USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Protein (g) ; Magnesium, Mg (mg) ; Energy (kcal)

Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: Household
Report Run at: July 29, 2016 06:50 EDT

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
05708	Turkey, retail parts, breast, meat only, with added solution, raw	1171.0	1.0 breast	257.50	293	1300
05711	Turkey, retail parts, breast, meat only, cooked, roasted	863.0	1.0 breast	254.67	242	1174
13953	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	569.0	1.0 roast (yield from 690g raw meat)	148.22	125	1201
36629	Restaurant, Chinese, orange chicken	648.0	1.0 order	93.70	130	1698
01258	Egg, white, dried, stabilized, glucose reduced	107.0	1.0 cup, sifted	89.97	88	382
05305	Ground turkey, raw	453.6	1.0 lb	89.18	104	671
01136	Egg, white, dried, powder, stabilized, glucose reduced	107.0	1.0 cup, sifted	88.17	77	402
36633	Restaurant, Chinese, sesame chicken	547.0	1.0 order	78.39	120	1603
36617	Restaurant, Chinese, lemon chicken	623.0	1.0 order	73.95	100	1570
36621	Restaurant, Chinese, sweet and sour chicken	706.0	1.0 order	71.31	106	1765
36618	Restaurant, Chinese, general tso's chicken	535.0	1.0 order	69.02	96	1578
16108	Soybeans, mature seeds, raw	186.0	1.0 cup	67.87	521	830
16110	Soybeans, mature seeds, roasted, salted	172.0	1.0 cup	66.31	249	807
16410	Soybeans, mature seeds, roasted, no salt added	172.0	1.0 cup	66.31	249	807
35190	Salmon, red (sockeye), filets with skin, smoked (Alaska Native)	108.0	1.0 filet	65.47	63	373
16076	Lupins, mature seeds, raw	180.0	1.0 cup	65.11	356	668
36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	339.0	1.0 serving	64.41	102	698
11667	Seaweed, spirulina, dried	112.0	1.0 cup	64.37	218	325
13379	Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	235.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	63.87	47	785
16119	Soy meal, defatted, raw	122.0	1.0 cup	60.02	373	411
36619	Restaurant, Chinese, kung pao chicken	604.0	1.0 order	58.95	145	779
21255	BURGER KING, DOUBLE WHOPPER, with cheese	399.0	1.0 item	57.74	76	1061
36626	Restaurant, Chinese, chicken and vegetables	693.0	1.0 order	56.69	104	658
21399	Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	355.0	1.0 item	55.02	67	898
36011	T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	176.0	1.0 serving	54.60	49	345
36622	Restaurant, Chinese, sweet and sour pork	609.0	1.0 order	54.26	79	1644
16117	Soy flour, defatted	105.0	1.0 cup	54.03	304	343

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16135	Winged beans, mature seeds, raw	182.0	1.0 cup	53.96	326	744
16083	Mungo beans, mature seeds, raw	207.0	1.0 cup	52.18	553	706
21389	Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	374.0	1.0 item	52.14	67	942
21254	BURGER KING, DOUBLE WHOPPER, no cheese	374.0	1.0 item	52.14	67	942
21243	WENDY'S, CLASSIC DOUBLE, with cheese	310.0	1.0 item	51.21	59	747
16067	Hyacinth beans, mature seeds, raw	210.0	1.0 cup	50.19	594	722
14058	Beverages, Whey protein powder isolate	86.0	3.0 scoop	50.00	200	309
21115	Fast foods, hamburger, large, triple patty, with condiments	259.0	1.0 sandwich	49.99	54	692
36041	Restaurant, Italian, lasagna with meat	457.0	1.0 serving	49.49	101	845
36013	Restaurant, family style, sirloin steak	166.0	1.0 serving	49.47	45	324
16080	Mung beans, mature seeds, raw	207.0	1.0 cup	49.39	391	718
36059	Restaurant, Italian, chicken parmesan without pasta	301.0	1.0 serving	48.67	78	614
12160	Seeds, cottonseed kernels, roasted (glandless)	149.0	1.0 cup	48.56	656	754
21469	Fast Foods, Fried Chicken, Breast, meat and skin and breading	203.0	1.0 breast, with skin	47.73	53	467
23040	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	179.0	1.0 steak	47.72	50	315
36042	OLIVE GARDEN, lasagna classico	422.0	1.0 serving	47.60	93	776
36608	CRACKER BARREL, grilled sirloin steak	151.0	1.0 steak	47.60	42	307
21396	Fast foods, cheeseburger; double, large patty; with condiments	280.0	1.0 item	47.49	59	762
21345	McDONALD'S, DOUBLE QUARTER POUNDER with Cheese	280.0	1.0 item	47.49	59	734
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	47.31	32	278
16069	Lentils, raw	192.0	1.0 cup	47.29	90	676
16049	Beans, white, mature seeds, raw	202.0	1.0 cup	47.19	384	673
05021	Chicken, broilers or fryers, giblets, cooked, fried	145.0	1.0 cup, chopped or diced	47.18	36	402
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	46.97	32	268
16085	Peas, green, split, mature seeds, raw	197.0	1.0 cup	46.93	97	693
16035	Beans, kidney, royal red, mature seeds, raw	184.0	1.0 cup	46.61	254	605
36058	OLIVE GARDEN, chicken parmigiana without pasta	304.0	1.0 serving	46.60	76	641
21434	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading	212.0	1.0 breast, with skin	46.51	53	490
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	46.47	32	255
16037	Beans, navy, mature seeds, raw	208.0	1.0 cup	46.45	364	701
05130	Chicken, stewing, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	46.26	32	298

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
21461	Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise	268.0	1.0 sandwich	46.07	86	590
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	140.0	1.0 cup	45.95	41	269
16144	Lentils, pink or red, raw	192.0	1.0 cup	45.91	113	687
36043	CARRABBA'S ITALIAN GRILL, lasagne	437.0	1.0 serving	45.80	105	835
07969	Kielbasa, fully cooked, pan-fried	370.0	1.0 link	45.73	56	1232
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	45.42	31	317
16045	Beans, small white, mature seeds, raw	215.0	1.0 cup	45.39	393	722
43283	Pheasant, cooked, total edible	140.0	1.0 cup, chopped or diced	45.36	31	335
21101	Fast foods, cheeseburger; triple, regular patty; plain	249.0	1.0 item	45.32	52	772
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	45.22	31	310
21438	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading	212.0	1.0 breast, with skin	45.03	51	568
16078	Mothbeans, mature seeds, raw	196.0	1.0 cup	44.96	747	672
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	44.92	31	298
16019	Beans, cranberry (roman), mature seeds, raw	195.0	1.0 cup	44.91	304	653
16030	Beans, kidney, california red, mature seeds, raw	184.0	1.0 cup	44.84	294	607
16101	Pigeon peas (red gram), mature seeds, raw	205.0	1.0 cup	44.48	375	703
36032	DENNY'S, spaghetti and meatballs	565.0	1.0 serving	44.30	130	960
05024	Chicken, gizzard, all classes, cooked, simmered	145.0	1.0 cup chopped or dice	44.07	4	223
21153	Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato	413.0	12.0 inch sub	44.03	91	603
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	44.02	382	720
05161	Squab, (pigeon), meat only, raw	251.0	1.0 unit (yield from 1 lb ready-to-cook squab)	43.92	63	356
16118	Soy flour, low-fat	88.0	1.0 cup, stirred	43.83	251	327
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	43.43	41	231
10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless	43.42	42	254
16027	Beans, kidney, all types, mature seeds, raw	184.0	1.0 cup	43.39	258	613
15225	Fish, yellowtail, mixed species, cooked, dry heat	146.0	0.5 fillet	43.32	55	273
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	43.27	38	242
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	142.0	1.0 chop	43.25	37	244
16047	Beans, yellow, mature seeds, raw	196.0	1.0 cup	43.12	435	676

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05012	Chicken, broilers or fryers, meat only, cooked, fried	140.0	1.0 cup, chopped or diced	42.80	38	307
36060	ON THE BORDER, soft taco with ground beef, cheese and lettuce	324.0	1.0 serving varied from 2-3 tacos per serving	42.74	97	742
05126	Chicken, stewing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	42.59	31	332
15119	Fish, tuna, light, canned in oil, drained solids	146.0	1.0 cup, solid or chunks	42.53	45	289
10859	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless (yield from 189g raw meat)	42.52	42	285
36000	APPLEBEE'S, 9 oz house sirloin steak	157.0	1.0 serving	42.15	38	297
21456	POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading	194.0	1.0 breast, with skin	42.04	48	532
36020	T.G.I. FRIDAY'S, chicken fingers	225.0	1.0 serving	42.03	65	731
17008	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	41.99	33	360
17229	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	41.99	33	360
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	41.90	332	662
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	41.72	38	276
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	142.0	1.0 chop	41.69	36	278
21462	Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise	271.0	1.0 sandwich	41.68	84	696
16074	Lima beans, thin seeded (baby), mature seeds, raw	202.0	1.0 cup	41.65	380	677
43340	Cheese, parmesan, low sodium	100.0	1.0 cup, grated	41.60	51	451
16032	Beans, kidney, red, mature seeds, raw	184.0	1.0 cup	41.46	254	620
05149	Goose, domesticated, meat only, cooked, roasted	143.0	1.0 unit (yield from 1 lb ready-to-cook goose)	41.43	36	340
16042	Beans, pinto, mature seeds, raw	193.0	1.0 cup	41.34	340	670
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	135.0	1.0 chop	41.23	31	230
16092	Peanuts, spanish, oil-roasted, with salt	147.0	1.0 cup	41.17	247	851
16392	Peanuts, spanish, oil-roasted, without salt	147.0	1.0 cup	41.17	247	851
36023	APPLEBEE'S, chicken tenders platter	209.0	1.0 serving	41.01	63	621
01134	Egg, whole, dried, stabilized, glucose reduced	85.0	1.0 cup, sifted	40.94	42	523
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	200.0	1.0 cup	40.94	158	756
21425	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	152.0	1.0 breast without skin	40.87	41	226
01133	Egg, whole, dried	85.0	1.0 cup, sifted	40.84	29	503
36606	CRACKER BARREL, farm raised catfish platter	178.0	1.0 serving	40.83	61	473

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36623	Restaurant, Chinese, chicken chow mein	604.0	1.0 order	40.83	66	513
17033	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	147.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	40.78	43	345
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	150.0	1.0 steak	40.68	39	266
36603	Restaurant, Chinese, beef and vegetables	574.0	1.0 order	40.64	86	603
16133	Yardlong beans, mature seeds, raw	167.0	1.0 cup	40.63	564	579
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	141.0	1.0 steak	40.59	37	245
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	140.0	1.0 cup	40.59	35	335
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	40.57	34	211
15178	Mollusks, whelk, unspecified, cooked, moist heat	85.0	3.0 oz	40.53	146	234
21411	Fast foods, bagel, with breakfast steak, egg, cheese, and condiments	254.0	1.0 item	40.51	56	716
05013	Chicken, broilers or fryers, meat only, roasted	140.0	1.0 cup, chopped or diced	40.50	35	266
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	40.43	31	223
16089	Peanuts, all types, oil-roasted, with salt	144.0	1.0 cup, chopped	40.36	253	863
16389	Peanuts, all types, oil-roasted, without salt	144.0	1.0 cup,	40.36	253	863
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	40.30	36	248
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	138.0	1.0 rack	40.30	36	302
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	138.0	1.0 rack	40.30	30	313
16111	Soybeans, mature seeds, dry roasted	93.0	1.0 cup	40.29	212	418
16024	Beans, great northern, mature seeds, raw	183.0	1.0 cup	40.00	346	620
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	145.0	1.0 chop	39.99	39	251
21490	Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread	230.0	1.0 sandwich	39.88	53	419
16060	Cowpeas, catjang, mature seeds, raw	167.0	1.0 cup	39.83	556	573
43128	Chicken, meatless	168.0	1.0 cup	39.72	29	376
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	39.70	34	285
17010	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	128.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	39.69	29	239
21464	Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	142.0	1.0 breast without skin	39.66	40	217
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	39.60	35	263
21099	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and ham	254.0	1.0 sandwich	39.50	51	726

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10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	135.0	1.0 chop	39.42	31	270
05132	Chicken, stewing, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	39.40	31	361
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145.0	1.0 cup chopped or dice	39.37	20	228
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	167.0	1.0 cup	39.28	307	561
16052	Broadbeans (fava beans), mature seeds, raw	150.0	1.0 cup	39.18	288	512
16001	Beans, adzuki, mature seeds, raw	197.0	1.0 cup	39.14	250	648
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	39.14	34	274
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	138.0	1.0 fillet	39.12	39	287
16016	Beans, black turtle, mature seeds, raw	184.0	1.0 cup	39.10	294	624
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	146.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g)	39.07	38	263
21405	McDONALD'S, Premium Crispy Chicken Club Sandwich	254.0	1.0 item 9 oz	39.07	--	635
12014	Seeds, pumpkin and squash seed kernels, dried	129.0	1.0 cup	39.00	764	721
16394	Peanuts, valencia, oil-roasted, without salt	144.0	1.0 cup	38.94	230	848
16094	Peanuts, valencia, oil-roasted, with salt	144.0	1.0 cup	38.94	230	848
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	135.0	1.0 fillet	38.84	38	269
05116	Chicken, roasting, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	38.82	29	239
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	145.0	1.0 chop	38.60	38	284
12007	Seeds, cottonseed flour, partially defatted (glandless)	94.0	1.0 cup	38.50	678	337
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	38.35	31	258
21404	McDONALD'S, Premium Grilled Chicken Club Sandwich	223.0	1.0 item 7.9 oz	38.33	--	493
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	38.32	32	287
05026	Chicken, heart, all classes, cooked, simmered	145.0	1.0 cup, chopped or diced	38.29	29	268
05138	Chicken, capons, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	38.27	29	238
21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	132.0	1.0 breast without skin	38.25	38	207
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	38.22	32	335
05014	Chicken, broilers or fryers, meat only, stewed	140.0	1.0 cup, chopped or diced	38.21	29	248
23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	38.20	36	296
16071	Lima beans, large, mature seeds, raw	178.0	1.0 cup	38.20	399	602

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16091	Peanuts, spanish, raw	146.0	1.0 cup	38.18	274	832
21430	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed	140.0	1.0 breast, without skin	38.15	39	214
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	38.05	25	253
05118	Chicken, roasting, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	37.98	32	214
21100	Fast foods, cheeseburger; double, large patty, with condiments and vegetables	258.0	1.0 sandwich	37.98	52	704
36034	Restaurant, family style, chicken tenders	201.0	1.0 serving	37.95	58	607
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	129.0	1.0 fillet	37.91	35	240
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	124.0	1.0 fillet	37.76	35	216
05128	Chicken, stewing, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	37.31	29	281
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	37.23	31	342
42155	Cheese, monterey, low fat	132.0	1.0 cup, diced	37.22	36	413
13150	Beef, rib, shortribs, separable lean only, choice, cooked, braised	121.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	37.22	27	357
36027	DENNY'S, chicken strips	194.0	1.0 serving	37.19	58	572
05336	USDA Commodity Chicken, canned, meat only, drained	135.0	1.0 cup drained	37.15	30	219
13921	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	140.0	1.0 steak (yield from 181 g raw meat)	37.00	29	382
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	121.0	1.0 fillet	37.00	34	207
16096	Peanuts, virginia, oil-roasted, with salt	143.0	1.0 cup	36.99	269	827
16396	Peanuts, virginia, oil-roasted, without salt	143.0	1.0 cup	36.99	269	827
23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	36.99	36	323
16095	Peanuts, virginia, raw	146.0	1.0 cup	36.78	250	822
15113	Fish, tilefish, cooked, dry heat	150.0	0.5 fillet	36.73	50	220
16106	Meat extender	88.0	1.0 cup	36.70	190	274
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	149.0	1.0 cup, drained	36.68	58	310
16093	Peanuts, valencia, raw	146.0	1.0 cup	36.63	269	832
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	36.49	34	282
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	138.0	1.0 rack	36.43	33	373
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	36.36	28	269
43597	Cheese, mozzarella, low sodium	132.0	1.0 cup, diced	36.30	34	370
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	36.22	30	369

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	36.18	35	342
36012	Restaurant, family style, fried mozzarella sticks	245.0	1.0 serving	36.14	51	796
42304	Cheese, mozzarella, nonfat	113.0	1.0 cup, shredded	35.82	37	159
43379	Cheese, pasteurized process, swiss, low fat	140.0	1.0 cup, diced	35.70	34	231
21270	TACO BELL, Taco Salad	533.0	1.0 item	35.66	144	906
01040	Cheese, swiss	132.0	1.0 cup, diced	35.59	44	519
10107	Pork, fresh, variety meats and by-products, kidneys, cooked, braised	140.0	1.0 cup	35.56	25	211
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	35.55	260	857
36620	Restaurant, Chinese, shrimp and vegetables	601.0	1.0 order	35.46	96	469
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	35.45	28	286
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	115.0	1.0 fillet	35.40	32	190
21253	BURGER KING, WHOPPER, with cheese	316.0	1.0 item	35.36	57	790
36625	Restaurant, Chinese, vegetable lo mein, without meat	741.0	1.0 order	35.35	104	897
17340	Game meat, elk, loin, separable lean only, cooked, broiled	114.0	1.0 steak (yield from 148.1 g raw meat)	35.34	32	190
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	281.0	1.0 serving varied from 1 to 3 tacos per serving	35.29	76	615
21407	McDONALD'S, Premium Crispy Chicken Ranch BLT Sandwich	240.0	1.0 item 8.5 oz	35.28	--	586
05147	Goose, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	35.22	31	427
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	35.21	649	677
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	118.0	1.0 cup	35.21	649	677
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	236.0	1.0 item	35.09	45	522
10153	Pork, cured, ham, whole, separable lean only, roasted	140.0	1.0 cup	35.07	31	220
05114	Chicken, roasting, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	35.01	29	234
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	35.00	29	273
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	140.0	1.0 cup	34.92	22	238
15239	Fish, salmon, coho, farmed, cooked, dry heat	143.0	1.0 fillet	34.75	49	255
01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	34.62	41	468
16022	Beans, french, mature seeds, raw	184.0	1.0 cup	34.61	346	631
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	34.55	27	307
15052	Fish, mackerel, spanish, cooked, dry heat	146.0	1.0 fillet	34.44	55	231
43275	Cheese, pasteurized process, American, low fat	140.0	1.0 cup, diced	34.44	34	252
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226.0	1.0 sandwich	34.28	50	540
36051	ON THE BORDER, cheese quesadilla	203.0	1.0 serving 1 quesadilla	34.25	49	800

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	114.0	4.0 oz	34.22	31	185
10104	Pork, fresh, variety meats and by-products, heart, cooked, braised	145.0	1.0 cup	34.22	35	215
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	34.20	27	310
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	122.0	1.0 rack	33.95	32	264
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	122.0	1.0 rack	33.95	29	264
16113	Natto	175.0	1.0 cup	33.95	201	369
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	33.84	28	308
01020	Cheese, fontina	132.0	1.0 cup, diced	33.79	18	513
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	454.0	1.0 serving varied from 7-9 ravioli per serving	33.78	104	722
01035	Cheese, provolone	132.0	1.0 cup, diced	33.77	37	463
21406	McDONALD'S, Premium Grilled Chicken Ranch BLT Sandwich	202.0	1.0 item 7.1 oz	33.73	--	412
01212	Milk, dry, whole, without added vitamin D	128.0	1.0 cup	33.69	109	635
16114	Tempeh	166.0	1.0 cup	33.68	134	319
43287	Dove, cooked (includes squab)	140.0	1.0 cup, chopped or diced	33.46	36	298
19182	Desserts, mousse, chocolate, prepared-from-recipe	808.0	1.0 recipe yield	33.45	162	1818
05303	Poultry, mechanically deboned, from mature hens, raw	227.0	0.5 lb	33.41	27	552
15250	Mollusks, conch, baked or broiled	127.0	1.0 cup, sliced	33.40	302	165
12065	Nuts, almonds, oil roasted, without salt added	157.0	1.0 cup whole kernels	33.33	430	953
12565	Nuts, almonds, oil roasted, with salt added	157.0	1.0 cup whole kernels	33.33	430	953
12665	Nuts, almonds, oil roasted, lightly salted	157.0	1.0 cup whole kernels	33.33	430	953
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	211.0	1.0 item	33.30	49	595
11450	Soybeans, green, raw	256.0	1.0 cup	33.15	166	376
21245	WENDY'S, Ultimate Chicken Grill Sandwich	225.0	1.0 item	33.14	54	403
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149.0	1.0 fillet	33.12	49	162
36018	APPLEBEE'S, fish, hand battered	250.0	1.0 serving	33.08	50	505
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	114.0	4.0 oz	33.00	26	221
15040	Fish, herring, Atlantic, cooked, dry heat	143.0	1.0 fillet	32.93	59	290
05142	Duck, domesticated, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	32.87	28	281
22972	Pulled pork in barbecue sauce	249.0	1.0 cup	32.84	55	418
15116	Fish, trout, rainbow, wild, cooked, dry heat	143.0	1.0 fillet	32.78	44	214
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	145.0	1.0 slice	32.71	32	183

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
36052	Restaurant, Mexican, cheese quesadilla	205.0	1.0 serving serving size varied on diameter and count of quesadila	32.66	49	754
01208	Cheese, provolone, reduced fat	132.0	1.0 cup, diced	32.60	37	362
05120	Chicken, roasting, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	32.55	28	249
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	131.0	1.0 chop	32.40	31	265
16116	Soy flour, full-fat, roasted	85.0	1.0 cup, stirred	32.38	314	373
01025	Cheese, monterey	132.0	1.0 cup, diced	32.31	36	492
12136	Nuts, mixed nuts, dry roasted, with peanuts, salt added, PLANTERS pistachio blend	147.0	1.0 cup	32.27	307	853
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	32.16	32	202
05192	Turkey, all classes, breast, meat and skin, cooked, roasted	112.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	32.16	30	212
01169	Cheese, low-sodium, cheddar or colby	132.0	1.0 cup, diced	32.14	36	525
01168	Cheese, low fat, cheddar or colby	132.0	1.0 cup, diced	32.14	21	228
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	102.0	1.0 steak (yield from 134.9 g raw meat)	32.10	31	155
36630	Restaurant, Italian, spaghetti with meat sauce	554.0	1.0 serving	32.08	94	670
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	122.0	1.0 rack	32.06	29	301
05284	Turkey, canned, meat only, with broth	135.0	1.0 cup, drained	31.97	27	228
05191	Turkey, all classes, breast, meat and skin, raw	146.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	31.96	35	229
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	31.89	22	349
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	129.0	1.0 drumstick with skin	31.89	26	232
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	193.0	1.0 thigh with skin	31.88	35	427
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	137.0	1.0 thigh with skin	31.87	30	318
15131	Fish, whitefish, mixed species, smoked	136.0	1.0 cup, cooked	31.82	31	147
21111	Fast foods, hamburger; double, regular patty; with condiments	215.0	1.0 item	31.82	45	576
16115	Soy flour, full-fat, raw	84.0	1.0 cup, stirred	31.76	360	365
21363	McDONALD'S, Deluxe Breakfast, with syrup and margarine	420.0	1.0 item 14.8 oz	31.75	55	1197
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	107.0	1.0 chop	31.73	31	182
21244	WENDY'S, Homestyle Chicken Fillet Sandwich	230.0	1.0 item	31.69	55	492
10076	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	31.68	23	428
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	140.0	1.0 cup	31.67	31	249

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
15274	Fish, trout, brook, raw, New York State	149.0	1.0 filet	31.63	42	164
36024	CRACKER BARREL, chicken tenderloin platter, fried	175.0	1.0 serving	31.60	49	513
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	537.0	1.0 serving	31.52	81	655
13924	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	119.0	1.0 steak (yield from 1 raw steak weighing 151g)	31.51	27	312
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	130.0	1.0 thigh with skin	31.50	31	213
21096	Fast foods, cheeseburger; single, large patty; plain	182.0	1.0 sandwich	31.47	44	564
35009	Whale, beluga, meat, dried (Alaska Native)	45.0	1.0 strip	31.44	28	147
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	31.43	24	394
01034	Cheese, port de salut	132.0	1.0 cup, diced	31.39	32	465
01011	Cheese, colby	132.0	1.0 cup, diced	31.36	34	520
21376	McDONALD'S, Bacon Ranch Salad with Grilled Chicken	305.0	1.0 item 10.8 oz	31.35	--	247
01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	31.35	36	389
16109	Soybeans, mature cooked, boiled, without salt	172.0	1.0 cup	31.32	148	296
16409	Soybeans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	31.32	148	296
16099	Peanut flour, defatted	60.0	1.0 cup	31.32	222	196
05302	Poultry, mechanically deboned, from backs and necks without skin, raw	227.0	0.5 lb	31.30	30	452
15215	Fish, shad, american, cooked, dry heat	144.0	1.0 fillet	31.26	55	363
21252	BURGER KING, WHOPPER, no cheese	291.0	1.0 item	31.25	52	678
10152	Pork, cured, ham, whole, separable lean only, unheated	140.0	1.0 cup	31.25	25	206
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	31.21	27	317
17100	Veal, leg (top round), separable lean only, cooked, braised	85.0	3.0 oz	31.20	26	173
43398	Cheese, pasteurized process, cheddar or American, low sodium	140.0	1.0 cup, diced	31.08	31	526
12062	Nuts, almonds, blanched	145.0	1.0 cup whole kernels	31.03	389	856
05622	Emu, ground, cooked, pan-broiled	109.0	1.0 patty (yield from 135.8 g raw meat)	30.99	32	178
01043	Cheese, pasteurized process, pimento	140.0	1.0 cup, diced	30.98	31	525
36615	DENNY'S, top sirloin steak	107.0	1.0 steak	30.92	26	195
36611	DENNY'S, mozzarella cheese sticks	228.0	1.0 serving	30.92	48	739
05277	Chicken, canned, meat only, with broth	142.0	1.0 can (5 oz)	30.91	17	234
01030	Cheese, muenster	132.0	1.0 cup, diced	30.90	36	486
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	30.84	24	162
12041	Seeds, sunflower seed flour, partially defatted	64.0	1.0 cup	30.76	221	209
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	140.0	1.0 cup	30.76	27	231
19086	Candies, confectioner's coating, peanut butter	168.0	1.0 cup chips	30.74	185	889
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85.0	3.0 oz	30.74	25	179

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
01182	USDA Commodity, cheese, cheddar, reduced fat	113.0	1.0 cup shredded	30.74	40	319
13436	Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	30.70	22	176
13438	Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	30.70	22	162
01005	Cheese, brick	132.0	1.0 cup, diced	30.68	32	490
12201	Seeds, sesame seed kernels, dried (decorticated)	150.0	1.0 cup	30.68	518	946
12174	Seeds, watermelon seed kernels, dried	108.0	1.0 cup	30.60	556	602
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	130.0	1.0 thigh with skin	30.51	30	278
36033	Restaurant, family style, fish fillet, battered or breaded, fried	226.0	1.0 serving	30.49	52	495
36631	OLIVE GARDEN, spaghetti with meat sauce	525.0	1.0 serving	30.45	94	635
21102	Fast foods, chicken fillet sandwich, plain with pickles	187.0	1.0 sandwich	30.44	45	468
21526	CHICK-FIL-A, chicken sandwich	187.0	1.0 sandwich	30.44	45	466
15204	Fish, pike, walleye, cooked, dry heat	124.0	1.0 fillet	30.43	47	148
17126	Veal, shoulder, arm, separable lean only, cooked, braised	85.0	3.0 oz	30.37	26	171
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	107.0	1.0 chop	30.31	30	212
13432	Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	30.28	21	170
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	30.28	21	178
13430	Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	30.28	21	184
21398	Fast foods, cheeseburger; single, large patty; with condiments	199.0	1.0 item	30.27	52	535
15197	Fish, herring, Pacific, cooked, dry heat	144.0	1.0 fillet	30.25	59	360
05338	USDA Commodity, Chicken, canned, meat only, with broth	135.0	1.0 cup drained	30.25	24	180
12061	Nuts, almonds	143.0	1.0 cup, whole	30.24	386	828
43132	Meatballs, meatless	144.0	1.0 cup	30.24	26	284
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	30.21	25	237
36055	Restaurant, Italian, cheese ravioli with marinara sauce	427.0	1.0 serving serving size varied by diameter and count of raviloi	30.19	94	658
01009	Cheese, cheddar	132.0	1.0 cup, diced	30.19	36	533
05304	Turkey, mechanically deboned, from turkey frames, raw	227.0	0.5 lb	30.17	30	456
12154	Nuts, walnuts, black, dried	125.0	1.0 cup, chopped	30.08	251	774
15005	Fish, bluefish, raw	150.0	1.0 fillet	30.06	50	186

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
15189	Fish, bluefish, cooked, dry heat	117.0	1.0 fillet	30.06	49	186
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	138.0	1.0 rack	30.02	30	495
15034	Fish, haddock, cooked, dry heat	150.0	1.0 fillet	29.98	39	135
05036	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	29.94	26	314
12084	Nuts, butternuts, dried	120.0	1.0 cup	29.88	284	734
01166	Cheese, mexican, queso asadero	132.0	1.0 cup, diced	29.83	34	470
21095	Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables	228.0	1.0 sandwich	29.73	36	650
05337	USDA Commodity, Chicken, canned, meat only, with water	135.0	1.0 cup drained	29.73	24	174
17141	Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised	85.0	3.0 oz	29.70	24	160
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	29.69	20	175
10138	Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted	140.0	1.0 cup	29.62	29	190
17151	Game meat, beaver, cooked, roasted	85.0	3.0 oz	29.62	25	180
20071	Wheat, hard red spring	192.0	1.0 cup	29.57	238	632
42173	Turkey and pork sausage, fresh, bulk, patty or link, cooked	130.0	1.0 cup, cooked	29.51	25	399
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	215.0	1.0 sandwich	29.43	39	576
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	215.0	1.0 sandwich	29.43	39	576
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	29.41	21	191
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	85.0	3.0 oz	29.33	17	172
10185	Pork, cured, ham, extra lean and regular, canned, roasted	140.0	1.0 cup	29.32	28	234
05363	Ruffed Grouse, breast meat, skinless, raw	113.0	4.0 oz	29.31	36	127
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	140.0	1.0 cup	29.30	20	203
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	149.0	1.0 thigh without skin	29.29	34	180
17114	Veal, rib, separable lean only, cooked, braised	85.0	3.0 oz	29.27	22	185
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	29.23	19	184
21214	SUBWAY, tuna sub on white bread with lettuce and tomato	237.0	6.0 inch sub	29.22	52	524
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	237.0	6.0 inch sub	29.22	52	517
15206	Fish, pout, ocean, cooked, dry heat	137.0	0.5 fillet	29.22	23	140
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	29.19	20	202

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
36049	ON THE BORDER, cheese enchilada	250.0	1.0 serving serving size varied from 1 to 3 enchiladas	29.18	75	678
36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	365.0	1.0 serving varied from 8 to 10 ravioli per serving	29.05	77	569
17325	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	29.04	21	202
21235	McDONALD'S, QUARTER POUNDER with Cheese	199.0	1.0 item 7.1 oz	29.03	44	513
13895	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	28.98	20	212
17087	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	28.95	17	242
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	28.92	385	825
12563	Nuts, almonds, dry roasted, with salt added	138.0	1.0 cup whole kernels	28.92	385	825
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	28.90	20	182
17138	Veal, sirloin, separable lean only, cooked, braised	85.0	3.0 oz	28.87	25	173
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	149.0	1.0 steak (yield from 1 raw steak weighing149g)	28.86	30	371
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	28.84	30	194
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	28.82	20	168
10140	Pork, cured, ham, regular (approximately 13% fat), canned, roasted	140.0	1.0 cup	28.74	24	316
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	116.0	1.0 thigh without skin	28.72	28	208
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	28.71	22	164
17060	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised	85.0	3.0 oz	28.64	24	190
17120	Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	28.63	24	169
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	85.0	3.0 oz	28.63	26	171
05627	Emu, full rump, cooked, broiled	85.0	1.0 serving (3 oz)	28.62	29	143
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	140.0	1.0 cup	28.60	20	392
17123	Veal, shoulder, arm, separable lean and fat, cooked, braised	85.0	3.0 oz	28.59	25	201
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	28.55	19	174
17108	Veal, loin, separable lean only, cooked, braised	85.0	3.0 oz	28.53	23	192
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	28.53	19	190

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	85.0	3.0 oz	28.50	16	164
01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	28.46	30	494
21410	Fast foods, bagel, with egg, sausage patty, cheese, and condiments	219.0	1.0 item	28.43	44	646
01032	Cheese, parmesan, grated	100.0	1.0 cup	28.42	34	420
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	146.0	1.0 chop	28.40	31	250
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	28.36	19	166
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	28.36	19	180
21402	McDONALD'S, Premium Grilled Chicken Classic Sandwich	200.0	1.0 item 7 oz	28.32	56	366
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	85.0	1.0 serving	28.31	20	178
01165	Cheese, mexican, queso anejo	132.0	1.0 cup, crumbled	28.30	37	492
17342	Game meat, elk, tenderloin, separable lean only, cooked, broiled	92.0	1.0 steak (yield from 123.5 g raw meat)	28.30	27	149
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	28.27	19	174
42117	Imitation cheese, american or cheddar, low cholesterol	113.0	1.0 cup, shredded	28.25	34	441
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	85.0	3.0 oz	28.24	15	192
17461	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	28.19	24	201
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	85.0	3.0 oz	28.19	27	156
15188	Fish, bass, striped, cooked, dry heat	124.0	1.0 fillet	28.19	63	154
21377	McDONALD'S Bacon Ranch Salad with Crispy Chicken	319.0	1.0 item 11.3 oz	28.14	--	389
43299	Soybean, curd cheese	225.0	1.0 cup	28.12	513	340
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	28.12	19	190
17181	Game meat, rabbit, wild, cooked, stewed	85.0	3.0 oz	28.07	26	147
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	28.04	28	226
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	247.0	1.0 item	28.01	44	558
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	27.96	18	181
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	27.92	18	216

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
42303	Cheese, muenster, low fat	113.0	1.0 cup, shredded	27.91	31	306
17040	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	27.89	23	241
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	27.85	18	210
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	27.82	18	196
21403	McDONALD'S, Premium Crispy Chicken Classic Sandwich	230.0	1.0 item	27.78	62	524
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	27.77	19	204
21063	Fast foods, burrito, with beans and beef	241.0	1.0 item	27.76	60	460
17132	Veal, shoulder, blade, separable lean only, cooked, braised	85.0	3.0 oz	27.76	24	168
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	27.73	18	180
43410	Chicken, meatless, breaded, fried	130.0	1.0 cup, diced	27.66	16	304
36029	DENNY'S, fish fillet, battered or breaded, fried	201.0	1.0 serving	27.64	50	470
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	85.0	3.0 oz	27.62	20	167
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	27.62	19	165
15229	Mollusks, cuttlefish, mixed species, cooked, moist heat	85.0	3.0 oz	27.61	51	134
35145	Stew, hominy with mutton (Navajo)	411.0	1.0 serving	27.58	82	341
17111	Veal, rib, separable lean and fat, cooked, braised	85.0	3.0 oz	27.57	21	213
17147	Game meat, bear, cooked, simmered	85.0	3.0 oz	27.56	20	220
15148	Crustaceans, lobster, northern, cooked, moist heat	145.0	1.0 cup	27.55	62	129
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	85.0	3.0 oz	27.55	20	162
21239	WENDY'S, CLASSIC SINGLE Hamburger, no cheese	218.0	1.0 item	27.53	39	464
05629	Emu, inside drums, cooked, broiled	85.0	1.0 serving (3 oz)	27.52	28	133
17056	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	27.50	22	245
43130	Frankfurter, meatless	140.0	1.0 cup, sliced	27.45	25	326
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	85.0	3.0 oz	27.45	20	158
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	143.0	1.0 drumstick with skin	27.44	23	152
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	27.44	41	168
36050	Restaurant, Mexican, cheese enchilada	244.0	1.0 serving serving size varied from 1 to 3 enchiladas	27.43	71	666
17279	Veal, shank (fore and hind), separable lean only, cooked, braised	85.0	3.0 oz	27.39	21	150

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	27.38	18	188
10046	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	112.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 172g)	27.35	27	249
17317	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	27.34	22	199
21341	McDONALD'S, BIG BREAKFAST	269.0	1.0 item 9.5 oz	27.33	40	767
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	27.28	18	188
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	85.0	1.0 serving	27.27	16	177
17445	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	27.27	21	183
21506	BURGER KING, Double Cheeseburger	162.0	1.0 sandwich	27.26	37	457
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	27.25	23	194
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	85.0	3.0 oz	27.25	27	133
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	111.0	1.0 thigh without skin	27.25	28	195
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	27.21	19	183
36056	Restaurant, Mexican, cheese tamales	302.0	1.0 serving serving size varied from 1 to 3 tamales	27.15	91	652
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	85.0	3.0 oz	27.15	15	212
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	27.12	24	167
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	85.0	3.0 oz	27.11	32	128
21488	Fast foods, quesadilla, with chicken	180.0	1.0 each quesadilla	27.09	45	529
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	27.08	171	799
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	135.0	1.0 cup	27.08	171	799
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	85.0	3.0 oz	27.08	14	214
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	114.0	4.0 oz	27.08	30	140
21507	WENDY'S, Double Stack, with cheese	146.0	1.0 sandwich	27.05	31	416
42128	Turkey ham, sliced, extra lean, prepackaged or deli-sliced	138.0	1.0 cup pieces	27.05	28	171
20138	Wheat, KAMUT khorasan, uncooked	186.0	1.0 cup	27.04	242	627
21098	Fast foods, cheeseburger; single, large patty; with condiments and vegetables	233.0	1.0 sandwich	27.00	44	480
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	85.0	3.0 oz	26.99	26	179
05219	Turkey, breast, from whole bird, meat only, raw	114.0	4.0 oz	26.97	32	130

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
10044	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw	133.0	1.0 chop without refuse (Yield from 1 raw chop, with refuse, weighing 201g)	26.97	31	247
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	26.95	23	162
05663	Ground turkey, fat free, pan-broiled crumbles	85.0	3.0 oz	26.94	30	128
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	26.94	21	157
01024	Cheese, limburger	134.0	1.0 cup	26.87	28	438
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	134.0	1.0 cup	26.85	307	813
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	134.0	1.0 cup	26.85	307	813
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	385.0	1.0 serving	26.83	69	493
35144	Stew, dumpling with mutton (Navajo)	308.0	1.0 serving	26.83	25	311
21202	Fast foods, hamburger, large, single patty, with condiments	171.0	1.0 item	26.81	41	438
17277	Veal, shank (fore and hind), separable lean and fat, cooked, braised	85.0	3.0 oz	26.81	21	162
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	26.76	21	167
15224	Fish, wolffish, Atlantic, cooked, dry heat	119.0	0.5 fillet	26.70	45	146
17443	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	26.70	30	155
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	26.70	16	194
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	85.0	3.0 oz	26.69	19	224
21479	DIGIORNO Pizza, supreme topping, rising crust, frozen, baked	227.0	1.0 slice 1/4 of pie	26.65	61	579
15217	Fish, sucker, white, cooked, dry heat	124.0	1.0 fillet	26.65	47	148
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	26.65	19	186
05621	Emu, ground, raw	117.0	1.0 patty	26.64	28	157
20078	Wheat germ, crude	115.0	1.0 cup	26.62	275	414
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	26.62	21	170
05030	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, batter	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	26.61	25	313
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	26.60	15	194
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	85.0	3.0 oz	26.60	22	152
05140	Duck, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	26.59	22	472

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
05624	Emu, fan fillet, cooked, broiled	85.0	1.0 serving (3 oz)	26.58	26	131
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	26.58	26	191
17135	Veal, sirloin, separable lean and fat, cooked, braised	85.0	3.0 oz	26.57	23	214
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	85.0	3.0 oz	26.57	22	191
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	85.0	3.0 oz	26.55	17	142
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	26.50	22	170
17460	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	26.48	30	163
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	26.44	21	133
17247	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	26.44	22	286
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	26.43	12	168
21458	POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	138.0	1.0 thigh with skin	26.41	29	428
15233	Fish, catfish, channel, wild, cooked, dry heat	143.0	1.0 fillet	26.41	40	150
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	85.0	3.0 oz	26.40	19	217
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	26.40	20	215
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	26.38	21	173
15235	Fish, catfish, channel, farmed, cooked, dry heat	143.0	1.0 fillet	26.37	33	206
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	26.35	22	166
20038	Oats	156.0	1.0 cup	26.35	276	607
17446	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	26.35	26	149
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	26.32	13	133
17442	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	26.32	20	156
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	26.31	15	199
17341	Game meat, elk, round, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	26.30	24	133
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	26.29	12	172

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	26.29	20	176
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	26.27	19	189
20076	Wheat, durum	192.0	1.0 cup	26.27	276	651
17464	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	26.26	22	235
17459	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	26.24	20	159
05037	Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted	101.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	26.23	22	256
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	26.18	23	150
20001	Amaranth grain, uncooked	193.0	1.0 cup	26.17	479	716
12206	Nuts, almonds, honey roasted, unblanched	144.0	1.0 cup whole kernels	26.16	346	855
17184	Game meat, squirrel, cooked, roasted	85.0	3.0 oz	26.15	24	147
21471	Fast Foods, Fried Chicken, Thigh, meat and skin and breading	136.0	1.0 thigh with skin	26.15	30	373
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	219.0	1.0 item	26.15	55	572
15152	Crustaceans, shrimp, mixed species, canned	128.0	1.0 cup	26.14	42	128
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	85.0	3.0 oz	26.14	15	165
17440	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	26.12	16	148
35146	Stew, mutton, corn, squash (Navajo)	303.0	1.0 serving	26.12	64	312
21440	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading	152.0	1.0 thigh, with skin	26.10	30	470
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	26.10	17	168
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	26.10	17	190
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	26.08	19	184
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	26.07	17	173
17153	Game meat, beefalo, composite of cuts, cooked, roasted	85.0	3.0 oz	26.06	--	160
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	26.04	20	190
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	26.04	18	171

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
14033	Beverages, ABBOTT, EAS whey protein powder	39.0	2.0 scoop	26.00	71	150
16596	MORNINGSTAR FARMS Grillers Quarter Pound Veggie Burger, frozen, unprepared	114.0	1.0 burger	25.99	--	250
17200	Lamb, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	25.98	19	187
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	25.97	23	159
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	25.97	22	156
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	85.0	3.0 oz	25.96	29	128
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	25.96	19	184
15137	Crustaceans, crab, alaska king, cooked, moist heat	134.0	1.0 leg	25.93	84	130
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	25.92	15	179
12152	Nuts, pistachio nuts, dry roasted, without salt added	123.0	1.0 cup	25.89	134	704
12652	Nuts, pistachio nuts, dry roasted, with salt added	123.0	1.0 cup	25.89	134	700
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	140.0	1.0 cup	25.89	24	168
10150	Pork, cured, ham, whole, separable lean and fat, unheated	140.0	1.0 cup	25.89	21	344
21237	McDONALD'S, BIG MAC	219.0	1.0 item 7.6 oz	25.89	44	563
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	25.88	20	179
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	25.88	19	196
10223	Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	85.0	3.0 oz	25.86	31	159
05301	Poultry, mechanically deboned, from backs and necks with skin, raw	227.0	0.5 lb	25.86	27	617
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	25.85	20	256
16077	Lupins, mature seeds, cooked, boiled, without salt	166.0	1.0 cup	25.85	90	198
16377	Lupins, mature seeds, cooked, boiled, with salt	166.0	1.0 cup	25.85	90	193
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218.0	1.0 sandwich	25.83	44	512
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	25.83	22	294
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	25.83	24	151
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	85.0	3.0 oz	25.82	17	175
22528	Turkey Pot Pie, frozen entree	397.0	1.0 package yields	25.80	--	699
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	113.0	4.0 oz	25.80	21	444

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	85.0	1.0 serving	25.80	18	218
21477	DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked	207.0	1.0 slice 1/4 of pie	25.79	56	549
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	143.0	1.0 drumstick with skin	25.78	21	209
17275	Veal, breast, whole, boneless, separable lean only, cooked, braised	85.0	3.0 oz	25.77	19	185
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	25.75	22	160
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	25.70	13	134
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	25.70	14	141
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	25.68	16	184
17165	Game meat, deer, cooked, roasted	85.0	3.0 oz	25.68	20	134
17176	Game meat, opossum, cooked, roasted	85.0	3.0 oz	25.67	29	188
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	25.67	17	263
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	25.67	18	170
20142	Teff, uncooked	193.0	1.0 cup	25.67	355	708
17167	Game meat, elk, cooked, roasted	85.0	3.0 oz	25.66	20	124
17105	Veal, loin, separable lean and fat, cooked, braised	85.0	3.0 oz	25.66	20	241
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	25.65	24	148
05713	Turkey, retail parts, wing, meat only, cooked, roasted	85.0	3.0 oz	25.64	18	144
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	85.0	3.0 oz	25.64	25	160
17441	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	25.64	24	139
17457	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	25.63	20	192
05186	Turkey, all classes, light meat, cooked, roasted	85.0	1.0 serving	25.61	27	125
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	85.0	3.0 oz	25.61	15	177
05228	Turkey, wing, from whole bird, meat only, roasted	85.0	3.0 oz	25.61	27	125
05220	Turkey, breast, from whole bird, meat only, roasted	85.0	3.0 oz	25.61	27	125
05739	Turkey, drumstick, from whole bird, meat only, roasted	85.0	3.0 oz	25.61	27	118
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	25.60	17	257

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	25.60	14	144
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	25.58	22	196
21350	McDONALD'S, BIG MAC (without Big Mac Sauce)	200.0	1.0 item	25.58	42	468
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	25.58	14	138
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	85.0	3.0 oz	25.58	20	203
17175	Game meat, muskrat, cooked, roasted	85.0	3.0 oz	25.58	22	199
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	25.58	13	138
21092	Fast foods, cheeseburger; double, regular patty; plain	149.0	1.0 item	25.57	31	459
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	25.57	13	139
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	140.0	1.0 cup	25.56	25	227
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	25.55	20	198
23309	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	25.55	--	147
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	131.0	1.0 cup	25.54	297	795
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	25.54	17	251
12023	Seeds, sesame seeds, whole, dried	144.0	1.0 cup	25.53	505	825
07071	Salami, dry or hard, pork	113.0	1.0 package (4 oz)	25.52	25	460
21436	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	135.0	1.0 thigh, with skin	25.52	30	363
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	85.0	3.0 oz	25.51	25	163
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	25.50	25	148
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	25.49	20	199
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	25.49	24	184
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	25.49	13	161
23545	Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	25.47	22	225

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	25.47	14	142
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	25.45	13	141
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	25.45	14	134
13490	Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	25.44	22	155
23452	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	85.0	3.0 oz	25.43	15	214
15118	Fish, tuna, fresh, bluefin, cooked, dry heat	85.0	3.0 oz	25.42	54	156
17347	Game meat, deer, tenderloin, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	25.42	28	127
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	25.42	13	136
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	25.42	18	173
17444	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	25.40	27	155
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	85.0	3.0 oz	25.40	17	160
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	85.0	3.0 oz	25.39	14	167
10221	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled	85.0	3.0 oz	25.38	30	171
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	25.37	13	139
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	25.37	13	132
36001	APPLEBEE'S, Double Crunch Shrimp	206.0	1.0 serving	25.36	47	665
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	115.0	1.0 serving	25.36	23	140
23318	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	25.35	--	147
20140	Spelt, uncooked	174.0	1.0 cup	25.35	237	588
15230	Mollusks, octopus, common, cooked, moist heat	85.0	3.0 oz	25.35	51	139
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	85.0	3.0 oz	25.35	16	167
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	25.34	13	128
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	25.34	14	134

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	25.32	13	145
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	25.32	14	139
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	85.0	3.0 oz	25.32	14	167
17339	Game meat, elk, ground, cooked, pan-broiled	95.0	1.0 patty (yield from 104.1 g raw meat)	25.31	23	183
17163	Game meat, caribou, cooked, roasted	85.0	3.0 oz	25.30	23	142
17427	Veal, loin, chop, separable lean only, cooked, grilled	85.0	3.0 oz	25.29	28	135
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	25.29	20	185
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	92.0	1.0 piece	25.27	25	143
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	25.25	21	158
17323	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	25.24	20	264
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	25.24	14	138
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	130.0	1.0 drumstick with skin	25.23	26	151
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	85.0	3.0 oz	25.23	20	139
23393	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	25.22	20	156
23351	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	25.21	13	135
13415	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	25.21	13	142
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	25.20	22	175
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	114.0	4.0 oz	25.18	25	147
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	25.18	23	163
21395	Fast foods, cheeseburger; double, regular patty; with condiments	155.0	1.0 sandwich	25.17	33	437
21094	Fast foods, cheeseburger, double, regular patty and bun, with condiments	155.0	1.0 sandwich	25.17	33	437
10184	Pork, cured, ham, extra lean and regular, canned, unheated	140.0	1.0 cup	25.16	22	202
17065	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	25.15	19	175

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	85.0	3.0 oz	25.15	18	210
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	25.13	20	166
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	25.13	20	206
05172	Turkey, whole, giblets, cooked, simmered	95.0	1.0 giblets	25.12	24	164
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	85.0	1.0 serving	25.12	27	150
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	114.0	4.0 oz	25.11	22	152
13448	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	25.10	17	172
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	25.09	12	133
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	25.09	13	127
17455	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	25.09	16	173
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	25.09	24	168
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	25.08	18	175
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	85.0	3.0 oz	25.08	26	126
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	25.07	20	143
20069	Triticale	192.0	1.0 cup	25.06	250	645
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	111.0	1.0 thigh without skin	25.05	26	254
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	25.05	13	131
10229	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked	85.0	3.0 oz	25.05	22	179
05141	Duck, domesticated, meat only, raw	137.0	1.0 unit (yield from 1 lb ready-to-cook duck)	25.04	26	185
17243	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	25.04	21	287
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	25.04	25	149
10201	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	25.04	24	184

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
23418	Beef, New Zealand, imported, inside, raw	113.0	4.0 oz	25.04	25	145
16422	Soy protein isolate, potassium type	28.35	1.0 oz	25.04	11	91
16122	Soy protein isolate	28.35	1.0 oz	25.04	11	95
17145	Game meat, antelope, cooked, roasted	85.0	3.0 oz	25.03	24	128
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	25.03	12	138
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	25.03	22	150
17458	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	25.02	24	200
17265	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	25.02	15	291
14067	Beverages, Protein powder soy based	45.0	1.0 scoop	25.00	29	175
14066	Beverages, Protein powder whey based	32.0	0.33 cup	25.00	62	113
01224	Protein supplement, milk based, Muscle Milk Light, powder	50.0	2.0 scoop	25.00	140	198
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	25.00	21	164
23306	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	24.97	--	139
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	24.96	26	170
05647	Ostrich, inside strip, cooked	85.0	1.0 serving (3 oz)	24.96	22	139
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	24.96	20	208
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	205.0	1.0 item	24.95	49	531
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	85.0	3.0 oz	24.95	12	225
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	24.95	25	140
23517	Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85.0	3.0 oz	24.94	19	161
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	24.93	21	180
21476	DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked	179.0	1.0 slice 1/4 of pie	24.92	47	499
17079	Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled	85.0	3.0 oz	24.91	19	169
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	24.90	21	148

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	24.89	22	244
17173	Game meat, moose, cooked, roasted	85.0	3.0 oz	24.88	20	114
21151	Fast foods, submarine sandwich, sweet onion chicken teriyaki on white bread with lettuce, tomato and sweet onion sauce	228.0	6.0 inch sub	24.87	52	353
21150	SUBWAY, sweet onion chicken teriyaki sub on white bread with lettuce, tomato and sweet onion sauce	228.0	6.0 inch sub	24.87	52	353
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	24.87	26	172
13158	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled	85.0	3.0 oz	24.86	24	146
23033	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	24.85	23	136
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	24.85	16	241
23303	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	24.84	--	149
23477	Beef, ground, 97% lean meat / 3% fat, raw	113.0	4.0 oz	24.84	25	137
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	24.84	16	179
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	24.83	22	336
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	24.83	24	162
17182	Game meat, raccoon, cooked, roasted	85.0	3.0 oz	24.82	26	217
32020	Chicken, thighs, frozen, breaded, reheated	133.0	1.0 thigh with bone and breading	24.82	41	444
23315	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	24.82	--	145
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	24.80	22	162
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	24.80	17	222
12151	Nuts, pistachio nuts, raw	123.0	1.0 cup	24.80	149	689
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	24.79	24	164
13447	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	24.79	13	176
15147	Crustaceans, lobster, northern, raw	150.0	1.0 lobster	24.78	57	116
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85.0	3.0 oz	24.78	36	110
15183	Fish, tuna, light, canned in oil, without salt, drained solids	85.0	3.0 oz	24.76	26	168

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
10204	Pork, fresh, loin, country-style ribs, separable lean and fat, raw	128.0	1.0 rib without refuse (Yield from 1 raw rib, with refuse, weighing 196g)	24.76	27	242
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	24.75	23	144
17194	Veal, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	24.75	15	158
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	85.0	3.0 oz	24.75	29	133
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	128.0	1.0 cup	24.74	165	745
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	128.0	1.0 cup	24.74	165	699
12037	Seeds, sunflower seed kernels, dry roasted, without salt	128.0	1.0 cup	24.74	165	745
17213	Veal, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	24.74	20	218
05318	Duck, young duckling, domesticated, White Pekin, leg, meat only, bone in, cooked without skin, braised	85.0	3.0 oz	24.74	--	151
23056	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	24.72	22	143
05632	Emu, top loin, cooked, broiled	85.0	1.0 serving (3 oz)	24.71	26	129
21159	SUBWAY, steak & cheese sub on white bread with American cheese, lettuce and tomato	201.0	6.0 inch sub	24.70	44	368
21160	Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato	201.0	6.0 inch sub	24.70	44	368
05168	Turkey, whole, meat only, cooked, roasted	85.0	3.0 oz	24.70	25	135
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85.0	3.0 oz	24.70	20	337
17178	Game meat, rabbit, domesticated, composite of cuts, cooked, roasted	85.0	3.0 oz	24.70	18	167
23394	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	24.70	20	168
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	24.68	17	177
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	113.0	4.0 oz	24.67	20	175
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	24.67	20	186
05645	Ostrich, inside leg, cooked	85.0	1.0 serving (3 oz)	24.66	21	120
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	85.0	3.0 oz	24.66	25	139
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	24.64	30	117
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	24.64	24	133
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	24.63	22	163
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	24.62	23	147

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	24.62	16	238
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	24.62	24	133
05136	Chicken, capons, meat and skin, cooked, roasted	85.0	3.0 oz	24.62	20	195
05317	Duck, young duckling, domesticated, White Pekin, leg, meat and skin, bone in, cooked, roasted	92.0	1.0 leg, bone removed (yield after cooking)	24.61	--	200
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	24.60	16	252
17344	Game meat, deer, ground, cooked, pan-broiled	93.0	1.0 patty	24.60	22	174
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	24.58	20	173
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	24.58	20	288
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	114.0	4.0 oz	24.57	23	172
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	113.0	4.0 oz	24.57	25	159
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	24.56	20	215
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	24.56	28	116
05696	Turkey from whole, light meat, meat only, with added solution, raw	114.0	4.0 oz	24.56	28	115
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	24.55	21	174
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	24.55	24	178
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	113.0	4.0 oz	24.54	21	203
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	85.0	3.0 oz	24.53	23	140
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	105.0	1.0 drumstick with skin (yield from 1 lb ready-to-cook chicken)	24.52	23	201
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	24.51	18	179
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	24.51	20	212
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	113.0	4.0 oz	24.50	27	137
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	24.50	16	246
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	24.50	20	204
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	24.50	19	175

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	24.49	20	199
05652	Ostrich, oyster, cooked	85.0	1.0 serving (3 oz)	24.49	25	135
10203	Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	24.49	20	182
23307	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean only, raw	114.0	4.0 oz	24.48	--	182
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	24.47	20	190
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	113.0	4.0 oz	24.46	25	164
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	24.45	24	266
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	24.44	21	139
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	85.0	3.0 oz	24.43	20	200
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	24.42	19	173
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	24.41	21	172
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	24.40	21	144
21266	TACO BELL, BURRITO SUPREME with chicken	248.0	1.0 item	24.40	69	444
23308	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	24.40	--	148
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	85.0	3.0 oz	24.39	20	149
17036	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	24.38	20	292
23392	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	24.36	19	177
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	24.36	15	253
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	24.35	22	228
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	114.0	4.0 oz	24.33	19	201
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	85.0	3.0 oz	24.33	24	178
05642	Ostrich, ground, cooked, pan-broiled	93.0	1.0 patty	24.32	21	163
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	85.0	3.0 oz	24.32	16	173

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	24.31	20	162
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	24.31	23	137
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	24.31	22	149
14036	Beverages, CYTOSPORT, Muscle Milk, ready-to-drink	414.0	14.0 fl oz	24.30	83	203
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	113.0	4.0 oz	24.30	29	136
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	24.29	18	165
13445	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	24.28	16	190
05003	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour	85.0	3.0 oz	24.28	21	231
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	85.0	3.0 oz	24.28	17	173
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	85.0	3.0 oz	24.28	25	178
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	24.28	21	229
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	114.0	4.0 oz	24.27	25	181
05650	Ostrich, outside strip, cooked	85.0	1.0 serving (3 oz)	24.27	22	133
05166	Turkey, whole, meat and skin, cooked, roasted	85.0	3.0 oz	24.27	26	161
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	115.0	1.0 serving	24.26	28	145
05215	Turkey, back from whole bird, meat only, raw	114.0	4.0 oz	24.26	28	129
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz (1 serving)	24.26	22	151
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	85.0	3.0 oz	24.25	18	261
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	85.0	3.0 oz	24.25	20	184
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	113.0	4.0 oz	24.25	24	129
17314	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	24.24	32	270
17052	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	24.23	20	293
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	113.0	4.0 oz	24.23	29	138
10116	Pork, fresh, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	24.22	20	186
05656	Ostrich, tip trimmed, cooked	85.0	1.0 serving (3 oz)	24.22	21	123
20072	Wheat, hard red winter	192.0	1.0 cup	24.21	242	628
13322	Beef, variety meats and by-products, heart, cooked, simmered	85.0	3.0 oz	24.21	18	140

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	24.21	20	259
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	24.21	22	152
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	24.21	15	180
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	24.20	16	242
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	24.20	22	138
23557	Beef, ground, 95% lean meat / 5% fat, raw	113.0	4.0 oz	24.19	25	155
13483	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	24.18	20	175
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	24.18	23	196
17157	Game meat, bison, separable lean only, cooked, roasted	85.0	3.0 oz	24.17	22	122
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	114.0	4.0 oz	24.17	21	179
21259	BURGER KING, Original Chicken Sandwich	199.0	1.0 sandwich	24.16	46	569
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	24.15	21	145
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	24.15	20	150
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	85.0	3.0 oz	24.15	27	184
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	24.14	17	196
15141	Crustaceans, crab, blue, canned	135.0	1.0 cup	24.14	49	112
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	24.11	22	139
21234	McDONALD'S, QUARTER POUNDER	171.0	1.0 item	24.11	38	417
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	24.11	22	254
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	24.11	22	144
05134	Chicken, capons, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	24.10	20	192
17022	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	24.10	21	173
23317	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	24.09	--	160
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	24.08	21	166

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
23431	Beef, New Zealand, imported, ribs prepared, raw	113.0	4.0 oz	24.08	23	165
23413	Beef, New Zealand, imported, flat, separable lean only, raw	113.0	4.0 oz	24.07	23	174
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	24.06	15	177
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	24.06	22	162
17159	Game meat, boar, wild, cooked, roasted	85.0	3.0 oz	24.06	23	136
01229	Cheese, white, queso blanco	118.0	1.0 cup, crumbled	24.05	34	366
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	24.05	21	155
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	24.05	16	144
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	133.0	1.0 drumstick with skin	24.05	24	214
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	114.0	4.0 oz	24.04	26	133
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	24.04	20	172
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	113.0	4.0 oz	24.04	20	201
21344	McDONALD'S, Double Cheeseburger	155.0	1.0 sandwich	24.02	33	437
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	85.0	3.0 oz	24.02	21	146
23241	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	24.02	21	154
20035	Quinoa, uncooked	170.0	1.0 cup	24.00	335	626
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	24.00	21	175
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	85.0	3.0 oz	24.00	24	123
17274	Veal, breast, point half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	24.00	18	211
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	24.00	17	234
23427	Beef, New Zealand, imported, manufacturing beef, raw	113.0	4.0 oz	23.99	24	134
17004	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	23.99	22	175
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	23.98	17	206
23159	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	23.98	20	185

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
17085	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	23.98	15	303
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	85.0	3.0 oz	23.98	37	112
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	85.0	3.0 oz	23.98	20	167
10118	Pork, fresh, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	23.97	13	127
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	23.96	21	161
13446	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	23.96	16	198
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	23.96	23	144
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	23.94	27	158
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	23.94	17	198
17018	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	23.94	22	153
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	23.94	20	181
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	85.0	3.0 oz	23.94	17	230
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	23.93	20	167
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	23.93	24	151
16510	WORTHINGTON Chili, canned, unprepared	230.0	1.0 cup	23.92	--	290
17171	Game meat, horse, cooked, roasted	85.0	3.0 oz	23.92	21	149
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	23.91	15	173
17454	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	23.91	24	213
05658	Ostrich, top loin, cooked	85.0	1.0 serving (3 oz)	23.90	21	132
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	23.89	21	175
43390	Turkey, light or dark meat, smoked, cooked, with skin, bone removed	85.0	3.0 oz, boneless	23.88	21	177
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	23.88	19	193
13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	23.88	19	146
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	68.0	1.0 cup	23.87	80	243

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	68.0	1.0 cup	23.87	80	243
17061	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, broiled	85.0	3.0 oz	23.87	26	158
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	23.87	16	149
15092	Fish, sea bass, mixed species, cooked, dry heat	101.0	1.0 fillet	23.87	54	125
17103	Veal, leg (top round), separable lean only, cooked, roasted	85.0	3.0 oz	23.86	24	128
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	114.0	4.0 oz	23.85	24	142
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	23.84	21	137
13372	Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	23.84	19	207
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	23.84	23	145
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	23.83	27	168
13395	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	23.83	23	191
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	85.0	3.0 oz	23.83	21	122
13396	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	23.83	23	168
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	23.82	17	189
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	23.82	20	201
17448	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	23.81	19	207
23052	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	23.81	22	141
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	85.0	3.0 oz	23.80	21	116
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	23.80	22	160
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	23.78	27	165
01227	Cheese, dry white, queso seco	97.0	1.0 cup grated	23.77	26	315
15091	Fish, sea bass, mixed species, raw	129.0	1.0 fillet	23.77	53	125
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	23.77	20	183
23100	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	23.77	21	176
23294	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	23.77	--	157

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	114.0	4.0 oz	23.77	19	196
23158	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	23.77	21	178
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	23.77	20	151
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	23.77	20	159
12141	Nuts, mixed nuts, dry roasted, with peanuts, salt added, CHOSEN ROASTER	132.0	1.0 cup	23.76	267	834
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	23.76	22	239
13951	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	23.76	20	199
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	23.76	16	179
05031	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	78.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	23.75	21	192
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	85.0	3.0 oz	23.75	23	110
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	23.75	21	178
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	23.75	26	132
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	85.0	3.0 oz	23.75	29	155
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	115.0	1.0 serving	23.75	25	184
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	23.71	20	158
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	137.0	1.0 cup	23.70	308	814
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	23.70	21	169
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	85.0	3.0 oz	23.70	15	199
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	102.0	1.0 back	23.69	23	265
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	23.69	26	133
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	23.69	20	195
13479	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	23.68	18	180

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	113.0	4.0 oz	23.65	23	170
17422	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	113.0	4.0 oz	23.65	27	137
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	113.0	4.0 oz	23.65	27	137
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	23.65	20	165
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	23.62	19	243
10059	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz (Yield from 1 cooked roast, with refuse, weighing 1515g)	23.61	22	173
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	23.61	20	156
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	23.60	16	150
23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	23.59	22	260
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	23.59	20	128
17301	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	23.59	21	183
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	113.0	4.0 oz	23.57	27	148
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	23.57	21	218
20088	Wild rice, raw	160.0	1.0 cup	23.57	283	571
23472	Beef, ground, 93% lean meat / 7% fat, raw	113.0	4.0 oz	23.56	24	172
05741	Turkey, thigh, from whole bird, meat only, roasted	85.0	3.0 oz	23.55	23	140
17049	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	23.55	26	170
05188	Turkey, from whole, dark meat, cooked, roasted	85.0	1.0 serving	23.55	23	147
05216	Turkey, back, from whole bird, meat only, roasted	85.0	3.0 oz	23.55	23	147
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	23.54	20	165
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	85.0	3.0 oz	23.54	24	136
23134	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	23.54	14	252
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	85.0	3.0 oz	23.53	23	190
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	23.53	21	240

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
17075	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted	85.0	3.0 oz	23.53	18	154
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	23.53	16	150
05033	Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed	90.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	23.53	18	181
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	116.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	23.51	27	216
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	23.51	20	163
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	23.50	20	188
17305	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	23.49	22	160
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	23.49	22	178
10196	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	23.49	22	221
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	23.49	20	202
17456	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	23.46	21	223
05316	Duck, young duckling, domesticated, White Pekin, breast, meat only, boneless, cooked without skin, broiled	85.0	3.0 oz	23.46	--	119
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	23.46	17	241
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	23.45	20	178
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	85.0	3.0 oz	23.44	18	193
13867	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	23.44	22	185
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	23.44	20	149
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	85.0	3.0 oz	23.44	19	131
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	23.43	20	134
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	183.0	1.0 slice 1/4 of pie	23.42	49	468
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	23.42	19	172

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	23.42	12	144
17453	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	23.41	20	186
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	23.41	22	200
23302	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	23.40	--	172
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	23.40	21	202
13389	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	23.40	21	215
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	23.40	15	148
13390	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	23.40	21	187
23064	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	23.39	21	155
17369	Lamb, New Zealand, imported, liver, raw	113.0	4.0 oz	23.39	20	154
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	23.38	19	187
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	23.38	19	142
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	85.0	3.0 oz	23.38	22	151
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	85.0	3.0 oz	23.38	21	171
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	23.38	15	150
17289	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	23.38	19	140
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	85.0	3.0 oz	23.38	18	144
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	590.0	1.0 serving	23.36	124	838
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	23.36	15	156
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	23.36	22	156
13236	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	23.36	17	184

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	23.33	22	186
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	85.0	3.0 oz	23.32	23	177
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	23.31	15	159
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	113.0	4.0 oz	23.30	24	185
15261	Fish, tilapia, raw	116.0	1.0 fillet	23.29	31	111
23156	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	23.29	21	188
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	113.0	4.0 oz	23.29	23	166
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	113.0	4.0 oz	23.29	26	166
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	23.28	21	183
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	23.27	12	148
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	96.0	1.0 drumstick without skin	23.27	21	149
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	23.26	15	127
15082	Fish, salmon, coho, wild, cooked, moist heat	85.0	3.0 oz	23.26	30	156
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	113.0	4.0 oz	23.24	21	200
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	85.0	3.0 oz	23.23	29	135
13820	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	23.23	17	270
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	23.22	24	206
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	85.0	3.0 oz	23.21	19	148
17293	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	23.21	21	162
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	23.21	15	156
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	23.20	21	184
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	23.20	18	167
23313	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	23.20	--	267
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	23.20	29	131

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
23411	Beef, New Zealand, imported, flank, separable lean only, raw	113.0	4.0 oz	23.20	23	160
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	85.0	3.0 oz	23.20	26	202
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	85.0	3.0 oz	23.19	15	133
13391	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	23.18	20	212
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	23.18	23	175
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	23.18	21	194
13324	Beef, variety meats and by-products, kidneys, cooked, simmered	85.0	3.0 oz	23.18	10	134
13952	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	23.18	20	212
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	23.17	15	160
15022	Fish, cusk, raw	122.0	1.0 fillet	23.17	38	106
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	113.0	4.0 oz	23.16	21	150
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	23.15	22	147
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	85.0	3.0 oz	23.15	19	167
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	85.0	3.0 oz	23.15	16	203
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	23.15	15	157
23050	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	23.14	21	162
15193	Fish, cusk, cooked, dry heat	95.0	1.0 fillet	23.13	38	106
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	190.0	6.0 inch sub	23.12	38	296
21210	SUBWAY, roast beef sub on white bread with lettuce and tomato	190.0	6.0 inch sub	23.12	38	294
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	115.0	1.0 serving	23.10	22	210
23101	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	23.10	20	204
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	23.10	21	126
17297	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	23.10	21	155
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	23.09	17	245
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	23.09	20	152

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
13857	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	23.09	20	236
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	23.09	14	258
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	23.09	29	136
15056	Fish, mullet, striped, cooked, dry heat	93.0	1.0 fillet	23.07	31	140
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	23.07	19	256
12039	Seeds, sunflower seed kernels, toasted, without salt	134.0	1.0 cup	23.06	173	829
12539	Seeds, sunflower seed kernels, toasted, with salt added	134.0	1.0 cup	23.06	173	829
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	91.0	1.0 drumstick without skin	23.06	18	133
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	23.05	20	196
23146	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	23.05	20	196
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	23.05	25	178
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	113.0	4.0 oz	23.05	25	130
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	23.04	25	181
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	23.04	22	181
13332	Beef, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	23.04	18	230
17169	Game meat, goat, cooked, roasted	85.0	3.0 oz	23.04	0	122
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	85.0	3.0 oz	23.03	22	211
23295	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	23.02	--	218
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	23.00	20	248
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	115.0	1.0 serving	22.98	26	163
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	85.0	3.0 oz	22.98	18	163
23147	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	22.98	20	186
23157	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	22.98	21	195
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	22.98	20	247
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	22.97	41	406
17371	Lamb, New Zealand, imported, ground lamb, raw	113.0	4.0 oz	22.97	20	218

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
23311	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	22.97	--	254
13823	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	22.97	19	146
20004	Barley, hulled	184.0	1.0 cup	22.96	245	651
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	22.96	17	196
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	22.96	14	167
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	22.95	20	231
23287	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	22.95	--	194
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	22.94	18	211
10198	Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	22.94	19	214
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	22.93	20	224
05032	Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted	79.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	22.93	20	175
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	22.92	26	108
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	22.92	26	108
17257	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	22.92	13	219
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	22.92	26	108
17272	Veal, breast, whole, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	22.92	17	226
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	22.92	26	108
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	22.92	19	207
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	22.92	20	189
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	95.0	1.0 thigh	22.89	20	183
23390	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	22.88	18	210
23451	Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	114.0	4.0 oz	22.86	23	186
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	22.86	21	165
36407	Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	653.0	1.0 serving	22.86	91	1188

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	22.85	22	160
05124	Chicken, stewing, meat and skin, cooked, stewed	85.0	3.0 oz	22.85	17	242
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	106.0	1.0 drumstick with skin	22.84	21	194
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	113.0	4.0 oz	22.83	24	162
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	114.0	4.0 oz	22.82	25	168
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	114.0	4.0 oz	22.81	22	244
17161	Game meat, buffalo, water, cooked, roasted	85.0	3.0 oz	22.81	28	111
23514	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz (1 serving)	22.80	19	146
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	22.79	17	218
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	86.0	1.0 rib without refuse (Yield from 1 cooked rib, with refuse, weighing 140g)	22.78	20	235
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	22.78	19	218
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	22.78	23	203
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	85.0	3.0 oz	22.77	17	274
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	22.77	18	247
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	22.77	14	160
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	113.0	4.0 oz	22.77	25	131
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	22.76	16	290
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	85.0	3.0 oz	22.76	20	199
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	22.75	15	180
15262	Fish, tilapia, cooked, dry heat	87.0	1.0 fillet	22.75	30	111
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85.0	3.0 oz	22.75	20	165
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	22.75	14	169

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	1.0 serving	22.74	20	155
17309	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	22.74	22	156
17203	Veal, variety meats and by-products, liver, cooked, braised	80.0	1.0 slice	22.74	16	154
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	113.0	4.0 oz	22.74	21	182
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	95.0	1.0 drumstick without skin	22.73	21	142
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	105.0	1.0 piece	22.73	25	134
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	22.73	20	193
17233	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	22.72	21	184
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	22.71	20	212
01173	Egg, white, dried	28.0	1.0 oz	22.71	25	107
17283	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	22.70	20	171
23099	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	22.70	16	247
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	85.0	3.0 oz grilled patties	22.69	20	246
23305	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	22.69	--	227
10079	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted	85.0	3.0 oz	22.68	17	194
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	85.0	3.0 oz	22.68	21	195
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	115.0	1.0 serving	22.68	23	177
13977	Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	22.66	20	174
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	22.66	16	222
13821	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	22.65	19	156
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	22.64	21	196
21267	TACO BELL, BURRITO SUPREME with steak	248.0	1.0 item	22.64	67	454
21105	Fast foods, fish sandwich, with tartar sauce	220.0	1.0 sandwich	22.64	55	565
21258	BURGER KING, Premium Fish Sandwich	220.0	1.0 sandwich	22.64	55	572
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	85.0	3.0 oz	22.63	18	182

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
21112	Fast foods, hamburger; single, large patty; plain	137.0	1.0 sandwich	22.62	27	426
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	22.62	22	138
21527	ARBY'S, roast beef sandwich, classic	149.0	1.0 sandwich	22.60	34	361
21121	Fast foods, roast beef sandwich, plain	149.0	1.0 sandwich	22.60	34	364
17028	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	22.60	23	172
23562	Beef, ground, 90% lean meat / 10% fat, raw	113.0	4.0 oz	22.60	--	199
13096	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	22.59	19	225
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	85.0	3.0 oz	22.58	20	198
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	22.58	15	154
23316	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean and fat, raw	114.0	4.0 oz	22.57	--	247
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	22.56	22	253
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	22.56	16	217
15124	Fish, tuna, white, canned in oil, drained solids	85.0	3.0 oz	22.55	29	158
17313	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	22.55	22	163
13354	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	22.55	20	178
15185	Fish, tuna, white, canned in oil, without salt, drained solids	85.0	3.0 oz	22.55	29	158
17447	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	22.54	19	149
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	22.54	26	133
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	114.0	4.0 oz	22.54	23	184
01137	Egg, yolk, dried	67.0	1.0 cup, sifted	22.53	17	448
20008	Buckwheat	170.0	1.0 cup	22.52	393	583
13351	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	22.52	20	187
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	22.52	20	118
13352	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	22.52	20	194

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	22.51	20	169
15086	Fish, salmon, sockeye, cooked, dry heat	85.0	3.0 oz	22.51	31	133
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	114.0	4.0 oz	22.50	19	221
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	22.49	20	255
17215	Lamb, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	22.49	18	133
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	22.49	19	227
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	22.48	21	163
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	22.47	19	224
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	22.47	20	171
23304	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	22.47	--	235
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	113.0	4.0 oz	22.46	24	146
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	113.0	4.0 oz	22.46	25	191
13822	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	22.45	19	162
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	85.0	3.0 oz	22.45	43	122
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	22.45	14	185
17016	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	22.45	21	191
05306	Ground turkey, cooked	82.0	1.0 patty (4 oz, raw) (yield after cooking)	22.44	25	166
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	22.43	16	260
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	22.42	18	189
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	113.0	4.0 oz	22.42	23	171
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	22.41	16	305
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	85.0	3.0 oz	22.41	21	149
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	85.0	3.0 oz	22.41	20	130

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	85.0	3.0 oz	22.41	20	202
23515	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85.0	3.0 oz	22.41	19	147
15006	Fish, burbot, raw	116.0	1.0 fillet	22.40	37	104
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	22.39	19	164
15264	Salmon, sockeye, canned, drained solids, without skin and bones	85.0	3.0 oz	22.38	20	134
17109	Veal, loin, separable lean only, cooked, roasted	85.0	3.0 oz	22.37	22	149
15202	Fish, milkfish, cooked, dry heat	85.0	3.0 oz	22.37	32	162
17139	Veal, sirloin, separable lean only, cooked, roasted	85.0	3.0 oz	22.37	23	143
17198	Veal, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	22.37	20	139
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	85.0	3.0 oz	22.36	23	138
10898	Pork, pickled pork hocks	117.0	3.0 oz	22.36	7	200
22983	KASHI, Chicken Florentine, Frozen Entree	283.0	1.0 package	22.36	--	300
23107	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	22.36	20	183
15102	Fish, snapper, mixed species, cooked, dry heat	85.0	3.0 oz	22.36	31	109
23058	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	22.36	22	155
23279	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	22.36	22	202
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	144.0	1.0 cup	22.35	361	886
12138	Nuts, mixed nuts, oil roasted, without peanuts, without salt added	144.0	1.0 cup	22.35	361	886
10195	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	22.35	14	217
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	85.0	3.0 oz	22.35	19	148
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	22.35	21	211
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	22.34	19	235
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	85.0	3.0 oz	22.32	18	157
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	85.0	3.0 oz	22.32	19	137
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	85.0	3.0 oz	22.29	19	164
15190	Fish, burbot, cooked, dry heat	90.0	1.0 fillet	22.28	37	104
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	22.28	17	224

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
17231	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	22.27	20	206
17321	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	22.25	19	198
23105	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	22.25	20	193
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	22.25	19	153
23391	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	22.25	17	224
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	85.0	3.0 oz	22.24	25	122
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	22.24	20	156
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	22.24	20	197
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	22.24	18	236
11451	Soybeans, green, cooked, boiled, drained, without salt	180.0	1.0 cup	22.23	108	254
11853	Soybeans, green, cooked, boiled, drained, with salt	180.0	1.0 cup	22.23	108	254
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	85.0	3.0 oz	22.22	21	144
23511	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	22.21	20	173
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	22.21	20	187
13963	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	22.21	20	133
17127	Veal, shoulder, arm, separable lean only, cooked, roasted	85.0	3.0 oz	22.21	23	139
17338	Game meat, elk, ground, raw	102.0	1.0 patty (yield from 102.2 g raw meat)	22.20	22	175
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	3.0 oz	22.19	19	184
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	85.0	3.0 oz	22.19	17	220
13965	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	22.19	20	184
10208	Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised	80.0	1.0 rib without refuse (yield from 1 cooked rib, with refuse, weighing 141g)	22.19	18	198
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	22.18	20	134

