.00	2.09	0.00
17054	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	281.00	1.92	0.00
17299	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	281.00	2.06	--
19351	Syrups, corn, high-fructose	281.00	0.03	0.00
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	281.00	3.32	0.00
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	281.00	5.33	0.00
28016	KELLOGG'S, EGGO Protein, Waffles, Homestyle	281.00	6.40	--
21249	BURGER KING, french fries	280.00	0.73	2.20
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	280.00	1.86	0.00
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	280.00	2.14	0.00
21484	Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	280.00	2.41	1.70
28387	PEPPERIDGE FARM, Hamburger Buns w/Sesame	280.00	2.21	1.00
28389	PEPPERIDGE FARM, White Bread	280.00	3.60	1.10
43597	Cheese, mozzarella, low sodium	280.00	0.25	0.00
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	280.00	0.95	0.00
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	280.00	2.40	0.00
02012	Spices, coriander leaf, dried	279.00	42.46	566.70
05300	Turkey sticks, breaded, battered, fried	279.00	2.20	0.00
14181	Beverages, chocolate syrup	279.00	2.11	0.20
17046	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	279.00	2.03	0.00
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	279.00	2.70	0.00
17236	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	279.00	1.66	0.00
18350	Rolls, hamburger or hotdog, plain	279.00	3.43	1.30
21106	Fast foods, fish sandwich, with tartar sauce and cheese	279.00	1.56	1.50
21473	DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked	279.00	2.35	0.50
21476	DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked	279.00	2.30	1.10
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	279.00	2.37	0.00
44018	Sweeteners, tabletop, fructose, liquid	279.00	0.11	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
18003	Bagels, egg	278.00	3.98	0.60
18077	Bread, whole-wheat, prepared from recipe	278.00	3.10	0.00
18328	Pie, vanilla cream, prepared from recipe	278.00	1.02	0.50
19297	Jams and preserves	278.00	0.49	8.80
19361	Syrups, table blends, cane and 15% maple	278.00	0.19	0.00
21508	WEND'YS, Crispy Chicken Sandwich	278.00	1.49	--
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	278.00	1.68	0.00
28010	KELLOGG'S, EGGO, Waffles, Buttermilk	278.00	6.40	--
28015	KELLOGG'S, EGGO, Waffles, Homestyle	278.00	6.60	--
28394	PEPPERIDGE FARM, Hamburger Bun	278.00	2.27	1.00
07949	Frankfurter, meat, heated	278.00	1.22	0.00
13002	Beef, carcass, separable lean and fat, select, raw	278.00	1.85	0.00
13857	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	278.00	1.67	0.00
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	278.00	1.75	0.00
17037	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	278.00	2.03	0.00
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	278.00	1.72	0.00
05021	Chicken, broilers or fryers, giblets, cooked, fried	277.00	10.32	8.70
05030	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, batter	277.00	1.26	0.00
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	277.00	1.45	0.00
07002	Beerwurst, beer salami, pork and beef	277.00	1.73	0.60
07962	Frankfurter, meat and poultry, unheated	277.00	1.04	22.50
09165	Litchis, dried	277.00	1.70	183.00
09421	Dates, medjool	277.00	0.90	0.00
10088	Pork, fresh, spareribs, separable lean and fat, raw	277.00	0.91	0.00
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	277.00	2.25	0.00
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	277.00	1.59	0.00
15027	Fish, fish sticks, frozen, prepared	277.00	0.84	0.00
17062	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw	277.00	1.49	0.00
18349	Rolls, french	277.00	2.71	0.00
21006	Fast foods, biscuit with egg and steak	277.00	3.58	0.10
21340	McDONALD'S, Sausage Burrito	277.00	2.28	--
21495	DOMINO'S 14" Sausage Pizza, Ultimate Deep Dish Crust	277.00	2.50	0.40
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	277.00	2.28	0.50
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	277.00	2.45	0.00
23200	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	277.00	1.87	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	277.00	2.63	0.00
17464	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, grilled	276.00	2.37	0.00
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	276.00	4.90	1.40
18314	Pie, coconut cream, prepared from mix, no-bake type	276.00	0.40	0.60
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	276.00	1.36	3.40
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	276.00	1.71	0.30
21294	PIZZA HUT 14" Cheese Pizza, Pan Crust	276.00	2.47	1.90
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	276.00	3.00	0.00
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	276.00	1.50	0.00
35239	Tortilla, blue corn, Sakwavikaviki (Hopi)	276.00	2.89	--
43441	Rolls, pumpernickel	276.00	2.78	0.00
01188	KRAFT CHEEZ WHIZ Pasteurized Process Cheese Sauce	276.00	0.19	0.40
02042	Spices, thyme, dried	276.00	123.60	50.00
07931	Beerwurst, pork and beef	276.00	1.73	0.60
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	276.00	1.25	1.60
13330	Beef, variety meats and by-products, mechanically separated beef, raw	276.00	5.67	0.00
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	276.00	2.94	0.00
17038	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	276.00	1.97	0.00
17209	Lamb, variety meats and by-products, mechanically separated, raw	276.00	5.90	--
01160	Egg, yolk, raw, frozen, salted, pasteurized	275.00	3.40	0.00
14532	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof	275.00	0.04	0.00
15178	Mollusks, whelk, unspecified, cooked, moist heat	275.00	10.06	6.80
17221	Lamb, variety meats and by-products, tongue, cooked, braised	275.00	2.63	7.00
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	275.00	1.06	0.00
18041	Bread, pita, white, enriched	275.00	2.62	0.00
18045	Bread, pumpernickel, toasted	275.00	3.15	0.00
18406	Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	275.00	3.56	0.00
18407	Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	275.00	1.36	0.00
18408	Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)	275.00	1.36	0.00
18413	Bread, pita, white, unenriched	275.00	1.40	0.00
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	275.00	1.98	0.00
21293	PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust	275.00	2.62	2.00
21517	Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce	275.00	1.47	0.30
21523	McDONALD'S, RANCH SNACK WRAP, Crispy	275.00	1.47	0.30
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	275.00	2.80	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
23389	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	275.00	2.47	0.00
28382	PEPPERIDGE FARM, Farmhouse Oatmeal Bread	275.00	2.79	1.00
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	274.00	1.44	0.00
18005	Bagels, cinnamon-raisin	274.00	3.80	0.70
18047	Bread, raisin, enriched	274.00	2.90	0.10
18071	Bread, white, prepared from recipe, made with nonfat dry milk	274.00	3.18	0.00
18148	Cheesecake prepared from mix, no-bake type	274.00	0.47	0.50
18354	Strudel, apple	274.00	0.42	1.70
18414	Bread, raisin, unenriched	274.00	1.83	0.10
19423	Snacks, potato chips, fat-free, made with olestra	274.00	2.40	28.30
21002	Fast foods, biscuit, with egg	274.00	2.13	0.10
21359	McDONALD'S, Sausage McMUFFIN with Egg	274.00	1.97	0.00
21421	KFC, Crispy Chicken Strips	274.00	0.69	--
21439	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading	274.00	0.91	--
21456	POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading	274.00	0.74	--
21471	Fast Foods, Fried Chicken, Thigh, meat and skin and breading	274.00	1.00	0.00
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	274.00	2.04	3.10
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	274.00	2.04	3.10
22902	Pizza, meat topping, thick crust, frozen, cooked	274.00	1.70	1.10
22903	Pizza, pepperoni topping, regular crust, frozen, cooked	274.00	2.43	1.90
01208	Cheese, provolone, reduced fat	274.00	0.52	0.00
02011	Spices, cloves, ground	274.00	11.83	0.20
09264	Persimmons, japanese, dried	274.00	0.74	0.00
13095	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw	274.00	1.87	0.00
13926	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw	274.00	2.35	0.00
05076	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, batter	273.00	1.40	0.00
07021	Dutch brand loaf, chicken, pork and beef	273.00	0.16	1.40
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	273.00	1.01	0.30
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	273.00	0.73	0.00
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	273.00	1.34	0.00
13921	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	273.00	1.76	0.00
17187	Lamb, variety meats and by-products, brain, cooked, pan-fried	273.00	2.04	23.00
17260	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw	273.00	1.59	0.00
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	273.00	1.29	0.00
18347	Rolls, dinner, wheat	273.00	3.55	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
18641	INTERSTATE BRANDS CORP, WONDER Hamburger Rolls	273.00	2.22	--
18932	Waffles, buttermilk, frozen, ready-to-heat	273.00	6.04	0.00
21100	Fast foods, cheeseburger; double, large patty, with condiments and vegetables	273.00	2.29	0.40
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	273.00	2.33	0.80
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	273.00	2.34	0.00
21355	McDONALD'S, McCHICKEN Sandwich	273.00	1.74	--
21494	DOMINO'S 14" Sausage Pizza, Classic Hand-Tossed Crust	273.00	2.36	0.60
23196	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	273.00	2.12	0.00
36050	Restaurant, Mexican, cheese enchilada	273.00	0.66	--
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	272.00	1.74	0.00
18029	Bread, french or vienna (includes sourdough)	272.00	3.91	0.00
21026	Fast foods, potatoes, hash browns, round pieces or patty	272.00	0.60	5.40
21307	Fast foods, griddle cake sandwich, egg, cheese, and bacon	272.00	1.65	1.80
21327	McDONALD'S, Bacon, Egg & Cheese McGRIDDLES	272.00	1.65	1.80
21365	McDONALD'S, Hotcakes (with 2 pats margarine & syrup)	272.00	1.28	0.00
21396	Fast foods, cheeseburger; double, large patty; with condiments	272.00	2.18	0.60
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	272.00	2.78	0.00
02039	Spices, savory, ground	272.00	37.88	50.00
05003	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour	272.00	1.99	0.50
05301	Poultry, mechanically deboned, from backs and necks with skin, raw	272.00	1.57	1.50
07959	Bologna, chicken, pork, beef	272.00	1.25	15.80
17019	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw	272.00	1.61	0.00
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	272.00	1.01	0.00
02023	Spices, marjoram, dried	271.00	82.71	51.40
07978	Pork sausage, reduced sodium, cooked	271.00	0.85	0.00
10122	Pork, fresh, variety meats and by-products, tongue, cooked, braised	271.00	4.99	1.70
11432	Radishes, oriental, dried	271.00	6.73	0.00
11625	Parsley, freeze-dried	271.00	53.90	149.00
13332	Beef, variety meats and by-products, pancreas, cooked, braised	271.00	2.61	20.30
17227	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	271.00	1.93	0.00
18033	Bread, italian	271.00	2.94	0.00
21227	Pizza, meat and vegetable topping, rising crust, frozen, cooked	271.00	1.36	4.20
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	271.00	1.95	0.00
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	271.00	2.48	1.20
21319	McDONALD'S, Hash Brown	271.00	0.56	5.60

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
21401	Fast foods, chicken tenders	271.00	0.73	1.10
21417	POPEYES, Mild Chicken Strips, analyzed 2006	271.00	0.91	0.00
23227	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	271.00	2.40	0.00
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	271.00	2.52	0.00
36049	ON THE BORDER, cheese enchilada	271.00	0.71	--
42303	Cheese, muenster, low fat	271.00	0.41	0.00
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	270.00	2.13	0.10
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	270.00	4.65	1.70
18283	Muffins, oat bran	270.00	4.20	0.00
18309	Pie, cherry, prepared from recipe	270.00	1.85	1.00
18383	Bread, protein, (includes gluten), toasted	270.00	4.56	0.00
19911	Syrup, maple, Canadian	270.00	0.11	0.00
21090	Fast foods, cheeseburger; single, regular patty, with condiments	270.00	2.25	0.40
21611	School Lunch, chicken nuggets, whole grain breaded	270.00	1.99	0.60
28380	PEPPERIDGE FARM, Whole Grain 15 Grain Bread	270.00	2.60	0.90
36622	Restaurant, Chinese, sweet and sour pork	270.00	3.07	2.30
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	270.00	0.91	0.00
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	270.00	2.48	0.00
16129	Tofu, fried	270.00	4.87	0.00
16429	Tofu, fried, prepared with calcium sulfate	270.00	4.87	0.00
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	270.00	1.95	0.00
17255	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	270.00	2.08	0.00
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	270.00	1.89	0.00
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	269.00	1.38	0.00
07939	Frankfurter, pork	269.00	3.70	2.00
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	269.00	1.45	0.70
10170	Pork, cured, shoulder, blade roll, separable lean and fat, unheated	269.00	0.82	0.30
17245	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	269.00	1.97	0.00
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	269.00	2.12	0.00
18039	Bread, oatmeal	269.00	2.70	0.00
18304	Pie, banana cream, prepared from recipe	269.00	1.04	1.60
19924	Syrup, NESTLE, chocolate	269.00	0.00	--
21398	Fast foods, cheeseburger; single, large patty; with condiments	269.00	1.02	0.30
21436	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	269.00	0.88	--
28305	Pancakes, plain, reduced fat	269.00	1.71	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
28312	Rolls, hamburger or hot dog, wheat/cracked wheat	269.00	2.92	1.30
28313	Rolls, hamburger or hot dog, whole wheat	269.00	2.42	1.30
28384	PEPPERIDGE FARM, Farmhouse Sourdough Bread	269.00	2.84	1.00
28392	PEPPERIDGE FARM, Farmhouse 100% Whole Wheat Bread	269.00	2.58	1.00
90480	Syrup, Cane	269.00	3.60	0.00
18320	Pie, lemon meringue, commercially prepared	268.00	0.61	3.20
21111	Fast foods, hamburger; double, regular patty; with condiments	268.00	2.58	0.50
21224	Pizza, cheese topping, regular crust, frozen, cooked	268.00	2.27	1.20
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	268.00	2.30	1.10
21438	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading	268.00	0.57	--
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	268.00	2.30	1.10
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	268.00	5.46	0.00
28019	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Honey Oat	268.00	6.40	--
42040	Syrups, grenadine	268.00	0.05	0.00
43060	Chewing gum, sugarless	268.00	0.00	--
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	268.00	1.35	0.00
07930	Yachtwurst, with pistachio nuts, cooked	268.00	1.00	0.00
11672	Potato pancakes	268.00	1.67	27.60
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	268.00	2.24	0.00
17244	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	268.00	1.83	0.00
06080	Soup, chicken broth or bouillon, dry	267.00	1.03	1.10
07901	USDA Commodity, pork, sausage, bulk/links/patties, frozen, cooked	267.00	1.15	0.00
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	267.00	1.91	0.00
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	267.00	1.75	0.00
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	267.00	2.91	0.00
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	267.00	1.69	0.00
17001	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	267.00	1.57	0.00
17249	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted	267.00	2.05	0.00
17252	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	267.00	1.73	0.00
18064	Bread, wheat	267.00	3.49	0.20
18416	Bread, white, commercially prepared, low sodium, no salt	267.00	3.03	0.00
21115	Fast foods, hamburger, large, triple patty, with condiments	267.00	3.21	0.50
21470	Fast Foods, Fried Chicken, Drumstick, meat and skin with breading	267.00	0.99	0.00
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	267.00	2.42	0.00
28381	PEPPERIDGE FARM, Farmhouse Hearty White Bread	267.00	2.53	1.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	266.00	2.50	0.30
18069	Bread, white, commercially prepared (includes soft bread crumbs)	266.00	3.61	0.00
18348	Rolls, dinner, whole-wheat	266.00	2.42	0.00
18971	Bread, potato	266.00	2.25	0.00
19300	Jellies	266.00	0.19	0.90
21255	BURGER KING, DOUBLE WHOPPER, with cheese	266.00	5.30	0.20
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	266.00	2.48	1.40
28002	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Strawberry Granola	266.00	1.10	--
36606	CRACKER BARREL, farm raised catfish platter	266.00	0.71	--
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	266.00	0.97	0.00
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	266.00	2.97	0.00
17272	Veal, breast, whole, boneless, separable lean and fat, cooked, braised	266.00	0.77	--
01204	Cheese, parmesan, dry grated, reduced fat	265.00	0.90	0.00
02027	Spices, oregano, dried	265.00	36.80	2.30
10803	USDA Commodity, pork, ground, fine/coarse, frozen, cooked	265.00	1.51	2.30
11370	Potatoes, hash brown, home-prepared	265.00	0.55	13.00
13096	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	265.00	1.80	0.00
13807	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	265.00	1.69	0.00
13817	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	265.00	2.01	0.00
18302	Pie, apple, prepared from recipe	265.00	1.12	1.70
19360	Syrups, table blends, pancake, with 2% maple	265.00	0.07	0.00
19720	Syrups, table blends, pancake, with 2% maple, with added potassium	265.00	0.07	0.00
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	265.00	2.49	0.40
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	265.00	2.34	0.00
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	265.00	2.30	0.00
21477	DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked	265.00	0.95	1.30
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	265.00	1.84	0.00
23545	Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	265.00	3.64	0.00
28009	KELLOGG'S, EGGO, Waffles, Blueberry	265.00	6.40	--
28024	KELLOGG'S, EGGO, Waffles, Strawberry	265.00	6.40	--
28397	Bread, multi-grain (includes whole-grain)	265.00	2.50	0.10
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	264.00	2.28	0.00
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	264.00	3.57	0.00
18095	Cake, cherry fudge with chocolate frosting	264.00	1.10	13.60
18384	Bread, rice bran, toasted	264.00	3.92	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
21023	Fast foods, french toast with butter	264.00	1.40	0.10
21228	McDONALD'S, Hamburger	264.00	2.87	0.60
23391	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	264.00	2.48	0.00
01019	Cheese, feta	264.00	0.65	0.00
01072	Dessert topping, pressurized	264.00	0.02	0.00
01159	Cheese, goat, soft type	264.00	1.90	0.00
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	264.00	1.69	0.00
15012	Fish, caviar, black and red, granular	264.00	11.88	0.00
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	264.00	1.50	0.00
02001	Spices, allspice, ground	263.00	7.06	39.20
05327	Chicken breast tenders, breaded, uncooked	263.00	1.11	0.80
07030	Ham, minced	263.00	0.79	0.00
10219	Pork, fresh, ground, raw	263.00	0.88	0.70
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	263.00	1.72	0.00
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	263.00	3.33	0.00
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	263.00	1.38	0.00
14049	Alcoholic beverage, distilled, gin, 90 proof	263.00	0.00	--
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	263.00	0.04	0.00
18017	Biscuits, mixed grain, refrigerated dough	263.00	2.75	0.00
18351	Rolls, hamburger or hotdog, mixed-grain	263.00	3.95	0.00
21108	Fast foods, hamburger; single, regular patty; with condiments	263.00	2.87	0.30
21120	Fast foods, hotdog, with corn flour coating (corndog)	263.00	3.53	0.00
21233	McDONALD'S, Cheeseburger	263.00	2.35	0.60
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	263.00	2.31	0.00
21505	Pizza, cheese topping, thin crust, frozen, cooked	263.00	2.14	0.10
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	263.00	3.20	0.00
28346	Waffles, gluten-free, frozen, ready-to-heat	263.00	0.63	0.00
28395	PEPPERIDGE FARM, Whole Grain Honey Whole Wheat Bread	263.00	2.60	0.90
43329	Salad dressing, mayonnaise and mayonnaise-type, low calorie	263.00	0.26	0.00
18042	Bread, pita, whole-wheat	262.00	3.06	0.00
21345	McDONALD'S, DOUBLE QUARTER POUNDER with Cheese	262.00	2.18	0.60
36629	Restaurant, Chinese, orange chicken	262.00	0.94	0.90
05093	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, flour	262.00	1.49	0.00
09259	Pears, dried, sulfured, uncooked	262.00	2.10	7.00
13924	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	262.00	1.63	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
15041	Fish, herring, Atlantic, pickled	262.00	1.22	0.00
15047	Fish, mackerel, Atlantic, cooked, dry heat	262.00	1.57	0.40
17326	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	262.00	1.21	--
07068	Salami, cooked, beef	261.00	2.20	0.00
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	261.00	0.81	0.00
16532	WORTHINGTON Prosage Roll, frozen, unprepared	261.00	3.30	0.00
17234	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw	261.00	1.63	0.00
19030	Syrup, fruit flavored	261.00	0.03	0.00
21013	Fast foods, croissant, with egg, cheese, and ham	261.00	1.40	0.10
21250	BURGER KING, Hamburger	261.00	2.87	0.20
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	261.00	1.40	0.30
22975	Chicken, nuggets, white meat, precooked, frozen, not reheated	261.00	1.43	0.00
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	261.00	2.76	0.00
18025	Bread, cracked-wheat	260.00	2.81	0.00
18308	Pie, cherry, commercially prepared	260.00	0.48	0.90
18312	Pie, chocolate mousse, prepared from mix, no-bake type	260.00	1.08	0.50
18316	Pie, coconut custard, commercially prepared	260.00	0.80	0.60
19353	Syrups, maple	260.00	0.11	0.00
21119	Fast foods, hotdog, with chili	260.00	2.88	2.40
21225	Pizza, cheese topping, rising crust, frozen, cooked	260.00	1.77	1.90
21258	BURGER KING, Premium Fish Sandwich	260.00	1.50	0.20
21283	PAPA JOHN'S 14" Cheese Pizza, Original Crust	260.00	1.97	0.00
22974	Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	260.00	0.91	0.00
23193	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	260.00	1.73	0.00
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	260.00	1.25	0.00
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	260.00	0.97	0.00
07090	Luncheon sausage, pork and beef	260.00	1.43	0.00
10196	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled	260.00	0.77	0.30
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	260.00	0.96	0.00
11408	Potatoes, frozen, french fried, par fried, extruded, unprepared	260.00	1.32	6.30
16004	Yokan, prepared from adzuki beans and sugar	260.00	1.16	0.00
17043	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw	260.00	1.56	0.00
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	259.00	0.91	0.50
07915	Sausage, Polish, beef with chicken, hot	259.00	0.88	0.00
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	259.00	17.60	20.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	259.00	1.40	0.30
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	259.00	2.20	0.00
17051	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw	259.00	1.48	0.00
17147	Game meat, bear, cooked, simmered	259.00	10.73	0.00
18038	Bread, oat bran, toasted	259.00	3.43	0.00
18060	Bread, rye	259.00	2.83	0.40
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	259.00	2.07	0.30
21603	School Lunch, pizza, pepperoni topping, thick crust, whole grain, frozen, cooked	259.00	2.53	0.20
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	259.00	3.06	0.00
23502	USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked	259.00	3.01	0.00
28001	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Mixed Berry Granola	259.00	1.10	--
28013	KELLOGG'S, EGGO, FIBERPLUS Waffles, Chocolate Chip	259.00	6.40	--
28386	PEPPERIDGE FARM, Pumpernickel Bread	259.00	4.10	0.00
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	259.00	66.38	29.00
18086	Cake, angelfood, commercially prepared	258.00	0.52	0.00
18373	Leavening agents, cream of tartar	258.00	3.72	0.00
18995	KELLOGG'S, EGGO, Biscuit Scramblers, Bacon, Egg & Cheese	258.00	2.70	--
21235	McDONALD'S, QUARTER POUNDER with Cheese	258.00	2.10	0.80
28006	KELLOGG'S, CINNABON, Pancakes, Original	258.00	4.30	--
28396	PEPPERIDGE FARM, Whole Grain Oatmeal Bread	258.00	2.60	0.00
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	258.00	1.22	0.00
05123	Chicken, stewing, meat and skin, raw	258.00	1.04	0.00
05132	Chicken, stewing, dark meat, meat only, cooked, stewed	258.00	1.64	0.00
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	258.00	1.98	0.00
11237	Kanpyo, (dried gourd strips)	258.00	5.12	0.20
11295	Onion rings, breaded, par fried, frozen, unprepared	258.00	0.93	4.60
11955	Tomatoes, sun-dried	258.00	9.09	39.20
13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	258.00	3.33	0.00
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	258.00	1.98	0.00
17257	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	258.00	2.07	0.00
01054	Cream, whipped, cream topping, pressurized	257.00	0.05	0.00
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	257.00	0.93	0.00
08005	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS	257.00	15.00	20.00
09423	Prune puree	257.00	2.80	4.30
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	257.00	1.81	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
15075	Fish, sablefish, smoked	257.00	1.69	0.00
16603	MORNINGSTAR FARMS Breakfast Biscuit Sausage, Egg & Cheese, frozen, unprepared	257.00	3.00	0.00
18088	Cake, angelfood, dry mix, prepared	257.00	0.23	0.00
21105	Fast foods, fish sandwich, with tartar sauce	257.00	1.50	1.80
21237	McDONALD'S, BIG MAC	257.00	2.00	0.40
21277	DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	257.00	2.34	0.90
21462	Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise	257.00	1.32	3.80
21605	School Lunch, pizza, sausage topping, thick crust, whole grain, frozen, cooked	257.00	2.21	0.40
27059	Sauce, peanut, made from peanut butter, water, soy sauce	257.00	0.91	0.00
28018	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Blueberry	257.00	6.40	--
28304	Waffles, whole wheat, lowfat, frozen, ready-to-heat	257.00	6.43	0.00
28342	Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and sorghum flour	257.00	0.89	--
28354	ANDREA'S, Gluten Free Soft Dinner Roll	257.00	0.89	--
28377	PEPPERIDGE FARM, 100% Whole Wheat Hamburger Buns	257.00	2.71	1.00
44048	Cheese food, pasteurized process, American, imitation, without added vitamin D	257.00	0.68	0.00
21202	Fast foods, hamburger, large, single patty, with condiments	256.00	1.73	0.30
21242	WENDY'S, Jr. Hamburger, with cheese	256.00	2.78	0.60
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	256.00	0.77	1.50
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	256.00	2.93	0.00
28390	PEPPERIDGE FARM, Light Style Wheat Bread	256.00	3.50	1.10
28391	PEPPERIDGE FARM, Seeded Jewish Rye Bread	256.00	2.80	0.00
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	256.00	0.56	0.00
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	256.00	0.84	0.00
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	256.00	0.83	0.00
17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	256.00	2.11	0.00
17213	Veal, variety meats and by-products, pancreas, cooked, braised	256.00	2.38	6.00
17281	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	256.00	1.93	--
17318	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	256.00	1.26	--
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	255.00	0.81	0.00
10195	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised	255.00	0.92	0.30
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	255.00	0.96	0.00
16107	Sausage, meatless	255.00	3.72	0.00
16607	MORNINGSTAR FARMS Buffalo Chik Patties, frozen, unprepared	255.00	3.30	0.00
17182	Game meat, raccoon, cooked, roasted	255.00	7.10	0.00
17353	Lamb, Australian, ground, 85% lean / 15% fat, raw	255.00	1.41	--

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	255.00	1.89	0.00
18007	Bagels, oat bran	255.00	3.08	0.20
18261	English muffins, mixed-grain, toasted (includes granola)	255.00	3.29	0.00
18940	Muffin, blueberry, commercially prepared, low-fat	255.00	2.00	0.90
21479	DIGIORNO Pizza, supreme topping, rising crust, frozen, baked	255.00	1.01	--
21480	DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked	255.00	0.92	0.80
23192	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	255.00	1.74	0.00
23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	255.00	2.58	0.00
28005	KELLOGG'S, CINNABON, Pancakes, Caramel	255.00	4.30	--
28319	Bagels, whole grain white	255.00	4.19	0.00
28321	Rolls, hamburger, whole grain white, calcium-fortified	255.00	2.59	0.00
36607	CRACKER BARREL, steak fries	255.00	0.69	0.90
18240	Croissants, apple	254.00	1.10	0.50
18996	KELLOGG'S, EGGO, Biscuit Scramblers, Egg & Cheese	254.00	2.70	--
19137	Toppings, strawberry	254.00	0.28	13.70
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	254.00	2.78	0.60
21109	Fast foods, hamburger; single, regular patty; with condiments and vegetables	254.00	2.39	1.50
21601	School Lunch, pizza, cheese topping, thick crust, whole grain, frozen, cooked	254.00	2.63	0.40
21602	School Lunch, pizza, pepperoni topping, thin crust, whole grain, frozen, cooked	254.00	2.74	0.00
23572	Beef, ground, 80% lean meat / 20% fat, raw	254.00	1.94	0.00
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	254.00	2.58	0.00
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	254.00	2.43	0.00
01028	Cheese, mozzarella, part skim milk	254.00	0.22	0.00
05077	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, flour	254.00	1.43	0.00
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	254.00	0.84	0.00
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	254.00	0.81	0.00
13850	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	254.00	1.39	0.00
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	254.00	2.70	0.00
17298	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw	254.00	1.50	--
01031	Cheese, neufchatel	253.00	0.13	0.00
02017	Spices, dill weed, dried	253.00	48.78	50.00
05037	Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted	253.00	1.36	0.00
07974	Bacon, turkey, low sodium	253.00	0.72	24.00
08669	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Chocolate Squares	253.00	15.00	20.00
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	253.00	3.68	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
13389	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted	253.00	2.82	0.00
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	253.00	1.57	0.00
19366	Toppings, pineapple	253.00	0.12	3.10
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	253.00	1.14	108.80
21399	Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	253.00	4.12	0.50
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	253.00	1.01	0.00
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	253.00	2.08	0.60
23202	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	253.00	1.81	0.00
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	253.00	2.48	0.00
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	253.00	3.23	0.00
28004	KELLOGG'S, EGGO, Pancakes, Chocolate Chip	253.00	4.30	--
28315	Bread, cinnamon	253.00	2.54	0.00
28385	PEPPERIDGE FARM, Jewish Rye Bread (Seedless)	253.00	8.40	0.00
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	252.00	1.05	0.00
18075	Bread, whole-wheat, commercially prepared	252.00	2.47	0.00
18090	Cake, boston cream pie, commercially prepared	252.00	0.38	0.20
21254	BURGER KING, DOUBLE WHOPPER, no cheese	252.00	2.80	0.20
21389	Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	252.00	2.80	0.20
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	252.00	1.83	0.00
23452	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	252.00	2.52	0.00
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	252.00	3.09	0.00
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	252.00	1.38	0.00
36617	Restaurant, Chinese, lemon chicken	252.00	1.22	2.30
05326	Chicken breast tenders, breaded, cooked, microwaved	252.00	1.00	0.00
10198	Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted	252.00	0.93	0.40
15215	Fish, shad, american, cooked, dry heat	252.00	1.24	0.00
17135	Veal, sirloin, separable lean and fat, cooked, braised	252.00	1.20	0.00
01205	Cream substitute, flavored, liquid	251.00	0.59	0.00
02030	Spices, pepper, black	251.00	9.71	0.00
05121	Chicken, stewing, meat and skin, and giblets and neck, raw	251.00	1.51	3.10
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	251.00	0.83	0.00
13347	Beef, cured, corned beef, brisket, cooked	251.00	1.86	0.00
13803	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw	251.00	1.70	0.00
16533	WORTHINGTON Smoked Turkey Roll, frozen, unprepared	251.00	4.90	0.00
16591	WORTHINGTON Leanies, frozen, unprepared	251.00	1.80	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
17111	Veal, rib, separable lean and fat, cooked, braised	251.00	1.41	0.00
17264	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	251.00	1.36	0.00
18303	Pie, banana cream, prepared from mix, no-bake type	251.00	0.46	0.50
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	251.00	2.06	1.00
28259	KELLOGG'S, EGGO Minis, Pancakes, Buttermilk	251.00	4.10	--
43541	Ice creams, chocolate, rich	251.00	1.02	0.50
18044	Bread, pumpernickel	250.00	2.87	0.00
18968	Bagels, wheat	250.00	2.76	0.00
18997	KELLOGG'S, EGGO, French Toaster Sticks, Cinnamon	250.00	5.00	--
21102	Fast foods, chicken fillet sandwich, plain with pickles	250.00	1.77	0.80
21253	BURGER KING, WHOPPER, with cheese	250.00	2.00	0.20
21405	McDONALD'S, Premium Crispy Chicken Club Sandwich	250.00	1.32	3.80
21604	School Lunch, pizza, sausage topping, thin crust, whole grain, frozen, cooked	250.00	2.09	0.60
22973	Corn dogs, frozen, prepared	250.00	1.90	0.50
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	250.00	2.57	0.00
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	250.00	2.60	0.00
36601	Restaurant, Chinese, egg rolls, assorted	250.00	1.41	0.00
36621	Restaurant, Chinese, sweet and sour chicken	250.00	2.12	2.40
04018	Salad dressing, mayonnaise type, regular, with salt	250.00	0.12	0.00
13348	Beef, cured, corned beef, canned	250.00	2.08	0.00
13895	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	250.00	3.14	0.00
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	250.00	1.63	0.00
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	250.00	3.19	0.00
14052	Alcoholic beverage, distilled, whiskey, 86 proof	250.00	0.02	0.00
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	250.00	0.04	0.00
15197	Fish, herring, Pacific, cooked, dry heat	250.00	1.44	0.00
15208	Fish, sablefish, cooked, dry heat	250.00	1.64	0.00
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	249.00	1.13	0.00
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	249.00	2.04	0.00
09094	Figs, dried, uncooked	249.00	2.03	1.20
13391	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	249.00	1.75	0.00
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	249.00	1.73	0.00
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	249.00	1.42	0.00
13952	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	249.00	1.75	0.00
18973	Focaccia, Italian flatbread, plain	249.00	3.16	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
19089	Ice creams, vanilla, rich	249.00	0.34	0.00
21526	CHICK-FIL-A, chicken sandwich	249.00	1.77	--
23280	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	249.00	3.19	0.00
23503	USDA Commodity, beef, patties (100%), frozen, cooked	249.00	2.55	0.00
18066	Bread, wheat bran	248.00	3.07	0.00
21146	School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Turkey Pepperoni Pizza, frozen	248.00	2.40	0.20
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	248.00	1.53	0.60
23194	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	248.00	1.76	0.00
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	248.00	2.28	0.00
23323	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	248.00	2.37	0.00
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	248.00	2.50	0.00
28337	Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca	248.00	2.63	0.00
28375	VAN'S, Gluten Free, Totally Original Waffles	248.00	0.56	--
01161	Cheese substitute, mozzarella	248.00	0.40	0.10
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	248.00	2.74	0.50
08651	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Honey Squares	248.00	15.00	20.00
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	248.00	0.99	0.60
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	248.00	0.96	0.00
13815	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	248.00	2.04	0.00
17274	Veal, breast, point half, boneless, separable lean and fat, cooked, braised	248.00	0.79	--
02010	Spices, cinnamon, ground	247.00	8.32	3.80
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	247.00	2.30	0.00
07010	Bologna, pork	247.00	0.77	0.00
10208	Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised	247.00	1.39	0.00
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	247.00	0.89	0.00
13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	247.00	3.35	0.00
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	247.00	2.67	0.00
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	247.00	1.42	0.00
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	247.00	1.99	0.00
21118	Fast foods, hotdog, plain	247.00	2.36	0.10
21475	DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked	247.00	0.68	0.10
21600	School Lunch, pizza, cheese topping, thin crust, whole grain, frozen, cooked	247.00	2.53	0.00
23390	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	247.00	2.51	0.00
23501	USDA Commodity, beef patties with VPP, frozen, cooked	247.00	3.64	0.00
28388	PEPPERIDGE FARM, Deli Swirl Bread	247.00	3.10	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
19303	Marmalade, orange	246.00	0.15	4.80
20033	Oat bran, raw	246.00	5.41	0.00
21610	School Lunch, chicken patty, whole grain breaded	246.00	3.77	0.70
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	246.00	3.07	0.00
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	246.00	2.59	0.00
05031	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	246.00	1.21	0.00
10150	Pork, cured, ham, whole, separable lean and fat, unheated	246.00	0.71	34.90
13166	USDA Commodity, beef, canned	246.00	2.23	0.00
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	246.00	1.40	0.00
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	246.00	1.43	0.00
17073	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted	246.00	2.10	0.00
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	245.00	1.34	0.00
07033	Ham and cheese spread	245.00	0.76	0.00
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	245.00	0.85	0.70
12167	Nuts, chestnuts, european, roasted	245.00	0.91	26.00
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	245.00	2.11	0.00
16527	WORTHINGTON Meatless Corned Beef Roll, frozen, unprepared	245.00	3.30	0.00
18043	Bread, protein (includes gluten)	245.00	4.15	0.00
18306	Pie, blueberry, prepared from recipe	245.00	1.23	0.70
18499	KELLOGG, KELLOGG'S EGGO, Buttermilk Pancake	245.00	3.90	1.40
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	245.00	2.44	0.00
27046	Sauce, duck, ready-to-serve	245.00	0.39	0.90
28003	KELLOGG'S, EGGO, Pancakes, Blueberry	245.00	5.10	--
28320	English muffins, whole grain white	245.00	2.53	0.00
17448	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	244.00	2.63	0.00
19247	Frostings, white, fluffy, dry mix, prepared with water	244.00	0.06	0.00
21121	Fast foods, roast beef sandwich, plain	244.00	2.64	0.00
21234	McDONALD'S, QUARTER POUNDER	244.00	2.41	0.90
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	244.00	2.32	0.00
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	244.00	1.86	0.10
21407	McDONALD'S, Premium Crispy Chicken Ranch BLT Sandwich	244.00	1.42	4.30
23201	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	244.00	1.74	0.00
05190	Turkey, all classes, back, meat and skin, cooked, roasted	244.00	2.19	0.00
13372	Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	244.00	2.79	0.00
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	244.00	1.67	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
17242	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw	244.00	1.53	0.00
17246	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw	244.00	1.58	0.00
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	244.00	1.50	0.00
17291	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	244.00	2.03	--
05303	Poultry, mechanically deboned, from mature hens, raw	243.00	1.22	2.00
07278	HORMEL Pillow Pak Sliced Turkey Pepperoni	243.00	2.70	0.00
09011	Apples, dried, sulfured, uncooked	243.00	1.40	3.90
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	243.00	0.82	0.00
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	243.00	1.73	0.00
17008	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	243.00	2.14	0.00
17226	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	243.00	1.62	0.00
17229	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	243.00	2.14	0.00
17322	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, raw	243.00	1.35	--
18059	Bread, rice bran	243.00	3.61	0.00
18265	English muffins, wheat, toasted	243.00	3.12	0.00
18326	Pie, pumpkin, commercially prepared	243.00	0.90	0.00
18631	PILLSBURY, Crusty French Loaf, refrigerated dough	243.00	2.27	0.00
21145	School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Cheese Pizza, frozen	243.00	2.50	0.40
21241	WENDY'S, Jr. Hamburger, without cheese	243.00	3.35	0.50
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	243.00	2.00	0.00
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	243.00	2.11	0.00
21382	McDONALD'S, FILET-O-FISH (without tartar sauce)	243.00	1.64	0.10
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	243.00	1.81	0.00
19719	Jams and preserves, apricot	242.00	0.49	8.80
19890	Frozen novelties, KLONDIKE, SLIM-A-BEAR, No Sugar Added, Stickless Bar	242.00	0.41	1.00
21527	ARBY'S, roast beef sandwich, classic	242.00	2.64	--
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	242.00	2.51	0.00
23278	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	242.00	3.16	0.00
31022	Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	242.00	0.74	2.70
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	242.00	1.97	0.00
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	242.00	0.87	0.60
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	242.00	0.86	0.00
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	242.00	1.26	1.50
17231	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	242.00	2.02	0.00
07032	Ham and cheese loaf or roll	241.00	0.91	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
09032	Apricots, dried, sulfured, uncooked	241.00	2.66	1.00
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	241.00	2.27	0.00
18640	HEINZ, WEIGHT WATCHER, Chocolate Eclair, frozen	241.00	0.70	0.00
21243	WENDY'S, CLASSIC DOUBLE, with cheese	241.00	2.94	0.70
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	241.00	2.00	0.10
23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	241.00	2.28	0.00
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	241.00	1.86	0.00
28322	Bagels, multigrain	241.00	2.23	0.00
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	240.00	4.50	1.30
21149	School Lunch, pizza, TONY'S Breakfast Pizza Sausage, frozen	240.00	2.10	0.00
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	240.00	1.50	0.00
21356	McDONALD'S, McCHICKEN Sandwich (without mayonnaise)	240.00	1.78	0.90
22963	Lean Pockets, Meatballs & Mozzarella	240.00	2.06	--
22978	Chicken tenders, breaded, frozen, prepared	240.00	0.84	0.50
23101	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	240.00	2.37	0.00
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	240.00	2.30	0.00
23220	Beef, ground, unspecified fat content, cooked	240.00	2.67	0.00
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	240.00	2.74	0.00
42258	Cheese product, pasteurized process, cheddar, reduced fat	240.00	0.20	0.00
01215	Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D	240.00	0.20	0.00
01239	Ice cream cookie sandwich	240.00	1.10	0.00
04114	Salad dressing, italian dressing, commercial, regular	240.00	0.26	0.40
09291	Plums, dried (prunes), uncooked	240.00	0.93	0.60
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	240.00	2.64	0.00
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	240.00	3.20	0.00
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	240.00	1.30	0.00
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	239.00	1.26	0.00
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	239.00	1.49	0.00
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	239.00	1.39	0.00
07026	Ham, chopped, canned	239.00	0.95	2.00
09246	Peaches, dried, sulfured, uncooked	239.00	4.06	4.80
09322	Tamarinds, raw	239.00	2.80	3.50
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	239.00	1.07	0.60
12096	Nuts, chestnuts, chinese, roasted	239.00	1.50	38.40
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	239.00	1.61	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
15196	Fish, halibut, greenland, cooked, dry heat	239.00	0.85	0.00
18050	Bread, reduced-calorie, oat bran, toasted	239.00	3.75	0.00
18936	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	239.00	1.64	--
18998	KELLOGG'S, EGGO, French Toaster Sticks, Original	239.00	5.00	--
19887	Frozen novelties, KLONDIKE, SLIM-A-BEAR Vanilla Sandwich	239.00	0.38	0.70
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	239.00	2.59	0.50
21435	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading	239.00	0.97	--
22917	Burrito, beef and bean, frozen	239.00	2.96	0.80
23181	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, raw	239.00	1.84	0.00
23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	239.00	3.30	0.00
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	239.00	3.29	0.00
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	239.00	2.38	0.00
28021	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Original	239.00	6.40	--
28318	Bread, french or vienna, whole wheat	239.00	0.75	0.00
28341	Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch	239.00	3.57	0.00
28368	SCHAR, Gluten-Free, Classic White Rolls	239.00	3.57	--
43278	Cheese, american cheddar, imitation	239.00	0.33	0.00
43283	Pheasant, cooked, total edible	239.00	1.43	2.30
18967	Bread, white wheat	238.00	4.89	0.00
21148	School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Pepperoni Pizza 50/50 Cheese, frozen	238.00	2.60	0.00
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	238.00	3.35	0.00
23279	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	238.00	3.23	0.00
04641	Salad dressing, mayonnaise, light	238.00	0.14	0.00
05149	Goose, domesticated, meat only, cooked, roasted	238.00	2.87	0.00
07003	Beerwurst, beer salami, pork	238.00	0.76	0.00
10173	Pork, fresh, variety meats and by-products, feet, cooked, simmered	238.00	0.98	0.00
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	238.00	0.93	0.00
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	238.00	1.11	0.10
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	238.00	2.82	0.00
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	238.00	2.41	0.00
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	238.00	3.16	0.00
16549	MORNINGSTAR FARMS Grillers Prime, frozen, unprepared	238.00	2.80	0.00
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	238.00	1.64	0.00
17201	Lamb, variety meats and by-products, liver, cooked, pan-fried	238.00	10.20	13.00
17325	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, cooked, braised	238.00	2.71	--

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
17331	Game meat, bison, ground, cooked, pan-broiled	238.00	3.08	0.00
01238	Ice cream sandwich	237.00	0.26	0.00
02008	Spices, chervil, dried	237.00	31.95	50.00
02051	Vanilla extract, imitation, alcohol	237.00	0.13	0.00
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	237.00	0.98	0.00
05126	Chicken, stewing, meat only, cooked, stewed	237.00	1.43	0.00
06142	Sauce, sofrito, prepared from recipe	237.00	0.94	20.40
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	237.00	3.47	0.00
13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	237.00	1.61	0.00
14015	Alcoholic beverage, pina colada, canned	237.00	0.03	1.50
16003	Beans, adzuki, mature seeds, canned, sweetened	237.00	1.13	0.00
17314	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	237.00	1.55	0.00
18301	Pie, apple, commercially prepared, enriched flour	237.00	0.45	3.20
18443	Pie, apple, commercially prepared, unenriched flour	237.00	1.21	3.20
19899	Ice creams, regular, low carbohydrate, chocolate	237.00	0.93	0.70
23310	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	237.00	2.41	0.00
35143	Tortilla, includes plain and from mutton sandwich (Navajo)	237.00	3.81	0.00
17461	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled	236.00	2.46	0.00
18037	Bread, oat bran	236.00	3.12	0.00
18345	Rolls, dinner, oat bran	236.00	4.14	0.00
18629	PILLSBURY, Buttermilk Biscuits, Artificial Flavor, refrigerated dough	236.00	2.60	0.00
21433	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed	236.00	0.89	--
23106	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	236.00	3.27	0.00
23113	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	236.00	2.22	0.00
09447	Plantains, yellow, fried, Latino restaurant	236.00	0.62	--
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	236.00	1.05	0.70
13337	Beef, variety meats and by-products, thymus, raw	236.00	2.10	34.00
15026	Fish, eel, mixed species, cooked, dry heat	236.00	0.64	1.80
17123	Veal, shoulder, arm, separable lean and fat, cooked, braised	236.00	1.38	0.00
17287	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	236.00	1.79	--
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	235.00	1.00	0.00
07051	Olive loaf, pork	235.00	0.54	0.00
07073	Sandwich spread, pork, beef	235.00	0.79	0.00
07919	Sausage, turkey, breakfast links, mild	235.00	1.07	0.50
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	235.00	0.92	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	235.00	0.93	0.10
13331	Beef, variety meats and by-products, pancreas, raw	235.00	2.22	13.70
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	235.00	2.55	0.00
17033	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	235.00	2.21	0.00
17303	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	235.00	2.34	--
18260	English muffins, mixed-grain (includes granola)	235.00	3.02	0.00
18437	English muffins, plain, enriched, without calcium propionate(includes sourdough)	235.00	2.50	0.00
18438	English muffins, plain, unenriched, with calcium propionate (includes sourdough)	235.00	0.89	0.00
18439	English muffins, plain, unenriched, without calcium propionate (includes sourdough)	235.00	0.89	0.10
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	235.00	2.26	1.20
21515	MORNINGSTAR FARMS Pizza, Baja Black Bean, single serve, frozen, unprepared	235.00	1.50	0.00
22535	HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen	235.00	2.97	4.90
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	235.00	2.24	0.00
32015	Turnover, cheese-filled, tomato-based sauce, frozen, unprepared	235.00	1.85	0.00
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	234.00	1.21	0.00
19129	Syrups, table blends, pancake	234.00	0.03	0.00
21350	McDONALD'S, BIG MAC (without Big Mac Sauce)	234.00	2.14	0.40
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	234.00	2.97	0.00
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	234.00	2.47	0.00
23293	Beef, Australian, imported, grass-fed, ground, 85% lean / 15% fat, raw	234.00	1.79	0.00
23313	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	234.00	1.89	0.00
35141	Mutton, cooked, roasted (Navajo)	234.00	4.76	--
36029	DENNY'S, fish fillet, battered or breaded, fried	234.00	0.41	--
43410	Chicken, meatless, breaded, fried	234.00	3.83	0.00
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	234.00	1.66	0.50
05135	Chicken, capons, meat and skin, raw	234.00	1.09	1.70
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	234.00	0.71	0.00
10100	Pork, fresh, variety meats and by-products, ears, frozen, raw	234.00	2.40	0.00
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	234.00	1.00	0.00
13951	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	234.00	1.70	0.00
17175	Game meat, muskrat, cooked, roasted	234.00	7.10	7.00
17211	Lamb, variety meats and by-products, pancreas, cooked, braised	234.00	2.12	20.00
17259	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	234.00	2.13	0.00
17317	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, grilled	234.00	2.36	0.00
02003	Spices, basil, dried	233.00	89.80	0.80