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	22.18	20	134
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	22.18	20	134
23106	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	22.18	20	201
05707	Turkey, whole, meat and skin, with added solution, roasted	85.0	3.0 oz	22.18	23	150
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	22.17	20	135
42280	Frankfurter, meat and poultry, low fat	143.0	1.0 cup, sliced	22.16	26	173
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	85.0	3.0 oz	22.16	20	200
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	22.16	21	180
23038	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	22.16	20	156
17237	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	22.15	21	252
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	22.15	17	208
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	22.14	14	190
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	22.13	25	125
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	85.0	3.0 oz	22.13	20	122
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	22.12	20	112
10111	Pork, fresh, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	22.12	12	140
15098	Fish, sheepshead, cooked, dry heat	85.0	3.0 oz	22.12	30	107
21473	DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked	164.0	1.0 slice 1/4 of pie	22.11	44	458
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	22.10	--	150
23278	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	22.10	--	206
15200	Fish, mackerel, king, cooked, dry heat	85.0	3.0 oz	22.10	35	114
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	114.0	4.0 oz	22.09	22	206
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	22.08	22	168
21022	Fast foods, english muffin, with egg, cheese, and sausage	165.0	1.0 item	22.08	28	472
20028	Couscous, dry	173.0	1.0 cup	22.07	76	650
01228	Cheese, fresh, queso fresco	122.0	1.0 cup, crumbled	22.07	29	365
21152	SUBWAY, SUBWAY CLUB sub on white bread with lettuce and tomato	207.0	6.0 inch sub	22.07	46	302

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	85.0	3.0 oz	22.07	19	197
17463	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	22.07	18	247
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	22.06	19	145
17462	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	22.06	19	164
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	85.0	3.0 oz	22.04	17	204
17273	Veal, breast, plate half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	22.04	16	240
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85.0	3.0 oz	22.04	18	212
20031	Millet, raw	200.0	1.0 cup	22.04	228	756
05641	Ostrich, ground, raw	109.0	1.0 patty	22.04	22	180
13916	Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	22.03	20	264
23509	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	22.02	20	135
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	85.0	3.0 oz	22.00	21	212
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	21.99	20	136
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	85.0	3.0 oz	21.98	21	176
05117	Chicken, roasting, light meat, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	21.98	25	108
05156	Pheasant, leg, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-eat pheasant)	21.98	20	133
05162	Squab, (pigeon), light meat without skin, raw	101.0	1.0 breast, bone removed	21.98	28	135
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	21.97	17	228
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	21.97	17	281
13851	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	21.97	19	247
17223	Veal, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	21.97	15	172
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	21.97	24	131
05719	Turkey, back, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	21.97	24	131
05694	Turkey, dark meat from whole, meat only, with added solution, raw	114.0	4.0 oz	21.97	24	131
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	85.0	3.0 oz	21.96	17	224
17424	Veal, ground, cooked, pan-fried	85.0	3.0 oz	21.96	29	183

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
15211	Fish, salmon, chum, cooked, dry heat	85.0	3.0 oz	21.95	24	131
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	21.95	20	232
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	21.94	18	244
17121	Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted	85.0	3.0 oz	21.94	21	144
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	85.0	3.0 oz	21.93	20	139
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	85.0	3.0 oz	21.93	25	174
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	85.0	3.0 oz	21.93	18	143
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	21.92	21	158
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	21.90	20	193
17115	Veal, rib, separable lean only, cooked, roasted	85.0	3.0 oz	21.90	20	150
17303	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	21.89	21	200
05043	Chicken, broilers or fryers, dark meat, meat only, raw	109.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	21.89	25	136
13961	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz (1 serving)	21.88	20	137
23519	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	21.87	20	137
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	21.87	20	184
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	21.86	28	169
15210	Fish, salmon, chinook, cooked, dry heat	85.0	3.0 oz	21.86	104	196
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	21.84	18	176
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	21.84	16	184
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	95.0	1.0 drumstick without skin	21.84	20	142
23389	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	21.84	17	234
10220	Pork, fresh, ground, cooked	85.0	3.0 oz	21.84	20	252
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	21.82	20	170
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	21.81	17	188

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
01135	Egg, white, dried, flakes, stabilized, glucose reduced	28.35	1.0 oz	21.81	19	100
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	200.0	1.0 cup	21.80	148	714
17133	Veal, shoulder, blade, separable lean only, cooked, roasted	85.0	3.0 oz	21.79	20	145
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	21.77	21	178
16426	Tofu, raw, firm, prepared with calcium sulfate	126.0	0.5 cup	21.76	73	181
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	128.0	1.0 cup	21.76	27	261
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	85.0	3.0 oz	21.74	18	220
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	21.73	22	219
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85.0	3.0 oz	21.73	17	237
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	85.0	3.0 oz	21.73	20	155
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	21.73	20	290
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	21.73	17	230
12086	Nuts, cashew nuts, oil roasted, without salt added	129.0	1.0 cup, whole	21.72	352	748
12586	Nuts, cashew nuts, oil roasted, with salt added	129.0	1.0 cup, whole	21.72	352	749
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	21.72	21	169
15159	Mollusks, clam, mixed species, cooked, moist heat	85.0	3.0 oz	21.72	15	126
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	21.72	20	219
20074	Wheat, hard white	192.0	1.0 cup	21.72	179	657
17307	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	21.71	21	183
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	128.0	1.0 cup	21.71	443	726
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	128.0	1.0 cup	21.71	443	726
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	85.0	3.0 oz	21.70	20	138
17201	Lamb, variety meats and by-products, liver, cooked, pan-fried	85.0	3.0 oz	21.70	20	202
17227	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	21.68	20	230
15184	Fish, tuna, light, canned in water, without salt, drained solids	85.0	3.0 oz	21.68	23	99
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	21.68	21	190

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
23280	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	21.68	20	212
17311	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	21.67	21	186
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	21.66	21	154
17057	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	21.66	22	179
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	21.66	17	259
17050	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	21.64	22	163
17124	Veal, shoulder, arm, separable lean and fat, cooked, roasted	85.0	3.0 oz	21.64	22	156
17148	Bison, ground, grass-fed, cooked	85.0	3.0 oz	21.63	20	152
15209	Fish, salmon, Atlantic, wild, cooked, dry heat	85.0	3.0 oz	21.62	31	155
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	21.59	17	235
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	95.0	1.0 drumstick without skin	21.58	20	178
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	85.0	3.0 oz	21.57	16	235
17259	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	21.54	17	199
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	21.54	18	174
21145	School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Cheese Pizza, frozen	155.0	1.0 slice 1/8 per pizza	21.53	59	377
17118	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	85.0	3.0 oz	21.52	21	156
23310	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	21.51	--	270
23044	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	21.50	20	180
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	85.0	3.0 oz	21.50	22	135
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	21.49	20	192
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	81.0	1.0 slice	21.48	18	142
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	21.47	17	269
13927	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	21.47	22	262

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
17255	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	21.47	16	230
21227	Pizza, meat and vegetable topping, rising crust, frozen, cooked	170.0	1.0 serving 6 servings per 34.98 oz package	21.47	46	461
21211	SUBWAY, oven roasted chicken sub on white bread with lettuce and tomato	198.0	6.0 inch sub	21.46	44	311
21154	Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato	198.0	6.0 inch sub	21.46	44	311
17295	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	21.46	20	196
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	85.0	3.0 oz	21.46	16	216
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	115.0	1.0 serving	21.44	24	237
21329	McDONALD'S, Sausage, Egg & Cheese McGRIDDLES	199.0	1.0 item 7 oz	21.43	28	563
21305	Fast foods, griddle cake sandwich, egg, cheese, and sausage	199.0	1.0 item	21.43	28	579
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	85.0	3.0 oz	21.43	20	173
16516	WORTHINGTON Multigrain Cutlets, canned, unprepared	92.0	2.0 slices	21.43	3	108
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	89.0	1.0 thigh	21.41	19	174
36016	Restaurant, family style, shrimp, breaded and fried	169.0	1.0 serving	21.41	35	521
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	21.40	18	239
05157	Quail, meat and skin, raw	109.0	1.0 quail	21.40	25	209
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	21.39	20	269
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	461.0	1.0 serving	21.39	120	696
17291	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	21.39	20	207
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	95.0	1.0 thigh	21.38	20	215
17130	Veal, shoulder, blade, separable lean and fat, cooked, roasted	85.0	3.0 oz	21.38	20	158
17136	Veal, sirloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	21.37	22	172
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	85.0	3.0 oz	21.37	20	135
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	85.0	3.0 oz	21.37	20	169
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	96.0	1.0 serving	21.35	20	232
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	21.34	17	110
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	85.0	3.0 oz	21.34	24	219
13334	Beef, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	21.34	16	123

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	85.0	3.0 oz	21.32	19	163
01019	Cheese, feta	150.0	1.0 cup, crumbled	21.32	28	396
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	21.31	20	227
23220	Beef, ground, unspecified fat content, cooked	85.0	3.0 oz	21.31	19	204
36015	Restaurant, family style, chicken fingers, from kid's menu	114.0	1.0 serving	21.30	33	350
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	21.28	19	227
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	21.27	17	218
21146	School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Turkey Pepperoni Pizza, frozen	156.0	1.0 slice 1/8 per pizza	21.26	61	387
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166.0	1.0 sandwich	21.25	30	417
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	21.24	18	164
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	21.23	19	235
16145	Beans, kidney, red, mature seeds, canned, drained solids	266.0	1.0 can drained solids	21.23	80	330
17192	Lamb, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	21.22	20	157
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	21.21	18	123
17235	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	21.21	20	241
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	21.21	18	241
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	21.20	21	173
23060	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	21.19	20	189
15205	Fish, pollock, Atlantic, cooked, dry heat	85.0	3.0 oz	21.18	73	100
05119	Chicken, roasting, dark meat, meat only, raw	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	21.18	24	128
20066	Semolina, enriched	167.0	1.0 cup	21.18	78	601
20466	Semolina, unenriched	167.0	1.0 cup	21.18	78	601
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	21.17	23	229
13393	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	21.17	20	242

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	21.16	18	256
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85.0	3.0 oz	21.15	19	200
17299	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	21.15	20	239
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	21.15	16	182
23115	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	21.13	17	195
23200	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	21.12	19	235
23227	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	21.12	20	230
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	21.12	17	241
15032	Fish, grouper, mixed species, cooked, dry heat	85.0	3.0 oz	21.11	31	100
23196	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	21.11	20	232
15140	Crustaceans, crab, blue, cooked, moist heat	118.0	1.0 cup, flaked and pieces	21.10	42	98
23323	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	21.09	--	283
17073	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted	85.0	3.0 oz	21.09	17	209
17106	Veal, loin, separable lean and fat, cooked, roasted	85.0	3.0 oz	21.08	21	184
17287	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	21.06	18	201
22915	Lasagna with meat & sauce, low-fat, frozen entree	309.0	1.0 package	21.04	59	312
17225	Lamb, ground, cooked, broiled	85.0	3.0 oz	21.04	20	241
05137	Chicken, capons, giblets, raw	115.0	1.0 giblets	21.02	21	150
13392	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	21.02	20	265
23042	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	21.00	20	194
15047	Fish, mackerel, Atlantic, cooked, dry heat	88.0	1.0 fillet	20.99	85	231
15063	Fish, pike, northern, cooked, dry heat	85.0	3.0 oz	20.99	34	96
12585	Nuts, cashew nuts, dry roasted, with salt added	137.0	1.0 cup, halves and whole	20.97	356	786
12085	Nuts, cashew nuts, dry roasted, without salt added	137.0	1.0 cup, halves and whole	20.97	356	786
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	20.96	21	209

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
14035	Beverages, ABBOTT, EAS soy protein powder	44.0	1.0 scoop	20.95	10	178
23113	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	20.94	17	201
17020	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	20.94	19	248
21307	Fast foods, griddle cake sandwich, egg, cheese, and bacon	174.0	1.0 item 6.1 oz	20.93	37	473
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	113.0	4.0 oz	20.93	25	119
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	85.0	3.0 oz	20.93	20	116
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	85.0	3.0 oz	20.93	19	197
17058	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	20.92	21	178
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	20.92	17	184
23006	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	20.91	15	246
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	113.0	4.0 oz	20.89	19	285
15212	Fish, salmon, pink, cooked, dry heat	85.0	3.0 oz	20.89	27	130
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	85.0	3.0 oz	20.88	15	216
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	84.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	20.87	20	218
21475	DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked	161.0	1.0 slice 1/4 of pie	20.87	43	398
13854	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	20.85	17	258
15069	Fish, pompano, florida, cooked, dry heat	88.0	1.0 fillet	20.85	27	186
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	20.84	20	250
17281	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	20.84	19	218
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	115.0	1.0 serving	20.84	23	276
15046	Fish, mackerel, Atlantic, raw	112.0	1.0 fillet	20.83	85	230
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	138.0	1.0 slice	20.82	23	170
05005	Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	85.0	3.0 oz	20.82	16	184
23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	20.80	18	205
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz (1serving)	20.80	19	227

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
15223	Fish, whitefish, mixed species, cooked, dry heat	85.0	3.0 oz	20.80	36	146
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	113.0	4.0 oz	20.78	23	210
17045	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	20.77	22	239
21359	McDONALD'S, Sausage McMUFFIN with Egg	165.0	1.0 item 5.8 oz	20.77	30	452
36006	T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	175.0	1.0 serving	20.77	28	528
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	114.0	4.0 oz	20.77	21	256
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	85.0	1.0 serving	20.77	20	164
17037	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	20.76	22	236
17063	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	20.76	16	259
17261	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	20.75	17	252
13808	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	20.74	16	297
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146.0	1.0 cup	20.73	235	707
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	146.0	1.0 cup	20.73	235	707
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	85.0	3.0 oz	20.73	20	147
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	20.73	19	162
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	20.72	20	196
17143	Veal, ground, cooked, broiled	85.0	3.0 oz	20.72	20	146
05155	Pheasant, breast, meat only, raw	85.0	3.0 oz	20.71	18	113
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	85.0	1.0 serving (3 oz)	20.71	20	110
19821	Snacks, trail mix, regular, unsalted	150.0	1.0 cup	20.70	237	693
19059	Snacks, trail mix, regular	150.0	1.0 cup	20.70	237	693
15198	Fish, ling, cooked, dry heat	85.0	3.0 oz	20.70	69	94
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	113.0	4.0 oz	20.69	24	168
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	20.69	17	105
05131	Chicken, stewing, dark meat, meat only, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	20.68	24	165
05076	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, batter	95.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	20.68	19	259

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
17331	Game meat, bison, ground, cooked, pan-broiled	87.0	1.0 patty (yield from 112.7 g raw meat)	20.68	19	207
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	171.0	1.0 sandwich	20.67	29	527
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	20.67	29	527
05111	Canada Goose, breast meat, skinless, raw	85.0	3.0 oz	20.66	25	113
23198	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	20.66	18	248
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	20.65	16	216
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	85.0	3.0 oz	20.62	21	180
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	196.0	6.0 inch sub	20.62	39	417
21213	SUBWAY, cold cut sub on white bread with lettuce and tomato	196.0	6.0 inch sub	20.62	39	419
15160	Mollusks, clam, mixed species, canned, drained solids	85.0	3.0 oz	20.61	27	121
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	20.60	21	220
22908	Beef, corned beef hash, with potato, canned	236.0	1.0 cup	20.60	31	387
16157	Chickpea flour (besan)	92.0	1.0 cup	20.60	153	356
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	20.60	19	306
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	85.0	3.0 oz	20.59	20	148
19352	Syrups, malt	332.0	1.0 cup	20.58	239	1056
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	85.0	3.0 oz	20.58	14	107
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	20.58	14	250
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	85.0	3.0 oz	20.58	22	197
05129	Chicken, stewing, light meat, meat only, raw	89.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	20.56	23	122
13979	Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	20.55	21	198
13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	20.55	20	210
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	85.0	3.0 oz	20.53	14	217
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	20.52	19	116

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
05193	Turkey, all classes, leg, meat and skin, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	20.52	22	151
13860	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	20.51	19	301
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	20.51	23	169
21110	Fast foods, hamburger; double, regular, patty; plain	120.0	1.0 item	20.50	24	354
10122	Pork, fresh, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	20.48	17	230
17217	Veal, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	20.47	12	110
13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	20.44	20	219
17373	Lamb, New Zealand, imported, heart, raw	113.0	4.0 oz	20.44	23	119
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	85.0	3.0 oz	20.43	18	209
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	20.43	20	292
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	20.43	20	156
21158	Fast foods, submarine sandwich, meatball marinara on white bread	209.0	6.0 inch sub	20.42	61	458
21157	SUBWAY, meatball marinara sub on white bread (no toppings)	209.0	6.0 inch sub	20.42	61	458
05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	20.42	24	100
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	89.0	1.0 thigh	20.41	20	207
21432	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed	91.0	1.0 thigh, without skin	20.39	20	163
20067	Sorghum grain	192.0	1.0 cup	20.39	317	632
10852	HORMEL ALWAYS TENDER, Pork Tenderloin, Teriyaki-Flavored	112.0	4.0 oz	20.38	25	133
15271	Crustaceans, shrimp, cooked (not previously frozen)	85.0	3.0 oz	20.38	33	84
05112	Chicken, roasting, meat and skin, cooked, roasted	85.0	3.0 oz	20.37	17	190
17112	Veal, rib, separable lean and fat, cooked, roasted	85.0	3.0 oz	20.37	19	194
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	20.37	19	235
05110	Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	20.37	17	187
20063	Rye flour, dark	128.0	1.0 cup	20.36	205	416
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	478.0	1.0 serving	20.36	76	488
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	20.36	20	150
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	20.36	18	156
05170	Turkey, skin from whole (light and dark), roasted	85.0	1.0 serving	20.35	28	390

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	114.0	4.0 oz	20.34	21	193
23199	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	20.33	18	258
10972	Pork, ground, 84% lean / 16% fat, raw	113.0	4.0 oz	20.33	18	246
01271	Cheese, mozzarella, low moisture, part-skim, shredded	86.0	1.0 cup	20.32	25	261
13919	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	20.31	19	275
13925	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	20.31	19	269
13922	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	20.31	22	281
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	20.31	20	242
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	85.0	3.0 oz	20.29	14	205
16100	Peanut flour, low fat	60.0	1.0 cup	20.28	29	257
17244	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	20.26	21	228
15177	Mollusks, whelk, unspecified, raw	85.0	3.0 oz	20.26	73	116
17329	Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	20.26	18	196
15165	Mollusks, mussel, blue, cooked, moist heat	85.0	3.0 oz	20.23	31	146
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	85.0	1.0 piece	20.22	16	216
23293	Beef, Australian, imported, grass-fed, ground, 85% lean / 15% fat, raw	114.0	4.0 oz (4 oz)	20.20	--	267
21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed	83.0	1.0 thigh thigh without skin	20.18	20	156
16594	MORNINGSTAR FARMS Lasagna with Veggie Sausage, frozen, unprepared	284.0	1.0 entree	20.16	--	273
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	20.16	17	196
15227	Crustaceans, crab, queen, cooked, moist heat	85.0	3.0 oz	20.16	54	98
15194	Fish, mahimahi, cooked, dry heat	85.0	3.0 oz	20.16	32	93
23319	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	20.14	--	329
23197	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	20.14	19	247
05646	Ostrich, inside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	20.14	20	108
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	20.14	21	121
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	20.11	24	93

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
05185	Turkey from whole, light meat, raw	85.0	1.0 serving	20.11	24	97
05227	Turkey, wing, from whole bird, meat only, raw	85.0	3.0 oz	20.11	24	97
17196	Lamb, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	20.10	17	116
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	113.0	4.0 oz	20.08	18	275
15186	Fish, tuna, white, canned in water, without salt, drained solids	85.0	3.0 oz	20.08	28	109
15126	Fish, tuna, white, canned in water, drained solids	85.0	3.0 oz	20.08	28	109
23314	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	20.08	--	376
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	20.07	19	241
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	20.05	10	99
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	20.05	10	103
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	20.05	10	103
15087	Fish, salmon, sockeye, canned, drained solids	85.0	3.0 oz	20.05	26	142
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	20.05	10	105
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	20.05	10	105
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	20.05	10	99
17319	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	20.04	18	252
05154	Pheasant, raw, meat only	85.0	3.0 oz	20.03	17	113
05662	Ground turkey, fat free, raw	85.0	1.0 patty (cooked from 4 oz raw)	20.03	25	95
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	20.03	20	166
05158	Quail, meat only, raw	92.0	1.0 quail	20.02	23	123
23189	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	20.00	18	261
13371	Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	20.00	15	304
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	80.0	1.0 bar	20.00	140	332
01204	Cheese, parmesan, dry grated, reduced fat	100.0	1.0 cup	20.00	38	265
06006	Soup, bean with frankfurters, canned, condensed	263.0	1.0 cup (8 fl oz)	19.99	97	373

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	19.98	20	217
01139	Egg, goose, whole, fresh, raw	144.0	1.0 egg	19.97	23	266
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	19.97	10	108
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	19.97	10	102
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	19.97	10	105
13387	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	19.96	17	281
17252	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	19.96	20	227
23191	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	19.95	18	255
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	19.94	10	109
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	85.0	3.0 oz	19.93	17	211
15247	Fish, salmon, coho, wild, cooked, dry heat	85.0	3.0 oz	19.93	28	118
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	19.93	10	106
15111	Fish, swordfish, cooked, dry heat	85.0	3.0 oz	19.93	30	146
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	19.92	10	103
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	85.0	3.0 oz	19.92	16	268
01287	Yogurt, Greek, plain, lowfat	200.0	1.0 container (7 oz)	19.90	22	146
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	19.90	20	177
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	19.90	9	99
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	19.90	9	99
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	510.0	1.0 serving	19.89	82	530
13846	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	19.89	17	283
05151	Guinea hen, meat and skin, raw	85.0	3.0 oz	19.89	19	134
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	19.87	11	367

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	19.86	10	103
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	19.86	10	103
23190	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	19.86	18	246
05649	Ostrich, outside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	19.86	20	102
21327	McDONALD'S, Bacon, Egg & Cheese McGRIDDLES	165.0	1.0 item 5.8 oz	19.85	--	449
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	19.85	10	105
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	19.85	10	105
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	19.84	19	316
05710	Turkey, retail parts, breast, meat only, raw	85.0	3.0 oz	19.84	23	97
15117	Fish, tuna, fresh, bluefin, raw	85.0	3.0 oz	19.83	42	122
17337	Game meat, bison, top round, separable lean only, 1" steak, raw	85.0	1.0 serving (3 oz)	19.82	23	104
20005	Barley, pearled, raw	200.0	1.0 cup	19.82	158	704
22984	KASHI, Chicken Pasta Pomodoro, Frozen Entree	283.0	1.0 package	19.81	99	283
05310	Chicken, cornish game hens, meat only, cooked, roasted	85.0	3.0 oz	19.80	16	114
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	85.0	3.0 oz	19.80	18	128
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	19.80	9	102
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	19.80	10	115
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	19.80	10	115
05333	Chicken, ground, crumbles, cooked, pan-browned	85.0	3.0 oz crumbled	19.79	24	161
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	19.79	9	102
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	19.79	16	148
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	19.78	20	246
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	19.78	10	105
13326	Beef, variety meats and by-products, liver, cooked, braised	68.0	1.0 slice	19.77	14	130

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	19.77	10	108
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	19.77	10	105
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	19.75	10	108
16039	Beans, navy, mature seeds, canned	262.0	1.0 cup	19.73	123	296
23187	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	19.71	18	258
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	113.0	4.0 oz	19.70	20	261
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	71.0	1.0 drumstick	19.67	16	122
15135	Fish, yellowtail, mixed species, raw	85.0	3.0 oz	19.67	26	124
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	19.64	15	229
13832	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	19.64	17	280
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	19.64	27	117
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	19.62	20	236
05630	Emu, outside drum, raw	85.0	3.0 oz	19.62	25	88
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	19.61	10	122
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	19.61	20	113
13000	Beef, grass-fed, strip steaks, lean only, raw	85.0	3.0 oz	19.61	20	99
23386	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	19.61	10	122
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	19.60	20	289
13317	Beef, ground, patties, frozen, cooked, broiled	85.0	3.0 oz	19.59	16	251
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	19.59	21	104
21427	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	86.0	1.0 thigh without skin	19.59	17	150
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	19.58	21	109
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	19.58	21	112

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	19.56	17	302
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	19.56	14	248
43134	Vegetarian fillets	85.0	1.0 fillet	19.55	--	246
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	85.0	3.0 oz	19.55	20	139
05332	Chicken, ground, raw	112.0	4.0 oz crumbled	19.53	24	160
19126	Candies, milk chocolate coated peanuts	149.0	1.0 cup	19.52	143	773
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	84.0	1.0 thigh without skin	19.50	18	150
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	19.49	20	117
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	19.49	9	127
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	19.49	9	127
17249	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted	85.0	3.0 oz	19.49	20	227
23195	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	19.48	18	258
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	19.47	21	115
23188	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	19.46	18	263
23321	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	19.46	--	361
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	19.46	22	106
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	85.0	3.0 oz	19.45	21	96
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	19.45	17	162
14044	Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan	295.0	1.0 bottle	19.44	130	171
15009	Fish, carp, cooked, dry heat	85.0	3.0 oz	19.43	32	138
05648	Ostrich, outside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	19.43	20	98
13849	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	19.43	17	334
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	85.0	3.0 oz	19.43	17	202
22529	Beef Pot Pie, frozen entree, prepared	268.0	1.0 pie, cooked (average weight)	19.43	35	590

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	85.0	3.0 oz	19.41	18	247
17211	Lamb, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	19.41	16	199
15016	Fish, cod, Atlantic, cooked, dry heat	85.0	3.0 oz	19.41	36	89
05626	Emu, full rump, raw	85.0	3.0 oz	19.41	34	95
23572	Beef, ground, 80% lean meat / 20% fat, raw	113.0	4.0 oz	19.40	19	287
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	85.0	3.0 oz	19.40	16	135
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	19.39	20	103
05631	Emu, oyster, raw	85.0	3.0 oz	19.39	26	120
13386	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	19.38	17	316
21251	BURGER KING, Cheeseburger	133.0	1.0 item	19.38	32	380
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	19.37	10	128
17353	Lamb, Australian, ground, 85% lean / 15% fat, raw	113.0	1.0 serving (4 oz)	19.37	--	288
21004	Fast foods, biscuit, with egg and ham	182.0	1.0 biscuit	19.36	29	424
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	19.36	20	132
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	85.0	3.0 oz	19.36	31	101
16146	Beans, pinto, canned, drained solids	277.0	1.0 can drained solids	19.36	89	316
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	19.35	28	109
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	19.35	21	115
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	19.35	17	298
15017	Fish, cod, Atlantic, canned, solids and liquid	85.0	3.0 oz	19.35	35	89
13858	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	19.35	17	275
05148	Goose, domesticated, meat only, raw	85.0	3.0 oz	19.34	20	137
22988	KASHI, Pilaf, 7 Whole Grain, unprepared	140.0	0.5 cup	19.33	--	525
13831	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	19.32	17	268
16326	Beans, great northern, mature seeds, canned, low sodium	262.0	1.0 cup	19.31	134	299
16026	Beans, great northern, mature seeds, canned	262.0	1.0 cup	19.31	134	299
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	19.30	18	104

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
23186	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	19.30	19	266
21013	Fast foods, croissant, with egg, cheese, and ham	155.0	1.0 item	19.30	26	405
05153	Pheasant, raw, meat and skin	85.0	3.0 oz	19.30	17	154
17245	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	19.30	20	229
23312	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	19.29	--	377
10853	HORMEL ALWAYS TENDER, Pork Tenderloin, Peppercorn-Flavored	112.0	4.0 oz	19.28	24	123
17219	Veal, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	19.27	20	106
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	19.26	22	113
05167	Turkey, whole, meat only, raw	85.0	3.0 oz	19.24	23	95
15199	Fish, lingcod, cooked, dry heat	85.0	3.0 oz	19.24	28	93
15232	Fish, roughy, orange, cooked, dry heat	85.0	3.0 oz	19.24	15	89
20009	Buckwheat groats, roasted, dry	164.0	1.0 cup	19.24	362	567
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	113.0	4.0 oz	19.23	20	311
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	103.0	1.0 serving	19.23	30	303
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	19.23	20	230
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	114.0	4.0 oz	19.22	19	235
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	19.22	23	122
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	19.22	9	123
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	85.0	3.0 oz	19.21	13	163
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	19.21	17	310
15100	Fish, smelt, rainbow, cooked, dry heat	85.0	3.0 oz	19.21	32	105
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	340.0	1.0 bowl	19.21	48	428
05159	Quail, breast, meat only, raw	85.0	3.0 oz	19.20	24	105
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	19.20	15	320
21008	Fast foods, biscuit, with ham	162.0	1.0 biscuit	19.20	32	554
13835	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	19.18	17	340
21478	DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked	145.0	1.0 slice 1/4 of pie	19.17	41	410

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	19.17	20	126
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	19.17	20	263
13852	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	19.16	17	290
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	85.0	3.0 oz	19.16	22	108
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	85.0	3.0 oz	19.16	18	246
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85.0	3.0 oz	19.16	24	94
17046	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	19.15	20	237
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	19.14	22	117
17038	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	19.13	20	235
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	19.12	22	127
13843	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	19.12	16	321
05623	Emu, fan fillet, raw	85.0	1.0 serving (3 oz)	19.12	36	88
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	85.0	3.0 oz	19.12	24	102
15195	Fish, drum, freshwater, cooked, dry heat	85.0	3.0 oz	19.12	32	130
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	19.12	19	113
05180	Turkey from whole, neck, meat only, cooked, simmered	85.0	1.0 serving	19.11	15	138
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	19.10	18	150
21360	McDONALD'S, Bacon Egg & Cheese Biscuit	142.0	1.0 item 4.9 oz	19.10	17	432
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	113.0	4.0 oz	19.10	20	285
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	19.09	20	121
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	85.0	1.0 serving (3 oz)	19.08	19	147
23339	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	19.07	9	139
13825	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	19.06	17	286
01254	Cheese food, pasteurized process, American, without added vitamin D	113.0	1.0 cup	19.05	31	373

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	19.05	31	373
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	85.0	3.0 oz	19.05	23	108
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	19.05	10	122
12078	Nuts, brazilnuts, dried, unblanched	133.0	1.0 cup, whole	19.05	500	876
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	85.0	3.0 oz	19.03	22	112
05644	Ostrich, inside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	19.03	19	94
16051	Beans, white, mature seeds, canned	262.0	1.0 cup	19.02	134	299
35211	Caribou, hind quarter, meat, cooked (Alaska Native)	66.0	0.5 cup	19.01	16	105
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	18.97	9	132
15226	Crustaceans, crab, dungeness, cooked, moist heat	85.0	3.0 oz	18.97	49	94
13855	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	18.94	17	305
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	85.0	3.0 oz	18.93	19	150
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	85.0	3.0 oz	18.93	15	220
13828	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	18.92	17	299
05625	Emu, flat fillet, raw	85.0	3.0 oz	18.91	26	87
17054	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	18.91	19	239
05628	Emu, inside drum, raw	85.0	3.0 oz	18.89	22	92
13478	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	18.89	9	130
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	18.86	9	145
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	85.0	3.0 oz	18.85	14	219
05293	Turkey breast, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	18.84	18	107
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	18.84	11	115
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	18.84	11	115
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	18.83	20	110
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	18.83	18	119
13861	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	18.83	17	349

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	18.81	9	137
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	18.81	20	307
36605	CRACKER BARREL, country fried shrimp platter	149.0	1.0 serving	18.80	28	428
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	18.79	18	131
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	85.0	3.0 oz	18.79	26	175
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	18.79	9	136
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	85.0	3.0 oz	18.76	26	91
05654	Ostrich, tenderloin, raw	85.0	1.0 serving (cooked from 4 oz raw)	18.76	19	105
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	74.0	1.0 serving	18.75	20	184
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	85.0	1.0 serving	18.75	19	215
01115	Whey, sweet, dried	145.0	1.0 cup	18.75	255	512
05100	Chicken, broilers or fryers, wing, meat and skin, raw	107.0	1.0 piece	18.75	17	204
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	18.73	17	111
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	113.0	4.0 oz	18.71	21	308
15123	Fish, tuna, fresh, skipjack, raw	85.0	3.0 oz	18.70	29	88
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	85.0	3.0 oz	18.69	22	108
23153	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	18.69	20	133
05653	Ostrich, round, raw	85.0	1.0 serving (cooked from 4 oz raw)	18.69	19	99
05181	Turkey from whole, light meat, meat and skin, raw	85.0	3.0 oz	18.67	21	137
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	85.0	3.0 oz	18.67	21	105
13834	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	18.66	17	328
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	18.66	10	121
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	18.65	10	118
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	18.65	10	118
10173	Pork, fresh, variety meats and by-products, feet, cooked, simmered	85.0	3.0 oz	18.65	4	202

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	18.64	22	103
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	18.62	10	122
16507	LOMA LINDA Redi-Burger, canned, unprepared	85.0	1.0 slice , 5/8"	18.62	--	124
23094	Beef, chuck for stew, separable lean and fat, select, raw	85.0	3.0 oz	18.62	17	105
05732	Turkey, retail parts, breast, meat and skin, raw	85.0	3.0 oz	18.60	20	132
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	115.0	1.0 serving	18.58	20	313
05655	Ostrich, tip trimmed, raw	85.0	1.0 serving (cooked from 4 oz raw)	18.57	19	97
05035	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter	85.0	3.0 oz	18.57	17	253
17107	Veal, loin, separable lean only, raw	85.0	3.0 oz	18.57	40	97
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	18.57	20	131
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	18.57	15	180
13338	Beef, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	18.57	8	271
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	89.0	1.0 cup	18.57	30	165
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	18.55	17	290
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	85.0	3.0 oz	18.54	19	102
05643	Ostrich, fan, raw	85.0	1.0 serving (cooked from 4oz raw)	18.54	19	99
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	18.53	19	129
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	18.52	21	116
17343	Game meat, deer, ground, raw	85.0	1.0 patty (cooked from 4 oz raw)	18.51	18	133
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	18.51	10	122
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	18.51	10	122
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	85.0	3.0 oz	18.49	18	109
12147	Nuts, pine nuts, dried	135.0	1.0 cup	18.48	339	909
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	18.48	20	105
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	18.46	10	125
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	18.46	22	108

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
11212	Edamame, frozen, prepared	155.0	1.0 cup	18.46	99	188
17327	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	18.45	17	247
17000	Veal, Australian, rib, rib roast, separable lean only, raw	85.0	3.0 oz	18.44	--	114
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	18.44	13	112
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	18.44	20	110
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	18.42	10	127
05657	Ostrich, top loin, raw	85.0	1.0 serving (cooked from 4 oz raw)	18.42	19	101
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	85.0	3.0 oz	18.41	18	101
23152	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	18.40	18	132
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	18.40	21	110
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	18.39	21	105
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	85.0	3.0 oz	18.39	19	105
23095	Beef, chuck for stew, separable lean and fat, choice, raw	85.0	3.0 oz	18.39	18	110
05165	Turkey, whole, meat and skin, raw	85.0	3.0 oz	18.39	21	122
15081	Fish, salmon, coho, wild, raw	85.0	3.0 oz	18.38	26	124
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	18.38	19	137
21362	McDONALD'S, Sausage Biscuit with Egg	163.0	1.0 item 5.7 oz	18.37	21	507
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	85.0	3.0 oz	18.37	21	99
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	18.37	19	130
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	18.36	22	144
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	18.35	20	121
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	67.0	1.0 slice	18.34	15	129
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	18.33	13	400
17221	Lamb, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	18.33	14	234
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	18.33	20	120
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	18.33	10	128

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	18.32	22	132
13845	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	18.32	16	275
13839	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	18.32	16	287
05651	Ostrich, oyster, raw	85.0	1.0 serving (cooked from 4 oz raw)	18.32	18	106
23387	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	18.31	9	162
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	18.31	21	87
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	18.28	10	130
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	85.0	3.0 oz	18.28	19	282
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	85.0	3.0 oz	18.28	21	103
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	113.0	4.0 oz	18.27	17	381
16436	Winged beans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	18.27	93	253
16136	Winged beans, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	18.27	93	253
22903	Pizza, pepperoni topping, regular crust, frozen, cooked	127.0	0.25 pizza 12" diameter	18.26	34	348
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	18.25	20	112
15214	Fish, seatrout, mixed species, cooked, dry heat	85.0	3.0 oz	18.24	34	113
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	18.23	21	106
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	18.23	18	244
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	18.22	19	138
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	18.22	20	109
10024	Pork, fresh, loin, whole, separable lean only, raw	85.0	3.0 oz	18.22	20	122
15080	Fish, salmon, chum, canned, drained solids with bone	85.0	3.0 oz	18.22	26	120
15180	Fish, salmon, chum, canned, without salt, drained solids with bone	85.0	3.0 oz	18.22	26	120
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	18.22	19	116
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	71.0	1.0 drumstick	18.21	16	146
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	18.20	20	113

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	18.20	15	103
10863	Pork, fresh, variety meats and by-products, stomach, cooked, simmered	85.0	3.0 oz	18.19	13	133
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	18.18	21	110
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85.0	3.0 oz	18.18	34	206
05011	Chicken, broilers or fryers, meat only, raw	85.0	3.0 oz	18.18	21	101
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	18.17	20	104
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	18.17	21	114
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	18.16	22	108
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	18.15	19	105
05057	Chicken, broilers or fryers, breast, meat and skin, raw	87.0	0.5 breast, bone removed (yield from 1 lb ready-to-cook chicken)	18.14	22	150
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	18.14	20	141
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	18.14	20	117
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	18.14	20	110
21601	School Lunch, pizza, cheese topping, thick crust, whole grain, frozen, cooked	124.0	1.0 slice per 1/10 pizza	18.13	50	315
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	18.11	19	136
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	18.10	21	105
06742	Soup, vegetable beef, microwavable, ready-to-serve, single brand	292.0	1.0 serving	18.10	--	128
23388	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	18.10	9	169
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	18.10	19	130
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	18.09	20	116
05187	Turkey from whole, dark meat, meat only, raw	85.0	1.0 serving	18.09	21	92
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	18.09	20	122
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	18.09	16	111
05740	Turkey, thigh, from whole bird, meat only, raw	85.0	3.0 oz	18.09	21	92

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
15238	Fish, salmon, coho, farmed, raw	85.0	3.0 oz	18.08	26	136
22911	Chili, no beans, canned entree	240.0	1.0 cup	18.07	48	283
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	18.07	19	121
05125	Chicken, stewing, meat only, raw	85.0	3.0 oz	18.07	20	126
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	18.05	20	128
16121	Soy protein concentrate, produced by alcohol extraction	28.35	1.0 oz	18.04	89	93
16420	Soy protein concentrate, produced by acid wash	28.35	1.0 oz	18.04	40	93
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	18.04	20	99
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	18.04	19	132
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	18.04	19	123
23150	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	18.04	18	141
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	18.04	15	122
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	18.03	21	505
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	114.0	4.0 oz	18.02	15	393
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	18.01	22	111
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	18.01	19	123
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	17.99	19	131
13284	Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	17.99	17	127
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	17.99	20	113
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	17.99	18	139
21384	BURGER KING, CROISSAN'WICH with Sausage and Cheese	131.0	1.0 item	17.99	25	493
05077	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, flour	67.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	17.98	16	170
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	17.97	20	171
23395	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	17.96	8	174
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	85.0	3.0 oz	17.96	21	122

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
23039	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	17.96	21	119
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	17.96	21	109
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	17.96	18	233
13293	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	17.96	19	119
20075	Wheat, soft white	168.0	1.0 cup	17.96	151	571
17334	Game meat, bison, chuck, shoulder clod, separable lean only, raw	85.0	1.0 serving (3 oz)	17.95	20	101
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	17.95	17	305
21006	Fast foods, biscuit with egg and steak	148.0	1.0 biscuit	17.94	25	410
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	17.94	20	159
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	17.94	15	116
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	17.91	19	107
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	17.89	20	104
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	254.0	1.0 can drained, rinsed	17.88	61	351
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	17.88	20	114
16070	Lentils, mature seeds, cooked, boiled, without salt	198.0	1.0 cup	17.86	71	230
16370	Lentils, mature seeds, cooked, boiled, with salt	198.0	1.0 cup	17.86	71	226
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	85.0	3.0 oz	17.86	14	106
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	17.85	51	129
16511	WORTHINGTON Choplets, canned, unprepared	92.0	2.0 slices	17.85	--	95
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	253.0	1.0 can drained	17.84	66	352
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	17.83	20	116
15095	Fish, shark, mixed species, raw	85.0	3.0 oz	17.83	42	110
22985	KASHI, Lemongrass Coconut Chicken, Frozen Entree	283.0	1.0 package	17.83	--	294
12155	Nuts, walnuts, english	117.0	1.0 cup, chopped	17.82	185	765

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	17.82	15	124
15018	Fish, cod, Atlantic, dried and salted	28.35	1.0 oz	17.81	38	82
23577	Beef, ground, 75% lean meat / 25% fat, raw	113.0	4.0 oz	17.81	17	331
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	17.81	23	93
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	17.81	19	99
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	85.0	3.0 oz	17.80	19	227
21603	School Lunch, pizza, pepperoni topping, thick crust, whole grain, frozen, cooked	124.0	1.0 slice per 1/10 pizza	17.79	51	321
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	17.79	20	122
23151	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	17.79	19	147
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	17.78	15	109
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	17.76	16	104
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	17.76	19	100
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	17.76	15	307
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	17.76	18	145
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	17.75	17	250
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	17.74	18	148
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	17.74	15	129
05704	Turkey, whole, meat only, with added solution, raw	85.0	3.0 oz	17.74	20	89
13842	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	17.73	15	314
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	113.0	4.0 oz	17.72	17	98
15019	Fish, cod, Pacific, raw (may have been previously frozen)	116.0	1.0 fillet	17.71	23	80
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	115.0	1.0 serving	17.71	21	343
10101	Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered	111.0	1.0 ear (yield after cooking)	17.70	8	184
21480	DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked	155.0	1.0 slice 1/4 of pie	17.69	43	395

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	17.68	19	123
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	17.68	20	169
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	17.68	16	141
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	85.0	3.0 oz	17.67	20	122
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	17.65	20	110
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	85.0	3.0 oz	17.65	20	119
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	17.63	20	128
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	85.0	3.0 oz	17.60	21	144
15105	Fish, sturgeon, mixed species, cooked, dry heat	85.0	3.0 oz	17.60	38	115
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	85.0	3.0 oz	17.60	18	183
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	17.59	8	177
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	17.58	18	161
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	17.58	19	159
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	17.57	18	118
23057	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	17.57	20	120
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	85.0	3.0 oz	17.55	23	102
13848	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	17.55	16	343
05152	Guinea hen, meat only, raw	85.0	3.0 oz	17.54	20	94
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	17.54	18	148
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	17.54	18	140
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	17.54	18	133
15253	Salmon, sockeye, canned, total can contents	85.0	3.0 oz	17.54	26	130
13972	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	17.52	18	116

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	17.52	18	194
05717	Turkey, retail parts, thigh, meat only, raw	85.0	3.0 oz	17.51	19	99
15154	Crustaceans, spiny lobster, mixed species, raw	85.0	3.0 oz	17.51	34	95
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	17.50	18	190
15222	Fish, turbot, european, cooked, dry heat	85.0	3.0 oz	17.49	55	104
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	17.48	19	96
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	17.48	19	134
16008	Beans, baked, canned, with franks	259.0	1.0 cup	17.48	73	368
20062	Rye grain	169.0	1.0 cup	17.47	186	571
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	17.46	18	133
90240	Mollusks, scallop, (bay and sea), cooked, steamed	85.0	3.0 oz	17.46	31	94
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	17.46	19	97
15053	Fish, milkfish, raw	85.0	3.0 oz	17.45	26	126
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	17.44	18	113
05716	Turkey, retail parts, drumstick, meat only, raw	85.0	3.0 oz	17.44	19	100
15101	Fish, snapper, mixed species, raw	85.0	3.0 oz	17.43	27	85
15083	Fish, salmon, pink, raw	85.0	3.0 oz	17.42	23	108
16050	Beans, white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	17.42	113	249
16350	Beans, white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	17.42	113	249
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	17.42	8	182
21007	Fast foods, biscuit, with egg, cheese, and bacon	145.0	1.0 item	17.41	22	436
10805	USDA Commodity, pork, ground, fine/coarse, frozen, raw	113.0	1.0 oz crumbles	17.41	23	250
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	17.41	19	128
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	17.41	13	320
15115	Fish, trout, rainbow, wild, raw	85.0	3.0 oz	17.41	26	101
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	17.41	20	143
15182	Fish, salmon, sockeye, canned, without salt, drained solids with bone	85.0	3.0 oz	17.40	25	130
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	17.39	16	97

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
20073	Wheat, soft red winter	168.0	1.0 cup	17.39	212	556
19041	Snacks, pork skins, plain	28.35	1.0 oz	17.38	3	154
15269	Fish, cod, Pacific, cooked (not previously frozen)	85.0	3.0 oz	17.36	30	71
15236	Fish, salmon, Atlantic, farmed, raw	85.0	3.0 oz	17.36	23	177
13329	Beef, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	17.34	8	102
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	17.33	20	90
23037	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	17.33	20	122
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	17.33	17	113
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	17.32	17	159
01256	Yogurt, Greek, plain, nonfat	170.0	1.0 container	17.32	19	100
17351	Veal, Australian, shank, hind, bone-in, separable lean only, raw	85.0	3.0 oz	17.31	--	104
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	17.31	17	118
13325	Beef, variety meats and by-products, liver, raw	85.0	3.0 oz	17.31	15	115
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	17.31	8	185
07056	Peppered loaf, pork, beef	100.0	3.52 slices	17.30	20	149
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	17.30	16	122
15001	Fish, anchovy, european, raw	85.0	3.0 oz	17.30	35	111
16302	Beans, adzuki, mature seed, cooked, boiled, with salt	230.0	1.0 cup	17.30	120	294
16002	Beans, adzuki, mature seeds, cooked, boiled, without salt	230.0	1.0 cup	17.30	120	294
05113	Chicken, roasting, meat only, raw	85.0	3.0 oz	17.28	20	94
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	17.27	19	140
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	85.0	3.0 oz	17.27	21	92
10130	Canadian bacon, unprepared	85.0	3.0 oz	17.26	17	94
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	17.26	18	171
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	85.0	3.0 oz	17.25	16	213
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	17.24	17	116
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	17.24	8	183

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
15049	Fish, mackerel, king, raw	85.0	3.0 oz	17.24	27	89
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	85.0	3.0 oz	17.22	17	102
36414	Restaurant, Latino, tripe soup	200.0	1.0 cup	17.22	20	148
20012	Bulgur, dry	140.0	1.0 cup	17.21	230	479
17149	Bison, ground, grass-fed, raw	85.0	1.0 patty (cooked from 4 oz raw)	17.20	18	124
21225	Pizza, cheese topping, rising crust, frozen, cooked	139.0	1.0 serving 6 servings per 29.25 oz package	17.19	36	361
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	17.19	187	722
17367	Lamb, New Zealand, imported, kidney, raw	113.0	4.0 oz	17.19	18	95
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	126.0	1.0 sandwich	17.19	25	287
21357	McDONALD'S, Egg McMUFFIN	126.0	1.0 sandwich	17.19	25	287
15097	Fish, sheepshead, raw	85.0	3.0 oz	17.18	27	92
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	252.0	1.0 cup	17.16	60	340
17349	Veal, Australian, shank, fore, bone-in, separable lean only, raw	85.0	3.0 oz	17.15	--	105
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	17.14	18	133
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	85.0	3.0 oz	17.14	20	97
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	17.14	16	124
20070	Triticale flour, whole-grain	130.0	1.0 cup	17.13	199	439
21090	Fast foods, cheeseburger; single, regular patty, with condiments	127.0	1.0 item	17.13	29	343
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	17.13	19	144
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	17.12	17	137
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	85.0	3.0 oz	17.12	9	385
15079	Fish, salmon, chum, raw	85.0	3.0 oz	17.12	19	102
01129	Egg, whole, cooked, hard-boiled	136.0	1.0 cup, chopped	17.11	14	211
21605	School Lunch, pizza, sausage topping, thick crust, whole grain, frozen, cooked	129.0	1.0 slice per 1/10 pizza	17.11	30	332
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	17.10	18	177
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	17.09	8	190
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	17.08	15	137

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	17.08	20	152
15270	Crustaceans, shrimp, raw (not previously frozen)	85.0	3.0 oz	17.08	30	72
36037	Restaurant, family style, chili with meat and beans	136.0	1.0 cup	17.08	24	214
36019	APPLEBEE'S, chili	136.0	1.0 cup	17.08	24	214
17104	Veal, loin, separable lean and fat, raw	85.0	3.0 oz	17.06	37	150
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	17.06	16	129
15050	Fish, mackerel, Pacific and jack, mixed species, raw	85.0	3.0 oz	17.06	24	134
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	17.05	17	166
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	17.04	21	144
16549	MORNINGSTAR FARMS Grillers Prime, frozen, unprepared	71.0	1.0 burger	17.04	--	169
05309	Chicken, cornish game hens, meat only, raw	85.0	3.0 oz	17.03	18	99
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	17.00	8	194
21003	Fast foods, biscuit, with egg and bacon	150.0	1.0 biscuit	17.00	24	458
22995	KASHI, Sweet and Sour Chicken, Frozen Entree	283.0	1.0 package	16.98	91	320
16007	Beans, baked, canned, with beef	266.0	1.0 cup	16.97	66	322
05736	Turkey, retail parts, drumstick, meat and skin, raw	85.0	3.0 oz	16.97	18	120
21515	MORNINGSTAR FARMS Pizza, Baja Black Bean, single serve, frozen, unprepared	160.0	1.0 pizza	16.96	--	376
36401	Restaurant, Latino, chicken and rice, entree, prepared	141.0	1.0 cup	16.95	25	245
21064	Fast foods, burrito, with beans, cheese, and beef	241.0	1.0 burrito	16.94	55	434
21265	TACO BELL, BURRITO SUPREME with beef	241.0	1.0 burrito	16.94	55	441
15078	Fish, salmon, chinook, raw	85.0	3.0 oz	16.94	81	152
21524	McDONALD'S, RANCH SNACK WRAP, Grilled	123.0	1.0 wrap	16.94	25	273
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	123.0	1.0 item	16.94	25	273
16521	WORTHINGTON Vegetable Skallops, canned, unprepared	85.0	0.5 cup	16.92	--	93
23281	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	16.92	19	162
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	16.92	17	179
15133	Fish, whiting, mixed species, cooked, dry heat	72.0	1.0 fillet	16.91	19	84
17206	Lamb, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	16.90	9	96
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	16.90	21	119

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	85.0	3.0 oz	16.89	16	164
17263	Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	16.88	13	269
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	16.87	16	132
15076	Fish, salmon, Atlantic, wild, raw	85.0	3.0 oz	16.86	25	121
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	90.0	1.0 fillet	16.86	22	76
19165	Cocoa, dry powder, unsweetened	86.0	1.0 cup	16.86	429	196
21242	WENDY'S, Jr. Hamburger, with cheese	129.0	1.0 item	16.85	28	330
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	16.85	17	209
15132	Fish, whiting, mixed species, raw	92.0	1.0 fillet	16.85	19	83
16104	Bacon, meatless	144.0	1.0 cup	16.83	27	445
93600	Turtle, green, raw	85.0	3.0 oz	16.83	17	76
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	85.0	3.0 oz	16.81	16	95
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	85.0	3.0 oz	16.81	29	118
17352	Veal, Australian, shank, hind, bone-in, separable lean and fat	85.0	3.0 oz	16.81	--	122
01291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	252.0	1.0 cup	16.81	60	270
17428	Veal, shank, separable lean only, raw	85.0	3.0 oz	16.80	28	80
21120	Fast foods, hotdog, with corn flour coating (corndog)	175.0	1.0 sandwich	16.80	18	460
21604	School Lunch, pizza, sausage topping, thin crust, whole grain, frozen, cooked	133.0	1.0 piece 4" x 6"	16.80	69	332
16036	Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	16.80	74	218
16336	Beans, kidney, royal red, mature seeds, cooked, boiled with salt	177.0	1.0 cup	16.80	74	218
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	113.0	4.0 oz	16.79	21	87
21207	SUBWAY, turkey breast sub on white bread with lettuce and tomato	184.0	6.0 inch sub	16.78	42	270
21155	Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato	184.0	6.0 inch sub	16.78	42	270
21209	SUBWAY, black forest ham sub on white bread with lettuce and tomato	184.0	6.0 inch sub	16.78	37	278
21156	Fast foods, submarine sandwich, ham on white bread with lettuce and tomato	184.0	6.0 inch sub	16.78	37	278
10020	Pork, fresh, loin, whole, separable lean and fat, raw	85.0	3.0 oz	16.78	18	168
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	16.75	17	188
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	16.75	17	133
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	16.74	20	153

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	16.74	19	169
15084	Fish, salmon, pink, canned, total can contents	85.0	3.0 oz	16.73	26	110
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	16.73	18	144
21435	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	16.72	17	179
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	489.0	1.0 serving	16.72	68	509
15110	Fish, swordfish, raw	85.0	3.0 oz	16.71	25	122
21439	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading	81.0	1.0 drumstick, with skin	16.70	17	222
15156	Mollusks, abalone, mixed species, cooked, fried	85.0	3.0 oz	16.69	48	161
22982	KASHI, STEAM MEAL, Chicken Fettuccine, Frozen Entree	269.0	1.0 package	16.68	16	266
08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	16.68	205	597
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	16.67	17	210
17155	Veal, Australian, rib, rib roast, separable lean and fat, raw	85.0	3.0 oz	16.66	--	171
17131	Veal, shoulder, blade chop, separable lean only, raw	85.0	3.0 oz	16.66	28	94
20131	Barley malt flour	162.0	1.0 cup	16.65	157	585
17350	Veal, Australian, shank, fore, bone-in, separable lean and fat, raw	85.0	3.0 oz	16.64	--	123
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	152.0	1.0 sandwich	16.63	30	420
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	16.63	17	209
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	16.63	14	165
23320	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	16.62	--	447
23213	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	16.62	17	196
05742	Turkey, retail parts, thigh, meat and skin, raw	85.0	3.0 oz	16.61	17	137
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	257.0	1.0 serving	16.60	44	493
05734	Turkey, retail parts, wing, meat and skin, raw	85.0	3.0 oz	16.60	14	172
23322	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	16.58	--	462
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	16.54	20	159
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	16.54	15	158
21513	KASHI Pizza, Greek Tzatziki, single serve, frozen, unprepared	149.0	1.0 pizza	16.54	--	302

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
21600	School Lunch, pizza, cheese topping, thin crust, whole grain, frozen, cooked	130.0	1.0 piece 4"x6"	16.54	66	321
16020	Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	177.0	1.0 cup	16.53	88	241
16320	Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	177.0	1.0 cup	16.53	88	241
15065	Fish, pollock, Atlantic, raw	85.0	3.0 oz	16.52	57	78
15219	Fish, trout, mixed species, cooked, dry heat	62.0	1.0 fillet	16.51	17	118
13047	Beef, grass-fed, ground, raw	85.0	1.0 serving	16.51	16	168
13356	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	16.51	17	144
15267	Fish, pollock, Alaska, cooked (not previously frozen)	85.0	3.0 oz	16.51	31	68
10158	USDA Commodity, pork, canned	85.0	3.0 oz	16.49	17	167
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	16.47	20	141
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	16.47	18	149
15031	Fish, grouper, mixed species, raw	85.0	3.0 oz	16.47	26	78
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	200.0	1.0 cup	16.44	196	744
13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	16.42	16	201
19408	Snacks, pork skins, barbecue-flavor	28.35	1.0 oz	16.41	0	153
20083	Wheat flour, white, bread, enriched	137.0	1.0 cup	16.41	34	495
20129	Wheat flours, bread, unenriched	137.0	1.0 cup unsifted, dipped	16.41	34	495
22991	KASHI, STEAM MEAL, Sesame Chicken, Frozen Entree	269.0	1.0 package	16.41	54	296
15114	Fish, trout, mixed species, raw	79.0	1.0 fillet	16.41	17	117
15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	16.40	28	118
13340	Beef, variety meats and by-products, tongue, cooked, simmered	85.0	3.0 oz	16.40	13	241
17435	Veal, shank, separable lean and fat, raw	85.0	3.0 oz	16.39	27	91
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	16.38	18	98
06018	Soup, chunky chicken noodle, canned, ready-to-serve	530.0	1.0 can	16.38	37	217
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	16.37	17	194
15062	Fish, pike, northern, raw	85.0	3.0 oz	16.37	26	75
13791	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	16.36	16	147
07057	Pepperoni, beef and pork, sliced	85.0	3.0 oz	16.36	15	428
16086	Peas, split, mature seeds, cooked, boiled, without salt	196.0	1.0 cup	16.35	71	231
16386	Peas, split, mature seeds, cooked, boiled, with salt	196.0	1.0 cup	16.35	71	227
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	16.35	17	151

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
07923	Bratwurst, chicken, cooked	84.0	1.0 serving 2.96 oz	16.33	19	148
23110	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	16.32	17	146
23104	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	16.32	17	159
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	54.0	1.0 steak	16.31	16	81
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	16.30	16	153
23102	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	16.29	17	167
05080	Chicken, broilers or fryers, leg, meat only, raw	85.0	3.0 oz	16.29	20	102
23103	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	16.28	16	172
15064	Fish, pike, walleye, raw	85.0	3.0 oz	16.27	26	79
13788	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	16.27	16	157
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	16.27	18	168
21516	KASHI Pizza, Mushroom and Spinach, single serve, frozen, unprepared	152.0	1.0 pizza	16.26	--	348
20033	Oat bran, raw	94.0	1.0 cup	16.26	221	231
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	85.0	3.0 oz	16.24	18	94
23181	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	16.24	17	203
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	16.24	14	167
21602	School Lunch, pizza, pepperoni topping, thin crust, whole grain, frozen, cooked	127.0	1.0 piece 4"x6"	16.23	65	323
15130	Fish, whitefish, mixed species, raw	85.0	3.0 oz	16.23	28	114
21514	KASHI Pizza, Tikka Masala, single serve, frozen, unprepared	159.0	1.0 pizza	16.22	--	304
13498	Beef, ground, 70% lean meat / 30% fat, raw	113.0	4.0 oz	16.22	16	375
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	16.21	131	255
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	16.21	131	255
10192	Pork, fresh, backribs, separable lean and fat, raw	85.0	3.0 oz	16.21	14	190
16590	MORNINGSTAR FARMS BBQ Riblets, frozen, unprepared	142.0	1.0 sauce	16.19	--	213
05706	Turkey, whole, meat and skin, with added solution, raw	85.0	3.0 oz	16.18	18	134
16331	Beans, kidney, california red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	16.16	85	219
16031	Beans, kidney, california red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	16.16	85	219

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	85.0	3.0 oz	16.15	20	88
13915	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw	85.0	3.0 oz	16.15	15	239
43384	Beef, bologna, reduced sodium	138.0	1.0 cup pieces	16.15	14	428
15044	Fish, ling, raw	85.0	3.0 oz	16.14	54	74
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	16.14	18	150
23108	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	16.14	17	155
22992	KASHI, Southwest Style Chicken, Frozen Entree	283.0	1.0 package	16.13	93	308
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	143.0	1.0 serving 5 servings per 24.2 oz package	16.13	36	395
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	113.0	4.0 oz	16.13	17	254
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	16.12	14	174
07036	Sausage, Italian, pork, raw	113.0	1.0 link, 4/lb	16.10	16	391
21012	Fast foods, croissant, with egg, cheese, and bacon	128.0	1.0 item	16.10	23	399
16046	Beans, small white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	16.06	122	254
16346	Beans, small white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	16.06	122	254
15090	Fish, scup, raw	85.0	3.0 oz	16.05	20	89
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	16.04	14	178
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	16.03	17	184
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	16.03	16	190
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	16.03	16	193
36022	APPLEBEE'S, crunchy onion rings	350.0	1.0 serving	16.03	60	1246
23201	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	16.02	16	207
23109	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	16.02	17	161
06454	CAMPBELL'S CHUNKY Soups, Grilled Steak- Steak Chili with Beans	245.0	1.0 cup	16.00	--	198
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	16.00	18	101
05294	Turkey thigh, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	15.98	14	133

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
05135	Chicken, capons, meat and skin, raw	85.0	3.0 oz	15.95	18	199
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	15.94	17	155
17208	Veal, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	15.93	7	88
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	15.93	17	175
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	85.0	3.0 oz	15.92	19	112
17128	Veal, shoulder, blade chop, separable lean and fat, raw	85.0	3.0 oz	15.91	27	126
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	15.91	17	214
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	85.0	3.0 oz	15.90	15	164
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	56.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	15.89	14	116
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	15.89	16	205
22989	KASHI, Red Curry Chicken, Frozen Entree	269.0	1.0 package	15.87	27	296
42129	Bologna, beef and pork, low fat	138.0	1.0 cup pieces	15.87	17	317
07089	Sausage, Italian, pork, cooked	83.0	1.0 link, 4/lb	15.87	15	286
17330	Game meat , bison, ground, raw	85.0	1.0 serving (3 oz)	15.87	16	190
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	15.85	15	77
20080	Wheat flour, whole-grain	120.0	1.0 cup	15.85	164	408
21470	Fast Foods, Fried Chicken, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	15.85	16	200
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	269.0	1.0 serving	15.84	46	304
15021	Fish, croaker, Atlantic, cooked, breaded and fried	87.0	1.0 fillet	15.83	37	192
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	15.83	18	106
15096	Fish, shark, mixed species, cooked, batter-dipped and fried	85.0	3.0 oz	15.83	37	194
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	15.83	14	170
05049	Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter	72.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	15.82	14	238
05006	Chicken, broilers or fryers, meat and skin, raw	85.0	3.0 oz	15.81	17	183
23567	Beef, ground, 85% lean meat / 15% fat, raw	85.0	3.0 oz	15.80	15	183
17142	Veal, ground, raw	85.0	3.0 oz	15.79	26	167
16368	Hyacinth beans, mature seeds, cooked, boiled, with salt	194.0	1.0 cup	15.79	159	227
16068	Hyacinth beans, mature seeds, cooked, boiled, without salt	194.0	1.0 cup	15.79	159	227

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
15036	Fish, halibut, Atlantic and Pacific, raw	85.0	3.0 oz	15.78	20	77
15203	Fish, monkfish, cooked, dry heat	85.0	3.0 oz	15.78	23	82
20060	Rice bran, crude	118.0	1.0 cup	15.75	922	373
15240	Fish, trout, rainbow, farmed, raw	79.0	1.0 fillet	15.75	20	111
21522	McDONALD'S, Southern Style Chicken Biscuit	132.0	1.0 biscuit regular size biscuit	15.75	24	401
21010	Fast foods, biscuit, with crispy chicken fillet	132.0	1.0 item	15.75	24	396
15011	Fish, catfish, channel, cooked, breaded and fried	87.0	1.0 fillet	15.74	23	199
05133	Chicken, capons, meat and skin and giblets and neck, raw	85.0	3.0 oz	15.73	18	197
15144	Crustaceans, crab, queen, raw	85.0	3.0 oz	15.72	42	76
15023	Fish, mahimahi, raw	85.0	3.0 oz	15.72	26	72
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	153.0	1.0 slice	15.71	32	367
21147	School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Cheese Pizza 50/50 Cheese, frozen	130.0	1.0 piece 4" x 6"	15.70	62	303
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	15.70	17	180
05160	Squab, (pigeon), meat and skin, raw	85.0	3.0 oz	15.70	19	250
15025	Fish, eel, mixed species, raw	85.0	3.0 oz	15.67	17	156
23194	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	15.67	15	211
16059	Chili with beans, canned	256.0	1.0 cup	15.67	115	264
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	15.67	17	189
15196	Fish, halibut, greenland, cooked, dry heat	85.0	3.0 oz	15.66	28	203
20014	Corn grain, yellow	166.0	1.0 cup	15.64	211	606
20314	Corn grain, white	166.0	1.0 cup	15.64	211	606
23202	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	15.63	16	215
15070	Fish, rockfish, Pacific, mixed species, raw	85.0	3.0 oz	15.61	23	76
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	151.0	1.0 slice	15.60	33	368
22956	Lasagna, Vegetable, frozen, baked	227.0	1.0 serving	15.59	48	316
05001	Chicken, broilers or fryers, meat and skin and giblets and neck, raw	85.0	3.0 oz	15.58	17	181
19166	Cocoa, dry powder, unsweetened, processed with alkali	86.0	1.0 cup	15.57	409	189
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	85.0	3.0 oz	15.56	14	230
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	85.0	3.0 oz	15.55	16	104

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
15136	Crustaceans, crab, alaska king, raw	85.0	3.0 oz	15.55	42	71
20130	Barley flour or meal	148.0	1.0 cup	15.54	142	511
21457	POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading	76.0	1.0 drumstick, with skin	15.53	17	223
10851	HORMEL, Cure 81 Ham	84.0	1.0 serving	15.48	17	89
13355	Beef, cured, pastrami	71.0	1.0 package, 2.5 oz	15.48	12	104
16160	Tofu, hard, prepared with nigari	122.0	0.25 block	15.47	65	177
21382	McDONALD'S, FILET-O-FISH (without tartar sauce)	124.0	1.0 item	15.46	29	301
05171	Turkey, whole, giblets, raw	85.0	3.0 oz	15.45	19	105
13347	Beef, cured, corned beef, brisket, cooked	85.0	3.0 oz	15.44	10	213
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	15.44	13	199
21233	McDONALD'S, Cheeseburger	119.0	1.0 item 4 oz	15.43	24	313
22906	Chicken pot pie, frozen entree, prepared	302.0	1.0 pie	15.43	33	616
21148	School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Pepperoni Pizza 50/50 Cheese, frozen	127.0	1.0 piece 4"x6"	15.42	62	302
23192	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	15.41	15	217
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	15.41	86	245
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	15.41	86	245
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	15.40	16	236
05150	Goose, liver, raw	94.0	1.0 liver	15.39	23	125
32010	Pasta mix, Italian lasagna, unprepared	141.0	1.0 package	15.37	52	502
15139	Crustaceans, crab, blue, raw	85.0	3.0 oz	15.35	29	74
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	15.35	80	225
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	15.35	80	225
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	15.35	74	225
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	15.35	80	225
20650	Sorghum flour, refined, unenriched	161.0	1.0 cup	15.34	50	575
22996	KASHI Three Cheese Penne, frozen, unprepared	269.0	1.0 Entrée	15.33	81	339
16341	Beans, pink, mature seeds, cooked, boiled, with salt	169.0	1.0 cup	15.31	110	252
16041	Beans, pink, mature seeds, cooked, boiled, without salt	169.0	1.0 cup	15.31	110	252
16548	MORNINGSTAR FARMS Grillers Original, frozen, unprepared	64.0	1.0 burger	15.30	--	136
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	85.0	3.0 oz	15.29	16	99
21356	McDONALD'S, McCHICKEN Sandwich (without mayonnaise)	138.0	1.0 item	15.29	28	331
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	96.0	6.0 pieces	15.28	23	295

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	15.28	16	197
21523	McDONALD'S, RANCH SNACK WRAP, Crispy	133.0	1.0 wrap	15.27	25	366
21517	Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce	133.0	1.0 item	15.27	25	366
12130	Nuts, hickorynuts, dried	120.0	1.0 cup	15.26	208	788
15176	Mollusks, squid, mixed species, cooked, fried	85.0	3.0 oz	15.25	32	149
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	15.25	15	235
20132	Oat flour, partially debranned	104.0	1.0 cup	15.25	150	420
21503	KASHI Pizza, Mediterranean, frozen, unprepared	120.0	0.33 pizza	15.24	--	277
16015	Beans, black, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	15.24	120	227
16315	Beans, black, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	15.24	120	227
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	15.23	13	93
23193	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	15.23	15	221
07008	Bologna, beef and pork	100.0	3.527 oz	15.20	17	308
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	15.19	14	193
21610	School Lunch, chicken patty, whole grain breaded	86.0	1.0 patty	15.17	22	212
16529	WORTHINGTON FriPats, frozen, unprepared	64.0	1.0 patty	15.17	--	134
15008	Fish, carp, raw	85.0	3.0 oz	15.16	25	108
20011	Buckwheat flour, whole-groat	120.0	1.0 cup	15.14	301	402
15015	Fish, cod, Atlantic, raw	85.0	3.0 oz	15.14	27	70
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	15.13	91	240
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	185.0	1.0 cup	15.13	91	240
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	15.10	16	107
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	15.10	15	235
21232	McDONALD'S, FILET-O-FISH	134.0	1.0 sandwich	15.09	36	378
21106	Fast foods, fish sandwich, with tartar sauce and cheese	134.0	1.0 sandwich	15.09	36	374
15004	Fish, bass, striped, raw	85.0	3.0 oz	15.07	34	82
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	15.04	16	202
32009	Pasta mix, classic beef, unprepared	122.0	1.0 package	15.03	48	432
21089	Fast foods, cheeseburger; single, regular patty; plain	91.0	1.0 sandwich	15.02	24	280

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	115.0	1.0 sandwich	15.02	25	292
15045	Fish, lingcod, raw	85.0	3.0 oz	15.01	22	72
07913	Salami, pork, beef, less sodium	100.0	3.527 oz	15.01	31	396
15013	Fish, cisco, raw	79.0	1.0 fillet	15.00	13	77
25031	Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors	50.0	1.0 bar	15.00	40	211
21263	TACO BELL, Soft Taco with steak	127.0	1.0 item	15.00	27	286
21364	McDONALD'S, Hotcakes and Sausage	192.0	1.0 item	15.00	27	564
06398	CAMPBELL'S CHUNKY Soups, Firehouse - Hot & Spicy Beef & Bean Chili	245.0	1.0 cup	14.99	--	233
06437	CAMPBELL'S CHUNKY Soups, Roadhouse - Beef & Bean Chili	245.0	1.0 cup	14.99	--	233
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	14.99	16	104
15187	Fish, bass, freshwater, mixed species, cooked, dry heat	62.0	1.0 fillet	14.99	24	91
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	136.0	1.0 slice	14.99	31	332
15099	Fish, smelt, rainbow, raw	85.0	3.0 oz	14.99	26	82
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182.0	1.0 cup	14.98	96	255
16338	Beans, navy, mature seeds, cooked, boiled, with salt	182.0	1.0 cup	14.98	96	255
05295	Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	85.0	3.0 oz	14.96	17	102
05123	Chicken, stewing, meat and skin, raw	85.0	3.0 oz	14.92	17	219
15268	Fish, cod, Pacific, raw (not previously frozen)	85.0	3.0 oz	14.91	24	61
15024	Fish, drum, freshwater, raw	85.0	3.0 oz	14.91	26	101
35237	Tamales, masa and pork filling (Hopi)	113.0	4.0 oz	14.90	40	190
16522	WORTHINGTON Vegetable Steaks, canned, unprepared	72.0	2.0 slices	14.90	--	81
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	85.0	3.0 oz	14.90	13	96
15003	Fish, bass, fresh water, mixed species, raw	79.0	1.0 fillet	14.90	24	90
15243	Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	85.0	3.0 oz	14.89	28	74
21161	SUBWAY, B.L.T. sub on white bread with bacon, lettuce and tomato	148.0	6.0 inch sub	14.89	33	303
21162	Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread	148.0	6.0 inch sub	14.89	33	303
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	85.0	3.0 oz	14.88	13	231
15134	Fish, wolffish, Atlantic, raw	85.0	3.0 oz	14.88	26	82
15112	Fish, tilefish, raw	85.0	3.0 oz	14.88	24	82
05121	Chicken, stewing, meat and skin, and giblets and neck, raw	85.0	3.0 oz	14.86	17	213
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	14.86	15	200
05144	Duck, wild, meat and skin, raw	85.0	3.0 oz	14.81	17	179

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	85.0	3.0 oz	14.81	17	158
83110	Fish, mackerel, salted	80.0	1.0 piece (5-1/2" x 1-1/2" x 1/2")	14.80	48	244
15143	Crustaceans, crab, dungeness, raw	85.0	3.0 oz	14.80	38	73
22990	KASHI, STEAM MEAL, Roasted Garlic Chicken Farfalle, Frozen Entree	269.0	1.0 package	14.80	16	277
16617	MORNINGSTAR FARMS Spicy Black Bean Enchilada Entree, frozen, unprepared	255.0	1.0 entree	14.79	--	314
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	14.77	14	81
21508	WEND'YS, Crispy Chicken Sandwich	126.0	1.0 sandwich	14.77	25	350
21241	WENDY'S, Jr. Hamburger, without cheese	117.0	1.0 item	14.77	25	284
23508	USDA Commodity, beef, ground, bulk/coarse ground, frozen, raw	85.0	1.0 serving	14.76	14	194
19367	Toppings, nuts in syrup	328.0	1.0 cup	14.76	177	1469
16325	Beans, great northern, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	14.74	88	209
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	14.74	88	209
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	85.0	3.0 oz	14.74	16	94
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	123.0	1.0 slice	14.72	28	338
22910	Lasagna, cheese, frozen, prepared	225.0	1.0 cup 1 serving	14.72	47	292
23503	USDA Commodity, beef, patties (100%), frozen, cooked	64.0	1.0 patty	14.71	12	159
21250	BURGER KING, Hamburger	99.0	1.0 sandwich	14.70	25	258
10171	Pork, cured, shoulder, blade roll, separable lean and fat, roasted	85.0	3.0 oz	14.69	11	244
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	53.0	1.0 wing	14.68	13	104
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	188.0	1.0 cup	14.66	81	216
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188.0	1.0 cup	14.66	81	216
32017	Pasta mix, Italian four cheese lasagna, unprepared	117.0	1.0 package	14.66	49	415
01109	Milk, sheep, fluid	245.0	1.0 cup	14.65	44	265
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	14.64	15	204
16375	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	182.0	1.0 cup	14.63	96	229
16075	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	182.0	1.0 cup	14.63	96	229
15208	Fish, sablefish, cooked, dry heat	85.0	3.0 oz	14.61	60	212
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	85.0	3.0 oz	14.61	15	144
07005	Blood sausage	100.0	4.0 slices	14.60	8	379
15266	Fish, pollock, Alaska, raw (not previously frozen)	85.0	3.0 oz	14.59	29	60
16581	GARDENBURGER Flame Grilled Burger, frozen, unprepared	96.0	1.0 patty	14.59	--	117
05307	Chicken, cornish game hens, meat and skin, raw	85.0	3.0 oz	14.58	15	170

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
21358	McDONALD'S, Sausage McMUFFIN	115.0	1.0 item 4 oz	14.56	24	383
15155	Mollusks, abalone, mixed species, raw	85.0	3.0 oz	14.54	41	89
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	164.0	1.0 cup	14.53	79	269
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164.0	1.0 cup	14.53	79	269
05109	Chicken, roasting, meat and skin and giblets and neck, raw	85.0	3.0 oz	14.53	16	181
21499	KASHI Pizza, Roasted Vegetable, frozen, unprepared	116.0	0.33 pizza	14.50	--	260
05145	Duck, wild, breast, meat only, raw	73.0	1.0 unit (yield from 1 lb ready-to-cook duck)	14.49	16	90
20093	Pasta, fresh-refrigerated, plain, as purchased	128.0	4.5 oz	14.48	59	369
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	14.47	84	218
16316	Beans, black, mature seeds, canned, low sodium	240.0	1.0 cup	14.47	84	218
21501	KASHI Pizza, Margherita, frozen, unprepared	113.0	0.33 pizza	14.46	--	260
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	51.0	1.0 wing	14.45	12	94
10175	Pork, fresh, variety meats and by-products, tail, cooked, simmered	85.0	3.0 oz	14.45	6	337
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	14.43	85	223
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	14.43	85	224
17187	Lamb, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	14.42	19	232
20095	Pasta, fresh-refrigerated, spinach, as purchased	128.0	4.5 oz	14.41	81	370
16021	Beans, cranberry (roman), mature seeds, canned	260.0	1.0 cup	14.40	83	216
15094	Fish, shad, american, raw	85.0	3.0 oz	14.39	26	167
11195	Cowpeas (blackeyes), immature seeds, frozen, unprepared	160.0	1.0 cup	14.37	88	222
05668	Ground turkey, 85% lean, 15% fat, raw	85.0	1.0 patty (cooked from 4 oz raw)	14.36	16	153
17449	Lamb, Australian, imported, fresh, external fat, cooked	85.0	3.0 oz	14.36	17	457
21500	KASHI Pizza, Mushroom Trio & Spinach, frozen, unprepared	113.0	0.33 pizza	14.35	--	251
21020	Fast foods, english muffin, with cheese and sausage	108.0	1.0 item	14.34	23	365
35143	Tortilla, includes plain and from mutton sandwich (Navajo)	197.0	1.0 serving	14.34	37	467
05178	Turkey, liver, all classes, cooked, simmered	53.0	1.0 liver cooked	14.31	14	100
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	117.0	1.0 slice 1/8 pizza	14.31	26	321
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	117.0	1.0 slice	14.31	26	321
20324	Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	14.30	92	592
20024	Cornmeal, yellow, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	14.30	92	592
22401	Spaghetti with meat sauce, frozen entree	283.0	1.0 serving	14.29	42	255
05354	USDA Commodity, turkey taco meat, frozen, cooked	85.0	3.0 oz	14.28	23	126