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
04142	Salad dressing, french dressing, reduced fat, without salt	233.00	0.87	0.00
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	233.00	1.31	0.00
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	233.00	0.97	0.00
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	233.00	1.85	0.00
10099	Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	233.00	1.47	0.00
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	233.00	2.79	0.00
13446	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	233.00	3.37	0.00
13979	Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	233.00	2.66	0.00
17321	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, cooked	233.00	1.90	--
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	233.00	5.67	0.30
21004	Fast foods, biscuit, with egg and ham	233.00	2.37	0.00
21147	School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Cheese Pizza 50/50 Cheese, frozen	233.00	2.40	0.00
21252	BURGER KING, WHOPPER, no cheese	233.00	4.37	0.20
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	233.00	2.34	0.00
42179	Frankfurter, beef, low fat	233.00	1.15	1.00
43130	Frankfurter, meatless	233.00	1.41	0.00
18305	Pie, blueberry, commercially prepared	232.00	0.30	2.70
18639	GEORGE WESTON BAKERIES, Thomas English Muffins	232.00	1.40	--
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	232.00	3.42	0.00
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	232.00	2.68	0.00
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	232.00	1.01	0.10
04027	Salad dressing, mayonnaise, imitation, soybean	232.00	0.00	--
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	232.00	1.08	0.00
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	232.00	1.37	0.00
05133	Chicken, capons, meat and skin and giblets and neck, raw	232.00	1.41	2.60
07062	Picnic loaf, pork, beef	232.00	1.02	0.00
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	232.00	0.87	0.00
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	232.00	1.56	1.00
16555	MORNINGSTAR FARMS Buffalo Wings, frozen, unprepared	232.00	3.20	0.00
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	232.00	1.77	0.00
17254	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	232.00	1.54	0.00
07907	USDA Commodity, pork sausage, bulk/links/patties, frozen, raw	231.00	0.99	0.00
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	231.00	0.87	0.00
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	231.00	0.89	0.00
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	231.00	3.20	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	231.00	0.04	0.00
14050	Alcoholic beverage, distilled, rum, 80 proof	231.00	0.12	0.00
14051	Alcoholic beverage, distilled, vodka, 80 proof	231.00	0.01	0.00
15210	Fish, salmon, chinook, cooked, dry heat	231.00	0.91	4.10
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	231.00	1.15	0.00
17295	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	231.00	2.01	--
17329	Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	231.00	1.67	--
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	231.00	1.14	0.00
21434	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading	231.00	0.60	--
21503	KASHI Pizza, Mediterranean, frozen, unprepared	231.00	1.10	12.00
23146	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	231.00	2.36	0.00
43355	Mayonnaise, low sodium, low calorie or diet	231.00	0.00	--
21469	Fast Foods, Fried Chicken, Breast, meat and skin and breading	230.00	0.72	0.00
21501	KASHI Pizza, Margherita, frozen, unprepared	230.00	1.40	8.00
22962	LEAN POCKETS, Ham N Cheddar	230.00	2.15	0.10
23213	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	230.00	1.64	0.00
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	230.00	3.08	0.00
42129	Bologna, beef and pork, low fat	230.00	0.66	0.00
07004	Sausage, Berliner, pork, beef	230.00	1.15	0.00
07083	Sausage, Vienna, canned, chicken, beef, pork	230.00	0.88	0.00
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	230.00	0.94	0.00
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	230.00	1.50	0.60
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	230.00	1.64	2.80
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	230.00	2.82	0.00
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	230.00	2.71	0.00
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	230.00	3.38	0.00
13819	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw	230.00	2.07	0.00
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	230.00	1.66	0.00
17011	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw	230.00	1.66	0.00
05089	Chicken, broilers or fryers, neck, meat only, cooked, fried	229.00	2.98	0.00
05136	Chicken, capons, meat and skin, cooked, roasted	229.00	1.49	0.00
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	229.00	1.46	0.00
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	229.00	1.21	0.00
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	229.00	0.62	0.00
15011	Fish, catfish, channel, cooked, breaded and fried	229.00	1.43	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
17280	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	229.00	1.43	--
18269	French toast, prepared from recipe, made with low fat (2%) milk	229.00	1.67	0.30
18505	KELLOGG'S, EGGO, Waffles, Homestyle, Low Fat	229.00	6.40	--
21260	TACO BELL, Original Taco with beef, cheese and lettuce	229.00	1.19	0.40
21516	KASHI Pizza, Mushroom and Spinach, single serve, frozen, unprepared	229.00	1.60	0.00
23115	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	229.00	2.16	0.00
23157	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	229.00	2.61	0.00
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	229.00	2.20	0.00
36060	ON THE BORDER, soft taco with ground beef, cheese and lettuce	229.00	1.94	--
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	229.00	1.46	--
19165	Cocoa, dry powder, unsweetened	228.00	13.86	0.00
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	228.00	2.30	1.10
21143	CHICK-FIL-A, Chick-n-Strips	228.00	0.97	1.00
21321	McDONALD'S, Hotcakes (plain)	228.00	1.83	--
21357	McDONALD'S, Egg McMUFFIN	228.00	2.30	1.20
21403	McDONALD'S, Premium Crispy Chicken Classic Sandwich	228.00	1.42	2.50
23042	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	228.00	2.78	0.00
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	228.00	2.93	0.00
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	228.00	1.81	0.00
23287	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	228.00	3.30	0.00
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	228.00	2.54	0.00
23508	USDA Commodity, beef, ground, bulk/coarse ground, frozen, raw	228.00	1.69	0.00
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	228.00	3.01	0.00
32028	Turnover, filled with egg, meat and cheese, frozen	228.00	2.13	0.00
07940	Macaroni and cheese loaf, chicken, pork and beef	228.00	1.20	16.70
10079	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted	228.00	1.42	0.30
13352	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled	228.00	3.32	0.00
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	228.00	2.79	0.00
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	228.00	3.40	0.00
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	228.00	1.64	0.00
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	228.00	1.47	0.00
15096	Fish, shark, mixed species, cooked, batter-dipped and fried	228.00	1.11	0.00
17112	Veal, rib, separable lean and fat, cooked, roasted	228.00	0.97	0.00
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	228.00	1.42	0.00
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	227.00	1.56	0.30

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	227.00	0.98	0.00
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	227.00	1.82	0.00
16611	MORNINGSTAR FARMS Parmesan Garlic Wings, frozen, unprepared	227.00	3.50	0.00
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	227.00	4.00	1.80
18293	Pancakes, plain, prepared from recipe	227.00	1.80	0.30
18390	Pancakes, buttermilk, prepared from recipe	227.00	1.70	0.40
23105	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	227.00	3.26	0.00
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	227.00	2.15	0.00
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	227.00	2.10	0.00
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	227.00	2.77	0.00
28012	KELLOGG'S, EGGO, FIBERPLUS Waffles, Buttermilk	227.00	6.40	--
42171	Salad dressing, french dressing, reduced calorie	227.00	0.40	0.00
43282	Quail, cooked, total edible	227.00	4.43	2.30
43345	Beverages, fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie	227.00	0.08	2,400.00
17457	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	226.00	2.41	0.00
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	226.00	1.19	0.40
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	226.00	2.99	0.90
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	226.00	3.22	0.00
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	226.00	3.23	0.00
05134	Chicken, capons, meat and skin and giblets and neck, cooked, roasted	226.00	1.79	0.40
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	226.00	0.95	0.00
07254	Turkey bacon, unprepared	226.00	1.40	--
07934	Kielbasa, Polish, turkey and beef, smoked	226.00	1.24	14.80
10140	Pork, cured, ham, regular (approximately 13% fat), canned, roasted	226.00	1.37	14.00
17108	Veal, loin, separable lean only, cooked, braised	226.00	1.10	0.00
07058	Pickle and pimiento loaf, pork	225.00	1.33	7.80
10121	Pork, fresh, variety meats and by-products, tongue, raw	225.00	3.35	4.40
13395	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	225.00	2.57	0.00
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	225.00	3.18	0.00
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	225.00	2.84	0.00
17016	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	225.00	1.98	0.00
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	225.00	1.44	0.00
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	225.00	1.25	0.00
19182	Desserts, mousse, chocolate, prepared-from-recipe	225.00	0.55	0.10
21263	TACO BELL, Soft Taco with steak	225.00	2.22	--

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	225.00	3.38	0.00
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	225.00	1.91	0.00
23506	USDA Commodity, beef patties with VPP, frozen, raw	225.00	2.66	0.00
18323	Pie, peach	224.00	0.50	0.90
19886	Frozen novelties, KLONDIKE, SLIM-A-BEAR Chocolate Cone	224.00	0.75	0.60
20015	Corn bran, crude	224.00	2.79	0.00
21499	KASHI Pizza, Roasted Vegetable, frozen, unprepared	224.00	1.30	12.00
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	224.00	3.04	0.00
42135	Whipped topping, frozen, low fat	224.00	0.10	0.00
43128	Chicken, meatless	224.00	3.27	0.00
10192	Pork, fresh, backribs, separable lean and fat, raw	224.00	0.76	0.00
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	224.00	0.78	0.30
12093	Nuts, chestnuts, chinese, raw	224.00	1.41	36.00
13339	Beef, variety meats and by-products, tongue, raw	224.00	2.95	3.10
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	224.00	3.24	0.00
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	224.00	2.54	0.00
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	224.00	1.47	0.00
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	224.00	3.21	0.00
05112	Chicken, roasting, meat and skin, cooked, roasted	223.00	1.26	0.00
07024	Frankfurter, chicken	223.00	1.17	0.00
07025	Frankfurter, turkey	223.00	1.47	0.00
07912	Roast beef spread	223.00	2.06	0.20
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	223.00	2.72	0.00
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	223.00	2.93	0.00
13445	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	223.00	3.41	0.00
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	223.00	2.15	0.00
17060	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised	223.00	2.80	0.00
17256	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	223.00	1.49	0.00
17330	Game meat , bison, ground, raw	223.00	2.60	0.00
18264	English muffins, wheat	223.00	2.87	0.00
21269	TACO BELL, Nachos Supreme	223.00	1.01	0.00
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	223.00	1.64	0.00
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	223.00	2.10	0.00
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	223.00	2.36	0.00
23311	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	223.00	1.85	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
18294	Pancakes, blueberry, prepared from recipe	222.00	1.72	2.20
18449	Tortillas, ready-to-bake or -fry, corn, without added salt	222.00	1.40	0.00
19090	Ice creams, french vanilla, soft-serve	222.00	0.21	0.80
21500	KASHI Pizza, Mushroom Trio & Spinach, frozen, unprepared	222.00	1.30	5.00
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	222.00	1.45	0.40
21524	McDONALD'S, RANCH SNACK WRAP, Grilled	222.00	1.45	0.40
22953	Egg rolls, pork, refrigerated, heated	222.00	1.55	29.30
23060	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	222.00	2.88	0.00
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	222.00	3.25	0.00
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	222.00	3.63	0.00
01192	KRAFT VELVEETA LIGHT Reduced Fat Pasteurized Process Cheese Product	222.00	0.14	0.10
01236	Ice cream, soft serve, chocolate	222.00	0.21	0.80
04020	Salad dressing, french dressing, reduced fat	222.00	0.73	4.80
05032	Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted	222.00	1.14	0.00
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	222.00	1.19	0.00
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	222.00	0.85	0.00
10046	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	222.00	0.68	0.00
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	222.00	1.01	0.00
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	222.00	0.88	0.00
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	222.00	1.73	0.00
16055	Carob flour	222.00	2.94	0.20
17220	Lamb, variety meats and by-products, tongue, raw	222.00	2.65	6.00
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	221.00	0.68	0.00
10805	USDA Commodity, pork, ground, fine/coarse, frozen, raw	221.00	0.91	0.60
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	221.00	2.75	0.00
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	221.00	3.16	0.00
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	221.00	1.70	0.00
15021	Fish, croaker, Atlantic, cooked, breaded and fried	221.00	0.86	0.00
16500	LOMA LINDA Little Links, canned, unprepared	221.00	1.50	0.00
16556	MORNINGSTAR FARMS Chik'n Nuggets, frozen, unprepared	221.00	2.10	0.00
17176	Game meat, opossum, cooked, roasted	221.00	4.64	0.00
18267	English muffins, whole-wheat, toasted	221.00	2.66	0.00
21214	SUBWAY, tuna sub on white bread with lettuce and tomato	221.00	1.57	0.00
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	221.00	2.34	0.50
21404	McDONALD'S, Premium Grilled Chicken Club Sandwich	221.00	1.37	4.40

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
22918	Burrito, bean and cheese, frozen	221.00	2.51	0.30
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	221.00	2.86	0.00
23156	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	221.00	2.62	0.00
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	221.00	1.86	0.00
42074	Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated	221.00	0.29	0.00
43366	Turkey, wing, smoked, cooked, with skin, bone removed	221.00	1.46	0.00
19166	Cocoa, dry powder, unsweetened, processed with alkali	220.00	15.52	0.00
21461	Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise	220.00	1.37	4.40
22529	Beef Pot Pie, frozen entree, prepared	220.00	1.25	0.30
22945	SUPPER BAKES MEAL KITS, Garlic Chicken with pasta (chicken not included)	220.00	--	--
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	220.00	3.29	0.00
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	220.00	2.77	0.00
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	220.00	1.35	0.00
05110	Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	220.00	1.61	0.40
06175	Sauce, hoisin, ready-to-serve	220.00	1.01	0.40
13351	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	220.00	3.31	0.00
13390	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted	220.00	2.82	0.00
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	220.00	3.11	0.00
16538	MORNINGSTAR FARMS Breakfast Pattie with Organic Soy, frozen, unprepared	220.00	1.90	0.00
17200	Lamb, variety meats and by-products, liver, cooked, braised	220.00	8.28	4.00
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	219.00	1.16	0.00
05012	Chicken, broilers or fryers, meat only, cooked, fried	219.00	1.35	0.00
10116	Pork, fresh, variety meats and by-products, pancreas, cooked, braised	219.00	2.69	5.70
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	219.00	0.98	0.00
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	219.00	0.54	6.70
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	219.00	1.96	0.00
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	219.00	2.81	0.00
16518	WORTHINGTON Saucettes, canned, unprepared	219.00	2.80	0.00
16519	WORTHINGTON Super Links, canned, unprepared	219.00	4.30	0.00
16561	MORNINGSTAR FARMS Corn Dog Mini, frozen, unprepared	219.00	1.40	0.00
16596	MORNINGSTAR FARMS Grillers Quarter Pound Veggie Burger, frozen, unprepared	219.00	4.90	28.00
17311	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	219.00	2.12	--
17453	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	219.00	2.01	0.00
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	219.00	1.01	0.00
21157	SUBWAY, meatball marinara sub on white bread (no toppings)	219.00	2.32	0.40

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
21158	Fast foods, submarine sandwich, meatball marinara on white bread	219.00	2.32	0.40
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	219.00	3.21	0.00
23147	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	219.00	2.35	0.00
23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	219.00	3.52	0.00
36033	Restaurant, family style, fish fillet, battered or breaded, fried	219.00	0.38	0.00
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	219.00	1.85	--
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	219.00	1.04	--
18292	Pancakes, plain, dry mix, incomplete, prepared	218.00	1.30	0.60
18363	Tortillas, ready-to-bake or -fry, corn	218.00	1.23	0.00
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	218.00	1.57	0.00
22126	LOMA LINDA Big Franks, canned, unprepared	218.00	2.50	0.00
23159	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	218.00	2.13	0.00
42055	Beverages, fruit-flavored drink, dry powdered mix, low calorie, with aspartame	218.00	0.08	560.00
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	218.00	1.46	0.00
10972	Pork, ground, 84% lean / 16% fat, raw	218.00	0.88	0.00
11407	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	218.00	1.49	9.50
11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	218.00	1.49	9.50
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	218.00	2.81	0.00
13867	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	218.00	2.56	0.00
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	218.00	2.16	0.00
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	218.00	1.91	0.00
17114	Veal, rib, separable lean only, cooked, braised	218.00	1.45	0.00
17275	Veal, breast, whole, boneless, separable lean only, cooked, braised	218.00	0.83	--
05317	Duck, young duckling, domesticated, White Pekin, leg, meat and skin, bone in, cooked, roasted	217.00	2.08	1.50
07965	Pork sausage, link/patty, reduced fat, unprepared	217.00	1.46	0.00
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	217.00	0.85	0.00
12004	Seeds, breadnut tree seeds, raw	217.00	2.09	27.40
13236	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	217.00	3.57	0.00
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	217.00	2.74	0.00
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	217.00	3.32	0.00
13965	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled	217.00	2.81	0.00
14409	Beverages, Orange-flavor drink, breakfast type, low calorie, powder	217.00	0.07	2,400.00
15042	Fish, herring, Atlantic, kippered	217.00	1.51	1.00
17106	Veal, loin, separable lean and fat, cooked, roasted	217.00	0.87	0.00
17233	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	217.00	1.99	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
18055	Bread, reduced-calorie, wheat	217.00	2.91	0.10
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	217.00	2.65	0.00
23316	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean and fat, raw	217.00	1.74	0.00
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	217.00	1.96	0.00
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	217.00	2.71	0.00
19270	Ice creams, chocolate	216.00	0.93	0.70
19364	Toppings, butterscotch or caramel	216.00	0.00	0.50
19898	Ice creams, regular, low carbohydrate, vanilla	216.00	0.09	0.60
20077	Wheat bran, crude	216.00	10.57	0.00
21428	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	216.00	0.98	--
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	216.00	2.14	0.00
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	216.00	3.02	0.00
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	216.00	2.76	0.00
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	216.00	2.87	0.00
36056	Restaurant, Mexican, cheese tamales	216.00	0.87	--
05005	Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	216.00	1.53	0.50
07031	Ham salad spread	216.00	0.59	0.00
07928	Sausage, chicken, beef, pork, skinless, smoked	216.00	4.80	0.00
10187	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw	216.00	0.86	0.50
10201	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled	216.00	0.82	0.30
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	216.00	0.92	0.00
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	216.00	1.02	0.00
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	216.00	3.19	0.00
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	216.00	3.18	0.00
13430	Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	216.00	3.27	0.00
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	216.00	0.82	2.30
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	216.00	2.00	0.00
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	216.00	1.64	0.00
01189	KRAFT CHEEZ WHIZ LIGHT Pasteurized Process Cheese Product	215.00	0.16	0.40
05006	Chicken, broilers or fryers, meat and skin, raw	215.00	0.90	1.60
05335	Chicken, feet, boiled	215.00	0.91	0.00
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	215.00	1.07	0.00
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	215.00	0.98	0.00
17290	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	215.00	1.48	--
17301	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	215.00	2.24	--

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
17307	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	215.00	2.38	--
17424	Veal, ground, cooked, pan-fried	215.00	1.50	0.00
17445	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	215.00	2.55	0.00
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	215.00	0.96	0.00
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	215.00	1.73	0.00
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	215.00	2.88	0.00
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	215.00	3.15	0.00
23107	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	215.00	3.31	0.00
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	215.00	2.65	0.00
23567	Beef, ground, 85% lean meat / 15% fat, raw	215.00	2.09	0.00
28347	Pancakes, gluten-free, frozen, ready-to-heat	215.00	0.70	0.30
28374	VAN'S, Gluten Free, Totally Original Pancakes	215.00	0.70	--
32027	Turnover, meat- and cheese-filled, tomato-based sauce, reduced fat, frozen	215.00	2.13	0.00
21213	SUBWAY, cold cut sub on white bread with lettuce and tomato	214.00	1.81	7.50
21244	WENDY'S, Homestyle Chicken Fillet Sandwich	214.00	1.50	0.30
22955	Egg rolls, vegetable, frozen, prepared	214.00	1.95	6.70
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	214.00	1.98	0.00
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	214.00	2.89	0.00
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	214.00	2.93	0.00
05075	Chicken, broilers or fryers, leg, meat and skin, raw	214.00	0.69	0.20
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	214.00	1.64	1.00
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	214.00	1.02	0.00
10203	Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted	214.00	1.00	0.40
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	214.00	2.83	0.00
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	214.00	1.69	0.00
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	214.00	1.46	0.00
05001	Chicken, broilers or fryers, meat and skin and giblets and neck, raw	213.00	1.31	2.60
05109	Chicken, roasting, meat and skin and giblets and neck, raw	213.00	1.37	2.40
05130	Chicken, stewing, light meat, meat only, cooked, stewed	213.00	1.19	0.00
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	213.00	1.56	0.00
06075	Soup, beef broth or bouillon, powder, dry	213.00	1.00	0.00
07951	Scrapple, pork	213.00	1.89	2.50
11956	Tomatoes, sun-dried, packed in oil, drained	213.00	2.68	101.80
12097	Nuts, chestnuts, european, raw, unpeeled	213.00	1.01	43.00
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	213.00	2.76	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	213.00	3.22	0.00
16528	WORTHINGTON Dinner Roast, frozen, unprepared	213.00	2.10	0.00
16548	MORNINGSTAR FARMS Grillers Original, frozen, unprepared	213.00	4.20	0.00
17190	Veal, variety meats and by-products, brain, cooked, pan-fried	213.00	1.07	15.00
18268	French toast, frozen, ready-to-heat	213.00	2.21	0.30
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	213.00	1.81	7.50
21239	WENDY'S, CLASSIC SINGLE Hamburger, no cheese	213.00	2.73	0.50
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	213.00	3.43	0.00
43287	Dove, cooked (includes squab)	213.00	5.91	2.90
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	212.00	1.93	0.00
21018	Fast foods, egg, scrambled	212.00	2.59	3.30
21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	212.00	0.92	--
23044	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	212.00	3.10	0.00
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	212.00	3.53	0.00
05693	Chicken, broiler, rotisserie, BBQ, back meat only	212.00	0.82	0.00
10102	Pork, fresh, variety meats and by-products, feet, raw	212.00	0.58	0.00
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	212.00	2.83	0.00
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	212.00	2.89	0.00
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	212.00	1.89	0.00
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	212.00	3.24	0.00
13479	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	212.00	3.57	0.00
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	212.00	2.16	0.00
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	212.00	2.33	0.00
15251	USDA Commodity, salmon nuggets, breaded, frozen, heated	212.00	1.24	0.00
17151	Game meat, beaver, cooked, roasted	212.00	10.00	3.00
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	211.00	1.14	0.00
05144	Duck, wild, meat and skin, raw	211.00	4.16	5.20
05312	Chicken, wing, frozen, glazed, barbecue flavored	211.00	2.41	0.00
07936	Bologna, pork and turkey, lite	211.00	1.15	0.00
10003	Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	211.00	0.89	0.30
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	211.00	1.12	0.40
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	211.00	0.88	0.00
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	211.00	0.71	0.30
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	211.00	0.99	0.30
10229	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked	211.00	1.07	0.40

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	211.00	3.24	0.00
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	211.00	4.12	0.00
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	211.00	3.38	0.00
13953	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	211.00	1.66	0.00
15069	Fish, pompano, florida, cooked, dry heat	211.00	0.67	0.00
16113	Natto	211.00	8.60	13.00
16534	WORTHINGTON Stakelets, frozen, unprepared	211.00	1.50	0.00
17057	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	211.00	1.81	0.00
17095	Veal, leg (top round), separable lean and fat, cooked, braised	211.00	1.32	0.00
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	211.00	0.88	0.00
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	211.00	3.21	0.00
27049	Sauce, tartar, ready-to-serve	211.00	0.25	2.30
36058	OLIVE GARDEN, chicken parmigiana without pasta	211.00	0.58	--
18051	Bread, reduced-calorie, oatmeal	210.00	2.30	0.20
18317	Pie, egg custard, commercially prepared	210.00	0.58	0.60
22122	MORNINGSTAR FARMS Breakfast Sausage Patties, frozen, unprepared	210.00	4.50	0.00
22947	SUPPER BAKES MEAL KITS, Lemon Chicken with herb rice (chicken not included)	210.00	--	--
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	210.00	2.16	0.00
23158	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	210.00	2.63	0.00
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	210.00	0.91	0.70
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	210.00	3.04	0.00
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	210.00	2.83	0.00
15002	Fish, anchovy, european, canned in oil, drained solids	210.00	4.63	0.00
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	210.00	2.19	0.00
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	209.00	1.27	0.00
07011	Bologna, turkey	209.00	3.00	13.30
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	209.00	0.90	0.00
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	209.00	1.09	0.60
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	209.00	0.79	0.00
13354	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled	209.00	3.37	0.00
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	209.00	3.27	0.00
16509	LOMA LINDA Linketts, canned, unprepared	209.00	1.80	0.00
16529	WORTHINGTON FriPats, frozen, unprepared	209.00	2.80	0.00
17058	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	209.00	2.07	0.00
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	209.00	2.24	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
17230	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw	209.00	1.70	0.00
21264	TACO BELL, Bean Burrito	209.00	2.37	0.40
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	209.00	2.87	0.00
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	209.00	3.17	0.00
31024	Sweet Potatoes, french fried, crosscut, frozen, unprepared	209.00	0.44	4.20
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	208.00	1.88	0.00
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	208.00	1.64	0.00
18300	Pancakes, whole-wheat, dry mix, incomplete, prepared	208.00	3.11	0.50
18507	KELLOGG'S EGGO Lowfat Blueberry Nutri-Grain Waffles	208.00	4.62	0.00
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	208.00	2.13	0.00
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	208.00	1.72	0.00
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	208.00	2.76	0.00
23392	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	208.00	2.58	0.00
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	208.00	2.71	0.00
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	208.00	2.36	0.00
43367	Turkey, drumstick, smoked, cooked, with skin, bone removed	208.00	2.30	0.00
43390	Turkey, light or dark meat, smoked, cooked, with skin, bone removed	208.00	1.79	0.00
01074	Sour cream, imitation, cultured	208.00	0.39	0.00
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	208.00	1.40	0.00
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	208.00	2.30	0.00
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	208.00	0.87	0.00
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	208.00	2.29	0.00
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	208.00	2.92	0.00
15236	Fish, salmon, Atlantic, farmed, raw	208.00	0.34	3.90
16560	MORNINGSTAR FARMS Corn Dog, frozen, unprepared	208.00	1.30	0.00
17271	Veal, breast, whole, boneless, separable lean and fat, raw	208.00	0.53	--
17302	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, raw	208.00	1.75	--
04686	Salad dressing, honey mustard dressing, reduced calorie	207.00	0.41	0.40
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	207.00	1.73	0.00
08244	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	207.00	15.00	20.00
12158	Seeds, breadfruit seeds, roasted	207.00	0.90	7.60
13436	Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised	207.00	3.32	0.00
13447	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	207.00	3.23	0.00
18057	Bread, reduced-calorie, white	207.00	3.19	0.50
19095	Ice creams, vanilla	207.00	0.09	0.60

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
23100	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	207.00	2.53	0.00
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	207.00	3.70	0.00
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	207.00	3.05	0.00
21060	Fast foods, burrito, with beans	206.00	2.08	0.90
21098	Fast foods, cheeseburger; single, large patty; with condiments and vegetables	206.00	1.86	1.90
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	206.00	1.67	0.10
21486	Fast foods, taco with beef, cheese and lettuce, soft	206.00	1.67	0.10
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	206.00	3.60	0.00
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	206.00	2.53	0.00
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	206.00	2.02	0.00
23304	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	206.00	2.20	0.00
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	206.00	1.95	0.00
36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	206.00	0.78	--
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	206.00	1.45	0.00
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	206.00	1.02	0.00
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	206.00	0.78	0.00
09228	Papaya, canned, heavy syrup, drained	206.00	0.29	3.50
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	206.00	1.02	0.00
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	206.00	2.98	0.00
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	206.00	2.85	0.00
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	206.00	1.83	0.00
13483	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	206.00	3.65	0.00
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	206.00	0.34	3.70
17004	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked	206.00	2.05	0.00
17065	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked	206.00	2.35	0.00
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	206.00	1.49	0.00
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	206.00	2.37	0.00
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	205.00	1.33	0.00
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	205.00	0.97	0.00
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	205.00	0.68	0.00
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	205.00	1.98	0.00
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	205.00	2.82	0.00
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	205.00	2.78	0.00
13977	Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	205.00	2.83	0.00
15046	Fish, mackerel, Atlantic, raw	205.00	1.63	0.40

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
21061	Fast foods, burrito, with beans and cheese	205.00	2.37	0.40
21161	SUBWAY, B.L.T. sub on white bread with bacon, lettuce and tomato	205.00	2.14	1.30
21162	Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread	205.00	2.14	1.30
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	205.00	2.10	0.00
23395	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	205.00	1.88	0.00
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	205.00	2.85	0.00
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	205.00	2.89	0.00
28317	Bread, wheat, sprouted, toasted	205.00	2.06	0.00
17455	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, braised	204.00	2.00	0.00
18327	Pie, pumpkin, prepared from recipe	204.00	1.27	1.70
21406	McDONALD'S, Premium Grilled Chicken Ranch BLT Sandwich	204.00	1.48	4.90
22906	Chicken pot pie, frozen entree, prepared	204.00	0.76	1.00
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	204.00	3.53	0.00
23507	USDA Commodity, beef, patties (100%), frozen, raw	204.00	1.93	0.00
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	204.00	2.77	0.00
36059	Restaurant, Italian, chicken parmesan without pasta	204.00	0.68	--
42161	Bologna, beef, low fat	204.00	1.00	--
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	204.00	1.33	0.00
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	204.00	1.80	0.00
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	204.00	1.13	0.60
10059	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted	204.00	0.96	0.00
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	204.00	2.24	0.00
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	204.00	2.53	0.00
15207	Fish, roe, mixed species, cooked, dry heat	204.00	0.77	16.40
17022	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	204.00	2.20	0.00
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	204.00	2.13	0.00
17138	Veal, sirloin, separable lean only, cooked, braised	204.00	1.23	0.00
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	203.00	1.16	0.00
05306	Ground turkey, cooked	203.00	1.52	0.00
10142	Pork, cured, ham, center slice, separable lean and fat, unheated	203.00	0.75	0.00
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	203.00	2.69	0.00
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	203.00	2.98	0.00
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	203.00	3.44	0.00
15040	Fish, herring, Atlantic, cooked, dry heat	203.00	1.41	0.70
17100	Veal, leg (top round), separable lean only, cooked, braised	203.00	1.32	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
17310	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, raw	203.00	1.66	--
18053	Bread, reduced-calorie, rye	203.00	3.10	0.40
18266	English muffins, whole-wheat	203.00	2.45	0.00
21513	KASHI Pizza, Greek Tzatziki, single serve, frozen, unprepared	203.00	1.30	0.00
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	203.00	2.04	0.00
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	203.00	2.49	0.00
23511	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	203.00	2.81	0.00
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	203.00	2.88	0.00
36608	CRACKER BARREL, grilled sirloin steak	203.00	2.75	--
23103	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	202.00	2.13	0.00
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	202.00	2.02	0.00
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	202.00	2.78	0.00
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	202.00	2.99	0.00
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	202.00	1.92	0.00
36018	APPLEBEE'S, fish, hand battered	202.00	0.35	--
43215	Salad dressing, buttermilk, lite	202.00	0.69	0.60
05315	Duck, young duckling, domesticated, White Pekin, breast, meat and skin, boneless, cooked, roasted	202.00	3.26	2.80
05734	Turkey, retail parts, wing, meat and skin, raw	202.00	0.68	0.00
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	202.00	0.89	0.00
12176	Nuts, coconut milk, frozen (liquid expressed from grated meat and water)	202.00	0.81	1.10
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	202.00	1.80	0.00
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	202.00	3.02	0.00
13448	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	202.00	3.47	0.00
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	202.00	3.23	0.00
15158	Mollusks, clam, mixed species, cooked, breaded and fried	202.00	13.91	10.00
17028	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	202.00	2.44	0.00
17136	Veal, sirloin, separable lean and fat, cooked, roasted	202.00	0.92	0.00
17223	Veal, variety meats and by-products, tongue, cooked, braised	202.00	2.09	6.00
05033	Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed	201.00	0.98	0.00
05142	Duck, domesticated, meat only, cooked, roasted	201.00	2.70	0.00
05304	Turkey, mechanically deboned, from turkey frames, raw	201.00	1.61	0.00
07053	Pate, chicken liver, canned	201.00	9.19	10.00
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	201.00	1.00	0.20
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	201.00	0.48	0.00
10221	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled	201.00	1.39	1.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
12204	Nuts, chestnuts, japanese, roasted	201.00	2.10	28.00
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	201.00	3.86	0.00
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	201.00	2.52	0.00
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	201.00	1.48	0.00
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	201.00	1.62	0.00
14430	Cranberry juice cocktail, frozen concentrate	201.00	0.30	45.80
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	201.00	1.49	2.10
17007	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw	201.00	1.67	0.00
17015	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw	201.00	1.71	0.00
17126	Veal, shoulder, arm, separable lean only, cooked, braised	201.00	1.41	0.00
17155	Veal, Australian, rib, rib roast, separable lean and fat, raw	201.00	1.46	0.00
17228	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw	201.00	1.67	0.00
17258	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	201.00	1.60	0.00
17283	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	201.00	2.05	--
17294	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, raw	201.00	1.48	--
18049	Bread, reduced-calorie, oat bran	201.00	3.15	0.00
18506	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Low Fat	201.00	6.40	--
19893	Ice creams, BREYERS, All Natural Light French Chocolate	201.00	0.85	1.00
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	201.00	1.97	0.00
43274	Cheese, cream, low fat	201.00	0.17	0.00
20656	Pasta, gluten-free, rice flour and rice bran extract, cooked, DE BOLES	200.00	0.62	0.00
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	200.00	3.76	0.00
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	200.00	3.29	0.00
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	200.00	3.01	0.00
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	200.00	2.74	0.00
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	200.00	1.84	0.00
42140	Salad dressing, italian dressing, reduced calorie	200.00	0.13	0.40
01242	Ice cream sandwich, vanilla, light, no sugar added	200.00	0.00	--
05307	Chicken, cornish game hens, meat and skin, raw	200.00	0.78	0.50
07067	Poultry salad sandwich spread	200.00	0.61	1.00
08363	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Toasted Wheat Bran	200.00	13.88	0.00
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	200.00	0.91	0.00
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	200.00	0.88	0.00
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	200.00	0.94	0.00
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	200.00	1.37	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
13432	Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised	200.00	3.27	0.00
16525	WORTHINGTON Chic-Ketts, frozen, unprepared	200.00	3.20	0.00
16606	MORNINGSTAR FARMS Mediterranean Chickpea, frozen, unprepared	200.00	1.70	0.00
17049	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	200.00	2.31	0.00
05302	Poultry, mechanically deboned, from backs and necks without skin, raw	199.00	1.73	3.00
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	199.00	1.08	0.00
10115	Pork, fresh, variety meats and by-products, pancreas, raw	199.00	2.13	15.30
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	199.00	0.89	0.00
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	199.00	0.80	14.20
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	199.00	2.20	0.00
13885	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw	199.00	1.99	0.00
15168	Mollusks, oyster, eastern, cooked, breaded and fried	199.00	6.95	3.80
17079	Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled	199.00	2.34	0.00
17120	Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised	199.00	1.45	0.00
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	199.00	1.38	0.00
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	199.00	1.59	0.00
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	199.00	2.81	0.00
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	199.00	2.77	0.00
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	199.00	2.40	0.00
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	199.00	2.66	0.00
23305	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean and fat, raw	199.00	1.46	0.00
23388	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	199.00	1.80	0.00
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	198.00	0.82	0.00
19175	Gelatin desserts, dry mix, reduced calorie, with aspartame	198.00	0.06	0.00
20087	Wheat, sprouted	198.00	2.14	2.60
22943	SUPPER BAKES MEAL KITS, Cheesy Chicken with pasta (chicken not included)	198.00	--	--
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	198.00	3.80	0.00
23394	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	198.00	2.59	0.00
01056	Cream, sour, cultured	198.00	0.07	0.90
06081	Soup, chicken broth cubes, dry	198.00	1.87	1.00
10020	Pork, fresh, loin, whole, separable lean and fat, raw	198.00	0.79	0.60
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	198.00	0.57	0.00
11364	Potatoes, baked, skin, without salt	198.00	7.04	13.50
11830	Potatoes, baked, skin only, with salt	198.00	7.04	13.50
13047	Beef, grass-fed, ground, raw	198.00	1.99	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
13346	Beef, cured, corned beef, brisket, raw	198.00	1.69	27.00
13396	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled	198.00	2.57	0.00
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	198.00	3.59	0.00
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	198.00	3.11	0.00
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	198.00	3.66	0.00
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	198.00	2.87	0.00
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	198.00	1.84	0.00
15119	Fish, tuna, light, canned in oil, drained solids	198.00	1.39	0.00
15183	Fish, tuna, light, canned in oil, without salt, drained solids	198.00	1.39	0.00
16112	Miso	198.00	2.49	0.00
17132	Veal, shoulder, blade, separable lean only, cooked, braised	198.00	1.47	0.00
01164	Cheese sauce, prepared from recipe	197.00	0.35	0.60
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	197.00	1.07	0.00
05195	Turkey, all classes, wing, meat and skin, raw	197.00	1.26	0.00
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	197.00	0.97	0.00
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	197.00	0.57	0.00
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	197.00	1.58	0.00
12118	Nuts, coconut milk, canned (liquid expressed from grated meat and water)	197.00	3.30	1.00
15094	Fish, shad, american, raw	197.00	0.97	0.00
16557	MORNINGSTAR FARMS Chik Patties, frozen, unprepared	197.00	2.50	0.00
16608	MORNINGSTAR FARMS Chik Patties Original, frozen, unprepared	197.00	2.70	0.00
16616	MORNINGSTAR FARMS Garden Veggie Nuggets, frozen, unprepared	197.00	1.90	0.00
17142	Veal, ground, raw	197.00	1.37	0.00
17178	Game meat, rabbit, domesticated, composite of cuts, cooked, roasted	197.00	2.27	0.00
18980	KASHI, Original Waffle	197.00	2.00	0.00
22946	SUPPER BAKES MEAL KITS, Herb Chicken with rice (chicken not included)	197.00	--	0.00
22954	Egg rolls, chicken, refrigerated, heated	197.00	1.69	11.20
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	197.00	3.53	0.00
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	197.00	2.21	0.00
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	197.00	2.77	0.00
36030	DENNY'S, hash browns	197.00	0.56	0.00
36039	Restaurant, family style, hash browns	197.00	0.56	0.00
43132	Meatballs, meatless	197.00	2.16	0.00
43137	Vegetarian meatloaf or patties	197.00	2.10	0.00
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	196.00	2.12	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
17456	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	196.00	1.47	0.00
18352	Rolls, hamburger or hotdog, reduced-calorie	196.00	2.99	0.20
19879	Ice creams, BREYERS, All Natural Light Mint Chocolate Chip	196.00	0.52	1.40
21032	Fast foods, sundae, caramel	196.00	0.14	2.20
21346	McDONALD'S, NEWMAN'S OWN Cobb Dressing	196.00	0.20	0.50
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	196.00	3.60	0.00
23102	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	196.00	2.19	0.00
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	196.00	1.97	0.00
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	196.00	2.78	0.00
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	196.00	2.60	0.00
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	196.00	3.09	0.00
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	196.00	2.81	0.00
36011	T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	196.00	2.87	--
01128	Egg, whole, cooked, fried	196.00	1.89	0.00
04640	Salad dressing, ranch dressing, reduced fat	196.00	0.69	0.60
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	196.00	0.97	0.00
07909	Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite	196.00	1.40	38.50
07958	Turkey sausage, fresh, cooked	196.00	1.49	0.70
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	196.00	0.63	0.00
10158	USDA Commodity, pork, canned	196.00	1.05	0.00
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	196.00	0.82	0.00
12098	Nuts, chestnuts, european, raw, peeled	196.00	0.94	40.20
13319	Beef, variety meats and by-products, brain, cooked, pan-fried	196.00	2.22	3.30
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	196.00	2.22	0.00
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	196.00	3.14	0.00
14292	Lemonade, frozen concentrate, white	196.00	0.09	13.10
16536	WORTHINGTON Wham (roll), frozen, unprepared	196.00	3.30	0.00
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	196.00	1.16	0.00
04023	Salad dressing, thousand island dressing, reduced fat	195.00	0.90	1.50
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	195.00	1.32	0.00
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	195.00	1.42	0.00
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	195.00	0.73	0.00
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	195.00	1.11	0.00
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	195.00	0.99	0.00
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	195.00	2.77	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	195.00	1.99	0.00
15043	Fish, herring, Pacific, raw	195.00	1.12	0.00
15074	Fish, sablefish, raw	195.00	1.28	0.00
16609	MORNINGSTAR FARMS Breakfast Pattie, frozen, unprepared	195.00	1.90	0.00
17286	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	195.00	1.38	--
17306	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	195.00	1.81	--
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	195.00	1.74	0.00
18021	Bread, boston brown, canned	195.00	2.10	0.00
18082	Bread stuffing, bread, dry mix, prepared	195.00	0.95	0.00
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	195.00	1.70	0.00
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	195.00	2.06	0.00
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	195.00	2.02	0.00
23638	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	195.00	1.88	0.00
32025	Dumpling, potato- or cheese-filled, frozen	195.00	1.26	5.30
35140	Bread, kneel down (Navajo)	195.00	1.11	--
36013	Restaurant, family style, sirloin steak	195.00	2.57	--
36044	ON THE BORDER, Mexican rice	195.00	1.18	0.30
18290	Pancakes, plain, dry mix, complete, prepared	194.00	1.56	0.20
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	194.00	3.06	0.00
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	194.00	1.40	0.00
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	194.00	2.41	0.00
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	194.00	2.40	0.00
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	194.00	1.81	0.00
36040	CRACKER BARREL, macaroni n' cheese	194.00	0.57	--
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	194.00	0.04	0.70
05128	Chicken, stewing, giblets, cooked, simmered	194.00	6.44	5.50
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	194.00	0.66	0.00
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	194.00	0.93	0.00
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	194.00	0.97	0.00
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	194.00	1.84	0.00
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	194.00	3.24	0.00
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	194.00	3.02	0.00
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	193.00	0.97	0.00
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	193.00	0.69	0.00
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	193.00	0.91	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	193.00	0.57	0.00
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	193.00	1.87	0.00
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	193.00	1.65	0.00
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	193.00	5.98	0.70
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	193.00	4.86	0.00
17339	Game meat, elk, ground, cooked, pan-broiled	193.00	3.34	0.00
17371	Lamb, New Zealand, imported, ground lamb, raw	193.00	1.04	0.00
17462	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, roasted	193.00	1.92	0.00
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	193.00	2.70	0.00
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	193.00	2.78	0.00
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	193.00	3.23	0.00
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	193.00	2.84	0.00
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	193.00	1.77	0.00
31031	Potatoes, french fried, cross cut, frozen, unprepared	193.00	0.87	5.70
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	192.00	1.27	0.00
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	192.00	1.47	0.00
18978	KASHI, Blueberry Waffle	192.00	1.90	1.00
19271	Ice creams, strawberry	192.00	0.21	7.70
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	192.00	2.34	0.00
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	192.00	2.95	0.00
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	192.00	2.99	0.00
27055	Sauce, barbecue, SWEET BABY RAY'S, original	192.00	0.33	1.40
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	192.00	0.55	--
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	192.00	1.14	0.00
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	192.00	1.36	0.00
05157	Quail, meat and skin, raw	192.00	3.97	6.10
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	192.00	0.64	0.00
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	192.00	0.66	0.00
11399	Potato puffs, frozen, oven-heated	192.00	0.58	4.00
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	192.00	1.52	0.00
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	192.00	1.74	0.00
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	192.00	1.74	0.00
14542	Lemonade, frozen concentrate, pink	192.00	0.08	14.10
16114	Tempeh	192.00	2.70	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
16610	MORNINGSTAR FARMS Roasted Garlic & Quinoa Burger, frozen, unprepared	192.00	2.00	0.00
17050	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	192.00	2.23	0.00
17203	Veal, variety meats and by-products, liver, cooked, braised	192.00	5.11	1.10
17313	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, cooked, broiled	192.00	2.18	--
01050	Cream, fluid, light (coffee cream or table cream)	191.00	0.05	0.80
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	191.00	1.11	0.00
05100	Chicken, broilers or fryers, wing, meat and skin, raw	191.00	0.46	0.00
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	191.00	1.01	0.00
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	191.00	1.11	0.00
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	191.00	1.42	0.00
12001	Seeds, breadfruit seeds, raw	191.00	3.67	6.60
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	191.00	2.70	0.00
13326	Beef, variety meats and by-products, liver, cooked, braised	191.00	6.54	1.90
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	191.00	2.12	0.00
17277	Veal, shank (fore and hind), separable lean and fat, cooked, braised	191.00	1.25	--
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	191.00	5.01	0.00
21063	Fast foods, burrito, with beans and beef	191.00	1.91	1.90
21514	KASHI Pizza, Tikka Masala, single serve, frozen, unprepared	191.00	1.40	0.00
23050	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	191.00	2.92	0.00
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	191.00	2.96	0.00
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	191.00	2.34	0.00
23281	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	191.00	2.41	0.00
23295	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	191.00	2.24	0.00
23387	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	191.00	1.71	0.00
36043	CARRABBA'S ITALIAN GRILL, lasagne	191.00	0.74	0.80
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	190.00	2.04	0.00
21313	McDONALD'S, Hot Mustard Sauce	190.00	0.86	0.00
22950	SUPPER BAKES MEAL KITS, Traditional Roast Chicken with stuffing (chicken not included)	190.00	--	--
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	190.00	0.99	--
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	190.00	3.36	0.00
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	190.00	3.42	0.00
05013	Chicken, broilers or fryers, meat only, roasted	190.00	1.21	0.00
10859	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, pan-broiled	190.00	0.63	0.00
13438	Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised	190.00	3.32	0.00
13822	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	190.00	2.52	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
15202	Fish, milkfish, cooked, dry heat	190.00	0.41	0.00
15219	Fish, trout, mixed species, cooked, dry heat	190.00	1.92	0.50
17293	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	190.00	2.15	--
05166	Turkey, whole, meat and skin, cooked, roasted	189.00	1.09	0.00
05178	Turkey, liver, all classes, cooked, simmered	189.00	1.79	22.60
05192	Turkey, all classes, breast, meat and skin, cooked, roasted	189.00	1.40	0.00
05333	Chicken, ground, crumbles, cooked, pan-browned	189.00	0.93	0.00
07044	USDA Commodity, luncheon meat, canned	189.00	0.97	0.00
10204	Pork, fresh, loin, country-style ribs, separable lean and fat, raw	189.00	0.85	0.00
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	189.00	3.25	0.00
13883	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw	189.00	2.00	0.00
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	189.00	1.51	0.00
15156	Mollusks, abalone, mixed species, cooked, fried	189.00	3.80	1.80
15252	USDA Commodity, salmon nuggets, cooked as purchased, unheated	189.00	1.46	0.00
16618	MORNINGSTAR FARMS Spicy Indian Veggie Burger, frozen, unprepared	189.00	2.10	0.00
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	189.00	1.59	0.20
21487	Fast foods, taco with chicken, lettuce and cheese, soft	189.00	1.59	0.20
22949	SUPPER BAKES MEAL KITS, Southwestern-Style Chicken w/rice (chicken not included)	189.00	--	--
23109	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	189.00	2.37	0.00
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	189.00	2.04	0.00
23517	Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	189.00	3.79	0.00
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	189.00	1.85	0.00
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	189.00	2.81	0.00
36000	APPLEBEE'S, 9 oz house sirloin steak	189.00	2.07	--
43131	Luncheon slices, meatless	189.00	1.80	0.00
21335	McDONALD'S, Hot Caramel Sundae	188.00	0.08	--
21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed	188.00	1.03	--
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	188.00	2.51	0.00
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	188.00	2.65	0.00
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	188.00	3.24	0.00
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	188.00	2.96	0.00
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	188.00	1.91	0.00
28316	Bread, wheat, sprouted	188.00	1.89	0.00
02073	PACE, Dry Taco Seasoning Mix	188.00	6.75	45.00
03014	Babyfood, meat, chicken sticks, junior	188.00	1.56	1.70

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
03017	Babyfood, meat, turkey sticks, junior	188.00	0.92	1.50
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	188.00	2.88	0.00
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	188.00	2.18	0.00
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	188.00	2.07	0.00
17141	Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised	188.00	1.44	0.00
17153	Game meat, beefalo, composite of cuts, cooked, roasted	188.00	3.05	9.00
17305	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, cooked, broiled	188.00	2.48	--
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	187.00	1.14	0.00
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	187.00	0.94	0.00
10223	Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	187.00	1.43	1.00
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	187.00	1.05	0.00
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	187.00	2.24	0.00
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	187.00	3.07	0.00
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	187.00	1.63	0.00
15128	Fish, tuna salad	187.00	1.00	2.20
15191	Fish, butterfish, cooked, dry heat	187.00	0.64	0.00
15225	Fish, yellowtail, mixed species, cooked, dry heat	187.00	0.63	2.90
17010	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	187.00	2.27	0.00
17344	Game meat, deer, ground, cooked, pan-broiled	187.00	3.35	0.00
17454	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	187.00	1.76	0.00
17459	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	187.00	2.52	0.00
19114	Ice creams, chocolate, light	187.00	0.69	1.20
23104	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	187.00	2.27	0.00
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	187.00	1.71	0.00
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	187.00	2.64	0.00
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	187.00	2.66	0.00
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	187.00	2.01	0.00
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	186.00	1.34	0.00
21336	McDONALD'S, Hot Fudge Sundae	186.00	0.83	--
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	186.00	2.84	0.00
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	186.00	3.56	0.00
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	186.00	1.74	0.00
36411	Restaurant, Latino, tamale, corn	186.00	0.53	0.20
01241	Ice cream sandwich, made with light ice cream, vanilla	186.00	0.09	0.00
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	186.00	0.79	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
06167	Sauce, homemade, white, thick	186.00	0.50	0.70
07924	Bratwurst, pork, beef and turkey, lite, smoked	186.00	0.94	0.00
10044	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw	186.00	0.59	0.00
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	186.00	0.68	0.00
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	186.00	1.12	0.00
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	186.00	0.82	0.00
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	186.00	0.09	1.60
15038	Fish, halibut, Greenland, raw	186.00	0.66	0.00
15124	Fish, tuna, white, canned in oil, drained solids	186.00	0.65	0.00
15185	Fish, tuna, white, canned in oil, without salt, drained solids	186.00	0.65	0.00
17061	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, broiled	186.00	2.34	0.00
17130	Veal, shoulder, blade, separable lean and fat, cooked, roasted	186.00	1.00	0.00
17194	Veal, variety meats and by-products, heart, cooked, braised	186.00	4.32	10.00
01138	Egg, duck, whole, fresh, raw	185.00	3.85	0.00
01139	Egg, goose, whole, fresh, raw	185.00	3.64	0.00
05026	Chicken, heart, all classes, cooked, simmered	185.00	9.03	1.80
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	185.00	1.40	0.00
05311	Chicken, canned, no broth	185.00	1.30	0.00
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	185.00	1.11	0.00
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	185.00	2.40	0.00
13788	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	185.00	2.08	0.00
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	185.00	2.30	1.00
16593	MORNINGSTAR FARMS Hot and Spicy Veggie Sausage Patties, frozen, unprepared	185.00	3.80	3.00
17192	Lamb, variety meats and by-products, heart, cooked, braised	185.00	5.52	7.00
17232	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw	185.00	1.73	0.00
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	185.00	2.70	0.00
36041	Restaurant, Italian, lasagna with meat	185.00	0.79	0.70
36417	Restaurant, Mexican, spanish rice	185.00	1.15	0.10
43406	Yeast extract spread	185.00	4.04	0.00
17442	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	184.00	2.52	0.00
23038	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	184.00	2.57	0.00
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	184.00	1.91	0.00
23393	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	184.00	2.61	0.00
36042	OLIVE GARDEN, lasagna classico	184.00	0.75	0.70
03021	Babyfood, meat, meat sticks, junior	184.00	1.38	2.40

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	184.00	0.92	0.00
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	184.00	1.09	0.00
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	184.00	0.97	0.00
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	184.00	0.55	0.00
06151	Sauce, plum, ready-to-serve	184.00	1.43	0.50
13866	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	184.00	2.00	0.00
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	184.00	2.80	0.00
15025	Fish, eel, mixed species, raw	184.00	0.50	1.80
15082	Fish, salmon, coho, wild, cooked, moist heat	184.00	0.71	1.00
15118	Fish, tuna, fresh, bluefin, cooked, dry heat	184.00	1.31	0.00
17118	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	184.00	1.03	0.00
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	183.00	0.76	0.00
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	183.00	1.50	0.00
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	183.00	1.96	0.00
13821	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	183.00	2.47	0.00
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	183.00	1.68	0.00
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	183.00	1.28	0.00
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	183.00	0.87	0.00
17124	Veal, shoulder, arm, separable lean and fat, cooked, roasted	183.00	1.15	0.00
17309	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	183.00	2.48	--
21159	SUBWAY, steak & cheese sub on white bread with American cheese, lettuce and tomato	183.00	2.02	0.60
21160	Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato	183.00	2.02	0.60
21265	TACO BELL, BURRITO SUPREME with beef	183.00	1.82	--
21267	TACO BELL, BURRITO SUPREME with steak	183.00	2.00	--
21402	McDONALD'S, Premium Grilled Chicken Classic Sandwich	183.00	1.48	3.20
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	183.00	3.20	0.00
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	183.00	3.25	0.00
36028	DENNY'S, coleslaw	183.00	0.34	13.20
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	182.00	2.00	0.00
21412	Light Ice Cream, soft serve, blended with milk chocolate candies	182.00	0.27	0.90
21490	Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread	182.00	1.58	2.40
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	182.00	2.23	0.00
23058	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	182.00	2.79	0.00
23064	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	182.00	2.99	0.00
23108	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	182.00	2.38	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	182.00	2.82	0.00
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	182.00	2.90	0.00
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	182.00	0.77	7.50
36407	Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	182.00	0.29	--
36615	DENNY'S, top sirloin steak	182.00	3.27	--
07088	Honey roll sausage, beef	182.00	2.20	0.00
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	182.00	0.62	0.00
10098	Pork, fresh, variety meats and by-products, chitterlings, raw	182.00	1.02	1.10
12127	Nuts, ginkgo nuts, raw	182.00	1.00	15.00
13490	Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled	182.00	1.84	0.00
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	182.00	1.69	0.00
15209	Fish, salmon, Atlantic, wild, cooked, dry heat	182.00	1.03	0.00
17212	Veal, variety meats and by-products, pancreas, raw	182.00	2.10	16.00
17297	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	182.00	2.13	--
01178	Sour cream, reduced fat	181.00	0.06	0.90
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	181.00	1.12	0.00
05153	Pheasant, raw, meat and skin	181.00	1.15	5.30
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	181.00	1.34	0.00
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	181.00	2.15	0.00
17075	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted	181.00	2.24	0.00
22948	SUPPER BAKES MEAL KITS, Savory Pork Chops with herb stuffing (pork chop not included)	181.00	--	--
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	181.00	2.58	0.00
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	181.00	3.32	0.00
23241	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	181.00	2.02	0.00
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	181.00	1.89	0.00
44158	Pie fillings, blueberry, canned	181.00	0.80	0.70
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	180.00	0.96	0.00
19088	Ice creams, vanilla, light	180.00	0.19	1.20
19880	Ice creams, BREYERS, No Sugar Added, Butter Pecan	180.00	0.19	0.90
21033	Fast foods, sundae, hot fudge	180.00	0.37	1.50
21064	Fast foods, burrito, with beans, cheese, and beef	180.00	1.82	1.30
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	180.00	2.64	0.00
43275	Cheese, pasteurized process, American, low fat	180.00	0.43	0.00
05668	Ground turkey, 85% lean, 15% fat, raw	180.00	1.32	0.00
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	180.00	1.11	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
07027	Ham, chopped, not canned	180.00	0.83	0.00
07212	OSCAR MAYER, Ham (chopped with natural juice)	180.00	1.30	0.00
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	180.00	0.80	0.00
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	180.00	1.15	0.00
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	180.00	2.08	0.00
17018	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	180.00	2.06	0.00
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	179.00	2.63	0.00
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	179.00	1.13	0.00
06618	Sauce, peanut, made from coconut, water, sugar, peanuts	179.00	0.38	0.00
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	179.00	0.90	42.00
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	179.00	0.64	0.00
15078	Fish, salmon, chinook, raw	179.00	0.25	4.00
17148	Bison, ground, grass-fed, cooked	179.00	3.19	0.00
18085	Bread stuffing, cornbread, dry mix, prepared	179.00	0.94	0.80
20657	Pasta, gluten-free, corn and rice flour, cooked	179.00	0.22	0.00
21245	WENDY'S, Ultimate Chicken Grill Sandwich	179.00	1.55	1.10
21266	TACO BELL, BURRITO SUPREME with chicken	179.00	1.56	--
21432	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed	179.00	0.96	--
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	179.00	1.85	0.00
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	179.00	2.74	0.00
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	179.00	6.81	0.00
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	179.00	2.43	0.00
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	179.00	1.68	0.00
43589	Cheese, swiss, low fat	179.00	0.17	0.00
44110	Jellies, reduced sugar, home preserved	179.00	0.18	0.00
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	178.00	0.91	0.00
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	178.00	2.68	0.00
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	178.00	2.25	0.00
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	178.00	1.89	0.00
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	178.00	1.87	0.00
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	178.00	1.71	0.00
01058	Sour dressing, non-butterfat, cultured, filled cream-type	178.00	0.03	0.90
05120	Chicken, roasting, dark meat, meat only, cooked, roasted	178.00	1.33	0.00
05318	Duck, young duckling, domesticated, White Pekin, leg, meat only, bone in, cooked without skin, braised	178.00	2.33	2.30
09082	Cranberry-orange relish, canned	178.00	0.20	18.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	178.00	1.34	0.00
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	178.00	0.66	0.00
11398	Potato puffs, frozen, unprepared	178.00	0.47	6.90
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	178.00	2.40	0.00
13887	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw	178.00	2.02	0.00
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	178.00	2.95	0.00
15239	Fish, salmon, coho, farmed, cooked, dry heat	178.00	0.39	1.50
05014	Chicken, broilers or fryers, meat only, stewed	177.00	1.17	0.00
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	177.00	0.80	0.00
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	177.00	0.74	0.10
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	177.00	0.99	0.00
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	177.00	1.46	0.00
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	177.00	0.92	0.00
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	177.00	2.33	0.00
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	177.00	1.92	0.00
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	177.00	3.66	0.00
15014	Fish, cisco, smoked	177.00	0.49	0.00
16137	Hummus, home prepared	177.00	1.56	7.90
16147	Veggie burgers or soyburgers, unprepared	177.00	2.41	4.50
17104	Veal, loin, separable lean and fat, raw	177.00	0.84	0.00
17115	Veal, rib, separable lean only, cooked, roasted	177.00	0.96	0.00
17279	Veal, shank (fore and hind), separable lean only, cooked, braised	177.00	1.26	--
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	177.00	2.88	0.00
21338	McDONALD'S, McFLURRY with M&M'S CANDIES	177.00	0.27	--
23054	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	177.00	2.59	0.00
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	177.00	2.51	0.00
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	177.00	3.22	0.00
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	177.00	1.84	0.00
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	177.00	2.89	0.00
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	177.00	1.81	0.00
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	177.00	2.66	0.00
22118	MORNINGSTAR FARMS Garden Veggie Patties, frozen, unprepared	176.00	2.20	1.00
22528	Turkey Pot Pie, frozen entree	176.00	1.00	--
23040	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	176.00	3.23	0.00
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	176.00	2.36	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	176.00	2.07	0.00
23562	Beef, ground, 90% lean meat / 10% fat, raw	176.00	2.24	0.00
01259	Cheese spread, American or Cheddar cheese base, reduced fat	176.00	0.36	0.00
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	176.00	1.09	0.00
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	176.00	1.27	0.00
05707	Turkey, whole, meat and skin, with added solution, roasted	176.00	0.81	0.00
07923	Bratwurst, chicken, cooked	176.00	0.87	2.00
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	176.00	1.01	0.00
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	176.00	2.43	0.00
04633	Margarine-like, vegetable oil spread, 20% fat, with salt	175.00	0.00	--
04634	Margarine-like, vegetable oil spread, 20% fat, without salt	175.00	0.00	--
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	175.00	0.51	0.00
05642	Ostrich, ground, cooked, pan-broiled	175.00	3.43	0.00
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	175.00	0.92	0.00
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	175.00	0.92	0.00
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	175.00	6.17	0.70
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	175.00	2.28	0.00
14405	Beverages, fruit punch juice drink, frozen concentrate	175.00	0.80	19.70
15176	Mollusks, squid, mixed species, cooked, fried	175.00	1.01	4.20
17109	Veal, loin, separable lean only, cooked, roasted	175.00	0.85	0.00
17171	Game meat, horse, cooked, roasted	175.00	5.03	2.00
17447	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, roasted	175.00	1.94	0.00
17458	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	175.00	2.09	0.00
21034	Fast foods, sundae, strawberry	175.00	0.21	1.30
21426	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed	175.00	1.04	--
21427	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	175.00	0.87	--
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	175.00	2.53	0.00
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	175.00	3.29	0.00
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	175.00	2.94	0.00
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	175.00	2.61	0.00
36025	CRACKER BARREL, coleslaw	175.00	0.29	14.20
17440	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, cooked, braised	174.00	2.02	0.00
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	174.00	2.67	0.00
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	174.00	1.73	0.00
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	174.00	2.89	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	174.00	3.03	0.00
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	174.00	2.83	0.00
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	174.00	3.05	0.00
36401	Restaurant, Latino, chicken and rice, entree, prepared	174.00	0.95	--
36412	Restaurant, Latino, tamale, pork	174.00	0.87	16.40
36602	Restaurant, Chinese, fried rice, without meat	174.00	0.66	3.80
01036	Cheese, ricotta, whole milk	174.00	0.38	0.00
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	174.00	1.08	0.00
05176	Turkey, heart, all classes, cooked, simmered	174.00	6.96	0.00
06930	Sauce, cheese, ready-to-serve	174.00	0.21	0.40
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	174.00	1.07	0.00
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	174.00	2.30	0.00
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	174.00	1.47	0.00
14017	Alcoholic beverage, pina colada, prepared-from-recipe	174.00	0.21	4.90
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	174.00	3.52	0.00
01168	Cheese, low fat, cheddar or colby	173.00	0.42	0.00
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	173.00	1.06	0.00
05172	Turkey, whole, giblets, cooked, simmered	173.00	3.39	0.00
05188	Turkey, from whole, dark meat, cooked, roasted	173.00	1.43	0.00
05216	Turkey, back, from whole bird, meat only, roasted	173.00	1.43	0.00
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	173.00	1.57	0.00
07001	Barbecue loaf, pork, beef	173.00	1.16	0.00
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	173.00	0.63	0.00
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	173.00	0.64	0.00
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	173.00	1.15	0.00
13149	Beef, rib, shortribs, separable lean only, choice, raw	173.00	2.16	0.00
13791	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw	173.00	2.12	0.00
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	173.00	1.92	0.00
13901	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	173.00	2.04	0.00
15106	Fish, sturgeon, mixed species, smoked	173.00	0.93	0.00
17181	Game meat, rabbit, wild, cooked, stewed	173.00	4.85	0.00
17184	Game meat, squirrel, cooked, roasted	173.00	6.81	0.00
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	173.00	1.76	0.00
19265	Ice creams, chocolate, light, no sugar added	173.00	0.48	0.70
19294	Fruit butters, apple	173.00	0.31	0.60

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
19876	Ice creams, BREYERS, All Natural Light French Vanilla	173.00	0.21	0.90
23151	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	173.00	1.95	0.00
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	173.00	2.77	0.00
23515	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	173.00	3.09	0.00
21465	Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed	172.00	1.03	0.00
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	172.00	2.60	0.00
23110	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	172.00	2.38	0.00
23514	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	172.00	3.20	0.00
43326	Pork, cured, ham, low sodium, lean and fat, cooked	172.00	1.37	0.00
05057	Chicken, broilers or fryers, breast, meat and skin, raw	172.00	0.74	0.00
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	172.00	1.95	0.00
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	172.00	1.05	0.00
05661	Chicken, liver, all classes, cooked, pan-fried	172.00	12.88	2.70
06150	Sauce, barbecue	172.00	0.64	0.60
06307	Sauce, barbecue, KRAFT, original	172.00	0.79	0.20
07039	Lebanon bologna, beef	172.00	2.15	0.90
07070	Salami, cooked, turkey	172.00	1.25	0.00
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	172.00	0.84	0.00
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	172.00	1.02	0.00
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	172.00	0.84	0.00
11658	Spinach souffle	172.00	1.19	7.30
11841	Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated	172.00	0.74	13.30
13158	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled	172.00	2.71	0.00
13823	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	172.00	2.42	0.00
13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	172.00	3.19	0.00
14424	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate. Not manufactured anymore.	172.00	0.26	243.10
15111	Fish, swordfish, cooked, dry heat	172.00	0.45	0.00
15165	Mollusks, mussel, blue, cooked, moist heat	172.00	6.72	13.60
15223	Fish, whitefish, mixed species, cooked, dry heat	172.00	0.47	0.00
16109	Soybeans, mature cooked, boiled, without salt	172.00	5.14	1.70
16409	Soybeans, mature seeds, cooked, boiled, with salt	172.00	5.14	1.70
17143	Veal, ground, cooked, broiled	172.00	0.99	0.00
17338	Game meat, elk, ground, raw	172.00	2.75	0.00
01141	Egg, turkey, whole, fresh, raw	171.00	4.10	0.00
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	171.00	0.71	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
10898	Pork, pickled pork hocks	171.00	1.14	0.00
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	171.00	0.42	0.00
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	171.00	1.86	0.00
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	171.00	3.20	0.00
17133	Veal, shoulder, blade, separable lean only, cooked, roasted	171.00	1.00	0.00
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	171.00	3.47	0.00
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	171.00	1.74	0.00
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	171.00	2.90	0.00
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	171.00	1.91	0.00
21270	TACO BELL, Taco Salad	170.00	1.77	--
21315	McDONALD'S, Sweet 'N Sour Sauce	170.00	0.64	1.20
21431	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed	170.00	1.05	--
21443	POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed	170.00	1.06	--
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	170.00	1.82	0.00
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	170.00	2.75	0.00
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	170.00	2.98	0.00
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	170.00	1.81	0.00
27056	Sauce, barbecue, BULL'S-EYE, original	170.00	0.69	0.30
36032	DENNY'S, spaghetti and meatballs	170.00	1.29	0.90
36038	Restaurant, family style, spaghetti and meatballs	170.00	1.29	0.90
43391	Turkey, light or dark meat, smoked, cooked, skin and bone removed	170.00	1.78	0.00
05713	Turkey, retail parts, wing, meat only, cooked, roasted	170.00	0.82	0.00
06076	Soup, beef broth, cubed, dry	170.00	2.23	0.00
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	170.00	0.63	0.00
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	170.00	0.91	0.00
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	170.00	1.08	0.00
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	170.00	0.87	0.00
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	170.00	0.56	0.00
11048	Beans, pinto, immature seeds, frozen, unprepared	170.00	3.00	1.00
13356	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw	170.00	2.42	0.00
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	170.00	3.26	0.00
17121	Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted	170.00	1.03	0.00
04706	Dressing, honey mustard, fat-free	169.00	0.36	2.10
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	169.00	1.37	0.00
05284	Turkey, canned, meat only, with broth	169.00	1.86	2.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	169.00	0.83	0.00
10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	169.00	0.63	0.00
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	169.00	0.97	0.00
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	169.00	0.92	0.00
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	169.00	2.35	0.00
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	169.00	2.94	0.00
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	169.00	1.98	0.00
17032	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw	169.00	1.67	0.00
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	169.00	1.36	0.00
19260	Ice creams, vanilla, light, no sugar added	169.00	0.19	0.90
21413	Light Ice Cream, soft serve, blended with cookie pieces	169.00	0.61	0.80
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	169.00	2.45	0.00
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	169.00	2.95	0.00
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	169.00	3.04	0.00
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	169.00	2.04	0.00
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	169.00	2.46	0.00
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	168.00	5.40	0.00
21141	BURGER KING, Vanilla Shake	168.00	0.42	0.00
22123	MORNINGSTAR FARMS Spicy Black Bean Burger, frozen, unprepared	168.00	2.00	0.00
22972	Pulled pork in barbecue sauce	168.00	1.24	0.20
23056	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	168.00	2.77	0.00
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	168.00	1.88	0.00
32026	Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	168.00	2.13	0.00
35237	Tamales, masa and pork filling (Hopi)	168.00	0.66	--
05127	Chicken, stewing, giblets, raw	168.00	5.93	11.40
05627	Emu, full rump, cooked, broiled	168.00	6.89	0.00
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	168.00	0.82	0.00
12003	Seeds, breadfruit seeds, boiled	168.00	0.60	6.10
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	168.00	1.97	0.00
15241	Fish, trout, rainbow, farmed, cooked, dry heat	168.00	0.36	2.90
16552	MORNINGSTAR FARMS Mushroom Lover's Burger, frozen, unprepared	168.00	1.70	0.00
17139	Veal, sirloin, separable lean only, cooked, roasted	168.00	0.91	0.00
05028	Chicken, liver, all classes, cooked, simmered	167.00	11.63	27.90
05114	Chicken, roasting, meat only, cooked, roasted	167.00	1.21	0.00
09038	Avocados, raw, California	167.00	0.61	8.80

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
10185	Pork, cured, ham, extra lean and regular, canned, roasted	167.00	1.07	0.00
10855	HORMEL ALWAYS TENDER, Center Cut Chops, Fresh Pork	167.00	0.60	1.70
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	167.00	0.72	0.00
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	167.00	0.72	12.30
13415	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	167.00	1.84	0.00
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	167.00	3.24	0.00
15087	Fish, salmon, sockeye, canned, drained solids	167.00	0.65	0.00
17163	Game meat, caribou, cooked, roasted	167.00	6.17	3.00
17340	Game meat, elk, loin, separable lean only, cooked, broiled	167.00	3.96	0.00
21316	McDONALD'S, Tangy Honey Mustard Sauce	167.00	0.42	0.00
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	167.00	2.72	0.00
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	167.00	2.17	0.00
42131	Milk dessert, frozen, milk-fat free, chocolate	167.00	0.04	0.70
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	166.00	2.62	0.00
23052	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	166.00	3.12	0.00
23150	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	166.00	1.96	0.00
31029	Potatoes, french fried, wedge cut, frozen, unprepared	166.00	0.72	5.10
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	166.00	0.91	2.10
09410	Apple juice, frozen concentrate, unsweetened, undiluted, with added ascorbic acid	166.00	0.91	88.90
10101	Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered	166.00	1.50	0.00
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	166.00	0.53	0.00
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	166.00	1.07	0.00
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	166.00	0.75	11.80
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	166.00	1.86	0.00
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	166.00	3.27	0.00
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	166.00	1.81	0.00
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	166.00	1.85	0.00
16158	Hummus, commercial	166.00	2.44	0.00
04688	Salad dressing, spray-style dressing, assorted flavors	165.00	0.18	0.70
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	165.00	1.04	0.00
05116	Chicken, roasting, giblets, cooked, simmered	165.00	6.09	6.50
05277	Chicken, canned, meat only, with broth	165.00	1.58	2.00
05641	Ostrich, ground, raw	165.00	2.91	0.00
05741	Turkey, thigh, from whole bird, meat only, roasted	165.00	1.43	0.00
09328	Maraschino cherries, canned, drained	165.00	0.43	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	165.00	0.97	0.00
10111	Pork, fresh, variety meats and by-products, liver, cooked, braised	165.00	17.92	23.60
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	165.00	1.40	0.00
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	165.00	1.55	0.00
13322	Beef, variety meats and by-products, heart, cooked, simmered	165.00	6.38	0.00
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	165.00	2.00	0.00
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	165.00	1.49	0.00
17289	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	165.00	1.91	--
19128	Syrups, table blends, pancake, reduced-calorie	165.00	0.03	0.00
21310	McDONALD'S, Barbeque Sauce	165.00	0.40	0.00
21339	McDONALD'S, McFLURRY with OREO cookies	165.00	0.61	--
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	165.00	3.19	0.00
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	165.00	2.75	0.00
43325	Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted	165.00	1.40	0.00
43379	Cheese, pasteurized process, swiss, low fat	165.00	0.43	0.00
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	164.00	1.18	0.00
20523	Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	164.00	0.72	0.00
22908	Beef, corned beef hash, with potato, canned	164.00	1.00	0.90
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	164.00	1.75	0.00
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	164.00	3.46	0.00
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	164.00	1.89	0.00
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	164.00	2.85	0.00
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	164.00	2.35	0.00
32005	Macaroni and cheese, box mix with cheese sauce, prepared	164.00	1.17	--
05138	Chicken, capons, giblets, cooked, simmered	164.00	6.80	9.00
05647	Ostrich, inside strip, cooked	164.00	4.80	0.00
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	164.00	1.07	0.00
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	164.00	0.98	0.00
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	164.00	1.03	0.00
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	164.00	0.98	0.00
11659	Sweet potato, cooked, candied, home-prepared	164.00	0.79	9.00
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	164.00	1.74	0.00
14025	Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix	164.00	0.08	0.40
15068	Fish, pompano, florida, raw	164.00	0.60	0.00
15230	Mollusks, octopus, common, cooked, moist heat	164.00	9.54	8.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164.00	2.89	1.30
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	164.00	2.89	1.30
17127	Veal, shoulder, arm, separable lean only, cooked, roasted	164.00	1.16	0.00
17328	Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	164.00	1.36	--
05622	Emu, ground, cooked, pan-broiled	163.00	5.01	0.00
07029	Ham, sliced, regular (approximately 11% fat)	163.00	1.02	4.00
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	163.00	0.71	0.00
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	163.00	1.84	0.00
15231	Mollusks, oyster, Pacific, cooked, moist heat	163.00	9.20	12.80
17198	Veal, variety meats and by-products, kidneys, cooked, braised	163.00	3.04	8.00
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	163.00	0.35	0.90
23339	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	163.00	1.83	0.00
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	163.00	2.90	0.00
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	163.00	1.91	0.00
23451	Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	163.00	1.94	0.00
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	163.00	2.42	0.00
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	163.00	2.35	0.00
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	162.00	1.60	0.00
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	162.00	2.03	0.00
19875	Ice creams, BREYERS, All Natural Light Vanilla	162.00	0.06	1.10
21333	McDONALD'S, Vanilla Reduced Fat Ice Cream Cone	162.00	0.35	--
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	162.00	2.49	0.00
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	162.00	2.04	0.00
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	162.00	2.89	0.00
31027	Potatoes, yellow fleshed, french fried, frozen, unprepared	162.00	0.48	10.90
35203	Rose Hips, wild (Northern Plains Indians)	162.00	1.06	426.00
35204	Chokecherries, raw, pitted (Northern Plains Indians)	162.00	0.69	5.50
05180	Turkey from whole, neck, meat only, cooked, simmered	162.00	1.18	0.00
05336	USDA Commodity Chicken, canned, meat only, drained	162.00	1.16	0.00
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	162.00	0.64	0.00
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	162.00	0.90	0.00
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	162.00	0.92	0.00
11049	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt	162.00	2.71	0.70
11720	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt	162.00	2.71	0.70
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	162.00	1.74	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	162.00	3.25	0.00
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	162.00	3.25	0.00
14262	Beverages, citrus fruit juice drink, frozen concentrate	162.00	3.94	95.30
14268	Beverages, Fruit punch drink, frozen concentrate	162.00	0.30	155.60
15009	Fish, carp, cooked, dry heat	162.00	1.59	1.60
17110	Veal, rib, separable lean and fat, raw	162.00	0.86	0.00
17174	Game meat, muskrat, raw	162.00	--	5.00
17342	Game meat, elk, tenderloin, separable lean only, cooked, broiled	162.00	4.07	0.00
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	161.00	0.71	0.00
05148	Goose, domesticated, meat only, raw	161.00	2.57	7.20
05181	Turkey from whole, light meat, meat and skin, raw	161.00	0.75	0.00
05183	Turkey, dark meat, meat and skin, raw	161.00	1.00	0.00
05742	Turkey, retail parts, thigh, meat and skin, raw	161.00	1.31	0.00
07091	New england brand sausage, pork, beef	161.00	0.94	0.00
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	161.00	0.88	0.00
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	161.00	0.69	0.00
13097	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw	161.00	2.18	0.00
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	161.00	1.98	0.00
13961	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	161.00	3.02	0.00
16554	MORNINGSTAR FARMS Tomato & Basil Pizza Burger, frozen, unprepared	161.00	1.70	0.00
17146	Game meat, bear, raw	161.00	6.65	0.00
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	161.00	4.94	0.00
19186	Desserts, apple crisp, prepared-from-recipe	161.00	0.82	2.20
19878	Ice creams, BREYERS, All Natural Light Vanilla Chocolate Strawberry	161.00	0.31	1.70
21416	POPEYES, Coleslaw	161.00	0.23	14.70
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	161.00	2.34	0.00
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	161.00	2.04	0.00
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	161.00	2.09	0.00
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	161.00	1.53	0.00
23519	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	161.00	3.02	0.00
31025	Sweet Potato puffs, frozen, unprepared	161.00	0.40	2.20
19393	Frozen yogurts, chocolate, soft-serve	160.00	1.25	0.30
23033	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	160.00	2.98	0.00
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	160.00	2.27	0.00
23307	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean only, raw	160.00	1.88	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	160.00	2.88	0.00
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	160.00	2.93	0.00
27057	Sauce, barbecue, KC MASTERPIECE, original	160.00	1.09	0.20
42116	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie	160.00	0.13	0.40
09037	Avocados, raw, all commercial varieties	160.00	0.55	10.00
09526	Cranberry sauce, jellied, canned, OCEAN SPRAY	160.00	0.62	1.00
11134	Cassava, raw	160.00	0.27	20.60
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	160.00	1.65	0.00
14057	Alcoholic beverage, wine, dessert, sweet	160.00	0.24	0.00
15238	Fish, salmon, coho, farmed, raw	160.00	0.34	1.10
16513	WORTHINGTON FriChik Original, canned, unprepared	160.00	2.00	0.00
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	160.00	1.43	0.00
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	160.00	0.91	0.00
17159	Game meat, boar, wild, cooked, roasted	160.00	1.12	0.00
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	159.00	0.93	0.00
05168	Turkey, whole, meat only, cooked, roasted	159.00	1.03	0.00
05652	Ostrich, oyster, cooked	159.00	4.90	0.00
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	159.00	1.59	0.00
09081	Cranberry sauce, canned, sweetened	159.00	0.41	1.00
10119	Pork, fresh, variety meats and by-products, stomach, raw	159.00	1.01	0.00
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	159.00	1.05	0.00
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	159.00	1.69	0.00
15189	Fish, bluefish, cooked, dry heat	159.00	0.62	0.00
16546	MORNINGSTAR FARMS Breakfast Sausage Links, frozen, unprepared	159.00	5.90	0.00
16565	MORNINGSTAR FARMS Sausage Style Recipe Crumbles, frozen, unprepared	159.00	5.50	0.00
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	159.00	1.71	0.00
17427	Veal, loin, chop, separable lean only, cooked, grilled	159.00	0.79	0.00
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	159.00	1.65	0.00
19293	Frozen yogurts, vanilla, soft-serve	159.00	0.30	0.80
20136	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, cooked	159.00	1.65	--
23351	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	159.00	1.88	0.00
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	159.00	1.97	0.00
23509	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	159.00	2.93	0.00
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	159.00	2.80	0.00
35211	Caribou, hind quarter, meat, cooked (Alaska Native)	159.00	4.80	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
36035	Restaurant, family style, coleslaw	159.00	0.30	13.70
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	159.00	0.96	--
20121	Pasta, cooked, enriched, without added salt	158.00	1.28	0.00
20421	Pasta, cooked, unenriched, without added salt	158.00	0.50	0.00
21334	McDONALD'S, Strawberry Sundae	158.00	0.10	1.50
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	158.00	2.91	0.00
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	158.00	1.91	0.00
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	158.00	1.63	0.00
01140	Egg, quail, whole, fresh, raw	158.00	3.65	0.00
04675	Margarine-like spread, SMART BEAT Super Light without saturated fat	158.00	--	--
05151	Guinea hen, meat and skin, raw	158.00	0.84	1.30
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	158.00	1.07	0.00
05706	Turkey, whole, meat and skin, with added solution, raw	158.00	0.67	0.00
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	158.00	1.07	0.00
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	158.00	1.07	0.00
07018	Chicken spread	158.00	0.87	0.00
07927	Sausage, Italian, turkey, smoked	158.00	9.60	30.40
07929	Sausage, turkey, hot, smoked	158.00	9.60	30.40
09525	Cranberry sauce, whole, canned, OCEAN SPRAY	158.00	0.20	1.00
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	158.00	0.97	0.00
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	158.00	0.57	8.60
13324	Beef, variety meats and by-products, kidneys, cooked, simmered	158.00	5.80	0.00
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	158.00	3.26	0.00
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	158.00	2.02	0.00
15039	Fish, herring, Atlantic, raw	158.00	1.10	0.70
15050	Fish, mackerel, Pacific and jack, mixed species, raw	158.00	1.16	2.00
15052	Fish, mackerel, spanish, cooked, dry heat	158.00	0.74	1.60
15216	Fish, spot, cooked, dry heat	158.00	0.41	0.00
15229	Mollusks, cuttlefish, mixed species, cooked, moist heat	158.00	10.84	8.50
15264	Salmon, sockeye, canned, drained solids, without skin and bones	158.00	0.48	0.00
16551	MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared	158.00	1.50	0.00
16602	MORNINGSTAR FARMS Meal Starters Veggie Meatballs, frozen, unprepared	158.00	2.20	0.00
17165	Game meat, deer, cooked, roasted	158.00	4.47	0.00
01265	Cheese, cheddar, nonfat or fat free	157.00	0.00	--
05022	Chicken, broilers or fryers, giblets, cooked, simmered	157.00	7.04	12.50

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
05131	Chicken, stewing, dark meat, meat only, raw	157.00	1.22	4.60
05191	Turkey, all classes, breast, meat and skin, raw	157.00	1.20	0.00
05294	Turkey thigh, pre-basted, meat and skin, cooked, roasted	157.00	1.51	0.00
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	157.00	0.60	0.00
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	157.00	0.49	0.00
07034	Headcheese, pork	157.00	1.50	0.00
10153	Pork, cured, ham, whole, separable lean only, roasted	157.00	0.94	0.00
10863	Pork, fresh, variety meats and by-products, stomach, cooked, simmered	157.00	1.23	0.00
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	157.00	0.74	0.00
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	157.00	1.74	0.00
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	157.00	2.43	0.00
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	157.00	1.51	0.00
13963	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	157.00	2.80	0.00
17343	Game meat, deer, ground, raw	157.00	2.92	0.00
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	157.00	2.05	0.00
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	157.00	2.11	0.00
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	157.00	2.06	0.00
20321	Pasta, cooked, enriched, with added salt	157.00	1.28	0.00
20521	Pasta, cooked, unenriched, with added salt	157.00	0.50	0.00
21154	Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato	157.00	1.72	1.20
21211	SUBWAY, oven roasted chicken sub on white bread with lettuce and tomato	157.00	1.72	1.20
21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	157.00	0.55	--
22971	Potato salad with egg	157.00	0.50	0.80
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	157.00	2.88	0.00
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	157.00	5.70	0.00
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	157.00	2.06	0.00
36019	APPLEBEE'S, chili	157.00	1.46	1.10
36037	Restaurant, family style, chili with meat and beans	157.00	1.46	1.10
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	156.00	2.05	0.00
20652	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, cooked	156.00	1.58	--
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	156.00	2.09	0.00
23153	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	156.00	1.94	0.00
35200	Prairie Turnips, raw (Northern Plains Indians)	156.00	1.27	5.50
36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	156.00	0.52	--
36418	Restaurant, Mexican, refried beans	156.00	1.62	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
05629	Emu, inside drums, cooked, broiled	156.00	7.27	0.00
05650	Ostrich, outside strip, cooked	156.00	4.30	0.00
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	156.00	1.06	0.00
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	156.00	1.78	0.00
15048	Fish, mackerel, jack, canned, drained solids	156.00	2.04	0.90
15086	Fish, salmon, sockeye, cooked, dry heat	156.00	0.52	0.00
17215	Lamb, variety meats and by-products, spleen, cooked, braised	156.00	38.67	26.00
17341	Game meat, elk, round, separable lean only, cooked, broiled	156.00	4.08	0.00
01129	Egg, whole, cooked, hard-boiled	155.00	1.19	0.00
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	155.00	1.14	0.00
05174	Turkey, gizzard, all classes, cooked, simmered	155.00	3.68	6.30
05658	Ostrich, top loin, cooked	155.00	3.31	0.00
05732	Turkey, retail parts, breast, meat and skin, raw	155.00	0.77	0.00
07955	Turkey sausage, fresh, raw	155.00	1.17	2.30
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	155.00	0.50	0.00
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	155.00	0.90	0.00
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	155.00	1.25	0.00
13023	Beef, brisket, whole, separable lean only, all grades, raw	155.00	1.92	0.00
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	155.00	2.07	0.00
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	155.00	1.55	0.00
15142	Crustaceans, crab, blue, crab cakes, home recipe	155.00	1.08	2.80
16005	Beans, baked, home prepared	155.00	1.99	1.10
16524	WORTHINGTON Veja-Links, canned, unprepared	155.00	3.50	0.00
16579	GARDENBURGER Original, frozen, unprepared	155.00	1.40	0.00
16592	MORNINGSTAR FARMS California Turk'y Burger, frozen, unprepared	155.00	2.50	0.00
17320	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, raw	155.00	1.42	--
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	155.00	2.12	0.00
21150	SUBWAY, sweet onion chicken teriyaki sub on white bread with lettuce, tomato and sweet onion sauce	155.00	1.52	1.10
21151	Fast foods, submarine sandwich, sweet onion chicken teriyaki on white bread with lettuce, tomato and sweet onion sauce	155.00	1.52	1.10
21210	SUBWAY, roast beef sub on white bread with lettuce and tomato	155.00	2.09	0.00
23152	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	155.00	1.99	0.00
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	155.00	1.88	0.00
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	155.00	1.95	0.00
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	155.00	1.66	0.00
32035	BANQUET, Salisbury Steak With Gravy, family size, frozen, unprepared	155.00	0.98	--

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
19881	Ice creams, BREYERS, No Sugar Added, French Vanilla	154.00	0.19	0.90
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	154.00	1.94	0.00
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	154.00	1.78	0.00
23413	Beef, New Zealand, imported, flat, separable lean only, raw	154.00	1.90	0.00
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	154.00	3.11	0.00
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	154.00	1.54	0.00
36055	Restaurant, Italian, cheese ravioli with marinara sauce	154.00	0.82	--
01130	Egg, whole, cooked, omelet	154.00	1.48	0.00
05024	Chicken, gizzard, all classes, cooked, simmered	154.00	3.19	0.00
05088	Chicken, broilers or fryers, neck, meat only, raw	154.00	2.06	0.00
05624	Emu, fan fillet, cooked, broiled	154.00	4.56	0.00
12202	Nuts, chestnuts, japanese, raw	154.00	1.45	26.30
15211	Fish, salmon, chum, cooked, dry heat	154.00	0.71	0.00
16502	LOMA LINDA Low Fat Big Franks, canned, unprepared	154.00	2.30	0.00
16526	WORTHINGTON Meatless Chicken Roll, frozen, unprepared	154.00	3.80	0.00
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	154.00	1.12	0.00
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	154.00	1.21	0.00
05025	Chicken, heart, all classes, raw	153.00	5.96	3.20
05118	Chicken, roasting, light meat, meat only, cooked, roasted	153.00	1.08	0.00
07020	Corned beef loaf, jellied	153.00	2.04	0.00
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	153.00	1.05	8.40
12095	Nuts, chestnuts, chinese, boiled and steamed	153.00	0.97	24.70
13350	Beef, cured, dried	153.00	2.42	0.00
13478	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw	153.00	1.66	0.00
14029	Alcoholic beverage, whiskey sour, prepared from item 14028	153.00	0.08	1.60
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	153.00	0.26	189.70
15182	Fish, salmon, sockeye, canned, without salt, drained solids with bone	153.00	1.06	0.00
15195	Fish, drum, freshwater, cooked, dry heat	153.00	1.15	1.00
15212	Fish, salmon, pink, cooked, dry heat	153.00	0.45	0.00
15253	Salmon, sockeye, canned, total can contents	153.00	0.57	0.00
19345	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	153.00	0.00	--
19883	Ice creams, BREYERS, No Sugar Added, Vanilla Fudge Twirl	153.00	0.36	0.70
21127	Fast foods, coleslaw	153.00	0.22	14.60
21430	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed	153.00	0.51	--
21464	Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	153.00	0.54	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	153.00	2.28	0.00
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	153.00	1.76	0.00
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	153.00	2.52	0.00
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	153.00	2.88	0.00
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	153.00	1.60	0.00
35147	Tamales (Navajo)	153.00	1.22	1.70
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	152.00	0.72	0.00
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	152.00	2.31	0.00
23472	Beef, ground, 93% lean meat / 7% fat, raw	152.00	2.33	0.00
01193	KRAFT BREAKSTONE'S Reduced Fat Sour Cream	152.00	0.06	1.10
05632	Emu, top loin, cooked, broiled	152.00	5.07	0.00
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	152.00	0.77	0.30
11412	Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated	152.00	0.64	14.00
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	152.00	2.50	0.00
14536	Alcoholic beverage, wine, dessert, dry	152.00	0.24	0.00
17134	Veal, sirloin, separable lean and fat, raw	152.00	0.78	0.00
17210	Lamb, variety meats and by-products, pancreas, raw	152.00	2.30	18.00
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	152.00	4.23	0.00
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	151.00	0.88	0.00
05663	Ground turkey, fat free, pan-broiled crumbles	151.00	1.02	0.00
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	151.00	0.45	0.00
10107	Pork, fresh, variety meats and by-products, kidneys, cooked, braised	151.00	5.29	10.60
13320	Beef, variety meats and by-products, brain, cooked, simmered	151.00	2.30	10.50
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	151.00	1.69	0.00
17055	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw	151.00	1.62	0.00
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	151.00	1.24	0.00
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	151.00	1.39	0.00
19895	Ice creams, BREYERS, No Sugar Added, Chocolate Caramel	151.00	0.59	0.70
20058	Rice, white, steamed, Chinese restaurant	151.00	0.39	--
21156	Fast foods, submarine sandwich, ham on white bread with lettuce and tomato	151.00	1.78	0.90
21209	SUBWAY, black forest ham sub on white bread with lettuce and tomato	151.00	1.78	0.90
23302	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	151.00	2.21	0.00
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	151.00	1.73	0.00
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	151.00	2.16	0.00
36017	Restaurant, family style, macaroni & cheese, from kids' menu	151.00	0.68	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	151.00	1.57	--
43299	Soybean, curd cheese	151.00	5.60	0.00
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	150.00	1.94	0.00
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	150.00	2.34	0.00
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	150.00	2.53	0.00
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	150.00	2.89	0.00
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	150.00	7.17	0.00
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	150.00	1.61	0.00
27050	Sauce, sweet and sour, ready-to-serve	150.00	0.21	8.70
36613	DENNY'S, macaroni & cheese, from kid's menu	150.00	0.79	--
05665	Ground turkey, 93% lean, 7% fat, raw	150.00	1.17	0.00
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	150.00	1.20	0.00
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	150.00	0.62	7.70
11618	Eppaw, raw	150.00	1.15	13.00
11842	Potatoes, french fried, all types, salt not added in processing, frozen, as purchased	150.00	0.62	17.30
15056	Fish, mullet, striped, cooked, dry heat	150.00	1.41	1.20
15116	Fish, trout, rainbow, wild, cooked, dry heat	150.00	0.38	2.00
16590	MORNINGSTAR FARMS BBQ Riblets, frozen, unprepared	150.00	2.00	--
17103	Veal, leg (top round), separable lean only, cooked, roasted	150.00	0.90	0.00
17145	Game meat, antelope, cooked, roasted	150.00	4.20	0.00
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	150.00	4.09	0.00
01132	Egg, whole, cooked, scrambled	149.00	1.31	0.00
01200	Reddi Wip Fat Free Whipped Topping	149.00	0.03	0.00
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	149.00	0.94	0.00
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	149.00	0.78	0.00
07056	Peppered loaf, pork, beef	149.00	1.07	0.00
07914	Sausage, Italian, sweet, links	149.00	1.19	0.20
10118	Pork, fresh, variety meats and by-products, spleen, cooked, braised	149.00	22.23	11.60
10802	USDA Commodity, pork, cured, ham, boneless, cooked, heated	149.00	0.85	23.30
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	149.00	1.39	0.00
11215	Garlic, raw	149.00	1.70	31.20
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	149.00	1.62	0.00
13284	Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw	149.00	1.94	0.00
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	149.00	2.26	0.00
14531	Alcoholic beverage, whiskey sour	149.00	0.08	1.60

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
16041	Beans, pink, mature seeds, cooked, boiled, without salt	149.00	2.30	0.00
16341	Beans, pink, mature seeds, cooked, boiled, with salt	149.00	2.30	0.00
17347	Game meat, deer, tenderloin, separable lean only, cooked, broiled	149.00	4.25	0.00
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	149.00	1.15	0.00
20125	Pasta, whole-wheat, cooked	149.00	1.72	0.00
21425	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	149.00	0.53	--
22970	Macaroni and cheese, frozen entree	149.00	0.57	0.00
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	149.00	2.27	0.00
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	149.00	2.48	0.00
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	149.00	1.93	0.00
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	149.00	1.78	0.00
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	149.00	1.93	0.00
32031	Salisbury steak with gravy, frozen	149.00	0.95	0.00
43135	Sandwich spread, meatless	149.00	1.50	0.00
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	148.00	1.80	0.00
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	148.00	1.60	0.00
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	148.00	1.63	0.00
32003	Rice and vermicelli mix, rice pilaf flavor, prepared with 80% margarine	148.00	0.85	--
42205	Cheese, pasteurized process, cheddar or American, fat-free	148.00	0.28	0.00
01190	KRAFT FREE Singles American Nonfat Pasteurized Process Cheese Product	148.00	0.05	0.20
05125	Chicken, stewing, meat only, raw	148.00	1.09	3.30
05305	Ground turkey, raw	148.00	1.09	0.00
05354	USDA Commodity, turkey taco meat, frozen, cooked	148.00	1.80	0.00
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	148.00	0.43	0.00
09214	Orange juice, frozen concentrate, unsweetened, undiluted	148.00	0.33	144.80
10072	Pork, fresh, shoulder, whole, separable lean only, raw	148.00	1.22	0.80
10104	Pork, fresh, variety meats and by-products, heart, cooked, braised	148.00	5.83	2.00
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	148.00	1.42	0.00
14347	Shake, fast food, vanilla	148.00	0.46	0.00
15053	Fish, milkfish, raw	148.00	0.32	0.00
15114	Fish, trout, mixed species, raw	148.00	1.50	0.50
15159	Mollusks, clam, mixed species, cooked, moist heat	148.00	2.81	22.10
17128	Veal, shoulder, blade chop, separable lean and fat, raw	148.00	1.22	0.00
01171	Egg, whole, raw, frozen, pasteurized	147.00	1.74	0.00
01244	Milk dessert bar, frozen, made from lowfat milk	147.00	0.53	0.90