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
22969	Chili with beans, microwavable bowls	244.0	1.0 cup	14.27	61	244
32008	Pasta mix, classic cheeseburger macaroni, unprepared	123.0	1.0 package	14.27	43	429
16600	MORNINGSTAR FARMS Sesame Chik'n Entree, frozen, unprepared	269.0	1.0 package	14.26	56	312
22980	KASHI, Chicken and Chipotle BBQ Sauce with Mango, Frozen Entree	269.0	1.0 package	14.26	35	291
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	85.0	3.0 oz	14.25	28	70
20040	Rice, brown, medium-grain, raw	190.0	1.0 cup	14.25	272	688
15107	Fish, sucker, white, raw	85.0	3.0 oz	14.25	26	78
05177	Turkey, liver, all classes, raw	78.0	1.0 raw liver	14.24	19	100
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	14.24	14	259
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	14.24	15	184
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	14.24	13	114
15093	Fish, seatrout, mixed species, raw	85.0	3.0 oz	14.23	26	88
21495	DOMINO'S 14" Sausage Pizza, Ultimate Deep Dish Crust	129.0	1.0 slice	14.23	31	357
16619	MORNINGSTAR FARMS Tuscan Greens & Beans, frozen, unprepared	241.0	1.0 entree	14.22	--	270
12033	Seeds, sesame flour, low-fat	28.35	1.0 oz	14.21	96	94
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	85.0	3.0 oz	14.19	16	201
21497	PIZZA HUT 14" Sausage Pizza, Hand-Tossed Crust	119.0	1.0 slice	14.18	27	342
16381	Mung beans, mature seeds, cooked, boiled, with salt	202.0	1.0 cup	14.18	97	212
16081	Mung beans, mature seeds, cooked, boiled, without salt	202.0	1.0 cup	14.18	97	212
16134	Yardlong beans, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	14.18	168	202
16434	Yardlong beans, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	14.18	168	202
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	123.0	1.0 slice	14.17	30	348
16602	MORNINGSTAR FARMS Meal Starters Veggie Meatballs, frozen, unprepared	80.0	5.0 meatballs	14.16	--	126
15059	Fish, pout, ocean, raw	85.0	3.0 oz	14.14	11	67
21441	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading	68.0	1.0 wing, with skin	14.14	15	229
12008	Seeds, cottonseed flour, low fat (glandless)	28.35	1.0 oz	14.13	203	94
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	14.12	19	171
10113	Pork, fresh, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	14.11	10	84
07016	Cheesefurter, cheese smokie, pork, beef	100.0	2.33 links	14.10	13	328
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	60.0	1.0 fillet	14.09	49	67
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	85.0	3.0 oz	14.08	14	167
21060	Fast foods, burrito, with beans	217.0	2.0 pieces	14.06	87	447
15020	Fish, croaker, Atlantic, raw	79.0	1.0 fillet	14.05	32	82

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
21482	Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	127.0	1.0 slice	14.05	29	358
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	122.0	1.0 piece	14.04	46	283
22904	Chili con carne with beans, canned entree	242.0	1.0 cup	14.04	68	259
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	85.0	3.0 oz	14.02	14	263
16005	Beans, baked, home prepared	253.0	1.0 cup	14.02	109	392
42235	Cheese, cottage, lowfat, 1% milkfat, lactose reduced	113.0	4.0 oz	14.01	6	84
43352	Cheese, cottage, lowfat, 1% milkfat, no sodium added	113.0	4.0 oz	14.01	6	81
32030	KASHI Italian Vegetable Medley Pasta, frozen, unprepared	298.0	0.5 package	14.01	--	316
22951	SWANSON, Chicken A La King	298.0	1.0 can (1 serving)	14.01	--	212
16054	Broadbeans (fava beans), mature seeds, canned	256.0	1.0 cup	14.00	82	182
01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	14.00	6	81
21412	Light Ice Cream, soft serve, blended with milk chocolate candies	348.0	12.0 fl oz cup	13.99	59	633
21338	McDONALD'S, McFLURRY with M&M'S CANDIES	348.0	1.0 regular (12 fl oz)	13.99	59	616
16534	WORTHINGTON Stakelets, frozen, unprepared	71.0	1.0 piece	13.99	--	150
19348	Syrups, chocolate, fudge-type	304.0	1.0 cup	13.98	146	1064
01036	Cheese, ricotta, whole milk	124.0	0.5 cup	13.96	14	216
20036	Rice, brown, long-grain, raw	185.0	1.0 cup	13.95	215	679
15073	Fish, roughy, orange, raw	85.0	3.0 oz	13.95	14	65
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	123.0	1.0 slice	13.95	28	305
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	115.0	1.0 slice	13.94	28	279
15043	Fish, herring, Pacific, raw	85.0	3.0 oz	13.93	27	166
15010	Fish, catfish, channel, wild, raw	85.0	3.0 oz	13.92	20	81
12011	Seeds, cottonseed meal, partially defatted (glandless)	28.35	1.0 oz	13.92	215	104
05075	Chicken, broilers or fryers, leg, meat and skin, raw	85.0	3.0 oz	13.91	16	182
16361	Cowpeas, catjang, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	13.90	164	200
16061	Cowpeas, catjang, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	13.90	164	200
20446	Rice, white, long-grain, parboiled, unenriched, dry	185.0	1.0 cup	13.89	50	692
20046	Rice, white, long-grain, parboiled, enriched, dry	185.0	1.0 cup	13.89	50	692
15033	Fish, haddock, raw	85.0	3.0 oz	13.87	18	63
21498	PIZZA HUT 14" Sausage Pizza, Pan Crust	125.0	1.0 slice	13.85	26	359
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	127.0	1.0 slice	13.84	29	309
16079	Mothbeans, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	13.82	184	207
16379	Mothbeans, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	13.82	184	207
15163	Mollusks, cuttlefish, mixed species, raw	85.0	3.0 oz	13.80	26	67
12005	Seeds, breadnut tree seeds, dried	160.0	1.0 cup	13.79	184	587

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
21611	School Lunch, chicken nuggets, whole grain breaded	88.0	5.0 pieces	13.79	21	238
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	222.0	1.0 serving	13.79	73	486
21269	TACO BELL, Nachos Supreme	222.0	1.0 serving	13.79	73	495
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	13.73	14	275
05315	Duck, young duckling, domesticated, White Pekin, breast, meat and skin, boneless, cooked, roasted	56.0	1.0 unit (yield from 1 lb ready-to-cook duck)	13.72	--	113
15104	Fish, sturgeon, mixed species, raw	85.0	3.0 oz	13.72	30	89
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	117.0	1.0 piece	13.71	42	300
90560	Mollusks, snail, raw	85.0	3.0 oz	13.69	212	76
21355	McDONALD'S, McCHICKEN Sandwich	131.0	1.0 sandwich	13.66	26	358
15129	Fish, turbot, european, raw	85.0	3.0 oz	13.64	43	81
15128	Fish, tuna salad	85.0	3.0 oz	13.63	16	159
07958	Turkey sausage, fresh, cooked	57.0	1.0 serving	13.62	12	112
01275	Yogurt, Greek, nonfat, vanilla, CHOBANI	150.0	5.3 oz	13.60	16	106
16528	WORTHINGTON Dinner Roast, frozen, unprepared	85.0	1.0 slice , 3/4"	13.60	--	181
21264	TACO BELL, Bean Burrito	185.0	1.0 each burrito	13.60	63	387
21061	Fast foods, burrito, with beans and cheese	185.0	1.0 each burrito	13.60	63	379
15145	Crustaceans, crayfish, mixed species, wild, raw	85.0	3.0 oz	13.57	23	65
16384	Mungo beans, mature seeds, cooked, boiled, with salt	180.0	1.0 cup	13.57	113	189
16084	Mungo beans, mature seeds, cooked, boiled, without salt	180.0	1.0 cup	13.57	113	189
21303	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	118.0	1.0 slice	13.56	27	339
07914	Sausage, Italian, sweet, links	84.0	1.0 link 3 oz	13.55	10	125
21119	Fast foods, hotdog, with chili	114.0	1.0 sandwich	13.51	10	296
21283	PAPA JOHN'S 14" Cheese Pizza, Original Crust	117.0	1.0 slice	13.49	28	304
05146	Goose, domesticated, meat and skin, raw	85.0	3.0 oz	13.48	15	315
21296	PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust	110.0	1.0 slice	13.45	26	320
22994	KASHI Spinach Artichoke Pasta, frozen, unprepared	269.0	1.0 entree	13.45	--	277
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	104.0	1.0 slice	13.45	28	276
22963	Lean Pockets, Meatballs & Mozzarella	128.0	1.0 each	13.43	29	307
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	13.39	14	286
06026	Soup, chili beef, canned, condensed	263.0	1.0 cup (8 fl oz)	13.39	50	308
21413	Light Ice Cream, soft serve, blended with cookie pieces	337.0	12.0 fl oz cup	13.38	47	570
21339	McDONALD'S, McFLURRY with OREO cookies	337.0	1.0 regular (12 fl oz)	13.38	47	556
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	256.0	1.0 cup	13.36	77	207

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256.0	1.0 cup	13.36	77	207
16029	Beans, kidney, all types, mature seeds, canned	256.0	1.0 cup	13.36	69	215
25004	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Chewy Chocolate Peanut Bar	55.0	1.0 bar	13.36	140	218
21484	Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	116.0	1.0 slice	13.34	28	325
21018	Fast foods, egg, scrambled	96.0	2.0 eggs	13.29	13	204
32022	KASHI Three Cheese Ravioli with Mediterranean Tomato Sauce, frozen, unprepared	241.0	0.5 package	13.26	--	316
11211	Edamame, frozen, unprepared	118.0	1.0 cup	13.24	72	129
21083	Fast foods, taco salad	198.0	1.5 cup	13.23	51	279
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	171.0	1.0 cup	13.22	91	198
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	171.0	1.0 cup	13.22	91	198
20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	13.19	46	675
20044	Rice, white, long-grain, regular, raw, enriched	185.0	1.0 cup	13.19	46	675
06142	Sauce, sofrito, prepared from recipe	103.0	0.5 cup	13.18	26	244
07024	Frankfurter, chicken	85.0	3.0 oz	13.18	17	190
10088	Pork, fresh, spareribs, separable lean and fat, raw	85.0	3.0 oz	13.15	14	235
16009	Beans, baked, canned, with pork	253.0	1.0 cup	13.13	86	268
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	13.12	14	81
22962	LEAN POCKETS, Ham N Cheddar	127.0	1.0 hot pocket (1 NLEA serving)	13.06	27	292
16504	LOMA LINDA Tender Rounds with Gravy, canned, unprepared	80.0	6.0 pieces	13.04	--	116
21487	Fast foods, taco with chicken, lettuce and cheese, soft	98.0	1.0 each taco	13.03	24	185
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	98.0	1.0 each taco	13.03	24	185
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	111.0	1.0 slice	13.03	27	313
21437	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	60.0	1.0 wing, with skin	13.02	14	178
23438	Beef, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	13.01	17	342
32015	Turnover, cheese-filled, tomato-based sauce, frozen, unprepared	127.0	1.0 serving 4.5 oz	13.00	29	298
43528	Beverages, ABBOTT, ENSURE PLUS, ready-to-drink	252.0	1.0 cup	13.00	101	355
25032	Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	78.0	1.0 bar	13.00	250	304
20452	Rice, white, short-grain, raw, unenriched	200.0	1.0 cup	13.00	46	716
20052	Rice, white, short-grain, enriched, uncooked	200.0	1.0 cup	13.00	46	716
16525	WORTHINGTON Chic-Ketts, frozen, unprepared	55.0	2.0 slices (3/8" thick)	12.98	7	110
32014	Macaroni or noodles with cheese, made from reduced fat packaged mix, unprepared	99.0	1.0 serving (3.5 oz)	12.97	35	294

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
01161	Cheese substitute, mozzarella	113.0	1.0 cup, shredded	12.96	46	280
21297	PIZZA HUT 14" Pepperoni Pizza, Pan Crust	113.0	1.0 slice	12.96	25	329
01286	Yogurt, Greek, vanilla, nonfat	150.0	1.0 container (5.3 oz)	12.96	15	117
12145	Nuts, pilinuts, dried	120.0	1.0 cup	12.96	362	863
15234	Fish, catfish, channel, farmed, raw	85.0	3.0 oz	12.95	16	101
08393	Cereals ready-to-eat, KASHI GOLEAN	52.0	1.0 cup (1 NLEA serving)	12.94	53	162
23506	USDA Commodity, beef patties with VPP, frozen, raw	85.0	1.0 serving	12.93	31	191
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	170.0	1.0 cup	12.92	73	187
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	170.0	1.0 cup	12.92	73	187
21109	Fast foods, hamburger; single, regular patty; with condiments and vegetables	110.0	1.0 item	12.91	22	279
20481	Wheat flour, white, all-purpose, unenriched	125.0	1.0 cup	12.91	28	455
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	125.0	1.0 cup	12.91	28	455
20081	Wheat flour, white, all-purpose, enriched, bleached	125.0	1.0 cup	12.91	28	455
20581	Wheat flour, white, all-purpose, enriched, unbleached	125.0	1.0 cup	12.91	28	455
05356	Chicken, broiler, rotisserie, BBQ, skin	85.0	1.0 serving	12.91	19	321
21108	Fast foods, hamburger; single, regular patty; with condiments	97.0	1.0 sandwich	12.90	21	255
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 wing	12.90	13	141
20050	Rice, white, medium-grain, raw, enriched	195.0	1.0 cup	12.89	68	702
20450	Rice, white, medium-grain, raw, unenriched	195.0	1.0 cup	12.89	68	702
21107	Fast foods, hamburger; single, regular patty; plain	78.0	1.0 sandwich	12.89	21	232
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	102.0	1.0 slice	12.88	28	268
17377	Lamb, New Zealand, imported, testes, raw	113.0	4.0 oz	12.88	12	77
16508	LOMA LINDA Tender Bits, canned, unprepared	85.0	6.0 pieces	12.84	--	115
21496	PIZZA HUT 14" Sausage Pizza, THIN 'N CRISPY Crust	92.0	1.0 slice	12.83	22	297
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	158.0	1.0 cup cup rinsed solids	12.83	46	191
17358	Lamb, New Zealand, imported, brains, raw	113.0	4.0 oz	12.80	16	133
20647	Millet flour	119.0	1.0 cup	12.79	142	455
21011	Fast foods, croissant, with egg and cheese	127.0	1.0 croissant	12.79	22	386
16171	Refried beans, canned, vegetarian	242.0	1.0 cup	12.78	92	201
07006	Bockwurst, pork, veal, raw	91.0	1.0 sausage	12.77	24	274
14041	Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	237.0	1.0 bottle	12.75	90	327
22919	Macaroni and Cheese, canned, microwavable	213.0	7.5 oz 1 serving	12.74	28	285
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	113.0	1.0 slice	12.71	27	308
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	118.0	1.0 slice	12.70	28	313
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	12.67	26	70

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
16011	Beans, baked, canned, with pork and tomato sauce	246.0	1.0 cup	12.67	84	231
36036	Restaurant, family style, onion rings	259.0	1.0 serving	12.67	49	922
43112	Beans, chili, barbecue, ranch style, cooked	253.0	1.0 cup	12.65	114	245
06730	Soup, split pea with ham, chunky, reduced fat, reduced sodium, ready-to-serve, single brand	243.0	1.0 serving	12.64	--	185
21494	DOMINO'S 14" Sausage Pizza, Classic Hand-Tossed Crust	114.0	1.0 slice	12.63	28	311
32005	Macaroni and cheese, box mix with cheese sauce, prepared	189.0	1.0 cup prepared	12.63	28	310
06249	Soup, pea, green, canned, prepared with equal volume milk	254.0	1.0 cup (8 fl oz)	12.62	56	239
15242	Crustaceans, crayfish, mixed species, farmed, raw	85.0	3.0 oz	12.62	26	61
20124	Pasta, whole-wheat, dry	91.0	1.0 cup spaghetti	12.62	116	320
21433	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed	44.0	1.0 wing, without skin	12.61	11	104
06007	Soup, bean with ham, canned, chunky, ready-to-serve	243.0	1.0 cup (8 fl oz)	12.61	46	231
20054	Rice, white, glutinous, unenriched, uncooked	185.0	1.0 cup	12.60	43	684
21293	PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust	105.0	1.0 slice	12.58	25	289
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	12.57	9	111
36413	Restaurant, Latino, black bean soup	246.0	1.0 cup	12.55	101	253
22981	KASHI, Chicken Enchilada with Ancho Sauce, Frozen Entree	255.0	1.0 package	12.50	26	283
16323	Beans, french, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	12.48	99	228
16023	Beans, french, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	12.48	99	228
36026	CRACKER BARREL, onion rings, thick-cut	261.0	1.0 serving	12.48	55	853
15157	Mollusks, clam, mixed species, raw	85.0	3.0 oz	12.47	16	73
11039	Lima beans, immature seeds, frozen, baby, unprepared	164.0	1.0 cup	12.45	82	216
23507	USDA Commodity, beef, patties (100%), frozen, raw	85.0	3.0 oz	12.44	15	173
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	115.0	1.0 slice	12.43	26	312
17375	Lamb, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	12.43	16	81
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	225.0	1.0 pie crust (average weight)	12.42	34	1053
20622	Spaghetti, protein-fortified, dry, enriched (n x 6.25)	57.0	2.0 oz	12.41	37	213
06002	Soup, black bean, canned, condensed	257.0	1.0 cup (8 fl oz)	12.41	85	234
20523	Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	140.0	1.0 cup	12.40	42	230
11373	Potatoes, au gratin, home-prepared from recipe using butter	245.0	1.0 cup	12.40	49	323
11843	Potatoes, au gratin, home-prepared from recipe using margarine	245.0	1.0 cup	12.40	49	323
06015	Soup, chicken, canned, chunky, ready-to-serve	245.0	1.0 cup	12.40	7	174
16556	MORNINGSTAR FARMS Chik'n Nuggets, frozen, unprepared	86.0	4.0 nuggets	12.38	--	190
25008	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Honey Nut Oat Bar	55.0	1.0 bar	12.38	174	208

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
01276	Yogurt, Greek, strawberry, DANNON OIKOS	150.0	5.3 oz	12.38	15	159
20082	Wheat flour, white, all-purpose, self-rising, enriched	125.0	1.0 cup	12.36	24	442
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	96.0	1.0 slice	12.35	22	269
16172	Refried beans, canned, fat-free	231.0	1.0 cup	12.34	88	182
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	202.0	1.0 pie crust (average weight)	12.32	34	1052
43273	Cheese, cottage, with vegetables	113.0	4.0 oz	12.32	5	107
43396	Cheese, cottage, lowfat, 1% milkfat, with vegetables	113.0	4.0 oz	12.32	5	76
15054	Fish, monkfish, raw	85.0	3.0 oz	12.31	18	65
17190	Veal, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	12.31	15	181
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	12.30	12	88
20135	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, dry	91.0	1.0 cup spaghetti	12.29	95	329
25006	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Double Chocolate Nut Bar	55.0	1.0 bar	12.29	174	189
06974	Soup, vegetable chicken, canned, prepared with water, low sodium	241.0	1.0 cup	12.29	10	166
21228	McDONALD'S, Hamburger	95.0	1.0 sandwich	12.27	20	251
06022	Soup, chicken rice, canned, chunky, ready-to-serve	240.0	1.0 cup	12.26	10	127
21472	Fast Foods, Fried Chicken, Wing, meat and skin and breading	58.0	1.0 wing, with skin	12.26	14	180
01284	Yogurt, Greek, strawberry, lowfat	150.0	1.0 container (5.3 oz)	12.26	15	154
07972	Meatballs, frozen, Italian style	85.0	3.0 oz	12.24	26	243
06980	Soup, beef stroganoff, canned, chunky style, ready-to-serve	240.0	1.0 cup	12.24	5	235
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	90.0	1.0 slice	12.23	25	246
05050	Chicken, broilers or fryers, back, meat and skin, cooked, fried, flour	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	12.23	10	146
15038	Fish, halibut, Greenland, raw	85.0	3.0 oz	12.21	22	158
32023	KASHI Mushroom & Asparagus Risotto, frozen, unprepared	284.0	0.5 package	12.21	--	329
16506	LOMA LINDA Vege-Burger, canned, unprepared	55.0	0.25 cup	12.21	--	63
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	107.0	1.0 slice	12.19	26	285
01278	Yogurt, Greek, nonfat, vanilla, DANNON OIKOS	150.0	5.3 oz	12.18	15	128
16514	WORTHINGTON Low Fat Fri Chik, canned, unprepared	85.0	2.0 pieces	12.16	--	87
21294	PIZZA HUT 14" Cheese Pizza, Pan Crust	112.0	1.0 slice	12.15	24	309
43449	Beans, baked, canned, no salt added	253.0	1.0 cup	12.14	81	266
15142	Crustaceans, crab, blue, crab cakes, home recipe	60.0	1.0 cake	12.13	20	93
22902	Pizza, meat topping, thick crust, frozen, cooked	103.0	1.0 slice 1/8 of 12" pizza	12.11	26	282
07207	OSCAR MAYER, Braunschweiger Liver Sausage (sliced)	85.0	3.0 oz	12.11	12	281
15213	Fish, scup, cooked, dry heat	50.0	1.0 fillet	12.10	14	68

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
15158	Mollusks, clam, mixed species, cooked, breaded and fried	85.0	3.0 oz	12.10	12	172
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	109.0	1.0 burrito	12.10	20	302
21340	McDONALD'S, Sausage Burrito	109.0	1.0 burrito	12.10	20	302
27043	Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve	519.0	1.0 can	12.09	67	363
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	12.08	8	110
01285	Yogurt, Greek, strawberry, nonfat	150.0	1.0 container (5.3 oz)	12.08	15	123
16611	MORNINGSTAR FARMS Parmesan Garlic Wings, frozen, unprepared	85.0	5.0 Wings	12.07	--	193
16006	Beans, baked, canned, plain or vegetarian	254.0	1.0 cup	12.06	69	239
16513	WORTHINGTON FriChik Original, canned, unprepared	90.0	2.0 pieces	12.06	--	144
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	55.0	1.0 bar	12.05	174	212
01280	Yogurt, Greek, nonfat, strawberry, DANNON OIKOS	150.0	5.3 oz	12.04	16	126
01281	Yogurt, Greek, nonfat, strawberry, CHOBANI	150.0	5.3 oz	12.04	15	120
32032	Sausage, egg and cheese breakfast biscuit	126.0	1.0 biscuit	12.02	20	408
20653	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry	91.0	1.0 cup spaghetti	12.01	86	329
32013	Potsticker or wonton, pork and vegetable, frozen, unprepared	145.0	5.0 pieces 1 serving	12.01	30	197
06459	CAMPBELL'S CHUNKY Soups, Split Pea 'N' Ham Soup	245.0	1.0 cup	12.00	--	191
32027	Turnover, meat- and cheese-filled, tomato-based sauce, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	12.00	23	273
32019	Lasagna, cheese, frozen, unprepared	237.0	1.0 cup 1 serving	11.99	45	344
06482	CAMPBELL'S Low Sodium Soups, Chicken with Noodles Soup	305.0	1.0 serving 1 container	11.99	--	159
16555	MORNINGSTAR FARMS Buffalo Wings, frozen, unprepared	85.0	5.0 Wings	11.98	--	197
07059	Polish sausage, pork	85.0	3.0 oz	11.98	12	277
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	11.97	101	189
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	180.0	1.0 cup	11.97	101	189
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	85.0	3.0 oz	11.96	14	99
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	51.0	1.0 wing	11.94	12	131
22118	MORNINGSTAR FARMS Garden Veggie Patties, frozen, unprepared	67.0	1.0 burger	11.93	--	118
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	85.0	3.0 oz	11.93	13	131
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	89.0	1.0 slice	11.92	25	236
05174	Turkey, gizzard, all classes, cooked, simmered	45.0	1.0 gizzard cooked	11.90	9	70
16345	Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water	169.0	1.0 cup	11.90	51	198
32036	JIMMY DEAN, Sausage, Egg, and Cheese Breakfast Biscuit, frozen, unprepared	128.0	1.0 biscuit	11.89	19	420
16073	Lima beans, large, mature seeds, canned	241.0	1.0 cup	11.88	94	190

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
12163	Seeds, pumpkin and squash seeds, whole, roasted, without salt	64.0	1.0 cup	11.87	168	285
12663	Seeds, pumpkin and squash seeds, whole, roasted, with salt added	64.0	1.0 cup	11.87	168	285
20420	Pasta, dry, unenriched	91.0	1.0 cup spaghetti	11.87	48	338
20120	Pasta, dry, enriched	91.0	1.0 cup spaghetti	11.87	48	338
15216	Fish, spot, cooked, dry heat	50.0	1.0 fillet	11.86	27	79
16403	Refried beans, canned, traditional, reduced sodium	238.0	1.0 cup	11.85	83	212
16103	Refried beans, canned, traditional style (includes USDA commodity)	238.0	1.0 cup	11.85	83	214
15103	Fish, spot, raw	64.0	1.0 fillet	11.85	27	79
05173	Turkey, gizzard, all classes, raw	63.0	1.0 raw gizzard	11.84	12	70
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	127.0	1.0 hot pocket (1 NLEA serving)	11.84	28	321
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	11.81	10	92
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	11.81	65	211
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	240.0	1.0 cup	11.81	65	211
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	11.80	13	105
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	11.80	13	105
16502	LOMA LINDA Low Fat Big Franks, canned, unprepared	51.0	1.0 link	11.78	--	79
22975	Chicken, nuggets, white meat, precooked, frozen, not reheated	82.0	1.0 serving	11.78	29	214
05016	Chicken, broilers or fryers, skin only, cooked, fried, batter	114.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	11.76	14	449
43137	Vegetarian meatloaf or patties	56.0	1.0 slice	11.76	10	110
21483	Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	88.0	1.0 slice	11.76	22	282
07910	Bratwurst, veal, cooked	84.0	1.0 serving 2.96 oz	11.75	13	286
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	100.0	1.0 slice	11.73	21	280
25024	Pretzels, soft, unsalted	143.0	1.0 large	11.73	30	493
43109	Pretzels, soft	143.0	1.0 large	11.73	30	483
35147	Tamales (Navajo)	186.0	1.0 piece	11.68	41	285
21443	POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed	44.0	1.0 drumstick, bone and skin removed	11.66	11	75
21277	DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	108.0	1.0 slice	11.66	26	278
07013	Bratwurst, pork, cooked	85.0	1.0 link cooked	11.66	18	283
16173	Frijoles rojos volteados (Refried beans, red, canned)	233.0	1.0 cup	11.65	84	336
15060	Fish, perch, mixed species, raw	60.0	1.0 fillet	11.63	18	55
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	11.63	23	306

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	57.0	1.0 wing, with skin	11.63	13	193
06738	Soup, split pea with ham and bacon, canned, condensed, single brand	135.0	1.0 serving	11.61	--	189
20025	Cornmeal, yellow, self-rising, degermed, enriched	138.0	1.0 cup	11.61	68	490
20325	Cornmeal, white, self-rising, degermed, enriched	138.0	1.0 cup	11.61	68	490
21002	Fast foods, biscuit, with egg	136.0	1.0 biscuit	11.60	19	373
43241	Cereals ready-to-eat, FAMILIA	122.0	1.0 cup	11.59	387	473
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	11.58	126	209
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	170.0	1.0 cup	11.58	126	209
22121	MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared	71.0	1.0 Burger	11.57	--	94
01057	Eggnog	254.0	1.0 cup	11.56	48	224
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	96.0	1.0 slice	11.49	21	286
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	96.0	1.0 slice	11.45	21	260
15061	Fish, perch, mixed species, cooked, dry heat	46.0	1.0 fillet	11.44	17	54
12032	Seeds, sesame flour, partially defatted	28.35	1.0 oz	11.43	103	108
07928	Sausage, chicken, beef, pork, skinless, smoked	84.0	1.0 link	11.42	12	181
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	170.0	1.0 cup	11.42	48	626
20090	Rice flour, brown	158.0	1.0 cup	11.42	177	574
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	11.41	28	279
15074	Fish, sablefish, raw	85.0	3.0 oz	11.40	47	166
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	126.0	0.5 cup	11.39	47	98
21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	110.0	1.0 item	11.38	19	311
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240.0	1.0 cup	11.38	67	185
36040	CRACKER BARREL, macaroni n' cheese	175.0	1.0 serving	11.36	30	340
16102	Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	168.0	1.0 cup	11.36	77	203
16402	Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	168.0	1.0 cup	11.36	77	203
21306	Fast foods, griddle cake sandwich, sausage	135.0	1.0 item	11.35	19	429
21328	McDONALD'S, Sausage McGRIDDLES	135.0	1.0 item	11.35	19	421
05661	Chicken, liver, all classes, cooked, pan-fried	44.0	1.0 liver	11.34	12	76
21491	PIZZA HUT 14" Pepperoni Pizza, THIN 'N CRISPY Crust	80.0	1.0 slice	11.30	20	266
22535	HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	11.30	23	298
08649	Cereals ready-to-eat, KASHI GOLEAN CRISP Cinnamon Crumble	51.0	0.75 cup (1 NLEA serving)	11.27	37	185
21361	McDONALD'S, Sausage Biscuit	117.0	1.0 item 4.1 oz	11.26	15	440
16010	Beans, baked, canned, with pork and sweet sauce	249.0	1.0 cup	11.25	75	261
16275	Vitasoy USA Organic Nasoya Sprouted, Tofu Plus Super Firm	85.0	3.0 oz	11.25	--	98

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
16003	Beans, adzuki, mature seeds, canned, sweetened	296.0	1.0 cup	11.25	92	702
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	11.24	11	144
20084	Wheat flour, white, cake, enriched	137.0	1.0 cup unsifted, dipped	11.23	22	496
21246	WENDY'S, Chicken Nuggets	68.0	5.0 pieces	11.19	15	222
21428	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	39.0	1.0 wing wing without skin	11.17	9	84
07925	Pastrami, beef, 98% fat-free	57.0	1.0 serving 6 slices	11.17	10	54
20022	Cornmeal, degermed, enriched, yellow	157.0	1.0 cup	11.16	50	581
20322	Cornmeal, degermed, enriched, white	157.0	1.0 cup	11.16	50	581
20422	Cornmeal, degermed, unenriched, yellow	157.0	1.0 cup	11.16	50	581
20522	Cornmeal, degermed, unenriched, white	157.0	1.0 cup	11.16	50	581
11311	Peas, green, canned, drained solids, rinsed in tap water	257.0	1.0 can	11.13	46	182
16565	MORNINGSTAR FARMS Sausage Style Recipe Crumbles, frozen, unprepared	55.0	0.667 cup	11.11	--	87
20064	Rye flour, medium	102.0	1.0 cup	11.10	64	356
11344	Pigeonpeas, immature seeds, raw	154.0	1.0 cup	11.09	105	209
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	240.0	1.0 cup	11.09	38	185
21485	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	79.0	1.0 slice	11.07	20	261
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	11.07	73	881
11656	Corn pudding, home prepared	250.0	1.0 cup	11.05	38	328
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	11.04	79	197
11413	Potato flour	160.0	1.0 cup	11.04	104	571
16044	Beans, pinto, mature seeds, canned, solids and liquids	240.0	1.0 cup	11.04	79	197
20105	Macaroni, vegetable, enriched, dry	84.0	1.0 cup spiral shaped	11.04	39	308
22939	SPAGHETTIOS, SpaghettiOs RavioliOs Beef Ravioli in Meat Sauce	252.0	1.0 cup (1 serving)	11.01	--	267
22940	SPAGHETTIOS, SpaghettiOs with Meatballs	252.0	1.0 cup (1 serving)	11.01	40	239
22522	Pasta with Sliced Franks in Tomato Sauce, canned entree	252.0	1.0 serving (1 cup)	11.01	35	227
22942	SPAGHETTIOS, SpaghettiOs A to Z's with Meatballs	252.0	1.0 cup (1 serving)	11.01	0	239
22929	SPAGHETTIOS, Mini Beef Ravioli in Meat Sauce	259.0	1.0 cup	11.01	--	256
06414	CAMPBELL'S CHUNKY Soups, Hearty Bean 'N' Ham Soup	245.0	1.0 cup	11.00	--	181
22952	SWANSON, Chicken and Dumplings	247.0	1.0 cup (1 serving)	10.99	--	230
16147	Veggie burgers or soyburgers, unprepared	70.0	1.0 pattie	10.99	39	124
21492	DOMINO'S 14" Pepperoni Pizza, Crunchy Thin Crust	79.0	1.0 slice	10.97	20	259
08705	Cereals ready-to-eat, KASHI GOLEAN Vanilla Graham Clusters	51.0	1.0 Cup (1 NLEA serving)	10.96	39	168
22126	LOMA LINDA Big Franks, canned, unprepared	51.0	1.0 link	10.96	--	111

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
22901	Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased	81.0	0.75 cup	10.94	17	249
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	67.0	1.0 serving 4 pieces in serving	10.90	15	253
15174	Mollusks, scallop, mixed species, imitation, made from surimi	85.0	3.0 oz	10.85	37	84
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	30.0	0.25 cup	10.85	33	109
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	30.0	0.25 cup	10.85	33	109
07039	Lebanon bologna, beef	57.0	1.0 serving 2 slices	10.85	11	98
28287	Bread, naan, whole wheat, commercially prepared, refrigerated	106.0	1.0 piece	10.81	72	303
01141	Egg, turkey, whole, fresh, raw	79.0	1.0 egg	10.81	10	135
06978	Soup, beef and mushroom, low sodium, chunk style	251.0	1.0 cup	10.79	5	173
16532	WORTHINGTON Prosage Roll, frozen, unprepared	55.0	1.0 slice , 5/8"	10.78	--	144
05028	Chicken, liver, all classes, cooked, simmered	44.0	1.0 liver	10.76	11	73
22987	KASHI Pesto Pasta Primavera, frozen, unprepared	283.0	1.0 entree	10.75	--	286
22912	Spaghetti, with meatballs in tomato sauce, canned	246.0	1.0 cup	10.75	32	246
21009	Fast foods, biscuit, with sausage	111.0	1.0 item	10.73	14	412
11658	Spinach souffle	136.0	1.0 cup	10.73	41	234
20086	Wheat flour, white, tortilla mix, enriched	111.0	1.0 cup	10.72	23	450
07955	Turkey sausage, fresh, raw	57.0	1.0 serving	10.71	11	88
21143	CHICK-FIL-A, Chick-n-Strips	50.0	1.0 strip	10.70	15	114
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	87.0	1.0 slice	10.69	19	257
13319	Beef, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	10.68	13	167
11031	Lima beans, immature seeds, raw	156.0	1.0 cup	10.67	90	176
20141	Spelt, cooked	194.0	1.0 cup	10.67	95	246
17186	Lamb, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	10.67	12	123
08120	Cereals, oats, regular and quick, not fortified, dry	81.0	1.0 cup	10.65	112	307
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	85.0	3.0 oz	10.65	14	270
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	37.0	1.0 wing without skin	10.64	9	80
13345	Beef, cured, breakfast strips, cooked	34.0	3.0 slices	10.64	9	153
23501	USDA Commodity, beef patties with VPP, frozen, cooked	68.0	1.0 patty	10.64	33	168
21431	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed	41.0	1.0 drumstick, bone and skin removed	10.62	9	70
10099	Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	85.0	3.0 oz	10.62	8	198
12131	Nuts, macadamia nuts, raw	134.0	1.0 cup, whole or halves	10.60	174	962
07968	Kielbasa, fully cooked, grilled	85.0	3.0 oz	10.58	14	286
21295	PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust	79.0	1.0 slice	10.56	19	242
11316	Peas, mature seeds, sprouted, raw	120.0	1.0 cup	10.56	67	149
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	69.0	1.0 slice	10.55	17	209

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
15153	Crustaceans, shrimp, mixed species, imitation, made from surimi	85.0	3.0 oz	10.53	37	86
08144	Cereals, whole wheat hot natural cereal, dry	94.0	1.0 cup	10.53	115	321
21426	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	10.52	9	70
36038	Restaurant, family style, spaghetti and meatballs	134.0	1.0 cup	10.51	31	228
05054	Chicken, broilers or fryers, back, meat only, cooked, fried	35.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	10.50	9	101
21465	Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	10.50	10	69
22974	Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	87.0	1.0 serving	10.46	22	233
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	99.0	1.0 bagel	10.45	29	261
28288	Bread, roll, Mexican, bollilo	98.0	1.0 piece	10.44	29	312
36412	Restaurant, Latino, tamale, pork	142.0	1.0 piece	10.44	37	247
36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	777.0	1.0 order	10.41	70	334
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	53.0	1.0 strip	10.39	15	134
21118	Fast foods, hotdog, plain	98.0	1.0 sandwich	10.39	13	242
16606	MORNINGSTAR FARMS Mediterranean Chickpea, frozen, unprepared	67.0	1.0 Burger	10.38	12	134
16554	MORNINGSTAR FARMS Tomato & Basil Pizza Burger, frozen, unprepared	67.0	1.0 burger	10.38	--	108
21417	POPEYES, Mild Chicken Strips, analyzed 2006	54.0	1.0 strip	10.37	14	146
06051	Soup, pea, split with ham, canned, condensed	135.0	0.5 cup (4 fl oz)	10.37	49	190
21023	Fast foods, french toast with butter	135.0	2.0 slices	10.34	16	356
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	10.34	11	498
06451	Soup, pea, split with ham, canned, prepared with equal volume water	253.0	1.0 cup (8 fl oz)	10.32	48	190
07209	OSCAR MAYER, Chicken Breast (honey glazed)	52.0	1.0 serving (4 slices)	10.32	19	57
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170.0	1.0 cup	10.32	71	175
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	10.32	10	117
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	170.0	1.0 cup	10.32	71	175
01094	Milk, buttermilk, dried	30.0	0.25 cup	10.29	33	116
12632	Nuts, macadamia nuts, dry roasted, with salt added	132.0	1.0 cup, whole or halves	10.28	156	945
12132	Nuts, macadamia nuts, dry roasted, without salt added	132.0	1.0 cup, whole or halves	10.28	156	948
06190	Soup, bean & ham, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	10.27	47	198
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	10.24	61	170

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
16523	WORTHINGTON Vegetarian Burger, canned, unprepared	55.0	0.25 cup	10.23	--	68
16527	WORTHINGTON Meatless Corned Beef Roll, frozen, unprepared	55.0	2.0 slices , 3/8"	10.23	--	135
14312	Beverages, Malted drink mix, natural, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	10.23	45	233
36418	Restaurant, Mexican, refried beans	148.0	1.0 cup	10.23	65	231
06064	Soup, turkey, chunky, canned, ready-to-serve	236.0	1.0 cup (8 fl oz)	10.22	24	135
20648	Sorghum flour, whole-grain	121.0	1.0 cup	10.20	149	434
07075	Sausage, smoked link sausage, pork and beef	85.0	3.0 oz	10.20	11	272
16533	WORTHINGTON Smoked Turkey Roll, frozen, unprepared	55.0	1.0 slice , 3/8"	10.18	--	138
25005	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON MULTIGRAIN CRUNCH BAR	55.0	1.0 bar	10.17	140	232
35142	Frybread, made with lard (Navajo)	152.0	1.0 piece	10.17	27	502
05093	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, flour	38.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	10.16	10	100
01033	Cheese, parmesan, hard	28.35	1.0 oz	10.14	12	111
22928	Burrito, beef and bean, microwaved	116.0	1.0 burrito cooked	10.13	42	346
12144	Nuts, pecans, oil roasted, without salt added	110.0	1.0 cup	10.12	133	786
12644	Nuts, pecans, oil roasted, with salt added	110.0	1.0 cup	10.12	133	786
21309	McDONALD'S, Chicken McNUGGETS	64.0	4.0 pieces	10.11	15	193
20023	Cornmeal, yellow, self-rising, bolted, plain, enriched	122.0	1.0 cup	10.10	105	407
20323	Cornmeal, white, self-rising, bolted, plain, enriched	122.0	1.0 cup	10.10	105	407
12022	Seeds, safflower seed meal, partially defatted	28.35	1.0 oz	10.10	99	97
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	248.0	1.0 cup	10.09	84	176
22917	Burrito, beef and bean, frozen	139.0	1.0 burrito frozen	10.09	44	332
07018	Chicken spread	56.0	1.0 serving (1 serving)	10.09	7	88
06729	Soup, sirloin burger with vegetables, ready-to-serve, single brand	240.0	1.0 serving	10.08	--	185
36403	Restaurant, Latino, empanadas, beef, prepared	89.0	1.0 piece	10.07	19	298
01093	Milk, dry, nonfat, calcium reduced	28.35	1.0 oz	10.06	17	100
22945	SUPPER BAKES MEAL KITS, Garlic Chicken with pasta (chicken not included)	103.0	0.167 box (NLEA serving)	10.05	--	227
42189	Milk, buttermilk, fluid, cultured, reduced fat	245.0	1.0 cup	10.04	32	137
16561	MORNINGSTAR FARMS Corn Dog Mini, frozen, unprepared	76.0	4.0 pieces	10.03	--	166
16427	Tofu, raw, regular, prepared with calcium sulfate	124.0	0.5 cup	10.02	37	94
20065	Rye flour, light	102.0	1.0 cup	10.02	33	364
01263	Ice cream, light, soft serve, chocolate	298.0	1.0 medium	10.01	107	420
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	154.0	1.0 pie crust (average weight of 1 baked crust)	10.01	26	782

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
07015	Brotwurst, pork, beef, link	70.0	1.0 link	10.01	11	226
25051	Snacks, CLIF BAR, mixed flavors	68.0	1.0 bar	10.00	100	235
14163	Beverages, chocolate drink, milk and soy based, ready to drink, fortified	237.0	8.0 fl oz	10.00	100	239
19130	Candies, HERSHEY'S POT OF GOLD Almond Bar	78.0	1.0 bar 2.8 oz	10.00	--	450
06380	CAMPBELL'S Red and White, Split Pea with Ham and Bacon Soup, condensed	128.0	1.0 serving 1/2 cup	10.00	--	180
06241	CAMPBELL'S CHUNKY Microwavable Bowls, Beef with Country Vegetables Soup, ready-to-serve	245.0	1.0 serving 1 cup	10.00	--	149
18968	Bagels, wheat	98.0	1.0 bagel	10.00	50	245
12142	Nuts, pecans	109.0	1.0 cup, chopped	10.00	132	753
32028	Turnover, filled with egg, meat and cheese, frozen	127.0	1.0 piece turnover 1 serving	9.99	20	290
32026	Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	9.99	39	213
01250	Nutritional supplement for people with diabetes, liquid	227.0	1.0 can	9.99	100	200
08471	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Protein Plus	32.0	0.75 cup (1 NLEA serving)	9.98	30	115
11973	Beans, fava, in pod, raw	126.0	1.0 cup	9.98	42	111
19079	Candies, confectioner's coating, yogurt	170.0	1.0 cup chips	9.98	31	887
10128	Pork, cured, breakfast strips, raw or unheated	85.0	3.0 oz	9.98	10	330
06406	Soup, bean with frankfurters, canned, prepared with equal volume water	250.0	1.0 cup (8 fl oz)	9.98	48	188
06167	Sauce, homemade, white, thick	250.0	1.0 cup	9.98	35	465
21493	DOMINO'S 14" Sausage Pizza, Crunchy Thin Crust	78.0	1.0 slice	9.96	20	249
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	48.0	1.0 bar	9.96	158	193
23640	Beef, variety meats and by-products, tripe, cooked, simmered	85.0	1.0 serving	9.95	13	80
07917	Sausage, pork and beef, with cheddar cheese, smoked	77.0	12.0 oz serving 2.7 oz	9.93	10	228
13320	Beef, variety meats and by-products, brain, cooked, simmered	85.0	3.0 oz	9.92	10	128
20320	Cornmeal, whole-grain, white	122.0	1.0 cup	9.91	155	442
20020	Cornmeal, whole-grain, yellow	122.0	1.0 cup	9.91	155	442
07938	Ham, honey, smoked, cooked	55.0	1.94 oz (1 serving)	9.86	4	67
36045	ON THE BORDER, refried beans	135.0	1.0 cup	9.86	63	194
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	9.84	7	64
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	9.83	7	61
20139	Wheat, KAMUT khorasan, cooked	172.0	1.0 cup	9.82	83	227
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	9.81	7	58
22122	MORNINGSTAR FARMS Breakfast Sausage Patties, frozen, unprepared	38.0	1.0 patty	9.80	--	80

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
06193	Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	9.80	34	167
16211	Vitasoy USA, Organic Nasoya Super Firm Cubed Tofu	79.0	0.2 package	9.80	--	93
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	295.0	1.0 bottle	9.79	133	168
16536	WORTHINGTON Wham (roll), frozen, unprepared	55.0	1.0 slice , 3/8"	9.79	--	108
22123	MORNINGSTAR FARMS Spicy Black Bean Burger, frozen, unprepared	67.0	1.0 burger	9.78	--	113
07078	Thuringer, cervelat, summer sausage, beef, pork	56.0	2.0 oz 1 serving	9.77	8	203
07920	Swisswurst, pork and beef, with swiss cheese, smoked	77.0	1.0 serving 2.7 oz	9.77	10	236
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	9.77	7	58
05139	Duck, domesticated, meat and skin, raw	85.0	3.0 oz	9.77	13	343
21301	Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	76.0	1.0 slice	9.77	18	230
16603	MORNINGSTAR FARMS Breakfast Biscuit Sausage, Egg & Cheese, frozen, unprepared	105.0	1.0 biscuit	9.76	--	270
17189	Veal, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	9.76	14	116
20143	Teff, cooked	252.0	1.0 cup	9.75	126	255
28002	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Strawberry Granola	150.0	1.0 pizza	9.75	20	399
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	246.0	1.0 cup	9.74	39	101
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	170.0	1.0 container (6 oz)	9.74	32	95
06192	Split pea soup, canned, reduced sodium, prepared with water or ready-to serve	253.0	1.0 cup	9.74	35	180
07939	Frankfurter, pork	76.0	1.0 link	9.74	11	204
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	9.74	7	61
11871	Succotash, (corn and limas), cooked, boiled, drained, with salt	192.0	1.0 cup	9.73	102	213
11496	Succotash, (corn and limas), cooked, boiled, drained, without salt	192.0	1.0 cup	9.73	102	221
06070	Soup, chunky beef, canned, ready-to-serve	245.0	1.0 cup	9.73	5	162
14310	Beverages, Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	9.73	40	228
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	9.72	39	138
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	9.71	30	87
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	70.0	1.0 serving (makes about 1 cup prepared)	9.70	34	265
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	9.70	7	65

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	198.0	1.0 cup	9.68	34	376
07915	Sausage, Polish, beef with chicken, hot	55.0	1.0 serving 5 pieces	9.68	8	142
01152	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A	245.0	1.0 cup	9.68	37	137
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	9.67	39	118
14062	Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink	254.0	8.0 fl oz	9.65	107	267
20017	Corn flour, masa, enriched, white	114.0	1.0 cup	9.64	106	414
20317	Corn flour, yellow, masa, enriched	114.0	1.0 cup	9.64	106	414
20019	Corn flour, masa, unenriched, white	114.0	1.0 cup	9.64	106	414
25017	Formulated bar, POWER BAR, chocolate	68.0	1.0 bar	9.62	169	247
23436	Beef, New Zealand, imported, subcutaneous fat, raw	113.0	4.0 oz	9.60	6	774
28001	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Mixed Berry Granola	150.0	1.0 pizza	9.60	21	388
18010	Biscuits, plain or buttermilk, dry mix	120.0	1.0 cup, purchased	9.60	30	514
06166	Sauce, homemade, white, medium	250.0	1.0 cup	9.60	35	368
12036	Seeds, sunflower seed kernels, dried	46.0	1.0 cup, with hulls, edible yield	9.56	150	269
07924	Bratwurst, pork, beef and turkey, lite, smoked	66.0	1.0 serving 2.33 oz	9.54	9	123
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	41.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	9.54	8	95
16592	MORNINGSTAR FARMS California Turk'y Burger, frozen, unprepared	64.0	1.0 burger	9.54	--	99
21421	KFC, Crispy Chicken Strips	47.0	1.0 strip	9.52	16	129
35141	Mutton, cooked, roasted (Navajo)	28.35	1.0 oz	9.48	9	66
14059	Beverages, KELLOGG'S, SPECIAL K Protein Shake	296.0	1.0 serving	9.47	115	189
12012	Seeds, hemp seed, hulled	30.0	3.0 tbsp	9.47	210	166
06211	Soup, cheese, canned, prepared with equal volume milk	251.0	1.0 cup	9.46	20	231
21149	School Lunch, pizza, TONY'S Breakfast Pizza Sausage, frozen	91.0	1.0 piece 3.2 oz	9.45	25	218
10857	HORMEL Canadian Style Bacon	56.0	1.0 serving	9.45	11	68
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	43.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	9.44	9	115
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	102.0	1.0 each taco	9.44	19	210
21486	Fast foods, taco with beef, cheese and lettuce, soft	102.0	1.0 each taco	9.44	19	210
06165	Sauce, homemade, white, thin	250.0	1.0 cup	9.42	38	262
19002	Snacks, beef jerky, chopped and formed	28.35	1.0 oz	9.41	14	116
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	9.41	6	54

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
20061	Rice flour, white, unenriched	158.0	1.0 cup	9.40	55	578
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	9.40	6	56
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	9.39	6	58
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	77.0	1.0 fillet	9.39	12	43
16517	WORTHINGTON Prime Stakes, canned, unprepared	92.0	1.0 piece	9.38	--	124
16505	LOMA LINDA Swiss Stake with Gravy, canned, unprepared	92.0	1.0 piece	9.38	--	127
20002	Amaranth grain, cooked	246.0	1.0 cup	9.35	160	251
27021	CAMPBELL'S Homestyle HEALTHY REQUEST Chicken with Whole Grain Pasta Soup	246.0	1.0 cup	9.35	22	98
36613	DENNY'S, macaroni & cheese, from kid's menu	180.0	1.0 serving	9.34	41	270
06622	SMART SOUP, Indian Bean Masala	283.0	10.0 oz 1 pouch	9.34	--	161
16150	Peanut butter, smooth, reduced fat	36.0	2.0 tablespoon	9.32	61	187
15108	Fish, sunfish, pumpkin seed, raw	48.0	1.0 fillet	9.31	14	43
07278	HORMEL Pillow Pak Sliced Turkey Pepperoni	30.0	1.0 serving	9.30	12	73
07029	Ham, sliced, regular (approximately 11% fat)	56.0	56.0 grams 1 serving	9.30	12	91
07052	Pastrami, turkey	57.0	2.0 slices	9.29	8	79
06037	Soup, lentil with ham, canned, ready-to-serve	248.0	1.0 cup (8 fl oz)	9.28	22	139
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	9.26	14	48
22120	MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared	50.0	0.5 cup	9.25	--	68
18996	KELLOGG'S, EGGO, Biscuit Scramblers, Egg & Cheese	105.0	1.0 bscuit	9.24	15	267
18995	KELLOGG'S, EGGO, Biscuit Scramblers, Bacon, Egg & Cheese	105.0	1.0 bscuit	9.24	15	271
13166	USDA Commodity, beef, canned	45.0	1.0 serving	9.23	7	111
21378	McDONALD'S, Bacon Ranch Salad without chicken	223.0	1.0 item 7.8 oz	9.23	22	136
07970	Kielbasa, fully cooked, unheated	85.0	3.0 oz	9.21	12	276
11048	Beans, pinto, immature seeds, frozen, unprepared	94.0	0.333 package (10 oz)	9.21	56	160
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	44.0	1.0 medallion	9.21	11	62
15218	Fish, sunfish, pumpkin seed, cooked, dry heat	37.0	1.0 fillet	9.20	14	42
08589	Cereals ready-to-eat, KASHI GOLEAN CRISP Toasted Berry Crumble	51.0	0.75 cup (1 NLEA serving)	9.18	33	188
07916	Sausage, Polish, pork and beef, smoked	76.0	1.0 serving 2.67 oz	9.17	9	229
43476	Tofu yogurt	262.0	1.0 cup	9.17	105	246
11432	Radishes, oriental, dried	116.0	1.0 cup	9.16	197	314
16552	MORNINGSTAR FARMS Mushroom Lover's Burger, frozen, unprepared	64.0	1.0 burger	9.15	--	108
01108	Milk, indian buffalo, fluid	244.0	1.0 cup	9.15	76	237

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
22918	Burrito, bean and cheese, frozen	129.0	1.0 burrito	9.12	40	285
11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	153.0	1.0 cup	9.12	61	170
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	153.0	1.0 cup	9.12	61	170
07979	Sausage, pork, turkey, and beef, reduced sodium	85.0	3.0 oz	9.10	14	241
16531	WORTHINGTON Prosage Links, frozen, unprepared	45.0	2.0 links	9.09	--	64
05300	Turkey sticks, breaded, battered, fried	64.0	1.0 stick (2.25 oz)	9.09	10	179
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	9.08	6	55
16159	Tofu, extra firm, prepared with nigari	91.0	0.2 block	9.08	32	76
36404	Restaurant, Latino, arroz con leche (rice pudding)	283.0	1.0 serving	9.06	31	413
07077	Smoked link sausage, pork and beef, nonfat dry milk added	68.0	1.0 link (4" long x 1-1/8" dia)	9.03	11	213
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	9.02	6	52
20077	Wheat bran, crude	58.0	1.0 cup	9.02	354	125
01038	Cheese, romano	28.35	1.0 oz	9.02	12	110
16609	MORNINGSTAR FARMS Breakfast Pattie, frozen, unprepared	38.0	1.0 pattie	9.01	--	74
16538	MORNINGSTAR FARMS Breakfast Pattie with Organic Soy, frozen, unprepared	38.0	1.0 Patty	9.01	6	84
22966	SPAGHETTIOS, SpaghettiOs with Meatballs - Easy Open	206.0	1.0 can (1 serving)	9.00	0	179
01265	Cheese, cheddar, nonfat or fat free	28.0	1.0 serving	9.00	4	44
06361	CAMPBELL'S Red and White, Green Pea Soup, condensed	128.0	1.0 serving 1/2 cup	9.00	--	180
22941	SPAGHETTIOS, SpaghettiOs with Sliced Franks	252.0	1.0 cup (1 serving)	9.00	33	219
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	34.0	1.0 medallion	8.99	8	58
12193	Seeds, sisymbrium sp. seeds, whole, dried	74.0	1.0 cup	8.98	232	235
06977	Gravy, meat or poultry, low sodium, prepared	236.0	1.0 cup	8.97	5	125
01138	Egg, duck, whole, fresh, raw	70.0	1.0 egg	8.97	12	130
06314	Soup, HEALTHY CHOICE Chicken Noodle Soup, canned	243.0	1.0 serving 1 cup	8.97	--	100
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	8.96	6	50
22977	Lasagna with meat sauce, frozen, prepared	123.0	1.0 piece side	8.95	25	166
21365	McDONALD'S, Hotcakes (with 2 pats margarine & syrup)	221.0	1.0 item	8.95	29	601
21321	McDONALD'S, Hotcakes (plain)	149.0	3.0 hotcakes 5.3 oz	8.94	28	340
14318	Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	8.93	40	225
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	170.0	1.0 container (6 oz)	8.92	29	107
16500	LOMA LINDA Little Links, canned, unprepared	46.0	2.0 links	8.92	--	102
16128	Tofu, dried-frozen (koyadofu)	17.0	1.0 piece	8.92	10	81

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
08562	Cereals, KASHI GO LEAN Hot Cereal, Creamy TRULY VANILLA, dry	40.0	1.0 packet (1 NLEA serving)	8.92	8	144
16428	Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	17.0	1.0 piece	8.91	31	80
18603	GEORGE WESTON BAKERIES, Brownberry Sage and Onion Stuffing Mix, dry	67.0	1.0 serving	8.91	--	261
06061	Soup, tomato beef with noodle, canned, condensed	251.0	1.0 cup (8 fl oz)	8.91	15	281
05324	Chicken patty, frozen, cooked	60.0	1.0 patty	8.91	14	172
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	55.0	1.0 bar	8.90	138	212
08560	Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax	53.0	0.67 Cup (1 NLEA serving)	8.90	56	201
22916	Lasagna with meat & sauce, frozen entree	134.0	1.0 piece side	8.88	24	166
16526	WORTHINGTON Meatless Chicken Roll, frozen, unprepared	55.0	1.0 slices , 3/8"	8.86	--	85
08386	Cereals ready-to-eat, KASHI GOLEAN CRUNCH!	53.0	0.75 Cup (1 NLEA serving)	8.85	43	195
15106	Fish, sturgeon, mixed species, smoked	28.35	1.0 oz	8.85	13	49
19061	Snacks, trail mix, tropical	140.0	1.0 cup	8.82	134	619
01105	Milk, chocolate beverage, hot cocoa, homemade	250.0	1.0 cup	8.80	58	192
08435	Cereals ready-to-eat, UNCLE SAM CEREAL	55.0	0.75 cup (1 NLEA serving)	8.79	113	190
36031	DENNY'S, onion rings	166.0	1.0 serving	8.78	33	639
10895	Pork, cured, ham, separable fat, boneless, unheated	117.0	4.0 oz	8.78	13	603
08693	Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry	73.0	1.0 package (1 NLEA serving)	8.77	75	288
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	8.75	8	53
11720	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt	94.0	0.333 package (10 oz) yields	8.75	51	152
11049	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt	94.0	0.333 package (10 oz) yields	8.75	51	152
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	8.75	37	91
06116	Gravy, beef, canned, ready-to-serve	233.0	1.0 cup	8.74	5	123
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	8.74	8	68
12170	Seeds, sesame flour, high-fat	28.35	1.0 oz	8.73	102	149
14316	Beverages, Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	8.72	45	231
13350	Beef, cured, dried	28.0	10.0 slices	8.71	5	43
07912	Roast beef spread	57.0	1.0 serving .25 cup	8.70	14	127
14558	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk	266.0	1.0 serving	8.70	37	237
28307	Bread, naan, plain, commercially prepared, refrigerated	90.0	1.0 piece	8.66	24	262
14182	Beverages, chocolate syrup, prepared with whole milk	282.0	1.0 cup (8 fl oz)	8.66	51	254
16273	Vitasoy USA Organic Nasoya, Tofu Plus Extra Firm	85.0	3.0 oz	8.65	--	78

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
01156	Cheese, goat, hard type	28.35	1.0 oz	8.65	15	128
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	250.0	1.0 cup	8.65	32	155
11215	Garlic, raw	136.0	1.0 cup	8.65	34	203
22905	Beef stew, canned entree	196.0	1.0 cup (1 serving)	8.64	16	194
16546	MORNINGSTAR FARMS Breakfast Sausage Links, frozen, unprepared	45.0	2.0 links	8.64	--	72
07919	Sausage, turkey, breakfast links, mild	56.0	2.0 oz, 2 links	8.64	9	132
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	70.0	1.0 slice	8.63	17	209
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120.0	1.0 piece (2-1/2" x 2-3/4" x 1")	8.60	32	73
05323	Chicken patty, frozen, uncooked	60.0	1.0 patty	8.60	15	175
14177	Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	8.59	48	226
16607	MORNINGSTAR FARMS Buffalo Chik Patties, frozen, unprepared	71.0	1.0 patty	8.59	--	181
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	8.59	44	133
16588	MORNINGSTAR FARMS Chik'n Grill Veggie Patties, frozen, unprepared	67.0	1.0 patty	8.58	23	79
16601	MORNINGSTAR FARMS Grillers Chik'n Veggie Patties, frozen, unprepared	67.0	1.0 patty	8.58	--	79
11811	Peas, green, cooked, boiled, drained, with salt	160.0	1.0 cup	8.58	62	134
11305	Peas, green, cooked, boiled, drained, without salt	160.0	1.0 cup	8.58	62	134
10000	Pork, fresh, composite of separable fat, with added solution, cooked	85.0	3.0 oz	8.55	10	497
07909	Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite	56.0	2.0 oz (1 serving)	8.53	10	110
01083	Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D	245.0	1.0 cup	8.53	34	105
01080	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D	245.0	1.0 cup	8.53	34	125
16088	Peanuts, all types, cooked, boiled, with salt	63.0	1.0 cup in shell, edible yield	8.50	64	200
13344	Beef, cured, breakfast strips, raw or unheated	68.0	3.0 slices	8.50	7	276
22979	KASHI Black Bean Mango, frozen, unprepared	283.0	1.0 entree	8.49	--	325
22986	KASHI Mayan Harvest Bake, frozen, unprepared	283.0	1.0 entree	8.49	--	342
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	262.0	1.0 cup	8.49	31	254
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	8.47	6	50
01023	Cheese, gruyere	28.35	1.0 oz	8.45	10	117
22953	Egg rolls, pork, refrigerated, heated	85.0	1.0 roll	8.45	17	189
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	28.35	1.0 oz	8.43	6	48
07927	Sausage, Italian, turkey, smoked	56.0	1.0 serving 2 oz	8.43	14	88
07929	Sausage, turkey, hot, smoked	56.0	2.0 oz	8.43	14	88
01090	Milk, dry, whole, with added vitamin D	32.0	0.25 cup	8.42	27	159

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	41.0	1.0 medallion	8.42	9	59
25034	Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	47.0	1.0 bar	8.40	40	185
42290	Milk, fluid, nonfat, calcium fortified (fat free or skim)	247.0	1.0 cup	8.40	27	86
21224	Pizza, cheese topping, regular crust, frozen, cooked	81.0	1.0 serving 9 servings per 24 oz package	8.39	19	217
23054	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	32.0	1.0 medallion	8.39	8	57
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	8.39	6	46
23638	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	8.39	7	55
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	8.38	27	144
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	8.38	27	144
01231	Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener	170.0	1.0 container	8.38	27	146
16557	MORNINGSTAR FARMS Chik Patties, frozen, unprepared	71.0	1.0 patty	8.38	--	140
06049	Soup, pea, green, canned, condensed	128.0	0.5 cup	8.37	38	160
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	8.37	7	53
22954	Egg rolls, chicken, refrigerated, heated	80.0	1.0 roll	8.35	24	158
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	28.35	1.0 oz	8.35	7	50
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	8.34	7	50
16156	Peanut butter, chunky, vitamin and mineral fortified	32.0	2.0 tbsp	8.34	118	190
06731	Soup, bean with bacon, condensed, single brand	128.0	1.0 serving 1/2 cup	8.32	--	150
14083	Beverages, chocolate malt, powder, prepared with fat free milk	256.0	1.0 serving	8.32	51	125
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	8.32	7	48
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	8.31	7	54
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	32.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	8.30	6	96
05048	Chicken, broilers or fryers, back, meat and skin, raw	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	8.29	9	188
07930	Yachtwurst, with pistachio nuts, cooked	56.0	1.0 serving 2 oz	8.29	--	150
06965	Soup, pea, low sodium, prepared with equal volume water	259.0	1.0 cup	8.29	39	161

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
06449	Soup, pea, green, canned, prepared with equal volume water	259.0	1.0 serving 1 cup	8.29	39	158
06395	CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup	243.0	1.0 cup	8.29	17	114
16593	MORNINGSTAR FARMS Hot and Spicy Veggie Sausage Patties, frozen, unprepared	38.0	1.0 patty	8.28	--	70
06983	Soup, ramen noodle, chicken flavor, dry	81.0	1.0 package without flavor packet	8.28	20	356
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	8.27	7	57
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	8.26	27	178
01203	Yogurt, fruit, lowfat, with low calorie sweetener	170.0	1.0 container (6 oz)	8.26	27	178
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	8.26	27	178
17067	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	8.26	9	498
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	8.26	27	83
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	8.26	27	83
08084	Cereals ready-to-eat, wheat germ, toasted, plain	28.35	1.0 oz	8.25	91	108
06982	Soup, ramen noodle, beef flavor, dry	82.0	1.0 package without flavor packet	8.25	20	362
22247	Macaroni and Cheese, canned entree	244.0	1.0 serving	8.25	22	200
05143	Duck, domesticated, liver, raw	44.0	1.0 liver	8.25	11	60
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	8.24	7	55
06583	Soup, ramen noodle, any flavor, dry	81.0	1.0 package without flavor packet	8.24	20	356
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	8.23	7	57
16155	Peanut butter, smooth, vitamin and mineral fortified	32.0	2.0 tbsp	8.23	114	189
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	8.22	7	58
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	244.0	1.0 cup	8.22	27	102
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	8.22	27	102
21505	Pizza, cheese topping, thin crust, frozen, cooked	69.0	1.0 slice	8.22	17	181
06620	SMART SOUP, French Lentil	283.0	10.0 oz 1 pouch	8.21	--	150
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	40.0	1.0 medallion	8.20	9	58
43391	Turkey, light or dark meat, smoked, cooked, skin and bone removed	28.0	1.0 medium slice (approx 3" x 2" x 1/4")	8.20	7	48
20114	Noodles, japanese, soba, dry	57.0	2.0 oz	8.20	54	192
15002	Fish, anchovy, european, canned in oil, drained solids	28.35	1.0 oz, boneless	8.19	20	60
42185	Frozen yogurts, chocolate, nonfat milk, sweetened without sugar	186.0	1.0 cup	8.18	74	199

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
07935	Oven-roasted chicken breast roll	56.0	1.0 serving 2 oz	8.17	10	75
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	8.16	30	154
07921	Bacon and beef sticks	28.0	1.0 oz	8.15	5	145
07074	Smoked link sausage, pork	68.0	1.0 link (4" long x 1-1/8" dia)	8.15	7	210
20137	Quinoa, cooked	185.0	1.0 cup	8.14	118	222
12175	Nuts, chestnuts, japanese, dried	155.0	1.0 cup	8.14	178	558
01059	Milk, filled, fluid, with blend of hydrogenated vegetable oils	244.0	1.0 cup	8.13	32	154
01060	Milk, filled, fluid, with lauric acid oil	244.0	1.0 cup	8.13	32	154
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	246.0	1.0 cup	8.12	27	123
15207	Fish, roe, mixed species, cooked, dry heat	28.35	1.0 oz	8.11	7	58
01088	Milk, buttermilk, fluid, cultured, lowfat	245.0	1.0 cup	8.11	27	98
20316	Corn flour, whole-grain, white	117.0	1.0 cup	8.11	109	422
20016	Corn flour, whole-grain, yellow	117.0	1.0 cup	8.11	109	422
14169	Beverages, Carob-flavor beverage mix, powder, prepared with whole milk	256.0	1.0 cup (8 fl oz)	8.09	26	192
20087	Wheat, sprouted	108.0	1.0 cup	8.09	89	214
16512	WORTHINGTON Diced Chik, canned, unprepared	55.0	0.25 cup	8.08	--	44
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	8.07	5	46
16615	MORNINGSTAR FARMS Chipotle Black Bean Crumbles, frozen, unprepared	56.0	0.5 cup	8.06	--	68
20112	Noodles, egg, spinach, enriched, cooked	160.0	1.0 cup	8.06	38	211
27044	Soup, chicken noodle, reduced sodium, canned, ready-to-serve	245.0	1.0 cup	8.06	20	100
07922	Bratwurst, beef and pork, smoked	66.0	1.0 serving 2.33 oz	8.05	10	196
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	8.05	27	122
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	28.35	1.0 oz	8.02	7	57
28322	Bagels, multigrain	81.0	1.0 piece bagel	8.02	69	195
06388	CAMPBELL'S CHUNKY Soups, Beef with Country Vegetables Soup	245.0	1.0 cup	8.01	--	130
06252	CAMPBELL'S CHUNKY Microwavable Bowls, Sirloin Burger with Country Vegetables Soup, ready-to-serve	245.0	1.0 serving 1 cup	8.01	--	140
06462	CAMPBELL'S CHUNKY Soups, Steak 'N' Potato Soup	245.0	1.0 cup	8.01	--	120
06389	CAMPBELL'S CHUNKY Soups, Beef with White and Wild Rice Soup	245.0	1.0 cup	8.01	--	140
06457	CAMPBELL'S CHUNKY Soups, Slow Roasted Beef with Mushrooms Soup	245.0	1.0 cup	8.01	--	118
06384	CAMPBELL'S CHUNKY Soups, Baked Potato with Steak & Cheese Soup	245.0	1.0 cup	8.01	--	201

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
06242	CAMPBELL'S CHUNKY Microwavable Bowls, Chicken and Dumplings Soup, ready-to-serve	245.0	1.0 serving 1 cup	8.01	--	191
06403	CAMPBELL'S CHUNKY Soups, Grilled Sirloin Steak with Hearty Vegetables Soup	245.0	1.0 cup	8.01	--	125
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	28.0	3.0 oz	8.01	7	48
17093	Veal, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	8.01	8	546
17285	Lamb, Australian, imported, fresh, separable fat, cooked	85.0	3.0 oz	8.01	10	543
01078	Milk, producer, fluid, 3.7% milkfat	244.0	1.0 cup	8.00	32	156
08704	Cereals, KELLOGG'S SPECIAL K NOURISH, Maple Brown Sugar Crunch, dry	52.0	1.0 Container (1 NLEA serving)	8.00	60	193
27032	CAMPBELL'S Red and White, Lentil Soup, condensed	126.0	0.5 cup	8.00	--	140
06117	CAMPBELL'S Red and White, Bean with Bacon Soup, condensed	128.0	1.0 serving 1/2 cup	8.00	--	160
07978	Pork sausage, reduced sodium, cooked	85.0	3.0 oz	8.00	9	230
07038	Knackwurst, knockwurst, pork, beef	72.0	1.0 link	7.99	8	221
22937	SPAGHETTIOS, SpaghettiOs in Meat Sauce	252.0	1.0 cup (1 serving)	7.99	--	174
27045	Soup, beef and vegetables, reduced sodium, canned, ready-to-serve	245.0	1.0 cup	7.99	22	103
14351	Beverages, Strawberry-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	7.98	32	234
16212	Vitasoy USA, Organic Nasoya Extra Firm Tofu	79.0	0.2 package	7.98	--	77
14245	Beverages, Eggnog-flavor mix, powder, prepared with whole milk	272.0	1.0 cup (8 fl oz)	7.97	27	258
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	7.96	56	76
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	94.0	1.0 cup	7.96	56	76
16276	Vitasoy USA Azumaya, Extra Firm Tofu	79.0	0.2 package	7.96	--	70
43405	Cheese, swiss, low sodium	28.0	1.0 slice	7.95	10	105
16608	MORNINGSTAR FARMS Chik Patties Original, frozen, unprepared	71.0	1.0 patty	7.95	--	140
16560	MORNINGSTAR FARMS Corn Dog, frozen, unprepared	71.0	1.0 dog	7.95	--	148
43589	Cheese, swiss, low fat	28.0	1.0 slice (1 oz)	7.95	10	50
01266	Cheese, Swiss, nonfat or fat free	28.0	1.0 serving	7.95	10	36
06749	Soup, beef and vegetables, canned, ready-to-serve	250.0	1.0 cup	7.95	25	120
16120	Soymilk, original and vanilla, unfortified	243.0	1.0 cup	7.95	61	131
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	28.35	1.0 oz	7.94	5	46
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	7.92	32	208
08691	Cereals, QUAKER, oatmeal, REAL MEDLEYS, summer berry, dry	70.0	1.0 package (1 NLEA serving)	7.92	79	247
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	28.35	1.0 oz	7.88	7	55
23420	Beef, New Zealand, imported, intermuscular fat, raw	113.0	4.0 oz	7.88	8	680

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
07044	USDA Commodity, luncheon meat, canned	45.0	1.0 serving	7.88	8	85
01230	Milk, buttermilk, fluid, whole	245.0	1.0 cup	7.86	24	152
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	7.86	90	290
11304	Peas, green, raw	145.0	1.0 cup	7.86	48	117
07002	Beerwurst, beer salami, pork and beef	56.0	2.0 oz	7.84	11	155
07931	Beerwurst, pork and beef	56.0	1.0 serving 2 oz	7.84	11	155
20091	Pasta, gluten-free, corn, dry	105.0	1.0 cup	7.83	125	375
07956	Beef sausage, fresh, cooked	43.0	1.0 serving	7.83	6	143
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	175.0	1.0 cup	7.82	32	119
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	30.0	1.0 medallion	7.82	8	54
42279	Babyfood, peas and brown rice	230.0	1.0 cup	7.82	58	147
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	7.82	7	71
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	7.81	5	51
16274	Vitasoy USA Organic Nasoya, Tofu Plus Firm	85.0	3.0 oz	7.81	--	63
06434	CAMPBELL'S CHUNKY Soups, Old Fashioned Vegetable Beef Soup	247.0	1.0 cup	7.81	25	121
08703	Cereals, KELLOGG'S SPECIAL K NOURISH, Cranberry Almond, dry	52.0	1.0 Container (1 NLEA serving)	7.80	60	188
16591	WORTHINGTON Leanies, frozen, unprepared	40.0	1.0 link	7.80	--	100
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	48.0	1.0 slice	7.79	13	148
16216	Vitasoy USA, Vitasoy Organic Classic Original Soymilk	243.0	1.0 cup	7.78	--	114
11029	Beans, kidney, mature seeds, sprouted, raw	184.0	1.0 cup	7.73	39	53
16097	Peanut butter, chunk style, with salt	32.0	2.0 tbsp	7.70	51	188
16397	Peanut butter, chunk style, without salt	32.0	2.0 tbsp	7.70	51	188
16149	Peanut spread, reduced sugar	31.0	2.0 tbsp	7.69	51	202
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244.0	1.0 cup	7.69	24	149
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	244.0	1.0 cup	7.69	24	149
13348	Beef, cured, corned beef, canned	28.35	1.0 oz	7.68	4	71
16616	MORNINGSTAR FARMS Garden Veggie Nuggets, frozen, unprepared	80.0	5.0 nuggets	7.68	--	158
22970	Macaroni and cheese, frozen entree	137.0	1.0 cup	7.67	23	204
06404	Soup, bean with pork, canned, prepared with equal volume water	266.0	1.0 serving 1 cup	7.66	45	168
22993	KASHI Spicy Black Bean Enchilada, frozen, unprepared	255.0	1.0 entree	7.65	--	263
28306	Bread, chapati or roti, plain, commercially prepared	68.0	1.0 piece	7.65	42	202
06004	Soup, bean with pork, canned, condensed	130.0	0.5 cup	7.64	43	168

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
16551	MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared	67.0	1.0 burger	7.64	--	106
11955	Tomatoes, sun-dried	54.0	1.0 cup	7.62	105	139
20126	Spaghetti, spinach, dry	57.0	2.0 oz	7.61	99	212
08692	Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry	75.0	1.0 package (1 NLEA serving)	7.58	86	290
01089	Milk, low sodium, fluid	244.0	1.0 cup	7.56	12	149
28016	KELLOGG'S, EGGO Protein, Waffles, Homestyle	70.0	2.0 waffles	7.56	13	197
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	7.54	24	67
25025	Snacks, soy chips or crisps, salted	28.35	1.0 oz	7.51	48	109
07908	Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)	56.0	2.0 oz 1 NLEA serving	7.50	8	176
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	170.0	1.0 container (6 oz)	7.48	26	162
43261	Yogurt, fruit variety, nonfat	170.0	1.0 container (6 oz)	7.48	26	162
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	250.0	1.0 cup	7.48	35	195
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	7.48	35	190
16272	Vitasoy USA Nasoya, Lite Silken Tofu	91.0	0.2 package	7.47	--	39
06216	Soup, cream of chicken, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	7.46	17	191
16509	LOMA LINDA Linketts, canned, unprepared	35.0	1.0 link	7.46	--	73
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85.0	3.0 oz	7.45	49	169
10894	Pork, cured, ham, separable fat, boneless, heated	85.0	3.0 oz	7.45	14	431
05705	Turkey, whole, meat only, with added solution, roasted	28.0	3.0 oz	7.45	8	39
05027	Chicken, liver, all classes, raw	44.0	1.0 liver	7.44	8	52
14634	Beverages, milk beverage, reduced fat, flavored and sweetened, Ready-to-drink, added calcium, vitamin A and vitamin D	244.0	1.0 cup	7.44	24	188
07954	Beef sausage, pre-cooked	48.0	1.0 serving	7.44	6	194
06725	Soup, chicken corn chowder, chunky, ready-to-serve, single brand	240.0	1.0 serving	7.44	--	238
32018	Spanish rice mix, dry mix, unprepared	70.0	0.5 cup	7.43	26	254
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	7.43	26	173
20048	Rice, white, long-grain, precooked or instant, enriched, dry	95.0	1.0 cup	7.43	13	361
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	170.0	1.0 container (6 oz)	7.43	26	173
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	41.0	1.0 piece	7.43	11	135
08694	Cereals, QUAKER, Instant Oatmeal, weight control, cinnamon	45.0	1.0 packet (1 NLEA serving)	7.42	54	162
08687	Cereals, QUAKER, Weight Control Instant Oatmeal, banana bread	45.0	1.0 packet (1 NLEA serving)	7.42	53	162
21336	McDONALD'S, Hot Fudge Sundae	179.0	1.0 item (6.3 oz)	7.41	34	333
23502	USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked	28.35	1.0 oz	7.39	7	73
80200	Frog legs, raw	45.0	1.0 leg	7.38	9	33
36017	Restaurant, family style, macaroni & cheese, from kids' menu	136.0	1.0 cup	7.37	26	205