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
05186	Turkey, all classes, light meat, cooked, roasted	147.00	0.71	0.00
05220	Turkey, breast, from whole bird, meat only, roasted	147.00	0.71	0.00
05228	Turkey, wing, from whole bird, meat only, roasted	147.00	0.71	0.00
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	147.00	0.54	0.00
06166	Sauce, homemade, white, medium	147.00	0.33	0.80
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	147.00	0.33	144.80
09422	Durian, raw or frozen	147.00	0.43	19.70
10152	Pork, cured, ham, whole, separable lean only, unheated	147.00	0.81	0.00
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	147.00	1.15	0.00
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	147.00	0.62	17.30
11450	Soybeans, green, raw	147.00	3.55	29.00
13355	Beef, cured, pastrami	147.00	2.22	0.30
15113	Fish, tilefish, cooked, dry heat	147.00	0.31	0.00
16136	Winged beans, mature seeds, cooked, boiled, without salt	147.00	4.33	0.00
16436	Winged beans, mature seeds, cooked, boiled, with salt	147.00	4.33	0.00
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	147.00	1.75	0.00
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	147.00	1.40	0.00
20651	Rice, brown, parboiled, cooked, UNCLE BENS	147.00	0.53	--
21155	Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato	147.00	1.84	1.20
21207	SUBWAY, turkey breast sub on white bread with lettuce and tomato	147.00	1.84	1.20
22944	SUPPER BAKES MEAL KITS, Creamy Stroganoff Sauce with pasta	147.00	--	--
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	147.00	2.49	0.00
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	147.00	1.95	0.00
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	147.00	1.91	0.00
21152	SUBWAY, SUBWAY CLUB sub on white bread with lettuce and tomato	146.00	1.93	0.80
21153	Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato	146.00	1.93	0.80
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	146.00	2.24	0.00
23431	Beef, New Zealand, imported, ribs prepared, raw	146.00	1.82	0.00
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	146.00	2.18	0.00
36404	Restaurant, Latino, arroz con leche (rice pudding)	146.00	0.23	--
03013	Babyfood, meat, chicken, junior	146.00	0.99	1.50
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	146.00	1.10	0.00
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	146.00	0.69	0.00
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	146.00	0.49	119.80
10998	Canadian bacon, cooked, pan-fried	146.00	0.56	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	146.00	2.49	0.00
15007	Fish, butterfish, raw	146.00	0.50	0.00
15081	Fish, salmon, coho, wild, raw	146.00	0.56	1.00
15135	Fish, yellowtail, mixed species, raw	146.00	0.49	2.80
15187	Fish, bass, freshwater, mixed species, cooked, dry heat	146.00	1.91	2.10
16507	LOMA LINDA Redi-Burger, canned, unprepared	146.00	20.00	0.00
17149	Bison, ground, grass-fed, raw	146.00	2.78	0.00
17150	Game meat, beaver, raw	146.00	6.90	2.00
17167	Game meat, elk, cooked, roasted	146.00	3.63	0.00
17312	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	146.00	1.79	--
05656	Ostrich, tip trimmed, cooked	145.00	2.79	0.00
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	145.00	0.43	0.00
09195	Olives, pickled, canned or bottled, green	145.00	0.49	0.00
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	145.00	1.48	0.00
10856	HORMEL ALWAYS TENDER, Boneless Pork Loin, Fresh Pork	145.00	0.60	1.30
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	145.00	1.20	0.00
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	145.00	2.27	0.00
13334	Beef, variety meats and by-products, spleen, cooked, braised	145.00	39.36	50.30
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	145.00	2.26	0.00
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	145.00	1.59	0.00
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	145.00	1.54	0.00
16160	Tofu, hard, prepared with nigari	145.00	2.75	0.30
16504	LOMA LINDA Tender Rounds with Gravy, canned, unprepared	145.00	1.50	0.00
17186	Lamb, variety meats and by-products, brain, cooked, braised	145.00	1.68	12.00
17350	Veal, Australian, shank, fore, bone-in, separable lean and fat, raw	145.00	0.99	0.00
19094	Desserts, flan, caramel custard, prepared-from-recipe	145.00	0.38	0.00
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	145.00	2.01	0.00
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	145.00	2.29	0.00
32019	Lasagna, cheese, frozen, unprepared	145.00	0.76	1.50
43327	Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted	145.00	1.48	0.00
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	144.00	1.06	0.00
19097	Sherbet, orange	144.00	0.14	2.30
21420	KFC, Coleslaw	144.00	0.21	14.60
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	144.00	1.95	0.00
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	144.00	2.46	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	144.00	2.89	0.00
36045	ON THE BORDER, refried beans	144.00	1.67	0.00
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	144.00	0.46	0.00
05193	Turkey, all classes, leg, meat and skin, raw	144.00	1.72	0.00
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	144.00	0.43	0.00
10184	Pork, cured, ham, extra lean and regular, canned, unheated	144.00	0.90	0.00
10228	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw	144.00	0.88	0.60
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	144.00	1.77	0.00
15110	Fish, swordfish, raw	144.00	0.38	0.00
15117	Fish, tuna, fresh, bluefin, raw	144.00	1.02	0.00
15235	Fish, catfish, channel, farmed, cooked, dry heat	144.00	0.28	0.00
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	144.00	2.48	1.80
16173	Frijoles rojos volteados (Refried beans, red, canned)	144.00	1.95	--
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	144.00	2.48	1.80
16426	Tofu, raw, firm, prepared with calcium sulfate	144.00	2.66	0.20
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	144.00	1.66	0.00
17088	Veal, composite of trimmed retail cuts, separable lean and fat, raw	144.00	0.83	0.00
17352	Veal, Australian, shank, hind, bone-in, separable lean and fat	144.00	2.95	0.00
01123	Egg, whole, raw, fresh	143.00	1.75	0.00
01131	Egg, whole, cooked, poached	143.00	1.75	0.00
05165	Turkey, whole, meat and skin, raw	143.00	0.86	0.00
05332	Chicken, ground, raw	143.00	0.82	0.00
10024	Pork, fresh, loin, whole, separable lean only, raw	143.00	0.84	0.60
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	143.00	0.71	0.00
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	143.00	1.15	0.00
11414	Potato salad, home-prepared	143.00	0.65	10.00
13318	Beef, variety meats and by-products, brain, raw	143.00	2.55	10.70
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	143.00	2.52	0.00
15072	Fish, roe, mixed species, raw	143.00	0.60	16.00
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	143.00	1.41	2.10
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	143.00	2.09	0.80
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	143.00	2.09	0.80
16531	WORTHINGTON Prosage Links, frozen, unprepared	143.00	3.20	0.00
17026	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw	143.00	1.91	0.00
17152	Game meat, beefalo, composite of cuts, raw	143.00	2.32	7.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
17157	Game meat, bison, separable lean only, cooked, roasted	143.00	3.42	0.00
17169	Game meat, goat, cooked, roasted	143.00	3.73	0.00
17308	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	143.00	1.94	--
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	143.00	1.16	0.00
17460	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	143.00	2.25	0.00
19882	Ice creams, BREYERS, No Sugar Added, Vanilla	143.00	0.09	0.80
19884	Ice creams, BREYERS, No Sugar Added, Vanilla Chocolate Strawberry	143.00	0.27	0.80
23037	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw	143.00	2.14	0.00
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	143.00	1.96	0.00
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	143.00	2.33	0.00
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	143.00	2.17	0.00
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	143.00	2.55	0.00
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	143.00	1.84	0.00
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	143.00	2.55	0.00
23386	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	143.00	1.84	0.00
27052	Dip, salsa con queso, cheese and salsa- medium	143.00	0.14	0.40
36003	APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	143.00	0.84	--
19183	Puddings, chocolate, ready-to-eat	142.00	1.27	0.30
21314	McDONALD'S, Spicy Buffalo Sauce	142.00	0.35	0.00
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	142.00	2.39	0.00
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	142.00	2.53	0.00
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	142.00	1.80	0.00
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	142.00	2.47	0.00
23411	Beef, New Zealand, imported, flank, separable lean only, raw	142.00	1.57	0.00
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	142.00	1.54	0.00
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	142.00	1.22	--
05161	Squab, (pigeon), meat only, raw	142.00	4.51	7.20
06006	Soup, bean with frankfurters, canned, condensed	142.00	1.78	0.70
11519	Taro, cooked, without salt	142.00	0.72	5.00
11878	Taro, cooked, with salt	142.00	0.72	5.00
15076	Fish, salmon, Atlantic, wild, raw	142.00	0.80	0.00
15160	Mollusks, clam, mixed species, canned, drained solids	142.00	2.68	0.00
16008	Beans, baked, canned, with franks	142.00	1.73	2.30
16046	Beans, small white, mature seeds, cooked, boiled, without salt	142.00	2.84	0.00
16346	Beans, small white, mature seeds, cooked, boiled, with salt	142.00	2.84	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	142.00	1.52	0.00
17282	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	142.00	1.59	--
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	142.00	1.73	0.00
01263	Ice cream, light, soft serve, chocolate	141.00	0.60	0.00
04022	Salad dressing, russian dressing, low calorie	141.00	0.60	6.00
05631	Emu, oyster, raw	141.00	5.50	0.00
05645	Ostrich, inside leg, cooked	141.00	3.12	0.00
05736	Turkey, retail parts, drumstick, meat and skin, raw	141.00	1.14	0.00
06051	Soup, pea, split with ham, canned, condensed	141.00	1.70	1.10
06361	CAMPBELL'S Red and White, Green Pea Soup, condensed	141.00	1.13	0.00
06380	CAMPBELL'S Red and White, Split Pea with Ham and Bacon Soup, condensed	141.00	1.13	0.00
07060	Luxury loaf, pork	141.00	1.05	0.00
11451	Soybeans, green, cooked, boiled, drained, without salt	141.00	2.50	17.00
11853	Soybeans, green, cooked, boiled, drained, with salt	141.00	2.50	17.00
15080	Fish, salmon, chum, canned, drained solids with bone	141.00	0.70	0.00
15180	Fish, salmon, chum, canned, without salt, drained solids with bone	141.00	0.70	0.00
15240	Fish, trout, rainbow, farmed, raw	141.00	0.31	2.90
21083	Fast foods, taco salad	141.00	1.15	1.80
23057	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw	141.00	2.31	0.00
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	141.00	2.30	0.00
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	141.00	1.60	0.00
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	141.00	1.57	0.00
42304	Cheese, mozzarella, nonfat	141.00	0.31	0.00
43528	Beverages, ABBOTT, ENSURE PLUS, ready-to-drink	141.00	1.79	11.90
23039	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw	140.00	2.64	0.00
23317	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean and fat, raw	140.00	2.08	0.00
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	140.00	2.21	0.00
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	140.00	1.84	0.00
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	140.00	2.12	0.00
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	140.00	2.06	0.00
42158	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	140.00	0.26	0.00
05175	Turkey, heart, all classes, raw	140.00	3.70	3.00
05316	Duck, young duckling, domesticated, White Pekin, breast, meat only, boneless, cooked without skin, broiled	140.00	4.49	3.20
05705	Turkey, whole, meat only, with added solution, roasted	140.00	0.77	0.00
06738	Soup, split pea with ham and bacon, canned, condensed, single brand	140.00	1.59	--

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
09261	Pears, dried, sulfured, stewed, with added sugar	140.00	0.97	3.80
10132	Pork, cured, feet, pickled	140.00	0.31	0.00
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	140.00	0.90	0.00
13293	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	140.00	2.34	0.00
16038	Beans, navy, mature seeds, cooked, boiled, without salt	140.00	2.36	0.90
16338	Beans, navy, mature seeds, cooked, boiled, with salt	140.00	2.36	0.90
17202	Veal, variety meats and by-products, liver, raw	140.00	6.40	0.70
05739	Turkey, drumstick, from whole bird, meat only, roasted	139.00	0.71	0.00
07052	Pastrami, turkey	139.00	4.20	8.10
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	139.00	0.83	0.00
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	139.00	1.54	0.00
11195	Cowpeas (blackeyes), immature seeds, frozen, unprepared	139.00	2.35	4.00
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	139.00	2.51	0.00
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	139.00	2.18	0.00
15051	Fish, mackerel, spanish, raw	139.00	0.44	1.60
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	139.00	0.84	0.00
15247	Fish, salmon, coho, wild, cooked, dry heat	139.00	0.61	1.40
16050	Beans, white, mature seeds, cooked, boiled, without salt	139.00	3.70	0.00
16350	Beans, white, mature seeds, cooked, boiled, with salt	139.00	3.70	0.00
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	139.00	1.07	0.10
17199	Lamb, variety meats and by-products, liver, raw	139.00	7.37	4.00
22956	Lasagna, Vegetable, frozen, baked	139.00	0.55	1.10
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	139.00	2.50	0.00
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	139.00	2.50	0.00
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	139.00	2.08	0.00
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	139.00	2.02	0.00
19867	Ice creams, vanilla, fat free	138.00	0.00	--
20110	Noodles, egg, enriched, cooked	138.00	1.47	0.00
20310	Noodles, egg, cooked, enriched, with added salt	138.00	1.47	0.00
20410	Noodles, egg, unenriched, cooked, without added salt	138.00	0.60	0.00
20510	Noodles, egg, cooked, unenriched, with added salt	138.00	0.60	0.00
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	138.00	0.53	0.00
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	138.00	2.08	0.00
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	138.00	2.27	0.00
23294	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean only, raw	138.00	2.25	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	138.00	1.64	0.00
31030	Potatoes, french fried, steak cut, salt not added in processing, frozen, unprepared	138.00	0.83	6.90
01037	Cheese, ricotta, part skim milk	138.00	0.44	0.00
01255	Egg, whole, raw, frozen, salted, pasteurized	138.00	1.71	0.00
05285	Turkey, diced, light and dark meat, seasoned	138.00	1.80	0.00
05664	Ground turkey, fat free, patties, broiled	138.00	0.78	0.00
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	138.00	1.82	14.00
14041	Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	138.00	1.73	23.10
15260	Fish, salmon, pink, canned, drained solids	138.00	0.77	0.00
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	138.00	0.98	0.10
16505	LOMA LINDA Swiss Stake with Gravy, canned, unprepared	138.00	1.80	0.00
16584	GARDENBURGER Savory Portabella Veggie Burger, frozen, unprepared	138.00	0.70	0.00
17300	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	138.00	1.75	--
05053	Chicken, broilers or fryers, back, meat only, raw	137.00	1.04	0.00
05129	Chicken, stewing, light meat, meat only, raw	137.00	0.92	1.80
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	137.00	0.45	0.00
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	137.00	1.04	0.00
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	137.00	2.04	0.00
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	137.00	2.49	0.00
13972	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw	137.00	2.18	0.00
15177	Mollusks, whelk, unspecified, raw	137.00	5.03	4.00
16585	GARDENBURGER Sun-Dried Tomato Basil Burger, frozen, unprepared	137.00	1.20	12.00
17196	Lamb, variety meats and by-products, kidneys, cooked, braised	137.00	12.40	12.00
17324	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, raw	137.00	1.54	--
19877	Ice creams, BREYERS, 98% Fat Free Vanilla	137.00	0.09	0.80
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	137.00	2.01	0.00
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	137.00	2.08	0.00
23557	Beef, ground, 95% lean meat / 5% fat, raw	137.00	2.38	0.00
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	137.00	1.54	0.00
17369	Lamb, New Zealand, imported, liver, raw	136.00	4.60	0.00
17443	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	136.00	2.27	0.00
17444	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	136.00	1.88	0.00
19894	Ice creams, BREYERS, 98% Fat Free Chocolate	136.00	0.84	0.70
22999	Rice and vermicelli mix, chicken flavor, prepared with 80% margarine	136.00	0.95	--
32013	Potsticker or wonton, pork and vegetable, frozen, unprepared	136.00	0.74	8.30

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
32034	HUNGRY MAN, Salisbury Steak With Gravy, frozen, unprepared	136.00	1.02	--
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	136.00	0.03	0.00
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	136.00	0.03	0.00
01179	Sour cream, light	136.00	0.07	0.90
05143	Duck, domesticated, liver, raw	136.00	30.53	4.50
05711	Turkey, retail parts, breast, meat only, cooked, roasted	136.00	0.97	0.00
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	136.00	1.01	0.90
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	136.00	0.61	0.00
10138	Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted	136.00	0.92	0.00
11344	Pigeonpeas, immature seeds, raw	136.00	1.60	39.00
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	136.00	0.57	0.00
16020	Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	136.00	2.09	0.00
16320	Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	136.00	2.09	0.00
17177	Game meat, rabbit, domesticated, composite of cuts, raw	136.00	1.57	0.00
17189	Veal, variety meats and by-products, brain, cooked, braised	136.00	1.67	13.00
01055	Cream, sour, reduced fat, cultured	135.00	0.07	0.90
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	135.00	0.19	1.90
05141	Duck, domesticated, meat only, raw	135.00	2.40	5.80
05353	USDA Commodity, chicken fajita strips, frozen	135.00	0.99	0.00
11392	Potatoes, hash brown, frozen, with butter sauce, unprepared	135.00	0.75	5.70
13325	Beef, variety meats and by-products, liver, raw	135.00	4.90	1.30
15105	Fish, sturgeon, mixed species, cooked, dry heat	135.00	0.90	0.00
15213	Fish, scup, cooked, dry heat	135.00	0.68	0.00
16508	LOMA LINDA Tender Bits, canned, unprepared	135.00	1.60	0.00
16517	WORTHINGTON Prime Stakes, canned, unprepared	135.00	2.00	0.00
17292	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	135.00	1.64	--
22120	MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared	135.00	4.80	0.00
22977	Lasagna with meat sauce, frozen, prepared	135.00	0.71	2.50
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	135.00	2.39	0.00
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	135.00	2.48	0.00
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	135.00	1.73	0.00
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	135.00	2.48	0.00
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	135.00	1.73	0.00
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	135.00	1.99	0.00
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	135.00	1.63	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
22919	Macaroni and Cheese, canned, microwavable	134.00	0.91	0.00
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	134.00	2.00	0.00
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	134.00	1.59	0.00
43479	Alcoholic beverage, rice (sake)	134.00	0.10	0.00
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	134.00	0.19	1.90
01153	Milk, canned, evaporated, with added vitamin A	134.00	0.19	1.90
05156	Pheasant, leg, meat only, raw	134.00	1.78	6.00
05158	Quail, meat only, raw	134.00	4.51	7.20
05162	Squab, (pigeon), light meat without skin, raw	134.00	2.31	5.10
05310	Chicken, cornish game hens, meat only, cooked, roasted	134.00	0.77	0.60
05621	Emu, ground, raw	134.00	4.02	0.00
07935	Oven-roasted chicken breast roll	134.00	0.32	0.00
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	134.00	0.82	0.20
10110	Pork, fresh, variety meats and by-products, liver, raw	134.00	23.30	25.30
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	134.00	2.43	0.00
15130	Fish, whitefish, mixed species, raw	134.00	0.37	0.00
15200	Fish, mackerel, king, cooked, dry heat	134.00	2.28	1.60
17000	Veal, Australian, rib, rib roast, separable lean only, raw	134.00	1.58	0.00
17003	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw	134.00	1.77	0.00
17021	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw	134.00	1.83	0.00
17059	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw	134.00	1.77	0.00
17173	Game meat, moose, cooked, roasted	134.00	4.22	5.00
05111	Canada Goose, breast meat, skinless, raw	133.00	5.91	0.00
05150	Goose, liver, raw	133.00	30.53	4.50
05154	Pheasant, raw, meat only	133.00	1.15	6.00
05155	Pheasant, breast, meat only, raw	133.00	0.79	6.00
05338	USDA Commodity, Chicken, canned, meat only, with broth	133.00	0.97	0.00
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	133.00	2.26	6.80
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	133.00	0.55	0.00
10804	USDA Commodity, pork, cured, ham, boneless, cooked, unheated	133.00	1.07	22.70
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	133.00	0.65	18.40
11921	Peppers, sweet, red, sauteed	133.00	0.47	162.80
13358	Beef, cured, smoked, chopped beef	133.00	2.85	0.00
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	133.00	2.51	0.00
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	133.00	2.21	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
15214	Fish, seatrout, mixed species, cooked, dry heat	133.00	0.35	0.00
16261	SILK French Vanilla Creamer	133.00	0.00	--
16262	SILK Hazelnut Creamer	133.00	0.00	200.00
16570	GARDENBURGER Black Bean Chipotle Burger, frozen, unprepared	133.00	2.40	0.00
17170	Game meat, horse, raw	133.00	3.82	1.00
17296	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	133.00	1.61	--
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	133.00	2.14	0.00
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	133.00	2.66	0.00
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	133.00	2.28	0.00
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	133.00	8.44	0.00
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	133.00	2.14	0.00
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	133.00	1.63	0.00
27054	Dip, TOSTITOS, salsa con queso, medium	133.00	0.14	0.60
20112	Noodles, egg, spinach, enriched, cooked	132.00	1.09	0.00
20139	Wheat, KAMUT khorasan, cooked	132.00	1.76	--
21248	WENDY'S, Frosty Dairy Dessert	132.00	1.04	0.00
22121	MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared	132.00	2.90	0.00
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	132.00	2.23	0.00
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	132.00	1.93	0.00
27058	Sauce, barbecue, OPEN PIT, original	132.00	0.15	--
43028	Jams and preserves, no sugar (with sodium saccharin), any flavor	132.00	0.40	0.00
03830	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, LIPIL, with iron, liquid concentrate, not reconstituted, with ARA and DHA	132.00	2.30	15.30
03966	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, liquid concentrate	132.00	2.38	15.90
04367	Salad dressing, french dressing, fat-free	132.00	0.58	0.00
04635	Salad dressing, thousand island dressing, fat-free	132.00	0.28	0.00
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	132.00	1.20	0.00
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	132.00	0.54	0.00
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	132.00	1.17	0.00
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	132.00	1.59	0.00
11039	Lima beans, immature seeds, frozen, baby, unprepared	132.00	2.21	8.30
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	132.00	2.12	2.60
11286	Onions, yellow, sauteed	132.00	0.27	1.80
11369	Potatoes, microwaved, cooked in skin, skin, without salt	132.00	5.94	15.30
11373	Potatoes, au gratin, home-prepared from recipe using butter	132.00	0.64	9.90

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
11836	Potatoes, microwaved, cooked, in skin, skin with salt	132.00	5.94	15.30
11843	Potatoes, au gratin, home-prepared from recipe using margarine	132.00	0.64	9.90
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	132.00	2.06	0.00
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	132.00	1.60	1.00
16015	Beans, black, mature seeds, cooked, boiled, without salt	132.00	2.10	0.00
16315	Beans, black, mature seeds, cooked, boiled, with salt	132.00	2.10	0.00
17047	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw	132.00	1.74	0.00
17122	Veal, shoulder, arm, separable lean and fat, raw	132.00	1.00	0.00
17304	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, raw	132.00	1.94	--
02063	Rosemary, fresh	131.00	6.65	21.80
03812	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, liquid concentrate, with ARA and DHA	131.00	2.36	15.80
03818	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, liquid concentrate, with ARA and DHA	131.00	0.92	15.80
03824	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, liquid concentrate, not reconstituted	131.00	2.30	15.30
03854	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, LIPIL, liquid concentrate, not reconstituted, with ARA and DHA	131.00	2.30	15.30
04705	Salad dressing, caesar, fat-free	131.00	0.29	0.10
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	131.00	1.12	0.00
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	131.00	0.87	0.00
11182	Corn, yellow, whole kernel, frozen, microwaved	131.00	0.39	--
11656	Corn pudding, home prepared	131.00	0.53	3.70
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	131.00	2.12	2.60
12101	Nuts, chestnuts, european, boiled and steamed	131.00	1.73	26.70
15001	Fish, anchovy, european, raw	131.00	3.25	0.00
15085	Fish, salmon, sockeye, raw	131.00	0.43	0.00
17161	Game meat, buffalo, water, cooked, roasted	131.00	2.12	0.00
17222	Veal, variety meats and by-products, tongue, raw	131.00	2.72	5.00
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	131.00	1.54	0.00
17446	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw	131.00	2.25	0.00
20094	Pasta, fresh-refrigerated, plain, cooked	131.00	1.14	0.00
20117	Noodles, japanese, somen, cooked	131.00	0.52	0.00
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	131.00	2.50	0.00
23303	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean only, raw	131.00	1.57	0.00
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	131.00	1.61	0.00
32022	KASHI Three Cheese Ravioli with Mediterranean Tomato Sauce, frozen, unprepared	131.00	0.80	0.00
43285	Eggs, scrambled, frozen mixture	131.00	0.23	0.00
19201	Puddings, vanilla, ready-to-eat	130.00	0.09	0.20

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
19218	Puddings, tapioca, ready-to-eat	130.00	0.11	0.30
20045	Rice, white, long-grain, regular, enriched, cooked	130.00	1.20	0.00
20051	Rice, white, medium-grain, enriched, cooked	130.00	1.49	0.00
20053	Rice, white, short-grain, enriched, cooked	130.00	1.46	0.00
20096	Pasta, fresh-refrigerated, spinach, cooked	130.00	1.11	0.00
20097	Pasta, homemade, made with egg, cooked	130.00	1.16	0.00
20127	Spaghetti, spinach, cooked	130.00	1.04	0.00
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	130.00	1.20	0.00
20445	Rice, white, long-grain, regular, unenriched, cooked without salt	130.00	0.20	0.00
20451	Rice, white, medium-grain, cooked, unenriched	130.00	0.20	0.00
20453	Rice, white, short-grain, cooked, unenriched	130.00	0.20	0.00
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	130.00	0.20	0.00
22910	Lasagna, cheese, frozen, prepared	130.00	1.27	17.10
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	130.00	2.62	0.00
23095	Beef, chuck for stew, separable lean and fat, choice, raw	130.00	2.09	0.00
23308	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean only, raw	130.00	2.11	0.00
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	130.00	1.81	0.00
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	130.00	1.92	0.00
03012	Babyfood, meat, chicken, strained	130.00	1.40	1.70
03937	Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted	130.00	2.36	11.20
05137	Chicken, capons, giblets, raw	130.00	6.25	18.40
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	130.00	0.59	0.00
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	130.00	1.10	0.00
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	130.00	1.23	0.00
11361	Potatoes, roasted, salt added in processing, frozen, unprepared	130.00	0.50	1.70
11945	Pickle relish, sweet	130.00	0.87	1.00
15095	Fish, shark, mixed species, raw	130.00	0.84	0.00
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	130.00	0.92	0.00
15250	Mollusks, conch, baked or broiled	130.00	1.41	0.00
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	130.00	2.85	0.00
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	130.00	2.85	0.00
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	130.00	0.91	0.00
01243	Fat free ice cream, no sugar added, flavors other than chocolate	129.00	0.00	--
05337	USDA Commodity, Chicken, canned, meat only, with water	129.00	0.93	0.00
06004	Soup, bean with pork, canned, condensed	129.00	1.53	1.20

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	129.00	0.85	0.00
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	129.00	0.75	0.00
11958	Pickle relish, hamburger	129.00	1.14	2.30
15084	Fish, salmon, pink, canned, total can contents	129.00	0.64	0.00
16023	Beans, french, mature seeds, cooked, boiled, without salt	129.00	1.08	1.20
16323	Beans, french, mature seeds, cooked, boiled, with salt	129.00	1.08	1.20
17217	Veal, variety meats and by-products, spleen, cooked, braised	129.00	7.36	40.00
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	129.00	2.91	0.00
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	129.00	2.22	0.00
23309	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean only, raw	129.00	2.30	0.00
23318	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean and fat, raw	129.00	2.28	0.00
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	129.00	2.06	0.00
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	129.00	1.37	0.00
23513	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw	129.00	2.35	0.00
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	129.00	2.04	0.00
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	129.00	1.97	0.00
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	129.00	1.55	0.00
27053	Dip, OLD EL PASO, Cheese 'n Salsa, medium	129.00	0.12	0.80
32001	Rice and vermicelli mix, beef flavor, prepared with 80% margarine	129.00	0.88	--
33864	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, Liquid concentrate, not reconstituted	129.00	2.33	15.70
33865	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, Liquid concentrate, not reconstituted	129.00	2.32	15.60
35201	Prairie Turnips, boiled (Northern Plains Indians)	129.00	0.95	2.00
36619	Restaurant, Chinese, kung pao chicken	129.00	0.76	7.10
19280	Frozen novelties, ice type, lime	128.00	0.16	1.00
20106	Macaroni, vegetable, enriched, cooked	128.00	0.49	0.00
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	128.00	0.79	0.80
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	128.00	2.12	0.00
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	128.00	2.43	0.00
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	128.00	1.98	0.00
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	128.00	2.24	0.00
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	128.00	2.35	0.00
23418	Beef, New Zealand, imported, inside, raw	128.00	2.27	0.00
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	128.00	1.92	0.00
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	128.00	2.12	0.00
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	128.00	1.90	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
03842	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid concentrate	128.00	2.30	11.50
03926	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted	128.00	2.29	15.20
03947	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA	128.00	2.32	11.50
03952	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, liquid concentrate	128.00	2.30	11.50
05177	Turkey, liver, all classes, raw	128.00	8.94	24.50
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	128.00	1.56	0.00
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	128.00	1.07	0.00
13227	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw	128.00	2.32	0.00
15102	Fish, snapper, mixed species, cooked, dry heat	128.00	0.24	1.60
15126	Fish, tuna, white, canned in water, drained solids	128.00	0.97	0.00
15186	Fish, tuna, white, canned in water, without salt, drained solids	128.00	0.97	0.00
15262	Fish, tilapia, cooked, dry heat	128.00	0.69	0.00
16002	Beans, adzuki, mature seeds, cooked, boiled, without salt	128.00	2.00	0.00
16302	Beans, adzuki, mature seed, cooked, boiled, with salt	128.00	2.00	0.00
17013	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw	128.00	1.82	0.00
17064	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw	128.00	1.64	0.00
01266	Cheese, Swiss, nonfat or fat free	127.00	0.17	0.00
03801	Infant formula, NESTLE, GOOD START SUPREME, with iron, liquid concentrate, not reconstituted	127.00	1.90	11.00
03816	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, liquid concentrate, not reconstituted	127.00	2.28	15.10
03851	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not reconstituted	127.00	2.30	11.50
03856	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, liquid concentrate, not reconstituted	127.00	0.89	11.50
03951	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, liquid concentrate, not reconstituted	127.00	2.30	11.50
05115	Chicken, roasting, giblets, raw	127.00	5.40	13.10
05646	Ostrich, inside strip, raw	127.00	4.20	0.00
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	127.00	0.55	0.00
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	127.00	0.55	0.00
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	127.00	0.55	0.00
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	127.00	0.55	0.00
09260	Pears, dried, sulfured, stewed, without added sugar	127.00	1.02	4.00
09265	Persimmons, native, raw	127.00	2.50	66.00
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	127.00	0.65	0.00
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	127.00	0.51	0.00
10096	Pork, fresh, variety meats and by-products, brain, raw	127.00	1.60	13.50
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	127.00	0.89	0.00
11339	Peppers, sweet, green, sauteed	127.00	0.30	177.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
15008	Fish, carp, raw	127.00	1.24	1.60
15083	Fish, salmon, pink, raw	127.00	0.38	0.00
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	127.00	2.22	1.20
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	127.00	2.94	1.20
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	127.00	2.94	1.20
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	127.00	2.94	1.20
17162	Game meat, caribou, raw	127.00	4.69	0.00
20141	Spelt, cooked	127.00	1.67	0.00
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	127.00	2.51	0.00
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	127.00	2.56	0.00
23315	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean and fat, raw	127.00	2.51	0.00
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	127.00	2.35	0.00
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	127.00	1.47	0.00
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	127.00	1.47	0.00
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	127.00	1.61	0.00
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	127.00	1.92	0.00
42186	Frozen yogurts, chocolate	127.00	0.46	0.00
42187	Frozen yogurts, flavors other than chocolate	127.00	0.46	0.70
19096	Ice creams, vanilla, light, soft-serve	126.00	0.06	0.90
20092	Pasta, gluten-free, corn, cooked	126.00	0.25	0.00
22119	MORNINGSTAR FARMS Veggie Dog, frozen, unprepared	126.00	1.20	0.00
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	126.00	0.35	3.00
22996	KASHI Three Cheese Penne, frozen, unprepared	126.00	0.80	0.00
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	126.00	1.78	0.00
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	126.00	1.77	0.00
01061	Cheese, American, nonfat or fat free	126.00	0.00	--
03844	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA	126.00	2.28	15.10
03940	Infant formula, PBM PRODUCTS, store brand, soy, liquid concentrate, not reconstituted	126.00	2.36	10.80
05105	Chicken, broilers or fryers, wing, meat only, raw	126.00	0.88	1.20
05293	Turkey breast, pre-basted, meat and skin, cooked, roasted	126.00	0.66	0.00
09031	Apricots, dehydrated (low-moisture), sulfured, stewed	126.00	2.48	7.10
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	126.00	0.84	0.00
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	126.00	0.82	0.00
15098	Fish, sheepshead, cooked, dry heat	126.00	0.67	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
16075	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	126.00	2.40	0.00
16375	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	126.00	2.40	0.00
16510	WORTHINGTON Chili, canned, unprepared	126.00	1.60	0.00
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	126.00	1.64	0.00
03901	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, liquid concentrate, not reconstituted	125.00	2.25	11.00
05043	Chicken, broilers or fryers, dark meat, meat only, raw	125.00	1.03	3.10
05179	Turkey from whole, neck, meat only, raw	125.00	1.01	0.00
05651	Ostrich, oyster, raw	125.00	3.86	0.00
06049	Soup, pea, green, canned, condensed	125.00	1.48	1.30
06117	CAMPBELL'S Red and White, Bean with Bacon Soup, condensed	125.00	1.41	2.80
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	125.00	0.85	0.00
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	125.00	1.08	0.00
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	125.00	0.99	0.00
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	125.00	2.69	0.00
14009	Alcoholic beverage, daiquiri, canned	125.00	0.01	1.30
17017	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw	125.00	1.82	0.00
17219	Veal, variety meats and by-products, thymus, cooked, braised	125.00	1.24	39.40
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	125.00	1.69	0.00
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	125.00	2.17	0.00
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	125.00	2.33	0.00
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	125.00	2.06	0.00
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	125.00	1.86	0.00
32021	Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine)	125.00	1.02	--
19871	Frozen novelties, No Sugar Added, FUDGSICLE pops	124.00	1.58	0.00
19874	Frozen novelties, KLONDIKE, SLIM-A-BEAR Fudge Bar, 98% fat free, no sugar added	124.00	0.71	0.90
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	124.00	1.77	0.00
20098	Pasta, homemade, made without egg, cooked	124.00	1.13	0.00
22916	Lasagna with meat & sauce, frozen entree	124.00	0.65	4.10
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	124.00	2.38	0.00
23094	Beef, chuck for stew, separable lean and fat, select, raw	124.00	2.20	0.00
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	124.00	2.33	0.00
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	124.00	1.45	0.00
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	124.00	1.45	0.00
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	124.00	2.35	0.00
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	124.00	2.35	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	124.00	1.47	0.00
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	124.00	1.47	0.00
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	124.00	1.96	0.00
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	124.00	1.83	0.00
27051	Sauce, cocktail, ready-to-serve	124.00	0.83	11.60
42128	Turkey ham, sliced, extra lean, prepackaged or deli-sliced	124.00	1.35	0.00
03007	Babyfood, meat, pork, strained	124.00	1.00	1.80
05020	Chicken, broilers or fryers, giblets, raw	124.00	5.86	16.20
05171	Turkey, whole, giblets, raw	124.00	5.92	0.00
09293	Plums, dried (prunes), stewed, with added sugar	124.00	1.04	2.70
09314	Sapote, mamey, raw	124.00	0.78	23.00
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	124.00	0.74	0.00
11316	Peas, mature seeds, sprouted, raw	124.00	2.26	10.40
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	124.00	2.08	0.00
15005	Fish, bluefish, raw	124.00	0.48	0.00
15092	Fish, sea bass, mixed species, cooked, dry heat	124.00	0.37	0.00
15100	Fish, smelt, rainbow, cooked, dry heat	124.00	1.15	0.00
15188	Fish, bass, striped, cooked, dry heat	124.00	1.08	0.00
16031	Beans, kidney, california red, mature seeds, cooked, boiled, without salt	124.00	2.98	1.20
16145	Beans, kidney, red, mature seeds, canned, drained solids	124.00	1.50	0.20
16331	Beans, kidney, california red, mature seeds, cooked, boiled, with salt	124.00	2.98	1.20
16523	WORTHINGTON Vegetarian Burger, canned, unprepared	124.00	2.60	0.00
01049	Cream, fluid, half and half	123.00	0.05	0.90
05145	Duck, wild, breast, meat only, raw	123.00	4.51	6.20
05159	Quail, breast, meat only, raw	123.00	2.31	5.10
05654	Ostrich, tenderloin, raw	123.00	4.88	0.00
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	123.00	0.48	0.00
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	123.00	0.74	0.00
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	123.00	0.74	0.00
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	123.00	1.10	0.00
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	123.00	0.74	0.00
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	123.00	0.84	0.00
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	123.00	0.77	0.00
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	123.00	2.45	10.10
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	123.00	2.45	10.10

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	123.00	2.64	0.00
15103	Fish, spot, raw	123.00	0.32	0.00
15224	Fish, wolffish, Atlantic, cooked, dry heat	123.00	0.12	0.00
16036	Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	123.00	2.77	1.20
16200	Campbell's Brown Sugar And Bacon Flavored Baked Beans	123.00	1.11	0.00
16336	Beans, kidney, royal red, mature seeds, cooked, boiled with salt	123.00	2.77	1.20
16515	WORTHINGTON Low Fat Veja-Links, canned, unprepared	123.00	3.50	0.00
16617	MORNINGSTAR FARMS Spicy Black Bean Enchilada Entree, frozen, unprepared	123.00	1.10	0.00
17288	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	123.00	1.50	--
17349	Veal, Australian, shank, fore, bone-in, separable lean only, raw	123.00	1.00	0.00
20006	Barley, pearled, cooked	123.00	1.33	0.00
20037	Rice, brown, long-grain, cooked	123.00	0.56	0.00
20047	Rice, white, long-grain, parboiled, enriched, cooked	123.00	1.81	0.00
20447	Rice, white, long-grain, parboiled, unenriched, cooked	123.00	0.24	0.00
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	123.00	2.44	0.00
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	122.00	1.55	0.00
17441	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, raw	122.00	1.58	0.00
19170	Egg custards, dry mix, prepared with whole milk	122.00	0.34	0.10
21377	McDONALD'S Bacon Ranch Salad with Crispy Chicken	122.00	0.61	9.70
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	122.00	2.25	0.00
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	122.00	2.39	0.00
23306	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean only, raw	122.00	2.53	0.00
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	122.00	1.78	0.00
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	122.00	0.89	0.80
07938	Ham, honey, smoked, cooked	122.00	0.39	0.60
09277	Plantains, raw	122.00	0.60	18.40
10149	Pork, cured, ham, steak, boneless, extra lean, unheated	122.00	1.00	32.30
10857	HORMEL Canadian Style Bacon	122.00	0.90	1.40
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	122.00	0.93	0.00
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	122.00	1.05	0.00
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	122.00	1.04	0.00
11452	Soybeans, mature seeds, sprouted, raw	122.00	2.10	15.30
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	122.00	0.59	1.20
15222	Fish, turbot, european, cooked, dry heat	122.00	0.46	1.70
16581	GARDENBURGER Flame Grilled Burger, frozen, unprepared	122.00	2.90	1.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
16615	MORNINGSTAR FARMS Chipotle Black Bean Crumbles, frozen, unprepared	122.00	4.10	0.00
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	122.00	1.37	0.00
17158	Game meat, boar, wild, raw	122.00	--	0.00
17185	Lamb, variety meats and by-products, brain, raw	122.00	1.75	16.00
17191	Lamb, variety meats and by-products, heart, raw	122.00	4.60	5.00
17337	Game meat, bison, top round, separable lean only, 1" steak, raw	122.00	2.66	0.00
17351	Veal, Australian, shank, hind, bone-in, separable lean only, raw	122.00	3.08	0.00
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	121.00	0.81	0.00
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	121.00	0.56	0.00
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	121.00	0.71	0.00
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	121.00	0.85	0.00
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	121.00	0.97	0.00
10973	Pork, ground, 96% lean / 4% fat, raw	121.00	0.86	0.00
11212	Edamame, frozen, prepared	121.00	2.27	6.10
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	121.00	1.40	6.00
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	121.00	2.57	0.00
16007	Beans, baked, canned, with beef	121.00	1.60	1.80
16102	Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	121.00	1.11	0.00
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	121.00	1.50	0.20
16402	Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	121.00	1.11	0.00
16586	GARDENBURGER Veggie Medley Burger, frozen, unprepared	121.00	1.20	0.00
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	121.00	1.52	0.00
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	121.00	1.40	0.00
17422	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	121.00	1.40	--
19195	Puddings, rice, dry mix, prepared with whole milk	121.00	0.37	0.70
22986	KASHI Mayan Harvest Bake, frozen, unprepared	121.00	1.30	6.00
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	121.00	2.34	0.00
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	121.00	2.34	0.00
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	121.00	2.34	0.00
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	121.00	1.45	0.00
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	121.00	1.45	0.00
23477	Beef, ground, 97% lean meat / 3% fat, raw	121.00	2.44	0.00
36009	T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	121.00	0.53	--
36625	Restaurant, Chinese, vegetable lo mein, without meat	121.00	1.07	1.70
36630	Restaurant, Italian, spaghetti with meat sauce	121.00	0.97	0.70

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
36631	OLIVE GARDEN, spaghetti with meat sauce	121.00	1.03	0.60
42280	Frankfurter, meat and poultry, low fat	121.00	0.91	0.40
43027	Jellies, no sugar (with sodium saccharin), any flavors	121.00	0.15	0.00
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	120.00	1.55	0.00
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	120.00	1.62	0.00
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	120.00	0.34	0.00
20137	Quinoa, cooked	120.00	1.49	0.00
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	120.00	2.34	0.00
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	120.00	1.37	0.00
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	120.00	1.37	0.00
36021	APPLEBEE'S, coleslaw	120.00	0.26	13.70
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	120.00	0.37	0.00
05080	Chicken, broilers or fryers, leg, meat only, raw	120.00	0.78	0.00
05295	Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	120.00	2.10	0.00
05649	Ostrich, outside strip, raw	120.00	3.69	0.00
09039	Avocados, raw, Florida	120.00	0.17	17.40
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	120.00	0.67	0.00
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	120.00	0.62	0.00
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	120.00	0.94	0.00
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	120.00	0.97	0.00
13329	Beef, variety meats and by-products, lungs, cooked, braised	120.00	5.40	32.70
15079	Fish, salmon, chum, raw	120.00	0.55	0.00
17009	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw	120.00	1.79	0.00
17113	Veal, rib, separable lean only, raw	120.00	0.88	0.00
17164	Game meat, deer, raw	120.00	3.40	0.00
17183	Game meat, squirrel, raw	120.00	4.70	0.00
01110	Milk shakes, thick chocolate	119.00	0.31	0.00
04638	Salad dressing, ranch dressing, fat-free	119.00	1.05	0.00
05011	Chicken, broilers or fryers, meat only, raw	119.00	0.89	2.30
05027	Chicken, liver, all classes, raw	119.00	8.99	17.90
05657	Ostrich, top loin, raw	119.00	3.13	0.00
06319	Gravy, CAMPBELL'S, country style sausage	119.00	0.00	--
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	119.00	0.77	0.00
10852	HORMEL ALWAYS TENDER, Pork Tenderloin, Teriyaki-Flavored	119.00	1.00	2.70
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	119.00	0.86	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
14027	Alcoholic beverage, whiskey sour, canned	119.00	0.01	1.60
15024	Fish, drum, freshwater, raw	119.00	0.90	1.00
15115	Fish, trout, rainbow, wild, raw	119.00	0.70	2.40
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	119.00	0.32	0.00
15204	Fish, pike, walleye, cooked, dry heat	119.00	1.67	0.00
15217	Fish, sucker, white, cooked, dry heat	119.00	1.67	0.00
15234	Fish, catfish, channel, farmed, raw	119.00	0.23	0.00
16077	Lupins, mature seeds, cooked, boiled, without salt	119.00	1.20	1.10
17334	Game meat, bison, chuck, shoulder clod, separable lean only, raw	119.00	2.88	0.00
20032	Millet, cooked	119.00	0.63	0.00
23427	Beef, New Zealand, imported, manufacturing beef, raw	119.00	1.95	0.00
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	119.00	1.92	0.00
27065	Dip, bean, original flavor	119.00	1.60	0.60
27068	Dip, FRITO'S, bean, original flavor	119.00	1.60	--
31026	Potatoes, yellow fleshed, roasted, salt added in processing, frozen, unprepared	119.00	0.45	6.00
22911	Chili, no beans, canned entree	118.00	2.01	1.80
05600	USDA Commodity, turkey ham, dark meat, smoked, frozen	118.00	1.00	0.00
05716	Turkey, retail parts, drumstick, meat only, raw	118.00	1.18	0.00
10103	Pork, fresh, variety meats and by-products, heart, raw	118.00	4.68	5.30
10854	HORMEL ALWAYS TENDER, Pork Loin Filets, Lemon Garlic-Flavored	118.00	0.60	1.70
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	118.00	0.93	0.00
11601	Yam, raw	118.00	0.54	17.10
15032	Fish, grouper, mixed species, cooked, dry heat	118.00	1.14	0.00
15205	Fish, pollock, Atlantic, cooked, dry heat	118.00	0.59	0.00
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	118.00	2.13	1.30
16086	Peas, split, mature seeds, cooked, boiled, without salt	118.00	1.29	0.40
16134	Yardlong beans, mature seeds, cooked, boiled, without salt	118.00	2.64	0.40
16211	Vitasoy USA, Organic Nasoya Super Firm Cubed Tofu	118.00	2.00	--
16325	Beans, great northern, mature seeds, cooked, boiled, with salt	118.00	2.13	1.30
16434	Yardlong beans, mature seeds, cooked, boiled, with salt	118.00	2.64	0.40
16588	MORNINGSTAR FARMS Chik'n Grill Veggie Patties, frozen, unprepared	118.00	2.00	0.00
16601	MORNINGSTAR FARMS Grillers Chik'n Veggie Patties, frozen, unprepared	118.00	2.00	0.00
17188	Veal, variety meats and by-products, brain, raw	118.00	2.13	14.00
17358	Lamb, New Zealand, imported, brains, raw	118.00	1.07	0.00
05643	Ostrich, fan, raw	117.00	4.38	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
06026	Soup, chili beef, canned, condensed	117.00	1.62	3.10
06731	Soup, bean with bacon, condensed, single brand	117.00	1.37	--
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	117.00	0.82	0.00
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	117.00	0.78	0.00
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	117.00	0.41	0.00
13000	Beef, grass-fed, strip steaks, lean only, raw	117.00	1.85	0.00
15055	Fish, mullet, striped, raw	117.00	1.02	1.20
15061	Fish, perch, mixed species, cooked, dry heat	117.00	1.16	1.70
15077	Fish, salmon, chinook, smoked	117.00	0.85	0.00
15179	Fish, salmon, chinook, smoked, (lox), regular	117.00	0.85	0.00
16061	Cowpeas, catjang, mature seeds, cooked, boiled, without salt	117.00	3.05	0.40
16068	Hyacinth beans, mature seeds, cooked, boiled, without salt	117.00	4.58	0.00
16079	Mothbeans, mature seeds, cooked, boiled, without salt	117.00	3.14	1.00
16345	Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water	117.00	1.27	0.10
16361	Cowpeas, catjang, mature seeds, cooked, boiled, with salt	117.00	3.05	0.40
16368	Hyacinth beans, mature seeds, cooked, boiled, with salt	117.00	4.58	0.00
16379	Mothbeans, mature seeds, cooked, boiled, with salt	117.00	3.14	1.00
16516	WORTHINGTON Multigrain Cutlets, canned, unprepared	117.00	1.70	0.00
17094	Veal, leg (top round), separable lean and fat, raw	117.00	0.79	0.00
19323	Puddings, coconut cream, dry mix, instant, prepared with whole milk	117.00	0.15	0.80
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	117.00	2.26	0.00
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	116.00	1.63	0.00
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	116.00	2.34	0.00
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	116.00	2.34	0.00
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	116.00	1.37	0.00
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	116.00	1.37	0.00
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	116.00	1.39	0.00
32023	KASHI Mushroom & Asparagus Risotto, frozen, unprepared	116.00	0.80	0.00
03689	Babyfood, cereal, oatmeal, prepared with whole milk	116.00	12.14	1.30
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	116.00	0.76	0.00
05309	Chicken, cornish game hens, meat only, raw	116.00	0.74	0.60
05653	Ostrich, round, raw	116.00	3.54	0.00
05717	Turkey, retail parts, thigh, meat only, raw	116.00	1.42	0.00
09278	Plantains, cooked	116.00	0.58	10.90
09310	Rhubarb, frozen, cooked, with sugar	116.00	0.21	3.30

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	116.00	0.78	0.00
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	116.00	0.94	0.00
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	116.00	0.98	0.00
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	116.00	0.20	6.50
11602	Yam, cooked, boiled, drained, or baked, without salt	116.00	0.52	12.10
15035	Fish, haddock, smoked	116.00	1.40	0.00
15133	Fish, whiting, mixed species, cooked, dry heat	116.00	0.42	0.00
15184	Fish, tuna, light, canned in water, without salt, drained solids	116.00	1.53	0.00
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	116.00	2.51	0.40
16070	Lentils, mature seeds, cooked, boiled, without salt	116.00	3.33	1.50
16132	Tofu, salted and fermented (fuyu)	116.00	1.98	0.20
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	116.00	2.51	0.40
16377	Lupins, mature seeds, cooked, boiled, with salt	116.00	1.20	1.10
16386	Peas, split, mature seeds, cooked, boiled, with salt	116.00	1.29	0.40
16432	Tofu, salted and fermented (fuyu), prepared with calcium sulfate	116.00	1.98	0.20
16600	MORNINGSTAR FARMS Sesame Chik'n Entree, frozen, unprepared	116.00	1.00	--
17268	Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw	116.00	2.80	0.00
03693	Babyfood, cereal, oatmeal, with honey, prepared with whole milk	115.00	11.09	--
03696	Babyfood, cereal, rice, with honey, prepared with whole milk	115.00	10.81	0.00
03704	Babyfood, cereal, mixed, with honey, prepared with whole milk	115.00	11.27	--
05648	Ostrich, outside leg, raw	115.00	2.65	0.00
05694	Turkey, dark meat from whole, meat only, with added solution, raw	115.00	0.90	0.00
05719	Turkey, back, from whole bird, meat only, with added solution, raw	115.00	0.90	0.00
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	115.00	0.90	0.00
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	115.00	0.90	0.00
07043	Roast beef, deli style, prepackaged, sliced	115.00	2.05	0.00
09193	Olives, ripe, canned (small-extra large)	115.00	3.30	0.90
11496	Succotash, (corn and limas), cooked, boiled, drained, without salt	115.00	1.52	8.20
15190	Fish, burbot, cooked, dry heat	115.00	1.15	0.00
15227	Crustaceans, crab, queen, cooked, moist heat	115.00	2.88	7.20
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	115.00	2.39	0.00
16275	Vitasoy USA Organic Nasoya Sprouted, Tofu Plus Super Firm	115.00	1.70	--
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	115.00	2.39	0.00
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	115.00	1.46	0.00
19199	Puddings, tapioca, dry mix, prepared with whole milk	115.00	0.06	0.70

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
19314	Pie fillings, canned, cherry	115.00	0.24	3.60
19319	Puddings, banana, dry mix, instant, prepared with whole milk	115.00	0.05	0.00
19331	Puddings, lemon, dry mix, instant, prepared with whole milk	115.00	0.06	0.80
22979	KASHI Black Bean Mango, frozen, unprepared	115.00	0.60	21.00
42192	Salad dressing, blue or roquefort cheese dressing, fat-free	115.00	0.12	0.50
43450	Frozen novelties, juice type, juice with cream	115.00	0.28	21.20
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	114.00	0.07	0.80
19325	Puddings, coconut cream, dry mix, regular, prepared with whole milk	114.00	0.20	0.70
21140	Side dishes, potato salad	114.00	0.73	1.10
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	114.00	2.04	0.00
05039	Chicken, broilers or fryers, light meat, meat only, raw	114.00	0.73	0.00
05185	Turkey from whole, light meat, raw	114.00	0.73	0.00
05219	Turkey, breast, from whole bird, meat only, raw	114.00	0.73	0.00
05227	Turkey, wing, from whole bird, meat only, raw	114.00	0.73	0.00
05655	Ostrich, tip trimmed, raw	114.00	2.86	0.00
05710	Turkey, retail parts, breast, meat only, raw	114.00	0.76	0.00
09067	Cherries, sour, red, canned, extra heavy syrup pack, solids and liquids	114.00	1.26	1.90
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	114.00	0.84	0.00
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	114.00	0.91	0.00
11897	Yam, cooked, boiled, drained, or baked, with salt	114.00	0.52	12.10
15003	Fish, bass, fresh water, mixed species, raw	114.00	1.49	2.00
15218	Fish, sunfish, pumpkin seed, cooked, dry heat	114.00	1.54	1.00
16026	Beans, great northern, mature seeds, canned	114.00	1.57	1.30
16051	Beans, white, mature seeds, canned	114.00	2.99	0.00
16146	Beans, pinto, canned, drained solids	114.00	1.33	0.10
16326	Beans, great northern, mature seeds, canned, low sodium	114.00	1.57	1.30
16370	Lentils, mature seeds, cooked, boiled, with salt	114.00	3.33	1.50
16506	LOMA LINDA Vege-Burger, canned, unprepared	114.00	1.70	0.00
17107	Veal, loin, separable lean only, raw	114.00	0.85	0.00
17144	Game meat, antelope, raw	114.00	3.19	0.00
17180	Game meat, rabbit, wild, raw	114.00	3.20	0.00
05119	Chicken, roasting, dark meat, meat only, raw	113.00	1.15	0.00
05215	Turkey, back from whole bird, meat only, raw	113.00	1.04	0.00
09034	Apricots, dried, sulfured, stewed, with added sugar	113.00	1.52	1.40
09290	Prunes, dehydrated (low-moisture), stewed	113.00	1.17	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	113.00	0.85	0.00
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	113.00	0.97	0.00
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	113.00	0.80	0.00
11031	Lima beans, immature seeds, raw	113.00	3.14	23.40
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	113.00	0.26	10.50
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	113.00	0.22	9.70
11934	Potatoes, mashed, home-prepared, whole milk and butter added	113.00	0.26	6.00
14428	Beverages, shake, fast food, strawberry	113.00	0.11	0.80
15063	Fish, pike, northern, cooked, dry heat	113.00	0.71	3.80
16039	Beans, navy, mature seeds, canned	113.00	1.85	0.70
16522	WORTHINGTON Vegetable Steaks, canned, unprepared	113.00	3.80	0.00
17206	Lamb, variety meats and by-products, lungs, cooked, braised	113.00	4.57	28.00
17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	113.00	3.00	0.00
17276	Veal, shank (fore and hind), separable lean and fat, raw	113.00	0.76	--
19207	Puddings, vanilla, dry mix, regular, prepared with whole milk	113.00	0.04	0.00
19387	Frozen novelties, ice type, pineapple-coconut	113.00	3.53	13.20
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	113.00	1.30	3.90
22995	KASHI, Sweet and Sour Chicken, Frozen Entree	113.00	0.80	17.00
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	112.00	14.70	0.00
19205	Egg custards, dry mix, prepared with 2% milk	112.00	0.33	0.20
20029	Couscous, cooked	112.00	0.38	0.00
20041	Rice, brown, medium-grain, cooked	112.00	0.53	0.00
01111	Milk shakes, thick vanilla	112.00	0.10	0.00
01187	Yogurt, chocolate, nonfat milk	112.00	0.42	0.00
01222	Yogurt, chocolate, nonfat milk, fortified with vitamin D	112.00	0.42	0.00
03011	Babyfood, meat, lamb, junior	112.00	1.66	1.70
03711	Babyfood, cereal, high protein, with apple and orange, prepared with whole milk	112.00	14.42	--
05167	Turkey, whole, meat only, raw	112.00	0.86	0.00
05363	Ruffed Grouse, breast meat, skinless, raw	112.00	0.58	0.00
05626	Emu, full rump, raw	112.00	4.96	0.00
05662	Ground turkey, fat free, raw	112.00	0.77	0.00
05712	Turkey, retail parts, wing, meat only, raw	112.00	0.60	0.00
06061	Soup, tomato beef with noodle, canned, condensed	112.00	0.89	0.00
07944	Turkey, white, rotisserie, deli cut	112.00	2.20	10.00
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	112.00	0.87	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
11349	Poi	112.00	0.88	4.00
11518	Taro, raw	112.00	0.55	4.50
13321	Beef, variety meats and by-products, heart, raw	112.00	4.31	2.00
14135	Alcoholic beverage, wine, table, white, late harvest	112.00	--	--
15154	Crustaceans, spiny lobster, mixed species, raw	112.00	1.22	2.00
15193	Fish, cusk, cooked, dry heat	112.00	1.06	0.00
16619	MORNINGSTAR FARMS Tuscan Greens & Beans, frozen, unprepared	112.00	1.40	0.00
17090	Veal, composite of trimmed retail cuts, separable lean only, raw	112.00	0.85	0.00
17119	Veal, shoulder, whole (arm and blade), separable lean only, raw	112.00	0.90	0.00
03015	Babyfood, meat, turkey, strained	111.00	0.70	2.20
03016	Babyfood, meat, turkey, junior	111.00	0.70	0.00
03682	Babyfood, cereal, high protein, prepared with whole milk	111.00	12.14	--
05113	Chicken, roasting, meat only, raw	111.00	1.03	0.00
05173	Turkey, gizzard, all classes, raw	111.00	2.78	6.20
05644	Ostrich, inside leg, raw	111.00	2.30	0.00
05708	Turkey, retail parts, breast, meat only, with added solution, raw	111.00	0.41	0.00
09428	Rowal, raw	111.00	2.20	25.80
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	111.00	0.87	0.00
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	111.00	1.57	28.10
11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	111.00	1.57	28.10
11871	Succotash, (corn and limas), cooked, boiled, drained, with salt	111.00	1.52	8.20
12129	Nuts, ginkgo nuts, canned	111.00	0.29	9.10
13353	Beef, cured, luncheon meat, jellied	111.00	3.45	0.00
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	111.00	0.20	0.00
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	111.00	0.56	0.00
15198	Fish, ling, cooked, dry heat	111.00	0.83	0.00
17166	Game meat, elk, raw	111.00	2.76	0.00
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	111.00	0.29	0.90
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	111.00	0.34	0.10
19208	Puddings, rice, dry mix, prepared with 2% milk	111.00	0.37	0.70
19321	Puddings, banana, dry mix, regular, prepared with whole milk	111.00	0.04	0.00
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	111.00	0.93	2.80
22981	KASHI, Chicken Enchilada with Ancho Sauce, Frozen Entree	111.00	0.80	--
27032	CAMPBELL'S Red and White, Lentil Soup, condensed	111.00	2.14	0.00
90240	Mollusks, scallop, (bay and sea), cooked, steamed	111.00	0.58	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
22989	KASHI, Red Curry Chicken, Frozen Entree	110.00	0.80	5.00
22991	KASHI, STEAM MEAL, Sesame Chicken, Frozen Entree	110.00	1.00	--
43021	Salad dressing, caesar, low calorie	110.00	0.18	0.00
05152	Guinea hen, meat only, raw	110.00	0.77	1.70
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	110.00	0.60	0.00
10130	Canadian bacon, unprepared	110.00	0.44	0.00
10853	HORMEL ALWAYS TENDER, Pork Tenderloin, Peppercorn-Flavored	110.00	1.10	1.40
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	110.00	0.86	0.00
14019	Alcoholic beverage, tequila sunrise, canned	110.00	0.02	19.30
15226	Crustaceans, crab, dungeness, cooked, moist heat	110.00	0.43	3.60
15274	Fish, trout, brook, raw, New York State	110.00	0.38	--
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	110.00	1.50	0.30
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	110.00	1.50	0.30
17131	Veal, shoulder, blade chop, separable lean only, raw	110.00	1.26	0.00
17137	Veal, sirloin, separable lean only, raw	110.00	0.80	0.00
17193	Veal, variety meats and by-products, heart, raw	110.00	4.24	8.00
03994	Babyfood, fruit, banana and strawberry, junior	109.00	0.14	12.90
05117	Chicken, roasting, light meat, meat only, raw	109.00	0.89	0.00
05738	Turkey, drumstick, from whole bird, meat only, raw	109.00	0.73	0.00
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	109.00	0.63	5.70
07209	OSCAR MAYER, Chicken Breast (honey glazed)	109.00	1.13	0.00
07905	Frankfurter, beef, pork, and turkey, fat free	109.00	1.78	24.00
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	109.00	0.98	0.00
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	109.00	0.76	0.00
11211	Edamame, frozen, unprepared	109.00	2.11	9.70
11990	Wasabi, root, raw	109.00	1.03	41.90
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	109.00	0.36	0.00
15127	Fish, tuna, fresh, yellowfin, raw	109.00	0.77	0.00
15194	Fish, mahimahi, cooked, dry heat	109.00	1.45	0.00
15199	Fish, lingcod, cooked, dry heat	109.00	0.41	0.00
16521	WORTHINGTON Vegetable Skallops, canned, unprepared	109.00	1.40	0.00
17140	Veal, cubed for stew (leg and shoulder), separable lean only, raw	109.00	0.88	0.00
17156	Game meat, bison, separable lean only, raw	109.00	2.60	0.00
17168	Goat, raw	109.00	2.83	0.00
17269	Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw	109.00	3.00	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
19333	Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water	109.00	0.13	0.00
22992	KASHI, Southwest Style Chicken, Frozen Entree	109.00	0.80	8.00
19193	Puddings, rice, ready-to-eat	108.00	0.11	1.30
20134	Rice noodles, cooked	108.00	0.14	0.00
22980	KASHI, Chicken and Chipotle BBQ Sauce with Mango, Frozen Entree	108.00	0.80	--
01109	Milk, sheep, fluid	108.00	0.10	4.20
05187	Turkey from whole, dark meat, meat only, raw	108.00	1.04	0.00
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	108.00	0.34	0.00
05628	Emu, inside drum, raw	108.00	5.23	0.00
05740	Turkey, thigh, from whole bird, meat only, raw	108.00	1.04	0.00
06632	Sauce, hot chile, sriracha, CHA! BY TEXAS PETE	108.00	1.46	4.80
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	108.00	0.19	6.00
11647	Sweet potato, canned, syrup pack, drained solids	108.00	0.95	10.80
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	108.00	0.19	6.00
14125	Alcoholic beverage, wine, table, white, late harvest, Gewurztraminer	108.00	--	--
15097	Fish, sheepshead, raw	108.00	0.46	0.00
15131	Fish, whitefish, mixed species, smoked	108.00	0.50	0.00
16201	Campbell's Pork and Beans	108.00	1.11	0.00
17278	Veal, shank (fore and hind), separable lean only, raw	108.00	0.76	--
01291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	107.00	0.19	16.00
09093	Figs, canned, extra heavy syrup pack, solids and liquids	107.00	0.28	1.00
09095	Figs, dried, stewed	107.00	0.88	4.40
09292	Plums, dried (prunes), stewed, without added sugar	107.00	0.41	2.90
09353	Blueberries, wild, canned, heavy syrup, drained	107.00	2.20	0.30
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	107.00	0.67	0.00
17099	Veal, leg (top round), separable lean only, raw	107.00	0.80	0.00
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	107.00	0.81	0.00
17435	Veal, shank, separable lean and fat, raw	107.00	1.17	0.00
19191	Puddings, coconut cream, dry mix, instant, prepared with 2% milk	107.00	0.15	0.80
19204	Puddings, lemon, dry mix, instant, prepared with 2% milk	107.00	0.06	0.80
22904	Chili con carne with beans, canned entree	107.00	1.34	0.20
42157	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free	107.00	0.25	0.00
42185	Frozen yogurts, chocolate, nonfat milk, sweetened without sugar	107.00	0.04	0.70
22939	SPAGHETTIOS, SpaghettiOs RavioliOs Beef Ravioli in Meat Sauce	106.00	0.71	0.00
22983	KASHI, Chicken Florentine, Frozen Entree	106.00	0.70	4.40

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
31036	Potatoes, mashed, ready-to-eat	106.00	0.27	0.10
32030	KASHI Italian Vegetable Medley Pasta, frozen, unprepared	106.00	1.20	0.00
01276	Yogurt, Greek, strawberry, DANNON OIKOS	106.00	0.07	--
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	106.00	0.72	0.00
10851	HORMEL, Cure 81 Ham	106.00	0.80	1.60
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	106.00	0.92	0.00
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	106.00	1.51	19.30
11248	Lentils, sprouted, raw	106.00	3.21	16.50
16009	Beans, baked, canned, with pork	106.00	1.70	2.00
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	105.00	0.07	0.70
01186	Cheese, cream, fat free	105.00	0.19	0.00
01203	Yogurt, fruit, lowfat, with low calorie sweetener	105.00	0.07	0.70
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	105.00	0.07	0.70
05704	Turkey, whole, meat only, with added solution, raw	105.00	0.64	0.00
06165	Sauce, homemade, white, thin	105.00	0.21	0.80
09288	Prunes, canned, heavy syrup pack, solids and liquids	105.00	0.41	2.80
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	105.00	1.96	5.80
11675	Potatoes, microwaved, cooked in skin, flesh and skin, without salt	105.00	1.24	15.10
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	105.00	1.96	5.80
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	105.00	1.24	15.10
13333	Beef, variety meats and by-products, spleen, raw	105.00	44.55	45.50
14062	Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink	105.00	1.90	12.70
15016	Fish, cod, Atlantic, cooked, dry heat	105.00	0.49	1.00
15017	Fish, cod, Atlantic, canned, solids and liquid	105.00	0.49	1.00
15049	Fish, mackerel, king, raw	105.00	1.78	1.60
15090	Fish, scup, raw	105.00	0.53	0.00
15104	Fish, sturgeon, mixed species, raw	105.00	0.70	0.00
15155	Mollusks, abalone, mixed species, raw	105.00	3.19	2.00
15232	Fish, roughy, orange, cooked, dry heat	105.00	1.13	0.00
15233	Fish, catfish, channel, wild, cooked, dry heat	105.00	0.35	0.80
16010	Beans, baked, canned, with pork and sweet sauce	105.00	1.40	0.00
16081	Mung beans, mature seeds, cooked, boiled, without salt	105.00	1.40	1.00
16084	Mungo beans, mature seeds, cooked, boiled, without salt	105.00	1.75	1.00
16381	Mung beans, mature seeds, cooked, boiled, with salt	105.00	1.40	1.00
16384	Mungo beans, mature seeds, cooked, boiled, with salt	105.00	1.75	1.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
17125	Veal, shoulder, arm, separable lean only, raw	105.00	1.02	0.00
17373	Lamb, New Zealand, imported, heart, raw	105.00	3.29	0.00
18374	Leavening agents, yeast, baker's, compressed	105.00	3.25	0.10
19121	Puddings, banana, dry mix, instant, prepared with 2% milk	105.00	0.06	0.80
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	105.00	0.40	0.80
19209	Puddings, tapioca, dry mix, prepared with 2% milk	105.00	0.06	0.70
21380	McDONALD'S, Fruit 'n Yogurt Parfait	105.00	0.45	13.90
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	105.00	4.38	0.00
36603	Restaurant, Chinese, beef and vegetables	105.00	1.11	11.60
43449	Beans, baked, canned, no salt added	105.00	0.29	3.10
19168	Desserts, egg custard, baked, prepared-from-recipe	104.00	0.35	0.00
19219	Puddings, coconut cream, dry mix, regular, prepared with 2% milk	104.00	0.20	0.70
22985	KASHI, Lemongrass Coconut Chicken, Frozen Entree	104.00	0.80	14.00
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	104.00	0.90	1.10
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	104.00	0.74	1.00
01235	Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener	104.00	0.04	0.70
06231	PREGO Pasta, Mushroom and Parmesan Italian Sauce, ready-to-serve	104.00	0.86	1.00
11426	Pumpkin pie mix, canned	104.00	1.06	3.50
15020	Fish, croaker, Atlantic, raw	104.00	0.37	0.00
15093	Fish, seatrout, mixed species, raw	104.00	0.27	0.00
17208	Veal, variety meats and by-products, lungs, cooked, braised	104.00	3.61	34.00
01284	Yogurt, Greek, strawberry, lowfat	103.00	0.07	0.70
05623	Emu, fan fillet, raw	103.00	4.50	0.00
05630	Emu, outside drum, raw	103.00	4.50	0.00
06336	CAMPBELL'S, Cream of Chicken Soup, condensed	103.00	0.27	0.00
06379	CAMPBELL'S Red and White, Tomato Bisque, condensed	103.00	0.29	4.80
09059	Breadfruit, raw	103.00	0.54	29.00
09248	Peaches, dried, sulfured, stewed, with added sugar	103.00	1.20	3.40
09306	Raspberries, frozen, red, sweetened	103.00	0.65	16.50
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	103.00	1.50	0.00
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	103.00	1.82	12.80
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	103.00	1.82	12.80
11985	Fireweed, leaves, raw	103.00	2.40	2.20
15123	Fish, tuna, fresh, skipjack, raw	103.00	1.25	1.00
16059	Chili with beans, canned	103.00	3.43	1.70

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
16511	WORTHINGTON Choplets, canned, unprepared	103.00	1.50	0.00
22990	KASHI, STEAM MEAL, Roasted Garlic Chicken Farfalle, Frozen Entree	103.00	0.90	--
22993	KASHI Spicy Black Bean Enchilada, frozen, unprepared	103.00	0.90	8.00
22994	KASHI Spinach Artichoke Pasta, frozen, unprepared	103.00	1.00	0.00
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	103.00	3.72	0.00
35146	Stew, mutton, corn, squash (Navajo)	103.00	1.21	0.00
36413	Restaurant, Latino, black bean soup	103.00	1.76	--
20002	Amaranth grain, cooked	102.00	2.10	--
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	102.00	0.98	1.20
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	102.00	0.07	0.70
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	102.00	0.07	0.70
04021	Salad dressing, italian dressing, commercial, reduced fat	102.00	0.25	0.00
05625	Emu, flat fillet, raw	102.00	5.00	0.00
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	102.00	0.54	0.00
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	102.00	0.54	0.00
09075	Cherries, sweet, canned, extra heavy syrup pack, solids and liquids	102.00	0.35	3.60
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	102.00	9.21	0.00
15206	Fish, pout, ocean, cooked, dry heat	102.00	0.36	0.00
16514	WORTHINGTON Low Fat Fri Chik, canned, unprepared	102.00	3.20	0.00
17172	Game meat, moose, raw	102.00	3.21	4.00
02049	Thyme, fresh	101.00	17.45	160.10
05696	Turkey from whole, light meat, meat only, with added solution, raw	101.00	0.54	0.00
07900	Turkey, pork, and beef sausage, low fat, smoked	101.00	2.20	1.90
09285	Plums, canned, purple, extra heavy syrup pack, solids and liquids	101.00	0.82	0.40
11514	Sweet potato, canned, mashed	101.00	1.33	5.20
11935	Catsup	101.00	0.35	4.10
11949	Catsup, low sodium	101.00	0.35	4.10
14163	Beverages, chocolate drink, milk and soy based, ready to drink, fortified	101.00	1.90	25.30
14632	Beverages, Meal supplement drink, canned, peanut flavor	101.00	2.20	0.70
15153	Crustaceans, shrimp, mixed species, imitation, made from surimi	101.00	0.60	0.00
17214	Lamb, variety meats and by-products, spleen, raw	101.00	41.89	23.00
17218	Veal, variety meats and by-products, thymus, raw	101.00	1.05	49.20
19122	Puddings, banana, dry mix, regular, prepared with 2% milk	101.00	0.05	0.70
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	101.00	0.06	0.70
20089	Wild rice, cooked	101.00	0.60	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
20143	Teff, cooked	101.00	2.05	--
22915	Lasagna with meat & sauce, low-fat, frozen entree	101.00	0.97	17.90
22987	KASHI Pesto Pasta Primavera, frozen, unprepared	101.00	0.90	7.00
35144	Stew, dumpling with mutton (Navajo)	101.00	1.79	0.00
19312	Pie fillings, apple, canned	100.00	0.29	1.70
22912	Spaghetti, with meatballs in tomato sauce, canned	100.00	1.03	1.90
22969	Chili with beans, microwavable bowls	100.00	1.13	0.80
22984	KASHI, Chicken Pasta Pomodoro, Frozen Entree	100.00	1.00	6.00
43268	Whipped cream substitute, dietetic, made from powdered mix	100.00	0.01	0.00
03139	Babyfood, prunes, without vitamin c, strained	100.00	0.40	1.30
06149	Soup, chicken mushroom, canned, condensed	100.00	0.70	0.00
07028	Ham, sliced, packaged (96% fat free, water added)	100.00	0.58	0.00
07081	Turkey breast, sliced, prepackaged	100.00	0.34	0.00
10106	Pork, fresh, variety meats and by-products, kidneys, raw	100.00	4.89	13.30
10117	Pork, fresh, variety meats and by-products, spleen, raw	100.00	22.32	28.50
11368	Potatoes, microwaved, cooked in skin, flesh, without salt	100.00	0.41	15.10
11517	Sweet potato, frozen, cooked, baked, without salt	100.00	0.54	9.10
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	100.00	0.41	15.10
11877	Sweet potato, frozen, cooked, baked, with salt	100.00	0.54	9.10
15101	Fish, snapper, mixed species, raw	100.00	0.18	1.60
15152	Crustaceans, shrimp, mixed species, canned	100.00	2.13	4.10
16260	SILK Original Creamer	100.00	0.00	--
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	99.00	0.06	0.60
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	99.00	0.06	0.60
03046	Babyfood, ravioli, cheese filled, with tomato sauce	99.00	0.80	0.10
03860	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed	99.00	1.34	9.50
03870	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber	99.00	1.32	9.60
06725	Soup, chicken corn chowder, chunky, ready-to-serve, single brand	99.00	--	--
06736	Soup, cream of chicken, canned, condensed, single brand	99.00	--	--
10113	Pork, fresh, variety meats and by-products, lungs, cooked, braised	99.00	16.41	7.90
11005	Arrowhead, raw	99.00	2.57	1.10
11972	Lemon grass (citronella), raw	99.00	8.17	2.60
13323	Beef, variety meats and by-products, kidneys, raw	99.00	4.60	9.40
15109	Fish, surimi	99.00	0.26	0.00
15174	Mollusks, scallop, mixed species, imitation, made from surimi	99.00	0.31	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
15271	Crustaceans, shrimp, cooked (not previously frozen)	99.00	0.51	--
17160	Game meat, buffalo, water, raw	99.00	1.61	0.00
17197	Veal, variety meats and by-products, kidneys, raw	99.00	3.36	5.00
20115	Noodles, japanese, soba, cooked	99.00	0.48	0.00
22905	Beef stew, canned entree	99.00	2.48	0.70
22929	SPAGHETTIOS, Mini Beef Ravioli in Meat Sauce	99.00	0.69	0.50
22982	KASHI, STEAM MEAL, Chicken Fettuccine, Frozen Entree	99.00	0.60	--
43020	Salad dressing, blue or roquefort cheese, low calorie	99.00	0.50	0.30
01012	Cheese, cottage, creamed, large or small curd	98.00	0.07	0.00
03956	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified	98.00	0.15	1.40
06980	Soup, beef stroganoff, canned, chunky style, ready-to-serve	98.00	0.88	0.00
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	98.00	0.39	0.00
09035	Apricots, frozen, sweetened	98.00	0.90	9.00
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	98.00	0.68	7.20
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	98.00	0.68	7.20
11991	Yautia (tannier), raw	98.00	0.98	5.20
15013	Fish, cisco, raw	98.00	0.40	0.00
16212	Vitasoy USA, Organic Nasoya Extra Firm Tofu	98.00	1.60	--
17216	Veal, variety meats and by-products, spleen, raw	98.00	9.32	41.00
01013	Cheese, cottage, creamed, with fruit	97.00	0.16	1.40
01108	Milk, indian buffalo, fluid	97.00	0.12	2.30
03008	Babyfood, meat, ham, strained	97.00	1.03	2.10
03009	Babyfood, meat, ham, junior	97.00	1.01	2.10
04028	Salad dressing, mayonnaise, imitation, milk cream	97.00	0.50	0.30
06343	CAMPBELL'S Red and White, Creamy Chicken Noodle Soup, condensed	97.00	0.29	0.00
06353	CAMPBELL'S Red and White, Fiesta Nacho Cheese Soup, condensed	97.00	0.00	--
09216	Orange peel, raw	97.00	0.80	136.00
09231	Passion-fruit, (granadilla), purple, raw	97.00	1.60	30.00
09258	Pears, canned, extra heavy syrup pack, solids and liquids	97.00	0.22	1.10
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	97.00	1.12	2.20
11356	Potatoes, Russet, flesh and skin, baked	97.00	1.07	8.30
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	97.00	0.16	9.70
11588	Waterchestnuts, chinese, (matai), raw	97.00	0.06	4.00
11901	Corn, sweet, white, cooked, boiled, drained, without salt	97.00	0.55	6.20
11902	Corn, sweet, white, cooked, boiled, drained, with salt	97.00	0.55	6.20

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
15004	Fish, bass, striped, raw	97.00	0.84	0.00
15091	Fish, sea bass, mixed species, raw	97.00	0.29	0.00
15099	Fish, smelt, rainbow, raw	97.00	0.90	0.00
15137	Crustaceans, crab, alaska king, cooked, moist heat	97.00	0.76	7.60
15203	Fish, monkfish, cooked, dry heat	97.00	0.41	1.00
17195	Lamb, variety meats and by-products, kidneys, raw	97.00	6.38	11.00
18371	Leavening agents, baking powder, low-sodium	97.00	8.17	0.00
20055	Rice, white, glutinous, unenriched, cooked	97.00	0.14	0.00
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	97.00	1.09	0.00
43112	Beans, chili, barbecue, ranch style, cooked	97.00	1.86	1.70
42150	Babyfood, apple yogurt dessert, strained	96.00	0.00	35.10
03055	Babyfood, dinner, beef with vegetables	96.00	0.33	0.00
03685	Babyfood, cereal, mixed, prepared with whole milk	96.00	10.43	0.30
06158	Soup, tomato bisque, canned, condensed	96.00	0.64	4.60
08129	Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water	96.00	2.11	0.00
09029	Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	96.00	0.62	2.40
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	96.00	0.29	1.20
09320	Strawberries, frozen, sweetened, sliced	96.00	0.59	41.40
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	96.00	0.45	5.50
11516	Sweet potato, frozen, unprepared	96.00	0.53	13.30
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	96.00	0.45	5.50
15058	Fish, ocean perch, Atlantic, cooked, dry heat	96.00	0.27	0.00
15112	Fish, tilefish, raw	96.00	0.25	0.00
15134	Fish, wolffish, Atlantic, raw	96.00	0.09	0.00
15261	Fish, tilapia, raw	96.00	0.56	0.00
16594	MORNINGSTAR FARMS Lasagna with Veggie Sausage, frozen, unprepared	96.00	1.30	1.00
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	95.00	0.07	0.70
06007	Soup, bean with ham, canned, chunky, ready-to-serve	95.00	1.33	1.80
06398	CAMPBELL'S CHUNKY Soups, Firehouse - Hot & Spicy Beef & Bean Chili	95.00	0.73	0.50
06437	CAMPBELL'S CHUNKY Soups, Roadhouse - Beef & Bean Chili	95.00	0.73	0.50
07925	Pastrami, beef, 98% fat-free	95.00	2.78	34.60
07943	Turkey, breast, smoked, lemon pepper flavor, 97% fat-free	95.00	--	--
09144	Jackfruit, raw	95.00	0.23	13.70
09448	Nance, canned, syrup, drained	95.00	0.37	10.80
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	95.00	1.13	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	95.00	1.08	0.00
14245	Beverages, Eggnog-flavor mix, powder, prepared with whole milk	95.00	0.12	0.00
15010	Fish, catfish, channel, wild, raw	95.00	0.30	0.70
15129	Fish, turbot, european, raw	95.00	0.36	1.70
15138	Crustaceans, crab, alaska king, imitation, made from surimi	95.00	0.39	0.00
17205	Lamb, variety meats and by-products, lungs, raw	95.00	6.40	31.00
22940	SPAGHETTIOS, SpaghettiOs with Meatballs	95.00	1.43	2.40
22942	SPAGHETTIOS, SpaghettiOs A to Z's with Meatballs	95.00	0.43	2.40
27048	Sauce, steak, tomato based	95.00	1.37	6.80
36626	Restaurant, Chinese, chicken and vegetables	95.00	0.56	8.10
43261	Yogurt, fruit variety, nonfat	95.00	0.07	0.70
43273	Cheese, cottage, with vegetables	95.00	0.10	4.00
43346	Frozen novelties, juice type, orange	95.00	0.47	25.70
17428	Veal, shank, separable lean only, raw	94.00	1.19	0.00
19234	Puddings, tapioca, ready-to-eat, fat free	94.00	0.11	0.30
23640	Beef, variety meats and by-products, tripe, cooked, simmered	94.00	0.66	0.00
43476	Tofu yogurt	94.00	1.06	2.50
05023	Chicken, gizzard, all classes, raw	94.00	2.49	3.70
06249	Soup, pea, green, canned, prepared with equal volume milk	94.00	0.79	1.10
09250	Peaches, frozen, sliced, sweetened	94.00	0.37	94.20
09321	Sugar-apples, (sweetsop), raw	94.00	0.60	36.30
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	94.00	0.61	4.80
11357	Potatoes, white, flesh and skin, baked	94.00	0.64	12.60
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	94.00	0.61	4.80
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	94.00	1.12	2.20
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	94.00	0.61	4.80
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	94.00	0.61	4.80
16006	Beans, baked, canned, plain or vegetarian	94.00	1.19	0.00
16011	Beans, baked, canned, with pork and tomato sauce	94.00	3.24	3.00
16253	SILK Strawberry soy yogurt	94.00	0.64	17.60
16255	SILK Peach soy yogurt	94.00	0.64	17.60
06063	Soup, tomato rice, canned, condensed	93.00	0.62	11.50
06631	Sauce, hot chile, sriracha	93.00	1.64	26.90
11363	Potatoes, baked, flesh, without salt	93.00	0.35	12.80
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	93.00	0.32	3.10

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	93.00	0.38	3.30
11501	Succotash, (corn and limas), frozen, unprepared	93.00	0.94	8.50
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	93.00	0.89	5.90
11674	Potatoes, baked, flesh and skin, without salt	93.00	1.08	9.60
11828	Potatoes, baked, flesh and skin, with salt	93.00	1.08	9.60
11829	Potatoes, baked, flesh, with salt	93.00	0.35	12.80
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	93.00	0.89	5.90
11974	Grape leaves, raw	93.00	2.63	11.10
15064	Fish, pike, walleye, raw	93.00	1.30	0.00
19235	Puddings, chocolate, ready-to-eat, fat free	93.00	1.69	0.00
22952	SWANSON, Chicken and Dumplings	93.00	0.29	0.00
20010	Buckwheat groats, roasted, cooked	92.00	0.80	0.00
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified	92.00	4.18	3.60
03995	Babyfood, banana with mixed berries, strained	92.00	0.00	18.20
06211	Soup, cheese, canned, prepared with equal volume milk	92.00	0.32	0.50
06222	PREGO Pasta, Diced Onion and Garlic Italian Sauce, ready-to-serve	92.00	0.55	0.90
06972	Sauce, tomato chili sauce, bottled, with salt	92.00	0.80	16.00
09046	Blackberries, canned, heavy syrup, solids and liquids	92.00	0.65	2.80
09317	Strawberries, canned, heavy syrup pack, solids and liquids	92.00	0.49	31.70
09420	Jackfruit, canned, syrup pack	92.00	0.29	0.50
11875	Sweet potato, cooked, baked in skin, flesh, with salt	92.00	0.69	19.60
13328	Beef, variety meats and by-products, lungs, raw	92.00	7.95	38.50
15031	Fish, grouper, mixed species, raw	92.00	0.89	0.00
15065	Fish, pollock, Atlantic, raw	92.00	0.46	0.00
15107	Fish, sucker, white, raw	92.00	1.30	0.00
15175	Mollusks, squid, mixed species, raw	92.00	0.68	4.70
16273	Vitasoy USA Organic Nasoya, Tofu Plus Extra Firm	92.00	1.60	--
01194	KRAFT BREAKSTONE'S FREE Fat Free Sour Cream	91.00	0.05	1.20
06002	Soup, black bean, canned, condensed	91.00	1.50	0.20
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	91.00	1.30	2.00
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	91.00	0.42	8.70
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	91.00	0.76	0.00
11512	Sweet potato, canned, vacuum pack	91.00	0.89	26.40
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	91.00	0.25	0.70
11944	Pickle relish, hot dog	91.00	1.25	1.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
15036	Fish, halibut, Atlantic and Pacific, raw	91.00	0.16	0.00
15060	Fish, perch, mixed species, raw	91.00	0.90	1.70
16018	Beans, black turtle, mature seeds, canned	91.00	1.90	2.70
16316	Beans, black, mature seeds, canned, low sodium	91.00	1.90	2.70
35199	Prickly pears, broiled (Northern Plains Indians)	91.00	--	6.20
35206	Plums, wild (Northern Plains Indians)	91.00	0.17	10.30
43546	Babyfood, banana no tapioca, strained	91.00	0.30	21.90
21381	McDONALD'S, Fruit 'n Yogurt Parfait (without granola)	90.00	0.36	14.50
22401	Spaghetti with meat sauce, frozen entree	90.00	1.25	5.40
22522	Pasta with Sliced Franks in Tomato Sauce, canned entree	90.00	0.91	3.80
22997	KASHI, Tuscan Veggie Bake, Frozen Entree	90.00	1.00	4.00
90560	Mollusks, snail, raw	90.00	3.50	0.00
06016	Soup, cream of chicken, canned, condensed	90.00	1.06	0.10
11191	Cowpeas (blackeyes), immature seeds, raw	90.00	1.10	2.50
11508	Sweet potato, cooked, baked in skin, flesh, without salt	90.00	0.69	19.60
14182	Beverages, chocolate syrup, prepared with whole milk	90.00	0.32	0.00
15006	Fish, burbot, raw	90.00	0.90	0.00
15034	Fish, haddock, cooked, dry heat	90.00	0.21	0.00
15070	Fish, rockfish, Pacific, mixed species, raw	90.00	0.30	0.00
15132	Fish, whiting, mixed species, raw	90.00	0.34	0.00
15144	Crustaceans, crab, queen, raw	90.00	2.50	7.00
16103	Refried beans, canned, traditional style (includes USDA commodity)	90.00	1.44	6.00
16425	Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	90.00	0.43	0.00
17207	Veal, variety meats and by-products, lungs, raw	90.00	5.23	39.00
06112	Sauce, teriyaki, ready-to-serve	89.00	1.70	0.00
06189	Sauce, teriyaki, ready-to-serve, reduced sodium	89.00	1.70	0.00
06214	CAMPBELL'S, 25% Less Sodium Cream of Mushroom Soup, condensed	89.00	0.00	--
06312	CAMPBELL'S Red and White, Cream of Asparagus Soup, condensed	89.00	--	0.00
09040	Bananas, raw	89.00	0.26	8.70
09076	Cherries, sweet, frozen, sweetened	89.00	0.35	1.00
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	89.00	0.84	0.40
09379	Plums, canned, heavy syrup, drained	89.00	0.84	0.40
11358	Potatoes, red, flesh and skin, baked	89.00	0.70	12.60
11645	Sweet potato, canned, syrup pack, solids and liquids	89.00	0.80	10.50
12205	Seeds, lotus seeds, raw	89.00	0.95	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
14558	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk	89.00	0.03	2.30
15108	Fish, sunfish, pumpkin seed, raw	89.00	1.20	1.00
15148	Crustaceans, lobster, northern, cooked, moist heat	89.00	0.29	0.00
16403	Refried beans, canned, traditional, reduced sodium	89.00	1.44	0.80
19233	Puddings, vanilla, ready-to-eat, fat free	89.00	0.36	1.20
21139	Fast foods, potato, mashed	89.00	0.31	0.00
42119	Babyfood, banana juice with low fat yogurt	89.00	0.20	33.90
93600	Turtle, green, raw	89.00	1.40	0.00
01057	Eggnog	88.00	0.20	1.50
01250	Nutritional supplement for people with diabetes, liquid	88.00	1.98	26.40
02069	Vinegar, balsamic	88.00	0.72	0.00
03820	Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder	88.00	1.75	7.60
06046	Soup, cream of onion, canned, condensed	88.00	0.50	1.00
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	88.00	2.21	0.10
09052	Blueberries, canned, heavy syrup, solids and liquids	88.00	0.33	1.10
09056	Boysenberries, canned, heavy syrup	88.00	0.43	6.20
09092	Figs, canned, heavy syrup pack, solids and liquids	88.00	0.28	1.00
09101	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra heavy syrup, solids and liquids	88.00	0.28	1.90
09106	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, extra heavy syrup, solids and liquids	88.00	0.28	2.10
09352	Blueberries, canned, light syrup, drained	88.00	0.43	0.50
11105	Burdock root, cooked, boiled, drained, without salt	88.00	0.77	2.60
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	88.00	0.42	6.40
11372	Potatoes, scalloped, home-prepared with butter	88.00	0.57	10.60
11747	Burdock root, cooked, boiled, drained, with salt	88.00	0.77	2.60
11844	Potatoes, scalloped, home-prepared with margarine	88.00	0.57	10.60
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	88.00	0.41	6.30
11973	Beans, fava, in pod, raw	88.00	1.55	3.70
14102	Alcoholic Beverage, wine, table, red, Zinfandel	88.00	--	--
14159	Alcoholic Beverage, wine, table, red, Mouvedre	88.00	--	--
14312	Beverages, Malted drink mix, natural, powder, prepared with whole milk	88.00	0.09	0.20
14351	Beverages, Strawberry-flavor beverage mix, powder, prepared with whole milk	88.00	0.08	0.90
15062	Fish, pike, northern, raw	88.00	0.55	3.80
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	88.00	1.23	0.10
16251	SILK Vanilla soy yogurt (single serving size)	88.00	0.85	17.60
16254	SILK Raspberry soy yogurt	88.00	0.64	17.60

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
16256	SILK Black Cherry soy yogurt	88.00	0.64	17.60
16257	SILK Blueberry soy yogurt	88.00	0.64	17.60
16258	SILK Key Lime soy yogurt	88.00	0.64	17.60
16259	SILK Banana-Strawberry soy yogurt	88.00	0.64	17.60
16276	Vitasoy USA Azumaya, Extra Firm Tofu	88.00	1.70	--
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	88.00	1.23	0.10
03010	Babyfood, meat, lamb, strained	87.00	1.19	1.20
06350	CAMPBELL'S Red and White, DOUBLE NOODLE in Chicken Broth Soup, condensed	87.00	0.57	0.00
06351	CAMPBELL'S Red and White, Old Fashioned Tomato Rice Soup, condensed	87.00	0.29	1.90
06584	Soup, broccoli cheese, canned, condensed, commercial	87.00	0.30	2.00
11365	Potatoes, boiled, cooked in skin, flesh, without salt	87.00	0.31	13.00
11831	Potatoes, boiled, cooked in skin, flesh, with salt	87.00	0.31	13.00
14028	Beverages, Whiskey sour mix, bottled	87.00	0.11	2.70
14316	Beverages, Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	87.00	1.42	12.00
15022	Fish, cusk, raw	87.00	0.83	0.00
15044	Fish, ling, raw	87.00	0.65	0.00
15139	Crustaceans, crab, blue, raw	87.00	0.74	3.00
15243	Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	87.00	1.11	0.50
19263	Frozen novelties, fruit and juice bars	87.00	0.19	9.50
22941	SPAGHETTIOS, SpaghettiOs with Sliced Franks	87.00	1.07	2.40
22966	SPAGHETTIOS, SpaghettiOs with Meatballs - Easy Open	87.00	1.75	2.90
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	87.00	3.83	0.00
21348	McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette	86.00	0.28	4.00
42153	Salad dressing, blue or roquefort cheese dressing, light	86.00	0.14	0.00
01231	Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener	86.00	0.07	0.80
03246	Babyfood, dessert, custard pudding, vanilla, junior	86.00	0.22	0.40
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	86.00	3.63	0.40
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	86.00	3.63	0.40
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	86.00	3.63	0.20
06392	CAMPBELL'S CHUNKY Soups, Chicken Broccoli Cheese & Potato Soup	86.00	0.00	--
09272	Pineapple, frozen, chunks, sweetened	86.00	0.40	8.00
09325	Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids	86.00	0.52	17.50
11167	Corn, sweet, yellow, raw	86.00	0.52	6.80
11367	Potatoes, boiled, cooked without skin, flesh, without salt	86.00	0.31	7.40
11507	Sweet potato, raw, unprepared	86.00	0.61	2.40

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
11833	Potatoes, boiled, cooked without skin, flesh, with salt	86.00	0.31	7.40
11900	Corn, sweet, white, raw	86.00	0.52	6.80
14108	Alcoholic Beverage, wine, table, red, Sangiovese	86.00	--	--
14152	Alcoholic Beverage, wine, table, red, Burgundy	86.00	--	--
14310	Beverages, Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	86.00	1.36	10.40
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	86.00	0.23	0.00
15121	Fish, tuna, light, canned in water, drained solids	86.00	1.63	0.00
15143	Crustaceans, crab, dungeness, raw	86.00	0.37	3.50
15157	Mollusks, clam, mixed species, raw	86.00	1.62	0.00
15164	Mollusks, mussel, blue, raw	86.00	3.95	8.00
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	85.00	0.07	0.80
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	85.00	0.07	0.80
01278	Yogurt, Greek, nonfat, vanilla, DANNON OIKOS	85.00	0.04	--
03245	Babyfood, dessert, custard pudding, vanilla, strained	85.00	0.24	0.80
03694	Babyfood, cereal, rice, prepared with whole milk	85.00	3.63	0.20
06225	PREGO Pasta, Garlic Supreme Italian Sauce, ready-to-serve	85.00	0.83	0.90
06240	PREGO Pasta, Zesty Mushroom Italian Sauce, ready-to-serve	85.00	0.28	0.00
09033	Apricots, dried, sulfured, stewed, without added sugar	85.00	0.94	0.30
09055	Blueberries, frozen, sweetened	85.00	0.39	1.00
10112	Pork, fresh, variety meats and by-products, lungs, raw	85.00	18.90	12.30
13341	Beef, variety meats and by-products, tripe, raw	85.00	0.59	0.00
14096	Alcoholic beverage, wine, table, red	85.00	0.46	0.00
14101	Alcoholic Beverage, wine, table, red, Barbera	85.00	--	--
14103	Alcoholic Beverage, wine, table, red, Petite Sirah	85.00	--	--
14177	Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	85.00	0.30	0.10
14318	Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	85.00	0.21	0.10
15023	Fish, mahimahi, raw	85.00	1.13	0.00
15045	Fish, lingcod, raw	85.00	0.32	0.00
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	85.00	0.20	0.00
15270	Crustaceans, shrimp, raw (not previously frozen)	85.00	0.52	--
16281	HOUSE FOODS Premium Firm Tofu	85.00	1.69	1.10
36623	Restaurant, Chinese, chicken chow mein	85.00	0.67	2.00
17367	Lamb, New Zealand, imported, kidney, raw	84.00	6.60	0.00
19225	Desserts, rennin, tablets, unsweetened	84.00	7.07	0.00
21463	Yogurt parfait, lowfat, with fruit and granola	84.00	0.49	14.30

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
31021	Potatoes, hash brown, refrigerated, unprepared	84.00	0.48	4.90
42193	Salad Dressing, mayonnaise-like, fat-free	84.00	0.12	0.00
01280	Yogurt, Greek, nonfat, strawberry, DANNON OIKOS	84.00	0.06	0.20
03681	Babyfood, cereal, barley, prepared with whole milk	84.00	3.49	0.20
04014	Salad dressing, KRAFT MIRACLE WHIP FREE Nonfat Dressing	84.00	0.12	0.00
06038	CAMPBELL'S, Cheddar Cheese Soup, condensed	84.00	0.15	0.20
11305	Peas, green, cooked, boiled, drained, without salt	84.00	1.54	14.20
11811	Peas, green, cooked, boiled, drained, with salt	84.00	1.54	14.20
14160	Alcoholic beverage, wine, table, white, Chardonnay	84.00	0.27	0.00
14530	Whiskey sour mix, bottled, with added potassium and sodium	84.00	0.11	2.70
15030	Fish, gefiltefish, commercial, sweet recipe	84.00	2.48	0.80
15136	Crustaceans, crab, alaska king, raw	84.00	0.59	7.00
15269	Fish, cod, Pacific, cooked (not previously frozen)	84.00	0.16	--
16029	Beans, kidney, all types, mature seeds, canned	84.00	1.17	1.20
16213	Vitasoy USA, Organic Nasoya Firm Tofu	84.00	1.20	--
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	83.00	0.24	0.90
03163	Babyfood, fruit, bananas with apples and pears, strained	83.00	0.30	13.90
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior	83.00	5.61	9.10
09013	Apples, dried, sulfured, stewed, with added sugar	83.00	0.31	0.90
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	83.00	0.30	3.10
09028	Apricots, canned, heavy syrup pack, without skin, solids and liquids	83.00	0.43	2.80
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	83.00	0.35	3.60
09271	Pineapple, canned, extra heavy syrup pack, solids and liquids	83.00	0.38	7.30
09286	Pomegranates, raw	83.00	0.30	10.20
09313	Sapodilla, raw	83.00	0.80	14.70
09357	Apricots, canned, heavy syrup, drained	83.00	0.30	3.10
09367	Cherries, sweet, canned, pitted, heavy syrup, drained	83.00	0.35	3.60
11657	Potatoes, mashed, home-prepared, whole milk added	83.00	0.27	6.20
14084	Alcoholic beverage, wine, table, all	83.00	0.37	0.00
14097	Alcoholic Beverage, wine, table, red, Cabernet Sauvignon	83.00	--	--
14098	Alcoholic Beverage, wine, table, red, Cabernet Franc	83.00	--	--
14100	Alcoholic Beverage, wine, table, red, Syrah	83.00	--	--
14105	Alcoholic Beverage, wine, table, red, Claret	83.00	--	--
14113	Alcoholic beverage, wine, table, white, Pinot Gris (Grigio)	83.00	--	--
14253	Alcoholic beverages, wine, rose	83.00	0.20	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
14602	Alcoholic Beverage, wine, table, red, Merlot	83.00	0.46	0.00
15140	Crustaceans, crab, blue, cooked, moist heat	83.00	0.50	3.30
15141	Crustaceans, crab, blue, canned	83.00	0.50	3.30
16021	Beans, cranberry (roman), mature seeds, canned	83.00	1.55	0.80
16065	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	83.00	1.42	0.20
16159	Tofu, extra firm, prepared with nigari	83.00	2.04	0.00
16171	Refried beans, canned, vegetarian	83.00	1.70	--
20013	Bulgur, cooked	83.00	0.96	0.00
35145	Stew, hominy with mutton (Navajo)	83.00	0.81	0.00
22247	Macaroni and Cheese, canned entree	82.00	0.90	0.00
01285	Yogurt, Greek, strawberry, nonfat	82.00	0.09	0.30
03048	Babyfood, macaroni and cheese, toddler	82.00	0.60	0.00
03049	Babyfood, dinner, beef and rice, toddler	82.00	0.69	3.90
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	82.00	6.62	25.50
06011	Soup, cheese, canned, condensed	82.00	0.15	0.20
06250	CAMPBELL'S CHUNKY Microwavable Bowls, New England Clam Chowder, ready-to-serve	82.00	0.73	0.00
06384	CAMPBELL'S CHUNKY Soups, Baked Potato with Steak & Cheese Soup	82.00	0.59	0.00
06393	CAMPBELL'S CHUNKY Soups, Chicken Corn Chowder	82.00	0.29	0.00
09301	Rambutan, canned, syrup pack	82.00	0.35	4.90
11259	Mountain yam, hawaii, cooked, steamed, without salt	82.00	0.43	0.00
11390	Potatoes, hash brown, frozen, plain, unprepared	82.00	0.98	8.20
11437	Salsify, (vegetable oyster), raw	82.00	0.70	8.00
11546	Tomato products, canned, paste, without salt added	82.00	2.98	21.90
11927	Mountain yam, hawaii, cooked, steamed, with salt	82.00	0.43	0.00
14099	Alcoholic Beverage, wine, table, red, Pinot Noir	82.00	--	--
14106	Alcoholic beverage, wine, table, white	82.00	0.27	0.00
14117	Alcoholic beverage, wine, table, white, Fume Blanc	82.00	--	--
14126	Alcoholic beverage, wine, table, white, Semillon	82.00	--	--
14140	Alcoholic beverage, wine, table, white, Muscat	82.00	--	--
15015	Fish, cod, Atlantic, raw	82.00	0.38	1.00
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	82.00	0.83	0.90
15166	Mollusks, octopus, common, raw	82.00	5.30	5.00
16044	Beans, pinto, mature seeds, canned, solids and liquids	82.00	1.47	0.70
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	82.00	1.47	0.70
01015	Cheese, cottage, lowfat, 2% milkfat	81.00	0.13	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
03002	Babyfood, meat, beef, strained	81.00	0.98	2.10
03003	Babyfood, meat, beef, junior	81.00	0.98	2.10
03005	Babyfood, meat, veal, strained	81.00	0.76	0.00
03233	Babyfood, dessert, fruit pudding, pineapple, strained	81.00	0.18	27.20
06014	CAMPBELL'S Red and White, Broccoli Cheese Soup, condensed	81.00	0.00	1.00
06190	Soup, bean & ham, canned, reduced sodium, prepared with water or ready-to-serve	81.00	1.02	1.10
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	81.00	0.16	0.50
06340	CAMPBELL'S Red and White, Cream of Onion Soup, condensed	81.00	0.00	--
06342	CAMPBELL'S Red and White, Cream of Shrimp Soup, condensed	81.00	0.00	--
06431	CAMPBELL'S CHUNKY, New England Clam Chowder	81.00	0.55	0.40
06454	CAMPBELL'S CHUNKY Soups, Grilled Steak- Steak Chili with Beans	81.00	0.73	0.50
09194	Olives, ripe, canned (jumbo-super colossal)	81.00	3.32	1.50
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	81.00	0.47	3.50
11304	Peas, green, raw	81.00	1.47	40.00
11453	Soybeans, mature seeds, sprouted, cooked, steamed	81.00	1.31	8.30
11671	Potatoes, o'brien, home-prepared	81.00	0.47	16.70
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	81.00	1.31	8.30
14124	Alcoholic beverage, wine, table, white, Gewurztraminer	81.00	--	--
14134	Alcoholic beverage, wine, table, white, Sauvignon Blanc	81.00	--	--
14138	Alcoholic beverage, wine, table, white, Pinot Blanc	81.00	--	--
15171	Mollusks, oyster, Pacific, raw	81.00	5.11	8.00
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	81.00	1.25	0.80
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	81.00	1.25	0.80
19856	Frozen novelties, juice type, POPSICLE SCRIBBLERS	81.00	0.30	1.20
21376	McDONALD'S, Bacon Ranch Salad with Grilled Chicken	81.00	0.65	10.20
31028	Potatoes, yellow fleshed, hash brown, shredded, salt added in processing, frozen, unprepared	81.00	0.31	7.80
43432	Babyfood, dinner, macaroni, beef and tomato sauce, toddler	81.00	0.80	1.90
22930	SPAGHETTIOS, Spaghetti in Tomato & Cheese Sauce	80.00	0.29	0.00
01281	Yogurt, Greek, nonfat, strawberry, CHOBANI	80.00	0.12	0.30
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	80.00	6.73	31.60
03226	Babyfood, dessert, fruit pudding, orange, strained	80.00	0.10	9.10
06726	Soup, chicken mushroom chowder, chunky, ready-to-serve, single brand	80.00	0.48	2.00
06728	Soup, potato ham chowder, chunky, ready-to-serve, single brand	80.00	0.70	--
07932	Chicken breast, fat-free, mesquite flavor, sliced	80.00	0.30	0.00
11216	Ginger root, raw	80.00	0.60	5.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	80.00	0.35	3.10
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	80.00	0.35	3.10
14107	Alcoholic Beverage, wine, table, red, Lemberger	80.00	--	--
14116	Alcoholic beverage, wine, table, white, Chenin Blanc	80.00	--	--
14132	Alcoholic beverage, wine, table, white, Riesling	80.00	--	--
15267	Fish, pollock, Alaska, cooked (not previously frozen)	80.00	0.29	--
16277	Vitasoy USA Azumaya, Firm Tofu	80.00	1.30	--
16512	WORTHINGTON Diced Chik, canned, unprepared	80.00	2.00	0.00
03201	Babyfood, cereal, egg yolks and bacon, junior	79.00	0.47	0.90
03221	Babyfood, dessert, dutch apple, junior	79.00	0.11	18.00
06043	Soup, cream of mushroom, canned, condensed	79.00	0.18	0.00
06358	Soup, tomato bisque, canned, prepared with equal volume milk	79.00	0.35	2.80
06374	CAMPBELL'S Red and White, Vegetable Soup, condensed	79.00	0.57	--
06633	Sauce, hot chile, sriracha, TUONG OT SRIRACHA	79.00	1.92	57.90
06992	HEALTHY REQUEST, Vegetable Soup, condensed	79.00	0.57	--
07933	Chicken breast, oven-roasted, fat-free, sliced	79.00	0.32	0.00
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	79.00	0.42	8.10
11353	Potatoes, russet, flesh and skin, raw	79.00	0.86	5.70
11660	Tomatoes, red, ripe, cooked, stewed	79.00	1.06	18.20
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	79.00	0.42	8.10
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	79.00	0.47	3.50
11908	Corn, sweet, white, canned, vacuum pack, regular pack	79.00	0.42	8.10
11909	Corn, sweet, white, canned, vacuum pack, no salt added	79.00	0.42	8.10
15057	Fish, ocean perch, Atlantic, raw	79.00	0.22	0.00
15059	Fish, pout, ocean, raw	79.00	0.28	0.00
15163	Mollusks, cuttlefish, mixed species, raw	79.00	6.02	5.30
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	79.00	7.16	0.00
15246	Mollusks, oyster, eastern, farmed, cooked, dry heat	79.00	7.77	6.00
16073	Lima beans, large, mature seeds, canned	79.00	1.81	0.00
16172	Refried beans, canned, fat-free	79.00	1.62	0.90
16250	SILK Vanilla soy yogurt (family size)	79.00	0.48	0.00
19283	Frozen novelties, ice type, pop	79.00	0.54	0.70
27042	Soup, clam chowder, new england, canned, ready-to-serve	79.00	0.48	--
36620	Restaurant, Chinese, shrimp and vegetables	78.00	0.72	11.30
43539	Babyfood, dessert, banana yogurt, strained	78.00	0.14	13.90