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
36601	Restaurant, Chinese, egg rolls, assorted	89.0	1.0 piece	7.37	16	222
08686	Cereals, QUAKER, Weight Control Instant Oatmeal, maple and brown sugar	45.0	1.0 packet (1 NLEA serving)	7.37	52	162
08561	Cereals, KASHI GO LEAN Hot Cereal, Hearty Honey & Cinnamon, dry	40.0	1.0 packet (1 NLEA serving)	7.36	27	147
07934	Kielbasa, Polish, turkey and beef, smoked	56.0	1.0 serving 2 oz	7.34	--	127
08702	Cereals, KELLOGG'S SPECIAL K NOURISH, Cinnamon Raisin Pecan, dry	52.0	1.0 Container (1 NLEA serving)	7.33	60	192
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	7.33	39	158
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	7.33	39	158
16087	Peanuts, all types, raw	28.35	1.0 oz	7.31	48	161
07936	Bologna, pork and turkey, lite	56.0	1.0 serving 2 oz	7.31	10	118
21032	Fast foods, sundae, caramel	155.0	1.0 sundae	7.30	28	304
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	7.29	10	57
06405	CAMPBELL'S CHUNKY, HEALTHY REQUEST Chicken Noodle Soup	245.0	1.0 cup	7.28	20	100
20310	Noodles, egg, cooked, enriched, with added salt	160.0	1.0 cup	7.26	34	221
20510	Noodles, egg, cooked, unenriched, with added salt	160.0	1.0 cup	7.26	34	221
20110	Noodles, egg, enriched, cooked	160.0	1.0 cup	7.26	34	221
20410	Noodles, egg, unenriched, cooked, without added salt	160.0	1.0 cup	7.26	34	221
06027	Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	240.0	1.0 cup (8 fl oz)	7.25	19	134
14055	Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, whey powder, 3-2-1 Plan,	26.0	1.0 scoop	7.25	123	96
36009	T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	144.0	1.0 cup	7.24	20	174
01295	Yogurt, vanilla, non-fat	245.0	1.0 cup (8 fl oz)	7.20	39	191
06726	Soup, chicken mushroom chowder, chunky, ready-to-serve, single brand	240.0	1.0 serving	7.20	--	192
20321	Pasta, cooked, enriched, with added salt	124.0	1.0 cup spaghetti not packed	7.19	22	195
20421	Pasta, cooked, unenriched, without added salt	124.0	1.0 cup spaghetti not packed	7.19	22	196
20521	Pasta, cooked, unenriched, with added salt	124.0	1.0 cup spaghetti not packed	7.19	22	195
20121	Pasta, cooked, enriched, without added salt	124.0	1.0 cup spaghetti not packed	7.19	22	196
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	159.0	1.0 cup	7.19	32	176
16277	Vitasoy USA Azumaya, Firm Tofu	79.0	0.2 package	7.17	--	63
16610	MORNINGSTAR FARMS Roasted Garlic & Quinoa Burger, frozen, unprepared	67.0	1.0 burger	7.17	--	129
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	7.16	6	49
15035	Fish, haddock, smoked	28.35	1.0 oz, boneless	7.15	15	33
16223	Soymilk (All flavors), enhanced	243.0	1.0 cup	7.14	--	109
19701	Candies, semisweet chocolate, made with butter	170.0	1.0 cup chips (6 oz package)	7.14	196	811

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
01008	Cheese, caraway	28.35	1.0 oz	7.14	6	107
07905	Frankfurter, beef, pork, and turkey, fat free	57.0	1.0 frank 1 NLEA serving	7.12	8	62
43282	Quail, cooked, total edible	28.35	1.0 oz	7.12	6	64
16098	Peanut butter, smooth style, with salt	32.0	2.0 tbsp	7.11	54	191
16398	Peanut butter, smooth style, without salt	32.0	2.0 tbsp	7.11	54	191
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	68.0	0.333 cup	7.09	22	244
01018	Cheese, edam	28.35	1.0 oz	7.08	9	101
05311	Chicken, canned, no broth	28.0	1.0 oz	7.08	5	52
08365	Cereals ready-to-eat, QUAKER, Shredded Wheat, bagged cereal	63.0	3.0 biscuits (1 NLEA serving)	7.08	108	219
19168	Desserts, egg custard, baked, prepared-from-recipe	141.0	0.5 cup	7.08	16	147
01022	Cheese, gouda	28.35	1.0 oz	7.07	8	101
08216	Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps	57.0	1.25 cup (1 NLEA serving)	7.06	96	212
07932	Chicken breast, fat-free, mesquite flavor, sliced	42.0	1.0 serving 2 slices	7.06	15	34
07933	Chicken breast, oven-roasted, fat-free, sliced	42.0	1.0 serving 2 slices	7.05	4	33
16215	Vitasoy USA, Vitasoy Organic Creamy Original Soymilk	243.0	1.0 cup	7.05	39	107
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	126.0	1.0 piece	7.04	68	289
20018	Corn flour, yellow, degermed, unenriched	126.0	1.0 cup	7.04	23	472
20117	Noodles, japanese, somen, cooked	176.0	1.0 cup	7.04	4	231
06256	Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk	253.0	1.0 cup (8 fl oz)	7.03	23	154
11372	Potatoes, scalloped, home-prepared with butter	245.0	1.0 cup	7.03	47	216
11844	Potatoes, scalloped, home-prepared with margarine	245.0	1.0 cup	7.03	47	216
16213	Vitasoy USA, Organic Nasoya Firm Tofu	79.0	0.2 package	7.03	--	66
20034	Oat bran, cooked	219.0	1.0 cup	7.03	--	88
11497	Succotash, (corn and limas), canned, with cream style corn	266.0	1.0 cup	7.02	3	205
16167	USDA Commodity, Peanut Butter, smooth	32.0	2.0 tbsp	7.02	57	188
11310	Peas, green, canned, seasoned, solids and liquids	227.0	1.0 cup	7.01	34	114
20125	Pasta, whole-wheat, cooked	117.0	1.0 cup spaghetti not packed	7.01	63	174
27007	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Microwavable Bowls, Chicken Noodle Soup	245.0	1.0 serving	7.01	--	120
06541	CAMPBELL'S Homestyle Italian-Style Wedding Soup	245.0	1.0 cup	7.01	--	120
27018	CAMPBELL'S Homestyle Microwaveable Bowls, HEALTHY REQUEST Mexican Style Tortilla	245.0	1.0 cup	7.01	--	130
06393	CAMPBELL'S CHUNKY Soups, Chicken Corn Chowder	245.0	1.0 cup	7.01	--	201
06245	CAMPBELL'S CHUNKY Microwavable Bowls, Grilled Chicken and Sausage Gumbo, ready-to-serve	245.0	1.0 serving 1 cup	7.01	--	140

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
27008	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Microwavable Bowls, Grilled Chicken & Sausage Gumbo Soup	245.0	1.0 cup	7.01	--	130
06543	CAMPBELL'S Homestyle Mexican Style Chicken Tortilla Soup	245.0	1.0 cup	7.01	--	130
06399	CAMPBELL'S CHUNKY Soups, Grilled Chicken & Sausage Gumbo Soup	245.0	1.0 cup	7.01	--	140
06441	CAMPBELL'S CHUNKY Soups, Savory Pot Roast Soup	245.0	1.0 cup	7.01	--	120
06438	CAMPBELL'S CHUNKY Soups, Salisbury Steak with Mushrooms & Onions Soup	245.0	1.0 serving	7.01	--	140
06387	CAMPBELL'S CHUNKY Soups, Beef Rib Roast with Potatoes & Herbs Soup	245.0	1.0 cup	7.01	--	108
06537	CAMPBELL'S Homestyle HEALTHY REQUEST Mexican Style Chicken Tortilla	245.0	1.0 cup	7.01	--	130
06251	CAMPBELL'S CHUNKY Microwavable Bowls, Old Fashioned Vegetable Beef Soup, ready-to-serve	245.0	1.0 serving 1 cup	7.01	--	100
06396	CAMPBELL'S CHUNKY Soups, Fajita Chicken with Rice & Beans Soup	245.0	1.0 cup	7.01	--	130
06439	CAMPBELL'S CHUNKY Soups, Savory Chicken with White & Wild Rice Soup	245.0	1.0 cup	7.01	--	110
06392	CAMPBELL'S CHUNKY Soups, Chicken Broccoli Cheese & Potato Soup	245.0	1.0 cup	7.01	--	211
22930	SPAGHETTIOS, Spaghetti in Tomato & Cheese Sauce	252.0	1.0 cup (1 serving)	7.01	--	202
32016	Macaroni or noodles with cheese, microwaveable, unprepared	61.0	1.0 serving 1 pouch	7.00	30	237
07906	Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	56.0	2.0 oz 1 NLEA serving	7.00	8	164
01209	Cheese, Mexican, blend, reduced fat	28.35	1.0 oz	7.00	10	80
16244	SILK Unsweetened, soymilk	243.0	1.0 cup	7.00	39	80
16241	SILK Plus Omega-3 DHA, soymilk	243.0	1.0 cup	7.00	39	109
16235	SILK Plain, soymilk	243.0	1.0 cup	7.00	39	100
32003	Rice and vermicelli mix, rice pilaf flavor, prepared with 80% margarine	238.0	1.0 cup	7.00	26	352
11312	Peas, green, frozen, unprepared	134.0	1.0 cup	6.99	35	103
07230	OSCAR MAYER, Salami (hard)	27.0	1.0 serving 3 slices	6.99	6	99
43541	Ice creams, chocolate, rich	148.0	1.0 cup	6.99	47	371
32012	Pizza rolls, frozen, unprepared	80.0	1.0 serving 6 rolls	6.98	16	262
11989	Mushrooms, straw, canned, drained solids	182.0	1.0 cup	6.97	13	58
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	28.35	1.0 oz	6.97	7	117
15042	Fish, herring, Atlantic, kippered	28.35	1.0 oz, boneless	6.97	13	62
32001	Rice and vermicelli mix, beef flavor, prepared with 80% margarine	247.0	1.0 cup	6.97	25	319
22119	MORNINGSTAR FARMS Veggie Dog, frozen, unprepared	40.0	1.0 link	6.96	--	50

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
16519	WORTHINGTON Super Links, canned, unprepared	48.0	1.0 link	6.96	--	105
16222	Soymilk (all flavors), unsweetened, with added calcium, vitamins A and D	243.0	1.0 cup	6.95	39	80
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	6.93	7	35
28313	Rolls, hamburger or hot dog, whole wheat	56.0	1.0 roll	6.93	45	151
19094	Desserts, flan, caramel custard, prepared-from-recipe	153.0	0.5 cup	6.93	14	222
05018	Chicken, broilers or fryers, skin only, cooked, roasted	34.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	6.92	5	154
16271	Vitasoy USA Organic Nasoya, Soft Tofu	79.0	0.2 package	6.92	--	55
01041	Cheese, tilsit	28.35	1.0 oz	6.92	4	96
15127	Fish, tuna, fresh, yellowfin, raw	28.35	1.0 oz, boneless	6.92	10	31
06180	Soup, shark fin, restaurant-prepared	216.0	1.0 cup	6.91	15	99
08711	Cereals ready-to-eat, KELLOGG'S, SPECIAL K protein, cinnamon brown sugar crunch	31.0	0.75 Cup (1 NLEA serving)	6.91	18	110
16090	Peanuts, all types, dry-roasted, with salt	28.35	1.0 oz	6.90	50	166
11248	Lentils, sprouted, raw	77.0	1.0 cup	6.90	28	82
36007	T.G.I. FRIDAY'S, french fries	184.0	1.0 serving	6.88	57	545
01028	Cheese, mozzarella, part skim milk	28.35	1.0 oz	6.88	7	72
11358	Potatoes, red, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	6.88	84	266
07957	Pork and turkey sausage, pre-cooked	57.0	1.0 serving	6.87	14	195
08689	Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry	70.0	1.0 package (1 NLEA serving)	6.87	69	270
08567	Cereals ready-to-eat, KASHI 7 Whole Grain Nuggets	58.0	0.5 cup (1 NLEA serving)	6.84	49	206
43507	Frankfurter, low sodium	57.0	1.0 frankfurter	6.84	2	178
42179	Frankfurter, beef, low fat	57.0	1.0 frankfurter	6.84	6	133
07019	Chorizo, pork and beef	28.35	1.0 oz	6.83	5	129
17150	Game meat, beaver, raw	28.35	1.0 oz	6.82	7	41
08231	Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry	40.0	0.5 cup (1 NLEA serving)	6.81	96	146
08587	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Low Fat Granola	52.0	0.5 cup (1 NLEA serving)	6.81	39	195
07911	Liverwurst spread	55.0	0.25 cup	6.81	7	168
18948	Pie crust, refrigerated, regular, unbaked	229.0	1.0 pie crust (average weight)	6.80	18	1019
07900	Turkey, pork, and beef sausage, low fat, smoked	85.0	3.0 oz	6.80	14	86
06246	Soup, cream of onion, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	6.80	22	186
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	170.0	1.0 container (6 oz)	6.77	22	168
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	6.77	22	168
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	6.77	5	57

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
18946	Pie crust, refrigerated, regular, baked	198.0	1.0 pie crust	6.75	18	1002
20136	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, cooked	116.0	1.0 cup spaghetti not packed	6.75	52	184
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	6.74	6	35
36005	APPLEBEE'S, chicken tenders, from kids' menu	35.0	1.0 piece	6.74	10	104
11501	Succotash, (corn and limas), frozen, unprepared	156.0	1.0 cup	6.72	37	145
23419	Beef, New Zealand, imported, intermuscular fat, cooked	85.0	3.0 oz	6.72	8	476
15026	Fish, eel, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	6.70	7	67
11414	Potato salad, home-prepared	250.0	1.0 cup	6.70	38	358
05019	Chicken, broilers or fryers, skin only, cooked, stewed	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	6.70	6	160
01113	Whey, acid, dried	57.0	1.0 cup	6.69	113	193
22973	Corn dogs, frozen, prepared	78.0	1.0 corndog	6.68	13	195
10803	USDA Commodity, pork, ground, fine/coarse, frozen, cooked	28.35	1.0 oz grilled patties	6.68	7	75
05195	Turkey, all classes, wing, meat and skin, raw	33.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	6.67	7	65
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	255.0	1.0 cup	6.63	48	161
19172	Gelatin desserts, dry mix	85.0	1.0 package (3 oz)	6.63	2	324
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	85.0	1.0 package (3 oz)	6.63	2	324
27042	Soup, clam chowder, new england, canned, ready-to-serve	254.0	1.0 cup	6.63	25	201
01010	Cheese, cheshire	28.35	1.0 oz	6.63	6	110
32000	Rice and vermicelli mix, beef flavor, unprepared	61.0	0.333 cup	6.61	21	219
17152	Game meat, beefalo, composite of cuts, raw	28.35	1.0 oz	6.61	--	41
20094	Pasta, fresh-refrigerated, plain, cooked	128.0	2.0 oz	6.59	23	168
01251	Cheese, Mexican blend	28.0	0.25 cup shredded	6.59	7	100
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	26.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	6.58	4	54
20652	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, cooked	116.0	1.0 cup spaghetti not packed	6.58	48	181
16065	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	240.0	1.0 cup	6.58	103	199
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	6.57	10	44
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	6.57	6	55
10102	Pork, fresh, variety meats and by-products, feet, raw	28.35	1.0 oz	6.57	2	60
01221	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	6.56	22	73

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
01184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	170.0	1.0 container (6 oz)	6.56	22	73
08640	Cereals, QUAKER, Instant Oatmeal Organic, Regular	41.0	1.0 packet	6.56	61	150
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	6.56	7	37
16210	Vitasoy USA, Nasoya Lite Firm Tofu	79.0	0.2 package	6.56	--	43
21256	BURGER KING, Chicken Strips	36.0	1.0 strip	6.55	10	105
20089	Wild rice, cooked	164.0	1.0 cup	6.54	52	166
21335	McDONALD'S, Hot Caramel Sundae	182.0	1.0 item (6.4 oz)	6.52	22	342
17164	Game meat, deer, raw	28.35	1.0 oz	6.51	7	34
08038	Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	58.0	0.5 cup (1 NLEA serving)	6.51	72	209
17166	Game meat, elk, raw	28.35	1.0 oz	6.51	7	31
25033	Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors	35.0	1.0 bar	6.50	37	150
06426	Soup, chili beef, canned, prepared with equal volume water	261.0	1.0 cup	6.50	26	149
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	6.49	7	36
06740	Soup, chicken vegetable, chunky, reduced fat, reduced sodium, ready-to-serve, single brand	240.0	1.0 serving	6.48	--	96
06728	Soup, potato ham chowder, chunky, ready-to-serve, single brand	240.0	1.0 serving	6.48	--	192
07944	Turkey, white, rotisserie, deli cut	48.0	1.69 oz (1 serving)	6.48	10	54
08462	Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat	54.0	29.0 biscuits (1 NLEA serving)	6.48	44	183
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85.0	3.0 oz	6.48	37	81
32021	Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine)	198.0	1.0 cup	6.47	26	248
20116	Noodles, japanese, somen, dry	57.0	2.0 oz	6.47	16	203
36607	CRACKER BARREL, steak fries	198.0	1.0 serving	6.45	63	505
43393	Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	59.0	1.25 cup (1 NLEA serving)	6.45	103	200
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	6.43	7	40
17162	Game meat, caribou, raw	28.35	1.0 oz	6.42	7	36
20127	Spaghetti, spinach, cooked	140.0	1.0 cup	6.41	87	182
18992	KELLOGG'S, BEANATURAL, Original 3-Bean Chips	28.0	12.0 chips	6.41	27	136
07020	Corned beef loaf, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	6.41	3	43
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	6.41	7	35
11046	Beans, navy, mature seeds, sprouted, raw	104.0	1.0 cup	6.40	105	70

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	6.39	7	38
08384	Cereals ready-to-eat, KELLOGG, KELLOGG'S MINI-WHEATS, unfrosted bite size	55.0	30.0 biscuits (1 NLEA serving)	6.38	60	188
08214	Cereals ready-to-eat, QUAKER, Oatmeal Squares	56.0	1.0 cup (1 NLEA serving)	6.37	64	212
16228	Soymilk, original and vanilla, light, unsweetened, with added calcium, vitamins A and D	243.0	1.0 cup	6.37	32	83
10100	Pork, fresh, variety meats and by-products, ears, frozen, raw	28.35	1.0 oz	6.36	2	66
08353	Cereals ready-to-eat, QUAKER, MOTHER'S Cinnamon Oat Crunch	60.0	1.0 cup (1 NLEA serving)	6.36	64	229
20015	Corn bran, crude	76.0	1.0 cup	6.35	49	170
17144	Game meat, antelope, raw	28.35	1.0 oz	6.34	8	32
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	6.34	5	54
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	6.33	7	40
08632	Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple	56.0	1.0 cup (1 NLEA serving)	6.33	64	213
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	6.32	7	34
06201	Soup, cream of asparagus, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	6.32	20	161
03073	Babyfood, dinner, vegetables chicken, strained	256.0	1.0 cup	6.32	36	151
43326	Pork, cured, ham, low sodium, lean and fat, cooked	28.35	1.0 oz, boneless	6.32	6	49
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	243.0	1.0 cup	6.32	36	104
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	6.31	7	36
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	6.31	7	35
15085	Fish, salmon, sockeye, raw	28.35	1.0 oz, boneless	6.31	9	37
13901	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	6.31	7	49
17172	Game meat, moose, raw	28.35	1.0 oz	6.31	7	29
06358	Soup, tomato bisque, canned, prepared with equal volume milk	251.0	1.0 cup (8 fl oz)	6.30	25	198
05017	Chicken, broilers or fryers, skin only, cooked, fried, flour	33.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	6.30	6	166
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	6.30	7	40
05712	Turkey, retail parts, wing, meat only, raw	28.0	3.0 oz	6.29	5	31
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	6.29	7	36
08215	Cereals ready-to-eat, QUAKER, Oatmeal Squares, cinnamon	56.0	1.0 cup (1 NLEA serving)	6.29	64	212

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	6.29	7	46
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	6.29	7	36
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	262.0	1.0 cup	6.29	92	385
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	6.29	92	388
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	6.29	7	45
01123	Egg, whole, raw, fresh	50.0	1.0 large	6.28	6	72
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	28.35	1.0 oz	6.28	8	128
11357	Potatoes, white, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia)	6.28	81	281
15027	Fish, fish sticks, frozen, prepared	57.0	1.0 piece (4" x 2" x 1/2")	6.28	14	158
18042	Bread, pita, whole-wheat	64.0	1.0 pita, large (6-1/2" dia)	6.27	44	168
07942	Pate, truffle flavor	56.0	1.0 serving 2 oz	6.27	7	183
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	6.27	7	42
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	6.27	7	43
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	6.27	7	37
17268	Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	6.27	7	33
05015	Chicken, broilers or fryers, skin only, raw	47.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	6.27	6	164
43417	Babyfood, meat, beef with vegetables, toddler	179.0	1.0 jar NFS	6.26	20	122
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	6.26	7	37
01128	Egg, whole, cooked, fried	46.0	1.0 large	6.26	6	90
21034	Fast foods, sundae, strawberry	153.0	1.0 sundae	6.26	24	268
01131	Egg, whole, cooked, poached	50.0	1.0 large	6.26	6	72
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	6.25	7	47
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	6.25	7	42
11990	Wasabi, root, raw	130.0	1.0 cup, sliced	6.24	90	142
43325	Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted	28.35	1.0 oz, boneless	6.24	5	47
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	6.23	7	39
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	6.22	7	48
16163	MORI-NU, Tofu, silken, extra firm	84.0	1.0 slice	6.22	23	46

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
01047	Cheese food, pasteurized process, swiss	28.35	1.0 oz	6.21	8	92
36003	APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	124.0	1.0 cup	6.21	27	177
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	6.21	7	38
06628	Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated	63.0	0.25 cup	6.19	30	263
06626	Sauce, pesto, ready-to-serve, refrigerated	63.0	0.25 cup	6.19	30	263
06125	Gravy, turkey, canned, ready-to-serve	238.0	1.0 cup	6.19	5	121
17180	Game meat, rabbit, wild, raw	28.35	1.0 oz	6.18	8	32
08571	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola	55.0	0.75 cup (1 NLEA serving)	6.18	22	257
06431	CAMPBELL'S CHUNKY, New England Clam Chowder	251.0	1.0 cup	6.17	28	203
22999	Rice and vermicelli mix, chicken flavor, prepared with 80% margarine	233.0	1.0 cup	6.17	23	317
13227	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	6.17	4	36
42190	Pork sausage rice links, brown and serve, cooked	45.0	2.0 links 1 NLEA serving	6.16	6	183
16618	MORNINGSTAR FARMS Spicy Indian Veggie Burger, frozen, unprepared	67.0	1.0 burger	6.16	--	127
43218	Cereals ready-to-eat, ALPEN	55.0	0.67 cup (1 NLEA serving)	6.16	52	194
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	6.16	7	42
06248	Soup, oyster stew, canned, prepared with equal volume milk	245.0	1.0 cup (8 fl oz)	6.15	20	135
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	6.15	7	37
18499	KELLOGG, KELLOGG'S EGGO, Buttermilk Pancake	116.0	3.0 pancakes (NLEA serving)	6.15	1	284
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	6.15	7	49
08690	Cereals, QUAKER, oatmeal, REAL MEDLEYS, apple walnut, dry	75.0	1.0 package (1 NLEA serving)	6.14	64	292
17156	Game meat, bison, separable lean only, raw	28.35	1.0 oz	6.13	7	31
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	6.13	6	50
01027	Cheese, mozzarella, whole milk, low moisture	28.35	1.0 oz	6.12	6	90
01157	Cheese, goat, semisoft type	28.35	1.0 oz	6.12	8	103
16281	HOUSE FOODS Premium Firm Tofu	56.0	2.0 oz	6.12	--	48
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	6.12	7	36
21260	TACO BELL, Original Taco with beef, cheese and lettuce	69.0	1.0 each taco	6.11	22	158
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	69.0	1.0 each taco	6.11	22	156
20032	Millet, cooked	174.0	1.0 cup	6.11	77	207
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	28.0	1.0 slice	6.11	6	31
01039	Cheese, roquefort	28.35	1.0 oz	6.11	9	105
14421	Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk	185.0	6.0 fl oz	6.10	30	120

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
11088	Broadbeans, immature seeds, raw	109.0	1.0 cup	6.10	41	78
07941	Salami, Italian, pork and beef, dry, sliced, 50% less sodium	28.0	1.0 serving 5 slices	6.10	5	98
19295	Candies, MARS SNACKFOOD US, SNICKERS MUNCH bar	40.0	1.0 serving 1.42 oz bar	6.10	--	214
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	6.10	33	139
17158	Game meat, boar, wild, raw	28.35	1.0 oz	6.10	--	35
19407	Snacks, beef sticks, smoked	28.35	1.0 oz	6.10	6	156
01132	Egg, whole, cooked, scrambled	61.0	1.0 large	6.09	7	91
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	6.09	7	47
19239	Candies, REESE'S NUTRAGEOUS Candy Bar	54.0	1.0 bar 1.92 oz	6.09	37	279
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	6.08	6	35
07926	Salami, Italian, pork	28.0	1.0 oz	6.08	6	119
06315	Soup, HEALTHY CHOICE Chicken and Rice Soup, canned	240.0	1.0 serving 1 cup	6.07	--	89
28326	Crackers, whole grain, sandwich-type, with peanut butter filling	43.0	6.0 cracker 1 serving	6.07	46	200
20106	Macaroni, vegetable, enriched, cooked	134.0	1.0 cup spiral shaped	6.07	25	172
13357	Beef, cured, sausage, cooked, smoked	43.0	1.0 sausage	6.07	6	134
17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	6.07	7	32
01004	Cheese, blue	28.35	1.0 oz	6.07	7	100
17170	Game meat, horse, raw	28.35	1.0 oz	6.06	7	38
10110	Pork, fresh, variety meats and by-products, liver, raw	28.35	1.0 oz	6.06	5	38
05053	Chicken, broilers or fryers, back, meat only, raw	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	6.06	7	42
28259	KELLOGG'S, EGGO Minis, Pancakes, Buttermilk	110.0	11.0 pancakes	6.05	1	276
08539	Cereals ready-to-eat, KASHI ORGANIC PROMISE, CINNAMON HARVEST	55.0	28.0 biscuits (1 NLEA serving)	6.05	--	185
06172	Soup, stock, chicken, home-prepared	240.0	1.0 cup	6.05	10	86
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	6.04	7	45
17099	Veal, leg (top round), separable lean only, raw	28.35	1.0 oz	6.03	8	30
17183	Game meat, squirrel, raw	28.35	1.0 oz	6.02	7	34
10228	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw	28.35	1.0 oz	6.02	7	41
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	6.02	6	47
14173	Beverages, coffee, ready to drink, vanilla, light, milk based, sweetened	281.0	9.5 fl oz	6.01	25	101
11461	Spinach, canned, regular pack, drained solids	214.0	1.0 cup	6.01	163	49
27001	Soup, hot and sour, Chinese restaurant	233.0	1.0 cup	6.01	21	91

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	28.35	1.0 oz	6.01	7	38
16201	Campbell's Pork and Beans	130.0	0.5 cup	6.01	--	140
06244	CAMPBELL'S CHUNKY Microwavable Bowls, Classic Chicken Noodle, ready-to-serve	245.0	1.0 serving 1 cup	6.00	--	110
06617	CAMPBELL'S Homestyle Light Italian-Style Wedding Soup	245.0	1.0 cup	6.00	--	81
06529	CAMPBELL'S Homestyle Light New England Clam Chowder	245.0	1.0 cup	6.00	--	120
06250	CAMPBELL'S CHUNKY Microwavable Bowls, New England Clam Chowder, ready-to-serve	245.0	1.0 serving 1 cup	6.00	--	201
06433	CAMPBELL'S CHUNKY Soups, Old Fashioned Potato Ham Chowder	245.0	1.0 cup	6.00	--	191
06400	CAMPBELL'S CHUNKY Soups, Grilled Chicken with Vegetables & Pasta Soup	245.0	1.0 cup	6.00	--	100
27017	CAMPBELL'S Homestyle Microwaveable Bowls, HEALTHY REQUEST Italian Wedding Soup	245.0	1.0 cup	6.00	--	100
06418	CAMPBELL'S CHUNKY Soups, Hearty Chicken with Vegetables Soup	245.0	1.0 serving	6.00	--	110
06548	CAMPBELL'S Homestyle Chicken with White & Wild Rice Soup	245.0	1.0 cup	6.00	--	100
16231	Soymilk, chocolate, nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	6.00	24	107
16247	SILK Chai, soymilk	243.0	1.0 cup	6.00	0	129
16238	SILK Light Plain, soymilk	243.0	1.0 cup	6.00	39	70
16245	SILK Very Vanilla, soymilk	243.0	1.0 cup	6.00	39	129
16242	SILK Plus for Bone Health, soymilk	243.0	1.0 cup	6.00	39	100
16239	SILK Light Vanilla, soymilk	243.0	1.0 cup	6.00	39	80
16236	SILK Vanilla, soymilk	243.0	1.0 cup	6.00	39	100
16230	Soymilk (all flavors), nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	6.00	24	68
16243	SILK Plus Fiber, soymilk	243.0	1.0 cup	6.00	39	100
32029	Rice mix, white and wild, flavored, unprepared	57.0	2.0 oz (1/4 c dry rice mix and 4 tsp seasoning mix)	6.00	104	202
22899	Ravioli, cheese-filled, canned	242.0	1.0 cup	6.00	36	186
15170	Mollusks, oyster, eastern, canned	85.0	3.0 oz	6.00	46	58
22943	SUPPER BAKES MEAL KITS, Cheesy Chicken with pasta (chicken not included)	85.0	0.167 box (NLEA serving size)	6.00	--	168
01222	Yogurt, chocolate, nonfat milk, fortified with vitamin D	170.0	1.0 container (6 oz)	6.00	68	190
01187	Yogurt, chocolate, nonfat milk	170.0	1.0 container (6 oz)	6.00	68	190
12567	Nuts, almonds, oil roasted, with salt added, smoke flavor	28.0	1.0 oz (28 almonds)	6.00	80	170
03127	Babyfood, vegetables, spinach, creamed, strained	240.0	1.0 cup	6.00	132	89
22944	SUPPER BAKES MEAL KITS, Creamy Stroganoff Sauce with pasta	125.0	1.0 serving	6.00	--	184
25041	Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors	40.0	2.0 bar	6.00	39	178

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
01226	Egg substitute, liquid or frozen, fat free	60.0	0.25 cup	6.00	9	29
22932	SPAGHETTIOS, SpaghettiOs A to Z's	252.0	1.0 cup (1 serving)	6.00	40	169
22938	SPAGHETTIOS, SpaghettiOs plus Calcium	252.0	1.0 cup (1 serving)	6.00	0	169
22931	SPAGHETTIOS, SpaghettiOs Original	252.0	1.0 cup (1 serving)	6.00	25	169
32025	Dumpling, potato- or cheese-filled, frozen	114.0	3.0 pieces pierogies	6.00	18	222
28305	Pancakes, plain, reduced fat	105.0	1.0 serving 3 pancakes	6.00	17	282
11683	Carrot, dehydrated	74.0	1.0 cup	5.99	87	252
16250	SILK Vanilla soy yogurt (family size)	227.0	1.0 container	5.99	--	179
16252	SILK Plain soy yogurt	227.0	1.0 container	5.99	--	150
19177	Gelatins, dry powder, unsweetened	7.0	1.0 envelope (1 tbsp)	5.99	2	23
17269	Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	5.98	7	31
06402	Soup, black bean, canned, prepared with equal volume water	247.0	1.0 cup	5.98	42	114
17009	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	5.98	7	34
06545	CAMPBELL'S Homestyle New England Clam Chowder	256.0	1.0 cup	5.96	33	179
28312	Rolls, hamburger or hot dog, wheat/cracked wheat	51.0	1.0 roll	5.96	24	137
22998	Rice and vermicelli mix, chicken flavor, unprepared	56.0	0.333 cup	5.96	17	200
17312	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.95	7	41
06415	CAMPBELL'S CHUNKY Soups, Hearty Beef Barley Soup	206.0	1.0 cup	5.95	21	115
20029	Couscous, cooked	157.0	1.0 cup, cooked	5.95	13	176
15246	Mollusks, oyster, eastern, farmed, cooked, dry heat	85.0	3.0 oz	5.95	28	67
17094	Veal, leg (top round), separable lean and fat, raw	28.35	1.0 oz	5.95	7	33
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	5.95	18	164
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234.0	1.0 cup	5.94	63	166
08180	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt	234.0	1.0 cup	5.94	63	166
03084	Babyfood, dinner, vegetables and turkey, strained	256.0	1.0 cup	5.94	33	123
18955	Bread, pan dulce, sweet yeast bread	63.0	1.0 slice (average weight of 1 slice)	5.93	15	231
08202	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Crunchy Almond	60.0	1.0 cup (1 NLEA serving)	5.93	40	234
36014	Restaurant, family style, french fries	170.0	1.0 serving	5.93	49	491
43327	Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted	28.35	1.0 oz	5.93	4	41
17026	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	5.92	8	41

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
17288	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.91	6	35
05236	Turkey, young hen, skin only, cooked, roasted	31.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	5.90	5	149
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	170.0	1.0 container (6 oz)	5.90	20	104
42131	Milk dessert, frozen, milk-fat free, chocolate	137.0	1.0 cup	5.89	62	229
17174	Game meat, muskrat, raw	28.35	1.0 oz	5.89	6	46
08591	Cereals ready-to-eat, KASHI ORGANIC PROMISE, ISLAND VANILLA	55.0	27.0 biscuits (1 NLEA serving)	5.88	59	192
08663	Cereals ready-to-eat, KASHI ORGANIC PROMISE, Berry Fruitful	55.0	29.0 biscuits (1 NLEA serving)	5.88	58	175
17064	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	5.88	5	36
01006	Cheese, brie	28.35	1.0 oz	5.88	6	95
16165	MORI-NU, Tofu, silken, lite extra firm	84.0	1.0 slice	5.88	8	32
09085	Currants, zante, dried	144.0	1.0 cup	5.88	59	408
13023	Beef, brisket, whole, separable lean only, all grades, raw	28.35	1.0 oz	5.87	7	44
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	5.87	6	56
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	5.87	6	54
19169	Egg custards, dry mix	85.0	1.0 package (3 oz)	5.86	38	348
43367	Turkey, drumstick, smoked, cooked, with skin, bone removed	21.0	1.0 oz with bone, cooked (yield after bone removed)	5.86	5	44
19151	Candies, REESE'S PIECES Candy	47.0	0.25 cup	5.86	41	234
17308	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.85	7	41
07943	Turkey, breast, smoked, lemon pepper flavor, 97% fat-free	28.0	1.0 slice	5.85	--	27
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	169.0	1.0 cup spaghetti not packed	5.85	61	233
27062	Soup, beef barley, ready to serve	208.0	1.0 cup	5.84	19	108
17168	Goat, raw	28.35	1.0 oz	5.84	--	31
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	119.0	1.0 cup	5.83	75	381
17013	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	5.83	8	36
13866	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	5.83	6	52
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	5.83	6	55
17021	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	5.83	8	38
19205	Egg custards, dry mix, prepared with 2% milk	141.0	0.5 cup	5.82	24	158

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
17017	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	5.82	8	35
43447	Snacks, corn-based, extruded, chips, unsalted	88.0	1.0 cup, crushed	5.81	62	490
17300	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.81	7	39
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	28.35	1.0 oz	5.81	7	39
17292	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.80	7	38
17296	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.80	6	38
16162	MORI-NU, Tofu, silken, firm	84.0	1.0 slice	5.80	23	52
06147	Soup, beef mushroom, canned, condensed	126.0	0.5 cup (4 fl oz)	5.80	9	77
17304	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.79	7	37
16225	Soymilk, original and vanilla, light, with added calcium, vitamins A and D	243.0	1.0 cup	5.78	36	73
06547	Soup, beef mushroom, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	5.78	10	73
42297	Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch	59.0	1.0 cup (1 NLEA serving)	5.78	58	230
08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	49.0	1.0 cup (1 NLEA serving)	5.78	65	172
17160	Game meat, buffalo, water, raw	28.35	1.0 oz	5.78	9	28
06253	Soup, cream of potato, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	5.78	17	149
17199	Lamb, variety meats and by-products, liver, raw	28.35	1.0 oz	5.78	5	39
36411	Restaurant, Latino, tamale, corn	166.0	1.0 piece	5.78	48	309
09246	Peaches, dried, sulfured, uncooked	160.0	1.0 cup, halves	5.78	67	382
28004	KELLOGG'S, EGGO, Pancakes, Chocolate Chip	105.0	3.0 pancakes	5.78	5	266
20115	Noodles, japanese, soba, cooked	114.0	1.0 cup	5.77	10	113
21401	Fast foods, chicken tenders	30.0	1.0 strip	5.77	8	81
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	5.76	5	94
11794	Lambsquarters, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	5.76	41	58
11245	Lambsquarters, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	5.76	41	58
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	28.35	1.0 oz	5.76	5	119
17003	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	5.75	7	38
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	28.35	1.0 oz	5.75	6	52
17140	Veal, cubed for stew (leg and shoulder), separable lean only, raw	28.35	1.0 oz	5.75	7	31
01260	Cheese, cheddar, reduced fat	21.0	1.0 slice	5.74	6	65

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
17282	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.74	6	40
17059	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw	28.35	1.0 oz	5.73	7	38
07022	Frankfurter, beef, unheated	49.0	1.0 hot dog	5.73	5	154
17090	Veal, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	5.73	7	32
17137	Veal, sirloin, separable lean only, raw	28.35	1.0 oz	5.73	7	31
10142	Pork, cured, ham, center slice, separable lean and fat, unheated	28.35	1.0 oz	5.72	5	58
08538	Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Blueberry Clusters	55.0	1.0 cup (1 NLEA serving)	5.71	1	207
13097	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	5.71	6	46
01189	KRAFT CHEEZ WHIZ LIGHT Pasteurized Process Cheese Product	35.0	2.0 tbsp	5.70	--	75
05312	Chicken, wing, frozen, glazed, barbecue flavored	29.0	1.0 piece	5.70	6	61
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	184.0	1.0 cup	5.70	24	52
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	5.70	24	52
16518	WORTHINGTON Saucettes, canned, unprepared	38.0	1.0 link	5.70	--	83
11881	Taro, tahitian, cooked, with salt	137.0	1.0 cup slices	5.70	70	60
11526	Taro, tahitian, cooked, without salt	137.0	1.0 cup slices	5.70	70	60
17146	Game meat, bear, raw	28.35	1.0 oz	5.70	--	46
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	28.35	1.0 oz	5.69	7	50
06748	Soup, PROGRESSO, beef barley, traditional, ready to serve	210.0	1.0 cup	5.69	19	99
08129	Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water	240.0	1.0 cup	5.69	58	230
17177	Game meat, rabbit, domesticated, composite of cuts, raw	28.35	1.0 oz	5.68	5	39
06391	CAMPBELL'S CHUNKY, Creamy Chicken and Dumplings Soup	245.0	1.0 cup	5.68	44	162
17125	Veal, shoulder, arm, separable lean only, raw	28.35	1.0 oz	5.68	7	30
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	5.68	65	172
06210	Soup, cream of celery, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	5.68	22	164
20010	Buckwheat groats, roasted, cooked	168.0	1.0 cup	5.68	86	155
21334	McDONALD'S, Strawberry Sundae	178.0	1.0 item (6.3 oz)	5.68	20	281
09244	Peaches, dehydrated (low-moisture), sulfured, uncooked	116.0	1.0 cup	5.67	66	377
17047	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	5.67	7	37
17032	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	5.66	7	48
11463	Spinach, frozen, chopped or leaf, unprepared	156.0	1.0 cup	5.66	117	45
17113	Veal, rib, separable lean only, raw	28.35	1.0 oz	5.66	7	34

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
22997	KASHI, Tuscan Veggie Bake, Frozen Entree	283.0	1.0 package	5.66	--	255
06619	SMART SOUP, Santa Fe Corn Chowder	283.0	10.0 oz 1 pouch	5.66	--	156
06623	SMART SOUP, Moroccan Chick Pea	283.0	10.0 oz 1 pouch	5.66	--	144
03053	Babyfood, dinner, vegetables and beef, strained	256.0	1.0 cup	5.66	26	197
03054	Babyfood, dinner, vegetables and beef, junior	256.0	1.0 cup	5.66	26	197
13358	Beef, cured, smoked, chopped beef	28.0	1.0 slice (1 oz)	5.65	6	37
17202	Veal, variety meats and by-products, liver, raw	28.35	1.0 oz	5.65	6	40
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	5.65	6	61
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	155.0	1.0 cup	5.64	28	65
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155.0	1.0 cup	5.64	28	65
21033	Fast foods, sundae, hot fudge	158.0	1.0 sundae	5.64	33	284
17324	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.64	6	39
36610	DENNY'S, french fries	165.0	1.0 serving	5.63	45	465
19170	Egg custards, dry mix, prepared with whole milk	141.0	0.5 cup	5.63	23	172
05183	Turkey, dark meat, meat and skin, raw	28.35	1.0 oz	5.62	6	46
36416	Restaurant, Latino, bunuelos (fried yeast bread)	70.0	1.0 piece	5.61	13	323
01007	Cheese, camembert	28.35	1.0 oz	5.61	6	85
07945	Frankfurter, beef, heated	48.0	1.0 frankfurter	5.61	4	155
17119	Veal, shoulder, whole (arm and blade), separable lean only, raw	28.35	1.0 oz	5.61	7	32
06071	Soup, vegetable beef, canned, condensed	126.0	0.5 cup	5.61	6	79
03061	Babyfood, dinner, vegetables and ham, strained	256.0	1.0 cup	5.61	31	151
20013	Bulgur, cooked	182.0	1.0 cup	5.61	58	151
07901	USDA Commodity, pork, sausage, bulk/links/patties, frozen, cooked	28.35	1.0 oz	5.60	5	76
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	31.0	2.0 large	5.60	18	67
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160.0	1.0 cup	5.60	45	83
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	160.0	1.0 cup	5.60	45	80
13887	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	5.60	6	50
22914	Pasta with tomato sauce, no meat, canned	252.0	1.0 serving (1 NLEA serving)	5.59	35	176
09297	Raisins, golden seedless	165.0	1.0 cup, packed	5.59	58	498
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	5.58	5	57
01045	Cheese food, cold pack, American	28.35	1.0 oz	5.57	9	94
06013	Soup, chicken broth, canned, condensed	126.0	0.5 cup (4 fl oz)	5.57	3	39
11956	Tomatoes, sun-dried, packed in oil, drained	110.0	1.0 cup	5.57	89	234

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
23513	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw	28.35	1.0 oz	5.57	6	37
28003	KELLOGG'S, EGGO, Pancakes, Blueberry	105.0	3.0 pancakes	5.56	0	257
13883	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	5.56	6	54
20111	Noodles, egg, spinach, enriched, dry	38.0	1.0 cup	5.55	31	145
36602	Restaurant, Chinese, fried rice, without meat	137.0	1.0 cup	5.55	14	238
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	234.0	1.0 cup, cooked	5.55	61	159
10149	Pork, cured, ham, steak, boneless, extra lean, unheated	28.35	1.0 oz	5.55	5	35
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	5.54	7	41
10072	Pork, fresh, shoulder, whole, separable lean only, raw	28.35	1.0 oz	5.54	6	42
18446	Pie crust, standard-type, frozen, ready-to-bake, unenriched	142.0	1.0 crust, single 9"	5.54	23	649
15191	Fish, butterfish, cooked, dry heat	25.0	1.0 fillet	5.54	8	47
36008	T.G.I. FRIDAY'S, fried mozzarella	35.0	1.0 piece	5.54	8	117
20037	Rice, brown, long-grain, cooked	202.0	1.0 cup	5.53	79	248
11318	Peas and carrots, canned, regular pack, solids and liquids	255.0	1.0 cup	5.53	36	97
11816	Peas and carrots, canned, no salt added, solids and liquids	255.0	1.0 cup	5.53	36	97
14632	Beverages, Meal supplement drink, canned, peanut flavor	158.0	1.0 cup	5.53	25	160
15007	Fish, butterfish, raw	32.0	1.0 fillet	5.53	8	47
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	85.0	3.0 oz	5.52	6	621
13885	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	5.52	6	56
18080	Bread sticks, plain	46.0	1.0 cup, small pieces	5.52	15	190
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31.0	1.0 cup (1 NLEA serving)	5.51	4	117
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	28.35	1.0 oz	5.51	6	31
15121	Fish, tuna, light, canned in water, drained solids	28.35	1.0 oz	5.51	7	24
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	28.35	1.0 oz	5.51	4	121
08537	Cereals ready-to-eat, KASHI 7 Whole Grain Flakes	50.0	1.0 cup (1 NLEA serving)	5.50	38	168
05335	Chicken, feet, boiled	28.35	1.0 oz	5.50	1	61
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	240.0	1.0 cup	5.50	89	552
01144	Egg substitute, powder	9.9	0.35 oz	5.49	6	44
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	5.49	6	32
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	5.49	43	48
16168	Soymilk, chocolate, with added calcium, vitamins A and D	243.0	1.0 cup	5.49	36	153

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
16166	Soymilk, chocolate, unfortified	243.0	1.0 cup	5.49	36	153
17320	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.49	6	44
01192	KRAFT VELVEETA LIGHT Reduced Fat Pasteurized Process Cheese Product	28.0	1.0 oz	5.49	--	62
15055	Fish, mullet, striped, raw	28.35	1.0 oz	5.49	8	33
17088	Veal, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	5.49	7	41
17122	Veal, shoulder, arm, separable lean and fat, raw	28.35	1.0 oz	5.48	7	37
43566	Snacks, tortilla chips, light (baked with less oil)	63.0	1.0 cup, crushed	5.48	61	293
13850	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	5.48	6	72
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	5.48	5	68
08402	Cereals, QUAKER, Quick Oats, Dry	40.0	0.5 cup	5.48	108	148
08451	Cereals, QUAKER, Quick Oats with Iron, Dry	40.0	0.5 cup	5.48	108	148
17310	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.48	6	58
17055	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	5.47	7	43
17278	Veal, shank (fore and hind), separable lean only, raw	28.35	1.0 oz	5.47	6	31
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	28.35	1.0 oz	5.46	7	37
18041	Bread, pita, white, enriched	60.0	1.0 pita, large (6-1/2" dia)	5.46	16	165
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	28.35	1.0 oz spiral slice	5.46	6	31
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	5.45	5	69
06471	Soup, vegetable beef, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	5.44	7	76
17306	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.43	7	55
28317	Bread, wheat, sprouted, toasted	38.0	1.0 slice 1 serving	5.43	27	78
17276	Veal, shank (fore and hind), separable lean and fat, raw	28.35	1.0 oz	5.43	6	32
36002	APPLEBEE'S, french fries	164.0	1.0 serving	5.43	48	476
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	5.43	5	71
17328	Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.41	6	46
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	5.41	5	75

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	5.41	53	162
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	5.41	53	162
06411	Soup, cheese, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	5.41	5	156
17134	Veal, sirloin, separable lean and fat, raw	28.35	1.0 oz	5.41	7	43
13149	Beef, rib, shortribs, separable lean only, choice, raw	28.35	1.0 oz	5.40	6	49
08284	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins	60.0	0.667 cup (1 NLEA serving)	5.40	41	229
17232	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	5.38	7	52
20109	Noodles, egg, dry, enriched	38.0	1.0 cup	5.38	22	146
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	5.38	22	146
07070	Salami, cooked, turkey	28.0	1.0 serving	5.38	6	48
10187	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw	28.35	1.0 oz	5.37	6	61
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	98.0	1.0 piece	5.37	26	215
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	166.0	1.0 cup spaghetti packed	5.36	68	252
17007	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	5.36	6	57
17228	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	5.36	6	57
14654	Beverages, nutritional shake mix, high protein, powder	10.0	1.0 tbsp	5.36	50	39
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	5.35	0	29
17110	Veal, rib, separable lean and fat, raw	28.35	1.0 oz	5.35	6	46
11458	Spinach, cooked, boiled, drained, without salt	180.0	1.0 cup	5.35	157	41
11854	Spinach, cooked, boiled, drained, with salt	180.0	1.0 cup	5.35	157	41
17286	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.34	5	55
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	47.0	2.0 biscuits (1 NLEA serving)	5.34	61	158
10802	USDA Commodity, pork, cured, ham, boneless, cooked, heated	28.35	1.0 oz boneless	5.34	6	42
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	58.0	7.0 biscuit (1 NLEA serving)	5.34	50	203
16129	Tofu, fried	28.35	1.0 oz	5.34	17	77
07950	Frankfurter, meat	52.0	1.0 serving (1 hot dog)	5.34	8	151
11045	Mung beans, mature seeds, sprouted, cooked, stir-fried	124.0	1.0 cup	5.33	41	62
10856	HORMEL ALWAYS TENDER, Boneless Pork Loin, Fresh Pork	28.0	1.0 oz	5.33	6	41
14423	Beverages, dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice	243.0	1.0 serving	5.32	46	70

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
13353	Beef, cured, luncheon meat, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	5.32	5	31
17258	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.32	5	57
10855	HORMEL ALWAYS TENDER, Center Cut Chops, Fresh Pork	28.35	1.0 oz	5.31	6	47
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	5.31	18	32
11709	Asparagus, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	5.31	18	32
05665	Ground turkey, 93% lean, 7% fat, raw	28.35	1.0 oz	5.31	6	43
05285	Turkey, diced, light and dark meat, seasoned	28.35	1.0 oz	5.30	5	39
16164	MORI-NU, Tofu, silken, lite firm	84.0	1.0 slice	5.29	8	31
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	28.35	1.0 oz spiral slice	5.29	5	37
11184	Corn with red and green peppers, canned, solids and liquids	227.0	1.0 cup	5.29	57	170
17294	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.27	6	57
08245	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Hearty Raisin	62.0	1.0 cup (1 NLEA serving)	5.27	40	231
17015	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	5.27	7	57
06174	Soup, stock, fish, home-prepared	233.0	1.0 cup	5.27	16	37
10115	Pork, fresh, variety meats and by-products, pancreas, raw	28.35	1.0 oz	5.26	5	56
01159	Cheese, goat, soft type	28.35	1.0 oz	5.25	5	75
28005	KELLOGG'S, CINNABON, Pancakes, Caramel	105.0	3.0 pancakes	5.25	0	268
14422	Beverages, Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder	21.0	1.0 packet (.75 oz)	5.25	44	69
28006	KELLOGG'S, CINNABON, Pancakes, Original	105.0	3.0 pancakes	5.25	0	271
21525	PIZZA HUT, breadstick, parmesan garlic	43.0	1.0 breadstick	5.25	9	147
21520	Fast foods, breadstick, soft, prepared with garlic and parmesan cheese	43.0	1.0 breadstick	5.25	9	147
08142	Cereals, WHEATENA, dry	40.0	0.33 cup (1 NLEA serving)	5.24	52	143
06316	Soup, HEALTHY CHOICE Garden Vegetable Soup, canned	246.0	1.0 serving 1 cup	5.24	--	125
15068	Fish, pompano, florida, raw	28.35	1.0 oz, boneless	5.24	8	46
17230	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	5.24	7	59
11809	Peas, edible-podded, cooked, boiled, drained, with salt	160.0	1.0 cup	5.23	42	64
11301	Peas, edible-podded, boiled, drained, without salt	160.0	1.0 cup	5.23	42	67
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	165.0	1.0 cup	5.23	86	155
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	5.23	86	160
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	168.0	1.0 cup	5.22	52	76
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	168.0	1.0 cup	5.22	52	76

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
03274	Babyfood, dinner, vegetables and chicken, junior	256.0	1.0 cup	5.22	20	136
13803	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	5.22	5	71
42187	Frozen yogurts, flavors other than chocolate	174.0	1.0 cup	5.22	17	221
42186	Frozen yogurts, chocolate	174.0	1.0 cup	5.22	44	221
43366	Turkey, wing, smoked, cooked, with skin, bone removed	19.0	1.0 oz with bone, cooked (yield after bone removed)	5.21	5	42
17302	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.20	6	59
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245.0	1.0 cup (unprepared)	5.19	34	228
28373	UDI'S, Gluten Free, Whole Grain Dinner Rolls	44.0	1.0 roll	5.19	42	145
09231	Passion-fruit, (granadilla), purple, raw	236.0	1.0 cup	5.19	68	229
28343	Rolls, gluten-free, whole grain, made with tapioca starch and brown rice flour	44.0	1.0 roll	5.19	42	145
13333	Beef, variety meats and by-products, spleen, raw	28.35	1.0 oz	5.19	6	30
17216	Veal, variety meats and by-products, spleen, raw	28.35	1.0 oz	5.19	5	28
14179	Beverages, coffee, ready to drink, milk based, sweetened	262.0	1.0 cup	5.19	24	186
15179	Fish, salmon, chinook, smoked, (lox), regular	28.35	1.0 oz	5.18	5	33
15077	Fish, salmon, chinook, smoked	28.35	1.0 oz, boneless	5.18	5	33
11015	Asparagus, canned, drained solids	242.0	1.0 cup	5.18	24	46
03062	Babyfood, dinner, vegetables and ham, junior	256.0	1.0 cup	5.17	20	154
17290	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.17	6	61
08463	Cereals ready-to-eat, KASHI ORGANIC PROMISE, STRAWBERRY FIELDS	55.0	1.0 cup (1 NLEA serving)	5.17	24	197
06739	Soup, vegetable beef, canned, condensed, single brand	136.0	1.0 serving	5.17	--	72
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	54.0	1.0 serving 1 singles bag	5.17	37	278
12087	Nuts, cashew nuts, raw	28.35	1.0 oz	5.17	83	157
10003	Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	28.35	1.0 oz	5.17	6	60
07963	Frankfurter, meat and poultry, cooked, boiled	50.0	1.0 frankfurter	5.16	6	149
07060	Luxury loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	5.15	6	39
09321	Sugar-apples, (sweetsop), raw	250.0	1.0 cup, pulp	5.15	52	235
11768	Collards, cooked, boiled, drained, with salt	190.0	1.0 cup, chopped	5.15	40	63
11162	Collards, cooked, boiled, drained, without salt	190.0	1.0 cup, chopped	5.15	40	63
08695	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, little bites	56.0	1.0 Cup (1 NLEA serving)	5.15	43	197
13926	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	5.15	6	78

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	5.14	7	104
01253	Cheese, pasteurized process, American, without added vitamin D	28.35	1.0 oz	5.14	7	105
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	5.13	48	155
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	5.13	48	155
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	5.13	48	155
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	5.13	48	155
09039	Avocados, raw, Florida	230.0	1.0 cup, pureed	5.13	55	276
07964	Frankfurter, meat and poultry, cooked, grilled	48.0	1.0 frankfurter	5.12	6	145
03066	Babyfood, dinner, vegetables and lamb, strained	256.0	1.0 cup	5.12	18	133
17256	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.11	4	63
06039	Soup, minestrone, canned, chunky, ready-to-serve	240.0	1.0 cup	5.11	14	127
16579	GARDENBURGER Original, frozen, unprepared	71.0	1.0 patty	5.11	--	110
07241	OSCAR MAYER, Wieners (beef franks)	45.0	1.0 serving	5.11	6	148
11182	Corn, yellow, whole kernel, frozen, microwaved	141.0	1.0 cup	5.10	35	185
14068	Beverages, KELLOGG'S SPECIAL K20 protein powder	14.5	1.0 packet	5.10	1	55
16227	Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D	243.0	1.0 cup	5.10	36	114
32034	HUNGRY MAN, Salisbury Steak With Gravy, frozen, unprepared	64.0	1.0 patty	5.09	12	87
20656	Pasta, gluten-free, rice flour and rice bran extract, cooked, DE BOLES	121.0	1.0 cup spaghetti	5.09	63	242
15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	5.09	9	45
17254	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.09	5	66
11697	Arrowroot, raw	120.0	1.0 cup, sliced	5.09	30	78
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	120.0	1.0 item	5.09	16	196
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	5.08	45	102
11490	Squash, winter, hubbard, baked, without salt	205.0	1.0 cup, cubes	5.08	45	102
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	5.08	5	30
07949	Frankfurter, meat, heated	52.0	1.0 serving (1 hot dog)	5.08	8	145
18289	Pancakes, plain, dry mix, complete (includes buttermilk)	52.0	0.333 cup	5.08	15	191
17011	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	5.08	7	65
16107	Sausage, meatless	25.0	1.0 link	5.07	9	64
09298	Raisins, seedless	165.0	1.0 cup, packed	5.07	53	493

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
08054	Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey	48.0	0.5 cup (1 NLEA serving)	5.06	58	202
10117	Pork, fresh, variety meats and by-products, spleen, raw	28.35	1.0 oz	5.06	4	28
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	28.35	1.0 oz	5.06	78	172
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	210.0	1.0 cup	5.06	48	166
11908	Corn, sweet, white, canned, vacuum pack, regular pack	210.0	1.0 cup	5.06	48	166
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	5.06	48	166
11909	Corn, sweet, white, canned, vacuum pack, no salt added	210.0	1.0 cup	5.06	48	166
28011	KELLOGG'S, EGGO, Waffles, Cinnamon Toast	92.0	3.0 sets	5.06	14	299
17280	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.06	6	65
08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	40.0	0.5 cup (1 NLEA serving)	5.06	46	134
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170.0	1.0 cup, chopped	5.05	51	61
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	170.0	1.0 cup, chopped	5.05	51	61
11514	Sweet potato, canned, mashed	255.0	1.0 cup	5.05	61	258
11033	Lima beans, immature seeds, canned, regular pack, solids and liquids	124.0	0.5 cup	5.05	42	88
19240	Frostings, chocolate, creamy, dry mix	388.0	1.0 package	5.04	147	1509
18101	Cake, chocolate, prepared from recipe without frosting	95.0	1.0 piece (1/12 of 9" dia)	5.04	30	352
10174	Pork, fresh, variety meats and by-products, tail, raw	28.35	1.0 oz	5.03	2	107
01223	Protein supplement, milk based, Muscle Milk, powder	11.0	1.0 tbsp	5.03	22	45
28286	Bread, paratha, whole wheat, commercially prepared, frozen	79.0	1.0 piece	5.02	29	258
13321	Beef, variety meats and by-products, heart, raw	28.35	1.0 oz	5.02	6	32
22948	SUPPER BAKES MEAL KITS, Savory Pork Chops with herb stuffing (pork chop not included)	85.0	1.0 serving	5.02	--	154
06024	Soup, chicken and vegetable, canned, ready-to-serve	255.0	1.0 cup	5.02	20	84
08081	Cereals ready-to-eat, POST, Honey Nut Shredded Wheat	59.0	1.0 cup (1 NLEA serving)	5.02	55	220
05127	Chicken, stewing, giblets, raw	28.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	5.01	5	47
19143	Candies, MR. GOODBAR Chocolate Bar	49.0	1.0 bar (1.75 oz)	5.01	23	264
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	28.35	1.0 oz	5.01	7	115
05023	Chicken, gizzard, all classes, raw	28.35	1.0 oz	5.01	4	27
21463	Yogurt parfait, lowfat, with fruit and granola	149.0	1.0 item	5.01	25	125
16240	SILK Light Chocolate, soymilk	243.0	1.0 cup	5.01	39	119
16237	SILK Chocolate, soymilk	243.0	1.0 cup	5.01	39	141
16248	SILK Mocha, soymilk	243.0	1.0 cup	5.01	0	141
16249	SILK Coffee, soymilk	243.0	1.0 cup	5.01	0	151

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
22965	SPAGHETTIOS, SpaghettiOs Original, easy open	213.0	1.0 can (1 serving)	5.01	40	149
08708	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Touch of Fruit in the Middle, raisin	55.0	24.0 Biscuits (1 NLEA serving)	5.00	47	189
16200	Campbell's Brown Sugar And Bacon Flavored Baked Beans	130.0	0.5 cup	5.00	--	160
16204	PACE, Spicy Jalapeno Refried Beans	120.0	0.5 cup	5.00	--	76
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	5.00	40	212
16202	PACE, Traditional Refried Beans	120.0	0.5 cup	5.00	--	80
13807	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	5.00	5	75
15075	Fish, sablefish, smoked	28.35	1.0 oz	5.00	21	73
07064	Pork sausage, link/patty, cooked, pan-fried	27.0	1.0 patty	5.00	4	88
06146	CAMPBELL'S Red and White, Beef with Vegetables and Barley Soup, condensed	126.0	1.0 serving 1/2 cup	5.00	--	89
01240	Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	96.0	1.0 unit	5.00	28	340
18972	Bread, cheese	48.0	1.0 slice	5.00	8	196
25062	Snack, Mixed Berry Bar	38.0	1.0 bar	5.00	35	146
19896	Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar	56.0	1.0 serving 1 bar	5.00	34	277
28316	Bread, wheat, sprouted	38.0	1.0 slice 1 serving	5.00	25	71
43495	Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY	50.0	1.0 cup (1 NLEA serving)	5.00	72	190
08500	Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	5.00	55	195
18973	Focaccia, Italian flatbread, plain	57.0	1.0 piece	5.00	11	142
32024	Rice mix, cheese flavor, dry mix, unprepared	57.0	0.25 cup dry rice mix	5.00	50	206
06383	CAMPBELL'S CHUNKY Soups, Baked Potato with Cheddar & Bacon Bits Soup	245.0	1.0 cup	5.00	--	191
16251	SILK Vanilla soy yogurt (single serving size)	170.0	1.0 container	5.00	--	150
06429	CAMPBELL'S CHUNKY Soups, Manhattan Clam Chowder	245.0	1.0 cup	5.00	--	127
27009	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST New England Clam Chowder	245.0	1.0 cup	5.00	--	130
06505	CAMPBELL'S Red and White - Microwaveable Bowls, Vegetable Beef Soup	245.0	1.0 cup	5.00	--	83
05286	Turkey and gravy, frozen	85.0	3.0 oz	5.00	7	57
28304	Waffles, whole wheat, lowfat, frozen, ready-to-heat	70.0	1.0 serving 2 waffles	5.00	46	180
10854	HORMEL ALWAYS TENDER, Pork Loin Filets, Lemon Garlic-Flavored	28.0	1.0 oz	4.99	6	33
42074	Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated	78.0	1.0 bar	4.99	22	172
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	256.0	1.0 cup	4.99	41	164
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	256.0	1.0 cup	4.99	41	164

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	256.0	1.0 cup	4.99	38	156
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	4.99	38	156
22950	SUPPER BAKES MEAL KITS, Traditional Roast Chicken with stuffing (chicken not included)	84.0	1.0 serving 1/6 box	4.99	--	160
19087	Candies, white chocolate	85.0	1.0 bar (3 oz)	4.99	10	458
18501	KELLOGG, KELLOG'S NUTRI-GRAIN CEREAL BARS, Mixed Berry	116.0	1.0 bar (NLEA serving)	4.99	30	429
18969	Cream puff, eclair, custard or cream filled, iced	113.0	4.0 oz	4.98	11	377
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	165.0	1.0 cup	4.98	30	145
08390	Cereals ready-to-eat, KASHI GOOD FRIENDS	53.0	1.0 cup (1 NLEA serving)	4.98	10	158
18310	Pie, chocolate creme, commercially prepared	120.0	1.0 serving .167 pie	4.98	23	424
19703	Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C	9.0	1.0 tbsp	4.98	0	31
19704	Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium	9.0	1.0 tbsp	4.98	0	31
08683	Cereals ready-to-eat, CASCADIAN FARM, Multi-Grain Squares	53.0	1.0 cup (1 NLEA serving)	4.98	0	205
05176	Turkey, heart, all classes, cooked, simmered	20.0	1.0 heart	4.98	6	35
17226	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	4.97	6	69
13095	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	4.96	5	78
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	54.0	21.0 biscuits (1 NLEA serving)	4.96	46	189
05102	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour	19.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	4.96	4	61
32035	BANQUET, Salisbury Steak With Gravy, family size, frozen, unprepared	72.0	1.0 patty	4.96	12	112
07962	Frankfurter, meat and poultry, unheated	51.0	1.0 frankfurter	4.96	6	141
19161	Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars	54.0	1.0 package (1.89 oz, 2 bars)	4.96	33	289
13002	Beef, carcass, separable lean and fat, select, raw	28.35	1.0 oz	4.96	5	79
06733	Soup, beef with vegetables and barley, canned, condensed, single brand	127.0	1.0 serving	4.95	--	77
17271	Veal, breast, whole, boneless, separable lean and fat, raw	28.35	1.0 oz	4.95	5	59
10804	USDA Commodity, pork, cured, ham, boneless, cooked, unheated	28.35	1.0 oz boneless	4.94	6	38
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	28.35	1.0 oz	4.94	6	69
11855	Spinach, canned, no salt added, solids and liquids	234.0	1.0 cup	4.94	131	44
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	4.94	131	44
08182	Cereals, WHEATENA, cooked with water, with salt	243.0	1.0 cup	4.93	51	143
13323	Beef, variety meats and by-products, kidneys, raw	28.35	1.0 oz	4.93	5	28
12013	Seeds, lotus seeds, dried	32.0	1.0 cup	4.93	67	106
06413	Soup, chicken broth, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	4.93	2	39

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	202.0	1.0 potato (2-1/3" x 4-3/4")	4.93	55	212
11675	Potatoes, microwaved, cooked in skin, flesh and skin, without salt	202.0	1.0 potato (2-3/4" dia by 4-3/4" long)	4.93	55	212
42258	Cheese product, pasteurized process, cheddar, reduced fat	28.0	1.0 slice 1 oz	4.93	9	67
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	51.0	0.5 cup (1 NLEA serving)	4.93	56	210
13819	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	4.92	5	65
09094	Figs, dried, uncooked	149.0	1.0 cup	4.92	101	371
19098	Candies, 5TH AVENUE Candy Bar	56.0	1.0 bar 2 oz	4.92	35	270
03059	Babyfood, dinner, vegetables and bacon, strained	256.0	1.0 cup	4.92	26	177
13001	Beef, carcass, separable lean and fat, choice, raw	28.35	1.0 oz	4.91	5	82
19084	Candies, HERSHEY'S GOLDEN ALMOND SOLITAIRES	41.0	13.0 pieces	4.91	--	233
19031	Snacks, oriental mix, rice-based	28.35	1.0 oz	4.91	33	143
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	245.0	1.0 cup	4.90	32	122
11987	Mushrooms, oyster, raw	148.0	1.0 large	4.90	27	49
16515	WORTHINGTON Low Fat Veja-Links, canned, unprepared	31.0	1.0 link	4.90	--	38
08569	Cereals, KASHI HEART TO HEART, Instant Oatmeal, golden brown maple, dry	43.0	1.0 packet (1 NLEA serving)	4.90	--	153
10103	Pork, fresh, variety meats and by-products, heart, raw	28.35	1.0 oz	4.90	5	33
17298	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	4.89	6	72
09289	Prunes, dehydrated (low-moisture), uncooked	132.0	1.0 cup	4.88	84	447
06963	Fish broth	244.0	1.0 cup	4.88	2	39
17218	Veal, variety meats and by-products, thymus, raw	28.35	1.0 oz	4.88	7	29
17234	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	4.88	7	74
17214	Lamb, variety meats and by-products, spleen, raw	28.35	1.0 oz	4.88	6	29
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	4.87	39	55
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	163.0	1.0 cup	4.87	39	57
17246	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	4.87	6	69
17264	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	4.87	4	71
17260	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	4.87	4	77
17193	Veal, variety meats and by-products, heart, raw	28.35	1.0 oz	4.87	5	31
17222	Veal, variety meats and by-products, tongue, raw	28.35	1.0 oz	4.87	5	37

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	28.35	1.0 oz	4.87	5	67
17236	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	4.87	6	79
13815	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	4.86	5	70
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	242.0	1.0 cup	4.86	56	322
08143	Cereals, WHEATENA, cooked with water	243.0	1.0 cup	4.86	49	136
19252	Candies, REESE'S, FAST BREAK, milk chocolate peanut butter and soft nougats	56.0	2.0 oz bar	4.85	27	265
08673	Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	4.85	40	192
08677	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS Touch of Fruit in the Middle, Raspberry	55.0	24.0 biscuits (1 NLEA serving)	4.84	46	188
08183	Cereals, whole wheat hot natural cereal, cooked with water, with salt	242.0	1.0 cup	4.84	53	150
08145	Cereals, whole wheat hot natural cereal, cooked with water, without salt	242.0	1.0 cup	4.84	53	150
17242	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	4.84	6	69
20453	Rice, white, short-grain, cooked, unenriched	205.0	1.0 cup	4.84	16	266
17322	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	4.84	5	69
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	4.84	5	34
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	4.82	6	69
13817	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	4.81	5	75
06009	Soup, beef noodle, canned, condensed	125.0	0.5 cup	4.81	6	84
06621	SMART SOUP, Greek Minestrone	283.0	10.0 oz 1 pouch	4.81	--	113
12024	Seeds, sesame seeds, whole, roasted and toasted	28.35	1.0 oz	4.81	101	160
12034	Seeds, sesame meal, partially defatted	28.35	1.0 oz	4.81	98	161
09031	Apricots, dehydrated (low-moisture), sulfured, stewed	249.0	1.0 cup	4.81	62	314
17019	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	4.80	6	77
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	138.0	1.0 piece (1/12 of a cake)	4.80	43	537
06970	Soup, chicken broth, low sodium, canned	240.0	1.0 cup	4.80	2	38
15167	Mollusks, oyster, eastern, wild, raw	84.0	6.0 medium	4.80	15	43
20651	Rice, brown, parboiled, cooked, UNCLE BENS	155.0	1.0 cup	4.79	60	228
17001	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	4.79	6	76

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
10219	Pork, fresh, ground, raw	28.35	1.0 oz	4.79	5	75
08542	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS Bite Size Strawberry Delight	55.0	25.0 biscuits (1 NLEA serving)	4.78	45	194
08459	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS, Maple & Brown Sugar, Bite Size	55.0	25.0 biscuits (1 NLEA serving)	4.78	45	193
10119	Pork, fresh, variety meats and by-products, stomach, raw	28.35	1.0 oz	4.78	3	45
06375	CAMPBELL'S, Vegetable Beef Soup, condensed	126.0	0.5 cup condensed	4.78	6	82
08568	Cereals, KASHI HEART TO HEART, Instant Oatmeal, Apple Cinnamon, dry	43.0	1.0 packet (1 NLEA serving)	4.77	--	152
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	129.0	1.0 cup	4.77	13	685
18998	KELLOGG'S, EGGO, French Toaster Sticks, Original	90.0	2.0 pieces	4.77	12	215
01190	KRAFT FREE Singles American Nonfat Pasteurized Process Cheese Product	21.0	1.0 slice	4.77	--	31
19246	Frostings, white, fluffy, dry mix	207.0	1.0 package	4.76	6	768
08631	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS LITTLE BITES, chocolate	56.0	1.0 cup (1 NLEA serving)	4.76	50	198
17043	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	4.76	6	74
16055	Carob flour	103.0	1.0 cup	4.76	56	229
36004	APPLEBEE'S, mozzarella sticks	32.0	1.0 piece	4.76	6	101
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	240.0	1.0 cup	4.75	46	211
13830	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	4.75	5	82
13859	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	4.75	5	95
17062	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	4.75	4	79
11167	Corn, sweet, yellow, raw	145.0	1.0 cup	4.74	54	125
17205	Lamb, variety meats and by-products, lungs, raw	28.35	1.0 oz	4.73	4	27
08286	Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX	55.0	0.67 cup (1 NLEA serving)	4.73	37	195
08617	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Bite Size Blueberry Muffin	55.0	25.0 biscuits (1 NLEA serving)	4.73	45	194
17318	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	4.73	5	73
06170	Soup, stock, beef, home-prepared	240.0	1.0 cup	4.73	17	31
19247	Frostings, white, fluffy, dry mix, prepared with water	315.0	1.0 package yields	4.72	6	769
15231	Mollusks, oyster, Pacific, cooked, moist heat	25.0	1.0 medium	4.72	11	41
15171	Mollusks, oyster, Pacific, raw	50.0	1.0 medium	4.72	11	40
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	4.72	5	47

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
08452	Cereals, QUAKER, Whole Wheat Natural Cereal, dry	40.0	0.5 cup	4.72	59	133
17051	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	4.71	6	73
18959	Pastry, Pastelitos de Guava (guava pastries)	86.0	1.0 piece	4.71	13	326
06409	Soup, beef noodle, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	4.71	7	83
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	4.70	6	75
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	28.35	1.0 oz	4.70	5	131
17224	Lamb, ground, raw	28.35	1.0 oz	4.69	6	80
12006	Seeds, chia seeds, dried	28.35	1.0 oz	4.69	95	138
13824	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	4.69	5	87
13844	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	4.68	5	84
35204	Chokecherries, raw, pitted (Northern Plains Indians)	154.0	1.0 cup	4.68	42	249
05179	Turkey from whole, neck, meat only, raw	28.35	1.0 oz	4.68	4	35
11370	Potatoes, hash brown, home-prepared	156.0	1.0 cup	4.68	55	413
42261	Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	52.0	0.75 cup (1 NLEA serving)	4.68	51	210
42148	Candies, MARS SNACKFOOD US, M&M's Peanut Butter Chocolate Candies	46.0	1.0 serving 1.63 oz singles bag	4.67	37	243
17326	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	4.67	5	74
10170	Pork, cured, shoulder, blade roll, separable lean and fat, unheated	28.35	1.0 oz	4.67	4	76
17191	Lamb, variety meats and by-products, heart, raw	28.35	1.0 oz	4.67	5	35
10106	Pork, fresh, variety meats and by-products, kidneys, raw	28.35	1.0 oz	4.67	5	28
20118	Noodles, flat, crunchy, Chinese restaurant	45.0	1.0 cup	4.65	9	234
07050	Mortadella, beef, pork	28.35	1.0 oz	4.64	3	88
27002	Soup, wonton, Chinese restaurant	223.0	1.0 cup	4.64	7	71
15014	Fish, cisco, smoked	28.35	1.0 oz	4.64	5	50
13827	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	4.63	5	91
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	55.0	0.666 cup (1 NLEA serving)	4.63	55	213
21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	16.0	1.0 wing without skin, bone and breading	4.63	4	34
17023	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	4.63	6	88
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	237.0	1.0 cup	4.62	19	130

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
10121	Pork, fresh, variety meats and by-products, tongue, raw	28.35	1.0 oz	4.62	5	64
17207	Veal, variety meats and by-products, lungs, raw	28.35	1.0 oz	4.62	3	26
05600	USDA Commodity, turkey ham, dark meat, smoked, frozen	28.35	1.0 oz	4.62	5	33
28021	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Original	70.0	2.0 waffles	4.62	36	167
28015	KELLOGG'S, EGGO, Waffles, Homestyle	70.0	2.0 waffles	4.62	12	195
28019	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Honey Oat	70.0	2.0 waffles	4.62	18	188
07027	Ham, chopped, not canned	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	4.62	4	50
28010	KELLOGG'S, EGGO, Waffles, Buttermilk	70.0	2.0 waffles	4.62	13	195
07030	Ham, minced	28.35	1.0 oz	4.62	5	75
16570	GARDENBURGER Black Bean Chipotle Burger, frozen, unprepared	71.0	1.0 patty	4.62	--	94
18076	Bread, whole-wheat, commercially prepared, toasted	28.35	1.0 oz	4.61	28	87
13838	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	4.61	5	90
01270	Cheese, cheddar, sharp, sliced	19.0	1.0 slice (2/3 oz)	4.61	5	78
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	47.0	0.75 cup (1 NLEA serving)	4.61	40	162
11618	Eppaw, raw	100.0	1.0 cup	4.60	32	150
20447	Rice, white, long-grain, parboiled, unenriched, cooked	158.0	1.0 cup	4.60	14	194
20047	Rice, white, long-grain, parboiled, enriched, cooked	158.0	1.0 cup	4.60	14	194
13328	Beef, variety meats and by-products, lungs, raw	28.35	1.0 oz	4.59	4	26
12021	Seeds, safflower seed kernels, dried	28.35	1.0 oz	4.59	100	147
11452	Soybeans, mature seeds, sprouted, raw	35.0	0.5 cup	4.58	25	43
13833	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	4.58	5	101
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	4.57	23	81
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	4.57	23	81
12118	Nuts, coconut milk, canned (liquid expressed from grated meat and water)	226.0	1.0 cup	4.57	104	445
01191	KRAFT VELVEETA Pasteurized Process Cheese Spread	28.0	1.0 oz	4.56	--	85
07212	OSCAR MAYER, Ham (chopped with natural juice)	28.0	1.0 serving (1 slice)	4.56	6	50
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	4.56	5	51
07021	Dutch brand loaf, chicken, pork and beef	38.0	1.0 slice	4.56	6	104
18612	MCKEE BAKING, LITTLE DEBBIE NUTTY BARS, Wafers with Peanut Butter, Chocolate Covered	57.0	1.0 serving	4.56	--	312
18639	GEORGE WESTON BAKERIES, Thomas English Muffins	57.0	1.0 serving	4.56	--	132
11671	Potatoes, o'brien, home-prepared	194.0	1.0 cup	4.56	35	157
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	147.0	0.5 cup	4.56	26	163

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	59.0	1.0 cup (1 NLEA serving)	4.55	72	188
07026	Ham, chopped, canned	28.35	1.0 oz	4.55	4	68
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	144.0	1.0 piece (1/12 of a cake)	4.55	29	546
18506	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Low Fat	70.0	2.0 waffles 1 serving	4.55	37	141
13841	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	4.54	4	94
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	4.54	31	132
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	165.0	1.0 cup	4.54	31	132
07953	Pork sausage, link/patty, fully cooked, microwaved	30.0	1.0 patty	4.54	4	131
05115	Chicken, roasting, giblets, raw	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	4.54	4	32
12167	Nuts, chestnuts, european, roasted	143.0	1.0 cup	4.53	47	350
16524	WORTHINGTON Veja-Links, canned, unprepared	31.0	1.0 link	4.53	--	48
20041	Rice, brown, medium-grain, cooked	195.0	1.0 cup	4.52	86	218
21130	Fast foods, onion rings, breaded and fried	117.0	1.0 package (18 onion rings)	4.52	22	481
08627	Cereals ready-to-eat, QUAKER, Natural Granola Apple Cranberry Almond	49.0	0.5 cup (1 NLEA serving)	4.51	52	205
20657	Pasta, gluten-free, corn and rice flour, cooked	141.0	1.0 cup spaghetti	4.51	16	252
31036	Potatoes, mashed, ready-to-eat	229.0	1.0 cup	4.51	32	243
09038	Avocados, raw, California	230.0	1.0 cup, pureed	4.51	67	384
08023	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN	49.0	0.75 cup (1 NLEA serving)	4.51	75	194
08484	Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	4.50	80	202
17262	Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	4.50	4	88
08709	Cereals ready-to-eat, MOM'S BEST, Sweetened WHEAT-FULS	55.0	1.0 cup (1 NLEA serving)	4.50	40	205
11510	Sweet potato, cooked, boiled, without skin	328.0	1.0 cup, mashed	4.49	59	249
11876	Sweet potato, cooked, boiled, without skin, with salt	328.0	1.0 cup, mashed	4.49	59	249
07001	Barbecue loaf, pork, beef	28.35	1.0 oz	4.49	5	49
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	142.0	0.5 cup	4.49	28	170
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	4.48	99	191
08290	Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes	31.0	0.75 cup (1 NLEA serving)	4.48	45	109
08511	Cereals, MALT-O-MEAL, original, plain, prepared with water, without salt	268.0	1.0 serving (3 T dry cereal plus 1 cup water)	4.48	5	129
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	142.0	0.5 cup From 19211	4.47	27	149
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	4.47	42	244
13847	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	4.47	4	104