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	78.00	0.29	1.20
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	78.00	0.24	0.00
01286	Yogurt, Greek, vanilla, nonfat	78.00	0.04	0.00
01295	Yogurt, vanilla, non-fat	78.00	0.00	--
03072	Babyfood, dinner, chicken stew, toddler	78.00	0.66	1.90
03222	Babyfood, cherry cobbler, junior	78.00	0.10	9.30
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	78.00	0.40	0.10
03839	Infant formula, ABBOTT NUTRITION, SIMILAC, NATURAL CARE, ADVANCE, ready-to-feed, with ARA and DHA	78.00	0.29	28.90
06242	CAMPBELL'S CHUNKY Microwavable Bowls, Chicken and Dumplings Soup, ready-to-serve	78.00	0.00	--
06383	CAMPBELL'S CHUNKY Soups, Baked Potato with Cheddar & Bacon Bits Soup	78.00	0.29	0.00
06433	CAMPBELL'S CHUNKY Soups, Old Fashioned Potato Ham Chowder	78.00	0.15	1.00
06459	CAMPBELL'S CHUNKY Soups, Split Pea 'N' Ham Soup	78.00	0.59	1.00
06971	Sauce, worcestershire	78.00	5.30	13.00
09270	Pineapple, canned, heavy syrup pack, solids and liquids	78.00	0.38	7.40
09319	Strawberries, frozen, sweetened, whole	78.00	0.47	39.50
11006	Arrowhead, cooked, boiled, drained, without salt	78.00	1.21	0.30
11313	Peas, green, frozen, cooked, boiled, drained, without salt	78.00	1.52	9.90
11366	Potatoes, boiled, cooked in skin, skin, without salt	78.00	6.07	5.20
11400	Potatoes, frozen, whole, unprepared	78.00	1.01	14.20
11701	Arrowhead, cooked, boiled, drained, with salt	78.00	1.21	0.30
11814	Peas, green, frozen, cooked, boiled, drained, with salt	78.00	1.52	9.90
11832	Potatoes, boiled, cooked in skin, skin, with salt	78.00	6.07	5.20
14158	Alcoholic Beverage, wine, table, red, Gamay	78.00	--	--
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	78.00	1.61	0.20
01105	Milk, chocolate beverage, hot cocoa, homemade	77.00	0.42	0.20
03043	Babyfood, dinner, beef lasagna, toddler	77.00	0.87	1.90
03053	Babyfood, dinner, vegetables and beef, strained	77.00	0.35	0.20
03054	Babyfood, dinner, vegetables and beef, junior	77.00	0.35	0.20
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	77.00	0.89	2.90
06216	Soup, cream of chicken, canned, prepared with equal volume milk	77.00	0.27	0.50
06228	PREGO Pasta, Mini Meatball Italian Sauce, ready-to-serve	77.00	0.83	1.80
06236	PREGO Pasta, Roasted Garlic Parmesan Italian Sauce, ready-to-serve	77.00	0.55	0.90
06729	Soup, sirloin burger with vegetables, ready-to-serve, single brand	77.00	0.87	--
09247	Peaches, dried, sulfured, stewed, without added sugar	77.00	1.31	3.70
11312	Peas, green, frozen, unprepared	77.00	1.53	18.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
11352	Potatoes, flesh and skin, raw	77.00	0.81	19.70
11497	Succotash, (corn and limas), canned, with cream style corn	77.00	0.55	6.40
14634	Beverages, milk beverage, reduced fat, flavored and sweetened, Ready-to-drink, added calcium, vitamin A and vitamin D	77.00	0.03	0.20
15145	Crustaceans, crayfish, mixed species, wild, raw	77.00	0.84	1.20
15147	Crustaceans, lobster, northern, raw	77.00	0.26	0.00
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	77.00	0.97	2.70
22899	Ravioli, cheese-filled, canned	77.00	0.74	0.00
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	77.00	4.44	0.00
43537	Babyfood, dessert, blueberry yogurt, strained	77.00	0.20	12.40
42120	Babyfood, mixed fruit juice with low fat yogurt	76.00	0.20	33.90
43536	Babyfood, dessert, peach yogurt	76.00	0.40	11.70
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	76.00	0.24	0.00
04144	Salad dressing, italian dressing, reduced fat, without salt	76.00	0.65	0.00
06318	Gravy, CAMPBELL'S, country style cream	76.00	0.00	--
06321	Gravy, CAMPBELL'S, golden pork	76.00	0.00	--
06730	Soup, split pea with ham, chunky, reduced fat, reduced sodium, ready-to-serve, single brand	76.00	0.92	4.20
09077	Crabapples, raw	76.00	0.36	8.00
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	76.00	0.94	1.00
09402	Applesauce, canned, sweetened, with salt	76.00	0.35	1.70
11510	Sweet potato, cooked, boiled, without skin	76.00	0.72	12.80
11876	Sweet potato, cooked, boiled, without skin, with salt	76.00	0.72	12.80
14120	Alcoholic beverage, wine, table, white, Muller Thurgau	76.00	--	--
15054	Fish, monkfish, raw	76.00	0.32	1.00
15073	Fish, roughy, orange, raw	76.00	1.01	0.00
16130	Okara	76.00	1.30	0.00
16427	Tofu, raw, regular, prepared with calcium sulfate	76.00	5.36	0.10
03051	Babyfood, dinner, spaghetti and tomato and meat, toddler	75.00	0.90	4.10
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior	75.00	7.50	24.50
03220	Babyfood, dessert, dutch apple, strained	75.00	0.20	21.40
06246	Soup, cream of onion, canned, prepared with equal volume milk	75.00	0.28	1.00
06406	Soup, bean with frankfurters, canned, prepared with equal volume water	75.00	0.94	0.40
06451	Soup, pea, split with ham, canned, prepared with equal volume water	75.00	0.90	0.60
09062	Cherimoya, raw	75.00	0.27	12.60
09065	Cherries, sour, red, canned, light syrup pack, solids and liquids	75.00	1.32	2.00
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	75.00	0.28	5.30

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
11184	Corn with red and green peppers, canned, solids and liquids	75.00	0.79	8.80
11298	Parsnips, raw	75.00	0.59	17.00
14169	Beverages, Carob-flavor beverage mix, powder, prepared with whole milk	75.00	0.25	0.00
43523	Babyfood, mixed fruit yogurt, strained	75.00	0.20	11.70
36414	Restaurant, Latino, tripe soup	74.00	0.68	--
42235	Cheese, cottage, lowfat, 1% milkfat, lactose reduced	74.00	0.14	0.00
01180	Sour cream, fat free	74.00	0.00	--
03135	Babyfood, fruit, plums with tapioca, without ascorbic acid, junior	74.00	0.22	0.80
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	74.00	5.65	21.80
03303	Babyfood, dinner, sweet potatoes and chicken, strained	74.00	0.45	0.00
06053	Soup, cream of potato, canned, condensed	74.00	0.34	0.20
06414	CAMPBELL'S CHUNKY Soups, Hearty Bean 'N' Ham Soup	74.00	0.73	0.00
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	74.00	6.71	0.00
09010	Apples, dehydrated (low moisture), sulfured, stewed	74.00	0.43	0.60
09089	Figs, raw	74.00	0.37	2.00
09241	Peaches, canned, heavy syrup pack, solids and liquids	74.00	0.27	2.80
09257	Pears, canned, heavy syrup pack, solids and liquids	74.00	0.22	1.10
09374	Pears, canned, heavy syrup, drained	74.00	0.22	1.10
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	74.00	0.22	1.70
11254	Lotus root, raw	74.00	1.16	44.00
11906	Corn, sweet, white, canned, cream style, regular pack	74.00	0.31	4.60
14109	Alcoholic Beverage, wine, table, red, Carignane	74.00	--	--
15033	Fish, haddock, raw	74.00	0.17	0.00
16246	SILK Nog, soymilk	74.00	0.30	0.00
16274	Vitasoy USA Organic Nasoya, Tofu Plus Firm	74.00	1.30	--
01287	Yogurt, Greek, plain, lowfat	73.00	0.04	0.80
06213	CAMPBELL'S Red and White, 25% Less Sodium Tomato Soup, condensed	73.00	0.29	4.80
06333	CAMPBELL'S Red and White, Cream of Broccoli Soup, condensed	73.00	0.29	1.00
06334	CAMPBELL'S Red and White, Cream of Celery Soup, condensed	73.00	0.00	--
06991	HEALTHY REQUEST, Tomato Soup, condensed	73.00	0.00	4.80
09088	Elderberries, raw	73.00	1.60	36.00
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	73.00	0.29	1.90
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	73.00	0.28	2.40
09109	Gooseberries, canned, light syrup pack, solids and liquids	73.00	0.33	10.00
09177	Mangosteen, canned, syrup pack	73.00	0.30	2.90

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
09449	Nance, frozen, unsweetened	73.00	0.38	92.50
11226	Jerusalem-artichokes, raw	73.00	3.40	4.00
11605	Beets, harvard, canned, solids and liquids	73.00	0.36	2.40
43585	Babyfood, fruit supreme dessert	73.00	0.17	12.70
80200	Frog legs, raw	73.00	1.50	0.00
17375	Lamb, New Zealand, imported, sweetbread, raw	72.00	0.54	0.00
19891	Frozen novelties, No Sugar Added CREAMSICLE Pops	72.00	0.28	0.40
20030	Hominy, canned, white	72.00	0.62	0.00
20330	Hominy, canned, yellow	72.00	0.62	0.00
43352	Cheese, cottage, lowfat, 1% milkfat, no sodium added	72.00	0.14	0.00
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	72.00	0.15	0.00
01016	Cheese, cottage, lowfat, 1% milkfat	72.00	0.14	0.00
03171	Babyfood, juice, apple and prune	72.00	0.95	67.50
06010	Soup, cream of celery, canned, condensed	72.00	0.50	0.20
06030	Soup, clam chowder, new england, canned, condensed	72.00	2.48	4.10
06056	Soup, cream of shrimp, canned, condensed	72.00	0.42	0.00
06226	PREGO Pasta, Italian Sausage and Garlic Italian Sauce, ready-to-serve	72.00	0.58	1.00
06232	PREGO Pasta, Organic Mushroom Italian Sauce, ready-to-serve	72.00	0.58	3.80
06233	PREGO Pasta, Organic Tomato and Basil Italian Sauce, ready-to-serve	72.00	0.58	4.80
06234	PREGO Pasta, Heart Smart- Ricotta Parmesan Italian Sauce, ready-to-serve	72.00	0.58	1.90
06995	PREGO Pasta, Chunky Garden Tomato, Onion and Garlic Italian Sauce, ready-to-serve	72.00	0.58	2.90
09370	Peaches, canned, heavy syrup, drained	72.00	0.27	0.70
11088	Broadbeans, immature seeds, raw	72.00	1.90	33.00
11104	Burdock root, raw	72.00	0.80	3.00
11154	Chicory roots, raw	72.00	0.80	5.00
11174	Corn, sweet, yellow, canned, cream style, regular pack	72.00	0.38	4.60
11583	Vegetables, mixed, frozen, unprepared	72.00	0.95	10.40
11677	Shallots, raw	72.00	1.20	8.00
11772	Corn, sweet, yellow, canned, cream style, no salt added	72.00	0.38	4.60
11907	Corn, sweet, white, canned, cream style, no salt added	72.00	0.38	4.60
15242	Crustaceans, crayfish, mixed species, farmed, raw	72.00	0.55	0.50
15268	Fish, cod, Pacific, raw (not previously frozen)	72.00	0.17	--
01275	Yogurt, Greek, nonfat, vanilla, CHOBANI	71.00	0.05	--
03134	Babyfood, fruit, plums with tapioca, without ascorbic acid, strained	71.00	0.20	1.10

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
03840	Infant formula, ABBOTT NUTRITION, SIMILAC, SPECIAL CARE, ADVANCE 24, with iron, ready-to-feed, with ARA and DHA	71.00	1.41	29.10
03955	Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, ready-to-feed, with ARA and DHA	71.00	1.28	11.30
06015	Soup, chicken, canned, chunky, ready-to-serve	71.00	0.69	0.50
06082	CAMPBELL'S Red and White, Chicken NOODLEO's Soup, condensed	71.00	0.57	0.00
06146	CAMPBELL'S Red and White, Beef with Vegetables and Barley Soup, condensed	71.00	0.57	0.00
06192	Split pea soup, canned, reduced sodium, prepared with water or ready-to serve	71.00	0.77	0.00
06341	CAMPBELL'S, Cream of Potato Soup, condensed	71.00	0.34	0.20
06365	CAMPBELL'S Red and White, Mega Noodle in Chicken Broth, condensed	71.00	0.57	0.00
06366	CAMPBELL'S Red and White, Minestrone Soup, condensed	71.00	0.86	0.00
06367	CAMPBELL'S Red and White, New England Clam Chowder, condensed	71.00	0.57	0.00
06373	CAMPBELL'S Red and White, Vegetarian Vegetable Soup, condensed	71.00	0.57	0.00
06377	CAMPBELL'S, Tomato Soup, condensed	71.00	0.59	4.80
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	71.00	0.57	0.00
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	71.00	0.90	0.00
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	71.00	0.57	0.00
08180	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt	71.00	0.90	0.00
09149	Kumquats, raw	71.00	0.86	43.90
09294	Prune juice, canned	71.00	1.18	4.10
09511	Fruit juice smoothie, NAKED JUICE, BLUE MACHINE	71.00	0.15	25.00
11033	Lima beans, immature seeds, canned, regular pack, solids and liquids	71.00	1.61	7.30
11299	Parsnips, cooked, boiled, drained, without salt	71.00	0.58	13.00
11311	Peas, green, canned, drained solids, rinsed in tap water	71.00	1.09	9.30
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	71.00	1.61	8.70
11808	Parsnips, cooked, boiled, drained, with salt	71.00	0.58	13.00
11905	Corn, sweet, white, canned, whole kernel, drained solids	71.00	0.28	2.10
14179	Beverages, coffee, ready to drink, milk based, sweetened	71.00	0.04	0.00
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	71.00	0.21	0.00
16054	Broadbeans (fava beans), mature seeds, canned	71.00	1.00	1.80
22951	SWANSON, Chicken A La King	71.00	0.00	--
27013	CAMPBELL'S Red and White, Chicken Barley with Mushrooms Soup, condensed	71.00	0.00	--
27014	CAMPBELL'S Red and White, Italian Style Wedding Soup, condensed	71.00	0.57	0.00
42141	Cream substitute, liquid, light	71.00	0.56	0.00
22914	Pasta with tomato sauce, no meat, canned	70.00	0.91	0.00
22965	SPAGHETTIOS, SpaghettiOs Original, easy open	70.00	0.85	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
27043	Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve	70.00	0.56	3.30
01107	Milk, human, mature, fluid	70.00	0.03	5.00
02064	Peppermint, fresh	70.00	5.08	31.80
03137	Babyfood, fruit, prunes with tapioca, without ascorbic acid, junior	70.00	0.33	0.80
03140	Babyfood, fruit dessert, mango with tapioca	70.00	0.20	15.80
03162	Babyfood, fruit, papaya and applesauce with tapioca, strained	70.00	0.44	113.10
03178	Babyfood, juice, prune and orange	70.00	0.87	63.80
06545	CAMPBELL'S Homestyle New England Clam Chowder	70.00	0.56	0.00
09263	Persimmons, japanese, raw	70.00	0.15	7.50
09351	Fruit cocktail, canned, heavy syrup, drained	70.00	0.29	1.90
11326	Peas and onions, frozen, unprepared	70.00	1.54	14.00
11355	Potatoes, red, flesh and skin, raw	70.00	0.73	8.60
15028	Fish, flatfish (flounder and sole species), raw	70.00	0.18	0.00
15266	Fish, pollock, Alaska, raw (not previously frozen)	70.00	0.27	--
16271	Vitasoy USA Organic Nasoya, Soft Tofu	70.00	1.10	--
01106	Milk, goat, fluid, with added vitamin D	69.00	0.05	1.30
03059	Babyfood, dinner, vegetables and bacon, strained	69.00	0.30	--
03136	Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained	69.00	0.35	0.80
03225	Babyfood, dessert, cherry vanilla pudding, junior	69.00	0.17	1.10
03944	Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA	69.00	1.23	10.30
06001	Soup, cream of asparagus, canned, condensed	69.00	0.64	2.20
06220	PREGO Pasta, Chunky Garden Mushroom and Green Pepper Italian Sauce, ready-to-serve	69.00	0.55	2.80
06221	PREGO Pasta, Chunky Garden Mushroom Supreme Italian Sauce, ready-to-serve	69.00	0.55	1.80
06235	P REGO Pasta, Roasted Garlic and Herb Italian Sauce, ready-to-serve	69.00	0.55	1.80
06974	Soup, vegetable chicken, canned, prepared with water, low sodium	69.00	0.61	2.30
06978	Soup, beef and mushroom, low sodium, chunk style	69.00	0.97	3.00
09091	Figs, canned, light syrup pack, solids and liquids	69.00	0.29	1.00
09132	Grapes, red or green (European type, such as Thompson seedless), raw	69.00	0.36	3.20
09140	Guavas, strawberry, raw	69.00	0.22	37.00
09427	Abiyuch, raw	69.00	1.61	54.10
11354	Potatoes, white, flesh and skin, raw	69.00	0.52	9.10
11813	Peas, green, canned, no salt added, drained solids	69.00	0.95	9.60
11975	Grape leaves, canned	69.00	2.98	11.30
15019	Fish, cod, Pacific, raw (may have been previously frozen)	69.00	0.16	0.00
15172	Mollusks, scallop, mixed species, raw	69.00	0.38	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
22937	SPAGHETTIOS, SpaghettiOs in Meat Sauce	69.00	1.43	0.00
42278	Babyfood, vegetable and brown rice, strained	69.00	0.40	0.30
43007	Babyfood, fruit, tutti frutti, junior	69.00	0.30	7.20
17377	Lamb, New Zealand, imported, testes, raw	68.00	1.14	0.00
43004	Babyfood, dessert, banana pudding, strained	68.00	0.30	12.00
43417	Babyfood, meat, beef with vegetables, toddler	68.00	0.50	2.50
43550	Babyfood, banana apple dessert, strained	68.00	0.10	12.30
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	68.00	0.53	0.20
03156	Babyfood, fruit, bananas and pineapple with tapioca, junior	68.00	0.13	21.20
03224	Babyfood, dessert, cherry vanilla pudding, strained	68.00	0.19	1.10
03934	Babyfood, corn and sweet potatoes, strained	68.00	0.31	5.00
03942	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, ready-to-feed, with ARA and DHA	68.00	1.23	8.20
03946	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-to-feed, with ARA and DHA	68.00	1.24	6.00
06023	Soup, chicken with rice, canned, condensed	68.00	0.25	0.00
06040	Soup, minestrone, canned, condensed	68.00	0.75	0.90
06044	Soup, mushroom with beef stock, canned, condensed	68.00	0.67	0.80
06193	Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve	68.00	0.70	1.00
06309	CAMPBELL'S, Chicken with Rice Soup, condensed	68.00	0.25	0.00
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	68.00	5.96	0.00
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	68.00	0.12	1.70
09139	Guavas, common, raw	68.00	0.26	228.30
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	68.00	1.18	4.20
11438	Salsify, cooked, boiled, drained, without salt	68.00	0.55	4.60
11852	Salsify, cooked, boiled, drained, with salt	68.00	0.55	4.60
14239	Alcoholic beverage, malt beer, hard lemonade	68.00	0.03	2.80
15170	Mollusks, oyster, eastern, canned	68.00	6.70	5.00
03089	Babyfood, dinner, macaroni and cheese, strained	67.00	0.21	0.10
03228	Babyfood, dessert, peach cobbler, junior	67.00	0.10	20.50
03280	Babyfood, fruit, bananas with tapioca, junior	67.00	0.30	25.70
03822	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, prepared from powder	67.00	1.17	7.80
03864	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA	67.00	1.31	7.90
03930	Infant formula, MEAD JOHNSON,NEXT STEP PROSOBEE, prepared from powder	67.00	1.31	7.90
03935	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with ARA and DHA	67.00	1.18	5.90
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	67.00	1.18	13.10
05286	Turkey and gravy, frozen	67.00	0.93	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
06009	Soup, beef noodle, canned, condensed	67.00	0.88	0.30
06325	Gravy, CAMPBELL'S, chicken, microwavable	67.00	0.00	--
09007	Apples, canned, sweetened, sliced, drained, unheated	67.00	0.23	0.40
09008	Apples, canned, sweetened, sliced, drained, heated	67.00	0.24	0.20
09073	Cherries, sweet, canned, light syrup pack, solids and liquids	67.00	0.36	3.70
09131	Grapes, american type (slip skin), raw	67.00	0.29	4.00
09414	Pears, raw, bosc	67.00	0.15	2.80
11046	Beans, navy, mature seeds, sprouted, raw	67.00	1.93	18.80
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	67.00	0.27	1.80
11258	Mountain yam, hawaii, raw	67.00	0.44	2.60
16202	PACE, Traditional Refried Beans	67.00	0.90	0.00
22931	SPAGHETTIOS, SpaghettiOs Original	67.00	0.71	1.00
22932	SPAGHETTIOS, SpaghettiOs A to Z's	67.00	0.71	1.00
22938	SPAGHETTIOS, SpaghettiOs plus Calcium	67.00	0.71	1.00
33875	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calories ready-to-feed Low iron	67.00	0.33	13.10
43396	Cheese, cottage, lowfat, 1% milkfat, with vegetables	67.00	0.10	4.00
33874	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed Low iron	66.00	0.33	13.10
33876	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, ready-to-feed	66.00	1.18	7.90
43006	Babyfood, fruit, tutti frutti, strained	66.00	0.20	12.40
43373	Babyfood, dinner, chicken and noodle with vegetables, toddler	66.00	0.40	1.70
03068	Babyfood, dinner, chicken noodle, strained	66.00	0.64	0.10
03147	Babyfood, fruit, applesauce with banana, junior	66.00	0.24	17.30
03800	Infant formula, NESTLE, GOOD START SUPREME, with iron, ready-to-feed	66.00	0.99	5.90
03813	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, ready-to-feed	66.00	1.18	7.90
03832	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, ready-to-feed, with ARA and DHA	66.00	1.18	7.90
03841	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed	66.00	1.18	5.90
03845	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, ready-to-feed, with ARA and DHA	66.00	1.18	7.90
03846	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed	66.00	1.18	5.90
03949	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, ready-to-feed	66.00	1.18	5.90
03953	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, ready-to-feed	66.00	1.18	5.90
03960	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, ready-to-feed	66.00	0.99	5.90
03961	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, prepared from liquid concentrate	66.00	0.99	5.90
03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	66.00	1.31	7.90
03983	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN AA, ready-to-feed	66.00	1.18	7.90
03984	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed	66.00	1.18	13.10

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
03986	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, ready-to-feed	66.00	1.18	7.90
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	66.00	1.31	7.90
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	66.00	0.98	10.00
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	66.00	1.31	7.90
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	66.00	1.18	5.90
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	66.00	1.18	5.90
06070	Soup, chunky beef, canned, ready-to-serve	66.00	0.97	2.90
06072	Soup, vegetable with beef broth, canned, condensed	66.00	0.79	1.90
06159	Soup, tomato, canned, condensed	66.00	0.59	12.90
06210	Soup, cream of celery, canned, prepared with equal volume milk	66.00	0.28	0.60
06391	CAMPBELL'S CHUNKY, Creamy Chicken and Dumplings Soup	66.00	0.49	0.00
09164	Litchis, raw	66.00	0.31	71.50
09315	Soursop, raw	66.00	0.60	20.60
09415	Pears, raw, green anjou	66.00	0.24	4.40
11255	Lotus root, cooked, boiled, drained, without salt	66.00	0.90	27.40
11796	Lotus root, cooked, boiled, drained, with salt	66.00	0.90	27.40
16252	SILK Plain soy yogurt	66.00	--	13.20
03120	Babyfood, vegetables, corn, creamed, junior	65.00	0.27	2.20
03130	Babyfood, fruit, peaches, strained	65.00	0.23	46.10
03131	Babyfood, fruit, peaches, junior	65.00	0.23	46.10
03157	Babyfood, fruit, bananas and pineapple with tapioca, strained	65.00	0.23	19.20
03227	Babyfood, dessert, peach cobbler, strained	65.00	0.10	20.50
03297	Babyfood, dinner, apples and chicken, strained	65.00	0.38	0.20
03850	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, ready-to-feed	65.00	1.18	5.90
03855	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, ready-to-feed	65.00	0.14	5.90
03900	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, ready-to-feed	65.00	1.20	5.90
03925	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed	65.00	1.25	7.80
03982	Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed	65.00	1.31	7.90
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	65.00	1.31	7.90
03988	Infant formula, GERBER, GOOD START, PROTECT PLUS, ready-to-feed	65.00	0.98	10.00
06201	Soup, cream of asparagus, canned, prepared with equal volume milk	65.00	0.35	1.60
06208	Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve	65.00	0.16	4.00
06217	Soup, vegetable, canned, low sodium, condensed	65.00	0.66	0.80
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	65.00	0.10	--
06337	CAMPBELL'S, Cream of Chicken with Herbs Soup, condensed	65.00	--	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
06355	CAMPBELL'S Red and White, Golden Mushroom Soup, condensed	65.00	--	0.00
06375	CAMPBELL'S, Vegetable Beef Soup, condensed	65.00	0.60	1.20
06546	CAMPBELL'S Homestyle Potato Broccoli Cheese Soup	65.00	0.29	1.00
06956	Soup, tomato, canned, condensed, reduced sodium	65.00	1.11	12.90
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	65.00	0.57	0.00
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	65.00	0.57	0.00
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	65.00	0.82	3.20
11609	Beets, pickled, canned, solids and liquids	65.00	0.41	2.30
11697	Arrowroot, raw	65.00	2.22	1.90
14421	Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk	65.00	0.11	0.90
21521	Fast foods, strawberry banana smoothie made with ice and low-fat yogurt	65.00	0.14	5.20
42279	Babyfood, peas and brown rice	64.00	1.50	3.00
01078	Milk, producer, fluid, 3.7% milkfat	64.00	0.05	1.50
03076	Babyfood, dinner, vegetables, noodles and chicken, junior	64.00	0.49	0.80
03122	Babyfood, peas, dices, toddler	64.00	1.00	6.00
03154	Babyfood, fruit and vegetable, apple and sweet potato	64.00	0.20	6.40
03815	Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with iron, ready-to-feed, with ARA and DHA	64.00	1.18	7.90
03825	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, ready to feed, with ARA and DHA	64.00	0.46	7.90
03857	Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA	64.00	1.18	7.90
03859	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed	64.00	1.15	7.70
03968	Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), ready-to-feed	64.00	1.37	8.20
04013	Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	64.00	0.10	0.00
06239	PREGO Pasta, Tomato, Basil and Garlic Italian Sauce, ready-to-serve	64.00	0.58	1.00
06503	CAMPBELL'S Red and White - Microwaveable Bowls, Creamy Tomato Soup	64.00	0.15	2.40
09048	Blackberries, frozen, unsweetened	64.00	0.80	3.10
11222	Drumstick leaves, raw	64.00	4.00	51.70
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	64.00	0.41	5.50
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	64.00	0.41	5.50
14059	Beverages, KELLOGG'S, SPECIAL K Protein Shake	64.00	0.50	20.00
14240	Beverages, cranberry-apricot juice drink, bottled	64.00	0.15	0.00
14645	Beverages, Fruit flavored drink, less than 3% juice, not fortified with vitamin C	64.00	0.00	--
01059	Milk, filled, fluid, with blend of hydrogenated vegetable oils	63.00	0.05	0.90
01060	Milk, filled, fluid, with lauric acid oil	63.00	0.05	0.90
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	63.00	0.08	0.80
03047	Babyfood, dinner, beef noodle, strained	63.00	0.41	0.10

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
03075	Babyfood, dinner, vegetables, noodles and chicken, strained	63.00	0.35	0.70
03128	Babyfood, fruit, apricot with tapioca, junior	63.00	0.27	17.90
03160	Babyfood, fruit, guava and papaya with tapioca, strained	63.00	0.20	80.90
03236	Babyfood, dessert, fruit dessert, without ascorbic acid, junior	63.00	0.21	3.00
03803	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, ready-to-feed	63.00	1.18	7.90
03806	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, ready-to-feed	63.00	0.46	7.90
03823	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-feed	63.00	1.18	7.90
03868	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, ready-to-feed	63.00	1.18	7.90
03936	Infant formula, PBM PRODUCTS, store brand, ready-to-feed	63.00	1.18	5.60
03939	Infant formula, PBM PRODUCTS, store brand, soy, ready-to-feed	63.00	1.18	5.40
03963	Infant Formula, MEAD JOHNSON, ENFAMIL GENTLEASE LIPIL, with iron, prepared from powder	63.00	1.18	7.90
06071	Soup, vegetable beef, canned, condensed	63.00	0.89	1.90
06084	CAMPBELL'S Red and White, Chicken Vegetable Soup, condensed	63.00	0.29	0.00
06357	CAMPBELL'S Red and White, GOLDFISH Pasta with Chicken in Chicken Broth, condensed	63.00	0.29	0.00
06404	Soup, bean with pork, canned, prepared with equal volume water	63.00	0.75	0.60
06411	Soup, cheese, canned, prepared with equal volume water	63.00	0.30	0.00
06990	HEALTHY REQUEST, Minestrone Soup, condensed	63.00	0.86	0.00
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	63.00	0.39	2.70
09070	Cherries, sweet, raw	63.00	0.36	7.00
09083	Currants, european black, raw	63.00	1.54	181.00
09205	Oranges, raw, with peel	63.00	0.80	71.00
09283	Plums, canned, purple, light syrup pack, solids and liquids	63.00	0.86	0.40
09412	Pears, raw, bartlett	63.00	0.19	4.40
09435	Guava nectar, canned, with added ascorbic acid	63.00	0.38	21.10
09504	Apples, raw, fuji, with skin	63.00	0.10	--
09507	Fruit juice smoothie, NAKED JUICE, MIGHTY MANGO	63.00	0.15	2.50
09520	Kiwifruit, ZESPRI SunGold, raw	63.00	0.21	161.30
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	63.00	0.53	4.60
14238	Beverages, cranberry-apple juice drink, bottled	63.00	0.07	39.50
16166	Soymilk, chocolate, unfortified	63.00	0.48	1.70
16168	Soymilk, chocolate, with added calcium, vitamins A and D	63.00	0.48	1.70
16204	PACE, Spicy Jalapeno Refried Beans	63.00	0.90	0.00
19173	Gelatin desserts, dry mix, prepared with water	62.00	0.02	0.00
35202	Raspberries, wild (Northern Plains Indians)	62.00	0.64	26.40
43311	Potatoes, canned, drained solids, no salt added	62.00	1.26	5.10

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	62.00	0.23	0.40
01230	Milk, buttermilk, fluid, whole	62.00	0.03	0.00
03096	Babyfood, vegetable, green beans and potatoes	62.00	0.50	1.10
03165	Babyfood, fruit, apple and blueberry, junior	62.00	0.40	13.90
03289	Babyfood, apples with ham, strained	62.00	0.30	0.10
03298	Babyfood, dinner, broccoli and chicken, junior	62.00	0.52	17.70
06223	PREGO Pasta, Flavored with Meat Italian Sauce, ready-to-serve	62.00	0.83	1.80
06229	PREGO Pasta, Mushroom and Garlic Italian Sauce, ready-to-serve	62.00	0.55	0.90
06965	Soup, pea, low sodium, prepared with equal volume water	62.00	0.73	0.60
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	62.00	4.96	0.00
08145	Cereals, whole wheat hot natural cereal, cooked with water, without salt	62.00	0.62	0.00
08183	Cereals, whole wheat hot natural cereal, cooked with water, with salt	62.00	0.62	0.00
09061	Carissa, (natal-plum), raw	62.00	1.31	38.00
09413	Pears, raw, red anjou	62.00	0.19	5.20
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	62.00	0.25	25.00
14056	Beverages, Acai berry drink, fortified	62.00	0.16	42.10
14060	Beverages, Energy Drink with carbonated water and high fructose corn syrup	62.00	0.00	25.00
16162	MORI-NU, Tofu, silken, firm	62.00	1.03	0.00
16249	SILK Coffee, soymilk	62.00	0.00	--
01076	Milk substitutes, fluid, with lauric acid oil	61.00	0.39	0.00
01077	Milk, whole, 3.25% milkfat, with added vitamin D	61.00	0.03	0.00
01089	Milk, low sodium, fluid	61.00	0.05	0.90
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	61.00	0.05	0.50
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	61.00	0.03	0.00
03044	Babyfood, dinner, macaroni and tomato and beef, strained	61.00	0.46	0.30
03090	Babyfood, dinner, macaroni and cheese, junior	61.00	0.30	1.30
03164	Babyfood, fruit, apple and blueberry, strained	61.00	0.20	27.80
06025	Soup, chicken vegetable, canned, condensed	61.00	0.71	0.80
06028	Soup, clam chowder, manhattan, canned, condensed	61.00	1.30	3.20
06042	Soup, mushroom barley, canned, condensed	61.00	0.40	0.00
06147	Soup, beef mushroom, canned, condensed	61.00	0.70	0.00
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	61.00	1.21	2.10
06241	CAMPBELL'S CHUNKY Microwavable Bowls, Beef with Country Vegetables Soup, ready-to-serve	61.00	0.29	0.50
06256	Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk	61.00	0.22	0.10
06449	Soup, pea, green, canned, prepared with equal volume water	61.00	0.73	0.60

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
06733	Soup, beef with vegetables and barley, canned, condensed, single brand	61.00	--	--
09148	Kiwifruit, green, raw	61.00	0.31	92.70
09220	Tangerines, (mandarin oranges), canned, light syrup pack	61.00	0.37	19.80
09334	Feijoa, raw	61.00	0.14	32.90
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	61.00	0.36	2.60
11246	Leeks, (bulb and lower leaf-portion), raw	61.00	2.10	12.00
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	61.00	0.36	2.60
14277	Beverages, grape drink, canned	61.00	0.07	31.40
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	61.00	1.11	0.20
21378	McDONALD'S, Bacon Ranch Salad without chicken	61.00	0.67	13.50
02046	Mustard, prepared, yellow	60.00	1.61	0.30
03062	Babyfood, dinner, vegetables and ham, junior	60.00	0.24	1.10
03077	Babyfood, dinner, pasta with vegetables	60.00	0.50	2.90
03109	Babyfood, vegetables, sweet potatoes, junior	60.00	0.39	9.60
03118	Babyfood, fruit, apricot with tapioca, strained	60.00	0.30	21.60
03229	Babyfood, dessert, peach melba, strained	60.00	0.33	31.40
03230	Babyfood, dessert, peach melba, junior	60.00	0.30	26.00
03238	Babyfood, dessert, tropical fruit, junior	60.00	0.26	18.80
03296	Babyfood, dinner, turkey, rice, and vegetables, toddler	60.00	0.40	0.30
06253	Soup, cream of potato, canned, prepared with equal volume milk	60.00	0.22	0.50
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	60.00	0.40	21.30
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	60.00	0.25	25.00
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	60.00	0.25	0.10
09145	Java-plum, (jambolan), raw	60.00	0.19	14.30
09172	Longans, raw	60.00	0.13	84.00
09176	Mangos, raw	60.00	0.16	36.40
09233	Passion-fruit juice, yellow, raw	60.00	0.36	18.20
09262	Pear nectar, canned, without added ascorbic acid	60.00	0.26	1.10
09268	Pineapple, canned, juice pack, solids and liquids	60.00	0.28	9.50
09354	Pineapple, canned, juice pack, drained	60.00	0.28	9.40
09408	Pear nectar, canned, with added ascorbic acid	60.00	0.26	27.00
11223	Drumstick leaves, cooked, boiled, drained, without salt	60.00	2.32	31.00
11376	Potatoes, canned, drained solids	60.00	1.26	5.10
11786	Drumstick leaves, cooked, boiled, drained, with salt	60.00	2.32	31.00
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	60.00	0.82	3.20

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
14183	Beverages, coffee, ready to drink, iced, mocha, milk based	60.00	0.09	0.00
16124	Soy sauce made from soy (tamari)	60.00	2.38	0.00
16125	Soy sauce made from hydrolyzed vegetable protein	60.00	0.33	0.00
16203	PACE, Salsa Refried Beans	60.00	0.90	0.00
01199	Cream, half and half, fat free	59.00	0.00	0.70
01256	Yogurt, Greek, plain, nonfat	59.00	0.07	0.00
03045	Babyfood, dinner, macaroni and tomato and beef, junior	59.00	0.36	1.50
03061	Babyfood, dinner, vegetables and ham, strained	59.00	0.41	1.60
03073	Babyfood, dinner, vegetables chicken, strained	59.00	0.53	0.10
03235	Babyfood, dessert, fruit dessert, without ascorbic acid, strained	59.00	0.22	2.50
03290	Babyfood, carrots and beef, strained	59.00	0.50	0.80
06068	Soup, vegetarian vegetable, canned, condensed	59.00	0.88	1.20
06592	CAMPBELL'S Soup on the Go, Creamy Tomato Soup	59.00	0.12	9.80
08182	Cereals, WHEATENA, cooked with water, with salt	59.00	0.56	0.00
09434	Guanabana nectar, canned	59.00	0.36	11.10
09500	Apples, raw, red delicious, with skin	59.00	0.11	--
11555	Tomato products, canned, sauce, with herbs and cheese	59.00	0.87	10.00
15245	Mollusks, oyster, eastern, farmed, raw	59.00	5.78	4.70
16279	HOUSE FOODS Premium Soft Tofu	59.00	1.53	0.90
03152	Babyfood, fruit, apple and raspberry, strained	58.00	0.22	26.80
03153	Babyfood, fruit, apple and raspberry, junior	58.00	0.22	28.90
03199	Babyfood, cereal, with eggs, strained	58.00	0.54	0.80
06955	Soup, cream of chicken, canned, condensed, reduced sodium	58.00	0.20	0.00
09104	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, light syrup, solids and liquids	58.00	0.29	2.50
09282	Plums, canned, purple, juice pack, solids and liquids	58.00	0.34	2.80
09502	Apples, raw, granny smith, with skin	58.00	0.15	--
11306	Peas, green, canned, regular pack, solids and liquids	58.00	1.29	7.80
11362	Potatoes, raw, skin	58.00	3.24	11.40
14044	Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan	58.00	0.96	19.40
14251	Alcoholic beverages, beer, higher alcohol	58.00	0.03	0.00
14629	Beverages, Energy drink, ROCKSTAR	58.00	0.05	0.00
16237	SILK Chocolate, soymilk	58.00	0.59	0.00
16248	SILK Mocha, soymilk	58.00	0.44	0.00
03108	Babyfood, vegetables, sweet potatoes strained	57.00	0.37	9.90
03119	Babyfood, vegetables, corn, creamed, strained	57.00	0.28	2.10

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
03141	Babyfood, pears, dices, toddler	57.00	0.20	31.30
03287	Babyfood, dinner, beef noodle, junior	57.00	0.43	1.40
03293	Babyfood, plums, bananas and rice, strained	57.00	0.00	12.30
06064	Soup, turkey, chunky, canned, ready-to-serve	57.00	0.81	2.70
06245	CAMPBELL'S CHUNKY Microwavable Bowls, Grilled Chicken and Sausage Gumbo, ready-to-serve	57.00	0.15	0.00
06252	CAMPBELL'S CHUNKY Microwavable Bowls, Sirloin Burger with Country Vegetables Soup, ready-to-serve	57.00	0.44	0.00
06389	CAMPBELL'S CHUNKY Soups, Beef with White and Wild Rice Soup	57.00	0.44	0.00
06399	CAMPBELL'S CHUNKY Soups, Grilled Chicken & Sausage Gumbo Soup	57.00	0.15	0.00
06426	Soup, chili beef, canned, prepared with equal volume water	57.00	0.79	1.50
06438	CAMPBELL'S CHUNKY Soups, Salisbury Steak with Mushrooms & Onions Soup	57.00	0.44	0.00
06622	SMART SOUP, Indian Bean Masala	57.00	1.00	0.00
09012	Apples, dried, sulfured, stewed, without added sugar	57.00	0.33	1.00
09050	Blueberries, raw	57.00	0.28	9.70
09053	Blueberries, wild, frozen	57.00	0.58	1.70
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	57.00	0.29	1.90
09129	Grapes, muscadine, raw	57.00	0.26	6.50
09229	Papaya nectar, canned	57.00	0.34	3.00
09252	Pears, raw	57.00	0.18	4.30
09256	Pears, canned, light syrup pack, solids and liquids	57.00	0.28	0.70
09296	Quinces, raw	57.00	0.70	15.00
09437	Tamarind nectar, canned	57.00	0.75	7.10
09501	Apples, raw, golden delicious, with skin	57.00	0.13	--
09503	Apples, raw, gala, with skin	57.00	0.12	--
11487	Squash, winter, butternut, frozen, unprepared	57.00	0.88	6.20
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	57.00	0.87	19.40
14164	Beverages, chocolate malt powder, prepared with 1% milk, fortified	57.00	1.14	3.00
14282	Beverages, grape juice drink, canned	57.00	0.13	26.50
16424	Soy sauce made from soy and wheat (shoyu), low sodium	57.00	1.35	0.00
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	56.00	0.06	1.10
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	56.00	0.09	0.90
01152	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A	56.00	0.06	1.10
02052	Vanilla extract, imitation, no alcohol	56.00	0.05	0.00
03083	Babyfood, dinner, turkey and rice, junior	56.00	0.41	0.30
03129	Babyfood, fruit, bananas with tapioca, strained	56.00	0.20	16.70
06027	Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	56.00	1.10	5.10

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
06037	Soup, lentil with ham, canned, ready-to-serve	56.00	1.07	1.70
06041	CAMPBELL'S Red and White, Chicken and Dumplings Soup, condensed	56.00	0.29	0.00
06047	CAMPBELL'S Red and White, Chicken and Stars Soup, condensed	56.00	0.29	0.00
06054	CAMPBELL'S Red and White, Chicken Alphabet Soup, condensed	56.00	0.29	1.00
06145	CAMPBELL'S Red and White, Beef Noodle Soup, condensed	56.00	0.57	0.00
06209	CAMPBELL'S, 98% Fat Free Cream of Broccoli Soup, condensed	56.00	0.00	--
06215	CAMPBELL'S, 98% Fat Free Broccoli Cheese Soup, condensed	56.00	0.00	--
06218	CAMPBELL'S, 98% Fat Free Cream of Celery Soup, condensed	56.00	--	--
06237	PREGO Pasta, Heart Smart- Roasted Red Pepper and Garlic Italian Sauce, ready-to-serve	56.00	0.58	1.90
06339	CAMPBELL'S, Cream of Mushroom with Roasted Garlic Soup, condensed	56.00	0.00	--
06349	CAMPBELL'S Red and White, SCOOBY-DOO Soup, condensed	56.00	0.57	0.00
06415	CAMPBELL'S CHUNKY Soups, Hearty Beef Barley Soup	56.00	0.49	0.80
06461	Soup, tomato beef with noodle, canned, prepared with equal volume water	56.00	0.45	0.00
06987	HEALTHY REQUEST, Cream of Celery Soup, condensed	56.00	0.00	--
08143	Cereals, WHEATENA, cooked with water	56.00	0.56	0.00
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	56.00	4.09	0.00
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	56.00	4.70	0.00
09006	Apples, raw, without skin, cooked, microwave	56.00	0.17	0.30
09036	Apricot nectar, canned, without added ascorbic acid	56.00	0.38	0.60
09084	Currants, red and white, raw	56.00	1.00	41.00
09403	Apricot nectar, canned, with added ascorbic acid	56.00	0.38	17.60
09515	Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	56.00	0.34	6.20
11221	Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt	56.00	0.36	5.70
11269	Mushrooms, shiitake, cooked, without salt	56.00	0.44	0.30
11483	Squash, winter, acorn, cooked, baked, without salt	56.00	0.93	10.80
11798	Mushrooms, shiitake, cooked, with salt	56.00	0.44	0.30
11864	Squash, winter, acorn, cooked, baked, with salt	56.00	0.93	10.80
12203	Nuts, chestnuts, japanese, boiled and steamed	56.00	0.53	9.50
14220	Beverages, OCEAN SPRAY, Cranberry-Apple Juice Drink, bottled	56.00	0.04	29.60
14241	Beverages, cranberry-grape juice drink, bottled	56.00	0.01	32.00
14250	Beverages, AMBER, hard cider	56.00	0.06	2.30
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	56.00	0.22	0.00
27015	CAMPBELL'S Red and White, PHINEAS and FERB Soup, condensed	56.00	0.57	0.00
42189	Milk, buttermilk, fluid, cultured, reduced fat	56.00	0.06	1.50
03069	Babyfood, dinner, chicken noodle, junior	55.00	0.38	0.10