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
07940	Macaroni and cheese loaf, chicken, pork and beef	38.0	1.0 slice	4.47	10	87
17197	Veal, variety meats and by-products, kidneys, raw	28.35	1.0 oz	4.47	5	28
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	43.0	1.0 packet (1 NLEA serving)	4.47	43	159
18631	PILLSBURY, Crusty French Loaf, refrigerated dough	52.0	1.0 serving	4.47	--	126
35239	Tortilla, blue corn, Sakwavikaviki (Hopi)	57.0	1.0 piece	4.46	18	157
17195	Lamb, variety meats and by-products, kidneys, raw	28.35	1.0 oz	4.46	5	27
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	4.46	5	46
11907	Corn, sweet, white, canned, cream style, no salt added	256.0	1.0 cup	4.45	44	184
11174	Corn, sweet, yellow, canned, cream style, regular pack	256.0	1.0 cup	4.45	44	184
11772	Corn, sweet, yellow, canned, cream style, no salt added	256.0	1.0 cup	4.45	44	184
11906	Corn, sweet, white, canned, cream style, regular pack	256.0	1.0 cup	4.45	38	189
17220	Lamb, variety meats and by-products, tongue, raw	28.35	1.0 oz	4.45	6	63
13331	Beef, variety meats and by-products, pancreas, raw	28.35	1.0 oz	4.45	5	67
18616	MISSION FOODS, MISSION Flour Tortillas, Soft Taco, 8 inch	51.0	1.0 serving	4.44	--	146
15245	Mollusks, oyster, eastern, farmed, raw	85.0	3.0 oz	4.44	28	50
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	4.43	14	149
18346	Rolls, dinner, rye	43.0	1.0 large (approx 3-1/2" to 4" dia)	4.43	23	123
20051	Rice, white, medium-grain, enriched, cooked	186.0	1.0 cup	4.43	24	242
20451	Rice, white, medium-grain, cooked, unenriched	186.0	1.0 cup	4.43	24	242
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	56.0	1.0 cup (1 NLEA serving)	4.42	42	221
19238	Candies, REESE'S BITES	39.0	16.0 pieces	4.42	25	203
08554	Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch	52.0	0.75 cup (1 NLEA serving)	4.42	44	215
15175	Mollusks, squid, mixed species, raw	28.35	1.0 oz, boneless	4.42	9	26
18505	KELLOGG'S, EGGO, Waffles, Homestyle, Low Fat	70.0	2.0 waffles 1 serving	4.41	12	160
09032	Apricots, dried, sulfured, uncooked	130.0	1.0 cup, halves	4.41	42	313
03085	Babyfood, dinner, vegetables and turkey, junior	256.0	1.0 cup	4.40	23	136
01126	Egg, yolk, raw, frozen, pasteurized	28.35	1.0 oz	4.40	3	84
08366	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Wheat Germ, Regular	14.0	2.0 tbsp (1 NLEA serving)	4.40	44	51
03945	Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA	30.5	1.0 fl oz	4.40	14	159
32031	Salisbury steak with gravy, frozen	63.0	1.0 patty	4.40	11	94
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 cup	4.39	18	182

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	4.39	18	182
19147	Candies, peanut bar	28.35	1.0 oz	4.39	31	148
06549	Soup, chicken mushroom, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	4.39	10	132
20053	Rice, white, short-grain, enriched, cooked	186.0	1.0 cup	4.39	15	242
19118	Candies, NESTLE, OH HENRY! Bar	57.0	1.0 bar 2 oz	4.39	29	263
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	57.0	1.0 cup (1 NLEA serving)	4.39	24	213
11437	Salsify, (vegetable oyster), raw	133.0	1.0 cup slices	4.39	31	109
16278	Vitasoy USA Azumaya, Silken Tofu	91.0	0.2 package	4.39	--	39
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	4.38	28	41
42278	Babyfood, vegetable and brown rice, strained	230.0	1.0 cup	4.37	34	159
16214	Vitasoy USA, Organic Nasoya Silken Tofu	91.0	0.2 package	4.37	--	43
08113	Cereals, farina, enriched, cooked with water, without salt	240.0	1.0 cup	4.37	17	127
03861	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DHA	28.0	3.0 scoop	4.37	15	134
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	240.0	1.0 cup	4.37	17	132
27035	Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium	40.0	1.41 oz dry (half noodle block)	4.36	9	140
42265	Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & Pecan	55.0	0.75 cup (1 NLEA serving)	4.34	48	208
08411	Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS, Brown Sugar, dry	50.0	1.0 packet (1 NLEA serving)	4.34	44	192
08277	Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA	55.0	0.667 cup (1 NLEA serving)	4.34	24	210
08668	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Nutty Clusters & Almonds	55.0	1.0 cup (1 NLEA serving)	4.34	32	191
08697	Cereals ready-to-eat, KASHI ORGANIC PROMISE, RAISIN VINEYARD	50.0	0.75 Cup (1 NLEA serving)	4.34	25	171
17239	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	4.34	5	97
06461	Soup, tomato beef with noodle, canned, prepared with equal volume water	244.0	1.0 cup	4.34	7	137
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	231.0	1.0 cup	4.34	18	120
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	4.34	7	22
28018	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Blueberry	70.0	2.0 waffles	4.34	35	180
19219	Puddings, coconut cream, dry mix, regular, prepared with 2% milk	140.0	0.5 cup	4.34	22	146
28023	KELLOGG'S, SIMPLY EGGO, Original	70.0	2.0 waffles	4.34	10	206
11400	Potatoes, frozen, whole, unprepared	182.0	1.0 cup	4.33	24	142
18980	KASHI, Original Waffle	72.0	2.0 pieces	4.32	28	142
18997	KELLOGG'S, EGGO, French Toaster Sticks, Cinnamon	90.0	2.0 pieces	4.32	11	225
43125	Beans, liquid from stewed kidney beans	240.0	1.0 cup	4.32	89	113

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
19096	Ice creams, vanilla, light, soft-serve	88.0	1.0 serving 1/2 cup	4.31	12	111
11050	Beans, shellie, canned, solids and liquids	245.0	1.0 cup	4.31	37	74
07040	Liver cheese, pork	28.35	1.0 oz	4.31	3	86
03011	Babyfood, meat, lamb, junior	28.35	1.0 oz	4.31	3	32
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	210.0	1.0 cup	4.30	40	227
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	210.0	1.0 cup	4.30	40	227
15109	Fish, surimi	28.35	1.0 oz	4.30	12	28
18350	Rolls, hamburger or hotdog, plain	44.0	1.0 roll 1 serving	4.30	10	123
16130	Okara	122.0	1.0 cup	4.29	32	93
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	57.0	1.0 bar (2 oz)	4.29	41	280
08696	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN, Cinnamon Almond	58.0	1.25 cup (1 NLEA serving)	4.29	61	201
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	45.0	1.0 packet	4.29	41	166
07010	Bologna, pork	28.0	1.0 slice, medium (4-1/2" dia x 1/8" thick) (1 oz)	4.28	4	69
06040	Soup, minestrone, canned, condensed	123.0	0.5 cup (4 fl oz)	4.28	7	84
11191	Cowpeas (blackeyes), immature seeds, raw	145.0	1.0 cup	4.28	74	130
18960	Crackers, snack, GOYA CRACKERS	30.0	1.0 serving (1 NLEA serving - about 4 crackers)	4.28	12	130
07088	Honey roll sausage, beef	23.0	1.0 slice (4" dia x 1/8" thick)	4.27	4	42
08544	Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	48.0	0.75 cup (1 NLEA serving)	4.27	43	184
01076	Milk substitutes, fluid, with lauric acid oil	244.0	1.0 cup	4.27	15	149
07058	Pickle and pimiento loaf, pork	38.0	1.0 slice	4.27	13	86
06440	Soup, minestrone, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	4.27	7	82
19323	Puddings, coconut cream, dry mix, instant, prepared with whole milk	147.0	0.5 cup	4.26	21	172
19191	Puddings, coconut cream, dry mix, instant, prepared with 2% milk	147.0	0.5 cup	4.26	21	157
08189	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins	49.0	0.5 cup (1 NLEA serving)	4.26	33	191
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	28.35	1.0 oz	4.26	49	183
10114	Pork, fresh, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	4.26	5	86
17212	Veal, variety meats and by-products, pancreas, raw	28.35	1.0 oz	4.25	5	52
20445	Rice, white, long-grain, regular, unenriched, cooked without salt	158.0	1.0 cup	4.25	19	205
20045	Rice, white, long-grain, regular, enriched, cooked	158.0	1.0 cup	4.25	19	205
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	158.0	1.0 cup	4.25	19	205
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	158.0	1.0 cup	4.25	19	205

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
17209	Lamb, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	4.24	5	78
13330	Beef, variety meats and by-products, mechanically separated beef, raw	28.35	1.0 oz	4.24	5	78
08173	Cereals, farina, enriched, cooked with water, with salt	233.0	1.0 cup	4.24	16	123
09175	Mammy-apple, (mamey), raw	846.0	1.0 fruit without refuse	4.23	135	431
06930	Sauce, cheese, ready-to-serve	63.0	0.25 cup	4.23	6	110
13339	Beef, variety meats and by-products, tongue, raw	28.35	1.0 oz	4.22	5	64
20058	Rice, white, steamed, Chinese restaurant	132.0	1.0 cup, loosely packed	4.22	7	199
11581	Vegetables, mixed, canned, drained solids	163.0	1.0 cup	4.22	26	80
43100	Breakfast bars, oats, sugar, raisins, coconut (include granola bar)	43.0	1.0 bar	4.21	43	200
28256	AUSTIN, Peanut Butter on Cheese Crackers, sandwich-type	39.0	1.0 package	4.21	5	192
31022	Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	130.0	1.0 cup prepared	4.21	42	315
28265	KEEBLER, Cheese & Peanut Butter Sandwich Crackers	39.0	1.0 package	4.21	5	192
19208	Puddings, rice, dry mix, prepared with 2% milk	128.0	0.5 cup	4.21	17	142
11512	Sweet potato, canned, vacuum pack	255.0	1.0 cup, mashed	4.21	56	232
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	165.0	1.0 cup	4.21	46	130
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	4.21	46	134
09139	Guavas, common, raw	165.0	1.0 cup	4.21	36	112
17210	Lamb, variety meats and by-products, pancreas, raw	28.35	1.0 oz	4.21	6	43
19325	Puddings, coconut cream, dry mix, regular, prepared with whole milk	140.0	0.5 cup	4.20	22	160
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	4.20	27	142
16584	GARDENBURGER Savory Portabella Veggie Burger, frozen, unprepared	71.0	1.0 patty	4.19	--	98
07907	USDA Commodity, pork sausage, bulk/links/patties, frozen, raw	28.0	1.0 link	4.19	5	65
11007	Artichokes, (globe or french), raw	128.0	1.0 artichoke, medium	4.19	77	60
07062	Picnic loaf, pork, beef	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	4.18	4	65
18975	KASHI, TLC, Original 7-Grain Crackers	30.0	15.0 crackers	4.17	29	116
13346	Beef, cured, corned beef, brisket, raw	28.35	1.0 oz	4.16	4	56
11350	Pokeberry shoots, (poke), raw	160.0	1.0 cup	4.16	29	37
19195	Puddings, rice, dry mix, prepared with whole milk	128.0	0.5 cup	4.16	17	155
09299	Raisins, seeded	165.0	1.0 cup, packed	4.16	50	488
19078	Baking chocolate, unsweetened, squares	29.0	1.0 oz square Bakers	4.15	95	186
09451	Horned melon (Kiwano)	233.0	1.0 cup	4.15	93	103
14252	Beverages, Malt liquor beverage	1184.0	1.0 bottle	4.14	59	474
05673	Chicken, skin (drumsticks and thighs), cooked, braised	28.35	1.0 oz	4.14	4	126
28257	AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type	39.0	1.0 package	4.13	5	191
28110	KEEBLER, Toast & Peanut Butter Sandwich Crackers	39.0	1.0 package	4.13	5	191
08116	Cereals, MALT-O-MEAL, original, plain, dry	35.0	3.0 tbsp (1 NLEA serving)	4.13	6	128

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	4.12	58	95
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	4.12	58	95
11814	Peas, green, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	4.12	18	62
11313	Peas, green, frozen, cooked, boiled, drained, without salt	80.0	0.5 cup	4.12	18	62
19122	Puddings, banana, dry mix, regular, prepared with 2% milk	142.0	0.5 cup From 19211	4.12	18	143
17029	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	4.12	5	105
18036	Bread, multi-grain, toasted (includes whole-grain)	28.35	1.0 oz	4.12	24	82
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	4.12	40	237
05020	Chicken, broilers or fryers, giblets, raw	23.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	4.11	4	29
07014	Braunschweiger (a liver sausage), pork	28.35	1.0 oz	4.11	3	93
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	4.11	24	120
35183	Corn, dried, yellow (Northern Plains Indians)	28.35	1.0 oz	4.11	42	119
18978	KASHI, Blueberry Waffle	72.0	2.0 pieces	4.10	27	138
18629	PILLSBURY, Buttermilk Biscuits, Artificial Flavor, refrigerated dough	64.0	1.0 biscuit	4.10	--	151
13147	Beef, rib, shortribs, separable lean and fat, choice, raw	28.35	1.0 oz	4.08	4	110
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207.0	1.0 can (6 fl oz)	4.08	79	302
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	31.0	0.5 cup (1 NLEA serving)	4.07	112	80
08712	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN with cranberries	59.0	1.25 Cups (1 NLEA serving)	4.07	63	203
05714	Turkey, skin, from retail parts, from dark meat, raw	28.35	1.0 oz	4.07	2	108
21380	McDONALD'S, Fruit 'n Yogurt Parfait	149.0	1.0 item 5.2 oz	4.07	21	156
18951	Waffles, chocolate chip, frozen, ready-to-heat	70.0	2.0 waffles	4.06	11	208
28260	KELLOGG'S, EGGO, Waffles, Chocolate Chip	70.0	2.0 waffles	4.06	11	204
36044	ON THE BORDER, Mexican rice	114.0	1.0 cup	4.06	17	222
19121	Puddings, banana, dry mix, instant, prepared with 2% milk	147.0	0.5 cup From 19191	4.06	18	154
19890	Frozen novelties, KLONDIKE, SLIM-A-BEAR, No Sugar Added, Stickless Bar	78.0	1.0 serving 1 bar	4.06	--	189
08191	Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size	52.0	1.0 cup (1 NLEA serving)	4.06	48	183
19115	Candies, MARS SNACKFOOD US, MARS Almond Bar	50.0	1.0 bar (1.76 oz)	4.05	36	234
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	4.05	4	69
22955	Egg rolls, vegetable, frozen, prepared	68.0	1.0 egg roll	4.05	16	146
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	245.0	1.0 cup	4.04	20	137
11302	Peas, edible-podded, frozen, unprepared	144.0	1.0 cup	4.03	33	60
16161	MORI-NU, Tofu, silken, soft	84.0	1.0 slice	4.03	24	46

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
03246	Babyfood, dessert, custard pudding, vanilla, junior	229.0	1.0 cup	4.03	11	197
11508	Sweet potato, cooked, baked in skin, flesh, without salt	200.0	1.0 cup	4.02	54	180
06630	Sauce, pesto, MEZZETTA, NAPA VALLEY BISTRO, basil pesto, ready-to-serve	60.0	0.25 cup	4.01	26	298
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	49.0	0.75 cup (1 NLEA serving)	4.01	32	180
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	4.01	38	174
16229	Soymilk (All flavors), lowfat, with added calcium, vitamins A and D	243.0	1.0 cup	4.01	--	104
05175	Turkey, heart, all classes, raw	24.0	1.0 piece	4.01	5	34
18376	Bread crumbs, dry, grated, seasoned	28.35	1.0 oz	4.01	13	109
06097	CAMPBELL'S Red and White, Beef Consomme, condensed	124.0	1.0 serving 1/2 cup	4.01	--	20
06343	CAMPBELL'S Red and White, Creamy Chicken Noodle Soup, condensed	124.0	1.0 serving 1/2 cup	4.01	--	120
22946	SUPPER BAKES MEAL KITS, Herb Chicken with rice (chicken not included)	94.0	0.167 box (NLEA serving)	4.00	--	185
22947	SUPPER BAKES MEAL KITS, Lemon Chicken with herb rice (chicken not included)	94.0	1.0 serving (NLEA serving)	4.00	--	197
06228	PREGO Pasta, Mini Meatball Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	4.00	--	100
19249	Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate	42.0	1.0 serving 1.5 oz	4.00	21	219
19910	Candies, crispy bar with peanut butter filling	42.0	1.0 serving 1.5 oz	4.00	21	228
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	60.0	1.0 bar	4.00	41	233
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	4.00	53	279
28295	Tortillas, ready-to-bake or -fry, whole wheat	41.0	1.0 tortilla 1 serving	4.00	35	127
22949	SUPPER BAKES MEAL KITS, Southwestern-Style Chicken w/rice (chicken not included)	81.0	0.167 box (NLEA serving)	4.00	--	153
28320	English muffins, whole grain white	57.0	1.0 muffin 1 serving	4.00	19	140
28324	Pancakes, whole wheat, dry mix, incomplete	38.0	0.25 cup mix 1 serving	4.00	32	133
32011	Yellow rice with seasoning, dry packet mix, unprepared	57.0	1.0 serving (2 oz)	4.00	64	196
12157	Nuts, walnuts, dry roasted, with salt added	28.0	1.0 oz	4.00	42	180
42237	Cereals ready-to-eat, WEETABIX whole grain cereal	35.0	2.0 biscuits (1 NLEA serving)	4.00	32	130
18971	Bread, potato	32.0	1.0 slice	4.00	9	85
28350	Cookies, chocolate cream covered biscuit sticks	40.0	1.0 serving	4.00	14	179
01061	Cheese, American, nonfat or fat free	19.0	1.0 serving	4.00	22	24
28321	Rolls, hamburger, whole grain white, calcium-fortified	43.0	1.0 piece roll	4.00	16	110
28319	Bagels, whole grain white	43.0	0.5 piece bagel 1 serving	4.00	18	110
08598	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, HONEY CLUSTERS	52.0	1.0 cup (1 NLEA serving)	4.00	40	168
28318	Bread, french or vienna, whole wheat	48.0	1.0 slice 1 serving	4.00	25	115
01242	Ice cream sandwich, vanilla, light, no sugar added	70.0	1.0 serving	4.00	7	140

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
16203	PACE, Salsa Refried Beans	120.0	0.5 cup	4.00	--	72
18139	Cake, white, prepared from recipe without frosting	74.0	1.0 piece (1/12 of 9" dia)	4.00	9	264
06587	CAMPBELL'S Soup on the Go, Chicken with Mini Noodles Soup	305.0	1.0 container	4.00	--	79
16256	SILK Black Cherry soy yogurt	170.0	1.0 container	4.00	--	150
16253	SILK Strawberry soy yogurt	170.0	1.0 container	4.00	--	160
16257	SILK Blueberry soy yogurt	170.0	1.0 container	4.00	--	150
16254	SILK Raspberry soy yogurt	170.0	1.0 container	4.00	--	150
16258	SILK Key Lime soy yogurt	170.0	1.0 container	4.00	--	150
16255	SILK Peach soy yogurt	170.0	1.0 container	4.00	--	160
16259	SILK Banana-Strawberry soy yogurt	170.0	1.0 container	4.00	--	150
06145	CAMPBELL'S Red and White, Beef Noodle Soup, condensed	126.0	1.0 serving 1/2 cup	3.99	--	71
27014	CAMPBELL'S Red and White, Italian Style Wedding Soup, condensed	126.0	0.5 cup	3.99	--	89
06374	CAMPBELL'S Red and White, Vegetable Soup, condensed	126.0	1.0 serving 1/2 cup	3.99	--	100
06366	CAMPBELL'S Red and White, Minestrone Soup, condensed	126.0	1.0 serving 1/2 cup	3.99	--	89
06992	HEALTHY REQUEST, Vegetable Soup, condensed	126.0	1.0 serving 1/2 cup	3.99	--	100
06367	CAMPBELL'S Red and White, New England Clam Chowder, condensed	126.0	1.0 serving 1/2 cup	3.99	--	89
06030	Soup, clam chowder, new england, canned, condensed	126.0	0.5 cup	3.99	16	91
27013	CAMPBELL'S Red and White, Chicken Barley with Mushrooms Soup, condensed	126.0	0.5 cup	3.99	--	89
06408	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Vegetable Soup	245.0	1.0 cup	3.99	--	120
06497	CAMPBELL'S Red and White - Microwaveable Bowls, Chicken Noodle Soup	245.0	1.0 cup	3.99	--	74
06544	CAMPBELL'S Homestyle Minestrone Soup	245.0	1.0 cup	3.99	--	100
21139	Fast foods, potato, mashed	242.0	1.0 cup	3.99	36	215
09110	Goji berries, dried	28.0	5.0 tbsp	3.99	--	98
10112	Pork, fresh, variety meats and by-products, lungs, raw	28.35	1.0 oz	3.99	4	24
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	210.0	1.0 cup	3.99	38	237
28281	SUNSHINE, CHEEZ-IT, Reduced Fat Crackers	30.0	29.0 crackers	3.99	6	135
01160	Egg, yolk, raw, frozen, salted, pasteurized	28.35	1.0 oz	3.99	2	78
18075	Bread, whole-wheat, commercially prepared	32.0	1.0 slice	3.98	24	81
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	3.98	5	33
08680	Cereals, oats, instant, fortified, maple and brown sugar, dry	43.0	1.0 packet	3.98	39	158
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	3.98	42	328
07091	New england brand sausage, pork, beef	23.0	1.0 slice (4" dia x 1/8" thick)	3.97	4	37

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
19331	Puddings, lemon, dry mix, instant, prepared with whole milk	147.0	0.5 cup	3.97	16	169
08489	Cereals, MALT-O-MEAL, Maple & Brown Sugar Hot Wheat Cereal, dry	45.0	0.25 cup (1 NLEA serving)	3.97	7	166
03007	Babyfood, meat, pork, strained	28.35	1.0 oz	3.97	3	35
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	121.0	1.0 cup sliced	3.97	16	35
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	3.97	16	35
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz	3.97	4	49
01188	KRAFT CHEEZ WHIZ Pasteurized Process Cheese Sauce	33.0	2.0 tbsp	3.96	--	91
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	13.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	3.96	3	26
08130	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry	43.0	1.0 packet	3.96	38	158
11812	Peas, green, canned, no salt added, solids and liquids	124.0	0.5 cup	3.96	21	66
08688	Cereals, QUAKER, Instant Oatmeal, Cinnamon Swirl, high fiber	45.0	1.0 packet (1 NLEA serving)	3.96	41	165
03048	Babyfood, macaroni and cheese, toddler	113.0	1.0 container	3.96	10	93
32007	Taquitos, frozen, beef and cheese, oven-heated	42.0	1.0 piece	3.95	10	121
11521	Taro leaves, cooked, steamed, without salt	145.0	1.0 cup	3.94	29	35
11879	Taro, leaves, cooked, steamed, with salt	145.0	1.0 cup	3.94	29	35
21248	WENDY'S, Frosty Dairy Dessert	113.0	1.0 junior 6 oz. cup	3.94	23	149
10001	Pork, fresh, carcass, separable lean and fat, raw	28.35	1.0 oz	3.94	4	107
18977	KASHI, TLC, Toasted Asiago Crackers	31.0	15.0 crackers	3.94	18	130
15012	Fish, caviar, black and red, granular	16.0	1.0 tbsp	3.94	48	42
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	48.0	1.0 tortilla	3.94	11	147
11324	Peas and onions, canned, solids and liquids	120.0	1.0 cup	3.94	19	61
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	3.93	3	87
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	3.93	5	41
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	3.92	10	146
14183	Beverages, coffee, ready to drink, iced, mocha, milk based	265.0	1.0 cup	3.92	24	159
19207	Puddings, vanilla, dry mix, regular, prepared with whole milk	140.0	0.5 cup	3.92	13	158
12140	Nuts, formulated, wheat-based, unflavored, with salt added	28.35	1.0 oz	3.92	16	176
08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	43.0	1.0 packet (1 NLEA serving)	3.92	35	155
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	3.92	6	206
16399	Peanut butter with omega-3, creamy	16.0	1.0 tbsp	3.92	31	97
11962	Peppers, hot chile, sun-dried	37.0	1.0 cup	3.91	33	120
10998	Canadian bacon, cooked, pan-fried	13.8	1.0 slice	3.91	4	20
11934	Potatoes, mashed, home-prepared, whole milk and butter added	210.0	1.0 cup	3.91	38	237

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
16585	GARDENBURGER Sun-Dried Tomato Basil Burger, frozen, unprepared	71.0	1.0 patty	3.90	--	97
43245	Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits	55.0	1.0 cup (1 NLEA serving)	3.90	66	212
43543	Milk, imitation, non-soy	244.0	1.0 cup	3.90	2	112
06465	Soup, turkey noodle, canned, prepared with equal volume water	244.0	1.0 cup	3.90	5	68
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	11.5	1.0 slice	3.90	4	54
21024	Fast foods, french toast sticks	65.0	3.0 pieces	3.90	12	221
28342	Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and sorghum flour	69.0	1.0 roll	3.90	29	177
28354	ANDREA'S, Gluten Free Soft Dinner Roll	69.0	1.0 roll	3.90	29	177
21142	Fast food, biscuit	55.0	1.0 biscuit	3.89	8	204
09041	Bananas, dehydrated, or banana powder	100.0	1.0 cup	3.89	108	346
16219	Vitasoy USA, Vitasoy Light Vanilla Soymilk	243.0	1.0 cup	3.89	24	73
43441	Rolls, pumpernickel	36.0	1.0 medium (2-1/2" dia)	3.89	19	99
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	58.0	1.0 serving 1 biscuit	3.89	9	157
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	33.0	3.0 tablespoon (1 serving)	3.88	15	118
12121	Nuts, hazelnuts or filberts, blanched	28.35	1.0 oz	3.88	45	178
18954	Bread, pound cake type, pan de torta salvadoran	55.0	1.0 serving	3.88	10	214
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	3.88	4	42
07034	Headcheese, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	3.87	3	44
08700	Cereals ready-to-eat, KELLOGG RAISIN BRAN with Omega-3 from flaxseed	53.0	1.0 Cup (1 NLEA serving)	3.87	51	185
32006	Taquitos, frozen, chicken and cheese, oven-heated	42.0	1.0 piece	3.87	10	119
11263	Mushrooms, white, stir-fried	108.0	1.0 cup sliced	3.87	12	28
12176	Nuts, coconut milk, frozen (liquid expressed from grated meat and water)	240.0	1.0 cup	3.86	77	485
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	3.86	10	178
19162	Candies, WHATCHAMACALLIT Candy Bar	48.0	1.0 bar 1.7 oz	3.86	13	237
28024	KELLOGG'S, EGGO, Waffles, Strawberry	70.0	2.0 waffles	3.85	10	186
28009	KELLOGG'S, EGGO, Waffles, Blueberry	70.0	2.0 waffles	3.85	10	186
28022	KELLOGG'S, EGGO Seasons, Waffles, Pumpkin Spice	70.0	2.0 waffles	3.85	16	207
07063	Pork sausage, link/patty, unprepared	25.0	1.0 link	3.85	4	72
06430	Soup, clam chowder, new england, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	3.84	17	87
42291	Peanut butter, reduced sodium	16.0	1.0 tbsp	3.84	25	94
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	142.0	0.5 cup	3.83	17	162
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	33.0	3.0 tablespoon (1 NLEA serving)	3.83	15	117
08639	Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar	34.0	1.0 packet (1 NLEA serving)	3.83	39	122

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
08590	Cereals ready-to-eat, KASHI HEART TO HEART, Warm Cinnamon	33.0	0.75 cup (1 NLEA serving)	3.83	9	120
11553	Tomato products, canned, sauce, with onions	245.0	1.0 cup	3.82	47	103
21333	McDONALD'S, Vanilla Reduced Fat Ice Cream Cone	90.0	1.0 item (3.2 oz)	3.82	12	146
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	95.0	0.5 cup	3.81	78	32
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	95.0	0.5 cup	3.81	78	32
15030	Fish, gefiltefish, commercial, sweet recipe	42.0	1.0 piece	3.81	4	35
07032	Ham and cheese loaf or roll	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	3.81	4	67
19236	Candies, HERSHEY'S MILK CHOCOLATE WITH ALMOND BITES	39.0	17.0 pieces	3.81	23	222
36417	Restaurant, Mexican, spanish rice	116.0	1.0 cup	3.80	15	215
11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	3.80	21	116
28008	KELLOGG'S, EGGO, Wafflers, Strawberry Strudel	76.0	2.0 waffles	3.80	10	242
11827	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	165.0	1.0 cup	3.79	23	33
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	165.0	1.0 cup	3.79	23	33
09291	Plums, dried (prunes), uncooked	174.0	1.0 cup, pitted	3.79	71	418
28397	Bread, multi-grain (includes whole-grain)	28.35	1.0 oz	3.79	22	75
18079	Bread crumbs, dry, grated, plain	28.35	1.0 oz	3.78	12	112
19105	Candies, NESTLE, GOOBERS Chocolate Covered Peanuts	39.0	1.0 package 1.375 oz	3.78	--	200
18055	Bread, reduced-calorie, wheat	28.35	1.0 oz	3.78	12	62
14538	Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A	15.0	1.0 envelope Swiss Miss (.53 oz)	3.76	31	54
06045	Soup, onion, canned, condensed	123.0	0.5 cup (4 fl oz)	3.76	2	57
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	3.76	15	129
08387	Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat	33.0	0.75 cup (1 NLEA serving)	3.76	2	120
11813	Peas, green, canned, no salt added, drained solids	85.0	0.5 cup	3.76	14	59
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	164.0	1.0 cup	3.76	21	110
08318	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Strong Heart Antioxidants Cereal	50.0	1.0 cup (1 NLEA serving)	3.75	14	186
19089	Ice creams, vanilla, rich	107.0	0.5 cup	3.74	12	266
18383	Bread, protein, (includes gluten), toasted	28.35	1.0 oz	3.74	16	77
19085	Candies, confectioner's coating, butterscotch	170.0	1.0 cup chips	3.74	8	916
05105	Chicken, broilers or fryers, wing, meat only, raw	17.0	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	3.73	4	21
11306	Peas, green, canned, regular pack, solids and liquids	124.0	0.5 cup	3.73	24	72
42183	Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars	51.0	2.0 cookie 2011 label	3.72	23	280
06195	CAMPBELL'S, HEALTHY REQUEST, cream of chicken soup, condensed	124.0	0.5 cup condensed	3.72	7	62
08132	Cereals, oats, instant, fortified, with raisins and spice, dry	44.0	1.0 packet	3.72	35	158

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
08085	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ	14.0	2.0 tbsp (1 NLEA serving)	3.72	38	52
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	3.72	23	204
12200	Nuts, formulated, wheat-based, all flavors except macadamia, without salt	28.35	1.0 oz	3.72	17	183
43285	Eggs, scrambled, frozen mixture	28.35	1.0 oz	3.71	3	37
08177	Cereals, MALT-O-MEAL, chocolate, dry	35.0	3.0 tbsp (1 NLEA serving)	3.71	12	127
08124	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry	43.0	1.0 packet (1 NLEA serving)	3.71	37	157
11736	Beet greens, cooked, boiled, drained, with salt	144.0	1.0 cup (1" pieces)	3.70	98	39
11087	Beet greens, cooked, boiled, drained, without salt	144.0	1.0 cup (1" pieces)	3.70	98	39
18958	Pan Dulce, LA RICURA, Salpora de Arroz con Azucar, cookie-like, contains wheat flour and rice flour	42.0	1.0 piece (1 serving)	3.70	9	187
11674	Potatoes, baked, flesh and skin, without salt	148.0	1.0 NLEA serving	3.70	41	138
01215	Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D	21.0	1.0 slice 3/4 oz	3.70	7	50
11791	Kale, frozen, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	3.69	23	39
11236	Kale, frozen, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	3.69	23	39
19132	Candies, milk chocolate, with almonds	41.0	1.0 bar (1.45 oz)	3.69	37	216
19209	Puddings, tapioca, dry mix, prepared with 2% milk	128.0	0.5 cup	3.69	15	134
11852	Salsify, cooked, boiled, drained, with salt	135.0	1.0 cup slices	3.69	24	92
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	3.69	9	90
11438	Salsify, cooked, boiled, drained, without salt	135.0	1.0 cup, sliced	3.69	24	92
20092	Pasta, gluten-free, corn, cooked	140.0	1.0 cup	3.68	50	176
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55.0	1.0 cup (1 NLEA serving)	3.68	32	197
11961	Hearts of palm, canned	146.0	1.0 cup	3.68	55	41
06625	SMART SOUP, Vietnamese Carrot Lemongrass	283.0	10.0 oz 1 pouch	3.68	--	125
09095	Figs, dried, stewed	259.0	1.0 cup	3.68	75	277
08417	Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry	41.0	1.0 packet (1 NLEA serving)	3.68	38	151
21419	KFC, biscuit	49.0	1.0 biscuit	3.68	8	175
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	245.0	1.0 cup	3.68	51	296
18065	Bread, wheat, toasted	28.35	1.0 oz	3.67	17	89
05169	Turkey, skin from whole, (light and dark), raw	28.35	1.0 oz	3.67	3	115
08512	Cereals, MALT-O-MEAL, chocolate, prepared with water, without salt	268.0	1.0 serving (3 T dry cereal plus 1 cup water)	3.67	11	126
08488	Cereals, MALT-O-MEAL, Farina Hot Wheat Cereal, dry	35.0	3.0 tbsp (1 NLEA serving)	3.67	5	128
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	251.0	1.0 cup (1 serving)	3.66	13	126

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
03245	Babyfood, dessert, custard pudding, vanilla, strained	229.0	1.0 cup	3.66	11	195
08352	Cereals ready-to-eat, QUAKER, MOTHER'S Toasted Oat Bran cereal	32.0	0.75 cup (1 NLEA serving)	3.66	44	119
06212	CAMPBELL'S, 25% Less Sodium Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	3.65	11	62
19193	Puddings, rice, ready-to-eat	113.0	1.0 serving 4 oz pudding cup	3.65	9	122
28007	KELLOGG'S, EGGO, Wafflers, Brown Sugar Cinnamon Roll	76.0	2.0 waffles	3.65	10	252
20042	Rice, brown, parboiled, dry, UNCLE BEN'S	48.0	0.25 cup	3.65	47	178
11272	Mustard greens, frozen, unprepared	146.0	1.0 cup, chopped	3.64	22	29
19199	Puddings, tapioca, dry mix, prepared with whole milk	128.0	0.5 cup	3.64	15	147
19088	Ice creams, vanilla, light	76.0	1.0 serving 1/2 cup	3.63	11	137
18299	Pancakes, whole-wheat, dry mix, incomplete	28.35	1.0 oz	3.63	29	98
10146	Pork, cured, ham, patties, unheated	28.35	1.0 oz	3.62	3	89
15172	Mollusks, scallop, mixed species, raw	30.0	1.0 unit 2 large or 5 small	3.62	7	21
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	12.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	3.62	3	25
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251.0	1.0 cup (1 serving)	3.61	13	126
08316	Cereals, QUAKER, hominy grits, white, regular, dry	41.0	0.25 cup (1 NLEA serving)	3.61	11	148
19893	Ice creams, BREYERS, All Natural Light French Chocolate	68.0	1.0 serving 1/2 cup	3.60	--	137
18146	Cake, yellow, prepared from recipe without frosting	68.0	1.0 piece (1/12 of 8" dia)	3.60	8	245
09087	Dates, deglet noor	147.0	1.0 cup, chopped	3.60	63	415
42205	Cheese, pasteurized process, cheddar or American, fat-free	16.0	1.0 cubic inch	3.60	6	24
21415	POPEYES, biscuit	60.0	1.0 biscuit	3.60	8	241
18981	KASHI, TLC, Fire Roasted Vegetable Crackers	30.0	15.0 crackers	3.60	21	117
11374	Potatoes, canned, solids and liquids	300.0	1.0 cup, whole	3.60	42	132
15251	USDA Commodity, salmon nuggets, breaded, frozen, heated	28.35	1.0 oz	3.60	6	60
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165.0	1.0 cup	3.60	8	205
01124	Egg, white, raw, fresh	33.0	1.0 large	3.60	4	17
18963	Garlic bread, frozen	43.0	1.0 slice presliced	3.59	10	150
11100	Brussels sprouts, frozen, unprepared	95.0	0.33 package (10 oz)	3.59	19	39
06969	Potato soup, instant, dry mix	39.0	1.0 serving 1/3 cup	3.59	24	134
11271	Mustard greens, cooked, boiled, drained, without salt	140.0	1.0 cup, chopped	3.58	18	36
11799	Mustard greens, cooked, boiled, drained, with salt	140.0	1.0 cup, chopped	3.58	18	36
08192	Cereals ready-to-eat, POST SELECTS Blueberry Morning	55.0	1.25 cup (1 NLEA serving)	3.58	31	217
28026	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Original	55.0	1.0 waffle	3.58	9	162
19093	Candies, SYMPHONY Milk Chocolate Bar	42.0	1.0 bar 1.5 oz	3.57	--	223
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	30.0	0.75 cup (1 NLEA serving)	3.57	8	105

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
16279	HOUSE FOODS Premium Soft Tofu	56.0	2.0 oz	3.57	--	33
43572	Popcorn, microwave, low fat and sodium	28.35	1.0 oz	3.57	43	122
25001	Snacks, popcorn, microwave, low fat	28.35	1.0 oz	3.57	43	120
09422	Durian, raw or frozen	243.0	1.0 cup, chopped or diced	3.57	73	357
06025	Soup, chicken vegetable, canned, condensed	121.0	0.5 cup	3.56	6	74
11551	Tomato products, canned, sauce, with mushrooms	245.0	1.0 cup	3.55	47	86
10861	Pork, cured, bacon, cooked, microwaved	9.1	1.0 slice cooked	3.55	3	43
12129	Nuts, ginkgo nuts, canned	155.0	1.0 cup (78 kernels)	3.55	25	172
20006	Barley, pearled, cooked	157.0	1.0 cup	3.55	35	193
07045	Luncheon meat, pork, canned	28.35	1.0 oz	3.54	3	95
19117	Candies, halavah, plain	28.35	1.0 oz	3.54	62	133
07090	Luncheon sausage, pork and beef	23.0	1.0 slice (4" dia x 1/8" thick)	3.54	3	60
10123	Pork, cured, bacon, unprepared	28.0	1.0 slice raw	3.53	3	117
18567	KRAFT, STOVE TOP Stuffing Mix Chicken Flavor	28.0	1.0 NLEA serving (makes 1/2 cup prepared)	3.53	--	107
01236	Ice cream, soft serve, chocolate	86.0	0.5 cup	3.53	10	191
19090	Ice creams, french vanilla, soft-serve	86.0	0.5 cup (4 fl oz)	3.53	10	191
06423	Soup, chicken with rice, canned, prepared with equal volume water	243.0	1.0 serving 1 cup	3.52	0	58
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	3.52	5	20
20055	Rice, white, glutinous, unenriched, cooked	174.0	1.0 cup	3.51	9	169
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	244.0	1.0 cup	3.51	17	137
11649	Tomato products, canned, sauce, spanish style	244.0	1.0 cup	3.51	46	81
21509	BURGER KING, Onion Rings	91.0	1.0 small	3.51	17	379
07004	Sausage, Berliner, pork, beef	23.0	1.0 slice	3.51	3	53
12097	Nuts, chestnuts, european, raw, unpeeled	145.0	1.0 cup	3.51	46	309
21381	McDONALD'S, Fruit 'n Yogurt Parfait (without granola)	142.0	1.0 item	3.51	17	128
43278	Cheese, american cheddar, imitation	21.0	1.0 slice	3.51	6	50
25046	Snacks, bagel chips, plain	28.35	1.0 oz	3.50	11	128
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	3.49	31	71
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	3.49	31	71
08380	Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH	53.0	1.0 cup (1 NLEA serving)	3.49	47	188
18988	AUSTIN, Peanut Butter on Cheese Crackers, sandwich-type, reduced fat	36.0	1.0 package	3.49	5	166
11525	Taro, tahitian, raw	125.0	1.0 cup slices	3.49	59	55
05698	Turkey, skin from whole (light and dark), with added solution, raw	28.35	1.0 oz	3.48	3	108
19321	Puddings, banana, dry mix, regular, prepared with whole milk	127.0	0.5 cup	3.48	13	141

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
11579	Vegetables, mixed, canned, solids and liquids	245.0	1.0 cup	3.48	37	88
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0 cracker 1 cracker = 6.5g	3.48	11	191
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	28.35	1.0 oz	3.48	3	114
18641	INTERSTATE BRANDS CORP, WONDER Hamburger Rolls	43.0	1.0 serving	3.47	--	117
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	120.0	1.0 artichoke, medium	3.47	50	61
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120.0	1.0 artichoke, medium	3.47	50	64
07025	Frankfurter, turkey	28.35	1.0 oz	3.47	4	63
08599	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS	55.0	1.0 cup (1 NLEA serving)	3.46	32	174
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	51.0	1.0 biscuit	3.46	9	165
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	219.0	1.0 cup	3.46	13	162
21078	Fast foods, nachos, with cheese	80.0	1.0 serving	3.46	34	274
21268	TACO BELL, Nachos	80.0	1.0 serving	3.46	34	280
13337	Beef, variety meats and by-products, thymus, raw	28.35	1.0 oz	3.45	4	67
01171	Egg, whole, raw, frozen, pasteurized	28.0	1.0 oz	3.45	3	41
09290	Prunes, dehydrated (low-moisture), stewed	280.0	1.0 cup	3.44	59	316
06416	Soup, cream of chicken, canned, prepared with equal volume water	244.0	1.0 cup	3.44	2	117
19250	Candies, HERSHEY, KIT KAT BIG KAT Bar	55.0	1.0 bar 1.94 oz	3.43	1	286
18043	Bread, protein (includes gluten)	28.35	1.0 oz	3.43	18	69
19077	Baking chocolate, unsweetened, liquid	28.35	1.0 oz	3.43	75	134
07061	Mother's loaf, pork	28.35	1.0 oz	3.42	5	80
13341	Beef, variety meats and by-products, tripe, raw	28.35	1.0 oz	3.42	4	24
18989	AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type, reduced fat	36.0	1.0 package	3.42	4	167
28280	SUNSHINE, CHEEZ-IT, Original Crackers	30.0	27.0 crackers	3.42	4	152
28236	SUNSHINE, CHEEZ-IT, BIG Crackers	30.0	13.0 crackers	3.42	4	152
11412	Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated	133.0	10.0 strip	3.42	31	202
07971	Bologna, meat and poultry	33.0	1.0 slice	3.41	5	93
03003	Babyfood, meat, beef, junior	28.35	1.0 oz	3.41	3	23
28020	KASHI, TLC, Pita Crisps, Zesty Salsa	31.0	11.0 crisps	3.41	11	118
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	3.41	8	408
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	150.0	1.0 cup, chopped	3.40	20	28
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	150.0	1.0 cup, chopped or diced	3.40	20	28
06989	CAMPBELL'S HEALTHY REQUEST, Homestyle Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	3.40	8	64

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
19114	Ice creams, chocolate, light	68.0	1.0 serving	3.40	14	127
14048	Beverages, FUZE, orange mango, fortified with vitamins A, C, E, B6	500.0	1.0 bottle	3.40	50	190
11741	Broccoli, stalks, raw	114.0	1.0 stalk	3.40	28	32
03948	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), powder, with ARA and DHA	30.5	1.0 fl oz	3.39	9	159
15252	USDA Commodity, salmon nuggets, cooked as purchased, unheated	28.35	1.0 oz	3.39	6	54
20133	Rice noodles, dry	57.0	2.0 oz	3.39	7	207
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	28.0	1.0 cup (1 NLEA serving)	3.39	32	105
11797	Mushrooms, white, cooked, boiled, drained, with salt	156.0	1.0 cup pieces	3.39	19	44
11261	Mushrooms, white, cooked, boiled, drained, without salt	156.0	1.0 cup pieces	3.39	19	44
28285	Bread, chapati or roti, whole wheat, commercially prepared, frozen	43.0	1.0 piece	3.38	24	129
09259	Pears, dried, sulfured, uncooked	180.0	1.0 cup, halves	3.37	59	472
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	3.36	9	168
03120	Babyfood, vegetables, corn, creamed, junior	240.0	1.0 cup	3.36	19	156
09322	Tamarinds, raw	120.0	1.0 cup, pulp	3.36	110	287
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	3.35	45	98
09046	Blackberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	3.35	44	236
12195	Nuts, almond butter, plain, without salt added	16.0	1.0 tbsp	3.35	45	98
08641	Cereals, QUAKER, Instant Oatmeal, fruit and cream, variety of flavors, reduced sugar	33.0	1.0 packet	3.35	34	124
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	153.0	10.0 strip	3.35	32	203
03213	Babyfood, cookies	28.35	1.0 oz	3.35	14	123
25037	Snacks, pita chips, salted	28.35	1.0 oz	3.34	10	130
08122	Cereals, oats, instant, fortified, plain, dry	28.0	1.0 packet	3.34	36	101
19319	Puddings, banana, dry mix, instant, prepared with whole milk	127.0	0.5 cup	3.33	11	146
07051	Olive loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	3.30	5	66
42161	Bologna, beef, low fat	28.0	1.0 slice	3.30	3	57
11274	Mustard spinach, (tendergreen), raw	150.0	1.0 cup, chopped	3.30	16	33
10132	Pork, cured, feet, pickled	28.35	1.0 oz	3.30	3	40
11896	Winged bean, immature seeds, cooked, boiled, drained, with salt	62.0	1.0 cup	3.29	19	23
11596	Winged beans, immature seeds, cooked, boiled, drained, without salt	62.0	1.0 cup	3.29	19	24
19875	Ice creams, BREYERS, All Natural Light Vanilla	68.0	1.0 serving 1/2 cup	3.29	--	110
28012	KELLOGG'S, EGGO, FIBERPLUS Waffles, Buttermilk	70.0	2.0 waffles	3.29	10	159
11765	Chard, swiss, cooked, boiled, drained, with salt	175.0	1.0 cup, chopped	3.29	150	35
11148	Chard, swiss, cooked, boiled, drained, without salt	175.0	1.0 cup, chopped	3.29	150	35

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
18949	Crackers, whole-wheat, reduced fat	29.0	1.0 serving	3.29	35	121
19154	Candies, sesame crunch	28.35	1.0 oz	3.29	71	146
12149	Nuts, pine nuts, pinyon, dried	28.35	1.0 oz	3.28	66	178
19876	Ice creams, BREYERS, All Natural Light French Vanilla	68.0	1.0 serving 1/2 cup	3.28	--	118
07937	Bologna, pork, turkey and beef	28.35	1.0 oz	3.28	4	95
28050	KEEBLER, Club & Cheddar Sandwich Crackers	39.0	1.0 package	3.28	5	193
28051	KEEBLER, Cheese on Wheat Sandwich Crackers	39.0	1.0 package	3.28	4	195
07068	Salami, cooked, beef	26.0	1.0 slice	3.28	3	68
07003	Beerwurst, beer salami, pork	23.0	1.0 slice (4" dia x 1/8" thick)	3.28	3	55
07007	Bologna, beef	30.0	1.0 slice	3.27	4	90
28191	KELLOGG'S, SPECIAL K, Savory Herb Crackers	30.0	24.0 crackers	3.27	24	122
28252	SUNSHINE, CHEEZ-IT, Scrabble Jr. Crackers	30.0	26.0 crackers	3.27	5	140
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	150.0	1.0 cup drained, rinsed	3.27	16	111
19022	Snacks, granola bars, soft, uncoated, raisin	43.0	1.0 bar (1.5 oz)	3.27	31	193
19074	Candies, caramels	71.0	1.0 package (2.5 oz)	3.27	12	271
06183	Soup, chicken broth, less/reduced sodium, ready to serve	240.0	1.0 cup	3.26	2	17
08228	Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry	37.0	1.0 packet	3.26	34	137
10994	Bacon, pre-sliced, reduced/low sodium, unprepared	26.0	1.0 slice	3.26	3	106
08314	Cereals, QUAKER, hominy grits, white, quick, dry	37.0	0.25 cup	3.26	10	129
11097	Broccoli raab, cooked	85.0	1.0 NLEA serving	3.26	23	28
28017	KASHI, TLC, Pita Crisps, Sea Salt	31.0	11.0 crisps	3.26	11	118
14164	Beverages, chocolate malt powder, prepared with 1% milk, fortified	98.0	1.0 cup dry mix	3.25	24	56
06127	Gravy, unspecified type, dry	25.0	1.0 cup (8 fl oz)	3.25	11	86
19069	Candies, NESTLE, BUTTERFINGER Bar	60.0	1.0 serving 2.1 oz bar	3.24	29	275
19111	Candies, NESTLE, BABY RUTH Bar	60.0	1.0 serving 2.1 oz bar	3.24	26	275
18038	Bread, oat bran, toasted	28.35	1.0 oz	3.23	10	73
19886	Frozen novelties, KLONDIKE, SLIM-A-BEAR Chocolate Cone	79.0	1.0 serving 1 cone	3.23	--	177
19359	Candies, MARS SNACKFOOD US, SNICKERS CRUNCHER	47.0	1.0 serving 1.66 oz bar	3.22	--	229
18487	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, S'mores	52.0	1.0 pastry	3.22	11	204
35236	Stew, pinto bean and hominy, badufsuki (Hopi)	227.0	8.0 oz	3.22	25	73
11559	Tomato products, canned, sauce, with tomato tidbits	244.0	1.0 cup	3.22	49	78
28245	SUNSHINE, CHEEZ-IT, Crackers (made with Whole Grain)	30.0	27.0 crackers	3.21	4	153
23296	Beef, Australian, imported, grass-fed, external fat, raw	28.35	1.0 oz	3.21	--	144
03009	Babyfood, meat, ham, junior	28.35	1.0 oz	3.20	3	27
18615	MARTHA WHITE FOODS, Martha White's Buttermilk Biscuit Mix, dry	41.0	1.0 serving	3.20	--	159
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	3.20	54	32

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
11789	Jute, potherb, cooked, boiled, drained, with salt	87.0	1.0 cup	3.20	54	32
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	35.0	1.0 bar	3.20	36	170
07011	Bologna, turkey	28.0	0.99 oz 1 serving	3.20	4	59
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32.0	0.75 cup (1 NLEA serving)	3.19	31	120
43497	Jellyfish, dried, salted	58.0	1.0 cup	3.19	1	21
28025	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Brown Sugar	55.0	1.0 waffle	3.19	9	169
08642	Cereals, QUAKER, Instant Oatmeal, Apple and Cinnamon, reduced sugar	31.0	1.0 packet (1 NLEA serving)	3.19	32	111
19874	Frozen novelties, KLONDIKE, SLIM-A-BEAR Fudge Bar, 98% fat free, no sugar added	74.0	1.0 serving 3.5 fl oz bar	3.19	--	92
19879	Ice creams, BREYERS, All Natural Light Mint Chocolate Chip	68.0	1.0 serving 1/2 cup	3.19	--	133
19878	Ice creams, BREYERS, All Natural Light Vanilla Chocolate Strawberry	68.0	1.0 serving 1/2 cup	3.19	--	109
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	25.0	1.0 serving (3.5 oz)	3.18	8	84
18979	KASHI, H2H Woven Wheat Cracker, Original	30.0	7.0 cracker	3.18	26	119
11392	Potatoes, hash brown, frozen, with butter sauce, unprepared	170.0	1.0 package (6 oz)	3.18	19	230
07959	Bologna, chicken, pork, beef	28.0	1.0 serving	3.17	4	76
05085	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, batter	16.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	3.17	3	53
11583	Vegetables, mixed, frozen, unprepared	95.0	0.33 package (10 oz)	3.16	23	68
06044	Soup, mushroom with beef stock, canned, condensed	126.0	0.5 cup (4 fl oz)	3.16	9	86
11043	Mung beans, mature seeds, sprouted, raw	104.0	1.0 cup	3.16	22	31
28049	KEEBLER, Cheese & Cheddar Sandwich Crackers	39.0	1.0 package	3.16	5	196
09034	Apricots, dried, sulfured, stewed, with added sugar	270.0	1.0 cup, halves	3.16	40	305
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	137.0	0.167 package (5.5 oz) yields	3.15	21	127
20134	Rice noodles, cooked	176.0	1.0 cup	3.15	5	190
18982	KASHI, H2H Woven Wheat Cracker, Roasted Garlic	30.0	7.0 cracker	3.15	26	132
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	28.35	1.0 oz	3.15	2	109
06966	Soup, chicken noodle, low sodium, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	3.15	10	62
06444	Soup, mushroom with beef stock, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	3.15	10	85
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	28.35	1.0 oz	3.15	9	103
06032	Soup, beef broth bouillon and consomme, canned, condensed	124.0	0.5 cup	3.12	5	14
15072	Fish, roe, mixed species, raw	14.0	1.0 tbsp	3.12	3	20
19833	Snacks, tortilla chips, low fat, unsalted	28.35	1.0 oz	3.12	27	118
19433	Tortilla chips, low fat, baked without fat	28.35	1.0 oz	3.12	27	118
18081	Bread stuffing, bread, dry mix	28.35	1.0 oz	3.12	11	109
11197	Cowpeas, young pods with seeds, raw	94.0	1.0 cup	3.10	55	41

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
01164	Cheese sauce, prepared from recipe	30.0	2.0 tbsp	3.10	6	59
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	3.10	3	90
03010	Babyfood, meat, lamb, strained	22.0	1.0 tbsp	3.10	3	19
18064	Bread, wheat	29.0	1.0 slice	3.09	12	79
07201	OSCAR MAYER, Bologna (beef)	28.0	1.0 serving (1 slice)	3.09	4	88
19418	Snacks, sesame sticks, wheat-based, salted	28.35	1.0 oz	3.09	13	153
18295	Pancakes, buckwheat, dry mix, incomplete	28.35	1.0 oz	3.09	54	96
19820	Snacks, sesame sticks, wheat-based, unsalted	28.35	1.0 oz	3.09	13	153
36030	DENNY'S, hash browns	124.0	1.0 serving	3.09	32	244
06466	Soup, turkey vegetable, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	3.08	5	72
19871	Frozen novelties, No Sugar Added, FUDGSICLE pops	84.0	1.0 serving	3.08	23	104
18986	AUSTIN, Grilled Cheese on Wafer Crackers, sandwich-type	39.0	1.0 package	3.08	5	192
18983	AUSTIN, Cheddar Cheese on Wheat Crackers, sandwich-type	39.0	1.0 package	3.08	4	193
13318	Beef, variety meats and by-products, brain, raw	28.35	1.0 oz	3.08	4	41
01255	Egg, whole, raw, frozen, salted, pasteurized	28.0	1.0 oz	3.07	3	39
11267	Mushrooms, shiitake, stir-fried	89.0	1.0 cup whole	3.07	17	35
22978	Chicken tenders, breaded, frozen, prepared	21.0	1.0 piece	3.07	6	50
03215	Babyfood, pretzels	28.35	1.0 oz	3.06	8	113
01210	Egg Mix, USDA Commodity	8.6	1.0 tbsp	3.06	1	48
11801	Mustard spinach, (tendergreen), cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	3.06	13	29
19881	Ice creams, BREYERS, No Sugar Added, French Vanilla	68.0	1.0 serving 1/2 cup	3.06	--	105
11275	Mustard spinach, (tendergreen), cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	3.06	13	29
11595	Winged beans, immature seeds, raw	44.0	1.0 cup slices	3.06	15	22
21059	Fast foods, shrimp, breaded and fried	39.0	3.0 pieces shrimp	3.06	6	120
01252	Cheese product, pasteurized process, American, vitamin D fortified	19.0	1.0 slice (2/3 oz)	3.06	6	58
19134	Candies, milk chocolate, with rice cereal	40.0	1.0 bar (1.4 oz)	3.06	25	204
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	61.0	0.167 loaf 1/6 of the loaf	3.05	5	215
06627	Sauce, pesto, ready-to-serve, shelf stable	61.0	0.25 cup	3.05	27	260
18088	Cake, angelfood, dry mix, prepared	50.0	1.0 piece (1/12 of 10" dia)	3.05	4	128
18029	Bread, french or vienna (includes sourdough)	28.35	1.0 oz	3.05	9	77
28258	AUSTIN, Cheddar Cheese on Wafer Crackers, sandwich-type	39.0	1.0 package	3.04	5	191
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28.0	1.0 roll (1 oz)	3.04	7	87
25000	Snacks, popcorn, microwave, 94% fat free	28.35	1.0 oz	3.04	35	114
06182	Soup, cream of mushroom, canned, condensed, reduced sodium	251.0	1.0 cup	3.04	13	131
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	3.03	23	85
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	3.03	23	85

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
01239	Ice cream cookie sandwich	82.0	1.0 serving	3.03	13	197
28323	Pancakes, plain, low fat, dry mix, incomplete (includes buttermilk)	41.0	0.33 cup 1 serving	3.03	8	157
18385	Bread, wheat germ, toasted	28.35	1.0 oz	3.03	11	83
06736	Soup, cream of chicken, canned, condensed, single brand	126.0	1.0 serving	3.02	--	125
06986	CAMPBELL'S HEALTHY REQUEST, Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	3.02	6	59
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	3.02	10	123
13020	Beef, retail cuts, separable fat, cooked	28.35	1.0 oz	3.02	2	193
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	153.0	5.0 fl oz	3.01	9	101
28348	Rolls, dinner, sweet	30.0	1.0 roll	3.01	7	96
25038	Snacks, granola bars, soft, almond, confectioners coating	35.0	1.0 bar	3.01	33	159
28013	KELLOGG'S, EGGO, FIBERPLUS Waffles, Chocolate Chip	70.0	2.0 waffles	3.01	13	181
06487	CAMPBELL'S Low Sodium Soups, Cream of Mushroom Soup	298.0	1.0 serving 1 container	3.01	--	161
06470	CAMPBELL'S Low Sodium Soups, Chicken Broth	298.0	1.0 serving 1 container	3.01	--	30
20097	Pasta, homemade, made with egg, cooked	57.0	2.0 oz	3.01	8	74
11877	Sweet potato, frozen, cooked, baked, with salt	176.0	1.0 cup, cubes	3.01	37	176
11517	Sweet potato, frozen, cooked, baked, without salt	176.0	1.0 cup, cubes	3.01	37	176
11516	Sweet potato, frozen, unprepared	176.0	1.0 cup, cubes	3.01	39	169
18175	Cookies, ladyfingers, with lemon juice and rind	28.35	1.0 oz	3.01	3	103
18423	Cookies, ladyfingers, without lemon juice and rind	28.35	1.0 oz	3.01	3	103
18003	Bagels, egg	28.35	1.0 oz	3.01	7	79
08450	Cereals, QUAKER, Instant Grits, Ham 'n' Cheese flavor, dry	28.0	1.0 packet (1 NLEA serving)	3.00	10	99
18940	Muffin, blueberry, commercially prepared, low-fat	71.0	1.0 muffin small	3.00	7	181
01241	Ice cream sandwich, made with light ice cream, vanilla	70.0	1.0 serving	3.00	7	130
01238	Ice cream sandwich	70.0	1.0 serving	3.00	20	166
18985	AUSTIN, Chocolatey Peanut Butter Crackers, sandwich-type	39.0	1.0 package	3.00	4	187
06236	PREGO Pasta, Roasted Garlic Parmesan Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	3.00	--	100
25048	Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	32.0	1.0 bar	3.00	34	129
19867	Ice creams, vanilla, fat free	67.0	0.5 cup	3.00	14	92
14088	Beverages, V8 SPLASH Smoothies, Tropical Colada	246.0	1.0 serving 8 oz	3.00	--	101
16246	SILK Nog, soymilk	122.0	0.5 cup	3.00	0	90
14311	Beverages, Malted drink mix, natural, powder, dairy based.	21.0	1.0 serving (3 heaping tsp or 1 envelope)	3.00	20	90
06353	CAMPBELL'S Red and White, Fiesta Nacho Cheese Soup, condensed	124.0	1.0 serving 1/2 cup	3.00	--	120
06091	CAMPBELL'S Red and White, Beef Broth, condensed	124.0	1.0 serving 1/2 cup	3.00	--	15
06342	CAMPBELL'S Red and White, Cream of Shrimp Soup, condensed	124.0	1.0 serving 1/ 2 cup	3.00	--	100

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
06226	PREGO Pasta, Italian Sausage and Garlic Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	3.00	--	90
08002	Cereals ready-to-eat, POST, ALPHA-BITS	30.0	1.0 cup (1 NLEA serving for adults)	3.00	30	117
19268	Candies, dark chocolate coated coffee beans	40.0	1.0 serving 28 pieces	3.00	43	216
06234	PREGO Pasta, Heart Smart- Ricotta Parmesan Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	3.00	--	90
06231	PREGO Pasta, Mushroom and Parmesan Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	3.00	--	130
08389	Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs	30.0	1.0 cup (1 NLEA serving)	3.00	34	105
11226	Jerusalem-artichokes, raw	150.0	1.0 cup slices	3.00	26	110
18965	Crackers, cheese, reduced fat	30.0	1.0 serving	3.00	7	125
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	3.00	28	212
19119	Candies, NESTLE, CHUNKY Bar	40.0	1.0 serving 1.4 oz bar	3.00	--	190
09037	Avocados, raw, all commercial varieties	150.0	1.0 cup, cubes	3.00	44	240
06016	Soup, cream of chicken, canned, condensed	126.0	0.5 cup (4 fl oz)	3.00	5	113
06084	CAMPBELL'S Red and White, Chicken Vegetable Soup, condensed	126.0	1.0 serving 1/2 cup	3.00	--	79
06121	Gravy, mushroom, canned	238.0	1.0 cup	3.00	5	119
08074	Cereals ready-to-eat, RALSTON TASTEEOS	28.0	1.0 cup (1 NLEA serving)	3.00	40	100
06373	CAMPBELL'S Red and White, Vegetarian Vegetable Soup, condensed	126.0	1.0 serving 1/2 cup	3.00	--	89
28314	Crackers, sandwich-type, peanut butter filled, reduced fat	36.0	1.0 package	3.00	11	157
01243	Fat free ice cream, no sugar added, flavors other than chocolate	68.0	0.5 cup	3.00	6	88
06365	CAMPBELL'S Red and White, Mega Noodle in Chicken Broth, condensed	126.0	1.0 serving 1/2 cup	3.00	--	89
06357	CAMPBELL'S Red and White, GOLDFISH Pasta with Chicken in Chicken Broth, condensed	126.0	1.0 serving 1/2 cup	3.00	--	79
06349	CAMPBELL'S Red and White, SCOOBY-DOO Soup, condensed	126.0	1.0 serving 1/2 cup	3.00	--	71
06054	CAMPBELL'S Red and White, Chicken Alphabet Soup, condensed	126.0	0.5 cup	3.00	--	71
01244	Milk dessert bar, frozen, made from lowfat milk	68.0	1.0 bar	3.00	14	100
27015	CAMPBELL'S Red and White, PHINEAS and FERB Soup, condensed	126.0	0.5 cup serving	3.00	--	71
06047	CAMPBELL'S Red and White, Chicken and Stars Soup, condensed	126.0	1.0 serving 1/2 cup	3.00	--	71
06003	CAMPBELL'S Red and White, Beefy Mushroom Soup, condensed	126.0	1.0 serving 1/2 cup	3.00	--	50
06041	CAMPBELL'S Red and White, Chicken and Dumplings Soup, condensed	126.0	1.0 serving 1/2 cup	3.00	--	71
06350	CAMPBELL'S Red and White, DOUBLE NOODLE in Chicken Broth Soup, condensed	126.0	1.0 serving 1/ 2 cup	3.00	--	110
06311	CAMPBELL'S Red and White, Chicken Won Ton Soup, condensed	126.0	1.0 serving 1/2 cup	3.00	--	50
06082	CAMPBELL'S Red and White, Chicken NOODLEO's Soup, condensed	126.0	1.0 serving 1/2 cup	3.00	--	89
28301	Cookies, peanut butter, commercially prepared, sugar free	29.0	1.0 serving 3 cookies	3.00	14	152
09247	Peaches, dried, sulfured, stewed, without added sugar	258.0	1.0 cup	2.99	34	199
01235	Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener	68.0	0.5 cup	2.99	27	71
06592	CAMPBELL'S Soup on the Go, Creamy Tomato Soup	305.0	1.0 container	2.99	--	180

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06588	CAMPBELL'S Soup on the Go, Classic Tomato Soup	305.0	1.0 container	2.99	--	140
14086	Beverages, V8 SPLASH Smoothies, Peach Mango	245.0	1.0 serving 8 oz	2.99	--	91
27022	CAMPBELL'S Soup on the GO, HEALTHY REQUEST Chicken with Mini Noodles Soup	305.0	1.0 container	2.99	--	61
06447	CAMPBELL'S CHUNKY Soups, Savory Vegetable Soup	245.0	1.0 cup	2.99	--	108
06503	CAMPBELL'S Red and White - Microwaveable Bowls, Creamy Tomato Soup	245.0	1.0 cup	2.99	--	157
06580	CAMPBELL'S Homestyle Vegetable Medley Soup	245.0	1.0 cup	2.99	--	91
06546	CAMPBELL'S Homestyle Potato Broccoli Cheese Soup	245.0	1.0 cup	2.99	--	159
14087	Beverages, V8 SPLASH Smoothies, Strawberry Banana	245.0	1.0 serving 8 oz	2.99	--	91
06586	CAMPBELL'S Soup on the Go, Chicken & Stars Soup	305.0	1.0 container	2.99	--	70
27023	CAMPBELL'S Soup on the Go, HEALTHY REQUEST Classic Tomato Soup	305.0	1.0 container	2.99	--	119
06504	CAMPBELL'S Red and White - Microwaveable Bowls, Tomato Soup	245.0	1.0 cup	2.99	--	108
06590	CAMPBELL'S Soup on the Go, Creamy Chicken Soup	305.0	1.0 container	2.99	--	131
06595	CAMPBELL'S Soup on the Go, Vegetable Beef Soup	305.0	1.0 container	2.99	--	61
08549	Cereals ready-to-eat, QUAKER, QUAKER Honey Graham LIFE Cereal	32.0	0.75 cup (1 NLEA serving)	2.99	29	119
18967	Bread, white wheat	28.0	1.0 slice	2.98	7	67
21521	Fast foods, strawberry banana smoothie made with ice and low-fat yogurt	347.0	12.0 fl oz	2.98	38	226
08710	Cereals ready-to-eat, KELLOGG'S, SPECIAL K gluten free, touch of brown sugar	49.0	1.0 Cup (1 NLEA serving)	2.98	53	181
28303	Crackers, cheese, whole grain	31.0	1.0 serving 55 pieces	2.98	21	128
09076	Cherries, sweet, frozen, sweetened	259.0	1.0 cup, thawed	2.98	26	231
18406	Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	2.98	8	78
18407	Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	2.98	8	78
18028	Bread, egg, toasted	28.35	1.0 oz	2.98	6	89
18408	Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)	28.35	1.0 oz	2.98	8	78
06072	Soup, vegetable with beef broth, canned, condensed	123.0	0.5 cup	2.98	6	81
11098	Brussels sprouts, raw	88.0	1.0 cup	2.97	20	38
06363	CAMPBELL'S, Homestyle Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	2.97	10	64
11901	Corn, sweet, white, cooked, boiled, drained, without salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	2.97	28	86
11902	Corn, sweet, white, cooked, boiled, drained, with salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	2.97	28	86
11793	Kohlrabi, cooked, boiled, drained, with salt	165.0	1.0 cup slices	2.97	31	48
08029	Cereals ready-to-eat, POST Bran Flakes	30.0	0.75 cup (1 NLEA serving)	2.97	69	98
11242	Kohlrabi, cooked, boiled, drained, without salt	165.0	1.0 cup slices	2.97	31	48

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	53.0	1.0 cup (1 NLEA serving)	2.97	32	165
18990	AUSTIN, PB & J Crackers, sandwich-type	39.0	1.0 package	2.96	4	189
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	8.0	1.0 slice cooked	2.96	3	43
18235	Crackers, whole-wheat	28.0	1.0 serving	2.96	31	120
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	29.0	1.0 serving (NLEA serving size = 0.75 cup)	2.96	55	90
19439	Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar	37.0	1.0 bar	2.96	32	144
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	29.0	0.75 cup (1 NLEA serving)	2.96	40	95
11867	Squash, winter, butternut, frozen, cooked, boiled, with salt	240.0	1.0 cup, mashed	2.95	22	94
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240.0	1.0 cup, mashed	2.95	22	94
18339	Popovers, dry mix, enriched	28.35	1.0 oz	2.95	7	105
18037	Bread, oat bran	28.35	1.0 oz	2.95	10	67
18447	Popovers, dry mix, unenriched	28.35	1.0 oz	2.95	7	105
17185	Lamb, variety meats and by-products, brain, raw	28.35	1.0 oz	2.95	3	35
11011	Asparagus, raw	134.0	1.0 cup	2.95	19	27
14196	Beverages, Cocoa mix, no sugar added, powder	19.0	1.0 envelope Alba (.675 oz)	2.94	40	72
11426	Pumpkin pie mix, canned	270.0	1.0 cup	2.94	43	281
43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	2.94	37	59
19021	Snacks, granola bars, soft, uncoated, peanut butter	28.0	1.0 bar (1 oz)	2.94	24	119
11549	Tomato products, canned, sauce	245.0	1.0 cup	2.94	37	59
18976	KASHI, TLC, Country Cheddar Crackers	30.0	18.0 cracker	2.94	1	134
06019	Soup, chicken noodle, canned, condensed	124.0	0.5 cup	2.94	10	60
08628	Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal	32.0	0.75 cup (1 NLEA serving)	2.93	29	119
12128	Nuts, ginkgo nuts, dried	28.35	1.0 oz	2.93	15	99
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	2.93	8	77
17188	Veal, variety meats and by-products, brain, raw	28.35	1.0 oz	2.93	4	33
18984	AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type	39.0	1.0 package	2.92	4	193
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32.0	0.75 cup (1 NLEA serving)	2.92	29	120
11264	Mushrooms, canned, drained solids	156.0	1.0 cup	2.92	23	39
06472	Soup, vegetable with beef broth, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	2.92	7	80
06062	CAMPBELL'S, Red and White, Chicken Noodle Soup, condensed	123.0	0.5 cup	2.92	10	58
10096	Pork, fresh, variety meats and by-products, brain, raw	28.35	1.0 oz	2.91	4	36
03098	Babyfood, vegetables, beets, strained	224.0	1.0 cup	2.91	31	76

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
16586	GARDENBURGER Veggie Medley Burger, frozen, unprepared	71.0	1.0 patty	2.91	--	86
28239	SUNSHINE, CHEEZ-IT, Duoz Sharp Cheddar Parmesan Crackers	30.0	25.0 crackers	2.91	5	150
28249	SUNSHINE, CHEEZ-IT, White Cheddar, Reduced Fat Crackers	30.0	25.0 crackers	2.91	5	133
11094	Broccoli, frozen, spears, unprepared	95.0	0.33 package (10 oz)	2.91	15	28
08225	Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry	35.0	1.0 packet	2.90	29	133
08596	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Caramel Delight	50.0	1.0 cup (1 NLEA serving)	2.90	32	172
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup (1" pieces)	2.90	16	34
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup (1" pieces)	2.90	16	31
10860	Pork, cured, bacon, cooked, baked	8.1	1.0 slice cooked	2.89	2	44
12169	Seeds, sesame butter, paste	16.0	1.0 tbsp	2.89	58	94
18964	Cinnamon buns, frosted (includes honey buns)	65.0	1.0 bun	2.89	9	294
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1.0 oz	2.89	19	144
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	2.89	8	155
07960	Bologna, chicken, pork	28.0	1.0 serving	2.89	4	94
20096	Pasta, fresh-refrigerated, spinach, cooked	57.0	2.0 oz	2.88	14	74
03091	Babyfood, vegetables, green beans, strained	240.0	1.0 cup	2.88	48	65
19393	Frozen yogurts, chocolate, soft-serve	72.0	0.5 cup (4 fl oz)	2.88	19	115
03092	Babyfood, vegetables, green beans, junior	240.0	1.0 cup	2.88	53	58
19293	Frozen yogurts, vanilla, soft-serve	72.0	0.5 cup	2.88	10	114
06419	Soup, chicken noodle, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	2.88	10	60
28370	UDI'S, Gluten Free, Classic French Dinner Rolls	36.0	1.0 roll	2.88	16	112
28340	Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and potato starch	36.0	1.0 roll	2.88	16	112
06734	Soup, chicken with star-shaped pasta, canned, condensed, single brand	125.0	1.0 serving	2.88	--	62
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	2.87	12	151
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	233.0	1.0 cup	2.87	12	151
28238	SUNSHINE, CHEEZ-IT, Colby Crackers	30.0	25.0 crackers	2.86	4	154
03217	Zwieback	28.35	1.0 oz	2.86	4	121
19194	Puddings, rice, dry mix	106.0	1.0 package	2.86	8	399
09248	Peaches, dried, sulfured, stewed, with added sugar	270.0	1.0 cup	2.86	32	278
18956	Keikitos (muffins), Latino bakery item	42.0	1.0 piece	2.86	5	196
11283	Onions, cooked, boiled, drained, without salt	210.0	1.0 cup	2.86	23	92
11805	Onions, cooked, boiled, drained, with salt	210.0	1.0 cup	2.86	23	88
06990	HEALTHY REQUEST, Minestrone Soup, condensed	120.0	1.0 serving 1/2 cup	2.86	--	76

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
01172	Egg, white, raw, frozen, pasteurized	28.0	1.0 oz	2.86	3	13
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	92.0	0.5 cup	2.85	18	26
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	92.0	0.5 cup	2.85	18	26
11546	Tomato products, canned, paste, without salt added	66.0	0.25 cup	2.85	28	54
28237	SUNSHINE, CHEEZ-IT, Cheddar Jack Crackers	30.0	25.0 crackers	2.85	5	138
19047	Snacks, pretzels, hard, plain, salted	28.35	1.0 oz	2.85	8	109
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	2.84	10	380
06208	Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve	245.0	1.0 cup	2.84	12	159
09144	Jackfruit, raw	165.0	1.0 cup, sliced	2.84	48	157
08100	Cereals, CREAM OF RICE, dry	45.0	0.25 cup (1 NLEA serving)	2.84	10	166
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	28.35	1.0 oz	2.84	9	101
18084	Bread stuffing, cornbread, dry mix	28.35	1.0 oz	2.84	12	110
18201	Cookies, peanut butter sandwich, special dietary	28.35	1.0 oz	2.84	14	152
01186	Cheese, cream, fat free	18.0	1.0 tbsp	2.82	4	19
01259	Cheese spread, American or Cheddar cheese base, reduced fat	21.0	1.0 piece	2.82	6	37
28208	MOTHER'S, Peanut Butter Gauchos Cookies	38.0	2.0 cookies	2.81	3	183
12088	Nuts, cashew butter, plain, without salt added	16.0	1.0 tbsp	2.81	41	94
08363	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Toasted Wheat Bran	16.0	0.25 cup (1 NLEA serving)	2.81	97	32
18987	AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type, reduced fat	36.0	1.0 package	2.81	5	166
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	216.0	1.0 can (6 fl oz)	2.81	76	387
18261	English muffins, mixed-grain, toasted (includes granola)	28.35	1.0 oz	2.81	14	72
18353	Rolls, hard (includes kaiser)	28.35	1.0 oz	2.81	8	83
11134	Cassava, raw	206.0	1.0 cup	2.80	43	330
19160	Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars	57.0	1.0 package (2 oz)	2.80	15	286
06056	Soup, cream of shrimp, canned, condensed	126.0	0.5 cup	2.80	9	91
27000	Soup, egg drop, Chinese restaurant	241.0	1.0 cup	2.80	5	65
28251	SUNSHINE, CHEEZ-IT, 100 Calorie Right Bites, Reduced Fat	21.0	1.0 package	2.79	4	95
19049	Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel	28.35	1.0 oz	2.79	6	131
19306	Candies, MARS SNACKFOOD US, POP'ABLES SNICKERS Brand Bite Size Candies	39.0	1.0 serving 13 pieces	2.79	--	187
42227	Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies	37.0	1.0 serving 1.31 oz bag	2.79	43	193
11004	Amaranth leaves, cooked, boiled, drained, without salt	132.0	1.0 cup	2.79	73	28
11700	Amaranth leaves, cooked, boiled, drained, with salt	132.0	1.0 cup	2.79	73	28
27060	Soup, chunky vegetable, reduced sodium, canned, ready-to-serve	240.0	1.0 cup	2.78	29	120
06967	Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	253.0	1.0 cup	2.78	33	83