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
06219	CAMPBELL'S, 98% Fat Free Cream of Chicken Soup, condensed	55.00	0.23	0.20
06248	Soup, oyster stew, canned, prepared with equal volume milk	55.00	0.43	1.80
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	55.00	0.30	6.30
06619	SMART SOUP, Santa Fe Corn Chowder	55.00	1.00	0.00
06988	CAMPBELL'S HEALTHY REQUEST, Cream of Mushroom Soup, condensed	55.00	0.30	0.10
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	55.00	5.33	0.00
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	55.00	4.88	0.00
09167	Loganberries, frozen	55.00	0.64	15.30
14194	Beverages, Cocoa mix, powder, prepared with water	55.00	0.17	0.00
16161	MORI-NU, Tofu, silken, soft	55.00	0.82	0.00
16163	MORI-NU, Tofu, silken, extra firm	55.00	1.19	0.00
06152	Sauce, pizza, canned, ready-to-serve	54.00	0.90	11.30
06224	PREGO Pasta, Fresh Mushroom Italian Sauce, ready-to-serve	54.00	0.55	1.80
06487	CAMPBELL'S Low Sodium Soups, Cream of Mushroom Soup	54.00	--	--
06549	Soup, chicken mushroom, canned, prepared with equal volume water	54.00	0.36	0.00
06932	PREGO Pasta, Traditional Italian Sauce, ready-to-serve	54.00	0.55	1.80
06994	PREGO Pasta, Chunky Garden Combination Italian Sauce, ready-to-serve	54.00	0.55	1.80
09072	Cherries, sweet, canned, juice pack, solids and liquids	54.00	0.58	2.50
09240	Peaches, canned, light syrup pack, solids and liquids	54.00	0.36	2.40
09251	Peach nectar, canned, without added ascorbic acid	54.00	0.19	5.30
09407	Peach nectar, canned, with added ascorbic acid	54.00	0.19	17.60
09442	Pomegranate juice, bottled	54.00	0.10	--
11785	Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt	54.00	0.36	5.70
14217	Beverages, OCEAN SPRAY, Cran Grape	54.00	0.04	28.10
14242	Cranberry juice cocktail, bottled	54.00	0.10	42.30
14638	Beverages, Horchata, as served in restaurant	54.00	0.01	--
14648	Beverages, fruit juice drink, greater than 3% fruit juice, high vitamin C and added thiamin	54.00	0.25	25.40
16120	Soymilk, original and vanilla, unfortified	54.00	0.64	0.00
16210	Vitasoy USA, Nasoya Lite Firm Tofu	54.00	1.60	--
27033	PREGO Pasta, Heart Smart- Traditional Sauce, ready-to-serve	54.00	0.55	1.80
42270	Beverages, Orange juice drink	54.00	0.11	15.00
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	53.00	11.02	0.00
19281	Frozen novelties, ice type, italian, restaurant-prepared	53.00	0.09	0.50
27008	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Microwavable Bowls, Grilled Chicken & Sausage Gumbo Soup	53.00	0.29	2.40
27009	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST New England Clam Chowder	53.00	0.29	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
27018	CAMPBELL'S Homestyle Microwaveable Bowls, HEALTHY REQUEST Mexican Style Tortilla	53.00	0.44	0.50
27034	CAMPBELL'S, 98% Fat Free Cream of Mushroom Soup, condensed	53.00	0.31	0.10
43098	Pie fillings, cherry, low calorie	53.00	0.33	2.80
03085	Babyfood, dinner, vegetables and turkey, junior	53.00	0.36	0.40
03274	Babyfood, dinner, vegetables and chicken, junior	53.00	0.33	0.20
06022	Soup, chicken rice, canned, chunky, ready-to-serve	53.00	0.78	1.60
06039	Soup, minestrone, canned, chunky, ready-to-serve	53.00	0.74	2.00
06116	Gravy, beef, canned, ready-to-serve	53.00	0.70	0.00
06388	CAMPBELL'S CHUNKY Soups, Beef with Country Vegetables Soup	53.00	0.59	0.00
06396	CAMPBELL'S CHUNKY Soups, Fajita Chicken with Rice & Beans Soup	53.00	0.44	0.00
06537	CAMPBELL'S Homestyle HEALTHY REQUEST Mexican Style Chicken Tortilla	53.00	0.44	0.50
06543	CAMPBELL'S Homestyle Mexican Style Chicken Tortilla Soup	53.00	0.15	0.00
06620	SMART SOUP, French Lentil	53.00	1.00	0.00
06739	Soup, vegetable beef, canned, condensed, single brand	53.00	--	--
06968	Soup, cream of mushroom, low sodium, ready-to-serve, canned	53.00	0.21	0.40
06977	Gravy, meat or poultry, low sodium, prepared	53.00	0.70	0.00
08113	Cereals, farina, enriched, cooked with water, without salt	53.00	5.33	0.00
08173	Cereals, farina, enriched, cooked with water, with salt	53.00	5.33	0.00
09005	Apples, raw, without skin, cooked, boiled	53.00	0.19	0.20
09090	Figs, canned, water pack, solids and liquids	53.00	0.29	1.00
09138	Groundcherries, (cape-gooseberries or poha), raw	53.00	1.00	11.00
09218	Tangerines, (mandarin oranges), raw	53.00	0.15	26.70
09273	Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	53.00	0.31	10.00
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	53.00	0.31	43.80
09508	Fruit juice smoothie, NAKED JUICE, GREEN MACHINE	53.00	0.42	8.20
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	53.00	0.61	7.40
11322	Peas and carrots, frozen, unprepared	53.00	1.09	11.20
11812	Peas, green, canned, no salt added, solids and liquids	53.00	1.02	9.80
14436	Beverages, orange breakfast drink, ready-to-drink, with added nutrients	53.00	0.05	24.00
16123	Soy sauce made from soy and wheat (shoyu)	53.00	1.45	0.00
16245	SILK Very Vanilla, soymilk	53.00	0.44	8.60
16247	SILK Chai, soymilk	53.00	0.44	0.00
01124	Egg, white, raw, fresh	52.00	0.08	0.00
03066	Babyfood, dinner, vegetables and lamb, strained	52.00	0.35	1.20
03081	Babyfood, dinner, vegetables and noodles and turkey, junior	52.00	0.26	0.80

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
03082	Babyfood, dinner, turkey and rice, strained	52.00	0.29	0.20
03112	Babyfood, potatoes, toddler	52.00	0.20	10.50
03198	Babyfood, cereal, with egg yolks, junior	52.00	0.51	0.70
03267	Babyfood, juice, fruit punch, with calcium	52.00	0.30	21.20
06182	Soup, cream of mushroom, canned, condensed, reduced sodium	52.00	0.48	0.00
06429	CAMPBELL'S CHUNKY Soups, Manhattan Clam Chowder	52.00	0.44	0.00
06482	CAMPBELL'S Low Sodium Soups, Chicken with Noodles Soup	52.00	0.35	0.00
06589	CAMPBELL'S Soup on the Go, Creamy Broccoli Soup	52.00	0.12	0.00
06594	CAMPBELL'S Soup on the Go, New England Clam Chowder	52.00	0.24	0.00
08101	Cereals, CREAM OF RICE, cooked with water, without salt	52.00	3.96	0.00
08168	Cereals, CREAM OF RICE, cooked with water, with salt	52.00	3.96	0.00
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	52.00	4.98	0.00
09003	Apples, raw, with skin	52.00	0.12	4.60
09269	Pineapple, canned, light syrup pack, solids and liquids	52.00	0.39	7.50
09302	Raspberries, raw	52.00	0.69	26.20
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	52.00	0.14	50.70
09516	Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	52.00	0.32	47.30
09518	Raspberries, frozen, unsweetened	52.00	0.69	26.20
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	52.00	2.40	22.00
14284	Beverages, Cranberry juice cocktail	52.00	0.04	33.50
14303	Limeade, frozen concentrate, prepared with water	52.00	0.00	3.10
27062	Soup, beef barley, ready to serve	52.00	0.45	0.50
35015	Blackberries, wild, raw (Alaska Native)	52.00	0.21	4.70
43026	Syrups, sugar free	52.00	0.00	--
18370	Leavening agents, baking powder, double-acting, straight phosphate	51.00	11.27	0.00
42286	Babyfood, green beans and turkey, strained	51.00	0.70	2.20
43008	Babyfood, dinner, chicken and rice	51.00	0.20	1.00
01080	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D	51.00	0.05	1.00
03052	Babyfood, dinner, beef stew, toddler	51.00	0.72	3.00
03067	Babyfood, dinner, vegetables and lamb, junior	51.00	0.34	1.70
03115	Babyfood, apples, dices, toddler	51.00	0.20	31.30
03144	Babyfood, fruit, applesauce and cherries, strained	51.00	0.30	42.80
03145	Babyfood, fruit, applesauce and cherries, junior	51.00	0.30	42.80
03161	Babyfood, peaches, dices, toddler	51.00	0.20	31.30
03167	Babyfood, apple-banana juice	51.00	0.20	27.90

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
03197	Babyfood, cereal, with egg yolks, strained	51.00	0.47	0.70
06125	Gravy, turkey, canned, ready-to-serve	51.00	0.70	0.00
06176	Sauce, oyster, ready-to-serve	51.00	0.18	0.10
06316	Soup, HEALTHY CHOICE Garden Vegetable Soup, canned	51.00	0.00	1.00
06363	CAMPBELL'S, Homestyle Chicken Noodle Soup, condensed	51.00	0.38	0.10
06403	CAMPBELL'S CHUNKY Soups, Grilled Sirloin Steak with Hearty Vegetables Soup	51.00	0.44	0.50
06623	SMART SOUP, Moroccan Chick Pea	51.00	1.00	0.00
06976	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	51.00	0.78	2.00
06989	CAMPBELL'S HEALTHY REQUEST, Homestyle Chicken Noodle Soup, condensed	51.00	0.40	0.60
06999	Gravy, CAMPBELL'S, chicken	51.00	0.12	--
09054	Blueberries, frozen, unsweetened	51.00	0.18	2.50
09175	Mammy-apple, (mamey), raw	51.00	0.70	14.00
09232	Passion-fruit juice, purple, raw	51.00	0.24	29.80
09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	51.00	0.16	12.00
09430	Pineapple, raw, extra sweet variety	51.00	0.28	56.40
09436	Mango nectar, canned	51.00	0.36	15.20
09452	Orange Pineapple Juice Blend	51.00	0.18	40.70
11324	Peas and onions, canned, solids and liquids	51.00	0.87	3.00
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	51.00	0.61	7.40
14130	Carbonated beverage, cream soda	51.00	0.05	0.00
14327	Beverages, orange and apricot juice drink, canned	51.00	0.10	20.00
15167	Mollusks, oyster, eastern, wild, raw	51.00	4.61	0.00
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	50.00	0.02	0.20
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	50.00	0.02	0.20
03070	Babyfood, dinner, chicken soup, strained	50.00	0.27	1.00
03114	Babyfood, vegetable, butternut squash and corn	50.00	0.40	4.90
03121	Babyfood, vegetables, peas, strained	50.00	0.95	0.60
03176	Babyfood, juice, orange and banana	50.00	0.11	34.00
06121	Gravy, mushroom, canned	50.00	0.66	0.00
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	50.00	0.72	5.70
06195	CAMPBELL'S, HEALTHY REQUEST, cream of chicken soup, condensed	50.00	0.20	--
06558	Soup, tomato bisque, canned, prepared with equal volume water	50.00	0.33	2.40
06604	PACE, Red Taco Sauce	50.00	0.00	--
06734	Soup, chicken with star-shaped pasta, canned, condensed, single brand	50.00	--	--
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	50.00	0.73	2.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	50.00	3.74	0.00
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	50.00	3.99	0.00
09057	Boysenberries, frozen, unsweetened	50.00	0.85	3.10
09063	Cherries, sour, red, raw	50.00	0.32	10.00
09103	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids	50.00	0.25	3.30
09223	Tangerine juice, canned, sweetened	50.00	0.20	22.00
09254	Pears, canned, juice pack, solids and liquids	50.00	0.29	1.60
09266	Pineapple, raw, all varieties	50.00	0.29	47.80
09443	Juice, apple and grape blend, with added ascorbic acid	50.00	0.11	28.20
09510	Pineapple juice, canned, not from concentrate, unsweetened, with added vitamins A, C and E	50.00	0.26	31.30
09513	Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	50.00	0.39	31.30
09531	Fruit juice smoothie, NAKED JUICE, strawberry banana	50.00	0.20	8.40
11045	Mung beans, mature seeds, sprouted, cooked, stir-fried	50.00	1.90	16.00
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	50.00	0.76	5.10
11310	Peas, green, canned, seasoned, solids and liquids	50.00	1.20	11.50
11490	Squash, winter, hubbard, baked, without salt	50.00	0.47	9.50
11590	Waterchestnuts, chinese, canned, solids and liquids	50.00	0.87	1.30
11788	Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	50.00	0.76	5.10
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	50.00	2.40	22.00
11868	Squash, winter, hubbard, baked, with salt	50.00	0.47	9.50
14054	Beverages, almond milk, chocolate, ready-to-drink	50.00	0.53	4.40
14095	Beverages, MINUTE MAID, Lemonada, Limeade	50.00	0.00	3.10
14341	Beverages, pineapple and orange juice drink, canned	50.00	0.27	22.50
27060	Soup, chunky vegetable, reduced sodium, canned, ready-to-serve	50.00	0.40	0.70
43154	Alcoholic beverage, wine, cooking	50.00	0.40	0.00
19892	Frozen novelties, Sugar Free, CREAMSICLE Pops	49.00	0.03	0.00
27007	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Microwavable Bowls, Chicken Noodle Soup	49.00	0.29	1.00
43146	Eggplant, pickled	49.00	0.77	0.00
43155	Alcoholic beverage, wine, light	49.00	0.40	0.00
43369	Beverages, Chocolate-flavored drink, whey and milk based	49.00	0.33	2.00
03170	Babyfood, juice, apple and plum	49.00	0.62	58.20
06212	CAMPBELL'S, 25% Less Sodium Chicken Noodle Soup, condensed	49.00	0.60	0.00
06408	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Vegetable Soup	49.00	0.44	0.00
06434	CAMPBELL'S CHUNKY Soups, Old Fashioned Vegetable Beef Soup	49.00	0.54	0.00
06441	CAMPBELL'S CHUNKY Soups, Savory Pot Roast Soup	49.00	0.29	0.50

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
06462	CAMPBELL'S CHUNKY Soups, Steak 'N' Potato Soup	49.00	0.44	0.00
06529	CAMPBELL'S Homestyle Light New England Clam Chowder	49.00	0.59	0.00
06541	CAMPBELL'S Homestyle Italian-Style Wedding Soup	49.00	0.44	0.00
09025	Apricots, canned, extra light syrup pack, with skin, solids and liquids	49.00	0.30	4.00
09201	Oranges, raw, California, valencias	49.00	0.09	48.50
09202	Oranges, raw, navels	49.00	0.13	59.10
09209	Orange juice, chilled, includes from concentrate	49.00	0.13	33.60
09311	Roselle, raw	49.00	1.48	12.00
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	49.00	0.13	33.60
11233	Kale, raw	49.00	1.47	120.00
11444	Seaweed, irishmoss, raw	49.00	8.90	3.00
11581	Vegetables, mixed, canned, drained solids	49.00	1.05	5.00
11595	Winged beans, immature seeds, raw	49.00	1.50	18.30
14036	Beverages, CYTOSPORT, Muscle Milk, ready-to-drink	49.00	1.30	27.60
14079	Beverages, yellow green colored citrus soft drink with caffeine	49.00	0.02	0.00
14083	Beverages, chocolate malt, powder, prepared with fat free milk	49.00	0.74	3.30
14227	Beverages, OCEAN SPRAY, White Cranberry Strawberry Flavored Juice Drink	49.00	0.04	26.70
14233	Beverages, OCEAN SPRAY, Cran Raspberry Juice Drink	49.00	0.04	27.20
14323	Beverages, orange drink, canned, with added vitamin C	49.00	0.04	57.30
14408	Beverages, orange-flavor drink, breakfast type, powder, prepared with water	49.00	0.00	29.50
14425	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water	49.00	0.08	69.20
14620	Beverages, V8 V-FUSION Juices, Peach Mango	49.00	0.15	24.40
14621	Beverages, V8 V-FUSION Juices, Strawberry Banana	49.00	0.15	24.40
14622	Beverages, V8 V-FUSION Juices, Tropical	49.00	0.15	24.40
14640	Beverages, Energy drink, VAULT, citrus flavor	49.00	0.02	0.00
16240	SILK Light Chocolate, soymilk	49.00	0.59	0.00
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	48.00	0.06	1.20
01172	Egg, white, raw, frozen, pasteurized	48.00	0.04	0.00
01226	Egg substitute, liquid or frozen, fat free	48.00	1.98	0.50
02055	Horseradish, prepared	48.00	0.42	24.90
03041	Babyfood, dinner, vegetables and dumplings and beef, strained	48.00	0.39	0.80
03042	Babyfood, dinner, vegetables and dumplings and beef, junior	48.00	0.47	0.80
03084	Babyfood, dinner, vegetables and turkey, strained	48.00	0.37	0.70
03177	Babyfood, juice, orange and pineapple	48.00	0.42	53.40
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	48.00	0.16	1.50

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
06019	Soup, chicken noodle, canned, condensed	48.00	0.67	0.00
06048	Soup, oyster stew, canned, condensed	48.00	0.80	2.60
06058	CAMPBELL'S Red and White, Chicken Gumbo Soup, condensed	48.00	0.00	--
06119	Gravy, chicken, canned or bottled, ready-to-serve	48.00	0.09	0.00
06364	CAMPBELL'S Red and White, Manhattan Clam Chowder, condensed	48.00	0.57	1.00
06416	Soup, cream of chicken, canned, prepared with equal volume water	48.00	0.25	0.10
06457	CAMPBELL'S CHUNKY Soups, Slow Roasted Beef with Mushrooms Soup	48.00	0.44	0.50
06749	Soup, beef and vegetables, canned, ready-to-serve	48.00	0.51	3.60
08511	Cereals, MALT-O-MEAL, original, plain, prepared with water, without salt	48.00	5.19	0.00
09004	Apples, raw, without skin	48.00	0.07	4.00
09014	Apples, frozen, unsweetened, unheated	48.00	0.18	0.10
09021	Apricots, raw	48.00	0.39	10.00
09024	Apricots, canned, juice pack, with skin, solids and liquids	48.00	0.30	4.90
09517	Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	48.00	0.13	30.30
09519	Guava nectar, with sucralose, canned	48.00	0.54	21.30
09530	Fruit juice smoothie, ODWALLA, strawberry banana	48.00	0.20	38.40
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	48.00	0.94	8.10
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	48.00	0.94	8.10
14150	Beverages, carbonated, orange	48.00	0.06	0.00
14187	Beverages, Clam and tomato juice, canned	48.00	0.15	5.00
14264	Beverages, fruit punch drink, without added nutrients, canned	48.00	0.09	0.40
35197	Lambsquarters, steamed (Northern Plains Indians)	48.00	1.15	4.90
42266	Babyfood, juice, apple-sweet potato	48.00	0.30	34.10
27028	PACE, Salsa Verde	47.00	0.00	3.80
27029	PACE, Tequila Lime Salsa	47.00	0.00	7.50
27030	PACE, Triple Pepper Salsa	47.00	--	7.50
35196	Lambsquarters, raw (Northern Plains Indians)	47.00	1.16	--
43125	Beans, liquid from stewed kidney beans	47.00	1.96	0.00
43408	Babyfood, juice, pear	47.00	0.00	33.80
43535	Babyfood, juice, apple - cherry	47.00	0.35	32.10
03143	Babyfood, fruit, applesauce and apricots, junior	47.00	0.26	17.90
03166	Babyfood, juice, apple	47.00	0.57	57.90
03174	Babyfood, juice, orange and apple and banana	47.00	0.35	32.10
03179	Babyfood, juice, mixed fruit	47.00	0.34	63.60
04636	Salad dressing, italian dressing, fat-free	47.00	0.40	--

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
04676	Margarine-like spread, SMART BEAT Smart Squeeze	47.00	--	--
06062	CAMPBELL'S, Red and White, Chicken Noodle Soup, condensed	47.00	0.69	--
06395	CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup	47.00	0.34	0.00
06463	Soup, tomato rice, canned, prepared with equal volume water	47.00	0.31	5.80
06748	Soup, PROGRESSO, beef barley, traditional, ready to serve	47.00	0.39	0.30
06986	CAMPBELL'S HEALTHY REQUEST, Chicken Noodle Soup, condensed	47.00	0.69	0.30
08512	Cereals, MALT-O-MEAL, chocolate, prepared with water, without salt	47.00	5.59	0.00
09015	Apples, frozen, unsweetened, heated	47.00	0.19	0.40
09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	47.00	0.26	0.60
09156	Lemon peel, raw	47.00	0.80	129.00
09174	Loquats, raw	47.00	0.28	1.00
09200	Oranges, raw, all commercial varieties	47.00	0.10	53.20
09207	Orange juice, canned, unsweetened	47.00	0.10	30.10
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	47.00	0.13	33.60
09211	Orange juice, chilled, includes from concentrate, with added calcium	47.00	0.13	33.60
09255	Pears, canned, extra light syrup pack, solids and liquids	47.00	0.20	2.00
09411	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added ascorbic acid	47.00	0.26	25.00
09433	Clementines, raw	47.00	0.14	48.80
11007	Artichokes, (globe or french), raw	47.00	1.28	11.70
11199	Yardlong bean, raw	47.00	0.47	18.80
11200	Yardlong bean, cooked, boiled, drained, without salt	47.00	0.98	16.20
11899	Yardlong bean, cooked, boiled, drained, with salt	47.00	0.98	16.20
14161	Beverages, Kiwi Strawberry Juice Drink	47.00	0.15	24.70
14255	Beverages, OCEAN SPRAY, Cran Pomegranate	47.00	0.12	27.10
14267	Beverages, Fruit punch drink, with added nutrients, canned	47.00	0.09	29.60
14334	Beverages, pineapple and grapefruit juice drink, canned	47.00	0.31	46.00
14431	Cranberry juice cocktail, frozen concentrate, prepared with water	47.00	0.07	10.50
14627	Beverages, Energy Drink, Monster, fortified with vitamins C, B2, B3, B6, B12	47.00	0.04	0.00
14639	Beverages, rice milk, unsweetened	47.00	0.20	0.00
16214	Vitasoy USA, Organic Nasoya Silken Tofu	47.00	0.90	--
16216	Vitasoy USA, Vitasoy Organic Classic Original Soymilk	47.00	0.44	--
16227	Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D	47.00	0.59	0.00
03169	Babyfood, apple-cranberry juice	46.00	0.22	27.90
03175	Babyfood, juice, orange and apricot	46.00	0.38	85.90
03265	Babyfood, juice, apple and grape	46.00	0.39	31.50

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
03269	Babyfood, juice, apple, with calcium	46.00	0.20	21.20
06029	CAMPBELL'S, HEALTHY REQUEST, chicken with rice, condensed	46.00	0.00	1.00
06045	Soup, onion, canned, condensed	46.00	0.55	1.00
06180	Soup, shark fin, restaurant-prepared	46.00	0.94	0.10
06402	Soup, black bean, canned, prepared with equal volume water	46.00	0.75	0.10
06588	CAMPBELL'S Soup on the Go, Classic Tomato Soup	46.00	0.12	11.80
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	46.00	0.12	0.90
09068	Cherries, sour, red, frozen, unsweetened	46.00	0.53	1.70
09071	Cherries, sweet, canned, water pack, solids and liquids	46.00	0.36	2.20
09078	Cranberries, raw	46.00	0.23	14.00
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	46.00	0.21	2.70
09124	Grapefruit juice, white, canned, sweetened	46.00	0.36	26.90
09203	Oranges, raw, Florida	46.00	0.09	45.00
09279	Plums, raw	46.00	0.17	9.50
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	46.00	0.12	38.50
09514	Fruit juice smoothie, BOLTHOUSE FARMS, BERRY BOOST	46.00	0.21	108.60
11224	Hyacinth-beans, immature seeds, raw	46.00	0.74	12.90
14189	Beverages, The COCA-COLA company, Minute Maid, Lemonade	46.00	0.00	3.10
14248	Alcoholic beverage, beer, light, higher alcohol	46.00	0.03	0.00
14256	Beverages, OCEAN SPRAY, Cran Cherry	46.00	0.08	24.40
14263	Beverages, citrus fruit juice drink, frozen concentrate, prepared with water	46.00	1.12	27.10
14269	Beverages, Fruit punch drink, frozen concentrate, prepared with water	46.00	0.09	43.80
14625	Beverages, Energy drink, AMP	46.00	0.02	0.00
14626	Beverages, Energy drink, FULL THROTTLE	46.00	0.02	0.00
14635	Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E	46.00	0.31	28.50
14651	Beverages, fruit juice drink, greater than 3% juice, high vitamin C	46.00	0.25	25.00
27061	Gravy, HEINZ Home Style, classic chicken	46.00	0.07	--
43382	Cranberry juice, unsweetened	46.00	0.25	9.30
43543	Milk, imitation, non-soy	46.00	0.10	0.00
27019	CAMPBELL'S Homestyle Harvest Tomato with Basil Soup	45.00	0.29	7.30
03172	Babyfood, juice, orange	45.00	0.17	62.50
06017	Soup, chicken gumbo, canned, condensed	45.00	0.71	4.00
06244	CAMPBELL'S CHUNKY Microwavable Bowls, Classic Chicken Noodle, ready-to-serve	45.00	0.00	--
06418	CAMPBELL'S CHUNKY Soups, Hearty Chicken with Vegetables Soup	45.00	0.00	--
06439	CAMPBELL'S CHUNKY Soups, Savory Chicken with White & Wild Rice Soup	45.00	0.00	--

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
09098	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	45.00	0.30	3.00
09206	Orange juice, raw	45.00	0.20	50.00
09429	Pineapple, raw, traditional varieties	45.00	0.25	16.90
09522	Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium	45.00	0.08	31.50
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	45.00	0.56	5.00
11207	Dandelion greens, raw	45.00	3.10	35.00
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	45.00	0.94	6.90
11485	Squash, winter, butternut, raw	45.00	0.70	21.00
11669	Seaweed, wakame, raw	45.00	2.18	3.00
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	45.00	0.56	5.00
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	45.00	0.94	6.90
14021	Beverages, Energy drink, Citrus	45.00	0.00	25.00
14065	Beverages, The COCA-COLA company, Hi-C Flashin' Fruit Punch	45.00	0.00	30.00
14199	Beverages, tea, black, ready-to-drink, lemon, sweetened	45.00	0.00	--
14234	Beverages, OCEAN SPRAY, Cran Lemonade	45.00	0.03	32.60
14258	Beverages, OCEAN SPRAY, White Cranberry Peach	45.00	0.05	27.10
14285	Beverages, OCEAN SPRAY, Ruby Red cranberry	45.00	0.04	27.10
14427	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water	45.00	0.08	55.10
14623	Beverages, V8 V- FUSION Juices, Acai Berry	45.00	0.81	40.70
16223	Soymilk (All flavors), enhanced	45.00	0.49	7.20
16241	SILK Plus Omega-3 DHA, soymilk	45.00	0.44	0.00
02065	Spearmint, fresh	44.00	11.87	13.30
03079	Babyfood, dinner, vegetables and noodles and turkey, strained	44.00	0.19	0.80
03133	Babyfood, fruit, pears, junior	44.00	0.25	22.00
03142	Babyfood, fruit, applesauce and apricots, strained	44.00	0.25	18.90
03159	Babyfood, fruit, pears and pineapple, junior	44.00	0.21	16.80
04631	Margarine-like, vegetable oil spread, fat-free, tub	44.00	0.08	0.00
06387	CAMPBELL'S CHUNKY Soups, Beef Rib Roast with Potatoes & Herbs Soup	44.00	0.29	0.50
06446	Soup, cream of onion, canned, prepared with equal volume water	44.00	0.26	0.50
06447	CAMPBELL'S CHUNKY Soups, Savory Vegetable Soup	44.00	0.29	0.00
06504	CAMPBELL'S Red and White - Microwaveable Bowls, Tomato Soup	44.00	0.15	2.40
06625	SMART SOUP, Vietnamese Carrot Lemongrass	44.00	0.00	--
06742	Soup, vegetable beef, microwavable, ready-to-serve, single brand	44.00	--	--
09107	Gooseberries, raw	44.00	0.31	27.70
09191	Nectarines, raw	44.00	0.28	5.40

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
09238	Peaches, canned, juice pack, solids and liquids	44.00	0.27	3.60
09451	Horned melon (Kiwano)	44.00	1.13	5.30
09528	Ruby Red grapefruit juice blend (grapefruit, grape, apple), OCEAN SPRAY, bottled, with added vitamin C	44.00	0.14	49.20
11081	Beets, cooked, boiled, drained	44.00	0.79	3.60
11197	Cowpeas, young pods with seeds, raw	44.00	1.00	33.00
11283	Onions, cooked, boiled, drained, without salt	44.00	0.24	5.20
11374	Potatoes, canned, solids and liquids	44.00	0.72	7.60
11525	Taro, tahitian, raw	44.00	1.30	96.00
11526	Taro, tahitian, cooked, without salt	44.00	1.56	38.00
11734	Beets, cooked, boiled. drained, with salt	44.00	0.79	3.60
11881	Taro, tahitian, cooked, with salt	44.00	1.56	38.00
14030	Beverages, THE COCA-COLA COMPANY, NOS energy drink, Original, grape, loaded cherry, charged citrus, fortified with vitamins B6 and B12	44.00	0.00	--
16215	Vitasoy USA, Vitasoy Organic Creamy Original Soymilk	44.00	0.40	--
16231	Soymilk, chocolate, nonfat, with added calcium, vitamins A and D	44.00	0.35	0.00
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	43.00	2.06	0.00
36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	43.00	0.42	7.20
42267	Babyfood, juice, orange-carrot	43.00	0.20	34.10
01083	Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D	43.00	0.05	1.00
01184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	43.00	0.12	1.10
01221	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D	43.00	0.12	1.10
02045	Dill weed, fresh	43.00	6.59	85.00
03168	Babyfood, juice, apple and peach	43.00	0.56	58.50
03173	Babyfood, juice, orange and apple	43.00	0.20	76.90
04624	Margarine-like, vegetable oil spread, fat free, liquid, with salt	43.00	0.03	0.30
06590	CAMPBELL'S Soup on the Go, Creamy Chicken Soup	43.00	0.00	--
06596	CAMPBELL'S Soup on the Go, Cheesy Potato with Bacon Flavor Soup	43.00	0.12	0.00
09042	Blackberries, raw	43.00	0.62	21.00
09190	Mulberries, raw	43.00	1.85	36.40
09217	Orange-grapefruit juice, canned or bottled, unsweetened	43.00	0.46	29.10
09221	Tangerine juice, raw	43.00	0.20	31.00
09226	Papayas, raw	43.00	0.25	60.90
11080	Beets, raw	43.00	0.80	4.90
11098	Brussels sprouts, raw	43.00	1.40	85.00
11445	Seaweed, kelp, raw	43.00	2.85	3.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
11676	Radish seeds, sprouted, raw	43.00	0.86	28.90
14003	Alcoholic beverage, beer, regular, all	43.00	0.02	0.00
14142	Beverages, carbonated, grape soda	43.00	0.08	0.00
14154	Beverages, Energy drink, RED BULL	43.00	0.06	0.00
14543	Beverages, lemonade, frozen concentrate, pink, prepared with water	43.00	0.02	3.10
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	43.00	0.42	0.00
16229	Soymilk (All flavors), lowfat, with added calcium, vitamins A and D	43.00	0.44	0.00
16272	Vitasoy USA Nasoya, Lite Silken Tofu	43.00	0.87	--
16278	Vitasoy USA Azumaya, Silken Tofu	43.00	0.80	--
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	42.00	0.03	0.00
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	42.00	0.03	0.00
03132	Babyfood, fruit, pears, strained	42.00	0.24	24.50
06324	Gravy, CAMPBELL'S, beef, microwavable	42.00	0.00	--
06326	Gravy, CAMPBELL'S, turkey	42.00	0.00	--
06329	Gravy, FRANCO-AMERICAN, beef, slow roast	42.00	0.00	--
06331	Gravy, FRANCO-AMERICAN, turkey, slow roast	42.00	--	--
06332	Gravy, CAMPBELL'S, turkey, microwavable	42.00	0.00	--
06997	Gravy, CAMPBELL'S, beef	42.00	0.00	--
06998	Gravy, CAMPBELL'S, brown with onions	42.00	--	--
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	42.00	0.23	1.00
09112	Grapefruit, raw, pink and red, all areas	42.00	0.08	31.20
09239	Peaches, canned, extra light syrup, solids and liquids	42.00	0.30	3.00
09340	Pears, asian, raw	42.00	0.00	3.80
09362	Cherries, sour, canned, water pack, drained	42.00	0.64	0.30
09401	Applesauce, canned, unsweetened, with added ascorbic acid	42.00	0.23	21.20
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	42.00	0.48	45.70
11141	Celeriac, raw	42.00	0.70	8.00
11300	Peas, edible-podded, raw	42.00	2.08	60.00
11301	Peas, edible-podded, boiled, drained, without salt	42.00	1.97	47.90
11302	Peas, edible-podded, frozen, unprepared	42.00	2.00	22.00
11505	Sweet potato leaves, raw	42.00	0.97	11.00
11520	Taro leaves, raw	42.00	2.25	52.00
11553	Tomato products, canned, sauce, with onions	42.00	0.93	12.70
11622	Kale, scotch, raw	42.00	3.00	130.00
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	42.00	0.48	45.70

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
11805	Onions, cooked, boiled, drained, with salt	42.00	0.24	5.20
14148	Beverages, carbonated, cola, regular	42.00	0.02	0.00
14406	Beverages, fruit punch juice drink, frozen concentrate, prepared with water	42.00	0.20	4.80
14552	Carbonated beverage, chocolate-flavored soda	42.00	0.10	0.00
27045	Soup, beef and vegetables, reduced sodium, canned, ready-to-serve	42.00	0.45	--
35198	Prickly pears, raw (Northern Plains Indians)	42.00	0.20	11.00
35205	Stinging Nettles, blanched (Northern Plains Indians)	42.00	1.64	--
27017	CAMPBELL'S Homestyle Microwaveable Bowls, HEALTHY REQUEST Italian Wedding Soup	41.00	0.29	0.00
27044	Soup, chicken noodle, reduced sodium, canned, ready-to-serve	41.00	0.33	0.40
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	41.00	0.06	1.10
03116	Babyfood, fruit, applesauce, strained	41.00	0.22	38.30
03158	Babyfood, fruit, pears and pineapple, strained	41.00	0.25	27.50
03268	Babyfood, juice, apple and cherry	41.00	0.66	58.30
03278	Babyfood, dinner, mixed vegetable, strained	41.00	0.33	2.80
06018	Soup, chunky chicken noodle, canned, ready-to-serve	41.00	0.35	0.40
06251	CAMPBELL'S CHUNKY Microwavable Bowls, Old Fashioned Vegetable Beef Soup, ready-to-serve	41.00	0.44	0.00
06314	Soup, HEALTHY CHOICE Chicken Noodle Soup, canned	41.00	0.00	--
06400	CAMPBELL'S CHUNKY Soups, Grilled Chicken with Vegetables & Pasta Soup	41.00	0.15	0.00
06405	CAMPBELL'S CHUNKY, HEALTHY REQUEST Chicken Noodle Soup	41.00	0.34	0.50
06483	Soup, cream of chicken, dry, mix, prepared with water	41.00	0.10	0.20
06544	CAMPBELL'S Homestyle Minestrone Soup	41.00	0.44	0.00
06548	CAMPBELL'S Homestyle Chicken with White & Wild Rice Soup	41.00	0.15	0.00
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	41.00	0.14	33.70
09281	Plums, canned, purple, water pack, solids and liquids	41.00	0.16	2.70
09287	Prickly pears, raw	41.00	0.30	14.00
11100	Brussels sprouts, frozen, unprepared	41.00	0.93	74.10
11124	Carrots, raw	41.00	0.30	5.90
11506	Sweet potato leaves, cooked, steamed, without salt	41.00	0.63	1.50
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	41.00	0.76	13.20
14004	Alcoholic beverage, beer, regular, BUDWEISER	41.00	0.00	--
14088	Beverages, V8 SPLASH Smoothies, Tropical Colada	41.00	0.15	24.40
14144	Beverages, carbonated, lemon-lime soda, no caffeine	41.00	0.02	0.00
14147	Beverages, carbonated, cola, without caffeine	41.00	0.02	0.00
14153	Beverages, carbonated, pepper-type, contains caffeine	41.00	0.04	0.00
14157	Beverages, carbonated, root beer	41.00	0.05	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
16235	SILK Plain, soymilk	41.00	0.44	0.00
16236	SILK Vanilla, soymilk	41.00	0.44	0.00
16242	SILK Plus for Bone Health, soymilk	41.00	0.44	0.00
16243	SILK Plus Fiber, soymilk	41.00	0.44	0.00
01088	Milk, buttermilk, fluid, cultured, lowfat	40.00	0.05	1.00
06003	CAMPBELL'S Red and White, Beefy Mushroom Soup, condensed	40.00	0.29	0.00
06311	CAMPBELL'S Red and White, Chicken Won Ton Soup, condensed	40.00	0.29	0.00
06599	PACE, Enchilada Sauce	40.00	0.60	2.00
06621	SMART SOUP, Greek Minestrone	40.00	1.00	0.00
06740	Soup, chicken vegetable, chunky, reduced fat, reduced sodium, ready-to-serve, single brand	40.00	--	--
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	40.00	0.98	1.00
11062	Beans, snap, green, frozen, all styles, microwaved	40.00	0.80	11.00
11282	Onions, raw	40.00	0.21	7.40
11482	Squash, winter, acorn, raw	40.00	0.70	11.00
11486	Squash, winter, butternut, cooked, baked, without salt	40.00	0.60	15.10
11489	Squash, winter, hubbard, raw	40.00	0.40	11.00
11563	Tree fern, cooked, without salt	40.00	0.16	30.00
11655	Carrot juice, canned	40.00	0.46	8.50
11670	Peppers, hot chili, green, raw	40.00	1.20	242.50
11809	Peas, edible-podded, cooked, boiled, drained, with salt	40.00	1.97	47.90
11819	Peppers, hot chili, red, raw	40.00	1.03	143.70
11866	Squash, winter, butternut, cooked, baked, with salt	40.00	0.60	15.10
11928	Tree fern, cooked, with salt	40.00	0.16	30.00
14145	Beverages, carbonated, SPRITE, lemon-lime, without caffeine	40.00	0.11	0.00
14252	Beverages, Malt liquor beverage	40.00	0.03	0.00
14293	Lemonade, frozen concentrate, white, prepared with water	40.00	0.16	3.90
20034	Oat bran, cooked	40.00	0.88	0.00
27021	CAMPBELL'S Homestyle HEALTHY REQUEST Chicken with Whole Grain Pasta Soup	40.00	0.31	0.00
27001	Soup, hot and sour, Chinese restaurant	39.00	0.64	0.00
27023	CAMPBELL'S Soup on the Go, HEALTHY REQUEST Classic Tomato Soup	39.00	0.24	11.80
03151	Babyfood, fruit, applesauce and pineapple, junior	39.00	0.10	26.80
06067	Soup, chunky vegetable, canned, ready-to-serve	39.00	0.51	0.70
06443	Soup, cream of mushroom, canned, prepared with equal volume water	39.00	0.09	0.00
06985	Gravy, HEINZ Home Style, savory beef	39.00	0.13	0.00
09128	Grapefruit juice, white, raw	39.00	0.20	38.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
09236	Peaches, yellow, raw	39.00	0.25	6.60
09404	Grapefruit juice, pink, raw	39.00	0.20	38.00
11060	Beans, snap, green, frozen, all styles, unprepared	39.00	0.85	12.90
11063	Beans, snap, green, microwaved	39.00	0.83	7.30
11267	Mushrooms, shiitake, stir-fried	39.00	0.53	0.00
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	39.00	0.58	3.50
11867	Squash, winter, butternut, frozen, cooked, boiled, with salt	39.00	0.58	3.50
14475	Beverages, ARIZONA, tea, ready-to-drink, lemon	39.00	0.00	--
14636	Beverages, fruit juice drink, reduced sugar, with vitamin E added	39.00	0.04	0.00
06498	Soup, tomato, dry, mix, prepared with water	38.00	0.18	2.00
06601	PACE, Lime & Garlic Chunky Salsa	38.00	0.00	5.60
09043	Blackberry juice, canned	38.00	0.48	11.30
09127	Grapefruit juice, pink or red, with added calcium	38.00	0.20	25.00
09295	Pummelo, raw	38.00	0.11	61.00
09383	Tangerines, (mandarin oranges), canned, juice pack, drained	38.00	0.27	33.90
11009	Artichokes, (globe or french), frozen, unprepared	38.00	0.50	5.30
11239	Mushrooms, Chanterelle, raw	38.00	3.47	--
11318	Peas and carrots, canned, regular pack, solids and liquids	38.00	0.75	6.60
11547	Tomato products, canned, puree, without salt added	38.00	1.78	10.60
11596	Winged beans, immature seeds, cooked, boiled, drained, without salt	38.00	1.09	9.80
11603	Yambean (jicama), raw	38.00	0.60	20.20
11816	Peas and carrots, canned, no salt added, solids and liquids	38.00	0.75	6.60
11888	Tomato products, canned, puree, with salt added	38.00	1.78	10.60
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	38.00	0.30	0.00
14048	Beverages, FUZE, orange mango, fortified with vitamins A, C, E, B6	38.00	0.10	24.00
14281	Beverages, tea, black, ready to drink, decaffeinated	38.00	0.00	--
16165	MORI-NU, Tofu, silken, lite extra firm	38.00	0.79	0.00
27047	Sauce, salsa, verde, ready-to-serve	38.00	0.65	12.30
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	37.00	0.65	3.80
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	37.00	0.05	1.00
03117	Babyfood, fruit, applesauce, junior	37.00	0.22	37.80
03127	Babyfood, vegetables, spinach, creamed, strained	37.00	0.62	8.70
03150	Babyfood, fruit, applesauce and pineapple, strained	37.00	0.10	28.10
06315	Soup, HEALTHY CHOICE Chicken and Rice Soup, canned	37.00	0.09	1.00
06410	Soup, cream of celery, canned, prepared with equal volume water	37.00	0.26	0.10

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
06580	CAMPBELL'S Homestyle Vegetable Medley Soup	37.00	0.29	0.00
09113	Grapefruit, raw, pink and red, California and Arizona	37.00	0.08	38.10
09117	Grapefruit, raw, white, California	37.00	0.08	33.30
09120	Grapefruit, sections, canned, juice pack, solids and liquids	37.00	0.21	33.90
09212	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium	37.00	0.08	36.20
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	37.00	0.08	36.20
09219	Tangerines, (mandarin oranges), canned, juice pack	37.00	0.27	34.20
11131	Carrots, frozen, cooked, boiled, drained, without salt	37.00	0.53	2.30
11232	Jute, potherb, cooked, boiled, drained, without salt	37.00	3.14	33.00
11435	Rutabagas, raw	37.00	0.44	25.00
11620	Drumstick pods, raw	37.00	0.36	141.00
11644	Squash, winter, all varieties, cooked, baked, without salt	37.00	0.44	9.60
11760	Carrots, frozen, cooked, boiled, drained, with salt	37.00	0.53	2.30
11789	Jute, potherb, cooked, boiled, drained, with salt	37.00	3.14	33.00
11863	Squash, winter, all varieties, cooked, baked, with salt	37.00	0.44	1.80
11896	Winged bean, immature seeds, cooked, boiled, drained, with salt	37.00	1.09	9.80
11950	Mushrooms, enoki, raw	37.00	1.15	0.00
14086	Beverages, V8 SPLASH Smoothies, Peach Mango	37.00	0.15	24.50
14087	Beverages, V8 SPLASH Smoothies, Strawberry Banana	37.00	0.15	24.50
14305	Malt beverage, includes non-alcoholic beer	37.00	0.06	0.50
14400	Beverages, carbonated, cola, fast-food cola	37.00	0.11	0.00
14541	Beverages, fruit punch-flavor drink, powder, without added sodium, prepared with water	37.00	0.05	11.80
16164	MORI-NU, Tofu, silken, lite firm	37.00	0.75	0.00
03282	Babyfood, vegetables, mix vegetables junior	36.00	0.41	2.50
03286	Babyfood, vegetables, mix vegetables strained	36.00	0.32	1.70
06172	Soup, stock, chicken, home-prepared	36.00	0.21	0.20
06354	CAMPBELL'S Red and White, French Onion Soup, condensed	36.00	0.00	--
06456	Soup, cream of shrimp, canned, prepared with equal volume water	36.00	0.21	0.00
06624	SMART SOUP, Thai Coconut Curry	36.00	0.00	--
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	36.00	1.37	2.10
09119	Grapefruit, sections, canned, water pack, solids and liquids	36.00	0.41	21.80
09143	Guava sauce, cooked	36.00	0.18	146.40
09184	Melons, honeydew, raw	36.00	0.17	18.00
11099	Brussels sprouts, cooked, boiled, drained, without salt	36.00	1.20	62.00
11130	Carrots, frozen, unprepared	36.00	0.44	2.50

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	36.00	1.12	26.40
11297	Parsley, fresh	36.00	6.20	133.00
11579	Vegetables, mixed, canned, solids and liquids	36.00	0.65	3.80
11621	Drumstick pods, cooked, boiled, drained, without salt	36.00	0.45	97.00
11745	Brussels sprouts, cooked, boiled, drained, with salt	36.00	1.20	62.00
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	36.00	1.12	26.40
11787	Drumstick pods, cooked, boiled, drained, with salt	36.00	0.45	97.00
14137	Beverages, NESTEA, tea, black, ready-to-drink, lemon	36.00	0.00	--
14173	Beverages, coffee, ready to drink, vanilla, light, milk based, sweetened	36.00	0.00	--
43497	Jellyfish, dried, salted	36.00	2.27	0.00
42290	Milk, fluid, nonfat, calcium fortified (fat free or skim)	35.00	0.04	1.00
06179	Sauce, fish, ready-to-serve	35.00	0.78	0.50
06401	Soup, cream of asparagus, canned, prepared with equal volume water	35.00	0.33	1.10
06430	Soup, clam chowder, new england, canned, prepared with equal volume water	35.00	1.22	2.00
06444	Soup, mushroom with beef stock, canned, prepared with equal volume water	35.00	0.34	0.40
09318	Strawberries, frozen, unsweetened	35.00	0.75	41.20
11053	Beans, snap, green, cooked, boiled, drained, without salt	35.00	0.65	9.70
11091	Broccoli, cooked, boiled, drained, without salt	35.00	0.67	64.90
11125	Carrots, cooked, boiled, drained, without salt	35.00	0.34	3.60
11210	Eggplant, cooked, boiled, drained, without salt	35.00	0.25	1.30
11289	Onions, frozen, whole, unprepared	35.00	0.46	8.00
11446	Seaweed, laver, raw	35.00	1.80	39.00
11551	Tomato products, canned, sauce, with mushrooms	35.00	0.89	12.40
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	35.00	1.75	18.20
11723	Beans, snap, green, cooked, boiled, drained, with salt	35.00	0.65	9.70
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	35.00	1.28	9.70
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	35.00	1.28	9.70
11742	Broccoli, cooked, boiled, drained, with salt	35.00	0.67	64.90
11757	Carrots, cooked, boiled, drained, with salt	35.00	0.34	3.60
11874	Sweet potato leaves, cooked, steamed, with salt	35.00	0.63	1.50
11960	Carrots, baby, raw	35.00	0.89	2.60
14371	Beverages, tea, instant, lemon, sweetened, prepared with water	35.00	0.02	0.00
14476	Beverages, LIPTON BRISK, tea, black, ready-to-drink, lemon	35.00	0.00	--
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	34.00	0.03	0.00
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	34.00	0.03	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
03098	Babyfood, vegetables, beets, strained	34.00	0.32	2.40
03279	Babyfood, dinner, mixed vegetable, junior	34.00	0.31	3.30
06322	Gravy, CAMPBELL'S, mushroom	34.00	--	--
06327	Gravy, FRANCO-AMERICAN, beef, slow roast, fat free	34.00	--	--
06328	Gravy, FRANCO-AMERICAN, chicken, slow roast, fat free	34.00	--	--
06330	Gravy, FRANCO-AMERICAN, chicken, slow roast	34.00	--	--
06409	Soup, beef noodle, canned, prepared with equal volume water	34.00	0.44	0.20
06440	Soup, minestrone, canned, prepared with equal volume water	34.00	0.38	0.50
06505	CAMPBELL'S Red and White - Microwaveable Bowls, Vegetable Beef Soup	34.00	0.15	0.00
09123	Grapefruit juice, white, canned or bottled, unsweetened	34.00	0.11	28.30
09181	Melons, cantaloupe, raw	34.00	0.21	36.70
09416	Grapefruit juice, white, bottled, unsweetened, OCEAN SPRAY	34.00	0.11	28.30
11023	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	34.00	1.02	55.60
11090	Broccoli, raw	34.00	0.73	89.20
11198	Cowpeas, young pods with seeds, cooked, boiled, drained, without salt	34.00	0.70	17.00
11231	Jute, potherb, raw	34.00	4.76	37.00
11238	Mushrooms, shiitake, raw	34.00	0.41	--
11424	Pumpkin, canned, without salt	34.00	1.39	4.20
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	34.00	1.96	2.20
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	34.00	0.56	6.50
11643	Squash, winter, all varieties, raw	34.00	0.58	12.30
11779	Cowpeas, young pods with seeds, cooked, boiled, drained, with salt	34.00	0.70	17.00
11804	Okra, frozen, cooked, boiled, drained, with salt	34.00	0.52	9.60
11846	Pumpkin, canned, with salt	34.00	1.39	4.20
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	34.00	1.96	2.20
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	34.00	0.56	6.50
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	34.00	1.75	18.20
14136	Beverages, carbonated, ginger ale	34.00	0.18	0.00
14155	Beverages, carbonated, tonic water	34.00	0.01	0.00
16228	Soymilk, original and vanilla, light, unsweetened, with added calcium, vitamins A and D	34.00	0.46	0.00
35235	Wocas, tuber, cooked, Oregon, yellow pond lily (Klamath)	34.00	1.21	--
06024	Soup, chicken and vegetable, canned, ready-to-serve	33.00	0.25	0.00
06323	Gravy, CAMPBELL'S, turkey, fat free	33.00	--	--
06472	Soup, vegetable with beef broth, canned, prepared with equal volume water	33.00	0.40	1.00
06585	CAMPBELL'S Soup on the Go, Vegetable with Mini Round Noodles Soup	33.00	0.24	0.40