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
31021	Potatoes, hash brown, refrigerated, unprepared	159.0	1.0 cup unprepared	2.78	30	134
18007	Bagels, oat bran	26.0	1.0 mini bagel (2-1/2" dia)	2.78	8	66
08096	Cereals, QUAKER, Instant Grits, Country Bacon flavor, dry	28.0	1.0 packet (1 NLEA serving)	2.78	8	95
18368	Wonton wrappers (includes egg roll wrappers)	28.35	1.0 oz	2.78	6	82
19420	Snacks, granola bars, hard, peanut butter	28.35	1.0 oz	2.78	16	137
17154	Veal, Australian, separable fat, raw	28.0	1.0 oz	2.77	--	143
06217	Soup, vegetable, canned, low sodium, condensed	126.0	0.5 cup	2.77	32	82
06046	Soup, cream of onion, canned, condensed	126.0	0.5 cup	2.77	6	111
07952	Bologna, chicken, turkey, pork	28.0	1.0 serving	2.77	4	83
12040	Seeds, sunflower seed butter, without salt	16.0	1.0 tbsp	2.76	50	99
12540	Seeds, sunflower seed butter, with salt added	16.0	1.0 tbsp	2.76	50	99
06446	Soup, cream of onion, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	2.76	5	107
28225	MURRAY, SUGAR FREE, Peanut Butter Cookies	29.0	3.0 cookies	2.76	12	146
08444	Cereals, QUAKER, Instant Grits, Redeye Gravy & Country Ham flavor, dry	28.0	1.0 packet (1 NLEA serving)	2.75	9	96
08706	Cereals ready-to-eat, KELLOGG SCOOBY-DOO! cereal	32.0	1.0 Cup (1 NLEA serving)	2.75	27	120
28241	SUNSHINE, GRIPZ, Cheez-It Crackers	25.0	1.0 package	2.75	4	123
18384	Bread, rice bran, toasted	28.35	1.0 oz	2.75	22	75
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	2.75	21	24
11326	Peas and onions, frozen, unprepared	69.0	0.5 cup	2.75	14	48
19027	Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip	28.0	1.0 bar (1 oz)	2.74	25	121
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	2.74	24	41
11967	Cauliflower, green, cooked, no salt added	90.0	0.2 head	2.74	17	29
06008	Soup, beef broth or bouillon canned, ready-to-serve	240.0	1.0 cup	2.74	5	17
01021	Cheese, gjetost	28.35	1.0 oz	2.74	20	132
19109	Candies, KIT KAT Wafer Bar	42.0	1.0 bar (1.5 oz)	2.73	16	218
19437	Snacks, potato chips, fat free, salted	28.35	1.0 oz	2.73	20	107
08670	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS, MEDLEY CRUNCH	30.0	0.75 cup (1 NLEA serving)	2.73	31	116
43483	Millet, puffed	21.0	1.0 cup	2.73	22	74
08039	Cereals ready-to-eat, POST, GRAPE-NUTS Flakes	29.0	0.75 cup (1 NLEA serving)	2.73	29	109
18267	English muffins, whole-wheat, toasted	28.35	1.0 oz	2.72	22	63
18351	Rolls, hamburger or hotdog, mixed-grain	28.35	1.0 oz	2.72	12	75
42139	Granola bar, soft, milk chocolate coated, peanut butter	28.35	1.0 oz	2.72	19	152
23297	Beef, Australian, imported, grass-fed, seam fat, raw	28.35	1.0 oz	2.72	--	159
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	2.72	2	125

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
19110	Candies, KRACKEL Chocolate Bar	41.0	1.0 bar 1.45 oz	2.71	5	210
19880	Ice creams, BREYERS, No Sugar Added, Butter Pecan	68.0	1.0 serving 1/2 cup	2.71	--	122
18950	Crackers, wheat, reduced fat	29.0	1.0 serving	2.71	14	129
06456	Soup, cream of shrimp, canned, prepared with equal volume water	244.0	1.0 cup	2.71	10	88
09293	Plums, dried (prunes), stewed, with added sugar	248.0	1.0 cup, pitted	2.70	47	308
28101	KEEBLER, Cinnamon Toast Grahams	37.0	1.0 package	2.70	20	159
18478	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Brown sugar cinnamon	50.0	1.0 pastry	2.70	8	219
28240	SUNSHINE, CHEEZ-IT, Duoz Smoked Cheddar Monterey Jack Crackers	30.0	25.0 crackers	2.70	4	152
28253	SUNSHINE, CHEEZ-IT, Snack Mix	30.0	0.5 cup	2.70	4	131
19302	Candies, MARS SNACKFOOD US, SNICKERS Almond bar	50.0	1.0 serving 1.76 oz bar	2.70	--	236
28242	SUNSHINE, GRIPZ, Cheez-It Mixx and Cheesy Pizza Crackers	25.0	1.0 pouch	2.70	4	121
28190	KELLOGG'S, SPECIAL K, Multigrain Crackers	30.0	24.0 crackers	2.70	9	120
19260	Ice creams, vanilla, light, no sugar added	68.0	1.0 serving 1/2 cup	2.70	6	115
01125	Egg, yolk, raw, fresh	17.0	1.0 large	2.70	1	55
11424	Pumpkin, canned, without salt	245.0	1.0 cup	2.70	56	83
11846	Pumpkin, canned, with salt	245.0	1.0 cup	2.70	56	83
18344	Rolls, dinner, egg	28.35	1.0 oz	2.69	7	87
12143	Nuts, pecans, dry roasted, without salt added	28.35	1.0 oz	2.69	37	201
18045	Bread, pumpernickel, toasted	28.35	1.0 oz	2.69	17	78
18050	Bread, reduced-calorie, oat bran, toasted	28.35	1.0 oz	2.69	16	68
18345	Rolls, dinner, oat bran	28.35	1.0 oz	2.69	9	67
12643	Nuts, pecans, dry roasted, with salt added	28.35	1.0 oz	2.69	37	201
18027	Bread, egg	28.35	1.0 oz	2.69	5	81
07069	Salami, cooked, beef and pork	12.3	1.0 slice round	2.69	2	41
11063	Beans, snap, green, microwaved	116.0	1.0 cup 1/2" pieces	2.68	32	45
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93.0	1.0 cup, shredded	2.68	46	466
11295	Onion rings, breaded, par fried, frozen, unprepared	85.0	6.0 rings	2.68	12	219
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	24.0	1.0 mini bagel (2-1/2" dia)	2.67	6	69
12198	Seeds, sesame butter, tahini, from raw and stone ground kernels	15.0	1.0 tbsp	2.67	14	86
08005	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS	30.0	0.333 cup (1 NLEA serving)	2.67	60	77
17270	Veal, breast, separable fat, cooked	28.35	1.0 oz	2.66	3	148
18265	English muffins, wheat, toasted	28.35	1.0 oz	2.66	12	69
18061	Bread, rye, toasted	28.35	1.0 oz	2.66	12	81
12104	Nuts, coconut meat, raw	80.0	1.0 cup, shredded	2.66	26	283

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
19897	Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Covered Almonds	28.0	1.0 serving 1oz pack	2.66	--	160
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	2.66	43	388
09138	Groundcherries, (cape-gooseberries or poha), raw	140.0	1.0 cup	2.66	--	74
11616	Dock, raw	133.0	1.0 cup, chopped	2.66	137	29
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	2.65	19	20
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	2.65	19	20
21247	WENDY'S, french fries	71.0	1.0 kid's meal Serving	2.65	23	214
10005	Pork, fresh, belly, raw	28.35	1.0 oz	2.65	1	147
06017	Soup, chicken gumbo, canned, condensed	126.0	0.5 cup (4 fl oz)	2.65	4	57
19894	Ice creams, BREYERS, 98% Fat Free Chocolate	68.0	1.0 serving 1/2 cup	2.65	--	92
05086	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, flour	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.64	2	37
28248	SUNSHINE, CHEEZ-IT, Pepper Jack Crackers	30.0	25.0 crackers	2.64	5	151
35197	Lambsquarters, steamed (Northern Plains Indians)	65.0	1.0 cup	2.64	107	31
18236	Cracker meal	28.35	1.0 oz	2.64	7	109
06417	Soup, chicken gumbo, canned, prepared with equal volume water	244.0	1.0 cup	2.64	5	56
11200	Yardlong bean, cooked, boiled, drained, without salt	104.0	1.0 cup slices	2.63	44	49
11899	Yardlong bean, cooked, boiled, drained, with salt	104.0	1.0 cup slices	2.63	44	49
10942	Pork, fresh, composite of separable fat, with added solution, raw	28.35	1.0 oz	2.63	3	144
10006	Pork, fresh, separable fat, raw	28.35	1.0 oz	2.62	2	179
06067	Soup, chunky vegetable, canned, ready-to-serve	230.0	1.0 cup	2.62	23	90
09428	Rowal, raw	114.0	0.5 cup	2.62	36	127
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	2.61	49	110
11747	Burdock root, cooked, boiled, drained, with salt	125.0	1.0 cup (1" pieces)	2.61	49	110
11115	Cabbage, savoy, cooked, boiled, drained, without salt	145.0	1.0 cup, shredded	2.61	--	35
28014	KELLOGG'S, EGGO, Waffles, French Toast	45.0	1.0 waffle	2.61	7	137
11753	Cabbage, savoy, cooked, boiled, drained, with salt	145.0	1.0 cup, shredded	2.61	--	35
28234	SUNSHINE, CHEEZ-IT, Asiago Crackers	30.0	25.0 crackers	2.61	5	151
12698	Seeds, sesame butter, tahini, type of kernels unspecified	15.0	1.0 tbsp	2.61	14	89
18974	KASHI, TLC, Honey Sesame Crackers	30.0	15.0 cracker	2.61	7	119
18078	Bread, whole-wheat, prepared from recipe, toasted	28.35	1.0 oz	2.61	25	86
18241	Croissants, cheese	28.35	1.0 oz	2.61	7	117
18040	Bread, oatmeal, toasted	28.35	1.0 oz	2.61	12	83
28341	Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch	78.0	1.0 roll	2.61	10	186
28368	SCHAR, Gluten-Free, Classic White Rolls	78.0	1.0 roll	2.61	10	186

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	2.60	8	350
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	91.0	0.5 cup	2.60	20	55
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	91.0	0.5 cup	2.60	20	59
03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	152.0	5.0 fl oz	2.60	8	100
11555	Tomato products, canned, sauce, with herbs and cheese	122.0	0.5 cup	2.60	23	72
43297	Pork, oriental style, dehydrated	22.0	1.0 cup	2.60	2	135
18640	HEINZ, WEIGHT WATCHER, Chocolate Eclair, frozen	59.0	1.0 eclair, frozen	2.60	--	142
01031	Cheese, neufchatel	28.35	1.0 oz	2.59	3	72
11988	Fungi, Cloud ears, dried	28.0	1.0 cup	2.59	23	80
18957	Cake, pound, BIMBO Bakeries USA, Panque Casero, home baked style	39.0	1.0 slice	2.58	5	163
08491	Cereals ready-to-eat, MOM'S BEST, Honey Nut TOASTY O'S	30.0	1.0 cup (1 NLEA serving)	2.58	28	116
28235	SUNSHINE, CHEEZ-IT, Baby Swiss Crackers	30.0	25.0 crackers	2.58	5	151
28160	KELLOGG'S, ALL-BRAN, Garlic and Herb Crackers	30.0	18.0 crackers	2.58	6	140
28161	KELLOGG'S, ALL-BRAN, Multigrain Crackers	30.0	18.0 crackers	2.58	21	124
28246	SUNSHINE, CHEEZ-IT, Mozzarella Crackers	30.0	25.0 crackers	2.58	5	150
18053	Bread, reduced-calorie, rye	28.35	1.0 oz	2.58	6	58
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	28.35	1.0 oz	2.58	10	108
18413	Bread, pita, white, unenriched	28.35	1.0 oz	2.58	7	78
19812	Snacks, pretzels, hard, plain, made with unenriched flour, salted	28.35	1.0 oz	2.58	10	108
18188	Cookies, peanut butter, refrigerated dough, baked	28.35	1.0 oz	2.58	12	143
18260	English muffins, mixed-grain (includes granola)	28.35	1.0 oz	2.58	12	67
19813	Snacks, pretzels, hard, plain, made with unenriched flour, unsalted	28.35	1.0 oz	2.58	10	108
12110	Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned	77.0	1.0 cup	2.58	38	341
06629	Sauce, pesto, CLASSICO, basil pesto, ready-to-serve	62.0	0.25 cup	2.58	25	231
08676	Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS	30.0	1.0 cup (1 NLEA serving)	2.58	28	116
19188	Puddings, chocolate, dry mix, regular	99.0	1.0 package (3.5 oz)	2.57	66	358
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	87.0	1.0 cup	2.57	37	44
11788	Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	87.0	1.0 cup	2.57	37	44
18069	Bread, white, commercially prepared (includes soft bread crumbs)	29.0	1.0 slice	2.57	7	77
11090	Broccoli, raw	91.0	1.0 cup chopped	2.57	19	31
18932	Waffles, buttermilk, frozen, ready-to-heat	39.0	1.0 waffle, square	2.57	7	106
11781	Cress, garden, cooked, boiled, drained, with salt	135.0	1.0 cup	2.56	35	31
28254	SUNSHINE, CHEEZ-IT, Snack Mix, White Cheddar	30.0	0.5 cup 25 crackers	2.56	8	142
11204	Cress, garden, cooked, boiled, drained, without salt	135.0	1.0 cup	2.56	35	31

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	223.0	1.0 cup	2.56	29	38
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	223.0	1.0 cup	2.56	29	31
06611	Soup, SWANSON, beef broth, lower sodium	213.0	1.0 cup	2.56	2	13
11163	Collards, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	2.56	28	31
18189	Cookies, peanut butter, prepared from recipe	28.35	1.0 oz	2.55	11	135
18070	Bread, white, commercially prepared, toasted	28.35	1.0 oz	2.55	7	82
18432	Bread, white, commercially prepared, toasted, low sodium no salt	28.35	1.0 oz	2.55	7	83
19401	Snacks, cornnuts, barbecue-flavor	28.35	1.0 oz	2.55	31	124
18237	Cream puff shell, prepared from recipe	28.35	1.0 oz	2.55	3	102
12071	Nuts, almond paste	28.35	1.0 oz	2.55	37	130
28247	SUNSHINE, CHEEZ-IT, Parmesan Garlic Crackers	30.0	25.0 crackers	2.55	5	151
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30.0	1.0 cup (1 NLEA serving)	2.55	11	112
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15.0	1.0 tbsp	2.55	14	89
19265	Ice creams, chocolate, light, no sugar added	72.0	1.0 serving 1/2 cup	2.55	11	125
18005	Bagels, cinnamon-raisin	26.0	1.0 mini bagel (2-1/2" dia)	2.55	7	71
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52.0	1.0 pastry	2.55	12	200
11199	Yardlong bean, raw	91.0	1.0 cup slices	2.55	40	43
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	182.0	1.0 cup	2.55	27	67
11369	Potatoes, microwaved, cooked in skin, skin, without salt	58.0	1.0 skin	2.55	21	77
11836	Potatoes, microwaved, cooked, in skin, skin with salt	58.0	1.0 skin	2.55	21	77
18006	Bagels, cinnamon-raisin, toasted	24.0	1.0 mini bagel (2-1/2" dia)	2.54	6	71
19883	Ice creams, BREYERS, No Sugar Added, Vanilla Fudge Twirl	72.0	1.0 serving 1/2 cup	2.54	--	110
06584	Soup, broccoli cheese, canned, condensed, commercial	121.0	1.0 serving 1/2 cup	2.54	16	105
19882	Ice creams, BREYERS, No Sugar Added, Vanilla	69.0	1.0 serving 1/2 cup	2.54	--	99
08634	Cereals ready-to-eat, GENERAL MILLS, PEANUT BUTTER TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	2.54	16	127
11376	Potatoes, canned, drained solids	180.0	1.0 cup	2.54	25	108
07041	Liver sausage, liverwurst, pork	18.0	1.0 slice (2-1/2" dia x 1/4" thick)	2.54	2	59
09352	Blueberries, canned, light syrup, drained	244.0	1.0 cup	2.54	10	215
09314	Sapote, mamey, raw	175.0	1.0 cup 1" pieces	2.54	19	217
35234	Piki bread, made from blue cornmeal (Hopi)	28.0	1.0 piece	2.54	51	109
09056	Boysenberries, canned, heavy syrup	256.0	1.0 cup	2.53	28	225

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	2.53	12	134
18297	Pancakes, special dietary, dry mix	28.35	1.0 oz	2.52	13	99
18059	Bread, rice bran	28.35	1.0 oz	2.52	23	69
19884	Ice creams, BREYERS, No Sugar Added, Vanilla Chocolate Strawberry	68.0	1.0 serving 1/2 cup	2.52	--	97
28244	SUNSHINE, CHEEZ-IT, Italian Four Cheese Crackers	30.0	25.0 crackers	2.52	5	150
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30.0	0.75 cup (1 NLEA serving)	2.52	24	96
28158	KEEBLER, WHEATABLES, Nut Crisp Crackers, Roasted Almond	30.0	16.0 crackers	2.52	13	142
43311	Potatoes, canned, drained solids, no salt added	180.0	1.0 cup	2.52	25	112
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	124.0	1.0 cup	2.52	17	24
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	2.52	17	26
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	28.35	1.0 oz	2.51	7	64
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	28.35	1.0 oz	2.51	8	78
08351	Cereals ready-to-eat, QUAKER, MOTHER'S PEANUT BUTTER BUMPERS Cereal	33.0	1.0 cup (1 NLEA serving)	2.51	24	134
08094	Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry	28.0	1.0 packet (1 NLEA serving)	2.51	7	102
19895	Ice creams, BREYERS, No Sugar Added, Chocolate Caramel	71.0	1.0 serving 1/2 cup	2.51	--	107
12171	Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)	14.0	1.0 tbsp	2.51	49	85
09062	Cherimoya, raw	160.0	1.0 cup, pieces	2.51	27	120
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	2.51	24	212
11259	Mountain yam, hawaii, cooked, steamed, without salt	145.0	1.0 cup, cubes	2.51	14	119
11927	Mountain yam, hawaii, cooked, steamed, with salt	145.0	1.0 cup, cubes	2.51	14	119
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	28.35	1.0 oz	2.50	14	121
11235	Kale, frozen, unprepared	94.0	0.333 package (10 oz)	2.50	17	26
06188	Soup, beef broth, less/reduced sodium, ready to serve	219.0	1.0 cup	2.50	2	13
19887	Frozen novelties, KLONDIKE, SLIM-A-BEAR Vanilla Sandwich	64.0	1.0 serving 1 sandwich	2.50	--	153
18033	Bread, italian	28.35	1.0 oz	2.49	8	77
18190	Cookies, peanut butter sandwich, regular	28.35	1.0 oz	2.49	14	136
18066	Bread, wheat bran	28.35	1.0 oz	2.49	23	70
18266	English muffins, whole-wheat	28.35	1.0 oz	2.49	20	58
09081	Cranberry sauce, canned, sweetened	277.0	1.0 cup	2.49	6	440
20098	Pasta, homemade, made without egg, cooked	57.0	2.0 oz	2.49	8	71
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30.0	0.75 cup (1 NLEA serving)	2.49	24	116
08684	Cereals ready-to-eat, CASCADIAN FARM, Honey Nut O's	30.0	1.0 cup (1 NLEA serving)	2.49	16	111
28243	SUNSHINE, CHEEZ-IT, Hot & Spicy Crackers	30.0	25.0 crackers	2.49	--	154
43131	Luncheon slices, meatless	14.0	1.0 slice, thin	2.49	3	26

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
11830	Potatoes, baked, skin only, with salt	58.0	1.0 skin	2.49	25	115
11364	Potatoes, baked, skin, without salt	58.0	1.0 skin	2.49	25	115
03096	Babyfood, vegetable, green beans and potatoes	113.0	1.0 jar, Gerber (4 oz)	2.49	23	70
18232	Crackers, wheat, regular	34.0	16.0 crackers 1 serving	2.48	24	155
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	28.0	0.75 cup (1 NLEA serving)	2.48	25	105
11202	Cowpeas, leafy tips, cooked, boiled, drained, without salt	53.0	1.0 cup, chopped	2.48	33	12
11780	Cowpeas, leafy tips, cooked, boiled, drained, with salt	53.0	1.0 cup, chopped	2.48	33	12
28162	KELLOGG'S, Corn Flakes Crumbs	33.0	6.0 tbsp	2.48	13	121
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	240.0	1.0 cup, mashed	2.47	46	38
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	2.47	13	38
08388	Cereals ready-to-eat, KASHI 7 Whole Grain Puffs	19.0	1.0 cup (1 NLEA serving)	2.47	29	64
11790	Kale, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	2.47	23	36
11234	Kale, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	2.47	23	36
11623	Kale, scotch, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	2.47	74	36
11779	Cowpeas, young pods with seeds, cooked, boiled, drained, with salt	95.0	1.0 cup	2.47	39	32
11792	Kale, scotch, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	2.47	74	36
11198	Cowpeas, young pods with seeds, cooked, boiled, drained, without salt	95.0	1.0 cup	2.47	39	32
19186	Desserts, apple crisp, prepared-from-recipe	141.0	0.5 cup	2.47	11	227
18264	English muffins, wheat	28.35	1.0 oz	2.47	10	63
18025	Bread, cracked-wheat	28.35	1.0 oz	2.47	15	74
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1.0 oz	2.47	27	126
03682	Babyfood, cereal, high protein, prepared with whole milk	28.35	1.0 oz	2.47	14	31
18057	Bread, reduced-calorie, white	28.35	1.0 oz	2.47	7	59
18450	Tortillas, ready-to-bake or -fry, flour, without added calcium	28.35	1.0 oz	2.47	7	92
18044	Bread, pumpernickel	28.35	1.0 oz	2.47	15	71
11787	Drumstick pods, cooked, boiled, drained, with salt	118.0	1.0 cup slices	2.47	50	42
11621	Drumstick pods, cooked, boiled, drained, without salt	118.0	1.0 cup slices	2.47	50	42
06498	Soup, tomato, dry, mix, prepared with water	265.0	1.0 cup 8 fl oz	2.46	26	101
03108	Babyfood, vegetables, sweet potatoes strained	224.0	1.0 cup	2.46	29	128
03109	Babyfood, vegetables, sweet potatoes, junior	224.0	1.0 cup	2.46	27	134
08449	Cereals, QUAKER, Instant Grits Product with American Cheese Flavor, dry	28.0	1.0 packet (1 NLEA serving)	2.46	8	101
42240	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds	32.0	0.75 cup (1 NLEA serving)	2.46	20	131
25022	Snacks, FRITOLAY, SUNCHIPS, multigrain, French onion flavor	28.35	1.0 oz	2.46	19	141
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	2.46	52	48

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	192.0	1.0 cup slices	2.46	52	48
05326	Chicken breast tenders, breaded, cooked, microwaved	15.0	1.0 piece	2.45	4	38
09040	Bananas, raw	225.0	1.0 cup, mashed	2.45	61	200
28169	KELLOGG'S, POP-TARTS, Frosted Cookies & Creme Toaster Pastries	50.0	1.0 pastry	2.45	16	190
22971	Potato salad with egg	125.0	0.5 cup	2.45	19	196
16429	Tofu, fried, prepared with calcium sulfate	13.0	1.0 piece	2.45	12	35
18488	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Strawberry	52.0	1.0 pastry	2.44	6	207
20030	Hominy, canned, white	165.0	1.0 cup	2.44	26	119
06968	Soup, cream of mushroom, low sodium, ready-to-serve, canned	244.0	1.0 cup	2.44	5	129
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	15.0	1.0 cup (1 NLEA serving)	2.44	20	55
19152	Candies, ROLO Caramels in Milk Chocolate	48.0	1.0 package 1 package	2.44	0	228
18349	Rolls, french	28.35	1.0 oz	2.44	6	79
18048	Bread, raisin, enriched, toasted	28.35	1.0 oz	2.44	8	84
18348	Rolls, dinner, whole-wheat	28.0	1.0 roll (1 oz)	2.44	24	74
21138	Fast foods, potato, french fried in vegetable oil	71.0	1.0 serving small	2.44	25	222
18087	Cake, angelfood, dry mix	38.0	1.0 serving	2.43	4	139
08267	Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS	27.0	0.75 cup (1 NLEA serving)	2.43	24	102
28039	KASHI, TLC, Happy Trail Mix Cookies	30.0	1.0 cookie	2.43	18	135
19404	Snacks, granola bars, soft, uncoated, chocolate chip	43.0	1.0 bar (1.5 oz)	2.43	28	180
07033	Ham and cheese spread	15.0	1.0 tbsp	2.43	3	37
18934	Waffle, buttermilk, frozen, ready-to-heat, microwaved	35.0	1.0 waffle	2.42	7	101
21238	McDONALD'S, french fries	71.0	1.0 small serving	2.42	26	229
35205	Stinging Nettles, blanched (Northern Plains Indians)	89.0	1.0 cup	2.41	51	37
19421	Snacks, potato chips, cheese-flavor	28.35	1.0 oz	2.41	21	141
18060	Bread, rye	28.35	1.0 oz	2.41	11	73
18396	Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	2.41	5	90
18300	Pancakes, whole-wheat, dry mix, incomplete, prepared	28.35	1.0 oz	2.41	13	59
19009	Snacks, KRAFT, CORNNUTS, plain	28.35	1.0 oz	2.41	32	126
19434	Cheese puffs and twists, corn based, baked, low fat	28.35	1.0 oz	2.41	12	122
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	2.41	9	25
18347	Rolls, dinner, wheat	28.0	1.0 roll (1 oz)	2.41	10	76
09261	Pears, dried, sulfured, stewed, with added sugar	280.0	1.0 cup, halves	2.41	42	392
08087	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain CHEERIOS	29.0	1.0 cup (1 NLEA serving)	2.41	16	107
43143	Cabbage, japanese style, fresh, pickled	150.0	1.0 cup	2.40	18	45
09447	Plantains, yellow, fried, Latino restaurant	169.0	1.0 cup	2.40	76	399

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18939	Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	51.0	1.0 pastry	2.40	6	209
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	28.35	1.0 oz	2.39	28	90
28000	KELLOGG'S, EGGO, Mini Muffin Tops, Chocolate Chip	46.0	1.0 set	2.39	8	138
18476	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Blueberry	52.0	1.0 pastry	2.39	8	214
18477	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted blueberry	52.0	1.0 pastry	2.39	8	203
21249	BURGER KING, french fries	74.0	1.0 small serving	2.39	20	207
07973	Turkey bacon, microwaved	8.1	1.0 slice	2.39	2	30
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	2.39	22	36
11890	Turnips, frozen, cooked, boiled, drained, with salt	156.0	1.0 cup	2.39	22	33
18039	Bread, oatmeal	28.35	1.0 oz	2.38	10	76
18077	Bread, whole-wheat, prepared from recipe	28.35	1.0 oz	2.38	23	79
09292	Plums, dried (prunes), stewed, without added sugar	248.0	1.0 cup, pitted	2.38	45	265
11322	Peas and carrots, frozen, unprepared	70.0	0.5 cup	2.38	13	37
08239	Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry	27.0	0.75 cup (1 NLEA serving)	2.38	24	102
43506	Frozen novelties, ice cream type, chocolate or caramel covered, with nuts	54.0	1.0 bar	2.38	16	174
07081	Turkey breast, sliced, prepackaged	16.0	1.0 slice	2.37	3	17
20330	Hominy, canned, yellow	160.0	1.0 cup	2.37	26	115
21324	McDONALD'S, Baked Apple Pie	77.0	2.7 oz	2.36	5	249
11723	Beans, snap, green, cooked, boiled, drained, with salt	125.0	1.0 cup	2.36	22	44
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125.0	1.0 cup	2.36	31	44
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	125.0	1.0 cup	2.36	31	44
11053	Beans, snap, green, cooked, boiled, drained, without salt	125.0	1.0 cup	2.36	22	44
09059	Breadfruit, raw	220.0	1.0 cup	2.35	55	227
18352	Rolls, hamburger or hotdog, reduced-calorie	28.35	1.0 oz	2.35	6	56
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	2.35	28	56
08701	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Multi-grain	31.0	1.0 Cup (1 NLEA serving)	2.35	20	113
11900	Corn, sweet, white, raw	73.0	1.0 ear, small (5-1/2" to 6-1/2" long)	2.35	27	63
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	2.35	52	102
28167	KELLOGG'S, POP-TARTS, Frosted Cinnamon Roll Toaster Pastries	50.0	1.0 pastry	2.35	4	208
28171	KELLOGG'S, POP-TARTS, Frosted Pumpkin Pie Toaster Pastries	50.0	1.0 pastry	2.35	15	197
18494	Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted brown sugar cinnamon	50.0	1.0 pastry	2.35	--	183
36039	Restaurant, family style, hash browns	94.0	1.0 cup	2.34	24	185
08675	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey & almonds	30.0	0.75 cup (1 NLEA serving)	2.34	18	114

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08653	Cereals ready-to-eat, KELLOGG'S RICE KRISPIES, Gluten Free	30.0	1.0 cup (1 NLEA serving)	2.34	45	111
11277	New Zealand spinach, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	2.34	58	22
08610	Cereals ready-to-eat, KASHI Honey Sunshine	30.0	0.75 cup (1 NLEA serving)	2.34	24	100
08543	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond	30.0	0.75 cup (1 NLEA serving)	2.34	22	110
11141	Celeriac, raw	156.0	1.0 cup	2.34	31	66
11802	New zealand spinach, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	2.34	58	22
11481	Squash, summer, zucchini, italian style, canned	227.0	1.0 cup	2.34	32	66
11576	Turnip greens and turnips, frozen, unprepared	95.0	0.33 package (10 oz)	2.34	17	20
09150	Lemons, raw, without peel	212.0	1.0 cup, sections	2.33	17	61
01069	Cream substitute, powdered	94.0	1.0 cup	2.33	1	497
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	31.0	1.0 bar	2.33	17	149
13019	Beef, retail cuts, separable fat, raw	28.35	1.0 oz	2.33	1	191
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	58.0	1.0 serving 2.05 oz bar	2.33	12	264
18416	Bread, white, commercially prepared, low sodium, no salt	28.35	1.0 oz	2.32	7	76
18187	Cookies, peanut butter, refrigerated dough	28.35	1.0 oz	2.32	10	130
18239	Croissants, butter	28.35	1.0 oz	2.32	5	115
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	2.32	31	66
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	2.32	41	324
11489	Squash, winter, hubbard, raw	116.0	1.0 cup, cubes	2.32	22	46
06309	CAMPBELL'S, Chicken with Rice Soup, condensed	126.0	0.5 cup condensed	2.32	13	86
06023	Soup, chicken with rice, canned, condensed	126.0	0.5 cup	2.32	13	86
12156	Nuts, walnuts, glazed	28.0	1.0 oz	2.32	--	140
11398	Potato puffs, frozen, unprepared	120.0	1.0 cup	2.32	19	214
11384	Potatoes, au gratin, dry mix, unprepared	26.0	0.167 package (5.5 oz)	2.31	17	82
11585	Vegetable juice cocktail, low sodium, canned	254.0	1.0 cup	2.31	30	48
19071	Candies, carob, unsweetened	28.35	1.0 oz	2.31	10	153
19095	Ice creams, vanilla	66.0	1.0 serving 1/2 cup	2.31	9	137
28041	KASHI, TLC, Oatmeal Raisin Flax Cookies	30.0	1.0 cookie	2.31	19	124
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30.0	1.25 cup (1 NLEA serving)	2.31	15	107
18962	Crackers, cream, LA MODERNA RIKIS CREAM CRACKERS	32.0	10.0 crackers (1 NLEA serving)	2.30	9	148
18999	KELLOGG'S, EGGO, Mini Muffin Tops, Blueberry	46.0	1.0 set	2.30	6	135
18479	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted brown sugar cinnamon	50.0	1.0 pastry	2.30	4	208
18271	Ice cream cones, cake or wafer-type	28.35	1.0 oz	2.30	7	118
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1.0 oz	2.30	21	151
12059	Nuts, acorns, dried	28.35	1.0 oz	2.30	23	144

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
11864	Squash, winter, acorn, cooked, baked, with salt	205.0	1.0 cup, cubes	2.30	88	115
11483	Squash, winter, acorn, cooked, baked, without salt	205.0	1.0 cup, cubes	2.30	88	115
31031	Potatoes, french fried, cross cut, frozen, unprepared	85.0	3.0 oz	2.30	--	164
11241	Kohlrabi, raw	135.0	1.0 cup	2.30	26	36
08637	Cereals ready-to-eat, GENERAL MILLS, Oat Cluster CHEERIOS Crunch	27.0	0.75 cup (1 NLEA serving)	2.30	16	102
11601	Yam, raw	150.0	1.0 cup, cubes	2.30	32	177
03055	Babyfood, dinner, beef with vegetables	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	2.29	17	108
06401	Soup, cream of asparagus, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	2.29	5	85
06001	Soup, cream of asparagus, canned, condensed	126.0	0.5 cup (4 fl oz)	2.29	4	87
11875	Sweet potato, cooked, baked in skin, flesh, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	2.29	31	105
25023	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, Harvest Cheddar flavor	28.35	1.0 oz	2.29	17	139
28159	KEEBLER, WHEATABLES, Nut Crisp Crackers, Toasted Pecan	30.0	16.0 crackers	2.28	10	145
28157	KEEBLER, WHEATABLES, Honey Wheat Crackers	30.0	17.0 crackers	2.28	--	145
11884	Tomatoes, red, ripe, cooked, with salt	240.0	1.0 cup	2.28	22	43
11530	Tomatoes, red, ripe, cooked	240.0	1.0 cup	2.28	22	43
19184	Puddings, chocolate, dry mix, instant	99.0	1.0 package (3.5 oz)	2.28	45	374
09072	Cherries, sweet, canned, juice pack, solids and liquids	250.0	1.0 cup, pitted	2.28	30	135
08221	Cereals, QUAKER, Instant Grits, Butter flavor, dry	28.0	1.0 packet (1 NLEA serving)	2.27	6	103
06558	Soup, tomato bisque, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	2.27	10	124
08531	Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt	32.0	0.75 cup (1 NLEA serving)	2.27	16	117
28212	MURRAY, COOKIE JAR CLASSICS, Coconut Bars Cookies	32.0	6.0 cookies	2.27	5	148
19164	Candies, SPECIAL DARK Chocolate Bar	41.0	1.0 bar 1.45 oz	2.27	13	228
20113	Noodles, chinese, chow mein	28.0	0.5 cup dry	2.27	15	133
06158	Soup, tomato bisque, canned, condensed	129.0	0.5 cup (4 fl oz)	2.27	9	124
18049	Bread, reduced-calorie, oat bran	28.35	1.0 oz	2.27	16	57
18245	Danish pastry, cheese	28.35	1.0 oz	2.27	4	106
06624	SMART SOUP, Thai Coconut Curry	283.0	10.0 oz 1 pouch	2.26	--	102
08699	Cereals ready-to-eat, KELLOGG'S KRAVE Smores	31.0	0.75 Cup (1 NLEA serving)	2.26	10	124
16138	Falafel, home-prepared	17.0	1.0 patty (approx 2-1/4" dia)	2.26	14	57
11269	Mushrooms, shiitake, cooked, without salt	145.0	1.0 cup pieces	2.26	20	81
11798	Mushrooms, shiitake, cooked, with salt	145.0	1.0 cup pieces	2.26	20	81
08613	Cereals ready-to-eat, KELLOGG'S SPECIAL K Multigrain Oats and Honey	29.0	0.666 cup (1 NLEA serving)	2.26	23	105
03114	Babyfood, vegetable, butternut squash and corn	113.0	1.0 jar, Gerber (4 oz)	2.26	29	56
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	28.35	1.0 oz	2.25	22	139
11028	Bamboo shoots, canned, drained solids	131.0	1.0 cup (1/8" slices)	2.25	5	25
28165	KELLOGG'S, POP-TARTS, Chocolate Chip Cookie Dough Toaster Pastries	50.0	1.0 pastry	2.25	6	194

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
42135	Whipped topping, frozen, low fat	75.0	1.0 cup	2.25	5	168
08608	Cereals ready-to-eat, KASHI Berry Blossom	30.0	0.75 cup (1 NLEA serving)	2.25	26	97
28173	KELLOGG'S, POP-TARTS, Frosted Sugar Cookie Toaster Pastries	50.0	1.0 pastry	2.25	4	196
18994	BEAR NAKED, Fruit & Nut Cookies	30.0	1.0 cookie	2.25	11	133
08602	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan	30.0	0.75 cup (1 NLEA serving)	2.25	20	112
09315	Soursop, raw	225.0	1.0 cup, pulp	2.25	47	148
19877	Ice creams, BREYERS, 98% Fat Free Vanilla	68.0	1.0 serving 1/2 cup	2.24	--	93
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	28.35	1.0 oz	2.24	7	68
11655	Carrot juice, canned	236.0	1.0 cup	2.24	33	94
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	27.0	0.75 cup (1 NLEA serving)	2.24	24	95
43212	Bacon bits, meatless	7.0	1.0 tbsp	2.24	7	33
19406	Snacks, granola bars, soft, uncoated, nut and raisin	28.0	1.0 bar (1 oz)	2.24	25	127
28043	KEEBLER, ANIMALS, Cookies	40.0	1.0 package 1 serving	2.24	5	180
18610	CONTINENTAL MILLS, KRUSTEAZ Almond Poppyseed Muffin Mix, Artificially Flavored, dry	40.0	1.0 serving	2.24	--	167
18047	Bread, raisin, enriched	28.35	1.0 oz	2.24	7	78
19063	Snacks, tortilla chips, taco-flavor	28.35	1.0 oz	2.24	25	136
18272	Ice cream cones, sugar, rolled-type	28.35	1.0 oz	2.24	9	114
35232	Wocas, dried seeds, Oregon, yellow pond lily (Klamath)	28.35	1.0 oz	2.24	24	102
18367	Waffles, plain, prepared from recipe	28.35	1.0 oz	2.24	5	82
18073	Bread, white, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	2.24	5	81
18414	Bread, raisin, unenriched	28.35	1.0 oz	2.24	7	78
11645	Sweet potato, canned, syrup pack, solids and liquids	228.0	1.0 cup	2.23	30	203
09167	Loganberries, frozen	147.0	1.0 cup, unthawed	2.23	31	81
06955	Soup, cream of chicken, canned, condensed, reduced sodium	124.0	0.5 cup	2.23	2	72
06219	CAMPBELL'S, 98% Fat Free Cream of Chicken Soup, condensed	124.0	0.5 cup condensed	2.23	7	68
19248	Candies, HERSHEY'S, ALMOND JOY BITES	40.0	18.0 pieces	2.23	15	225
07254	Turkey bacon, unprepared	14.0	1.0 serving	2.23	2	32
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33.0	1.25 cup (1 NLEA serving)	2.23	9	126
36612	DENNY'S, golden fried shrimp	16.0	1.0 piece	2.22	4	51
11223	Drumstick leaves, cooked, boiled, drained, without salt	42.0	1.0 cup, chopped	2.21	14	25
11786	Drumstick leaves, cooked, boiled, drained, with salt	42.0	1.0 cup, chopped	2.21	14	25
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	28.35	1.0 oz	2.21	5	90
18292	Pancakes, plain, dry mix, incomplete, prepared	28.35	1.0 oz	2.21	6	62
19857	Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	28.35	1.0 oz	2.21	23	141

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
09205	Oranges, raw, with peel	170.0	1.0 cup	2.21	24	107
05327	Chicken breast tenders, breaded, uncooked	15.0	1.0 piece	2.21	3	39
11009	Artichokes, (globe or french), frozen, unprepared	84.0	0.33 package	2.21	23	32
19904	Chocolate, dark, 70-85% cacao solids	28.35	1.0 oz	2.21	65	170
28179	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Ice Creme Sandwich Toaster Pastries	48.0	1.0 pastry	2.21	9	187
14056	Beverages, Acai berry drink, fortified	266.0	8.0 fl oz	2.21	29	165
08025	Cereals ready-to-eat, RALSTON CRISP RICE	33.0	1.25 cup (1 NLEA serving)	2.21	8	130
03864	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA	103.0	1.0 serving 100 ml	2.20	7	69
19899	Ice creams, regular, low carbohydrate, chocolate	58.0	1.0 individual (3.5 fl oz)	2.20	17	137
19270	Ice creams, chocolate	58.0	1.0 individual (3.5 fl oz)	2.20	17	125
18608	KEEBLER, KEEBLER Chocolate Graham SELECTS	31.0	1.0 serving	2.20	--	144
28095	KEEBLER, FUDGE SHOPPE, Jumbo Fudge Sticks, Peanut Butter	31.0	1.0 cookie	2.20	10	166
28163	KELLOGG'S, POP-TARTS, Frosted Apple Strudel Toaster Pastries	50.0	1.0 pastry	2.20	3	198
28168	KELLOGG'S, POP-TARTS, Frosted Confetti Cake Toaster Pastries	50.0	1.0 pastry	2.20	4	188
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44.0	1.0 bar 1.55 oz	2.20	--	220
19254	Candies, MARS SNACKFOOD US, DOVE Milk Chocolate	37.0	1.0 serving 1.30 oz bar	2.20	--	202
11062	Beans, snap, green, frozen, all styles, microwaved	111.0	1.0 cup	2.20	32	44
08168	Cereals, CREAM OF RICE, cooked with water, with salt	244.0	1.0 cup	2.20	7	127
11707	Asparagus, canned, no salt added, solids and liquids	122.0	0.5 cup	2.20	11	18
11013	Asparagus, canned, regular pack, solids and liquids	122.0	0.5 cup	2.20	11	18
08101	Cereals, CREAM OF RICE, cooked with water, without salt	244.0	1.0 cup	2.20	7	127
19423	Snacks, potato chips, fat-free, made with olestra	28.35	1.0 oz	2.19	20	78
06028	Soup, clam chowder, manhattan, canned, condensed	126.0	0.5 cup (4 fl oz)	2.19	10	77
07028	Ham, sliced, pre-packaged, deli meat (96%fat free, water added)	13.0	1.0 slice	2.19	2	14
11080	Beets, raw	136.0	1.0 cup	2.19	31	58
03016	Babyfood, meat, turkey, junior	19.0	1.0 tbsp	2.18	2	21
18486	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted raspberry	52.0	1.0 pastry	2.18	8	207
18481	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted cherry	52.0	1.0 pastry	2.18	7	206
18438	English muffins, plain, unenriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	2.18	6	67
19007	Snacks, corn-based, extruded, onion-flavor	28.35	1.0 oz	2.18	8	141
19016	Snacks, granola bars, hard, almond	28.35	1.0 oz	2.18	23	140
18439	English muffins, plain, unenriched, without calcium propionate (includes sourdough)	28.35	1.0 oz	2.18	6	67

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
18071	Bread, white, prepared from recipe, made with nonfat dry milk	28.35	1.0 oz	2.18	5	78
18269	French toast, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	2.18	5	65
18437	English muffins, plain, enriched, without calcium propionate(includes sourdough)	28.35	1.0 oz	2.18	6	67
18270	Hush puppies, prepared from recipe	28.35	1.0 oz	2.18	7	96
06336	CAMPBELL'S, Cream of Chicken Soup, condensed	124.0	0.5 cup condensed	2.18	5	128
19235	Puddings, chocolate, ready-to-eat, fat free	113.0	1.0 serving 4 oz	2.18	17	105
11730	Beans, snap, yellow, frozen, all styles, unprepared	121.0	1.0 cup	2.18	27	40
31029	Potatoes, french fried, wedge cut, frozen, unprepared	85.0	3.0 oz	2.18	--	141
11266	Mushrooms, brown, italian, or crimini, raw	87.0	1.0 cup whole	2.18	8	19
11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	87.0	1.0 cup whole	2.18	8	19
16112	Miso	17.0	1.0 tbsp	2.17	8	34
18961	Crackers, cream, GAMESA SABROSAS	31.0	11.0 crackers (1 NLEA serving)	2.17	8	150
08652	Cereals ready-to-eat, KELLOGG'S KRAVE chocolate cereal	31.0	0.75 cup (1 NLEA serving)	2.17	12	123
09021	Apricots, raw	155.0	1.0 cup, halves	2.17	16	74
06068	Soup, vegetarian vegetable, canned, condensed	126.0	0.5 cup	2.17	8	74
19075	Candies, CARAMELLO Candy Bar	35.0	1.0 bar 1.25 oz	2.17	--	162
10098	Pork, fresh, variety meats and by-products, chitterlings, raw	28.35	1.0 oz	2.17	2	52
10167	Pork, cured, separable fat (from ham and arm picnic), roasted	28.35	1.0 oz	2.17	3	168
11060	Beans, snap, green, frozen, all styles, unprepared	121.0	1.0 cup	2.17	27	47
11390	Potatoes, hash brown, frozen, plain, unprepared	105.0	0.5 cup	2.16	12	86
11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices	2.16	6	15
11938	Mushroom, white, exposed to ultraviolet light, raw	70.0	1.0 cup pieces or slices	2.16	6	15
06159	Soup, tomato, canned, condensed	148.0	1.0 cup	2.16	21	98
11527	Tomatoes, green, raw	180.0	1.0 cup	2.16	18	41
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	2.16	13	20
28040	KASHI, TLC, Oatmeal Dark Chocolate Cookies	30.0	1.0 cookie	2.16	--	128
28082	KEEBLER, FUDGE SHOPPE, Peanut Creme Filled Cookies	30.0	2.0 cookies	2.16	8	161
28271	MURRAY, COOKIE JAR CLASSICS, Butter Cookies	30.0	8.0 cookies	2.16	4	139
06123	Gravy, onion, dry, mix	24.0	1.0 cup (8 fl oz)	2.16	8	77
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	2.16	13	20
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.16	1	27
03214	Babyfood, cookies, arrowroot	28.35	1.0 oz	2.15	6	120
18051	Bread, reduced-calorie, oatmeal	28.35	1.0 oz	2.15	7	60
18935	Waffle, plain, frozen, ready-to-heat, microwave	32.0	1.0 waffle, round (4"dia)	2.15	8	95

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
19148	Candies, peanut brittle, prepared-from-recipe	28.35	1.0 oz	2.15	12	138
01153	Milk, canned, evaporated, with added vitamin A	31.5	1.0 fl oz	2.15	8	42
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	2.15	8	42
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	268.0	1.0 cup	2.14	40	75
28278	MURRAY, SUGAR FREE, Oatmeal Cookies	32.0	3.0 cookies	2.14	3	144
08685	Cereals ready-to-eat, QUAKER WHOLE HEARTS oat cereal	28.0	0.75 cup (1 NLEA serving)	2.14	22	105
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	30.0	0.75 cup (1 NLEA serving)	2.14	15	120
06189	Sauce, teriyaki, ready-to-serve, reduced sodium	36.0	2.0 Tbsp	2.13	22	32
18489	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted strawberry	52.0	1.0 pastry	2.13	3	203
28188	KELLOGG'S, SPECIAL K, Cracker Chips, Sour Cream & Onion	30.0	27.0 chips	2.13	20	110
08665	Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	30.0	0.75 cup (1 NLEA serving)	2.13	14	120
28211	MURRAY, Chocolatey Chip Thins Cookies	30.0	8.0 cookies	2.13	6	140
08658	Cereals ready-to-eat, KELLOGG'S KRAVE double chocolate cereal	30.0	0.75 cup (1 NLEA serving)	2.13	14	119
42236	Cereals ready-to-eat, frosted oat cereal with marshmallows	30.0	0.75 cup (1 NLEA serving)	2.13	8	120
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	28.35	1.0 oz	2.13	12	130
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	53.0	1.0 piece	2.13	6	204
08707	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolate Almond	28.0	0.67 Cup (1 NLEA serving)	2.13	21	105
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	256.0	1.0 cup	2.12	31	233
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	40.0	1.0 donut	2.12	7	174
12060	Nuts, acorn flour, full fat	28.35	1.0 oz	2.12	31	142
19015	Snacks, granola bars, hard, plain	21.0	1.0 bar	2.12	20	99
08092	Cereals, QUAKER, corn grits, instant, plain, dry	29.0	1.0 packet	2.12	8	99
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	249.0	1.0 serving 1 cup	2.12	10	75
11740	Broccoli, flower clusters, raw	71.0	1.0 cup flowerets	2.12	18	20
06048	Soup, oyster stew, canned, condensed	123.0	0.5 cup (4 fl oz)	2.12	5	59
06063	Soup, tomato rice, canned, condensed	129.0	0.5 cup (4 fl oz)	2.12	5	120
14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	26.0	1.0 scoop	2.11	100	116
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	33.0	1.25 cup (1 NLEA serving)	2.11	16	120
28178	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Hot Fudge Sundae Toaster Pastries	48.0	1.0 pastry	2.11	--	188
05084	Chicken, broilers or fryers, neck, meat and skin, raw	15.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.11	2	45
01070	Dessert topping, powdered	43.0	1.5 oz	2.11	3	248
08648	Cereals ready-to-eat, KASHI Simply Maize	27.0	0.75 cup (1 NLEA serving)	2.11	28	100
11254	Lotus root, raw	81.0	10.0 slices (2-1/2" dia)	2.11	19	60

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
19279	Candies, milk chocolate coated coffee beans	28.35	1.0 oz	2.10	18	156
21347	McDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing	59.0	2.0 fl oz	2.10	3	188
11208	Dandelion greens, cooked, boiled, drained, without salt	105.0	1.0 cup, chopped	2.10	25	35
18497	Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted strawberry	50.0	1.0 pastry	2.10	--	182
11620	Drumstick pods, raw	100.0	1.0 cup slices	2.10	45	37
06122	Gravy, mushroom, dry, powder	21.0	1.0 cup (8 fl oz)	2.10	7	69
11782	Dandelion greens, cooked, boiled, drained, with salt	105.0	1.0 cup, chopped	2.10	25	35
28229	MURRAY, SUGAR FREE, Shortbread Cookies	30.0	8.0 cookies	2.10	4	129
03013	Babyfood, meat, chicken, junior	15.0	1.0 tbsp	2.10	2	22
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28.0	1.0 cup (1 NLEA serving)	2.10	11	100
31027	Potatoes, yellow fleshed, french fried, frozen, unprepared	85.0	3.0 oz	2.10	--	138
03005	Babyfood, meat, veal, strained	16.0	1.0 tbsp	2.10	2	13
18240	Croissants, apple	28.35	1.0 oz	2.10	4	72
12001	Seeds, breadfruit seeds, raw	28.35	1.0 oz	2.10	15	54
18268	French toast, frozen, ready-to-heat	28.35	1.0 oz	2.10	5	60
18211	Puff pastry, frozen, ready-to-bake, baked	28.35	1.0 oz	2.10	5	158
18280	Muffins, corn, dry mix, prepared	28.35	1.0 oz	2.10	6	91
06448	Soup, oyster stew, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	2.10	5	58
18633	PILLSBURY GRANDS, Buttermilk Biscuits, refrigerated dough	34.0	1.0 biscuit	2.09	--	100
01114	Whey, sweet, fluid	246.0	1.0 cup	2.09	20	66
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	76.0	10.0 fries	2.09	18	120
11507	Sweet potato, raw, unprepared	133.0	1.0 cup, cubes	2.09	33	114
11710	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt	58.0	1.0 cup	2.09	55	19
11023	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	58.0	1.0 cup	2.09	55	20
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	12.0	1.0 slice	2.09	3	12
19057	Snacks, tortilla chips, nacho cheese	28.35	1.0 oz	2.09	21	147
18507	KELLOGG'S EGGO Lowfat Blueberry Nutri-Grain Waffles	35.0	1.0 waffle, round (4" dia) (include frozen)	2.08	19	73
08138	Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS	30.0	1.0 cup	2.08	21	116
28172	KELLOGG'S, POP-TARTS, Frosted Spring Berry Toaster Pastries	52.0	1.0 pastry	2.08	3	203
06995	PREGO Pasta, Chunky Garden Tomato, Onion and Garlic Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	2.08	--	94
18490	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted wild berry	52.0	1.0 pastry	2.08	3	203
08647	Cereals ready-to-eat, KASHI INDIGO MORNING	27.0	0.75 cup (1 NLEA serving)	2.08	29	98

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	48.0	1.0 package (1.69 oz)	2.08	21	236
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	28.0	1.0 oz	2.08	6	87
08615	Cereals ready-to-eat, KELLOGG'S CRUNCHY NUT Golden Honey Nut flakes	31.0	0.75 cup (1 NLEA serving)	2.08	7	119
08662	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with real strawberries	31.0	0.75 cup (1 NLEA serving)	2.08	14	124
28129	KEEBLER, SANDIES, Pecan Shortbread Cookies, Reduced Fat	31.0	2.0 cookies	2.08	5	151
18459	Breakfast tart, low fat	52.0	1.0 tart	2.07	23	193
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241.0	1.0 cup	2.07	7	67
19020	Snacks, granola bars, soft, uncoated, plain	28.0	1.0 bar (1 oz)	2.07	21	124
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	27.0	0.75 cup (1 NLEA serving)	2.07	20	103
28098	KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Peanut Butter	30.0	2.0 cookies	2.07	2	154
08603	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Blueberry	30.0	0.75 cup (1 NLEA serving)	2.07	16	109
18134	Cake, sponge, prepared from recipe	28.35	1.0 oz	2.07	3	84
18011	Biscuits, plain or buttermilk, dry mix, prepared	28.35	1.0 oz	2.07	7	95
19017	Snacks, granola bars, hard, chocolate chip	28.35	1.0 oz	2.07	20	124
18337	Puff pastry, frozen, ready-to-bake	28.35	1.0 oz	2.07	5	156
11605	Beets, harvard, canned, solids and liquids	246.0	1.0 cup slices	2.07	47	180
11540	Tomato juice, canned, with salt added	243.0	1.0 cup	2.07	27	41
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	2.07	27	41
07072	Salami, dry or hard, pork, beef	9.8	1.0 slice	2.06	2	37
11240	Mushrooms, morel, raw	66.0	1.0 cup	2.06	13	20
28276	MURRAY, SOUTHERN KITCHEN, Oatmeal Cookies	29.0	2.0 cookies	2.06	2	139
28264	KEEBLER, Oatmeal Cookies	29.0	2.0 cookies	2.06	2	139
11976	Pepper, banana, raw	124.0	1.0 cup	2.06	21	33
06528	Soup, chicken noodle, dry, mix, prepared with water	245.0	1.0 cup	2.06	7	56
03012	Babyfood, meat, chicken, strained	15.0	1.0 tbsp	2.06	2	20
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	2.05	16	27
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	2.05	31	110
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	2.05	34	27
28176	KELLOGG'S, POP-TARTS, Frosted Wild Grape Toaster Pastries	50.0	1.0 pastry	2.05	3	195
28192	KELLOGG'S, POP-TARTS, Gingerbread Toaster Pastries	50.0	1.0 pastry	2.05	6	196
01237	Ice cream, bar or stick, chocolate covered	50.0	1.0 bar	2.05	14	166
28193	KELLOGG'S, POP-TARTS, Yum-azing Vanilla Milkshake Toaster Pastries	50.0	1.0 pastry	2.05	4	199
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	33.0	1.25 cup (1 NLEA serving)	2.04	14	124

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
18448	Taco shells, baked, without added salt	28.35	1.0 oz	2.04	30	133
31030	Potatoes, french fried, steak cut, salt not added in processing, frozen, unprepared	85.0	3.0 oz	2.04	--	117
08309	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES	30.0	0.75 cup (1 NLEA serving)	2.04	7	116
28187	KELLOGG'S, SPECIAL K, Cracker Chips, Sea Salt	30.0	30.0 chips	2.04	22	108
11504	Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt	98.0	1.0 cup, chopped	2.04	29	20
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	98.0	1.0 cup, chopped	2.04	29	20
19058	Snacks, tortilla chips, ranch-flavor	28.35	1.0 oz	2.04	25	142
18403	Waffles, plain, frozen, ready -to-heat, toasted	28.35	1.0 oz	2.04	7	88
09288	Prunes, canned, heavy syrup pack, solids and liquids	234.0	1.0 cup	2.04	35	246
08674	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey	30.0	0.75 cup (1 NLEA serving)	2.03	8	119
35203	Rose Hips, wild (Northern Plains Indians)	127.0	1.0 cup	2.03	88	206
19024	Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip	35.0	1.0 bar (1.25 oz)	2.03	23	163
08655	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches	29.0	0.75 cup (1 NLEA serving)	2.03	10	116
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	34.0	1.0 serving 3 cookies	2.03	11	153
11897	Yam, cooked, boiled, drained, or baked, with salt	136.0	1.0 cup, cubes	2.03	24	155
11602	Yam, cooked, boiled, drained, or baked, without salt	136.0	1.0 cup, cubes	2.03	24	158
11574	Turnip greens, frozen, unprepared	82.0	0.5 cup, chopped or diced	2.03	22	18
43364	Snacks, tortilla chips, unsalted, white corn	26.0	1.0 cup	2.03	38	131
06463	Soup, tomato rice, canned, prepared with equal volume water	247.0	1.0 cup	2.03	5	116
28033	GIRL SCOUTS, Tagalongs Cookies	25.0	2.0 cookies	2.02	4	140
28290	Cookie, with peanut butter filling, chocolate-coated	25.0	2.0 cookies	2.02	4	140
09117	Grapefruit, raw, white, California	230.0	1.0 cup sections, with juice	2.02	21	85
19065	Candies, ALMOND JOY Candy Bar	49.0	1.0 package 1.76 oz	2.02	--	235
11386	Potatoes, scalloped, dry mix, unprepared	26.0	0.167 package (5.5 oz)	2.02	15	93
11978	Peppers, ancho, dried	17.0	1.0 pepper	2.02	19	48
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	32.0	0.75 cup (1 NLEA serving)	2.02	8	120
08666	Cereals ready-to-eat, GENERAL MILLS, Cinnamon Burst CHEERIOS	32.0	1.0 cup (1 NLEA serving)	2.02	16	120
09190	Mulberries, raw	140.0	1.0 cup	2.02	25	60
08584	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight	31.0	0.75 cup (1 NLEA serving)	2.02	19	118
28198	MOTHER'S, Double Fudge Creme Sandwich Cookies	38.0	2.0 cookies	2.01	17	174
06596	CAMPBELL'S Soup on the Go, Cheesy Potato with Bacon Flavor Soup	305.0	1.0 container	2.01	--	131
06585	CAMPBELL'S Soup on the Go, Vegetable with Mini Round Noodles Soup	305.0	1.0 container	2.01	--	101
06594	CAMPBELL'S Soup on the Go, New England Clam Chowder	305.0	1.0 container	2.01	--	159
06589	CAMPBELL'S Soup on the Go, Creamy Broccoli Soup	305.0	1.0 container	2.01	--	159

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
18284	Muffins, wheat bran, dry mix	28.35	1.0 oz	2.01	25	112
43276	Cheese spread, cream cheese base	28.35	1.0 oz	2.01	2	84
18338	Phyllo dough	28.35	1.0 oz	2.01	4	85
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	28.35	1.0 oz	2.01	9	122
18282	Muffins, corn, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	2.01	7	90
19422	Snacks, potato chips, reduced fat	28.35	1.0 oz	2.01	25	134
18355	Sweet rolls, cheese	28.35	1.0 oz	2.01	5	102
19056	Snacks, tortilla chips, plain, white corn, salted	28.35	1.0 oz	2.01	24	134
19823	Potato chips, without salt, reduced fat	28.35	1.0 oz	2.01	25	138
19292	Candies, MARS SNACKFOOD US, M&M's Crispy Chocolate Candies	47.0	1.0 serving 1.6 oz bag	2.01	--	223
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	2.01	32	38
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	2.01	26	38
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	2.01	26	38
11964	Nopales, cooked, without salt	149.0	1.0 cup	2.01	70	22
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135.0	1.0 cup	2.01	32	38
27019	CAMPBELL'S Homestyle Harvest Tomato with Basil Soup	245.0	1.0 cup	2.01	--	110
06502	CAMPBELL'S Red and White - Microwaveable Bowls, Chicken Rice Soup	245.0	1.0 cup	2.01	--	74
43260	Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted	5.6	1.0 tbsp	2.00	23	20
01264	Ice cream bar, stick or nugget, with crunch coating	95.0	26.0 pieces	2.00	10	340
06058	CAMPBELL'S Red and White, Chicken Gumbo Soup, condensed	126.0	1.0 serving 1/2 cup	2.00	--	60
06379	CAMPBELL'S Red and White, Tomato Bisque, condensed	126.0	1.0 serving 1/2 cup	2.00	--	130
06029	CAMPBELL'S, HEALTHY REQUEST, chicken with rice, condensed	126.0	0.5 cup	2.00	5	58
06354	CAMPBELL'S Red and White, French Onion Soup, condensed	126.0	1.0 serving 1/2 cup	2.00	--	45
06364	CAMPBELL'S Red and White, Manhattan Clam Chowder, condensed	126.0	1.0 serving 1/2 cup	2.00	--	60
18141	Cake, yellow, commercially prepared, with vanilla frosting	67.0	1.0 serving	2.00	4	262
08348	Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice	33.0	1.25 cup (1 NLEA serving)	2.00	8	114
28329	Cookies, chocolate, made with rice cereal	62.0	1.0 cookie	2.00	24	273
06994	PREGO Pasta, Chunky Garden Combination Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	2.00	--	70
06932	PREGO Pasta, Traditional Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	2.00	--	70
06223	PREGO Pasta, Flavored with Meat Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	2.00	--	81
06220	PREGO Pasta, Chunky Garden Mushroom and Green Pepper Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	2.00	--	90
27033	PREGO Pasta, Heart Smart- Traditional Sauce, ready-to-serve	130.0	0.5 cup	2.00	--	70
06224	PREGO Pasta, Fresh Mushroom Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	2.00	--	70
06221	PREGO Pasta, Chunky Garden Mushroom Supreme Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	2.00	--	90

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
06235	P REGO Pasta, Roasted Garlic and Herb Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	2.00	--	90
06229	PREGO Pasta, Mushroom and Garlic Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	2.00	--	81
06225	PREGO Pasta, Garlic Supreme Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	2.00	--	110
06222	PREGO Pasta, Diced Onion and Garlic Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	2.00	--	120
06240	PREGO Pasta, Zesty Mushroom Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	2.00	--	110
19125	Chocolate-flavored hazelnut spread	37.0	1.0 serving 2 TBSP	2.00	24	200
28352	Cookies, vanilla sandwich with creme filling, reduced fat	48.0	1.0 serving cookie	2.00	6	203
09042	Blackberries, raw	144.0	1.0 cup	2.00	29	62
10007	Pork, fresh, separable fat, cooked	28.35	1.0 oz	2.00	3	177
08453	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Chocolatey Strawberry	29.0	0.75 Cup (1 NLEA serving)	2.00	17	107
08553	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry	30.0	0.75 cup (1 NLEA serving)	2.00	24	120
08657	Cereals ready-to-eat, BARBARA'S PUFFINS, original	27.0	0.75 cup (1 NLEA serving)	2.00	29	90
06319	Gravy, CAMPBELL'S, country style sausage	59.0	0.25 cup	2.00	--	70
19917	Candies, M&M MARS Pretzel Chocolate Candies	40.0	0.25 cup	2.00	16	179
06237	PREGO Pasta, Heart Smart- Roasted Red Pepper and Garlic Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	2.00	--	70
01185	Parmesan cheese topping, fat free	5.0	1.0 tablespoon	2.00	--	18
25045	Formulated bar, high fiber, chewy, oats and chocolate	40.0	1.0 bar	2.00	76	140
06239	PREGO Pasta, Tomato, Basil and Garlic Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	2.00	--	80
28180	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Rainbow Chip Toaster Pastries	50.0	1.0 pastry	2.00	4	200
06232	PREGO Pasta, Organic Mushroom Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	2.00	--	90
28164	KELLOGG'S, POP-TARTS, Frosted Blueberry Muffin Toaster Pastries	50.0	1.0 pastry	2.00	3	198
06233	PREGO Pasta, Organic Tomato and Basil Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	2.00	--	90
19233	Puddings, vanilla, ready-to-eat, fat free	99.0	1.0 serving 3.5 oz shelf stable	2.00	7	88
08546	Rice and Wheat cereal bar	22.0	1.0 bar	2.00	10	90
28325	Crackers, toast thins, low sodium	31.0	1.0 serving	2.00	32	137
07974	Bacon, turkey, low sodium	15.0	1.0 serving	2.00	3	38
18634	PILLSBURY Golden Layer Buttermilk Biscuits, Artificial Flavor, refrigerated dough	34.0	1.0 serving	2.00	--	104
28302	Cookies, graham crackers, plain or honey, lowfat	35.0	1.0 serving	2.00	20	135
19001	Candies, TOBLERONE, milk chocolate with honey and almond nougat	35.0	1.0 bar	2.00	16	184
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	35.0	1.0 bar	2.00	22	148

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	35.0	1.0 bar	2.00	22	145
06149	Soup, chicken mushroom, canned, condensed	124.0	0.5 cup	2.00	9	124
06355	CAMPBELL'S Red and White, Golden Mushroom Soup, condensed	124.0	1.0 serving 1/2 cup	2.00	--	81
06312	CAMPBELL'S Red and White, Cream of Asparagus Soup, condensed	124.0	1.0 serving 1/2 cup	2.00	--	110
06214	CAMPBELL'S, 25% Less Sodium Cream of Mushroom Soup, condensed	124.0	0.5 cup condensed	2.00	--	110
06337	CAMPBELL'S, Cream of Chicken with Herbs Soup, condensed	124.0	0.5 cup condensed	2.00	--	81
06991	HEALTHY REQUEST, Tomato Soup, condensed	124.0	1.0 serving 1/2 cup	2.00	--	91
06333	CAMPBELL'S Red and White, Cream of Broccoli Soup, condensed	124.0	1.0 serving 1/2 cup	2.00	--	91
06014	CAMPBELL'S Red and White, Broccoli Cheese Soup, condensed	124.0	1.0 serving 1/2 cup	2.00	--	100
06215	CAMPBELL'S, 98% Fat Free Broccoli Cheese Soup, condensed	124.0	0.5 cup condensed	2.00	--	69
06209	CAMPBELL'S, 98% Fat Free Cream of Broccoli Soup, condensed	124.0	0.5 cup condensed	2.00	--	69
06213	CAMPBELL'S Red and White, 25% Less Sodium Tomato Soup, condensed	124.0	1.0 serving 1/2 cup	2.00	--	91
06339	CAMPBELL'S, Cream of Mushroom with Roasted Garlic Soup, condensed	124.0	0.5 cup condensed	2.00	--	69
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	89.0	10.0 strip	1.99	19	131
31011	CAMPBELL'S, V8 Vegetable Juice, Calcium Enriched V8	243.0	8.0 fl oz	1.99	--	51
31007	HEALTHY REQUEST Tomato juice	243.0	8.0 fl oz	1.99	--	51
31002	CAMPBELL'S, Tomato juice, low sodium	243.0	8.0 fl oz	1.99	--	51
31018	CAMPBELL'S, V8 Vegetable Juice, High Fiber V8	243.0	8.0 fl oz	1.99	--	61
31012	CAMPBELL'S, V8 Vegetable Juice, Low Sodium V8	243.0	8.0 fl oz	1.99	--	51
31008	CAMPBELL'S, V8 100% Vegetable Juice	243.0	8.0 fl oz	1.99	--	51
31013	CAMPBELL'S, V8 Vegetable Juice, Spicy Hot V8	243.0	8.0 fl oz	1.99	--	51
31010	CAMPBELL'S, V8 Vegetable Juice, Essential Antioxidants V8	243.0	8.0 oz	1.99	--	51
31006	CAMPBELL'S, Organic Tomato juice	243.0	8.0 fl oz	1.99	--	51
31001	CAMPBELL'S, Tomato juice	243.0	8.0 fl oz	1.99	--	51
31017	CAMPBELL'S, V8 Vegetable Juice, Low Sodium Spicy Hot	243.0	8.0 fl oz	1.99	61	51
14092	Beverages, chocolate almond milk, unsweetened, shelf-stable, fortified with vitamin D2 and E	240.0	1.0 cup	1.99	24	50
11487	Squash, winter, butternut, frozen, unprepared	113.0	0.33 package (12 oz)	1.99	16	64
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	48.0	1.0 cup	1.99	8	132
19914	Candies, M&M MARS 3 MUSKETEERS Truffle Crisp	31.0	1.0 serving	1.99	16	167
08047	Cereals ready-to-eat, QUAKER, KING VITAMAN	31.0	1.5 cup (1 NLEA serving)	1.99	25	118
18412	Bread, cornbread, dry mix, unenriched (includes corn muffin mix)	28.35	1.0 oz	1.98	7	119
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	28.35	1.0 oz	1.98	7	119
19811	Snacks, potato chips, plain, unsalted	28.35	1.0 oz	1.98	19	152
18103	Coffeecake, cheese	28.35	1.0 oz	1.98	4	96

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
18244	Danish pastry, cinnamon, enriched	28.35	1.0 oz	1.98	5	114
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1.0 oz	1.98	22	148
18430	Danish pastry, cinnamon, unenriched	28.35	1.0 oz	1.98	5	114
19809	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted	28.35	1.0 oz	1.98	19	152
19804	Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour	28.35	1.0 oz	1.98	22	148
18283	Muffins, oat bran	28.35	1.0 oz	1.98	45	77
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	28.35	1.0 oz	1.98	15	156
18016	Biscuits, plain or buttermilk, prepared from recipe	28.35	1.0 oz	1.98	5	100
19810	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted	28.35	1.0 oz	1.98	19	152
11693	Tomatoes, crushed, canned	121.0	0.5 cup	1.98	24	39
16542	MORNINGSTAR FARMS Breakfast Bacon Strips, frozen, unprepared	16.0	2.0 strips	1.98	--	55
16535	WORTHINGTON Stripples, frozen, unprepared	16.0	2.0 strip	1.98	--	55
28057	KEEBLER, CHIPS DELUXE, Oatmeal Chocolate Chip Cookies	31.0	2.0 cookies	1.98	12	155
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	31.0	1.0 cup (1 NLEA serving)	1.98	8	115
19149	Candies, NESTLE, RAISINETS Chocolate Covered Raisins	45.0	1.0 serving 1.58 oz bag	1.98	--	190
08305	Cereals ready-to-eat, Post, Waffle Crisp	30.0	1.0 cup (1 NLEA serving)	1.98	22	117
28074	KEEBLER, E.L. FUDGE, Butter Flavored Cookies	36.0	2.0 cookies	1.98	8	174
18993	BEAR NAKED, Double Chocolate Cookies	30.0	1.0 cookie	1.98	16	127
11660	Tomatoes, red, ripe, cooked, stewed	101.0	1.0 cup	1.98	15	80
08244	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	30.0	0.5 cup (1 NLEA serving)	1.98	16	62
11222	Drumstick leaves, raw	21.0	1.0 cup, chopped	1.97	9	13
28315	Bread, cinnamon	28.0	1.0 slice 1 serving	1.97	3	71
28351	Cookies, Marie biscuit	28.0	5.0 cookie	1.97	8	114
25060	Snack, Pretzel, hard chocolate coated	28.0	1.0 serving	1.97	10	131
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	29.0	0.75 cup (1 NLEA serving)	1.97	16	120
28100	KEEBLER, FUDGE SHOPPE, Fudge Sticks, Peanut Butter	29.0	3.0 cookies	1.97	14	158
11991	Yautia (tannier), raw	135.0	1.0 cup, sliced	1.97	32	132
11841	Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated	74.0	10.0 strip	1.97	19	127
11735	Beets, canned, no salt added, solids and liquids	246.0	1.0 cup	1.97	39	69
21337	McDONALD'S, Peanuts (for Sundaes)	7.0	0.3 oz	1.96	14	45
17066	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	1.96	2	181
19403	Snacks, crisped rice bar, almond	28.0	1.0 bar (1 oz)	1.96	20	128

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
06964	Soup, tomato, low sodium, with water	248.0	1.0 serving 1 cup	1.96	17	74
27068	Dip, FRITO'S, bean, original flavor	36.0	2.0 tbsp	1.96	14	43
27065	Dip, bean, original flavor	36.0	2.0 tbsp	1.96	14	43
43387	Turnip greens, canned, no salt added	144.0	1.0 cup	1.96	29	27
03845	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, ready-to-feed, with ARA and DHA	107.0	1.0 serving 100 ml	1.96	7	71
03813	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, ready-to-feed	107.0	1.0 Serving 100 ml	1.96	7	71
18617	NABISCO, NABISCO GRAHAMS Crackers	28.0	1.0 serving	1.96	17	119
18332	Pie crust, standard-type, dry mix	28.35	1.0 oz	1.96	4	147
03711	Babyfood, cereal, high protein, with apple and orange, prepared with whole milk	28.35	1.0 oz	1.96	10	32
28399	Cookies, animal crackers (includes arrowroot, tea biscuits)	28.35	1.0 oz	1.96	5	126
18273	Muffins, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	1.96	5	84
08383	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Red Berries	31.0	1.0 cup (1 NLEA serving)	1.95	18	111
28048	KEEBLER, BAKER'S TREASURES, Oatmeal Raisin Cookie, soft	32.0	2.0 cookies	1.95	3	134
12108	Nuts, coconut meat, dried (desiccated), not sweetened	28.35	1.0 oz	1.95	26	187
28175	KELLOGG'S, POP-TARTS, Frosted Wild Fruit Fusion Toaster Pastries	50.0	1.0 pastry	1.95	3	196
08635	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar	30.0	1.0 cup (1 NLEA serving)	1.95	20	114
28170	KELLOGG'S, POP-TARTS, Frosted Orange Cream Toaster Pastries	50.0	1.0 pastry	1.95	--	200
28177	KELLOGG'S, POP-TARTS, Frosted Wild Strawberry Toaster Pastries	50.0	1.0 pastry	1.95	3	196
28174	KELLOGG'S, POP-TARTS, Frosted Waffle Cone Toaster Pastries	50.0	1.0 pastry	1.95	5	186
06956	Soup, tomato, canned, condensed, reduced sodium	121.0	1.0 serving 1/2 cup	1.95	17	79
28031	GIRL SCOUTS, Do-si-dos Cookies	24.0	2.0 cookies	1.94	--	115
12588	Nuts, cashew butter, plain, with salt added	16.0	1.0 tbsp	1.94	33	97
08580	Incaparina, dry mix (corn and soy flours), unprepared	8.9	1.0 tbsp	1.94	20	34
12094	Nuts, chestnuts, chinese, dried	28.35	1.0 oz	1.93	39	103
11419	Pumpkin leaves, cooked, boiled, drained, without salt	71.0	1.0 cup	1.93	27	15
11848	Pumpkin leaves, cooked, boiled, drained, with salt	71.0	1.0 cup	1.93	27	15
11278	Okra, raw	100.0	1.0 cup	1.93	57	33
18390	Pancakes, buttermilk, prepared from recipe	28.35	1.0 oz	1.93	4	64
18417	Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	28.35	1.0 oz	1.93	6	119
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	28.35	1.0 oz	1.93	6	119
18377	Cookies, oatmeal, prepared from recipe, without raisins	28.35	1.0 oz	1.93	12	127
09277	Plantains, raw	148.0	1.0 cup, sliced	1.92	55	181

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	32.0	1.5 cup (1 NLEA serving)	1.92	14	126
03077	Babyfood, dinner, pasta with vegetables	113.0	1.0 jar, Gerber (4 oz)	1.92	27	68
19255	Candies, MARS SNACKFOOD US, DOVE Dark Chocolate	37.0	1.0 serving 1.3 oz bar	1.92	--	192
43026	Syrups, sugar free	240.0	1.0 cup	1.92	0	125
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	1.92	7	154
28221	MURRAY, SUGAR FREE, Chocolate Chip & Pecan Cookies	32.0	3.0 cookies	1.92	12	159
28182	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Vanilla Milkshake Toaster Pastries	48.0	1.0 pastry	1.92	3	191
28186	KELLOGG'S, SPECIAL K, Cracker Chips, Cheddar	30.0	27.0 chips	1.92	16	115
28181	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Strawberry Milkshake Toaster Pastries	48.0	1.0 pastry	1.92	3	191
28059	KEEBLER, CHIPS DELUXE, Peanut Butter Cups Cookies	32.0	2.0 cookies	1.92	9	166
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	82.0	10.0 strip	1.92	17	123
18224	Crackers, rusk toast	14.2	0.5 oz	1.92	5	58
18234	Crackers, wheat, sandwich, with peanut butter filling	14.2	0.5 oz	1.92	5	70
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27.0	0.75 cup (1 NLEA serving)	1.92	19	113
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29.0	1.0 cup (1 NLEA serving)	1.91	4	110
09071	Cherries, sweet, canned, water pack, solids and liquids	248.0	1.0 cup, pitted	1.91	22	114
18635	PILLSBURY, Cinnamon Rolls with Icing, refrigerated dough	44.0	1.0 serving 1 roll with icing	1.91	--	145
08682	Cereals ready-to-eat, GENERAL MILLS, Multi Grain CHEERIOS, Peanut Butter	28.0	0.75 cup (1 NLEA serving)	1.90	16	109
19415	Snacks, potato sticks	28.35	1.0 oz	1.90	18	148
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	1.90	7	75
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	28.35	1.0 oz	1.90	11	122
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	240.0	1.0 cup	1.90	24	38
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	1.90	24	38
01146	Cheese, parmesan, shredded	5.0	1.0 tbsp	1.89	3	21
16124	Soy sauce made from soy (tamari)	18.0	1.0 tbsp	1.89	7	11
28205	MOTHER'S, Macaroon Cookies	31.0	2.0 cookies	1.89	8	171
06042	Soup, mushroom barley, canned, condensed	126.0	0.5 cup (4 fl oz)	1.89	9	77
18541	ARCHWAY Home Style Cookies, Peanut Butter	21.0	1.0 serving	1.89	--	101
28124	KEEBLER, SANDIES, Cashew Shortbread Cookies	30.0	2.0 cookies	1.89	10	160
28231	MURRAY, SUGAR FREE, Vanilla Wafer	32.0	9.0 cookies	1.89	4	132
28226	MURRAY, SUGAR FREE, Pecan Shortbread Cookies	32.0	3.0 cookies	1.89	5	164
11965	Cauliflower, green, raw	64.0	1.0 cup	1.89	13	20

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
11361	Potatoes, roasted, salt added in processing, frozen, unprepared	85.0	3.0 oz	1.89	--	110
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	170.0	1.0 container	1.89	14	82
09183	Melons, casaba, raw	170.0	1.0 cup, cubes	1.89	19	48
17005	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	1.89	3	189
28070	KEEBLER, CLUB Crackers, Snack Sticks, Honey Wheat	29.0	12.0 crackers	1.88	--	137
28109	KEEBLER, Iced Oatmeal Cookies	29.0	2.0 cookies	1.88	1	135
28219	MURRAY, SOUTHERN KITCHEN, Iced Oatmeal Cookies	29.0	2.0 cookies	1.88	1	135
11968	Cauliflower, green, cooked, with salt	62.0	0.5 cup (1" pieces)	1.88	12	20
12220	Seeds, flaxseed	10.3	1.0 tbsp, whole	1.88	40	55
19256	Candies, MARS SNACKFOOD US, MILKY WAY Caramels, milk chocolate covered	44.0	1.0 serving 5 pieces	1.88	--	204
25064	Snacks, potato chips, lightly salted	28.0	23.0 pieces	1.88	17	157
28036	GIRL SCOUTS, Trefoils Cookies	33.0	5.0 cookies	1.88	0	164
05089	Chicken, broilers or fryers, neck, meat only, cooked, fried	7.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.88	1	16
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244.0	1.0 cup	1.88	15	88
06442	Soup, mushroom barley, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	1.88	10	73
25028	Tortilla chips, yellow, plain, salted	28.35	1.0 oz	1.88	24	141
11622	Kale, scotch, raw	67.0	1.0 cup, chopped	1.88	59	28
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	1.88	17	167
03822	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, prepared from powder	103.0	1.0 serving 100 ml	1.87	7	69
11018	Asparagus, frozen, unprepared	58.0	4.0 spears	1.87	8	14
06053	Soup, cream of potato, canned, condensed	124.0	0.5 cup	1.87	16	92
06341	CAMPBELL'S, Cream of Potato Soup, condensed	124.0	0.5 cup condensed	1.87	16	88
09201	Oranges, raw, California, valencias	180.0	1.0 cup sections, without membranes	1.87	18	88
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	180.0	1.0 cup slices	1.87	29	34
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	1.87	29	41
18157	Cookies, chocolate wafers	28.35	1.0 oz	1.87	15	123
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1.0 oz	1.87	16	155
18032	Bread, irish soda, prepared from recipe	28.35	1.0 oz	1.87	7	82
01112	Whey, acid, fluid	246.0	1.0 cup	1.87	25	59
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	256.0	1.0 cup	1.87	15	233

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
14192	Beverages, Cocoa mix, powder	28.0	1.0 serving (3 heaping tsp or 1 envelope)	1.87	23	111
09065	Cherries, sour, red, canned, light syrup pack, solids and liquids	252.0	1.0 cup	1.86	15	189
18219	Crackers, matzo, whole-wheat	14.2	0.5 oz	1.86	19	50
28207	MOTHER'S, Old Fashioned Iced Oatmeal Cookies	31.0	2.0 cookies	1.86	3	143
28189	KELLOGG'S, SPECIAL K, Cracker Chips, Southwest Ranch	30.0	27.0 chips	1.86	16	114
11951	Peppers, sweet, yellow, raw	186.0	1.0 pepper, large (3-3/4" long, 3" dia)	1.86	22	50
28267	KEEBLER, SANDIES, Simply Shortbread Cookies	31.0	2.0 cookies	1.86	4	164
11742	Broccoli, cooked, boiled, drained, with salt	78.0	0.5 cup, chopped	1.86	16	27
11091	Broccoli, cooked, boiled, drained, without salt	78.0	0.5 cup, chopped	1.86	16	27
19271	Ice creams, strawberry	58.0	1.0 individual (3.5 fl oz)	1.86	8	111
23298	Beef, Australian, imported, Wagyu, external fat, Aust. marble score 4/5, raw	28.35	1.0 oz	1.85	--	169
09067	Cherries, sour, red, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	1.85	13	298
28104	KEEBLER, GRIPZ, Chocolate Chip Grahams, bite-size	25.0	1.0 pouch	1.85	17	108
28105	KEEBLER, GRIPZ, Cinnamon Grahams, bite-size	25.0	1.0 pouch	1.85	14	104
07055	Pate, liver, not specified, canned	13.0	1.0 tbsp	1.85	2	41
19042	Snacks, potato chips, barbecue-flavor	28.35	1.0 oz	1.85	16	138
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	1.84	59	82
11866	Squash, winter, butternut, cooked, baked, with salt	205.0	1.0 cup, cubes	1.84	59	82
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	1.84	5	81
18184	Cookies, oatmeal, prepared from recipe, with raisins	28.35	1.0 oz	1.84	12	123
18180	Cookies, oatmeal, dry mix	28.35	1.0 oz	1.84	14	131
11408	Potatoes, frozen, french fried, par fried, extruded, unprepared	65.0	10.0 strips	1.84	12	169
19898	Ice creams, regular, low carbohydrate, vanilla	58.0	1.0 individual (3.5 fl oz)	1.84	8	125
11027	Bamboo shoots, cooked, boiled, drained, without salt	120.0	1.0 cup (1/2" slices)	1.84	4	14
11712	Bamboo shoots, cooked, boiled, drained, with salt	120.0	1.0 cup (1/2" slices)	1.84	4	13
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	132.0	1.0 serving 1/2 cup	1.83	24	66
18365	Waffles, plain, frozen, ready-to-heat	28.35	1.0 oz	1.83	7	81
11695	Tomatoes, orange, raw	158.0	1.0 cup, chopped	1.83	13	25
18222	Crackers, melba toast, wheat	14.2	0.5 oz	1.83	8	53
11052	Beans, snap, green, raw	100.0	1.0 cup 1/2" pieces	1.83	25	31
11291	Onions, spring or scallions (includes tops and bulb), raw	100.0	1.0 cup, chopped	1.83	20	32
28126	KEEBLER, SANDIES, Dark Chocolate Almond Shortbread Cookies	30.0	2.0 cookies	1.83	10	162
28274	MURRAY, Honey Graham	31.0	8.0 crackers	1.83	--	138
11977	Peppers, serrano, raw	105.0	1.0 cup, chopped	1.83	23	34
11863	Squash, winter, all varieties, cooked, baked, with salt	205.0	1.0 cup, cubes	1.82	27	76

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11644	Squash, winter, all varieties, cooked, baked, without salt	205.0	1.0 cup, cubes	1.82	27	76
28037	JACKSON'S, Old Fashioned Lemon Jumble Cookies	32.0	3.0 cookies	1.82	4	150
28270	MOTHER'S, Vanilla Sandwich Cookies	38.0	2.0 cookies	1.82	4	178
28197	MOTHER'S, Coconut Cocadas Cookies	32.0	5.0 cookies	1.82	7	160
28072	KEEBLER, Country Style Oatmeal Cookies with Raisins	28.0	2.0 cookies	1.82	3	135
11722	Beans, snap, yellow, raw	100.0	1.0 cup 1/2" pieces	1.82	25	31
11609	Beets, pickled, canned, solids and liquids	227.0	1.0 cup slices	1.82	34	148
08273	Cereals ready-to-eat, GENERAL MILLS, BOO BERRY	33.0	1.0 cup (1 NLEA serving)	1.82	16	127
08268	Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY	33.0	1.0 cup (1 NLEA serving)	1.82	8	127
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	86.0	1.0 cup diced	1.81	9	19
11265	Mushrooms, portabella, raw	86.0	1.0 cup diced	1.81	--	19
21127	Fast foods, coleslaw	191.0	1.0 cup	1.81	15	292
18254	Doughnuts, yeast-leavened, with creme filling	28.35	1.0 oz	1.81	6	102
18436	Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	28.35	1.0 oz	1.81	6	114
18293	Pancakes, plain, prepared from recipe	28.35	1.0 oz	1.81	5	64
19038	Snacks, popcorn, caramel-coated, with peanuts	28.35	1.0 oz (approx 2/3 cup)	1.81	23	113
03942	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	1.81	5	72
28339	Bread, gluten-free, whole grain, made with tapioca starch and brown rice flour	25.0	1.0 slice	1.81	8	77
28372	UDI'S, Gluten Free, Soft & Hearty Whole Grain Bread	25.0	1.0 slice	1.81	8	77
12099	Nuts, chestnuts, european, dried, unpeeled	28.35	1.0 oz	1.81	21	106
06377	CAMPBELL'S, Tomato Soup, condensed	124.0	0.5 cup condensed	1.81	17	88
10105	Pork, fresh, variety meats and by-products, jowl, raw	28.35	1.0 oz	1.81	1	186
03070	Babyfood, dinner, chicken soup, strained	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	1.81	6	56
44259	Puddings, all flavors except chocolate, low calorie, regular, dry mix	113.0	1.0 serving	1.81	19	397
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	28.0	1.0 cup (1 NLEA serving)	1.81	7	107
11104	Burdock root, raw	118.0	1.0 cup (1" pieces)	1.81	45	85
06976	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	128.0	1.0 serving 1/2 cup	1.80	23	65
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	1.80	44	74
07065	Pork and beef sausage, fresh, cooked	13.0	1.0 link (raw dimensions: 4" long x 7/8" dia), cooked	1.79	2	51
18112	Cake, pudding-type, german chocolate, dry mix	43.0	1.0 serving	1.79	9	150
03099	Babyfood, vegetables, carrots, strained	224.0	1.0 cup	1.79	20	58
03100	Babyfood, vegetables, carrots, junior	224.0	1.0 cup	1.79	25	72

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28277	MURRAY, SUGAR FREE, Chocolate Chip Cookies	32.0	3.0 cookies	1.79	11	150
19411	Snacks, potato chips, plain, salted	28.0	1.0 oz	1.79	18	149
09353	Blueberries, wild, canned, heavy syrup, drained	319.0	1.0 cup	1.79	19	341
42136	Cream substitute, powdered, light	94.0	1.0 cup	1.79	0	405
28250	SUNSHINE, CHEEZ-IT, 100 Calorie RIGHT BITES, Extra Cheesy Party Mix	21.0	1.0 pouch	1.78	1	99
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119.0	1.0 cup, shredded	1.78	12	17
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	119.0	1.0 cup, shredded	1.78	12	17
11297	Parsley, fresh	60.0	1.0 cup chopped	1.78	30	22
09048	Blackberries, frozen, unsweetened	151.0	1.0 cup, unthawed	1.78	33	97
17284	Lamb, Australian, imported, fresh, separable fat, raw	28.35	1.0 oz	1.78	2	184
11409	Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	50.0	10.0 strips	1.78	12	166
06483	Soup, cream of chicken, dry, mix, prepared with water	261.0	1.0 cup 8 fl oz	1.77	5	107
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	1.77	21	97
09446	Plantains, green, fried	118.0	1.0 cup	1.77	68	365
28263	KEEBLER, Grahams, Cinnamon Crisp	30.0	8.0 crackers	1.77	4	129
03002	Babyfood, meat, beef, strained	14.7	1.0 tbsp	1.77	2	12
28056	KEEBLER, CHIPS DELUXE, Mini Chocolate Chip Cookies	34.0	1.0 pouch	1.77	12	169
14226	Beverages, OCEAN SPRAY, Light Cranberry and Raspberry Flavored Juice	242.0	8.0 fl oz	1.77	7	63
11845	Pumpkin, cooked, boiled, drained, with salt	245.0	1.0 cup, mashed	1.76	22	44
11423	Pumpkin, cooked, boiled, drained, without salt	245.0	1.0 cup, mashed	1.76	22	49
08157	Cereals ready-to-eat, wheat, puffed, fortified	12.0	1.0 cup	1.76	17	44
18215	Crackers, cheese, sandwich-type with peanut butter filling	14.2	0.5 oz	1.76	8	70
06559	Soup, tomato, canned, prepared with equal volume water, commercial	248.0	1.0 serving 1 cup	1.76	17	79
11282	Onions, raw	160.0	1.0 cup, chopped	1.76	16	64
28052	KEEBLER, CHIPS DELUXE, Chocolate Lovers Cookies	32.0	2.0 cookies	1.76	17	163
11933	Beans, snap, yellow, canned, no salt added, drained solids	153.0	1.0 cup	1.76	20	31
11932	Beans, snap, yellow, canned, regular pack, drained solids	153.0	1.0 cup	1.76	20	31
18154	Cookies, brownies, prepared from recipe	28.35	1.0 oz	1.76	15	132
12158	Seeds, breadfruit seeds, roasted	28.35	1.0 oz	1.76	18	59
18009	Biscuits, plain or buttermilk, frozen, baked	28.35	1.0 oz	1.76	5	96
18356	Sweet rolls, cinnamon, commercially prepared with raisins	28.35	1.0 oz	1.76	5	105
12077	Nuts, beechnuts, dried	28.35	1.0 oz	1.76	0	163
18178	Cookies, oatmeal, commercially prepared, regular	28.35	1.0 oz	1.76	9	128

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	29.0	1.0 cup	1.76	6	110
06453	Soup, cream of potato, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	1.76	2	73
28269	MOTHER'S, Old Fashioned Oatmeal Cookies	27.0	2.0 cookies	1.76	2	127
08671	Cereals ready-to-eat, GENERAL MILLS, Dulce De Leche CHEERIOS	27.0	0.75 cup (1 NLEA serving)	1.76	16	102
21388	Fast foods, miniature cinnamon rolls	25.0	1.0 each	1.76	3	101
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	125.0	1.0 cup	1.75	11	15
09306	Raspberries, frozen, red, sweetened	250.0	1.0 cup, thawed	1.75	32	258
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	30.0	1.0 cup (NLEA serving)	1.75	4	110
07053	Pate, chicken liver, canned	13.0	1.0 tbsp	1.75	2	26
18218	Crackers, matzo, egg	14.2	0.5 oz	1.75	3	56
05353	USDA Commodity, chicken fajita strips, frozen	9.4	1.0 strip	1.74	2	13
12058	Nuts, acorns, raw	28.35	1.0 oz	1.74	18	110
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	1.74	27	92
19150	Candies, REESE'S Peanut Butter Cups	17.0	1.0 package 0.6 oz 1 cup	1.74	11	88
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	28.35	1.0 oz	1.74	5	119
28071	KEEBLER, CLUB Crackers, Snack Sticks, Original	29.0	12.0 crackers	1.74	--	138
03857	Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	1.74	7	68
03823	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-feed	106.0	1.0 Serving 100 ml	1.74	7	67
09206	Orange juice, raw	248.0	1.0 cup	1.74	27	112
28125	KEEBLER, SANDIES, Chocolate Chip & Pecan Shortbread Cookies	31.0	2.0 cookies	1.74	10	169
19903	Chocolate, dark, 60-69% cacao solids	28.35	1.0 oz	1.74	50	164
31028	Potatoes, yellow fleshed, hash brown, shredded, salt added in processing, frozen, unprepared	85.0	3.0 oz	1.73	--	69
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	69.0	10.0 strip	1.73	19	115
07043	Roast beef, deli style, prepackaged, sliced	9.3	1.0 slice oval	1.73	2	11
18294	Pancakes, blueberry, prepared from recipe	28.35	1.0 oz	1.73	5	63
18179	Cookies, oatmeal, commercially prepared, soft-type	28.35	1.0 oz	1.73	9	116
18017	Biscuits, mixed grain, refrigerated dough	28.35	1.0 oz	1.73	9	75
18155	Cookies, butter, commercially prepared, enriched	28.35	1.0 oz	1.73	3	132
18421	Cookies, butter, commercially prepared, unenriched	28.35	1.0 oz	1.73	3	132
18126	Cake, shortcake, biscuit-type, prepared from recipe	28.35	1.0 oz	1.73	5	98
28206	MOTHER'S, Old Fashioned Chocolate Chip Cookies	32.0	2.0 cookies	1.73	3	160
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	27.0	1.0 cup (1 NLEA serving)	1.73	8	101

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
28203	MOTHER'S, Iced Oatmeal Cookies	32.0	4.0 cookies	1.73	2	148
28151	KEEBLER, TRADITIONS, Iced Oatmeal Cookies	32.0	4.0 cookies	1.73	2	148
11054	Beans, snap, green, canned, regular pack, solids and liquids	240.0	1.0 cup	1.73	31	36
12119	Nuts, coconut water (liquid from coconuts)	240.0	1.0 cup	1.73	60	46
19003	Snacks, corn-based, extruded, chips, plain	28.0	1.0 oz	1.73	20	151
09022	Apricots, canned, water pack, with skin, solids and liquids	243.0	1.0 cup, halves	1.73	17	66
09334	Feijoa, raw	243.0	1.0 cup, pureed	1.73	22	148
03015	Babyfood, meat, turkey, strained	15.0	1.0 tbsp	1.72	2	17
11214	Escarole, cooked, boiled, drained, no salt added	150.0	1.0 cup	1.72	20	28
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	29.0	1.0 cup (1 NLEA serving)	1.72	5	110
11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	50.0	10.0 strips	1.72	11	109
11407	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	50.0	10.0 strips	1.72	11	109
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	27.0	0.75 cup (1 NLEA serving)	1.72	16	89
18220	Crackers, melba toast, plain	14.2	0.5 oz	1.72	8	55
18424	Crackers, melba toast, plain, without salt	14.2	0.5 oz	1.72	8	55
11729	Beans, snap, green, canned, no salt added, drained solids	153.0	1.0 cup	1.71	20	34
11698	Chrysanthemum leaves, raw	51.0	1.0 cup, chopped	1.71	16	12
11849	Purslane, cooked, boiled, drained, with salt	115.0	1.0 cup	1.71	77	21
11428	Purslane, cooked, boiled, drained, without salt	115.0	1.0 cup	1.71	77	21
09427	Abiyuch, raw	114.0	0.5 cup	1.71	27	79
28195	MOTHER'S, Chocolate Chip Cookies	30.0	4.0 cookies	1.71	2	147
28054	KEEBLER, CHIPS DELUXE, Coconut Cookies	30.0	2.0 cookies	1.71	8	159
28222	MURRAY, SUGAR FREE, Fudge Dipped Grahams	30.0	4.0 cookies	1.71	7	145
28131	KEEBLER, Sweet Cremes Cookies	38.0	2.0 cookies	1.71	4	178
28199	MOTHER'S, English Tea Sandwich Cookies	38.0	2.0 cookies	1.71	4	178
19405	Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow	28.0	1.0 bar (1 oz)	1.71	20	120
18637	KRAFT FOODS, SHAKE 'N' BAKE ORIGINAL RECIPE, Coating for Pork, dry	28.0	1.0 serving	1.71	--	106
08588	Cereals ready-to-eat, KELLOGG, KELLOGG'S CINNABON cereal	30.0	1.0 cup (1 NLEA serving)	1.71	4	123
17092	Veal, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	1.71	1	181
28091	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Oatmeal	31.0	3.0 cookies	1.70	4	148
23299	Beef, Australian, imported, Wagyu, seam fat, Aust. marble score 4/5, raw	28.35	1.0 oz	1.70	--	168
18183	Cookies, oatmeal, refrigerated dough, baked	28.35	1.0 oz	1.70	9	134

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	1.70	4	100
42283	Snacks, potato chips, white, restructured, baked	34.0	1.0 cup	1.70	15	159
25010	Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Almond Snack Bar	22.0	1.0 bar	1.70	--	76
28047	KEEBLER, BAKER'S TREASURES, Chocolate Chip Cookie, soft	32.0	2.0 cookies	1.70	10	140
03008	Babyfood, meat, ham, strained	15.0	1.0 tbsp	1.70	2	15
09035	Apricots, frozen, sweetened	242.0	1.0 cup	1.69	22	237
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	1.69	27	117
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	1.69	27	117
09207	Orange juice, canned, unsweetened	249.0	1.0 cup	1.69	25	117
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	249.0	1.0 cup	1.69	27	122
09209	Orange juice, chilled, includes from concentrate	249.0	1.0 cup	1.69	27	122
12004	Seeds, breadnut tree seeds, raw	28.35	1.0 oz (8-14 seeds)	1.69	19	62
09200	Oranges, raw, all commercial varieties	180.0	1.0 cup, sections	1.69	18	85
31026	Potatoes, yellow fleshed, roasted, salt added in processing, frozen, unprepared	85.0	3.0 oz	1.69	--	101
18242	Croutons, plain	14.2	0.5 oz	1.69	4	58
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	1.69	17	127
06410	Soup, cream of celery, canned, prepared with equal volume water	248.0	1.0 cup	1.69	7	92
11399	Potato puffs, frozen, oven-heated	79.0	10.0 puffs	1.68	13	152
28028	FAMOUS AMOS, Chocolate Chip Pecan Cookies	29.0	4.0 cookies	1.68	14	151
19258	Candies, MARS SNACKFOOD US, MILKY WAY Caramels. dark chocolate covered	44.0	1.0 serving 5 pieces	1.68	--	202
09518	Raspberries, frozen, unsweetened	140.0	1.0 cup, unthawed	1.68	31	73
07083	Sausage, Vienna, canned, chicken, beef, pork	16.0	1.0 sausage (7/8" dia x 2" long)	1.68	1	37
28045	KEEBLER, ANIMALS, Iced Cookies	30.0	6.0 cookies 1 serving	1.68	4	138
11224	Hyacinth-beans, immature seeds, raw	80.0	1.0 cup	1.68	32	37
28089	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Mini	40.0	1.0 package	1.68	5	199
08469	Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal	30.0	0.75 cup (1 NLEA serving)	1.68	9	107
18208	Cookies, sugar, prepared from recipe, made with margarine	28.35	1.0 oz	1.67	3	134
18279	Muffins, corn, commercially prepared	28.35	1.0 oz	1.67	9	86
18316	Pie, coconut custard, commercially prepared	28.35	1.0 oz	1.67	5	74
18256	Doughnuts, yeast-leavened, with jelly filling	28.35	1.0 oz	1.67	6	96
18936	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	28.35	1.0 oz	1.67	5	68
28262	FAMOUS AMOS, Vanilla Sandwich Creme Cookies	34.0	3.0 cookies	1.67	3	165

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	129.0	0.5 cup condensed	1.66	4	104
09052	Blueberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	1.66	10	225
06010	Soup, cream of celery, canned, condensed	126.0	0.5 cup	1.66	6	91
11537	Tomatoes, red, ripe, canned, with green chilies	241.0	1.0 cup	1.66	27	36
09233	Passion-fruit juice, yellow, raw	247.0	1.0 cup	1.65	42	148
28218	MURRAY, SOUTHERN KITCHEN, Coconut Cookies	29.0	2.0 cookies	1.65	5	148
18086	Cake, angelfood, commercially prepared	28.0	1.0 piece (1/12 of 12 oz cake)	1.65	3	72
08661	Cereals ready-to-eat, KELLOGG'S CINNAMON JACKS	28.0	1.0 cup (1 NLEA serving)	1.65	12	111
08506	Cereals ready-to-eat, RALSTON Corn Flakes	28.0	1.0 cup (1 NLEA serving)	1.65	2	100
11118	Cabbage, kimchi	150.0	1.0 cup	1.65	21	22
43142	Radishes, hawaiian style, pickled	150.0	1.0 cup	1.65	12	42
43027	Jellies, no sugar (with sodium saccharin), any flavors	300.0	1.0 cup	1.65	12	363
09508	Fruit juice smoothie, NAKED JUICE, GREEN MACHINE	275.0	1.0 cup	1.65	28	146
28058	KEEBLER, CHIPS DELUXE, Original Chocolate Chip Cookies	30.0	2.0 cookies	1.65	14	155
28216	MURRAY, Old Fashioned Iced Oatmeal Cookies	33.0	5.0 cookies	1.65	3	151
18221	Crackers, melba toast, rye (includes pumpernickel)	14.2	0.5 oz	1.65	6	55
19173	Gelatin desserts, dry mix, prepared with water	135.0	0.5 cup	1.65	1	84
25007	Snacks, M&M MARS, KUDOS Whole Grain Bars, peanut butter	28.0	1.0 bar	1.65	--	130
43078	Beverage, milkshake mix, dry, not chocolate	7.0	1.0 tbsp	1.64	14	23
19005	Snacks, corn-based, extruded, cones, plain	28.35	1.0 oz	1.64	3	145
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	31.0	0.75 cup (1 NLEA serving)	1.64	8	116
19328	Candies, MARS SNACKFOOD US, COCOAVIA Crispy Chocolate Bar	20.0	1.0 serving 0.7 oz bar	1.64	--	103
11891	Turnip greens, cooked, boiled, drained, with salt	144.0	1.0 cup, chopped	1.64	32	29
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	1.64	32	29
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	245.0	1.0 cup, mashed	1.64	64	83
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	1.64	64	83
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	100.0	1.0 cup (1" pieces)	1.64	18	20
11767	Chrysanthemum, garland, cooked, boiled, drained, with salt	100.0	1.0 cup (1" pieces)	1.64	18	20
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	1.64	43	36
09109	Gooseberries, canned, light syrup pack, solids and liquids	252.0	1.0 cup	1.64	15	184
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	180.0	1.0 cup slices	1.64	43	36
11368	Potatoes, microwaved, cooked in skin, flesh, without salt	78.0	0.5 cup	1.64	20	78
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	78.0	0.5 cup	1.64	20	78
06443	Soup, cream of mushroom, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	1.64	5	97
18642	GENERAL MILLS, BETTY CROCKER SUPERMOIST Yellow Cake Mix, dry	43.0	1.0 serving	1.63	--	178

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	28.35	1.0 oz	1.63	6	158
03112	Babyfood, potatoes, toddler	163.0	1.0 cup	1.63	24	85
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	1.63	8	70
28046	KEEBLER, ANIMALS, Crackers	29.0	8.0 crackers 1 serving	1.62	4	130
19891	Frozen novelties, No Sugar Added CREAMSICLE Pops	44.0	1.0 serving 1 pop	1.62	--	32
18375	Leavening agents, yeast, baker's, active dry	4.0	1.0 tsp	1.62	2	13
08510	Milk and cereal bar	25.0	1.0 bar	1.62	5	103
28107	KEEBLER, Gingerbread Men Cookies, Holiday	33.0	5.0 cookies	1.62	2	147
18378	Cookies, chocolate chip, prepared from recipe, made with butter	28.35	1.0 oz	1.62	16	138
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	28.35	1.0 oz	1.62	16	138
18449	Tortillas, ready-to-bake or -fry, corn, without added salt	28.35	1.0 oz	1.62	18	63
18363	Tortillas, ready-to-bake or -fry, corn	28.35	1.0 oz	1.62	20	62
19234	Puddings, tapioca, ready-to-eat, fat free	112.0	1.0 container refrigerated 4 oz	1.61	6	105
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	28.35	1.0 oz	1.61	2	164
28075	KEEBLER, E.L. FUDGE, Double Stuffed Cookies	35.0	2.0 cookies	1.61	--	179
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	1.61	41	28
11353	Potatoes, russet, flesh and skin, raw	75.0	0.5 cup, diced	1.60	17	59
11613	Borage, raw	89.0	1.0 cup (1" pieces)	1.60	46	19
11270	Mustard greens, raw	56.0	1.0 cup, chopped	1.60	18	15
43214	Butter replacement, without fat, powder	80.0	1.0 cup	1.60	0	298
42196	Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar	50.0	1.0 serving 1.76 oz bar	1.60	29	222
06988	CAMPBELL'S HEALTHY REQUEST, Cream of Mushroom Soup, condensed	124.0	0.5 cup condensed	1.60	16	68
11298	Parsnips, raw	133.0	1.0 cup slices	1.60	39	100
06194	Soup, chicken broth, ready-to-serve	249.0	1.0 cup	1.59	2	15
11570	Turnip greens, canned, solids and liquids	117.0	0.5 cup	1.59	23	16
18144	Cake, yellow, enriched, dry mix	43.0	1.0 serving	1.59	4	161
28374	VAN'S, Gluten Free, Totally Original Pancakes	48.0	1.0 pancake	1.59	16	103
28347	Pancakes, gluten-free, frozen, ready-to-heat	48.0	1.0 pancake	1.59	16	103
18172	Cookies, gingersnaps	28.35	1.0 oz	1.59	14	118
18177	Cookies, molasses	28.35	1.0 oz	1.59	15	122
09514	Fruit juice smoothie, BOLTHOUSE FARMS, BERRY BOOST	252.0	1.0 cup	1.59	--	116
09116	Grapefruit, raw, white, all areas	230.0	1.0 cup sections, with juice	1.59	21	76
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	1.59	2	23
03119	Babyfood, vegetables, corn, creamed, strained	113.0	1.0 jar	1.58	9	64
28060	KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies	31.0	2.0 cookies	1.58	8	156

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
11436	Rutabagas, cooked, boiled, drained, without salt	170.0	1.0 cup, cubes	1.58	17	51
09278	Plantains, cooked	200.0	1.0 cup, mashed	1.58	64	232
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	1.58	23	103
09164	Litchis, raw	190.0	1.0 cup	1.58	19	125
09250	Peaches, frozen, sliced, sweetened	250.0	1.0 cup, thawed	1.58	12	235
28115	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Fudge Covered Pretzels	21.0	1.0 package	1.58	10	96
18457	Crackers, saltines, fat-free, low-sodium	15.0	3.0 saltines	1.58	4	59
09238	Peaches, canned, juice pack, solids and liquids	250.0	1.0 cup	1.58	18	110
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	65.0	10.0 strips	1.57	10	99
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	32.0	1.0 cup (1 NLEA serving)	1.57	8	123
09083	Currants, european black, raw	112.0	1.0 cup	1.57	27	71
09084	Currants, red and white, raw	112.0	1.0 cup	1.57	15	63
09023	Apricots, canned, water pack, without skin, solids and liquids	227.0	1.0 cup, whole, without pits	1.57	20	50
08593	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate	27.0	0.75 cup (1 NLEA serving)	1.57	16	103
08583	Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS	27.0	0.75 cup (1 NLEA serving)	1.57	8	103
08513	Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS	28.0	0.75 cup (1 NLEA serving)	1.57	16	107
43369	Beverages, Chocolate-flavored drink, whey and milk based	244.0	1.0 cup	1.56	27	120
09294	Prune juice, canned	256.0	1.0 cup	1.56	36	182
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	60.0	1.0 serving 2.13 oz bar	1.56	17	262
18121	Cake, pound, commercially prepared, other than all butter, enriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	1.56	4	117
11518	Taro, raw	104.0	1.0 cup, sliced	1.56	34	116
11475	Squash, summer, scallop, raw	130.0	1.0 cup slices	1.56	30	23
28223	MURRAY, SUGAR FREE, Fudge Dipped Mint Cookies	26.0	4.0 cookies	1.56	12	125
18418	Cake, pound, commercially prepared, other than all butter, unenriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	1.56	4	117
18148	Cheesecake prepared from mix, no-bake type	28.35	1.0 oz	1.56	5	78
18388	Muffins, wheat bran, toaster-type with raisins, toasted	28.35	1.0 oz	1.56	6	89
18147	Cheesecake commercially prepared	28.35	1.0 oz	1.56	3	91
18317	Pie, egg custard, commercially prepared	28.35	1.0 oz	1.56	3	60
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	1.56	5	90
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	27.0	0.75 cup (1 NLEA serving)	1.56	12	100
08679	Cereals ready-to-eat, GENERAL MILLS, FROSTED TOAST CRUNCH	30.0	0.75 cup (1 NLEA serving)	1.56	8	123
18214	Crackers, cheese, regular	14.2	0.5 oz	1.55	4	69
23300	Beef, Australian, imported, Wagyu, external fat, Aust. marble score 9, raw	28.0	1.0 oz	1.55	--	179

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
03819	Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted	9.4	1.0 scoop	1.55	9	45
28127	KEEBLER, SANDIES, Pecan Shortbread Cookies	31.0	2.0 cookies	1.55	5	168
09063	Cherries, sour, red, raw	155.0	1.0 cup, without pits	1.55	14	78
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz, crunchy (about 21 pieces)	1.55	5	161
14091	Beverages, almond milk, unsweetened, shelf stable	262.0	1.0 cup	1.55	18	39
09219	Tangerines, (mandarin oranges), canned, juice pack	249.0	1.0 cup	1.54	27	92
28217	MURRAY, SOUTHERN KITCHEN, Chocolate Chip Cookies	28.0	2.0 cookies	1.54	10	138
08592	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut	28.0	0.75 cup (1 NLEA serving)	1.54	16	105
09075	Cherries, sweet, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	1.54	21	266
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	27.0	0.75 cup (1 NLEA serving)	1.54	16	103
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	1.54	17	58
09073	Cherries, sweet, canned, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	1.54	23	169
09024	Apricots, canned, juice pack, with skin, solids and liquids	244.0	1.0 cup, halves	1.54	24	117
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	1.54	9	109
19243	Candies, HEATH BITES	39.0	15.0 pieces	1.54	2	207
08681	Cereals ready-to-eat, CASCADIAN FARM, Cinnamon Crunch	27.0	0.75 cup (1 NLEA serving)	1.54	0	110
08594	Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX	32.0	0.75 cup (1 NLEA serving)	1.54	9	132
28215	MURRAY, JACKS Vanilla Wafers	32.0	9.0 cookies	1.54	3	140
18243	Croutons, seasoned	14.2	0.5 oz	1.53	6	66
18422	Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched	28.35	1.0 oz	1.53	9	136
18133	Cake, sponge, commercially prepared	28.35	1.0 oz	1.53	3	82
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	28.35	1.0 oz	1.53	4	105
18435	Danish pastry, raspberry, unenriched	28.35	1.0 oz	1.53	4	105
18451	Cake, pound, commercially prepared, fat-free	28.35	1.0 oz	1.53	3	80
18433	Danish pastry, lemon, unenriched	28.35	1.0 oz	1.53	4	105
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	28.35	1.0 oz	1.53	3	103
18431	Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	28.35	1.0 oz	1.53	4	105
18182	Cookies, oatmeal, refrigerated dough	28.35	1.0 oz	1.53	8	120
28275	MURRAY, Old Fashioned Gingersnaps Cookies	30.0	5.0 cookies	1.53	4	139
08659	Cereals ready-to-eat, KELLOGG'S FROSTED FLAKES, CHOCO ZUCARITAS	30.0	0.75 cup (1 NLEA serving)	1.53	11	116
28029	GIRL SCOUTS, Caramel Dulce De Leche Cookies	30.0	4.0 cookies	1.53	3	156
11828	Potatoes, baked, flesh and skin, with salt	61.0	0.5 cup	1.52	17	57

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
18192	Cookies, shortbread, commercially prepared, plain	28.35	1.0 oz	1.52	4	146
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	253.0	1.0 cup	1.52	23	210
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	1.52	4	132
09191	Nectarines, raw	143.0	1.0 cup slices	1.52	13	63
07067	Poultry salad sandwich spread	13.0	1.0 tbsp	1.51	1	26
28030	GIRL SCOUTS, Chalet Cookies	36.0	3.0 cookies	1.51	4	172
28371	UDI'S, Gluten Free, Soft & Delicious White Sandwich Bread	28.0	1.0 slice	1.51	7	83
11435	Rutabagas, raw	140.0	1.0 cup, cubes	1.51	28	52
08586	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIX	28.0	1.0 cup	1.51	8	107
28338	Bread, gluten-free, white, made with tapioca starch and brown rice flour	28.0	1.0 slice	1.51	7	83
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	27.0	0.75 cup (1 NLEA serving)	1.51	16	103
08582	Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLORER	27.0	0.75 cup (1 NLEA serving)	1.51	8	99
28085	KEEBLER, FUDGE SHOPPE, Fudge Grahams, 1/2 Dipped, Reduced Fat	27.0	4.0 cookies	1.51	1	127
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	1.51	29	120
11446	Seaweed, laver, raw	26.0	10.0 sheets	1.51	1	9
28337	Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca	35.0	1.0 slice	1.51	4	87
25040	Snacks, vegetable chips, made from garden vegetables	28.35	1.0 oz	1.51	15	134
01194	KRAFT BREAKSTONE'S FREE Fat Free Sour Cream	32.0	2.0 tbsp	1.50	--	29
12177	Nuts, coconut meat, dried (desiccated), creamed	28.35	1.0 oz	1.50	26	194
18281	Muffins, corn, toaster-type	28.35	1.0 oz	1.50	4	98
18186	Cookies, peanut butter, commercially prepared, soft-type	28.35	1.0 oz	1.50	9	130
12114	Nuts, coconut meat, dried (desiccated), toasted	28.35	1.0 oz	1.50	26	168
25063	Snacks, potato chips, made from dried potatoes (preformed), multigrain	28.35	1.0 oz	1.50	11	143
03051	Babyfood, dinner, spaghetti and tomato and meat, toddler	28.35	1.0 oz	1.50	4	21
12003	Seeds, breadfruit seeds, boiled	28.35	1.0 oz	1.50	14	48
09202	Oranges, raw, navels	165.0	1.0 cup sections, without membranes	1.50	18	81
08349	Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	32.0	1.0 cup (1 NLEA serving)	1.50	8	125
11477	Squash, summer, zucchini, includes skin, raw	124.0	1.0 cup, chopped	1.50	22	21
08595	Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX	30.0	0.75 cup (1 NLEA serving)	1.50	8	121
28038	JACKSON'S, Old Fashioned Vanilla Wafers	30.0	8.0 cookies	1.50	3	136
28096	KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Original	30.0	2.0 cookies	1.50	2	156
11804	Okra, frozen, cooked, boiled, drained, with salt	92.0	0.5 cup slices	1.50	37	31
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	1.50	37	27
18275	Muffins, blueberry, dry mix	43.0	1.0 serving	1.50	6	126
11279	Okra, cooked, boiled, drained, without salt	80.0	0.5 cup slices	1.50	29	18

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
11803	Okra, cooked, boiled, drained, with salt	80.0	0.5 cup slices	1.50	29	18
18562	ARCHWAY Home Style Cookies, Reduced Fat Ginger Snaps	32.0	1.0 serving	1.49	--	136
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249.0	1.0 cup	1.49	25	92
09212	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium	249.0	1.0 cup	1.49	25	92
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	210.0	1.0 cup	1.49	17	55
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	1.49	17	59
08493	Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS	33.0	1.0 cup (1 NLEA serving)	1.49	8	129
11142	Celeriac, cooked, boiled, drained, without salt	155.0	1.0 cup pieces	1.49	19	42
11763	Celeriac, cooked, boiled, drained, with salt	155.0	1.0 cup pieces	1.49	19	42
09181	Melons, cantaloupe, raw	177.0	1.0 cup, balls	1.49	21	60
36025	CRACKER BARREL, coleslaw	167.0	1.0 serving	1.49	18	292
11207	Dandelion greens, raw	55.0	1.0 cup, chopped	1.48	20	25
08073	Cereals ready-to-eat, POST, GOLDEN CRISP	27.0	0.75 cup (1 NLEA serving)	1.48	16	103
28279	MURRAY, SUGAR FREE, Chocolate Creme Sandwich Cookies	28.0	3.0 cookies	1.48	12	130
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	28.35	1.0 oz	1.48	4	66
07054	Pate, goose liver, smoked, canned	13.0	1.0 tbsp	1.48	2	60
05282	Pate de foie gras, canned (goose liver pate), smoked	13.0	1.0 tbsp	1.48	2	60
09025	Apricots, canned, extra light syrup pack, with skin, solids and liquids	247.0	1.0 cup, halves	1.48	15	121
09217	Orange-grapefruit juice, canned or bottled, unsweetened	247.0	1.0 cup	1.48	25	106
11201	Cowpeas, leafy tips, raw	36.0	1.0 cup, chopped	1.48	15	10
09302	Raspberries, raw	123.0	1.0 cup	1.48	27	64
33870	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Toddler, LIPIL, powder	9.4	1.0 scoop	1.48	5	44
11821	Peppers, sweet, red, raw	149.0	1.0 cup, chopped	1.48	18	46
33871	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with ARA and DHA	9.6	1.0 scoop	1.47	4	49
18106	Coffeecake, fruit	28.35	1.0 oz	1.47	5	88
42272	Snacks, granola bar, with coconut, chocolate coated	28.35	1.0 oz	1.47	16	151
18250	Doughnuts, cake-type, plain, sugared or glazed	28.35	1.0 oz	1.47	5	121
18021	Bread, boston brown, canned	28.35	1.0 oz	1.47	18	55
18290	Pancakes, plain, dry mix, complete, prepared	28.35	1.0 oz	1.47	6	55
43205	Beverage, instant breakfast powder, chocolate, not reconstituted	7.4	1.0 tbsp	1.47	17	26
18336	Pie crust, standard-type, prepared from recipe, baked	23.0	1.0 piece (1/8 of 9" crust)	1.47	3	121
08629	Cereals ready-to-eat, QUAKER, Cap'n Crunch's OOPS! All Berries Cereal	32.0	1.0 cup (1 NLEA serving)	1.47	18	126
28123	KEEBLER, 100 Calorie RIGHT BITES, White Fudge Dipped Pretzels	21.0	1.0 pouch	1.47	--	101

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
18213	Cookies, vanilla wafers, higher fat	30.0	8.0 wafers	1.47	4	136
08487	Cereals ready-to-eat, MALT-O-MEAL, Blueberry MUFFIN TOPS Cereal	30.0	0.75 cup (1 NLEA serving)	1.47	11	133
21349	McDONALD'S, NEWMAN'S OWN Ranch Dressing	56.0	2.0 fl oz	1.47	2	175
03825	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	1.46	5	68
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	1.46	15	87
03815	Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with iron, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	1.46	5	68
03832	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	1.46	5	70
28261	FAMOUS AMOS, Chocolate Sandwich Creme Cookies	34.0	3.0 cookies	1.46	13	161
11417	Pumpkin flowers, cooked, boiled, drained, without salt	134.0	1.0 cup	1.46	34	20
11847	Pumpkin, flowers, cooked, boiled, drained, with salt	134.0	1.0 cup	1.46	34	20
03014	Babyfood, meat, chicken sticks, junior	10.0	1.0 stick	1.46	1	19
11831	Potatoes, boiled, cooked in skin, flesh, with salt	78.0	0.5 cup	1.46	17	68
11365	Potatoes, boiled, cooked in skin, flesh, without salt	78.0	0.5 cup	1.46	17	68
08270	Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA	27.0	0.75 cup (1 NLEA serving)	1.46	8	103
28053	KEEBLER, CHIPS DELUXE, Chocolate Malt Chunk Cookies	31.0	2.0 cookies	1.46	7	166
18566	Artificial Blueberry Muffin Mix, dry	31.0	1.0 muffin	1.46	--	126
11842	Potatoes, french fried, all types, salt not added in processing, frozen, as purchased	65.0	10.0 strips	1.46	14	98
35202	Raspberries, wild (Northern Plains Indians)	130.0	1.0 cup	1.46	34	81
11503	Swamp cabbage, (skunk cabbage), raw	56.0	1.0 cup, chopped	1.46	40	11
08678	Cereals ready-to-eat, GENERAL MILLS, Apple Cinnamon CHEX	31.0	0.75 cup (1 NLEA serving)	1.45	8	126
21140	Side dishes, potato salad	95.0	0.333 cup	1.45	8	108
09185	Melon balls, frozen	173.0	1.0 cup, unthawed	1.45	24	57
09286	Pomegranates, raw	87.0	0.5 cup arils (seed/juice sacs)	1.45	10	72
09057	Boysenberries, frozen, unsweetened	132.0	1.0 cup, unthawed	1.45	21	66
43365	Tomato and vegetable juice, low sodium	242.0	1.0 cup	1.45	27	53
18630	PILLSBURY, Chocolate Chip Cookies, refrigerated dough	38.0	1.0 serving 2 cookies	1.45	--	171
03929	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted	9.3	1.0 scoop	1.45	5	45
28108	KEEBLER, Holiday Jingles Cookies	29.0	6.0 cookies	1.45	--	136
09124	Grapefruit juice, white, canned, sweetened	250.0	1.0 cup	1.45	25	115
09118	Grapefruit, raw, white, Florida	230.0	1.0 cup sections, with juice	1.45	21	74
09515	Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	230.0	1.0 cup	1.45	34	129
09111	Grapefruit, raw, pink and red and white, all areas	230.0	1.0 cup sections, with juice	1.45	18	74

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
11676	Radish seeds, sprouted, raw	38.0	1.0 cup	1.45	17	16
18942	Pie Crust, Cookie-type, Graham Cracker, Ready Crust	28.35	1.0 oz	1.45	7	142
18092	Cake, pudding-type, carrot, dry mix	28.35	1.0 oz	1.45	2	118
03052	Babyfood, dinner, beef stew, toddler	28.35	1.0 oz	1.45	3	14
31024	Sweet Potatoes, french fried, crosscut, frozen, unprepared	85.0	3.0 oz	1.44	--	178
23301	Beef, Australian, imported, Wagyu, seam fat, Aust. marble score 9, raw	28.0	1.0 oz	1.44	--	176
09295	Pummelo, raw	190.0	1.0 cup, sections	1.44	11	72
28209	MOTHER'S, Taffy Sandwich Cookies	38.0	2.0 cookies	1.44	6	180
28132	KEEBLER, Toasted Coconut Cookies	38.0	2.0 cookies	1.44	6	180
19905	Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	28.35	1.0 oz	1.44	43	156
18632	PILLSBURY, Traditional Fudge Brownie Mix, dry	30.0	1.0 serving	1.44	--	132
06101	Soup, cream of vegetable, dry, powder	18.0	1.0 packet	1.44	9	80
08651	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Honey Squares	30.0	0.75 cup (1 NLEA serving)	1.44	16	74
28035	GIRL SCOUTS, Thin Mints Cookies	32.0	4.0 cookies	1.44	8	161
28294	Cookie, chocolate, with icing or coating	32.0	4.0 cookies	1.44	8	162
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	30.0	1.0 cup (1 NLEA serving)	1.44	8	116
19375	Frostings, glaze, prepared-from-recipe	327.0	1.0 recipe yield	1.44	7	1115
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	28.35	1.0 oz	1.43	14	72
18434	Crackers, cheese, low sodium	14.2	0.5 oz	1.43	5	71
25036	Snacks, granola bites, mixed flavors	20.0	1.0 package	1.43	14	90
19157	Candies, MARS SNACKFOOD US, M&M's MINIs Milk Chocolate Candies	30.0	1.0 serving 1.0 oz tube	1.43	--	151
43406	Yeast extract spread	6.0	1.0 tsp	1.43	11	11
09123	Grapefruit juice, white, canned or bottled, unsweetened	247.0	1.0 cup	1.43	20	84
09416	Grapefruit juice, white, bottled, unsweetened, OCEAN SPRAY	247.0	1.0 cup	1.43	20	84
10165	Pork, cured, salt pork, raw	28.35	1.0 oz	1.43	2	212
09513	Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	227.0	1.0 cup	1.43	20	114
11084	Beets, canned, drained solids	157.0	1.0 cup, diced	1.43	27	49
18374	Leavening agents, yeast, baker's, compressed	17.0	1.0 cake (0.6 oz)	1.43	7	18
19010	Snacks, crisped rice bar, chocolate chip	28.0	1.0 bar (1 oz)	1.43	13	113
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	28.0	1.0 cup (1 NLEA serving)	1.43	8	105
11734	Beets, cooked, boiled. drained, with salt	85.0	0.5 cup slices	1.43	20	37
11081	Beets, cooked, boiled, drained	85.0	0.5 cup slices	1.43	20	37
28106	KEEBLER, Almond Crescents Cookies, Holiday	28.0	4.0 cookies	1.43	1	135

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
09068	Cherries, sour, red, frozen, unsweetened	155.0	1.0 cup, unthawed	1.43	14	71
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31.0	0.75 cup (1 NLEA serving)	1.43	12	121
08579	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH	28.0	1.0 bowl (3/4 cup) (1 NLEA serving)	1.43	16	108
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254.0	1.0 cup	1.42	25	152
09317	Strawberries, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup	1.42	20	234
28272	MURRAY, Chocolate Creme Sandwich Cookies	29.0	3.0 cookies	1.42	10	137
28273	MURRAY, Vanilla Creme Sandwich Cookies	29.0	3.0 cookies	1.42	3	138
28213	MURRAY, Duplex Creme Sandwich Cookies	29.0	3.0 cookies	1.42	7	138
12100	Nuts, chestnuts, european, dried, peeled	28.35	1.0 oz	1.42	21	105
18217	Crackers, matzo, plain	14.2	0.5 oz	1.42	4	56
18400	Crackers, matzo, egg and onion	14.2	0.5 oz	1.42	4	56
03704	Babyfood, cereal, mixed, with honey, prepared with whole milk	28.35	1.0 oz	1.42	8	33
03693	Babyfood, cereal, oatmeal, with honey, prepared with whole milk	28.35	1.0 oz	1.42	10	33
18357	Sweet rolls, cinnamon, refrigerated dough with frosting	28.35	1.0 oz	1.42	3	94
11056	Beans, snap, green, canned, regular pack, drained solids	135.0	1.0 cup	1.42	18	28
03689	Babyfood, cereal, oatmeal, prepared with whole milk	28.35	1.0 oz	1.42	10	33
18156	Cookies, fudge, cake-type (includes trolley cakes)	28.35	1.0 oz	1.42	9	99
18212	Cookies, vanilla wafers, lower fat	28.35	1.0 oz	1.42	4	125
11355	Potatoes, red, flesh and skin, raw	75.0	0.5 cup, diced	1.42	16	52
03049	Babyfood, dinner, beef and rice, toddler	28.35	1.0 oz	1.42	2	23
18105	Coffeecake, creme-filled with chocolate frosting	28.35	1.0 oz	1.42	4	94
09383	Tangerines, (mandarin oranges), canned, juice pack, drained	189.0	1.0 cup	1.42	21	72
09140	Guavas, strawberry, raw	244.0	1.0 cup	1.42	41	168
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	1.42	24	88
18228	Crackers, saltines (includes oyster, soda, soup)	14.9	5.0 crackers	1.41	3	62
43144	Cabbage, mustard, salted	128.0	1.0 cup	1.41	19	36
28375	VAN'S, Gluten Free, Totally Original Waffles	47.0	1.0 waffle	1.41	15	117
09357	Apricots, canned, heavy syrup, drained	219.0	1.0 cup, halves	1.40	15	182
09236	Peaches, yellow, raw	154.0	1.0 cup slices	1.40	14	60
28128	KEEBLER, SANDIES, Pecan Shortbread Cookies, bite size	28.0	5.0 cookies 28 g package	1.40	5	153
11114	Cabbage, savoy, raw	70.0	1.0 cup, shredded	1.40	20	19
11485	Squash, winter, butternut, raw	140.0	1.0 cup, cubes	1.40	48	63
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	28.35	1.0 oz	1.40	9	128
19327	Candies, MARS SNACKFOOD US, COCOAVIA Blueberry and Almond Chocolate Bar	22.0	1.0 serving 0.78 oz bar	1.40	--	116

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
11506	Sweet potato leaves, cooked, steamed, without salt	64.0	1.0 cup	1.40	31	26
11874	Sweet potato leaves, cooked, steamed, with salt	64.0	1.0 cup	1.40	31	22
28153	KEEBLER, Vienna Fingers with Creme Filling	31.0	2.0 cookies	1.40	--	153
28154	KEEBLER, Vienna Fingers with Creme Filling, Reduced Fat	31.0	2.0 cookies	1.40	--	144
01193	KRAFT BREAKSTONE'S Reduced Fat Sour Cream	31.0	2.0 tbsp	1.40	--	47
11520	Taro leaves, raw	28.0	1.0 cup	1.39	13	12
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	29.0	0.75 cup (1 NLEA serving)	1.39	9	115
18233	Crackers, wheat, sandwich, with cheese filling	14.2	0.5 oz	1.39	8	71
08355	Cereals ready-to-eat, QUAKER, MOTHER'S COCOA BUMPERS	33.0	1.0 cup (1 NLEA serving)	1.39	20	126
18325	Pie, pecan, prepared from recipe	28.35	1.0 oz	1.39	7	117
18193	Cookies, shortbread, commercially prepared, pecan	28.35	1.0 oz	1.39	5	154
18386	Muffins, blueberry, toaster-type, toasted	28.35	1.0 oz	1.39	4	94
18164	Cookies, chocolate chip, refrigerated dough, baked	28.35	1.0 oz	1.39	8	139
03282	Babyfood, vegetables, mix vegetables junior	99.0	1.0 serving 3.5 oz serving	1.39	11	36
09276	Pitanga, (surinam-cherry), raw	173.0	1.0 cup	1.38	21	57
19902	Chocolate, dark, 45- 59% cacao solids	28.35	1.0 oz	1.38	41	155
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	1.38	6	181
28367	SAGE VALLEY, Gluten Free Vanilla Sandwich Cookies	44.0	3.0 cookies	1.38	7	220
28055	KEEBLER, CHIPS DELUXE, Dark Chocolate Chunk Cookies	32.0	2.0 cookies	1.38	11	166
06152	Sauce, pizza, canned, ready-to-serve	63.0	0.25 cup	1.37	13	34
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	1.37	13	41
28228	MURRAY, SUGAR FREE, Vanilla Creme Sandwich Cookies	28.0	3.0 cookies	1.37	3	131
28227	MURRAY, SUGAR FREE, Lemon Creme Sandwich Cookies	28.0	3.0 cookies	1.37	3	131
07951	Scrapple, pork	17.0	1.0 cubic inch	1.37	2	36
03017	Babyfood, meat, turkey sticks, junior	10.0	1.0 stick	1.37	1	19
18537	ARCHWAY Home Style Cookies, Oatmeal	25.0	1.0 serving	1.37	--	105
18533	ARCHWAY Home Style Cookies, Iced Oatmeal	28.0	1.0 serving	1.37	--	122
18402	Pie crust, standard-type, prepared from recipe, unbaked	24.0	1.0 piece (1/8 of 9" crust)	1.37	3	113
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	1.37	18	214
11641	Squash, summer, all varieties, raw	113.0	1.0 cup, sliced	1.37	19	18
25018	Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Blueberry Snack Bar	22.0	1.0 bar	1.37	--	72
28230	MURRAY, SUGAR FREE, Shortbread Bites	21.0	1.0 pouch	1.36	5	78
27034	CAMPBELL'S, 98% Fat Free Cream of Mushroom Soup, condensed	124.0	0.5 cup condensed	1.36	26	66
18226	Crackers, rye, wafers, plain	14.2	0.5 oz	1.36	17	47

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
03814	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, powder, not reconstituted	9.6	1.0 scoop	1.36	5	48
28214	MURRAY, Lemon Creme Sandwich Cookies	29.0	3.0 cookies	1.36	3	139
11696	Tomatoes, yellow, raw	139.0	1.0 cup, chopped	1.36	17	21
18328	Pie, vanilla cream, prepared from recipe	28.35	1.0 oz	1.36	4	79
18151	Cookies, brownies, commercially prepared	28.35	1.0 oz	1.36	9	115
18107	Coffeecake, cinnamon with crumb topping, dry mix	28.35	1.0 oz	1.36	5	124
18200	Cookies, oatmeal, commercially prepared, special dietary	28.35	1.0 oz	1.36	5	127
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247.0	1.0 cup	1.36	27	101
11993	Mushrooms, maitake, raw	70.0	1.0 cup diced	1.36	7	22
21129	Fast foods, hush puppies	22.0	1.0 piece	1.36	9	65
09029	Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	246.0	1.0 cup, whole, without pits	1.35	20	236
09176	Mangos, raw	165.0	1.0 cup pieces	1.35	16	99
08017	Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP	26.0	0.75 cup (1 NLEA serving)	1.35	8	99
09320	Strawberries, frozen, sweetened, sliced	255.0	1.0 cup, thawed	1.35	18	245
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	14.2	0.5 oz	1.35	4	60
18538	ARCHWAY Home Style Cookies, Oatmeal Raisin	26.0	1.0 serving	1.34	--	106
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	253.0	1.0 cup, halves	1.34	20	159
18333	Pie crust, standard-type, dry mix, prepared, baked	20.0	1.0 piece (1/8 of 9" crust)	1.34	3	100
03021	Babyfood, meat, meat sticks, junior	10.0	1.0 stick	1.34	1	18
08481	Cereals ready-to-eat, MALT-O-MEAL, HONEY GRAHAM SQUARES	30.0	0.75 cup (1 NLEA serving)	1.34	9	119
11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.	1.34	8	59
11246	Leeks, (bulb and lower leaf-portion), raw	89.0	1.0 cup	1.34	25	54
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	1.33	16	67
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	1.33	16	67
28087	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Dark Chocolate	31.0	3.0 cookies	1.33	13	151
11005	Arrowhead, raw	25.0	1.0 large	1.33	13	25
18206	Cookies, sugar, refrigerated dough, baked	28.35	1.0 oz	1.33	2	139
18453	Cake, yellow, light, dry mix	28.35	1.0 oz	1.33	3	115
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	24.0	1.0 bar	1.33	12	99
08376	Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	1.33	7	109
28061	KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite size	28.0	5.0 cookies 1 serving	1.33	5	141
43031	Candies, chocolate covered, caramel with nuts	14.0	1.0 piece	1.33	11	66
18513	ARCHWAY Home Style Cookies, Sugar Free Oatmeal	24.0	1.0 serving	1.33	--	106

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
28137	KEEBLER, TOASTEDS, Wheat Crackers	16.0	5.0 crackers	1.33	5	75
11137	Cauliflower, frozen, unprepared	66.0	0.5 cup (1" pieces)	1.33	8	16
09319	Strawberries, frozen, sweetened, whole	255.0	1.0 cup, thawed	1.33	15	199
28102	KEEBLER, GRIPZ, CHIPS DELUXE, Chocolate Chip Cookies, bite-size	25.0	1.0 pouch	1.32	9	118
18230	Crackers, standard snack-type, sandwich, with cheese filling	14.2	0.5 oz	1.32	5	68
09107	Gooseberries, raw	150.0	1.0 cup	1.32	15	66
18205	Cookies, sugar, refrigerated dough	33.0	1.0 serving	1.32	2	144
35015	Blackberries, wild, raw (Alaska Native)	157.0	1.0 cup	1.32	6	82
31035	Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	269.0	1.0 cup	1.32	30	83
08409	Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes	31.0	0.75 cup (1 NLEA serving)	1.32	4	121
11001	Alfalfa seeds, sprouted, raw	33.0	1.0 cup	1.32	9	8
33873	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, AA LIPIL, powder, not reconstituted	9.4	1.0 scoop	1.32	5	47
09028	Apricots, canned, heavy syrup pack, without skin, solids and liquids	258.0	1.0 cup, whole, without pits	1.32	21	214
21319	McDONALD'S, Hash Brown	53.0	1.0 serving 1 patty	1.31	11	144
18163	Cookies, chocolate chip, refrigerated dough	33.0	1.0 serving	1.31	8	149
11529	Tomatoes, red, ripe, raw, year round average	149.0	1.0 cup cherry tomatoes	1.31	16	27
11986	Malabar spinach, cooked	44.0	1.0 cup	1.31	21	10
09367	Cherries, sweet, canned, pitted, heavy syrup, drained	179.0	1.0 cup	1.31	16	149
18426	Crackers, saltines, unsalted tops (includes oyster, soda, soup)	14.2	0.5 oz	1.31	4	62
18225	Crackers, rye, sandwich-type with cheese filling	14.2	0.5 oz	1.31	5	68
28027	FAMOUS AMOS, Chocolate Chip Cookies	29.0	4.0 cookies	1.30	10	146
28202	MOTHER'S, Iced Lemonade Cookies	29.0	4.0 cookies	1.30	3	146
28150	KEEBLER, TRADITIONS, Iced Lemonade Cookies	29.0	4.0 cookies	1.30	3	146
18161	Cookies, chocolate chip, dry mix	28.35	1.0 oz	1.30	10	141
18097	Cake, pudding-type, chocolate, dry mix	28.35	1.0 oz	1.30	12	111
42281	Gums, seed gums (includes locust bean, guar)	28.35	1.0 oz	1.30	0	94
18277	Muffins, blueberry, toaster-type	28.35	1.0 oz	1.30	3	89
16123	Soy sauce made from soy and wheat (shoyu)	16.0	1.0 tbsp	1.30	12	8
11231	Jute, potherb, raw	28.0	1.0 cup	1.30	18	10
28062	KEEBLER, CHIPS DELUXE, Soft 'n Chewy Chocolate Chip Cookies	31.0	2.0 cookies	1.30	8	144
07031	Ham salad spread	15.0	1.0 tbsp	1.30	2	32
11203	Cress, garden, raw	50.0	1.0 cup	1.30	19	16
01225	Dulce de Leche	19.0	1.0 tbsp	1.30	4	60
09203	Oranges, raw, Florida	185.0	1.0 cup sections, without membranes	1.30	18	85
19410	Snack, potato chips, made from dried potatoes, plain	28.0	1.0 oz	1.29	11	153

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1.0 oz	1.29	13	142
11439	Sauerkraut, canned, solids and liquids	142.0	1.0 cup	1.29	18	27
08032	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES	30.0	0.75 cup (1 NLEA serving)	1.29	7	115
28282	SUNSHINE, KRISPY, Soup & Oyster Crackers (large)	15.0	16.0 crackers	1.29	3	62
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30.0	0.75 cup (1 NLEA serving)	1.29	6	118
19307	Candies, MARS SNACKFOOD US, POP'ABLES MILKY WAY Brand Bite Size Candies	39.0	1.0 serving 13 pieces	1.29	--	181
19216	Candies, praline, prepared-from-recipe	39.0	1.0 piece	1.29	19	189
09282	Plums, canned, purple, juice pack, solids and liquids	252.0	1.0 cup, pitted	1.29	20	146
16424	Soy sauce made from soy and wheat (shoyu), low sodium	14.2	1.0 tbsp	1.29	10	8
11467	Squash, summer, crookneck and straightneck, raw	127.0	1.0 cup sliced	1.28	25	24
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	1.28	9	22
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	1.28	9	22
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	1.28	9	22
11333	Peppers, sweet, green, raw	149.0	1.0 cup, chopped	1.28	15	30
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	210.0	1.0 cup, diced	1.28	--	27
19326	Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Bar	22.0	1.0 serving 0.78 oz bar	1.28	--	119
18227	Crackers, rye, wafers, seasoned	14.2	0.5 oz	1.28	15	54
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	11.0	1.0 tbsp	1.28	5	40
18210	Cookies, vanilla sandwich with creme filling	28.35	1.0 oz	1.28	4	137
18199	Cookies, chocolate sandwich, with creme filling, special dietary	28.35	1.0 oz	1.28	7	131
18251	Doughnuts, cake-type, chocolate, sugared or glazed	28.35	1.0 oz	1.28	10	118
18327	Pie, pumpkin, prepared from recipe	28.35	1.0 oz	1.28	5	58
18324	Pie, pecan, commercially prepared	28.35	1.0 oz	1.28	6	115
08354	Cereals ready-to-eat, QUAKER, MOTHER'S GRAHAM BUMPERS	28.0	0.75 cup (1 NLEA serving)	1.27	16	106
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	28.35	1.0 oz	1.27	3	106
11112	Cabbage, red, raw	89.0	1.0 cup, chopped	1.27	14	28
28092	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Original	31.0	3.0 cookies	1.27	4	155
28088	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Holiday/Spiderman	31.0	3.0 cookies	1.27	4	154
28293	Cookie, butter or sugar, with chocolate icing or filling	31.0	3.0 cookies	1.27	4	156
12096	Nuts, chestnuts, chinese, roasted	28.35	1.0 oz	1.27	26	68
09103	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids	249.0	1.0 cup	1.27	20	124
11096	Broccoli raab, raw	40.0	1.0 cup chopped	1.27	--	9

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
09114	Grapefruit, raw, pink and red, Florida	230.0	1.0 cup sections, with juice	1.27	18	69
16125	Soy sauce made from hydrolyzed vegetable protein	18.0	1.0 tbsp	1.26	5	11
21386	BURGER KING, french toast sticks	21.0	1.0 stick	1.26	4	73
11354	Potatoes, white, flesh and skin, raw	75.0	0.5 cup, diced	1.26	16	52
28284	KEEBLER, ZESTA, Saltines with Whole Wheat	15.0	5.0 crackers	1.26	--	62
08347	Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	1.26	3	119
19440	Snacks, M&M MARS, KUDOS Whole Grain Bar, chocolate chip	28.0	1.0 bar	1.25	20	118
11632	Peppers, jalapeno, canned, solids and liquids	136.0	1.0 cup, chopped	1.25	20	37
03838	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN LIPIL, with iron, powder, not reconstituted, with ARA and DHA	9.0	1.0 scoop	1.25	5	44
18429	Crackers, whole-wheat, low salt	14.2	0.5 oz	1.25	14	63
18102	Cake, white, prepared from recipe with coconut frosting	28.35	1.0 oz	1.25	3	101
43595	Breakfast bar, corn flake crust with fruit	28.35	1.0 oz	1.25	8	107
18420	Cake, yellow, unenriched, dry mix	28.35	1.0 oz	1.25	3	122
18304	Pie, banana cream, prepared from recipe	28.35	1.0 oz	1.25	5	76
18114	Cake, gingerbread, dry mix	28.35	1.0 oz	1.25	6	124
08034	Cereals ready-to-eat, POST, FRUITY PEBBLES	27.0	0.75 cup (1 NLEA serving)	1.25	4	109
11122	Cardoon, raw	178.0	1.0 cup, shredded	1.25	75	30
09223	Tangerine juice, canned, sweetened	249.0	1.0 cup	1.24	20	124
11764	Celery, cooked, boiled, drained, with salt	150.0	1.0 cup, diced	1.24	18	27
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	1.24	18	27
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	1.24	14	38
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	135.0	1.0 cup, strips	1.24	14	38
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	28.35	1.0 oz	1.24	16	131
09528	Ruby Red grapefruit juice blend (grapefruit, grape, apple), OCEAN SPRAY, bottled, with added vitamin C	248.0	8.0 fl oz	1.24	--	109
33866	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, LIPIL, powder	9.6	1.0 scoop	1.24	4	47
18614	MARTHA WHITE FOODS, Martha White's Chewy Fudge Brownie Mix, dry	28.0	1.0 serving	1.24	--	114
09404	Grapefruit juice, pink, raw	247.0	1.0 cup	1.24	30	96
09221	Tangerine juice, raw	247.0	1.0 cup	1.24	20	106
09128	Grapefruit juice, white, raw	247.0	1.0 cup	1.24	30	96
19244	Frostings, vanilla, creamy, dry mix	411.0	1.0 package	1.23	8	1685
03821	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, not reconstituted	8.8	1.0 scoop	1.23	5	46
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	262.0	1.0 cup, halves or slices	1.23	13	252

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
28283	KEEBLER, ZESTA, Saltines, Original	15.0	5.0 crackers	1.23	--	63
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	30.0	1.0 piece (1/8 of 9" crust)	1.23	5	145
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	256.0	1.0 cup	1.23	15	195
11418	Pumpkin leaves, raw	39.0	1.0 cup	1.23	15	7
16425	Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	15.0	1.0 tbsp	1.23	5	14
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	5.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.23	1	9
18168	Cookies, chocolate sandwich, with extra creme filling	28.35	1.0 oz	1.23	10	141
06984	Soup, SWANSON Chicken Broth 99% Fat Free	227.0	1.0 serving 1 cup 8 oz	1.23	2	9
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	1.22	15	98
12127	Nuts, ginkgo nuts, raw	28.35	1.0 oz	1.22	8	52
43146	Eggplant, pickled	136.0	1.0 cup	1.22	8	67
28346	Waffles, gluten-free, frozen, ready-to-heat	45.0	1.0 waffle	1.22	14	118
18428	Crackers, wheat, low salt	14.2	0.5 oz	1.22	9	67
19136	Candies, HERSHEY'S SKOR Toffee Bar	39.0	1.0 bar 1.4 oz	1.22	4	211
11972	Lemon grass (citronella), raw	67.0	1.0 cup	1.22	40	66
18019	Bread, banana, prepared from recipe, made with margarine	28.35	1.0 oz	1.22	4	92
08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	1.22	4	42
08059	Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP	27.0	1.0 cup (1 NLEA serving)	1.22	15	110
03957	Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA	8.7	1.0 scoop	1.22	3	45
35140	Bread, kneel down (Navajo)	28.35	1.0 oz	1.22	16	55
07236	OSCAR MAYER, Smokies Sausage Little Cheese (pork, turkey)	9.0	1.0 link	1.22	2	28
18991	BARBARA DEE, Winter Mints Cookies	31.0	4.0 cookies	1.21	6	160
08660	Cereals ready-to-eat, KELLOGG'S APPLE JACKS with marshmallows	28.0	1.0 cup (1 NLEA serving)	1.20	6	106
08495	Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYNO-BITES	29.0	0.75 cup (1 NLEA serving)	1.20	8	115
28139	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Cheese	15.0	5.0 crackers	1.20	2	71
28152	KEEBLER, Vanilla Wafers Minis, Rainbow	30.0	18.0 cookies	1.20	--	140
28149	KEEBLER, TOWN HOUSE, FLATBREAD CRISPS, Sea Salt and Olive Oil Crackers	15.0	8.0 crackers	1.20	2	66
43135	Sandwich spread, meatless	15.0	1.0 tbsp	1.20	3	22
18609	KEEBLER, Vanilla Wafers	30.0	8.0 cookies	1.20	--	139
09127	Grapefruit juice, pink or red, with added calcium	240.0	8.0 fl oz	1.20	29	91
28233	MURRAY, Vanilla Wafer	30.0	8.0 cookies	1.20	--	138
11970	Cabbage, napa, cooked	109.0	1.0 cup	1.20	9	13
11829	Potatoes, baked, flesh, with salt	61.0	0.5 cup	1.20	15	57

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
11363	Potatoes, baked, flesh, without salt	61.0	0.5 cup	1.20	15	57
03043	Babyfood, dinner, beef lasagna, toddler	28.35	1.0 oz	1.19	3	22
12093	Nuts, chestnuts, chinese, raw	28.35	1.0 oz	1.19	24	64
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	28.35	1.0 oz	1.19	3	110
18171	Cookies, fortune	28.35	1.0 oz	1.19	2	107
11124	Carrots, raw	128.0	1.0 cup chopped	1.19	15	52
19067	Candies, TWIZZLERS CHERRY BITES	40.0	18.0 pieces	1.19	--	135
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	30.0	0.75 cup (1 NLEA serving)	1.19	2	111
14154	Beverages, Energy drink, RED BULL	258.0	1.0 can 8.4 fl oz	1.19	49	111
11922	Sesbania flower, cooked, steamed, with salt	104.0	1.0 cup	1.19	12	22
11448	Sesbania flower, cooked, steamed, without salt	104.0	1.0 cup	1.19	12	23
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27.0	0.75 cup (1 NLEA serving)	1.19	15	107
16158	Hummus, commercial	15.0	1.0 tbsp	1.18	11	25
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	1.18	13	47
03941	Infant formula, PBM PRODUCTS, store brand, soy, powder	8.7	1.0 scoop	1.18	4	44
09241	Peaches, canned, heavy syrup pack, solids and liquids	262.0	1.0 cup	1.18	13	194
43274	Cheese, cream, low fat	15.0	1.0 tbsp	1.18	1	30
21416	POPEYES, Coleslaw	120.0	1.0 package	1.18	8	193
03849	Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, with iron, powder, with ARA and DHA	9.4	1.0 scoop	1.18	4	48
03867	Infant formula, NESTLE, GOOD START SOY, with ARA and DHA, powder	9.4	1.0 scoop	1.18	5	47
33872	Infant formula, GERBER, GOOD START 2 SOY, with iron, powder	9.4	1.0 scoop	1.18	5	47
28103	KEEBLER, GRIPZ, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite-size	25.0	1.0 pouch	1.18	6	118
11785	Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt	178.0	1.0 cup (1" pieces)	1.17	36	96
11221	Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt	178.0	1.0 cup (1" pieces)	1.17	36	100
01140	Egg, quail, whole, fresh, raw	9.0	1.0 egg	1.17	1	14
03685	Babyfood, cereal, mixed, prepared with whole milk	28.35	1.0 oz	1.17	6	27
12205	Seeds, lotus seeds, raw	28.35	1.0 oz	1.17	16	25
25030	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	28.35	1.0 oz	1.17	24	147
28335	Cookies, gluten-free, vanilla sandwich, with creme filling	44.0	3.0 cookies	1.17	6	217
11564	Turnips, raw	130.0	1.0 cup, cubes	1.17	14	36
28138	KEEBLER, TOWN HOUSE, Bistro Multigrain Crackers	16.0	2.0 crackers	1.17	--	74
18527	ARCHWAY Home Style Cookies, Date Filled Oatmeal	25.0	1.0 serving	1.17	--	100
09530	Fruit juice smoothie, ODWALLA, strawberry banana	233.0	1.0 cup	1.16	33	112
18191	Cookies, raisin, soft-type	28.35	1.0 oz	1.16	6	114

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
11422	Pumpkin, raw	116.0	1.0 cup (1" cubes)	1.16	14	30
28093	KEEBLER, FUDGE SHOPPE, Grasshopper Cookies, Fudge Mint	29.0	4.0 cookies	1.16	9	145
09362	Cherries, sour, canned, water pack, drained	168.0	1.0 cup	1.16	13	71
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26.0	0.75 cup (1 NLEA serving)	1.16	14	103
11230	Pepeao, dried	24.0	1.0 cup	1.16	35	72
44048	Cheese food, pasteurized process, American, imitation, without added vitamin D	28.35	1.0 oz	1.16	3	73
31025	Sweet Potato puffs, frozen, unprepared	85.0	3.0 oz	1.16	--	137
08172	Cereals, farina, unenriched, dry	10.9	1.0 tbsp	1.16	1	40
09279	Plums, raw	165.0	1.0 cup, sliced	1.15	12	76
08550	Cereals ready-to-eat, QUAKER, Christmas Crunch	26.0	0.75 cup (1 NLEA serving)	1.15	14	103
09370	Peaches, canned, heavy syrup, drained	222.0	1.0 cup	1.15	11	160
28130	KEEBLER, SOFT BATCH, Chocolate Chip Cookies	32.0	2.0 cookies	1.15	5	153
19112	Candies, TWIZZLERS Strawberry Twists Candy	45.0	4.0 pieces 1.6oz	1.15	--	157
18361	Toaster pastries, brown-sugar-cinnamon	28.35	1.0 oz	1.15	5	105
28184	KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Chocolate Baked Bites	23.0	1.0 pouch	1.15	5	101
09113	Grapefruit, raw, pink and red, California and Arizona	230.0	1.0 cup sections, with juice	1.15	21	85
28034	GIRL SCOUTS, Thank U Berry Munch Cookies	25.0	2.0 cookies	1.15	0	123
07073	Sandwich spread, pork, beef	15.0	1.0 tbsp	1.15	1	35
03913	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, powder	9.4	1.0 scoop	1.15	4	44
18529	ARCHWAY Home Style Cookies, Frosty Lemon	26.0	1.0 serving	1.15	--	112
08625	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S Halloween Crunch	26.0	0.75 cup (1 NLEA serving)	1.15	14	105
19272	Snacks, FARLEY CANDY, FARLEY Fruit Snacks, with vitamins A, C, and E	26.0	1.0 pouch	1.14	--	89
03967	Toddler formula, MEAD JOHNSON, ENFAGROW, PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), powder	8.8	1.0 scoop	1.14	4	44
28076	KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Dark Chocolate	26.0	3.0 cookies	1.14	6	132
11761	Cauliflower, cooked, boiled, drained, with salt	62.0	0.5 cup (1" pieces)	1.14	6	14
11136	Cauliflower, cooked, boiled, drained, without salt	62.0	0.5 cup (1" pieces)	1.14	6	14
11220	Gourd, dishcloth (towelgourd), raw	95.0	1.0 cup (1" pieces)	1.14	13	19
11109	Cabbage, raw	89.0	1.0 cup, chopped	1.14	11	22
27059	Sauce, peanut, made from peanut butter, water, soy sauce	18.0	1.0 tbsp	1.14	8	46
11963	Nopales, raw	86.0	1.0 cup, sliced	1.14	45	14
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	28.35	1.0 oz	1.13	10	119
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252.0	1.0 cup	1.13	20	154
18152	Cookies, brownies, dry mix, regular	28.35	1.0 oz	1.13	11	123

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
18142	Cake, pudding-type, yellow, dry mix	28.35	1.0 oz	1.13	3	120
21422	KFC, Popcorn Chicken	6.4	1.0 piece	1.13	2	22
03940	Infant formula, PBM PRODUCTS, store brand, soy, liquid concentrate, not reconstituted	31.4	1.0 fl oz	1.13	4	40
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	1.13	13	136
14627	Beverages, Energy Drink, Monster, fortified with vitamins C, B2, B3, B6, B12	240.0	1.0 serving	1.13	0	113
09154	Lemon juice, frozen, unsweetened, single strength	244.0	1.0 cup	1.12	20	54
18216	Crackers, crispbread, rye	14.2	0.5 oz	1.12	11	52
11916	Peppers, sweet, red, canned, solids and liquids	140.0	1.0 cup, halves	1.12	15	25
11190	Cornsalad, raw	56.0	1.0 cup	1.12	7	12
11335	Peppers, sweet, green, canned, solids and liquids	140.0	1.0 cup, halves	1.12	15	25
11482	Squash, winter, acorn, raw	140.0	1.0 cup, cubes	1.12	45	56
28078	KEEBLER, FUDGE SHOPPE, Mint Creme Middles, Chocolate Graham Cookies	26.0	3.0 cookies	1.12	11	134
28083	KEEBLER, FUDGE SHOPPE, Triple Fudge Filled Cookies	31.0	2.0 cookies	1.12	14	165
11851	Rutabagas, cooked, boiled, drained, with salt	120.0	0.5 cup, mashed	1.12	12	36
03844	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA	31.6	1.0 fl oz	1.12	4	40
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	10.6	1.0 tbsp	1.11	3	39
03816	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, liquid concentrate, not reconstituted	31.5	1.0 fl oz	1.11	4	40
18539	ARCHWAY Home Style Cookies, Old Fashioned Molasses	26.0	1.0 serving	1.11	--	106
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	18.0	1.0 piece (1/8 of 9" crust)	1.11	3	82
11565	Turnips, cooked, boiled, drained, without salt	156.0	1.0 cup, cubes	1.11	14	34
11889	Turnips, cooked, boiled, drained, with salt	156.0	1.0 cup, cubes	1.11	12	34
03943	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, powder, with ARA and DHA	8.7	1.0 scoop	1.11	4	44
18419	Cake, pudding-type, white, unenriched, dry mix	28.35	1.0 oz	1.11	3	120
18116	Cake, gingerbread, prepared from recipe	28.35	1.0 oz	1.11	20	101
19081	Candies, sweet chocolate	28.35	1.0 oz	1.11	32	144
18326	Pie, pumpkin, commercially prepared	28.35	1.0 oz	1.11	4	69
18135	Cake, pudding-type, white, enriched, dry mix	28.35	1.0 oz	1.11	3	120
03696	Babyfood, cereal, rice, with honey, prepared with whole milk	28.35	1.0 oz	1.11	13	33
03122	Babyfood, peas, dices, toddler	28.35	1.0 oz	1.11	5	18
18198	Cookies, chocolate chip, commercially prepared, special dietary	28.35	1.0 oz	1.11	6	128
18535	ARCHWAY Home Style Cookies, Molasses	26.0	1.0 serving	1.10	--	105