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
06617	CAMPBELL'S Homestyle Light Italian-Style Wedding Soup	33.00	0.44	0.00
06967	Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	33.00	0.33	0.40
09116	Grapefruit, raw, white, all areas	33.00	0.06	33.30
09185	Melon balls, frozen	33.00	0.29	6.20
09276	Pitanga, (surinam-cherry), raw	33.00	0.20	26.30
11097	Broccoli raab, cooked	33.00	1.27	37.00
11162	Collards, cooked, boiled, drained, without salt	33.00	1.13	18.20
11163	Collards, frozen, chopped, unprepared	33.00	1.07	40.00
11208	Dandelion greens, cooked, boiled, drained, without salt	33.00	1.80	18.00
11278	Okra, raw	33.00	0.62	23.00
11649	Tomato products, canned, sauce, spanish style	33.00	3.48	8.60
11730	Beans, snap, yellow, frozen, all styles, unprepared	33.00	0.86	12.90
11768	Collards, cooked, boiled, drained, with salt	33.00	1.13	18.20
11782	Dandelion greens, cooked, boiled, drained, with salt	33.00	1.80	18.00
11783	Eggplant, cooked, boiled, drained, with salt	33.00	0.25	1.30
11987	Mushrooms, oyster, raw	33.00	1.33	0.00
14612	Beverages, V8 SPLASH Juice Drinks, Fruit Medley	33.00	--	24.70
14613	Beverages, V8 SPLASH Juice Drinks, Guava Passion Fruit	33.00	--	24.70
14614	Beverages, V8 SPLASH Juice Drinks, Mango Peach	33.00	--	24.70
14616	Beverages, V8 SPLASH Juice Drinks, Orchard Blend	33.00	--	24.70
16222	Soymilk (all flavors), unsweetened, with added calcium, vitamins A and D	33.00	0.46	0.00
16239	SILK Light Vanilla, soymilk	33.00	0.44	0.00
16244	SILK Unsweetened, soymilk	33.00	0.44	0.00
03100	Babyfood, vegetables, carrots, junior	32.00	0.39	5.50
03283	Babyfood, vegetables, garden vegetable, strained	32.00	0.83	5.70
06559	Soup, tomato, canned, prepared with equal volume water, commercial	32.00	0.29	6.30
09001	Acerola, (west indian cherry), raw	32.00	0.20	1,677.60
09096	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	32.00	0.25	2.10
09111	Grapefruit, raw, pink and red and white, all areas	32.00	0.09	34.40
09118	Grapefruit, raw, white, Florida	32.00	0.05	37.00
09267	Pineapple, canned, water pack, solids and liquids	32.00	0.40	7.70
09316	Strawberries, raw	32.00	0.41	58.80
11161	Collards, raw	32.00	0.47	35.30
11203	Cress, garden, raw	32.00	1.30	69.00
11245	Lambsquarters, cooked, boiled, drained, without salt	32.00	0.70	37.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
11291	Onions, spring or scallions (includes tops and bulb), raw	32.00	1.48	18.80
11294	Onions, sweet, raw	32.00	0.26	4.80
11559	Tomato products, canned, sauce, with tomato tidbits	32.00	0.68	21.50
11568	Turnip greens, raw	32.00	1.10	60.00
11693	Tomatoes, crushed, canned	32.00	1.30	9.20
11710	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt	32.00	1.02	55.60
11794	Lambsquarters, cooked, boiled, drained, with salt	32.00	0.70	37.00
11954	Tomatillos, raw	32.00	0.62	11.70
11967	Cauliflower, green, cooked, no salt added	32.00	0.72	72.60
11968	Cauliflower, green, cooked, with salt	32.00	0.72	72.60
11977	Peppers, serrano, raw	32.00	0.86	44.90
11984	Epazote, raw	32.00	1.88	3.60
11989	Mushrooms, straw, canned, drained solids	32.00	1.43	0.00
14461	Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	32.00	0.09	0.00
27002	Soup, wonton, Chinese restaurant	32.00	0.21	0.70
35236	Stew, pinto bean and hominy, badufsuki (Hopi)	32.00	0.37	--
27027	PACE, Pico De Gallo	31.00	0.00	3.80
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	31.00	8.07	3.50
31035	Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	31.00	3.85	10.10
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	31.00	0.00	35.30
06013	Soup, chicken broth, canned, condensed	31.00	0.41	0.00
06471	Soup, vegetable beef, canned, prepared with equal volume water	31.00	0.45	1.00
09060	Carambola, (starfruit), raw	31.00	0.08	34.40
11052	Beans, snap, green, raw	31.00	1.03	12.20
11084	Beets, canned, drained solids	31.00	1.82	4.10
11112	Cabbage, red, raw	31.00	0.80	57.00
11240	Mushrooms, morel, raw	31.00	12.18	--
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	31.00	1.10	4.20
11492	Squash, winter, spaghetti, raw	31.00	0.31	2.10
11722	Beans, snap, yellow, raw	31.00	1.04	16.30
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	31.00	1.10	4.20
11821	Peppers, sweet, red, raw	31.00	0.43	127.70
11957	Fennel, bulb, raw	31.00	0.73	12.00
11965	Cauliflower, green, raw	31.00	0.73	88.10
11993	Mushrooms, maitake, raw	31.00	0.30	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
14171	Beverages, coconut milk, sweetened, fortified with calcium, vitamins A, B12, D2	31.00	0.30	0.00
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	30.00	0.64	1.60
06442	Soup, mushroom barley, canned, prepared with equal volume water	30.00	0.21	0.00
06453	Soup, cream of potato, canned, prepared with equal volume water	30.00	0.20	0.00
06466	Soup, turkey vegetable, canned, prepared with equal volume water	30.00	0.32	0.00
06497	CAMPBELL'S Red and White - Microwaveable Bowls, Chicken Noodle Soup	30.00	0.29	0.00
06502	CAMPBELL'S Red and White - Microwaveable Bowls, Chicken Rice Soup	30.00	0.29	0.00
06547	Soup, beef mushroom, canned, prepared with equal volume water	30.00	0.36	1.90
06964	Soup, tomato, low sodium, with water	30.00	0.54	6.30
09102	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	30.00	0.30	1.90
09114	Grapefruit, raw, pink and red, Florida	30.00	0.12	37.00
09159	Limes, raw	30.00	0.60	29.10
09326	Watermelon, raw	30.00	0.24	8.10
11022	Balsam-pear (bitter gourd), leafy tips, raw	30.00	2.04	88.00
11043	Mung beans, mature seeds, sprouted, raw	30.00	0.91	13.20
11050	Beans, shellie, canned, solids and liquids	30.00	0.99	3.10
11082	Beets, canned, regular pack, solids and liquids	30.00	0.73	2.80
11156	Chives, raw	30.00	1.60	58.10
11236	Kale, frozen, cooked, boiled, drained, without salt	30.00	0.94	25.20
11280	Okra, frozen, unprepared	30.00	0.57	12.40
11436	Rutabagas, cooked, boiled, drained, without salt	30.00	0.18	18.80
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	30.00	0.28	6.50
11791	Kale, frozen, cooked, boiled, drained, with salt	30.00	0.94	25.20
11851	Rutabagas, cooked, boiled, drained, with salt	30.00	0.18	18.80
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	30.00	0.28	6.50
14188	Beverages, tea, green, ready to drink, ginseng and honey, sweetened	30.00	0.02	7.70
16219	Vitasoy USA, Vitasoy Light Vanilla Soymilk	30.00	0.30	--
16225	Soymilk, original and vanilla, light, with added calcium, vitamins A and D	30.00	0.43	0.00
27063	Sauce, enchilada, red, mild, ready to serve	30.00	0.67	0.30
43143	Cabbage, japanese style, fresh, pickled	30.00	0.49	0.70
27067	Sauce, OLD EL PASO, enchilada, red, mild, ready to serve	29.00	0.29	0.30
03093	Babyfood, green beans, dices, toddler	29.00	0.40	1.70
06164	Sauce, salsa, ready-to-serve	29.00	0.42	1.90
09150	Lemons, raw, without peel	29.00	0.60	53.00
09253	Pears, canned, water pack, solids and liquids	29.00	0.21	1.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
11029	Beans, kidney, mature seeds, sprouted, raw	29.00	0.81	38.70
11094	Broccoli, frozen, spears, unprepared	29.00	0.72	68.30
11113	Cabbage, red, cooked, boiled, drained, without salt	29.00	0.66	34.40
11201	Cowpeas, leafy tips, raw	29.00	1.92	36.00
11242	Kohlrabi, cooked, boiled, drained, without salt	29.00	0.40	54.00
11243	Mushrooms, portabella, grilled	29.00	0.40	0.00
11281	Okra, frozen, cooked, boiled, drained, without salt	29.00	0.52	9.60
11287	Onions, frozen, chopped, unprepared	29.00	0.33	3.30
11463	Spinach, frozen, chopped or leaf, unprepared	29.00	1.89	5.50
11481	Squash, summer, zucchini, italian style, canned	29.00	0.68	2.30
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	29.00	1.94	21.80
11752	Cabbage, red, cooked, boiled, drained, with salt	29.00	0.66	10.80
11793	Kohlrabi, cooked, boiled, drained, with salt	29.00	0.40	54.00
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	29.00	1.94	21.80
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	29.00	0.40	0.00
11979	Peppers, jalapeno, raw	29.00	0.25	118.60
11981	Peppers, hungarian, raw	29.00	0.46	92.90
14006	Alcoholic beverage, beer, light	29.00	0.03	0.00
14007	Alcoholic beverage, beer, light, BUD LIGHT	29.00	0.00	--
14119	Beverages, Mixed vegetable and fruit juice drink, with added nutrients	29.00	0.04	32.50
14390	Beverages, cocoa mix, with aspartame, powder, prepared with water	29.00	0.39	0.00
14423	Beverages, dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice	29.00	0.68	0.50
14611	Beverages, V8 SPLASH Juice Drinks, Berry Blend	29.00	--	24.70
14615	Beverages, V8 SPLASH Juice Drinks, Orange Pineapple	29.00	--	24.70
14617	Beverages, V8 SPLASH Juice Drinks, Strawberry Banana	29.00	--	24.70
14618	Beverages, V8 SPLASH Juice Drinks, Strawberry Kiwi	29.00	--	24.70
14619	Beverages, V8 SPLASH Juice Drinks, Tropical Blend	29.00	--	24.70
14647	Beverages, Fruit flavored drink, reduced sugar, greater than 3% fruit juice, high vitamin C, added calcium	29.00	0.00	25.00
16238	SILK Light Plain, soymilk	29.00	0.44	0.00
03104	Babyfood, vegetables, squash, strained	28.00	0.32	0.30
06465	Soup, turkey noodle, canned, prepared with equal volume water	28.00	0.39	0.10
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	28.00	0.44	0.60
09183	Melons, casaba, raw	28.00	0.34	21.80
09192	Oheloberries, raw	28.00	0.09	6.00
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	28.00	0.66	4.10

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	28.00	0.61	40.10
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	28.00	0.61	40.10
11234	Kale, cooked, boiled, drained, without salt	28.00	0.90	41.00
11235	Kale, frozen, unprepared	28.00	0.93	39.30
11261	Mushrooms, white, cooked, boiled, drained, without salt	28.00	1.74	4.00
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	28.00	0.30	2.60
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	28.00	0.34	5.10
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	28.00	0.46	74.40
11564	Turnips, raw	28.00	0.30	21.00
11623	Kale, scotch, cooked, boiled, drained, without salt	28.00	1.93	52.80
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	28.00	0.66	4.10
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	28.00	0.88	4.10
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	28.00	0.88	4.10
11735	Beets, canned, no salt added, solids and liquids	28.00	0.63	2.80
11740	Broccoli, flower clusters, raw	28.00	0.88	93.20
11741	Broccoli, stalks, raw	28.00	0.88	93.20
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	28.00	0.61	40.10
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	28.00	0.61	40.10
11790	Kale, cooked, boiled, drained, with salt	28.00	0.90	41.00
11792	Kale, scotch, cooked, boiled, drained, with salt	28.00	1.93	52.80
11797	Mushrooms, white, cooked, boiled, drained, with salt	28.00	1.74	4.00
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	28.00	0.46	171.00
11961	Hearts of palm, canned	28.00	3.13	7.90
14005	Alcoholic beverage, beer, light, BUDWEISER SELECT	28.00	0.00	--
16230	Soymilk (all flavors), nonfat, with added calcium, vitamins A and D	28.00	0.35	0.00
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	28.00	0.25	3.90
43142	Radishes, hawaiian style, pickled	28.00	0.23	0.00
43144	Cabbage, mustard, salted	28.00	0.70	0.00
27000	Soup, egg drop, Chinese restaurant	27.00	0.26	6.50
31015	PACE, Diced Green Chilies	27.00	--	12.00
01114	Whey, sweet, fluid	27.00	0.06	0.10
03091	Babyfood, vegetables, green beans, strained	27.00	0.67	0.30
09022	Apricots, canned, water pack, with skin, solids and liquids	27.00	0.32	3.40
11026	Bamboo shoots, raw	27.00	0.50	4.00
11087	Beet greens, cooked, boiled, drained, without salt	27.00	1.90	24.90

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
11114	Cabbage, savoy, raw	27.00	0.40	31.00
11142	Celeriac, cooked, boiled, drained, without salt	27.00	0.43	3.60
11241	Kohlrabi, raw	27.00	0.40	62.00
11270	Mustard greens, raw	27.00	1.64	70.00
11292	Onions, young green, tops only	27.00	0.51	13.40
11447	Sesbania flower, raw	27.00	0.84	73.00
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	27.00	0.34	3.50
11632	Peppers, jalapeno, canned, solids and liquids	27.00	1.88	10.00
11736	Beet greens, cooked, boiled, drained, with salt	27.00	1.90	24.90
11763	Celeriac, cooked, boiled, drained, with salt	27.00	0.43	3.60
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	27.00	0.34	3.50
11951	Peppers, sweet, yellow, raw	27.00	0.46	183.50
11976	Pepper, banana, raw	27.00	0.46	82.70
14013	Alcoholic beverage, beer, light, low carb	27.00	0.00	--
14206	Beverages, tea, green, ready-to-drink, sweetened	27.00	0.00	--
14297	Beverages, lemonade-flavor drink, powder, prepared with water	27.00	0.01	2.90
14646	Beverages, Fruit flavored drink containing less than 3% fruit juice, with high vitamin C	27.00	0.00	25.00
03099	Babyfood, vegetables, carrots, strained	26.00	0.37	5.70
06587	CAMPBELL'S Soup on the Go, Chicken with Mini Noodles Soup	26.00	0.00	0.80
11092	Broccoli, frozen, chopped, unprepared	26.00	0.81	56.40
11263	Mushrooms, white, stir-fried	26.00	0.25	0.00
11271	Mustard greens, cooked, boiled, drained, without salt	26.00	0.87	25.30
11422	Pumpkin, raw	26.00	0.80	9.00
11442	Seaweed, agar, raw	26.00	1.86	0.00
11533	Tomatoes, red, ripe, canned, stewed	26.00	1.33	7.90
11799	Mustard greens, cooked, boiled, drained, with salt	26.00	0.87	25.30
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	26.00	0.30	2.60
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	26.00	0.34	5.10
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	26.00	0.46	74.40
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	26.00	0.46	171.00
14226	Beverages, OCEAN SPRAY, Light Cranberry and Raspberry Flavored Juice	26.00	0.04	32.90
14460	Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.	26.00	0.05	0.40
42316	Babyfood, carrots, toddler	26.00	0.20	0.70
31018	CAMPBELL'S, V8 Vegetable Juice, High Fiber V8	25.00	0.30	29.60
35195	Cattail, Narrow Leaf Shoots (Northern Plains Indians)	25.00	0.91	0.70

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
06317	Gravy, CAMPBELL'S, beef, fat free	25.00	--	--
06320	Gravy, CAMPBELL'S, chicken, fat free	25.00	--	--
06597	PACE, Chipotle Chunky Salsa	25.00	0.00	--
06598	PACE, Cilantro Chunky Salsa	25.00	0.00	--
06600	PACE, Green Taco Sauce	25.00	--	--
06602	PACE, Organic Picante Sauce	25.00	--	--
06603	PACE, Picante Sauce	25.00	--	--
06605	PACE, Thick & Chunky Salsa	25.00	--	--
06966	Soup, chicken noodle, low sodium, canned, prepared with equal volume water	25.00	0.66	0.00
09160	Lime juice, raw	25.00	0.09	30.00
09450	Naranjilla (lulo) pulp, frozen, unsweetened	25.00	0.35	3.20
11109	Cabbage, raw	25.00	0.47	36.60
11128	Carrots, canned, regular pack, drained solids	25.00	0.64	2.70
11135	Cauliflower, raw	25.00	0.42	48.20
11209	Eggplant, raw	25.00	0.23	2.20
11228	Jew's ear, (pepeao), raw	25.00	0.56	0.60
11264	Mushrooms, canned, drained solids	25.00	0.79	0.00
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	25.00	0.52	6.80
11759	Carrots, canned, no salt added, drained solids	25.00	0.64	2.70
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	25.00	0.52	6.80
11959	Arugula, raw	25.00	1.46	15.00
01112	Whey, acid, fluid	24.00	0.08	0.10
03092	Babyfood, vegetables, green beans, junior	24.00	1.08	8.40
03105	Babyfood, vegetables, squash, junior	24.00	0.32	0.30
06419	Soup, chicken noodle, canned, prepared with equal volume water	24.00	0.33	0.00
06423	Soup, chicken with rice, canned, prepared with equal volume water	24.00	0.31	0.10
06448	Soup, oyster stew, canned, prepared with equal volume water	24.00	0.41	1.30
09237	Peaches, canned, water pack, solids and liquids	24.00	0.32	2.90
09523	Lemon juice from concentrate, bottled, CONCORD	24.00	0.06	0.00
11018	Asparagus, frozen, unprepared	24.00	0.73	31.80
11115	Cabbage, savoy, cooked, boiled, drained, without salt	24.00	0.38	17.00
11137	Cauliflower, frozen, unprepared	24.00	0.54	48.80
11150	Chayote, fruit, cooked, boiled, drained, without salt	24.00	0.22	8.00
11157	Chrysanthemum, garland, raw	24.00	2.29	1.40
11521	Taro leaves, cooked, steamed, without salt	24.00	1.18	35.50

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
11549	Tomato products, canned, sauce	24.00	0.96	7.00
11698	Chrysanthemum leaves, raw	24.00	2.30	1.40
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	24.00	0.56	51.00
11750	Cabbage, common (danish, domestic, and pointed types), stored, raw	24.00	0.56	42.00
11753	Cabbage, savoy, cooked, boiled, drained, with salt	24.00	0.38	17.00
11879	Taro, leaves, cooked, steamed, with salt	24.00	1.18	35.50
19217	Frozen novelties, ice type, fruit, no sugar added	24.00	0.13	0.00
43217	Tomato sauce, canned, no salt added	24.00	0.96	7.00
43514	Frozen novelties, ice type, pop, with low calorie sweetener	24.00	0.67	10.40
02044	Basil, fresh	23.00	3.17	18.00
02054	Capers, canned	23.00	1.67	4.30
06417	Soup, chicken gumbo, canned, prepared with equal volume water	23.00	0.37	2.00
06528	Soup, chicken noodle, dry, mix, prepared with water	23.00	0.20	0.00
06586	CAMPBELL'S Soup on the Go, Chicken & Stars Soup	23.00	0.12	1.20
09002	Acerola juice, raw	23.00	0.50	1,600.00
11001	Alfalfa seeds, sprouted, raw	23.00	0.96	8.20
11003	Amaranth leaves, raw	23.00	2.32	43.30
11110	Cabbage, cooked, boiled, drained, without salt	23.00	0.17	37.50
11126	Carrots, canned, regular pack, solids and liquids	23.00	0.52	2.00
11136	Cauliflower, cooked, boiled, drained, without salt	23.00	0.32	44.30
11152	Chicory greens, raw	23.00	0.90	24.00
11165	Coriander (cilantro) leaves, raw	23.00	1.77	27.00
11204	Cress, garden, cooked, boiled, drained, without salt	23.00	0.80	--
11350	Pokeberry shoots, (poke), raw	23.00	1.70	136.00
11457	Spinach, raw	23.00	2.71	28.10
11458	Spinach, cooked, boiled, drained, without salt	23.00	3.57	9.80
11461	Spinach, canned, regular pack, drained solids	23.00	2.30	14.30
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	23.00	0.37	11.60
11527	Tomatoes, green, raw	23.00	0.51	23.40
11567	Turnips, frozen, cooked, boiled, drained, without salt	23.00	0.98	3.90
11751	Cabbage, common, cooked, boiled, drained, with salt	23.00	0.17	37.50
11758	Carrots, canned, no salt added, solids and liquids	23.00	0.52	2.00
11761	Cauliflower, cooked, boiled, drained, with salt	23.00	0.32	44.30
11781	Cress, garden, cooked, boiled, drained, with salt	23.00	0.80	--
11854	Spinach, cooked, boiled, drained, with salt	23.00	3.57	9.80

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
11943	Pimento, canned	23.00	1.68	84.90
11952	Radicchio, raw	23.00	0.57	8.00
11986	Malabar spinach, cooked	23.00	1.48	5.90
14259	Beverages, OCEAN SPRAY, Light Cranberry, Concord Grape	23.00	0.06	34.10
09023	Apricots, canned, water pack, without skin, solids and liquids	22.00	0.54	1.80
09152	Lemon juice, raw	22.00	0.08	38.70
09154	Lemon juice, frozen, unsweetened, single strength	22.00	0.12	31.50
11012	Asparagus, cooked, boiled, drained	22.00	0.91	7.70
11056	Beans, snap, green, canned, regular pack, drained solids	22.00	1.06	2.80
11086	Beet greens, raw	22.00	2.57	30.00
11096	Broccoli raab, raw	22.00	2.14	20.20
11202	Cowpeas, leafy tips, cooked, boiled, drained, without salt	22.00	1.09	18.40
11260	Mushrooms, white, raw	22.00	0.50	2.10
11265	Mushrooms, portabella, raw	22.00	0.31	0.00
11266	Mushrooms, brown, italian, or crimini, raw	22.00	0.40	0.00
11274	Mustard spinach, (tendergreen), raw	22.00	1.50	130.00
11279	Okra, cooked, boiled, drained, without salt	22.00	0.28	16.30
11448	Sesbania flower, cooked, steamed, without salt	22.00	0.56	37.00
11565	Turnips, cooked, boiled, drained, without salt	22.00	0.18	11.60
11574	Turnip greens, frozen, unprepared	22.00	1.51	26.80
11578	Vegetable juice cocktail, canned	22.00	0.28	54.30
11616	Dock, raw	22.00	2.40	48.00
11705	Asparagus, cooked, boiled, drained, with salt	22.00	0.91	7.70
11729	Beans, snap, green, canned, no salt added, drained solids	22.00	1.06	2.80
11766	Chayote, fruit, cooked, boiled, drained, with salt	22.00	0.22	8.00
11780	Cowpeas, leafy tips, cooked, boiled, drained, with salt	22.00	1.09	18.40
11803	Okra, cooked, boiled, drained, with salt	22.00	0.28	16.30
11889	Turnips, cooked, boiled, drained, with salt	22.00	0.22	11.60
11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	22.00	0.40	0.00
11938	Mushroom, white, exposed to ultraviolet light, raw	22.00	0.50	2.10
11969	Broccoli, chinese, cooked	22.00	0.56	28.20
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	22.00	0.31	0.00
14162	Beverages, Apple juice drink, light, fortified with vitamin C	22.00	0.20	24.00
14605	Beverages, Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors	22.00	0.00	12.70
31034	Peppers, hot pickled, canned	22.00	0.32	12.30

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
43365	Tomato and vegetable juice, low sodium	22.00	0.42	27.70
19873	Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops	21.00	0.67	10.40
31001	CAMPBELL'S, Tomato juice	21.00	0.15	29.60
31002	CAMPBELL'S, Tomato juice, low sodium	21.00	0.15	29.60
31006	CAMPBELL'S, Organic Tomato juice	21.00	0.15	29.60
31007	HEALTHY REQUEST Tomato juice	21.00	0.00	29.60
31008	CAMPBELL'S, V8 100% Vegetable Juice	21.00	0.30	29.60
31010	CAMPBELL'S, V8 Vegetable Juice, Essential Antioxidants V8	21.00	0.30	49.40
31011	CAMPBELL'S, V8 Vegetable Juice, Calcium Enriched V8	21.00	0.30	29.60
31012	CAMPBELL'S, V8 Vegetable Juice, Low Sodium V8	21.00	0.15	29.60
31013	CAMPBELL'S, V8 Vegetable Juice, Spicy Hot V8	21.00	0.44	29.60
31017	CAMPBELL'S, V8 Vegetable Juice, Low Sodium Spicy Hot	21.00	0.15	24.70
02048	Vinegar, cider	21.00	0.20	0.00
06961	Sauce, peppers, hot, chili, mature red, canned	21.00	0.50	30.00
09161	Lime juice, canned or bottled, unsweetened	21.00	0.23	6.40
09307	Rhubarb, raw	21.00	0.22	8.00
09309	Rhubarb, frozen, uncooked	21.00	0.29	4.80
11004	Amaranth leaves, cooked, boiled, drained, without salt	21.00	2.26	41.10
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	21.00	0.65	11.40
11190	Cornsalad, raw	21.00	2.18	38.20
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	21.00	0.50	68.00
11419	Pumpkin leaves, cooked, boiled, drained, without salt	21.00	3.20	1.00
11576	Turnip greens and turnips, frozen, unprepared	21.00	1.63	25.80
11613	Borage, raw	21.00	3.30	35.00
11700	Amaranth leaves, cooked, boiled, drained, with salt	21.00	2.26	41.10
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	21.00	0.50	68.00
11848	Pumpkin leaves, cooked, boiled, drained, with salt	21.00	3.20	1.00
11890	Turnips, frozen, cooked, boiled, drained, with salt	21.00	0.98	3.90
11922	Sesbania flower, cooked, steamed, with salt	21.00	0.56	37.00
11953	Squash, zucchini, baby, raw	21.00	0.79	34.10
11980	Peppers, chili, green, canned	21.00	1.33	34.20
14064	Beverages, Orange juice, light, No pulp	21.00	0.00	30.00
14092	Beverages, chocolate almond milk, unsweetened, shelf-stable, fortified with vitamin D2 and E	21.00	0.45	0.00
14174	Beverages, Lemonade fruit juice drink light, fortified with vitamin E and C	21.00	0.00	25.00
06595	CAMPBELL'S Soup on the Go, Vegetable Beef Soup	20.00	0.12	0.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
06962	Sauce, chili, peppers, hot, immature green, canned	20.00	0.40	68.00
11011	Asparagus, raw	20.00	2.14	5.60
11148	Chard, swiss, cooked, boiled, drained, without salt	20.00	2.26	18.00
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	20.00	3.74	23.90
11220	Gourd, dishcloth (towelgourd), raw	20.00	0.36	12.00
11272	Mustard greens, frozen, unprepared	20.00	1.29	25.30
11333	Peppers, sweet, green, raw	20.00	0.34	80.40
11337	Peppers, sweet, green, frozen, chopped, unprepared	20.00	0.62	58.70
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	20.00	1.20	82.00
11423	Pumpkin, cooked, boiled, drained, without salt	20.00	0.57	4.70
11427	Purslane, raw	20.00	1.99	21.00
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	20.00	0.48	6.40
11504	Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt	20.00	1.32	16.00
11569	Turnip greens, cooked, boiled, drained, without salt	20.00	0.80	27.40
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	20.00	0.36	5.50
11765	Chard, swiss, cooked, boiled, drained, with salt	20.00	2.26	18.00
11767	Chrysanthemum, garland, cooked, boiled, drained, with salt	20.00	3.74	23.90
11827	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	20.00	1.20	82.00
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	20.00	0.36	5.50
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	20.00	1.32	16.00
11891	Turnip greens, cooked, boiled, drained, with salt	20.00	0.80	27.40
11917	Peppers, sweet, red, frozen, chopped, unprepared	20.00	0.62	58.70
11932	Beans, snap, yellow, canned, regular pack, drained solids	20.00	0.90	4.80
11933	Beans, snap, yellow, canned, no salt added, drained solids	20.00	0.90	4.80
14149	Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners	20.00	0.02	0.00
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	20.00	0.01	0.00
21379	McDONALD'S, Side Salad	20.00	0.65	15.70
27022	CAMPBELL'S Soup on the GO, HEALTHY REQUEST Chicken with Mini Noodles Soup	20.00	0.12	0.00
31005	CAMPBELL'S, V8 Vegetable Juice, Organic V8	20.00	0.30	29.60
31033	Ginger root, pickled, canned, with artificial sweetener	20.00	0.28	0.00
43387	Turnip greens, canned, no salt added	19.00	1.51	15.50
43404	Beverages, cranberry-apple juice drink, low calorie, with vitamin C added	19.00	0.06	32.00
02068	Vinegar, red wine	19.00	0.45	0.50
11015	Asparagus, canned, drained solids	19.00	1.83	18.40
11025	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	19.00	0.38	33.00

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
11028	Bamboo shoots, canned, drained solids	19.00	0.32	1.10
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	19.00	0.41	31.30
11147	Chard, swiss, raw	19.00	1.80	30.00
11149	Chayote, fruit, raw	19.00	0.34	7.70
11214	Escarole, cooked, boiled, drained, no salt added	19.00	0.72	3.30
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	19.00	1.12	13.80
11285	Onions, canned, solids and liquids	19.00	0.13	4.30
11418	Pumpkin leaves, raw	19.00	2.22	11.00
11439	Sauerkraut, canned, solids and liquids	19.00	1.47	14.70
11459	Spinach, canned, regular pack, solids and liquids	19.00	1.58	13.50
11467	Squash, summer, crookneck and straightneck, raw	19.00	0.44	19.30
11503	Swamp cabbage, (skunk cabbage), raw	19.00	1.67	55.00
11585	Vegetable juice cocktail, low sodium, canned	19.00	0.29	54.30
11711	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt	19.00	0.38	33.00
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	19.00	0.65	11.40
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	19.00	1.12	13.80
11855	Spinach, canned, no salt added, solids and liquids	19.00	1.58	13.50
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	19.00	0.37	11.60
12119	Nuts, coconut water (liquid from coconuts)	19.00	0.29	2.40
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	19.00	0.04	32.20
14257	Beverages, OCEAN SPRAY, Light Cranberry	19.00	0.07	0.80
02053	Vinegar, distilled	18.00	0.03	0.00
11019	Asparagus, frozen, cooked, boiled, drained, without salt	18.00	0.56	24.40
11144	Celery, cooked, boiled, drained, without salt	18.00	0.42	6.10
11145	Celtuce, raw	18.00	0.55	19.50
11335	Peppers, sweet, green, canned, solids and liquids	18.00	0.80	46.50
11428	Purslane, cooked, boiled, drained, without salt	18.00	0.77	10.50
11430	Radishes, oriental, raw	18.00	0.40	22.00
11475	Squash, summer, scallop, raw	18.00	0.40	--
11529	Tomatoes, red, ripe, raw, year round average	18.00	0.27	13.70
11530	Tomatoes, red, ripe, cooked	18.00	0.68	22.80
11709	Asparagus, frozen, cooked, boiled, drained, with salt	18.00	0.56	24.40
11764	Celery, cooked, boiled, drained, with salt	18.00	0.42	6.10
11845	Pumpkin, cooked, boiled, drained, with salt	18.00	0.57	4.70
11849	Purslane, cooked, boiled, drained, with salt	18.00	0.77	10.50

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
11884	Tomatoes, red, ripe, cooked, with salt	18.00	0.68	22.80
11916	Peppers, sweet, red, canned, solids and liquids	18.00	0.80	46.50
14090	Beverages, Coconut water, ready-to-drink, unsweetened	18.00	0.03	9.90
14165	Beverages, carbonated, limeade, high caffeine	18.00	0.03	0.00
14637	Water, with corn syrup and/or sugar and low calorie sweetener, fruit flavored	18.00	0.00	12.70
09153	Lemon juice from concentrate, canned or bottled	17.00	0.06	14.30
09524	Lemon juice from concentrate, bottled, REAL LEMON	17.00	0.06	16.60
11024	Balsam-pear (bitter gourd), pods, raw	17.00	0.43	84.00
11122	Cardoon, raw	17.00	0.70	2.00
11151	Chicory, witloof, raw	17.00	0.24	2.80
11213	Endive, raw	17.00	0.83	6.50
11251	Lettuce, cos or romaine, raw	17.00	0.97	4.00
11431	Radishes, oriental, cooked, boiled, drained, without salt	17.00	0.15	15.10
11477	Squash, summer, zucchini, includes skin, raw	17.00	0.37	17.90
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	17.00	0.51	5.30
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	17.00	0.48	3.70
11540	Tomato juice, canned, with salt added	17.00	0.39	70.10
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	17.00	0.41	31.30
11850	Radishes, oriental, cooked, boiled, drained, with salt	17.00	0.15	15.10
11886	Tomato juice, canned, without salt added	17.00	0.39	70.10
06057	CAMPBELL'S Red and White, Chicken Broth, condensed	16.00	0.00	--
06097	CAMPBELL'S Red and White, Beef Consomme, condensed	16.00	0.00	--
06114	Gravy, au jus, canned	16.00	0.60	1.00
06174	Soup, stock, fish, home-prepared	16.00	0.01	0.10
06413	Soup, chicken broth, canned, prepared with equal volume water	16.00	0.21	0.00
06963	Fish broth	16.00	0.21	0.00
06970	Soup, chicken broth, low sodium, canned	16.00	0.21	0.00
11058	Beans, snap, canned, all styles, seasoned, solids and liquids	16.00	0.47	3.10
11119	Cabbage, chinese (pe-tsai), raw	16.00	0.31	27.00
11143	Celery, raw	16.00	0.20	3.10
11257	Lettuce, red leaf, raw	16.00	1.20	3.70
11275	Mustard spinach, (tendergreen), cooked, boiled, drained, without salt	16.00	0.80	65.00
11429	Radishes, raw	16.00	0.34	14.80
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	16.00	0.33	10.80
11531	Tomatoes, red, ripe, canned, packed in tomato juice	16.00	0.57	12.60

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
11566	Turnips, frozen, unprepared	16.00	0.70	4.40
11641	Squash, summer, all varieties, raw	16.00	0.35	17.00
11695	Tomatoes, orange, raw	16.00	0.47	--
11801	Mustard spinach, (tendergreen), cooked, boiled, drained, with salt	16.00	0.80	65.00
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	16.00	0.52	41.20
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	16.00	0.33	10.80
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	16.00	0.57	12.60
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	16.00	0.52	41.20
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	16.00	0.52	41.20
11963	Nopales, raw	16.00	0.59	9.30
35139	Squash, Indian, cooked, boiled (Navajo)	16.00	--	--
43019	Salad dressing, sweet and sour	15.00	0.04	8.10
11013	Asparagus, canned, regular pack, solids and liquids	15.00	0.60	16.50
11054	Beans, snap, green, canned, regular pack, solids and liquids	15.00	1.02	2.20
11118	Cabbage, kimchi	15.00	2.50	0.00
11205	Cucumber, with peel, raw	15.00	0.28	2.80
11219	Gourd, white-flowered (calabash), cooked, boiled, drained, without salt	15.00	0.25	8.50
11253	Lettuce, green leaf, raw	15.00	0.86	9.20
11416	Pumpkin flowers, raw	15.00	0.70	28.00
11417	Pumpkin flowers, cooked, boiled, drained, without salt	15.00	0.88	5.00
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	15.00	0.37	12.90
11537	Tomatoes, red, ripe, canned, with green chilies	15.00	0.26	6.20
11696	Tomatoes, yellow, raw	15.00	0.49	9.00
11707	Asparagus, canned, no salt added, solids and liquids	15.00	0.60	16.50
11726	Beans, snap, green, canned, no salt added, solids and liquids	15.00	0.90	3.40
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	15.00	0.90	3.40
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	15.00	0.90	4.00
11847	Pumpkin, flowers, cooked, boiled, drained, with salt	15.00	0.88	5.00
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	15.00	0.37	12.90
11964	Nopales, cooked, without salt	15.00	0.50	5.30
14038	Beverages, OCEAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink	15.00	0.00	25.00
14091	Beverages, almond milk, unsweetened, shelf stable	15.00	0.35	0.00
14216	Beverages, aloe vera juice drink, fortified with Vitamin C	15.00	0.15	3.80
11106	Butterbur, (fuki), raw	14.00	0.10	31.50
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	14.00	0.30	15.80

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
11218	Gourd, white-flowered (calabash), raw	14.00	0.20	10.10
11252	Lettuce, iceberg (includes crisphead types), raw	14.00	0.41	2.80
11276	New Zealand spinach, raw	14.00	0.80	30.00
11523	Taro shoots, cooked, without salt	14.00	0.41	18.90
11570	Turnip greens, canned, solids and liquids	14.00	1.51	15.50
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	14.00	0.38	10.50
11637	Radishes, white icicle, raw	14.00	0.80	29.00
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	14.00	0.30	15.80
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	14.00	0.48	3.70
11880	Taro, shoots, cooked, with salt	14.00	0.41	18.90
14288	Lemonade, powder, prepared with water	14.00	0.01	1.50
31016	CAMPBELL'S, V8 60% Vegetable Juice, V8 V-Lite	14.00	0.30	29.60
31014	PACE, Jalapenos Nacho Sliced Peppers	13.00	--	12.00
06170	Soup, stock, beef, home-prepared	13.00	0.27	0.00
11116	Cabbage, chinese (pak-choi), raw	13.00	0.80	45.00
11250	Lettuce, butterhead (includes boston and bibb types), raw	13.00	1.24	3.70
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	13.00	0.71	2.70
11593	Waxgourd, (chinese preserving melon), raw	13.00	0.40	--
11784	Gourd, white-flowered (calabash), cooked, boiled, drained, with salt	13.00	0.25	8.50
06091	CAMPBELL'S Red and White, Beef Broth, condensed	12.00	0.00	--
06169	Sauce, ready-to-serve, pepper, TABASCO	12.00	1.16	4.50
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water	12.00	0.22	0.40
06494	Soup, onion, dry, mix, prepared with water	12.00	0.05	0.10
11027	Bamboo shoots, cooked, boiled, drained, without salt	12.00	0.24	0.00
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	12.00	1.04	26.00
11206	Cucumber, peeled, raw	12.00	0.22	3.20
11277	New Zealand spinach, cooked, boiled, drained, without salt	12.00	0.66	16.00
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	12.00	0.43	0.30
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	12.00	1.04	26.00
11802	New zealand spinach, cooked, boiled, drained, with salt	12.00	0.66	16.00
11937	Pickles, cucumber, dill or kosher dill	12.00	0.26	2.30
11947	Pickles, cucumber, dill, reduced sodium	12.00	0.26	2.30
11970	Cabbage, napa, cooked	12.00	0.74	3.20
06032	Soup, beef broth bouillon and consomme, canned, condensed	11.00	0.43	0.70
06168	Sauce, ready-to-serve, pepper or hot	11.00	0.48	74.80

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
11522	Taro shoots, raw	11.00	0.60	21.00
11591	Watercress, raw	11.00	0.20	43.00
11712	Bamboo shoots, cooked, boiled, drained, with salt	11.00	0.24	0.00
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	11.00	0.38	10.50
11941	Pickles, cucumber, sour	11.00	0.40	1.00
11946	Pickles, cucumber, sour, low sodium	11.00	0.40	1.00
43075	Fluid replacement, electrolyte solution (include PEDIALYTE)	10.00	0.00	--
06470	CAMPBELL'S Low Sodium Soups, Chicken Broth	10.00	0.00	--
14276	Beverages, Tropical Punch, ready-to-drink	10.00	0.00	--
14202	Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated	9.00	0.13	0.20
14210	Beverages, coffee, brewed, espresso, restaurant-prepared	9.00	0.13	0.20
06996	Gravy, CAMPBELL'S, au jus	8.00	--	--
14644	Beverages, PEPSICO QUAKER, Gatorade G2, low calorie	8.00	0.00	--
06008	Soup, beef broth or bouillon canned, ready-to-serve	7.00	0.17	0.00
06183	Soup, chicken broth, less/reduced sodium, ready to serve	7.00	0.26	0.40
06188	Soup, beef broth, less/reduced sodium, ready to serve	6.00	0.04	0.00
06194	Soup, chicken broth, ready-to-serve	6.00	0.07	0.00
06611	Soup, SWANSON, beef broth, lower sodium	6.00	0.04	--
06615	Soup, SWANSON, vegetable broth	6.00	0.08	0.40
14237	Beverages, coffee substitute, cereal grain beverage, prepared with water	6.00	0.08	0.00
14553	Beverages, Wine, non-alcoholic	6.00	0.40	0.00
06481	Soup, chicken broth cubes, dry, prepared with water	5.00	0.05	0.00
06609	SWANSON BROTH, Certified Organic Vegetable Broth	5.00	0.00	--
06700	Soup, vegetable broth, ready to serve	5.00	0.06	0.40
14022	Beverages, MONSTER energy drink, low carb	5.00	0.00	--
14031	Beverages, water, bottled, yumberry, pomegranate with anti-oxidants, zero calories	5.00	0.00	25.00
14156	Beverages, Energy drink, RED BULL, sugar free, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12	5.00	0.02	0.00
14462	Beverages, Propel Zero, fruit-flavored, non-carbonated	5.00	0.03	8.80
06480	Soup, chicken broth or bouillon, dry, prepared with water	4.00	0.02	0.00
06984	Soup, SWANSON Chicken Broth 99% Fat Free	4.00	0.14	0.00
14026	Beverages, THE COCA-COLA COMPANY, NOS Zero, energy drink, sugar-free with guarana, fortified with vitamins B6 and B12	4.00	0.00	--
14061	Beverages, Energy Drink, sugar free	4.00	0.00	25.00
14221	Beverages, OCEAN SPRAY, Diet Cranberry Juice	4.00	0.04	39.10
14235	Beverages, OCEAN SPRAY, Diet Cran Cherry	4.00	0.04	32.80

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
14607	Beverages, V8 SPLASH Juice Drinks, Diet Berry Blend	4.00	--	24.70
14608	Beverages, V8 SPLASH Juice Drinks, Diet Fruit Medley	4.00	--	25.20
14609	Beverages, V8 SPLASH Juice Drinks, Diet Strawberry Kiwi	4.00	0.30	25.20
14610	Beverages, V8 SPLASH Juice Drinks, Diet Tropical Blend	4.00	--	25.20
14630	Beverages, Energy drink, ROCKSTAR, sugar free	4.00	0.02	0.00
14633	Beverages, Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C	4.00	0.30	25.10
06475	Soup, beef broth or bouillon, powder, prepared with water	3.00	0.02	0.00
06476	Soup, beef broth, cubed, prepared with water	3.00	0.02	0.00
11108	Butterbur, canned	3.00	0.63	11.90
14223	Beverages, coffee, instant, chicory	3.00	0.05	0.00
14180	Beverages, coffee, brewed, breakfast blend	2.00	0.02	0.00
14207	Beverages, tea, ready-to-drink, lemon, diet	2.00	0.00	--
14215	Beverages, coffee, instant, regular, prepared with water	2.00	0.04	0.00
14219	Beverages, coffee, instant, decaffeinated, prepared with water	2.00	0.04	0.00
14376	Beverages, tea, instant, lemon, diet	2.00	0.05	0.00
14416	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	2.00	0.11	0.00
14628	Beverages, Energy drink, AMP, sugar free	2.00	0.00	--
15162	Mollusks, clam, mixed species, canned, liquid	2.00	0.30	1.00
14146	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine	1.00	0.02	0.00
14191	Beverages, tea, green, ready-to-drink, citrus, diet, fortified with vitamin C	1.00	0.00	39.30
14209	Beverages, coffee, brewed, prepared with tap water	1.00	0.01	0.00
14211	Beverages, tea, black, ready-to-drink, lemon, diet	1.00	0.00	--
14278	Beverages, tea, green, brewed, regular	1.00	0.02	0.30
14279	Beverages, tea, black, ready-to-drink, peach, diet	1.00	0.00	5.20
14352	Beverages, tea, black, brewed, prepared with tap water, decaffeinated	1.00	0.02	0.00
14355	Beverages, tea, black, brewed, prepared with tap water	1.00	0.02	0.00
14367	Beverages, tea, instant, unsweetened, prepared with water	1.00	0.01	0.00
14381	Beverages, tea, herb, other than chamomile, brewed	1.00	0.08	0.00
14544	Beverages, tea, black, brewed, prepared with distilled water	1.00	0.01	0.00
14545	Beverages, tea, herb, brewed, chamomile	1.00	0.08	0.00
14601	Beverages, WENDY'S, tea, ready-to-drink, unsweetened	1.00	0.00	--
14604	Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener	1.00	0.00	--
14641	Beverages, Energy drink, VAULT Zero, sugar-free, citrus flavor	1.00	0.02	0.00
02047	Salt, table	0.00	0.33	--
02074	Seasoning mix, dry, sazon, coriander & annatto	0.00	--	--

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
03024	Babyfood, water, bottled, GERBER, without added fluoride.	0.00	--	--
14073	Beverages, ZEVIA, cola	0.00	--	--
14074	Beverages, ZEVIA, cola, caffeine free	0.00	--	--
14075	Beverages, GEROLSTEINER BRUNNEN GmbH & Co. KG,Gerolsteiner naturally sparkling mineral water,	0.00	--	--
14076	Beverages, ICELANDIC, Glacial Natural spring water	0.00	--	--
14093	Beverages, The COCA-COLA company, Glaceau Vitamin Water, Revive Fruit Punch, fortified	0.00	--	10.20
14121	Beverages, carbonated, club soda	0.00	0.01	--
14143	Beverages, carbonated, low calorie, other than cola or pepper, without caffeine	0.00	0.04	--
14151	Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine	0.00	0.04	--
14166	Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine	0.00	0.02	--
14167	Beverages, POWERADE, Zero, Mixed Berry	0.00	--	--
14190	Beverages, tea, green, ready-to-drink, diet	0.00	--	9.50
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	0.00	0.05	--
14247	Beverages, tea, black, ready to drink	0.00	--	--
14260	Beverages, tea, green, brewed, decaffeinated	0.00	--	--
14261	Beverages, tea, green, ready to drink, unsweetened	0.00	--	--
14280	Beverages, tea, black, ready to drink, decaffeinated, diet	0.00	--	--
14384	Beverages, water, bottled, PERRIER	0.00	--	--
14385	Beverages, water, bottled, POLAND SPRING	0.00	0.01	--
14411	Beverages, water, tap, drinking	0.00	--	--
14412	Beverages, water, tap, well	0.00	--	--
14429	Beverages, water, tap, municipal	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	0.00	--	--
14439	Water, bottled, non-carbonated, NAYA	0.00	--	--
14440	Beverages, water, bottled, non-carbonated, DANNON Fluoride To Go	0.00	0.01	--
14537	Carbonated beverage, low calorie, other than cola or pepper, with sodium saccharin, without caffeine	0.00	0.04	--
14555	Water, bottled, generic	0.00	--	--
14559	Beverages, water, bottled, non-carbonated, EVIAN	0.00	--	--
14599	Beverages, Powerade Zero Ion4, calorie-free, assorted flavors	0.00	0.05	2.50
14649	Beverages, tea, hibiscus, brewed	0.00	0.08	--
18372	Leavening agents, baking soda	0.00	--	--

NDB_No	Description	Energy(kcal) Value Per	Iron, Fe(mg) Value Per	Vitamin C, total ascorbic acid(mg) Value Per
19918	Sweetener, herbal extract powder from Stevia leaf	0.00	--	--