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
28183	KELLOGG'S, POP-TARTS MINI CRISPS, Cinnamon Brown Sugar Baked Bites	23.0	1.0 pouch	1.10	3	100
11921	Peppers, sweet, red, sauteed	106.0	1.0 cup chopped	1.10	13	141
28204	MOTHER'S, Jungle Animal Cookies	29.0	6.0 cookies	1.10	3	149
28201	MOTHER'S, Holiday Circus Animal Cookies	29.0	6.0 cookies	1.10	3	149
11643	Squash, winter, all varieties, raw	116.0	1.0 cup, cubes	1.10	16	39
28196	MOTHER'S, Circus Animal Cookies	29.0	6.0 cookies	1.10	3	149
28200	MOTHER'S, Halloween Circus Animals Cookies	29.0	6.0 cookies	1.10	3	149
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	95.0	0.33 package (10 oz)	1.10	12	16
28194	MOTHER'S, 4th of July Circus Animal Cookies	29.0	6.0 cookies	1.10	3	141
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	51.0	12.0 fries	1.10	13	93
03826	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, with iron, powder, not reconstituted	8.8	1.0 scoop	1.10	5	45
03852	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE LIPIL, with iron, powder, not reconstituted, with ARA and DHA	8.8	1.0 scoop	1.10	5	45
09307	Rhubarb, raw	122.0	1.0 cup, diced	1.10	15	26
01111	Milk shakes, thick vanilla	28.4	1.0 fl oz	1.10	3	32
03954	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, powder, not reconstituted	8.7	1.0 scoop	1.10	3	45
03843	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted	8.7	1.0 scoop	1.10	3	45
19892	Frozen novelties, Sugar Free, CREAMSICLE Pops	80.0	1.0 serving 2 pops	1.10	--	39
09050	Blueberries, raw	148.0	1.0 cup	1.10	9	84
28066	KEEBLER, CLUB, Minis Multigrain Crackers	15.0	17.0 crackers	1.10	6	70
09531	Fruit juice smoothie, NAKED JUICE, strawberry banana	228.0	1.0 cup	1.09	32	114
14638	Beverages, Horchata, as served in restaurant	228.0	1.0 cup	1.09	7	123
28308	Crackers, standard snack-type, with whole wheat	15.0	5.0 crackers 1 serving	1.09	7	69
28120	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Mints Grasshopper Cookies	21.0	1.0 pouch	1.09	6	96
08346	Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	1.09	2	120
28077	KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Original Graham Cookies	26.0	3.0 cookies	1.09	2	132
28232	MURRAY, Vanilla Sugar Wafer	28.0	5.0 cookies	1.09	2	148
28122	KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies	21.0	1.0 pouch	1.09	2	98
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237.0	1.0 cup	1.09	17	109
09287	Prickly pears, raw	149.0	1.0 cup	1.09	127	61

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
18544	ARCHWAY Home Style Cookies, Raspberry Filled	25.0	1.0 serving	1.09	--	100
18547	ARCHWAY Home Style Cookies, Strawberry Filled	25.0	1.0 serving	1.09	--	100
09132	Grapes, red or green (European type, such as Thompson seedless), raw	151.0	1.0 cup	1.09	11	104
11161	Collards, raw	36.0	1.0 cup, chopped	1.09	10	12
28309	Cookies, coconut macaroon	36.0	2.0 cookie 1 serving	1.09	10	166
01106	Milk, goat, fluid, with added vitamin D	30.5	1.0 fl oz	1.09	4	21
11985	Fireweed, leaves, raw	23.0	1.0 cup, chopped	1.08	36	24
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	28.35	1.0 oz	1.08	5	24
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	28.35	1.0 oz	1.08	5	24
11149	Chayote, fruit, raw	132.0	1.0 cup (1" pieces)	1.08	16	25
28080	KEEBLER, FUDGE SHOPPE, Deluxe Grahams Cookies	27.0	3.0 pieces	1.08	4	138
18528	ARCHWAY Home Style Cookies, Dutch Cocoa	24.0	1.0 serving	1.08	--	103
18174	Cookies, graham crackers, chocolate-coated	27.0	3.0 pieces	1.08	4	135
18223	Crackers, milk	14.2	0.5 oz	1.08	3	63
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	130.0	1.0 cup slices	1.08	30	26
11957	Fennel, bulb, raw	87.0	1.0 cup, sliced	1.08	15	27
03296	Babyfood, dinner, turkey, rice, and vegetables, toddler	28.35	1.0 oz	1.08	4	17
19039	Snacks, popcorn, caramel-coated, without peanuts	28.35	1.0 oz	1.08	10	122
18321	Pie, lemon meringue, prepared from recipe	28.35	1.0 oz	1.08	2	81
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	211.0	1.0 can (6 fl oz)	1.08	36	350
09410	Apple juice, frozen concentrate, unsweetened, undiluted, with added ascorbic acid	211.0	1.0 can (6 fl oz)	1.08	36	350
19144	Candies, NESTLE, 100 GRAND Bar	43.0	1.0 bar (1.5 oz)	1.08	11	201
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	1.07	12	59
28111	KEEBLER, READY CRUST, Chocolate Pie Crust	21.0	0.125 crust 1 serving (from 9" shell)	1.07	6	103
14317	Beverages, malted drink mix, chocolate, powder	21.0	1.0 serving (3 heaping tsp or 1 envelope)	1.07	15	86
06112	Sauce, teriyaki, ready-to-serve	18.0	1.0 tbsp	1.07	11	16
28336	Bread, gluten-free, white, made with potato extract, rice starch, and rice flour	34.0	1.0 slice	1.06	4	109
28366	RUDI'S, Gluten-Free Bakery, Original Sandwich Bread	34.0	1.0 slice	1.06	4	109
28146	KEEBLER, TOWN HOUSE, TOPPERS, Multigrain Crackers	14.0	3.0 crackers	1.06	5	65
28147	KEEBLER, TOWN HOUSE, TOPPERS, Original Crackers	14.0	3.0 crackers	1.06	--	68
03928	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, powder	8.5	1.0 scoop	1.06	5	43
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	1.06	3	82

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
33867	Infant formula, GERBER, GOOD START, PROTECT PLUS, powder	9.4	1.0 scoop	1.06	3	48
19308	Candies, MARS SNACKFOOD US, POP'ABLES 3 MUSKETEERS Brand Bite Size Candies	41.0	1.0 serving 15 pieces	1.06	--	182
09313	Sapodilla, raw	241.0	1.0 cup, pulp	1.06	29	200
08211	Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S	27.0	0.75 cup (1 NLEA serving)	1.06	12	111
09267	Pineapple, canned, water pack, solids and liquids	246.0	1.0 cup, crushed, sliced, or chunks	1.06	44	79
03681	Babyfood, cereal, barley, prepared with whole milk	28.35	1.0 oz	1.06	5	24
28136	KEEBLER, TOASTEDS, Sesame Crackers	16.0	5.0 crackers	1.06	--	79
28224	MURRAY, SUGAR FREE, Fudge Dipped Wafers	31.0	4.0 cookies	1.05	5	151
03956	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified	31.0	1.0 oz	1.05	5	30
09325	Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids	257.0	1.0 cup	1.05	33	221
05088	Chicken, broilers or fryers, neck, meat only, raw	6.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.05	1	9
08501	Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES	27.0	0.75 cup	1.05	4	109
18427	Crackers, standard snack-type, regular, low salt	14.2	0.5 oz	1.05	4	71
08672	Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS	30.0	0.75 cup (1 NLEA serving)	1.05	9	118
11116	Cabbage, chinese (pak-choi), raw	70.0	1.0 cup, shredded	1.05	13	9
18170	Cookies, fig bars	28.35	1.0 oz	1.05	8	99
21346	McDONALD'S, NEWMAN'S OWN Cobb Dressing	62.0	2.0 fl oz	1.05	2	122
09268	Pineapple, canned, juice pack, solids and liquids	249.0	1.0 cup, crushed, sliced, or chunks	1.05	35	149
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	9.5	1.0 scoop	1.04	3	49
33869	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, powder	9.4	1.0 scoop	1.04	3	47
11711	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt	124.0	1.0 cup (1/2" pieces)	1.04	20	24
11025	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	124.0	1.0 cup (1/2" pieces)	1.04	20	24
03298	Babyfood, dinner, broccoli and chicken, junior	29.0	1.0 tbsp	1.04	3	18
28134	KEEBLER, TOASTEDS, Party Pack Cracker Assortment	16.0	5.0 crackers	1.04	2	77
33862	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder	9.6	1.0 scoop	1.04	4	49
03901	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, liquid concentrate, not reconstituted	31.9	1.0 fl oz	1.04	3	40
19034	Snacks, popcorn, air-popped	8.0	1.0 cup	1.04	12	31
18540	ARCHWAY Home Style Cookies, Old Fashioned Windmill Cookies	20.0	1.0 serving	1.03	--	94
03820	Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder	31.0	1.0 fl oz	1.03	6	27

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
03964	Babyfood, fortified cereal bar, fruit filling	19.0	1.0 bar	1.03	4	65
11299	Parsnips, cooked, boiled, drained, without salt	78.0	0.5 cup slices	1.03	23	55
11808	Parsnips, cooked, boiled, drained, with salt	78.0	0.5 cup slices	1.03	23	55
08083	Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS	31.0	1.0 cup (1 NLEA serving)	1.03	1	119
18127	Cake, snack cakes, creme-filled, chocolate with frosting	28.35	1.0 oz	1.03	10	113
28266	KEEBLER, READY CRUST, Graham Pie Crust (10"), Reduced Fat	21.0	0.125 crust	1.03	1	99
18522	ARCHWAY Home Style Cookies, Chocolate Chip Ice Box	24.0	1.0 serving	1.03	--	119
03980	Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder	8.7	1.0 scoop	1.03	4	45
11917	Peppers, sweet, red, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	1.03	8	19
11337	Peppers, sweet, green, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	1.03	8	19
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	90.0	0.5 cup slices	1.03	17	14
09516	Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	233.0	1.0 cup	1.03	30	121
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	155.0	1.0 cup	1.02	17	42
19040	Snacks, popcorn, cheese-flavor	11.0	1.0 cup	1.02	10	58
08206	Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS	30.0	0.75 cup (1 NLEA serving)	1.02	8	117
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	155.0	1.0 cup	1.02	17	42
11880	Taro, shoots, cooked, with salt	140.0	1.0 cup slices	1.02	11	20
11523	Taro shoots, cooked, without salt	140.0	1.0 cup slices	1.02	11	20
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	28.35	1.0 oz	1.02	11	136
21420	KFC, Coleslaw	112.0	1.0 package	1.02	10	161
09316	Strawberries, raw	152.0	1.0 cup, halves	1.02	20	49
19296	Honey	339.0	1.0 cup	1.02	7	1031
09160	Lime juice, raw	242.0	1.0 cup	1.02	19	60
33868	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder	9.4	1.0 scoop	1.02	3	46
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	29.0	2.0 cookies	1.02	9	142
28032	GIRL SCOUTS, Samoas Cookies	29.0	2.0 cookies	1.02	9	142
28073	KEEBLER, Danish Wedding Cookies	26.0	4.0 cookies	1.01	4	131
18202	Cookies, sugar wafer, with creme filling, sugar free	28.35	1.0 oz	1.01	2	151
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	28.35	1.0 oz	1.01	6	24
14622	Beverages, V8 V-FUSION Juices, Tropical	246.0	1.0 serving 8 oz	1.01	17	121
14620	Beverages, V8 V-FUSION Juices, Peach Mango	246.0	1.0 serving 8 oz	1.01	17	121
14621	Beverages, V8 V-FUSION Juices, Strawberry Banana	246.0	1.0 serving 8 oz	1.01	17	121
09452	Orange Pineapple Juice Blend	246.0	8.0 fl oz	1.01	25	125
03938	Infant formula, PBM PRODUCTS, store brand, powder	8.4	1.0 scoop	1.01	3	44
19860	Cocoa, dry powder, hi-fat or breakfast, processed with alkali	6.0	1.0 tablespoon Ghirardelli label 2011	1.01	29	29
09511	Fruit juice smoothie, NAKED JUICE, BLUE MACHINE	240.0	8.0 fl oz	1.01	--	170

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
14061	Beverages, Energy Drink, sugar free	240.0	8.0 fl oz	1.01	0	10
09507	Fruit juice smoothie, NAKED JUICE, MIGHTY MANGO	240.0	8.0 fl oz	1.01	--	151
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	240.0	8.0 fl oz	1.01	17	91
28144	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Reduced Fat	14.0	5.0 crackers	1.01	2	63
14060	Beverages, Energy Drink with carbonated water and high fructose corn syrup	240.0	8.0 fl oz	1.01	0	149
28148	KEEBLER, TOWN HOUSE, Wheat Crackers	16.0	5.0 crackers	1.01	1	78
09351	Fruit cocktail, canned, heavy syrup, drained	214.0	1.0 cup	1.01	11	150
09519	Guava nectar, with sucralose, canned	335.0	11.3 fl oz	1.00	7	161
28349	Cookies, oatmeal, reduced fat	25.0	1.0 cookie	1.00	8	91
03926	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	1.00	4	40
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	35.0	2.0 tbsp	1.00	26	15
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	1.00	17	38
06987	HEALTHY REQUEST, Cream of Celery Soup, condensed	124.0	1.0 serving 1/2 cup	1.00	--	69
06057	CAMPBELL'S Red and White, Chicken Broth, condensed	124.0	1.0 serving 1/2 cup	1.00	--	20
06340	CAMPBELL'S Red and White, Cream of Onion Soup, condensed	124.0	1.0 serving 1/2 cup	1.00	--	100
06218	CAMPBELL'S, 98% Fat Free Cream of Celery Soup, condensed	124.0	0.5 cup condensed	1.00	--	69
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	124.0	1.0 leek	1.00	17	38
06334	CAMPBELL'S Red and White, Cream of Celery Soup, condensed	124.0	1.0 serving 1/2 cup	1.00	--	91
11969	Broccoli, chinese, cooked	88.0	1.0 cup	1.00	16	19
19175	Gelatin desserts, dry mix, reduced calorie, with aspartame	6.4	1.0 serving	1.00	0	13
06332	Gravy, CAMPBELL'S, turkey, microwavable	60.0	0.25 cup	1.00	--	25
06323	Gravy, CAMPBELL'S, turkey, fat free	60.0	0.25 cup	1.00	--	20
08204	Cereals ready-to-eat, chocolate-flavored frosted puffed corn	30.0	1.0 cup	1.00	11	122
06599	PACE, Enchilada Sauce	60.0	0.25 cup	1.00	--	24
28296	Cake, snack cakes, creme-filled, chocolate with frosting, low-fat, with added fiber	27.0	1.0 cake 1 serving	1.00	9	110
28297	Cake, snack cakes, not chocolate, with icing or filling, low-fat, with added fiber	27.0	1.0 cake 1 serving	1.00	3	111
27030	PACE, Triple Pepper Salsa	32.0	1.0 serving	1.00	--	15
43450	Frozen novelties, juice type, juice with cream	71.0	2.5 oz	1.00	6	82
28330	Cookies, marshmallow, with rice cereal and chocolate chips	22.0	1.0 bar	1.00	11	96
14557	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients	22.0	1.0 serving	1.00	12	88
25052	Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar	24.0	1.0 bar	1.00	17	98
11980	Peppers, chili, green, canned	139.0	1.0 cup	1.00	6	29

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
28311	Cookies, sugar wafer, chocolate-covered	29.0	3.0 cookie	1.00	13	153
08476	Cereals ready-to-eat, MALT-O-MEAL, Honey BUZZERS	29.0	1.333 cup	1.00	8	110
03190	Babyfood, cereal, oatmeal, with bananas, dry	15.0	1.0 serving	1.00	18	60
03302	Babyfood, snack, GERBER, GRADUATES, YOGURT MELTS	7.0	1.0 serving	1.00	4	27
09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	250.0	1.0 cup	1.00	35	128
01267	Cheese, mexican, queso cotija	5.0	2.0 tsp	1.00	2	18
03997	Babyfood, Baby MUM MUM Rice Biscuits	8.0	4.0 biscuit	1.00	4	31
19171	Cocoa, dry powder, unsweetened, HERSHEY'S European Style Cocoa	5.0	1.0 tbsp	1.00	--	20
09163	Blueberries, dried, sweetened	40.0	0.25 cup	1.00	7	127
03995	Babyfood, banana with mixed berries, strained	99.0	1.0 packet	1.00	23	91
03279	Babyfood, dinner, mixed vegetable, junior	99.0	1.0 serving	1.00	13	34
14063	Beverages, chocolate powder, no sugar added	11.0	2.0 tbsp	1.00	45	41
28327	Crackers, water biscuits	14.0	4.0 cracker 1 serving	1.00	3	54
28299	Cookies, chocolate sandwich, with creme filling, reduced fat	34.0	1.0 serving	1.00	8	148
28328	Cookies, chocolate chip sandwich, with creme filling	34.0	1.0 cookie	1.00	8	144
18966	Crackers, saltines, whole wheat (includes multi-grain)	14.0	1.0 serving	1.00	10	56
08370	Cereals ready-to-eat, GENERAL MILLS, RICE CRUNCHINS	21.0	1.0 bowl (3/4 cup) (1 NLEA serving)	1.00	--	80
03854	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, LIPIL, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	1.00	4	41
44258	Puddings, chocolate flavor, low calorie, regular, dry mix	9.9	1.0 serving	1.00	11	36
28298	Cookies, brownies, commercially prepared, reduced fat, with added fiber	36.0	1.0 brownie 1 serving	1.00	11	124
06329	Gravy, FRANCO-AMERICAN, beef, slow roast	59.0	0.25 cup	1.00	--	25
06326	Gravy, CAMPBELL'S, turkey	59.0	0.25 cup	1.00	--	25
06320	Gravy, CAMPBELL'S, chicken, fat free	59.0	0.25 cup	1.00	--	15
06317	Gravy, CAMPBELL'S, beef, fat free	59.0	0.25 cup	1.00	--	15
06330	Gravy, FRANCO-AMERICAN, chicken, slow roast	59.0	0.25 cup	1.00	--	20
06327	Gravy, FRANCO-AMERICAN, beef, slow roast, fat free	59.0	0.25 cup	1.00	--	20
06324	Gravy, CAMPBELL'S, beef, microwavable	59.0	0.25 cup	1.00	--	25
06996	Gravy, CAMPBELL'S, au jus	59.0	0.25 cup	1.00	--	5
06321	Gravy, CAMPBELL'S, golden pork	59.0	0.25 cup	1.00	--	45
06318	Gravy, CAMPBELL'S, country style cream	59.0	0.25 cup	1.00	--	45
06331	Gravy, FRANCO-AMERICAN, turkey, slow roast	59.0	0.25 cup	1.00	--	25
06328	Gravy, FRANCO-AMERICAN, chicken, slow roast, fat free	59.0	0.25 cup	1.00	--	20
06997	Gravy, CAMPBELL'S, beef	59.0	0.25 cup	1.00	--	25
31005	CAMPBELL'S, V8 Vegetable Juice, Organic V8	243.0	8.0 fl oz	1.00	--	49

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
31016	CAMPBELL'S, V8 60% Vegetable Juice, V8 V-Lite	243.0	8.0 fl oz	1.00	--	34
08494	Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS	30.0	0.75 cup (1 NLEA serving)	1.00	8	128
06351	CAMPBELL'S Red and White, Old Fashioned Tomato Rice Soup, condensed	126.0	1.0 serving 1/2 cup	1.00	--	110
09096	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	237.0	1.0 cup	1.00	17	76
28067	KEEBLER, CLUB, Multigrain Crackers	14.0	4.0 crackers	0.99	4	65
28292	Crackers, multigrain	14.0	4.0 crackers	0.99	4	67
03994	Babyfood, fruit, banana and strawberry, junior	140.0	1.0 bottle	0.99	42	153
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	28.35	1.0 oz	0.99	4	22
18312	Pie, chocolate mousse, prepared from mix, no-bake type	28.35	1.0 oz	0.99	9	74
18119	Cake, pineapple upside-down, prepared from recipe	28.35	1.0 oz	0.99	4	90
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	242.0	1.0 cup, whole	0.99	17	182
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	0.99	25	131
11150	Chayote, fruit, cooked, boiled, drained, without salt	160.0	1.0 cup (1" pieces)	0.99	19	38
06038	CAMPBELL'S, Cheddar Cheese Soup, condensed	124.0	0.5 cup condensed	0.99	15	104
06011	Soup, cheese, canned, condensed	124.0	0.5 cup	0.99	15	102
11766	Chayote, fruit, cooked, boiled, drained, with salt	160.0	1.0 cup (1" pieces)	0.99	19	35
09093	Figs, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	0.99	26	279
28300	Cookies, oatmeal sandwich, with creme filling	38.0	1.0 cookie 1 serving	0.99	13	151
03837	Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not reconstituted	8.7	1.0 scoop	0.99	3	46
28143	KEEBLER, TOWN HOUSE, Reduced Fat Crackers	15.0	6.0 crackers	0.99	0	65
19807	Snacks, popcorn, oil-popped, white popcorn, salt added	11.0	1.0 cup	0.99	12	55
43544	Babyfood, cereal, rice with pears and apple, dry, instant fortified	15.0	1.0 serving	0.99	6	58
03184	Babyfood, cereal, whole wheat, with apples, dry fortified	15.0	0.5 oz	0.99	21	60
28141	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Original	15.0	5.0 crackers	0.99	2	73
09239	Peaches, canned, extra light syrup, solids and liquids	247.0	1.0 cup, halves or slices	0.99	12	104
08669	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Chocolate Squares	30.0	0.75 cup (1 NLEA serving)	0.99	16	76
28113	KEEBLER, 100 Calorie RIGHT BITES, CHIPS DELUXE, Chocolate Chip Cookies	21.0	1.0 pouch	0.99	6	95
43382	Cranberry juice, unsweetened	253.0	1.0 cup	0.99	15	116
28357	GLUTINO, Gluten Free Cookies, Vanilla Creme	45.0	3.0 cookies	0.99	4	219
11850	Radishes, oriental, cooked, boiled, drained, with salt	147.0	1.0 cup slices	0.98	13	25
11431	Radishes, oriental, cooked, boiled, drained, without salt	147.0	1.0 cup, sliced	0.98	13	25
09092	Figs, canned, heavy syrup pack, solids and liquids	259.0	1.0 cup	0.98	26	228

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	0.98	2	106
03802	Infant formula, NESTLE, GOOD START SUPREME, with iron, powder	8.7	1.0 scoop	0.98	3	44
03842	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid concentrate	31.4	1.0 fl oz	0.98	3	40
03952	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, liquid concentrate	31.4	1.0 fl oz	0.98	3	40
09091	Figs, canned, light syrup pack, solids and liquids	252.0	1.0 cup	0.98	25	174
03824	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, liquid concentrate, not reconstituted	30.8	1.0 fl oz	0.98	4	40
08066	Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice	14.0	0.75 cup (1 NLEA serving)	0.98	4	54
16132	Tofu, salted and fermented (fuyu)	11.0	1.0 block	0.98	6	13
09272	Pineapple, frozen, chunks, sweetened	245.0	1.0 cup, chunks	0.98	24	211
28079	KEEBLER, FUDGE SHOPPE, Coconut Dreams Cookies	28.0	2.0 cookies	0.98	6	140
18532	ARCHWAY Home Style Cookies, Iced Molasses	28.0	1.0 serving	0.98	--	118
03694	Babyfood, cereal, rice, prepared with whole milk	28.35	1.0 oz	0.98	7	24
11566	Turnips, frozen, unprepared	94.0	0.333 package, mashed (10 oz)	0.98	9	15
11362	Potatoes, raw, skin	38.0	1.0 skin	0.98	9	22
28069	KEEBLER, CLUB, Reduced Fat Crackers	16.0	5.0 crackers	0.98	--	71
28140	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Garlic Herb	15.0	5.0 crackers	0.98	2	73
09301	Rambutan, canned, syrup pack	150.0	1.0 cup, drained	0.98	10	123
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	0.97	15	118
02076	Seasoning mix, dry, chili, original	9.0	1.33 tbsp	0.97	--	30
11366	Potatoes, boiled, cooked in skin, skin, without salt	34.0	1.0 skin	0.97	10	27
11832	Potatoes, boiled, cooked in skin, skin, with salt	34.0	1.0 skin	0.97	10	27
09145	Java-plum, (jambolan), raw	135.0	1.0 cup	0.97	20	81
09281	Plums, canned, purple, water pack, solids and liquids	249.0	1.0 cup, pitted	0.97	12	102
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117.0	0.5 cup	0.97	1	23
19866	Candies, soft fruit and nut squares	42.0	3.0 pieces	0.97	10	164
19036	Snacks, popcorn, cakes	10.0	1.0 cake	0.97	16	38
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	242.0	1.0 cup	0.97	12	138
09002	Acerola juice, raw	242.0	1.0 cup	0.97	29	56
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248.0	1.0 cup	0.97	12	181
03966	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, liquid concentrate	29.2	1.0 fl oz	0.97	4	39

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
18303	Pie, banana cream, prepared from mix, no-bake type	28.35	1.0 oz	0.96	3	71
18117	Cake, pudding-type, marble, dry mix	28.35	1.0 oz	0.96	5	118
28356	GLUTINO, Gluten Free Cookies, Chocolate Vanilla Creme	44.0	3.0 cookies	0.96	18	209
28332	Cookies, gluten-free, chocolate sandwich, with creme filling	44.0	3.0 cookies	0.96	18	209
09232	Passion-fruit juice, purple, raw	247.0	1.0 cup	0.96	42	126
19806	Snacks, popcorn, air-popped (Unsalted)	8.0	1.0 cup	0.96	10	31
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	120.0	0.5 cup	0.96	16	18
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	120.0	0.5 cup	0.96	16	18
11726	Beans, snap, green, canned, no salt added, solids and liquids	120.0	0.5 cup	0.96	16	18
09088	Elderberries, raw	145.0	1.0 cup	0.96	7	106
11751	Cabbage, common, cooked, boiled, drained, with salt	75.0	0.5 cup, shredded	0.95	11	17
11110	Cabbage, cooked, boiled, drained, without salt	75.0	0.5 cup, shredded	0.95	11	17
28064	KEEBLER, CLUB, Dash of Salt Crackers	14.0	4.0 crackers	0.95	3	69
36035	Restaurant, family style, coleslaw	108.0	1.0 serving	0.95	11	172
09318	Strawberries, frozen, unsweetened	221.0	1.0 cup, thawed	0.95	24	77
28268	KEEBLER, Sugar Cones	13.0	1.0 cone	0.95	1	49
05025	Chicken, heart, all classes, raw	6.1	1.0 heart	0.95	1	9
11796	Lotus root, cooked, boiled, drained, with salt	60.0	0.5 cup	0.95	13	40
11255	Lotus root, cooked, boiled, drained, without salt	60.0	0.5 cup	0.95	13	40
06481	Soup, chicken broth cubes, dry, prepared with water	243.0	1.0 cup (8 fl oz)	0.95	2	12
11058	Beans, snap, canned, all styles, seasoned, solids and liquids	114.0	0.5 cup	0.95	15	18
19083	Candies, sweet chocolate coated fondant	43.0	1.0 patty, large	0.95	27	157
01049	Cream, fluid, half and half	30.2	1.0 fl oz	0.95	3	37
28117	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Brownies	21.0	1.0 package	0.94	9	96
28114	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Dark Chocolate Fudge Stripes Cookies	21.0	1.0 pouch	0.94	9	101
03858	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted	8.7	1.0 scoop	0.94	3	45
27052	Dip, salsa con queso, cheese and salsa- medium	30.0	2.0 tbsp	0.94	2	43
19091	Candies, YORK Peppermint Pattie	43.0	1.0 patty 1.5 oz	0.94	--	165
33877	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, powder	8.7	1.0 scoop	0.94	4	44
33863	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder	8.7	1.0 scoop	0.94	4	44
09285	Plums, canned, purple, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	0.94	13	264
09326	Watermelon, raw	154.0	1.0 cup, balls	0.94	15	46
01073	Dessert topping, semi solid, frozen	75.0	1.0 cup	0.94	2	238

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253.0	1.0 cup	0.94	25	152
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	253.0	1.0 cup	0.94	25	157
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	253.0	1.0 cup	0.94	25	152
09310	Rhubarb, frozen, cooked, with sugar	240.0	1.0 cup	0.94	29	278
18354	Strudel, apple	28.35	1.0 oz	0.94	3	78
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	0.93	14	172
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	0.93	12	36
11759	Carrots, canned, no salt added, drained solids	146.0	1.0 cup, sliced	0.93	12	36
28359	GLUTINO, Gluten Free Wafers, Milk Chocolate	23.0	3.0 cookies	0.93	9	124
28333	Cookies, gluten-free, chocolate wafer	23.0	3.0 cookies	0.93	9	124
09283	Plums, canned, purple, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	0.93	13	159
28291	Cookies, animal, with frosting or icing	31.0	8.0 cookies 1 serving	0.93	2	158
28044	KEEBLER, ANIMALS, Frosted Cookies	31.0	8.0 cookies 1 serving	0.93	--	157
11024	Balsam-pear (bitter gourd), pods, raw	93.0	1.0 cup (1/2" pieces)	0.93	--	16
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258.0	1.0 cup, pitted	0.93	13	230
09403	Apricot nectar, canned, with added ascorbic acid	251.0	1.0 cup	0.93	13	141
09036	Apricot nectar, canned, without added ascorbic acid	251.0	1.0 cup	0.93	13	141
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	160.0	1.0 cup, chopped	0.93	11	146
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0.93	17	14
03827	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	0.93	4	44
03950	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted	8.5	1.0 scoop	0.93	3	44
03853	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted	8.5	1.0 scoop	0.93	3	44
28112	KEEBLER, READY CRUST, Shortbread Pie Crust	21.0	0.125 crust 9" crust	0.92	0	105
19263	Frozen novelties, fruit and juice bars	77.0	1.0 bar (2.5 fl oz)	0.92	3	67
09354	Pineapple, canned, juice pack, drained	181.0	1.0 cup, chunks	0.92	27	109
03869	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, with iron, powder, not reconstituted	8.5	1.0 scoop	0.92	4	44
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	0.92	5	196
19092	Candies, TWIZZLERS NIBS CHERRY BITS	40.0	27.0 pieces	0.92	--	139
19301	Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe	28.35	1.0 oz	0.92	13	134
09184	Melons, honeydew, raw	170.0	1.0 cup, diced (approx 20 pieces per cup)	0.92	17	61

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
03808	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	0.92	3	43
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	0.91	10	12
28135	KEEBLER, TOASTEDS, Onion Crackers	16.0	5.0 crackers	0.91	--	77
11349	Poi	240.0	1.0 cup	0.91	58	269
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	0.91	8	46
06179	Sauce, fish, ready-to-serve	18.0	1.0 tbsp	0.91	32	6
03937	Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.91	3	41
09429	Pineapple, raw, traditional varieties	165.0	1.0 cup, chunks	0.91	20	74
19859	Cocoa, dry powder, hi-fat or breakfast, plain	5.4	1.0 tbsp	0.91	28	26
09269	Pineapple, canned, light syrup pack, solids and liquids	252.0	1.0 cup, crushed, sliced, or chunks	0.91	40	131
25009	Snacks, M&M MARS, KUDOS Whole Grain Bar, M&M's milk chocolate	24.0	1.0 bar	0.91	--	100
06120	Gravy, chicken, dry	8.0	1.0 tbsp	0.90	3	30
28065	KEEBLER, CLUB, Minis Original Crackers	15.0	17.0 crackers	0.90	2	72
28118	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Fudge Grahams Cookies	20.0	1.0 pouch	0.90	2	93
09273	Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	250.0	1.0 cup	0.90	30	132
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	250.0	1.0 cup	0.90	30	132
11670	Peppers, hot chili, green, raw	45.0	1.0 pepper	0.90	11	18
09510	Pineapple juice, canned, not from concentrate, unsweetened, with added vitamins A, C and E	250.0	1.0 cup	0.90	28	125
19116	Candies, marshmallows	50.0	1.0 cup of miniature	0.90	1	159
11339	Peppers, sweet, green, sauteed	115.0	1.0 cup chopped	0.90	9	146
16432	Tofu, salted and fermented (fuyu), prepared with calcium sulfate	11.0	1.0 block	0.90	6	13
03809	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, powder, not reconstituted	8.3	1.0 scoop	0.90	3	42
03805	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, powder	8.3	1.0 scoop	0.90	3	43
21379	McDONALD'S, Side Salad	87.0	1.0 item 3.1 oz	0.90	--	17
28145	KEEBLER, TOWN HOUSE, TOPPERS, Garlic Herb Crackers	14.0	3.0 crackers	0.90	--	68
28210	MURRAY, SUGAR FREE, Vanilla Sugar Wafer	28.0	4.0 cookies	0.90	2	128
14259	Beverages, OCEAN SPRAY, Light Cranberry, Concord Grape	248.0	8.0 fl oz	0.89	2	57
42178	Mayonnaise, made with tofu	15.0	1.0 tbsp	0.89	8	48
28360	MARY'S GONE CRACKERS, Original Crackers, Organic Gluten Free	7.4	3.0 crackers	0.89	15	33
01017	Cheese, cream	14.5	1.0 tbsp	0.89	1	51
19322	Puddings, coconut cream, dry mix, instant	99.0	1.0 package (3.5 oz)	0.89	17	411

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
09266	Pineapple, raw, all varieties	165.0	1.0 cup, chunks	0.89	20	82
03089	Babyfood, dinner, macaroni and cheese, strained	28.35	1.0 oz	0.89	2	19
14248	Alcoholic beverage, beer, light, higher alcohol	356.0	12.0 fl oz	0.89	18	164
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup, crushed, sliced, or chunks	0.89	41	198
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	0.89	3	57
03860	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed	31.0	1.0 fl oz	0.89	6	31
09271	Pineapple, canned, extra heavy syrup pack, solids and liquids	260.0	1.0 cup, crushed, sliced, or chunks	0.88	39	216
36028	DENNY'S, coleslaw	91.0	1.0 serving	0.88	8	167
08156	Cereals ready-to-eat, rice, puffed, fortified	14.0	1.0 cup	0.88	4	56
28133	KEEBLER, TOASTEDS, Buttercrisps Crackers	16.0	5.0 crackers	0.88	--	79
19324	Puddings, coconut cream, dry mix, regular	88.0	1.0 package (3.12 oz)	0.88	13	382
18253	Doughnuts, french crullers, glazed	28.35	1.0 oz	0.88	3	117
03801	Infant formula, NESTLE, GOOD START SUPREME, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.88	3	40
27054	Dip, TOSTITOS, salsa con queso, medium	30.0	2.0 tbsp	0.88	2	40
11219	Gourd, white-flowered (calabash), cooked, boiled, drained, without salt	146.0	1.0 cup (1" cubes)	0.88	16	22
11784	Gourd, white-flowered (calabash), cooked, boiled, drained, with salt	146.0	1.0 cup (1" cubes)	0.88	16	19
09430	Pineapple, raw, extra sweet variety	165.0	1.0 cup, chunks	0.87	20	84
19142	Candies, MOUNDS Candy Bar	19.0	1.0 bar snack size	0.87	10	92
11427	Purslane, raw	43.0	1.0 cup	0.87	29	9
11505	Sweet potato leaves, raw	35.0	1.0 cup, chopped	0.87	24	15
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	31.1	1.0 fl oz	0.87	1	102
28081	KEEBLER, FUDGE SHOPPE, Caramel Filled Cookies	30.0	2.0 cookies	0.87	7	152
03870	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber	31.0	1.0 fl oz	0.87	6	31
11588	Waterchestnuts, chinese, (matai), raw	62.0	0.5 cup slices	0.87	14	60
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	255.0	1.0 cup	0.87	13	186
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	0.87	5	34
11982	Peppers, pasilla, dried	7.0	1.0 pepper	0.86	9	24
27053	Dip, OLD EL PASO, Cheese 'n Salsa, medium	32.0	2.0 tbsp	0.86	2	41
11603	Yambean (jicama), raw	120.0	1.0 cup slices	0.86	14	46
03818	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	0.86	3	41
03812	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	0.86	3	41

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
28121	KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies, Fudge Dipped	21.0	1.0 package	0.86	4	97
11457	Spinach, raw	30.0	1.0 cup	0.86	24	7
09102	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	245.0	1.0 cup	0.86	12	74
33864	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.86	3	41
09104	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, light syrup, solids and liquids	252.0	1.0 cup	0.86	13	146
09106	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, extra heavy syrup, solids and liquids	259.0	1.0 cup	0.85	13	228
33865	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.85	3	41
09152	Lemon juice, raw	244.0	1.0 cup	0.85	15	54
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	9.7	1.0 tbsp	0.85	3	36
02019	Spices, fenugreek seed	3.7	1.0 tsp	0.85	7	12
19104	Candies, fudge, vanilla with nuts	28.35	1.0 oz	0.85	7	123
18319	Pie, fried pies, fruit	28.35	1.0 oz	0.85	3	90
18445	Pie, fried pies, lemon	28.35	1.0 oz	0.85	3	90
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	28.35	1.0 oz	0.85	3	113
18444	Pie, fried pies, cherry	28.35	1.0 oz	0.85	3	90
11760	Carrots, frozen, cooked, boiled, drained, with salt	146.0	1.0 cup slices	0.85	16	54
11131	Carrots, frozen, cooked, boiled, drained, without salt	146.0	1.0 cup, sliced	0.85	16	54
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	0.85	10	33
09254	Pears, canned, juice pack, solids and liquids	248.0	1.0 cup, halves	0.84	17	124
12204	Nuts, chestnuts, japanese, roasted	28.35	1.0 oz	0.84	18	57
11819	Peppers, hot chili, red, raw	45.0	1.0 pepper	0.84	10	18
11154	Chicory roots, raw	60.0	1.0 root	0.84	13	43
11276	New Zealand spinach, raw	56.0	1.0 cup, chopped	0.84	22	8
28119	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Fudge Stripes Cookies	21.0	1.0 pouch	0.84	3	99
11157	Chrysanthemum, garland, raw	25.0	1.0 cup (1" pieces)	0.84	8	6
01178	Sour cream, reduced fat	12.0	1.0 tablespoon	0.84	1	22
03830	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, LIPIL, with iron, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	0.84	3	41
11086	Beet greens, raw	38.0	1.0 cup	0.84	27	8
25012	Snacks, sweet potato chips, unsalted	28.35	1.0 oz	0.83	18	151

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
03947	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA	30.5	1.0 fl oz	0.83	2	39
03072	Babyfood, dinner, chicken stew, toddler	16.0	1.0 tbsp	0.83	2	12
03856	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.83	3	40
03951	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.83	3	40
03851	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.83	3	40
10004	Pork, fresh, backfat, raw	28.35	1.0 oz	0.83	1	230
18360	Taco shells, baked	12.9	1.0 shell	0.83	11	61
11286	Onions, yellow, sauteed	87.0	1.0 cup chopped	0.83	8	115
09520	Kiwifruit, ZESPRI SunGold, raw	81.0	1.0 fruit	0.83	10	51
19333	Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water	127.0	0.5 cup	0.83	1	138
11568	Turnip greens, raw	55.0	1.0 cup, chopped	0.82	17	18
09082	Cranberry-orange relish, canned	275.0	1.0 cup	0.82	11	490
18110	Cake, fruitcake, commercially prepared	28.35	1.0 oz	0.82	5	92
18196	Cookies, brownies, dry mix, sugar free	28.35	1.0 oz	0.82	1	121
18085	Bread stuffing, cornbread, dry mix, prepared	28.35	1.0 oz	0.82	4	51
11210	Eggplant, cooked, boiled, drained, without salt	99.0	1.0 cup (1" cubes)	0.82	11	35
11783	Eggplant, cooked, boiled, drained, with salt	99.0	1.0 cup (1" cubes)	0.82	11	33
14181	Beverages, chocolate syrup	39.0	1.0 serving 2 tbsp	0.82	25	109
11979	Peppers, jalapeno, raw	90.0	1.0 cup, sliced	0.82	14	26
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	6.0	1.0 medium	0.82	1	4
12095	Nuts, chestnuts, chinese, boiled and steamed	28.35	1.0 oz	0.82	16	43
27051	Sauce, cocktail, ready-to-serve	60.0	0.25 cup	0.82	10	74
28142	KEEBLER, TOWN HOUSE, Original Crackers	16.0	5.0 crackers	0.82	--	84
19097	Sherbet, orange	74.0	0.5 cup (4 fl oz)	0.81	6	107
19052	Snacks, rice cakes, brown rice, buckwheat	9.0	1.0 cake	0.81	14	34
19817	Snacks, rice cakes, brown rice, buckwheat, unsalted	9.0	1.0 cake	0.81	14	34
09379	Plums, canned, heavy syrup, drained	183.0	1.0 cup, with pits, yields	0.81	9	163
11239	Mushrooms, Chanterelle, raw	54.0	1.0 cup	0.80	7	21
09177	Mangosteen, canned, syrup pack	196.0	1.0 cup, drained	0.80	25	143
11209	Eggplant, raw	82.0	1.0 cup, cubes	0.80	11	20
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	11.0	1.0 cup	0.80	9	64
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16.0	1.0 serving	0.80	4	49

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
19068	Candies, NESTLE, BIT-O'-HONEY Candy Chews	40.0	1.0 serving 6 pieces	0.80	3	150
28116	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Cookies 'N Creme	20.0	1.0 pouch	0.80	6	94
09011	Apples, dried, sulfured, uncooked	86.0	1.0 cup	0.80	14	209
14428	Beverages, shake, fast food, strawberry	23.5	1.0 fl oz	0.80	3	27
18309	Pie, cherry, prepared from recipe	28.35	1.0 oz	0.79	3	77
18314	Pie, coconut cream, prepared from mix, no-bake type	28.35	1.0 oz	0.79	5	78
09009	Apples, dehydrated (low moisture), sulfured, uncooked	60.0	1.0 cup	0.79	13	208
21141	BURGER KING, Vanilla Shake	24.8	1.0 fl oz	0.79	3	42
11429	Radishes, raw	116.0	1.0 cup slices	0.79	12	19
42119	Babyfood, banana juice with low fat yogurt	31.5	1.0 fl oz	0.79	3	28
06959	Gravy, instant turkey, dry	6.7	1.0 serving	0.79	2	27
11206	Cucumber, peeled, raw	133.0	1.0 cup, pared, chopped	0.78	--	16
11974	Grape leaves, raw	14.0	1.0 cup	0.78	13	13
28255	KEEBLER, ZESTA, Export Sodas Crackers	14.0	3.0 crackers	0.78	--	58
11591	Watercress, raw	34.0	1.0 cup, chopped	0.78	7	4
28155	KEEBLER, Waffle Bowls	12.0	1.0 waffle	0.78	2	51
28156	KEEBLER, Waffle Cones	12.0	1.0 cone	0.78	2	51
18082	Bread stuffing, bread, dry mix, prepared	28.35	1.0 oz	0.77	3	55
28068	KEEBLER, CLUB, Original Crackers	14.0	4.0 crackers	0.77	--	68
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	5.0	0.25 cup	0.77	35	13
18306	Pie, blueberry, prepared from recipe	28.35	1.0 oz	0.77	2	69
19818	Snacks, rice cakes, brown rice, multigrain, unsalted	9.0	1.0 cake	0.76	12	35
19414	Snacks, rice cakes, brown rice, multigrain	9.0	1.0 cake	0.76	12	35
43020	Salad dressing, blue or roquefort cheese, low calorie	15.0	1.0 tbsp	0.76	1	15
09143	Guava sauce, cooked	238.0	1.0 cup	0.76	17	86
18952	Tostada shells, corn	12.3	1.0 piece	0.76	9	58
19413	Snacks, rice cakes, brown rice, corn	9.0	1.0 cake	0.76	10	35
09423	Prune puree	36.0	2.0 tbsp	0.76	--	93
42120	Babyfood, mixed fruit juice with low fat yogurt	31.5	1.0 fl oz	0.76	3	24
28086	KEEBLER, FUDGE SHOPPE, Fudge Sticks	29.0	3.0 cookies	0.75	6	153
01199	Cream, half and half, fat free	29.0	2.0 tbsp	0.75	5	17
28097	KEEBLER, FUDGE SHOPPE, Merry Mint Patties, Holiday	26.0	2.0 cookies	0.75	4	137
09309	Rhubarb, frozen, uncooked	137.0	1.0 cup, diced	0.75	25	29
11287	Onions, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.75	7	28
09043	Blackberry juice, canned	250.0	1.0 cup	0.75	52	95

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
09061	Carissa, (natal-plum), raw	150.0	1.0 cup slices	0.75	24	93
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22.0	1.0 serving	0.75	3	91
19138	Candies, truffles, prepared-from-recipe	12.0	1.0 piece	0.75	6	61
28094	KEEBLER, FUDGE SHOPPE, Jumbo Fudge Sticks, Vanilla	31.0	1.0 cookie	0.74	--	164
14180	Beverages, coffee, brewed, breakfast blend	248.0	1.0 cup	0.74	10	5
11250	Lettuce, butterhead (includes boston and bibb types), raw	55.0	1.0 cup, shredded or chopped	0.74	--	7
08090	Cereals, corn grits, white, regular and quick, enriched, dry	9.7	1.0 tbsp	0.74	3	36
09255	Pears, canned, extra light syrup pack, solids and liquids	247.0	1.0 cup, halves	0.74	12	116
09449	Nance, frozen, unsweetened	112.0	1.0 cup without pits, thawed	0.74	22	82
19816	Snacks, rice cakes, brown rice, plain, unsalted	9.0	1.0 cake	0.74	12	35
25059	Snacks, brown rice chips	9.0	1.0 cake	0.74	12	35
19051	Snacks, rice cracker brown rice, plain	9.0	1.0 cake	0.74	12	35
14635	Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E	246.0	1.0 serving 8 oz	0.74	17	113
18322	Pie, mince, prepared from recipe	28.35	1.0 oz	0.74	4	82
03090	Babyfood, dinner, macaroni and cheese, junior	28.35	1.0 oz	0.74	2	17
06494	Soup, onion, dry, mix, prepared with water	230.0	1.0 serving 1 cup	0.74	9	28
33879	Babyfood, finger snacks, GERBER, GRADUATES, LIL CRUNCHIES - MILD CHEDDAR	8.9	0.5 cup	0.74	8	46
09526	Cranberry sauce, jellied, canned, OCEAN SPRAY	70.0	0.25 cup	0.74	1	112
06126	Gravy, turkey, dry	7.0	1.0 serving	0.73	3	26
16137	Hummus, home prepared	15.0	1.0 tablespoon	0.73	4	27
19416	Snacks, rice cakes, brown rice, rye	9.0	1.0 cake	0.73	13	35
19800	Snacks, corn cakes, very low sodium	9.0	1.0 cake	0.73	10	35
19419	Snacks, corn cakes	9.0	1.0 cake	0.73	10	35
21313	McDONALD'S, Hot Mustard Sauce	28.0	1.0 package	0.73	7	53
19124	Baking chocolate, mexican, squares	20.0	1.0 tablet	0.73	19	85
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	0.73	11	28
14220	Beverages, OCEAN SPRAY, Cranberry-Apple Juice Drink, bottled	249.0	8.0 fl oz	0.72	2	139
42259	Snacks, popcorn, home-prepared, oil-popped, unsalted	8.0	1.0 cup	0.72	9	40
43268	Whipped cream substitute, dietetic, made from powdered mix	80.0	1.0 cup	0.72	1	80
11126	Carrots, canned, regular pack, solids and liquids	123.0	0.5 cup slices	0.71	11	28
03201	Babyfood, cereal, egg yolks and bacon, junior	28.35	1.0 oz	0.71	1	22
06114	Gravy, au jus, canned	59.0	0.25 cup	0.71	1	9
19153	Candies, NESTLE, AFTER EIGHT Mints	42.0	1.0 serving 5 mints	0.70	--	181
14347	Shake, fast food, vanilla	20.8	1.0 fl oz	0.70	3	31

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
06081	Soup, chicken broth cubes, dry	4.8	1.0 cube	0.70	3	10
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	175.0	1.0 cup, cubes	0.70	18	24
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	175.0	1.0 cup, cubes	0.70	18	19
43098	Pie fillings, cherry, low calorie	85.0	1.0 serving	0.70	7	45
11143	Celery, raw	101.0	1.0 cup chopped	0.70	11	16
11430	Radishes, oriental, raw	116.0	1.0 cup slices	0.70	19	21
14233	Beverages, OCEAN SPRAY, Cran Raspberry Juice Drink	248.0	8.0 fl oz	0.69	2	122
43432	Babyfood, dinner, macaroni, beef and tomato sauce, toddler	16.0	1.0 tbsp	0.69	2	13
19181	Candies, YORK BITES	39.0	15.0 pieces	0.69	0	154
35206	Plums, wild (Northern Plains Indians)	161.0	1.0 cup	0.69	13	147
11003	Amaranth leaves, raw	28.0	1.0 cup	0.69	15	6
14224	Beverages, coffee, instant, mocha, sweetened	13.0	1.0 serving 2 tbsp	0.69	9	60
11878	Taro, cooked, with salt	132.0	1.0 cup slices	0.69	40	187
11519	Taro, cooked, without salt	132.0	1.0 cup, sliced	0.69	40	187
28345	Crackers, gluten-free, multi-seeded and multigrain	6.1	3.0 crackers	0.69	10	28
01072	Dessert topping, pressurized	70.0	1.0 cup	0.69	1	185
11233	Kale, raw	16.0	1.0 cup 1" pieces, loosely packed	0.68	8	8
19053	Snacks, rice cakes, brown rice, sesame seed	9.0	1.0 cake	0.68	12	35
19819	Snacks, rice cakes, brown rice, sesame seed, unsalted	9.0	1.0 cake	0.68	12	35
09226	Papayas, raw	145.0	1.0 cup 1" pieces	0.68	30	62
18302	Pie, apple, prepared from recipe	28.35	1.0 oz	0.68	2	75
18090	Cake, boston cream pie, commercially prepared	28.35	1.0 oz	0.68	2	71
01074	Sour cream, imitation, cultured	28.35	1.0 oz	0.68	2	59
18095	Cake, cherry fudge with chocolate frosting	28.35	1.0 oz	0.68	5	75
06480	Soup, chicken broth or bouillon, dry, prepared with water	241.0	1.0 cup 8 fl oz	0.67	5	10
09251	Peach nectar, canned, without added ascorbic acid	249.0	1.0 cup	0.67	10	134
09407	Peach nectar, canned, with added ascorbic acid	249.0	1.0 cup	0.67	10	134
14639	Beverages, rice milk, unsweetened	240.0	8.0 fl oz (approximate weight, 1 serving)	0.67	26	113
43028	Jams and preserves, no sugar (with sodium saccharin), any flavor	224.0	1.0 cup	0.67	11	296
19146	Baking chocolate, MARS SNACKFOOD US, M&M's Milk Chocolate Mini Baking Bits	14.0	1.0 serving 0.5 oz, about 1 tbsp	0.67	--	70
06080	Soup, chicken broth or bouillon, dry	4.0	1.0 cube	0.67	2	11
18524	ARCHWAY Home Style Cookies, Coconut Macaroon	22.0	1.0 serving	0.66	--	101
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	7.9	1.0 cup	0.66	9	42

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
03982	Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed	30.4	1.0 fl oz	0.66	2	20
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	0.66	5	63
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	73.0	1.0 pepper	0.66	10	15
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	73.0	1.0 pepper	0.66	10	15
06958	Gravy, instant beef, dry	6.7	1.0 serving	0.66	3	25
03930	Infant formula, MEAD JOHNSON,NEXT STEP PROSOBEE, prepared from powder	30.5	1.0 fl oz	0.65	2	20
19400	Snacks, banana chips	28.35	1.0 oz	0.65	22	147
03283	Babyfood, vegetables, garden vegetable, strained	28.35	1.0 oz	0.65	6	9
19524	Snacks, taro chips	28.35	1.0 oz	0.65	24	141
09054	Blueberries, frozen, unsweetened	155.0	1.0 cup, unthawed	0.65	8	79
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	30.0	10.0 strip	0.65	6	50
11147	Chard, swiss, raw	36.0	1.0 cup	0.65	29	7
11252	Lettuce, iceberg (includes crisphead types), raw	72.0	1.0 cup shredded	0.65	5	10
03839	Infant formula, ABBOTT NUTRITION, SIMILAC, NATURAL CARE, ADVANCE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0.65	3	24
11492	Squash, winter, spaghetti, raw	101.0	1.0 cup, cubes	0.65	12	31
25027	Snacks, plantain chips, salted	28.35	1.0 oz	0.65	20	151
06118	Gravy, brown, dry	6.0	1.0 tbsp	0.64	2	22
28376	VAN'S, The Perfect 10, Crispy Six Whole Grain + Four Seed Baked Crackers, Gluten Free	8.4	3.0 crackers	0.64	8	40
09420	Jackfruit, canned, syrup pack	178.0	1.0 cup, drained	0.64	18	164
09174	Loquats, raw	149.0	1.0 cup, cubed	0.64	19	70
12202	Nuts, chestnuts, japanese, raw	28.35	1.0 oz	0.64	14	44
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	40.0	1.0 serving 6 pieces	0.64	9	155
28310	Cookies, shortbread, reduced fat	11.8	1.0 cookie	0.63	2	53
09433	Clementines, raw	74.0	1.0 fruit	0.63	7	35
14156	Beverages, Energy drink, RED BULL, sugar free, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12	250.0	1.0 serving 8.3 fl oz can	0.62	8	12
03199	Babyfood, cereal, with eggs, strained	28.35	1.0 oz	0.62	1	16
06076	Soup, beef broth, cubed, dry	3.6	1.0 cube	0.62	2	6
19139	Baking chocolate, MARS SNACKFOOD US, M&M's Semisweet Chocolate Mini Baking Bits	14.0	1.0 serving 0.5 oz, about 1 tbsp	0.62	--	72
06985	Gravy, HEINZ Home Style, savory beef	57.0	1.0 serving 1/4 cup 2 oz	0.62	2	22
44158	Pie fillings, blueberry, canned	151.0	1.0 serving	0.62	15	273

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
09415	Pears, raw, green anjou	140.0	1.0 cup, sliced	0.62	10	92
11590	Waterchestnuts, chinese, canned, solids and liquids	70.0	0.5 cup slices	0.62	4	35
03955	Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, ready-to-feed, with ARA and DHA	30.8	1.0 fl oz	0.62	2	22
09161	Lime juice, canned or bottled, unsweetened	246.0	1.0 cup	0.62	17	52
14641	Beverages, Energy drink, VAULT Zero, sugar-free, citrus flavor	246.0	1.0 serving (8 fl oz)	0.62	7	2
03297	Babyfood, dinner, apples and chicken, strained	28.35	1.0 oz	0.61	2	18
09340	Pears, asian, raw	122.0	1.0 fruit 2-1/4" high x 2-1/2" dia	0.61	10	51
03211	Babyfood, cereal, high protein, with apple and orange, dry	2.4	1.0 tbsp	0.61	4	9
19080	Candies, semisweet chocolate	14.5	1.0 serving	0.61	17	70
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	21.0	10.0 strip	0.61	5	42
28361	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Cheddar	5.2	10.0 goldfish	0.61	1	24
43373	Babyfood, dinner, chicken and noodle with vegetables, toddler	16.0	1.0 tbsp	0.61	2	11
19102	Candies, fudge, peanut butter, prepared-from-recipe	16.0	1.0 piece	0.60	3	62
20315	Corn flour, whole-grain, blue (harina de maiz morado)	6.9	1.0 tbsp	0.60	8	25
36021	APPLEBEE'S, coleslaw	76.0	1.0 serving	0.60	8	91
14626	Beverages, Energy drink, FULL THROTTLE	240.0	1.0 serving 8 fluid oz	0.60	7	110
14630	Beverages, Energy drink, ROCKSTAR, sugar free	240.0	8.0 fl oz	0.60	7	10
14197	Cocoa mix, NESTLE, Rich Chocolate Hot Cocoa Mix	20.0	1.0 serving 1 envelope	0.60	--	80
14625	Beverages, Energy drink, AMP	240.0	1.0 serving	0.60	7	110
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	30.4	1.0 fl oz	0.60	2	20
33874	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed Low iron	30.4	1.0 fl oz	0.60	2	20
03984	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed	30.4	1.0 fl oz	0.60	2	20
09015	Apples, frozen, unsweetened, heated	206.0	1.0 cup slices	0.60	6	97
03067	Babyfood, dinner, vegetables and lamb, junior	28.35	1.0 oz	0.60	2	14
03042	Babyfood, dinner, vegetables and dumplings and beef, junior	28.35	1.0 oz	0.60	2	14
18313	Pie, coconut creme, commercially prepared	28.35	1.0 oz	0.60	6	84
19183	Puddings, chocolate, ready-to-eat	28.35	1.0 oz	0.59	5	40
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	7.9	1.0 cup	0.59	7	44
28364	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Parmesan	5.3	10.0 goldfish	0.59	1	24
33875	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calories ready-to-feed Low iron	30.0	5.0 fl oz	0.59	2	20

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
06124	Gravy, pork, dry, powder	6.7	1.0 serving	0.59	2	25
03944	Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0.59	2	21
14631	Beverages, Horchata, dry mix, unprepared, variety of brands, all with morro seeds	7.8	1.0 tbsp	0.58	6	32
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	0.58	5	62
11251	Lettuce, cos or romaine, raw	47.0	1.0 cup shredded	0.58	7	8
14204	Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener	6.4	1.0 tsp dry	0.58	8	28
03046	Babyfood, ravioli, cheese filled, with tomato sauce	16.0	1.0 tbsp	0.58	1	16
06075	Soup, beef broth or bouillon, powder, dry	3.6	1.0 cube	0.57	2	8
42286	Babyfood, green beans and turkey, strained	14.0	1.0 tbsp	0.57	3	7
11952	Radicchio, raw	40.0	1.0 cup, shredded	0.57	5	9
06957	Gravy, brown instant, dry	6.7	1.0 serving	0.57	2	25
19227	Frostings, coconut-nut, ready-to-eat	38.0	0.083 package	0.57	7	165
21316	McDONALD'S, Tangy Honey Mustard Sauce	43.0	1.5 oz	0.57	5	72
19436	Popcorn, sugar syrup/caramel, fat-free	28.35	1.0 oz	0.57	8	108
03075	Babyfood, dinner, vegetables, noodles and chicken, strained	28.35	1.0 oz	0.57	3	18
03041	Babyfood, dinner, vegetables and dumplings and beef, strained	28.35	1.0 oz	0.57	2	14
18308	Pie, cherry, commercially prepared	28.35	1.0 oz	0.57	2	74
12101	Nuts, chestnuts, european, boiled and steamed	28.35	1.0 oz	0.57	15	37
09012	Apples, dried, sulfured, stewed, without added sugar	255.0	1.0 cup	0.56	10	145
06094	Soup, onion, dry, mix	7.5	1.0 serving 1 tbsp	0.56	4	22
09013	Apples, dried, sulfured, stewed, with added sugar	280.0	1.0 cup	0.56	8	232
14195	Beverages, Cocoa mix, NESTLE, Hot Cocoa Mix Rich Chocolate With Marshmallows	20.0	1.0 serving 1 envelope	0.56	--	80
03983	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN AA, ready-to-feed	30.4	1.0 fl oz	0.56	2	20
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	30.4	1.0 fl oz	0.56	2	20
03205	Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified	5.3	1.0 tbsp	0.56	6	21
03840	Infant formula, ABBOTT NUTRITION, SIMILAC, SPECIAL CARE, ADVANCE 24, with iron, ready-to-feed, with ARA and DHA	30.8	1.0 fl oz	0.55	3	22
19218	Puddings, tapioca, ready-to-eat	28.35	1.0 oz	0.55	2	37
11637	Radishes, white icicle, raw	50.0	0.5 cup slices	0.55	4	7
03935	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0.55	2	20

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
03846	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed	30.5	1.0 fl oz	0.55	2	20
03939	Infant formula, PBM PRODUCTS, store brand, soy, ready-to-feed	30.4	1.0 fl oz	0.55	2	19
09311	Roselle, raw	57.0	1.0 cup, without refuse	0.55	29	28
06164	Sauce, salsa, ready-to-serve	36.0	2.0 tbsp	0.55	5	10
09412	Pears, raw, bartlett	140.0	1.0 cup, sliced	0.55	8	88
14257	Beverages, OCEAN SPRAY, Light Cranberry	248.0	8.0 fl oz	0.55	2	47
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	15.0	1.0 tbsp	0.54	4	50
03206	Babyfood, cookie, baby, fruit	8.0	1.0 cookie	0.54	2	35
14227	Beverages, OCEAN SPRAY, White Cranberry Strawberry Flavored Juice Drink	247.0	8.0 fl oz	0.54	5	121
11237	Kanpyo, (dried gourd strips)	6.3	1.0 strip	0.54	8	16
09010	Apples, dehydrated (low moisture), sulfured, stewed	193.0	1.0 cup	0.54	10	143
09522	Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium	200.0	6.75 fl oz	0.54	10	90
14090	Beverages, Coconut water, ready-to-drink, unsweetened	245.0	1.0 cup	0.54	15	44
14278	Beverages, tea, green, brewed, regular	245.0	1.0 cup	0.54	--	2
11701	Arrowhead, cooked, boiled, drained, with salt	12.0	1.0 corm, medium	0.54	6	9
11006	Arrowhead, cooked, boiled, drained, without salt	12.0	1.0 medium	0.54	6	9
03197	Babyfood, cereal, with egg yolks, strained	28.35	1.0 oz	0.54	1	14
18323	Pie, peach	28.35	1.0 oz	0.54	2	64
03198	Babyfood, cereal, with egg yolks, junior	28.35	1.0 oz	0.54	1	15
18443	Pie, apple, commercially prepared, unenriched flour	28.35	1.0 oz	0.54	2	67
18301	Pie, apple, commercially prepared, enriched flour	28.35	1.0 oz	0.54	2	67
19120	Candies, milk chocolate	7.0	1.0 bar, miniature	0.54	4	37
11285	Onions, canned, solids and liquids	63.0	1.0 onion	0.54	4	12
11099	Brussels sprouts, cooked, boiled, drained, without salt	21.0	1.0 sprout	0.54	4	8
11745	Brussels sprouts, cooked, boiled, drained, with salt	21.0	1.0 sprout	0.54	4	8
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	30.4	1.0 fl oz	0.54	2	20
09192	Oheloberries, raw	140.0	1.0 cup	0.53	8	39
09257	Pears, canned, heavy syrup pack, solids and liquids	266.0	1.0 cup	0.53	11	197
06700	Soup, vegetable broth, ready to serve	221.0	1.0 cup	0.53	2	11
06175	Sauce, hoisin, ready-to-serve	16.0	1.0 tbsp	0.53	4	35
28331	Crackers, flavored, fish-shaped	5.2	10.0 goldfish	0.53	1	24
11593	Waxgourd, (chinese preserving melon), raw	132.0	1.0 cup, cubes	0.53	13	17
09450	Naranjilla (lulo) pulp, frozen, unsweetened	120.0	1.0 cup thawed	0.53	13	30

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
18619	NABISCO, NABISCO OREO CRUNCHIES, Cookie Crumb Topping	11.0	1.0 serving	0.53	5	52
09525	Cranberry sauce, whole, canned, OCEAN SPRAY	70.0	0.25 cup	0.52	1	111
44061	Puddings, chocolate flavor, low calorie, instant, dry mix	9.9	1.0 serving	0.52	9	35
03121	Babyfood, vegetables, peas, strained	16.0	1.0 tbsp	0.52	3	8
02024	Spices, mustard seed, ground	2.0	1.0 tsp	0.52	7	10
03968	Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), ready-to-feed	29.2	1.0 fl oz	0.52	1	19
03900	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, ready-to-feed	30.5	1.0 fl oz	0.52	2	20
18160	Cookies, chocolate chip, commercially prepared, soft-type	14.2	1.0 cookie	0.52	4	63
02020	Spices, garlic powder	3.1	1.0 tsp	0.51	2	10
11941	Pickles, cucumber, sour	155.0	1.0 cup	0.51	6	17
18305	Pie, blueberry, commercially prepared	28.35	1.0 oz	0.51	1	66
03081	Babyfood, dinner, vegetables and noodles and turkey, junior	28.35	1.0 oz	0.51	3	15
03290	Babyfood, carrots and beef, strained	15.0	1.0 tbsp	0.51	2	9
09101	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra heavy syrup, solids and liquids	130.0	0.5 cup	0.51	6	114
28362	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Explosive Pizza	5.3	10.0 goldfish	0.51	1	24
06615	Soup, SWANSON, vegetable broth	220.0	1.0 cup	0.51	2	13
09078	Cranberries, raw	110.0	1.0 cup, chopped	0.51	7	51
09258	Pears, canned, extra heavy syrup pack, solids and liquids	266.0	1.0 cup, halves	0.51	11	258
14064	Beverages, Orange juice, light, No pulp	240.0	8.0 fl oz	0.50	24	50
09414	Pears, raw, bosc	140.0	1.0 cup, sliced	0.50	10	94
06476	Soup, beef broth, cubed, prepared with water	240.0	1.0 serving 1 cup	0.50	5	7
14171	Beverages, coconut milk, sweetened, fortified with calcium, vitamins A, B12, D2	240.0	1.0 cup	0.50	0	74
06475	Soup, beef broth or bouillon, powder, prepared with water	240.0	1.0 serving 1 cup	0.50	5	7
14217	Beverages, OCEAN SPRAY, Cran Grape	240.0	8.0 fl oz	0.50	2	130
09252	Pears, raw	140.0	1.0 cup, slices	0.50	10	80
02033	Spices, poppy seed	2.8	1.0 tsp	0.50	10	15
09044	Cherries, tart, dried, sweetened	40.0	0.25 cup	0.50	9	133
04705	Salad dressing, caesar, fat-free	34.0	2.0 tbsp (1 NLEA serving)	0.50	1	45
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	0.50	8	23
10109	Pork, fresh, variety meats and by-products, leaf fat, raw	28.35	1.0 oz	0.50	0	243
42270	Beverages, Orange juice drink	249.0	1.0 cup	0.50	7	134
14235	Beverages, OCEAN SPRAY, Diet Cran Cherry	237.0	8.0 fl oz	0.50	2	9

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
03925	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed	30.5	1.0 fl oz	0.50	2	20
19364	Toppings, butterscotch or caramel	41.0	2.0 tbsp	0.50	2	89
28365	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza	5.1	10.0 goldfish	0.49	1	24
11152	Chicory greens, raw	29.0	1.0 cup, chopped	0.49	9	7
09098	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	123.0	0.5 cup	0.49	7	55
03841	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed	30.5	1.0 fl oz	0.49	2	20
03953	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, ready-to-feed	30.5	1.0 fl oz	0.49	2	20
19345	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	35.0	2.0 tbsp	0.49	13	54
28363	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original	5.2	10.0 goldfish	0.49	1	24
11253	Lettuce, green leaf, raw	36.0	1.0 cup shredded	0.49	5	5
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified	16.0	1.0 tbsp	0.49	2	15
09014	Apples, frozen, unsweetened, unheated	173.0	1.0 cup slices	0.48	5	83
09374	Pears, canned, heavy syrup, drained	201.0	1.0 cup	0.48	8	149
03076	Babyfood, dinner, vegetables, noodles and chicken, junior	28.35	1.0 oz	0.48	3	18
28084	KEEBLER, FUDGE SHOPPE, Fudge-Dipped Ice Cream Cups	8.0	1.0 cup	0.48	--	39
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	0.48	11	47
09502	Apples, raw, granny smith, with skin	109.0	1.0 cup, sliced	0.48	5	63
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	0.48	1	81
21311	McDONALD'S, Creamy Ranch Sauce	43.0	1.5 oz	0.48	1	201
11151	Chicory, witloof, raw	53.0	1.0 head	0.48	5	9
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	0.48	10	143
09006	Apples, raw, without skin, cooked, microwave	170.0	1.0 cup slices	0.48	5	95
11228	Jew's ear, (pepeao), raw	99.0	1.0 cup slices	0.48	--	25
11946	Pickles, cucumber, sour, low sodium	143.0	1.0 cup, chopped or diced	0.47	6	16
14256	Beverages, OCEAN SPRAY, Cran Cherry	248.0	8.0 fl oz	0.47	2	114
28185	KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Strawberry Baked Bites	10.0	1.0 pouch	0.47	1	44
09264	Persimmons, japanese, dried	34.0	1.0 fruit without refuse	0.47	11	93
09159	Limes, raw	67.0	1.0 fruit (2" dia)	0.47	4	20
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	33.0	2.0 tablespoon	0.47	7	118
43046	Candies, nougat, with almonds	14.0	1.0 piece	0.47	4	56
04016	Salad dressing, sesame seed dressing, regular	15.0	1.0 tablespoon	0.46	0	66

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	25.0	0.25 cup	0.46	21	8
03859	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed	29.0	1.0 oz	0.46	2	19
09253	Pears, canned, water pack, solids and liquids	244.0	1.0 cup, halves	0.46	10	71
03963	Infant Formula, MEAD JOHNSON, ENFAMIL GENTLEASE LIPIL, with iron, prepared from powder	30.5	1.0 fl oz	0.46	2	19
12098	Nuts, chestnuts, european, raw, peeled	28.35	1.0 oz	0.46	9	56
04601	Butter, light, stick, with salt	14.0	1.0 tablespoon	0.46	1	70
04602	Butter, light, stick, without salt	14.0	1.0 tablespoon	0.46	1	70
16004	Yokan, prepared from adzuki beans and sugar	14.0	1.0 slice	0.46	3	36
09402	Applesauce, canned, sweetened, with salt	255.0	1.0 cup	0.46	8	194
03961	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, prepared from liquid concentrate	31.4	1.0 fl oz	0.46	2	21
19379	Candies, fudge, chocolate marshmallow, prepared-from-recipe	20.0	1.0 piece	0.45	7	91
03946	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0.45	1	21
19226	Frostings, chocolate, creamy, ready-to-eat	41.0	2.0 tbsp creamy	0.45	9	163
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	0.45	5	17
27064	Wasabi	20.0	1.0 tablespoon	0.45	4	58
09005	Apples, raw, without skin, cooked, boiled	171.0	1.0 cup slices	0.44	5	91
06999	Gravy, CAMPBELL'S, chicken	56.0	0.25 cup	0.44	2	29
03960	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, ready-to-feed	30.5	1.0 fl oz	0.44	2	20
03800	Infant formula, NESTLE, GOOD START SUPREME, with iron, ready-to-feed	30.5	1.0 fl oz	0.44	2	20
01055	Cream, sour, reduced fat, cultured	15.0	1.0 tbsp	0.44	2	20
09077	Crabapples, raw	110.0	1.0 cup slices	0.44	8	84
03988	Infant formula, GERBER, GOOD START, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	0.44	2	20
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	30.4	1.0 fl oz	0.44	0	20
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	0.44	2	20
09421	Dates, medjool	24.0	1.0 date, pitted	0.43	13	66
06981	Soup, bouillon cubes and granules, low sodium, dry	2.6	1.0 tsp	0.43	1	11
21310	McDONALD'S, Barbeque Sauce	28.0	1.0 package	0.43	4	46
11953	Squash, zucchini, baby, raw	16.0	1.0 large	0.43	5	3
03068	Babyfood, dinner, chicken noodle, strained	16.0	1.0 tbsp	0.43	2	11
11238	Mushrooms, shiitake, raw	19.0	1.0 piece whole	0.43	4	6

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	30.4	1.0 fl oz	0.43	1	20
03936	Infant formula, PBM PRODUCTS, store brand, ready-to-feed	30.4	1.0 fl oz	0.43	2	19
28355	CRUNCHMASTER, Multi-Grain Crisps, Snack Crackers, Gluten-Free	3.9	3.0 crackers	0.43	6	18
13335	Beef, variety meats and by-products, suet, raw	28.35	1.0 oz	0.43	0	242
18320	Pie, lemon meringue, commercially prepared	28.35	1.0 oz	0.43	4	76
27048	Sauce, steak, tomato based	34.0	2.0 Tbsp	0.42	6	32
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	250.0	8.0 fl oz	0.42	15	130
09229	Papaya nectar, canned	250.0	1.0 cup	0.42	8	142
11750	Cabbage, common (danish, domestic, and pointed types), stored, raw	35.0	0.5 cup, shredded	0.42	5	8
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	35.0	0.5 cup, shredded	0.42	5	8
14262	Beverages, citrus fruit juice drink, frozen concentrate	35.2	1.0 fl oz	0.42	7	57
03855	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, ready-to-feed	31.0	1.0 fl oz	0.42	1	20
03803	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, ready-to-feed	30.5	1.0 fl oz	0.42	2	19
03986	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, ready-to-feed	30.5	1.0 fl oz	0.42	2	20
03806	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, ready-to-feed	30.5	1.0 fl oz	0.42	2	19
03868	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, ready-to-feed	30.5	1.0 fl oz	0.42	2	19
33876	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, ready-to-feed	30.5	1.0 fl oz	0.42	2	20
01179	Sour cream, light	12.0	1.0 tablespoon	0.42	1	16
09413	Pears, raw, red anjou	126.0	1.0 small	0.42	9	78
02005	Spices, caraway seed	2.1	1.0 tsp	0.42	5	7
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244.0	1.0 cup	0.41	7	102
09401	Applesauce, canned, unsweetened, with added ascorbic acid	244.0	1.0 cup	0.41	7	102
03850	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, ready-to-feed	30.4	1.0 fl oz	0.41	1	20
03949	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, ready-to-feed	30.4	1.0 fl oz	0.41	1	20
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	16.0	1.0 tbsp	0.41	2	11
19201	Puddings, vanilla, ready-to-eat	28.35	1.0 oz	0.41	1	37
14341	Beverages, pineapple and orange juice drink, canned	31.3	1.0 fl oz	0.41	2	16
19100	Candies, fudge, chocolate, prepared-from-recipe	17.0	1.0 piece	0.41	6	70
06119	Gravy, chicken, canned or bottled, ready-to-serve	57.0	0.25 cup	0.40	2	27
03303	Babyfood, dinner, sweet potatoes and chicken, strained	16.0	1.0 tbsp	0.40	2	12
09443	Juice, apple and grape blend, with added ascorbic acid	250.0	8.0 fl oz	0.40	18	125
03045	Babyfood, dinner, macaroni and tomato and beef, junior	16.0	1.0 tbsp	0.40	1	9

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
03287	Babyfood, dinner, beef noodle, junior	16.0	1.0 tbsp	0.40	1	9
21343	McDONALD'S, Low Fat Caramel Sauce	21.0	0.8 oz	0.40	2	66
19280	Frozen novelties, ice type, lime	99.0	0.5 cup (4 fl oz)	0.40	1	127
11522	Taro shoots, raw	43.0	0.5 cup slices	0.40	3	5
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	0.39	7	167
09001	Acerola, (west indian cherry), raw	98.0	1.0 cup	0.39	18	31
03047	Babyfood, dinner, beef noodle, strained	16.0	1.0 tbsp	0.39	2	10
03289	Babyfood, apples with ham, strained	15.0	1.0 tbsp	0.39	1	9
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12.0	1.0 tbsp	0.39	1	21
27061	Gravy, HEINZ Home Style, classic chicken	58.0	0.25 cup	0.39	2	27
14390	Beverages, cocoa mix, with aspartame, powder, prepared with water	32.1	1.0 fl oz	0.39	5	9
20003	Arrowroot flour	128.0	1.0 cup	0.38	4	457
25050	Snacks, yucca (cassava) chips, salted	28.35	1.0 oz	0.38	13	146
03083	Babyfood, dinner, turkey and rice, junior	16.0	1.0 tbsp	0.38	1	9
03069	Babyfood, dinner, chicken noodle, junior	16.0	1.0 tbsp	0.38	1	9
03044	Babyfood, dinner, macaroni and tomato and beef, strained	16.0	1.0 tbsp	0.38	2	10
02014	Spices, cumin seed	2.1	1.0 tsp, whole	0.37	8	8
09442	Pomegranate juice, bottled	249.0	1.0 cup	0.37	17	134
11257	Lettuce, red leaf, raw	28.0	1.0 cup shredded	0.37	3	4
01180	Sour cream, fat free	12.0	1.0 tablespoon	0.37	1	9
02002	Spices, anise seed	2.1	1.0 tsp, whole	0.37	4	7
09296	Quinces, raw	92.0	1.0 fruit without refuse	0.37	7	52
09007	Apples, canned, sweetened, sliced, drained, unheated	204.0	1.0 cup slices	0.37	4	137
09008	Apples, canned, sweetened, sliced, drained, heated	204.0	1.0 cup slices	0.37	6	137
11106	Butterbur, (fuki), raw	94.0	1.0 cup	0.37	--	13
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	33.0	2.0 tablespoon	0.37	10	135
02009	Spices, chili powder	2.7	1.0 tsp	0.36	4	8
03082	Babyfood, dinner, turkey and rice, strained	16.0	1.0 tbsp	0.36	1	8
19372	Frostings, chocolate, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	0.36	10	133
02007	Spices, celery seed	2.0	1.0 tsp	0.36	9	8
11218	Gourd, white-flowered (calabash), raw	58.0	0.5 cup (1" pieces)	0.36	6	8
03934	Babyfood, corn and sweet potatoes, strained	28.35	1.0 oz	0.36	3	19
09149	Kumquats, raw	19.0	1.0 fruit without refuse	0.36	4	13
03189	Babyfood, cereal, oatmeal, dry fortified	3.2	1.0 tbsp	0.35	4	13
14231	Beverages, KRAFT, coffee, instant, French Vanilla Cafe	14.0	1.0 NLEA Serving	0.35	--	67
19858	Candies, sugar-coated almonds	3.5	1.0 piece	0.35	5	17

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
27063	Sauce, enchilada, red, mild, ready to serve	56.0	0.25 cup	0.35	3	17
11268	Mushrooms, shiitake, dried	3.6	1.0 mushroom	0.34	5	11
06618	Sauce, peanut, made from coconut, water, sugar, peanuts	17.0	1.0 tbsp	0.34	3	30
27067	Sauce, OLD EL PASO, enchilada, red, mild, ready to serve	58.0	0.25 cup	0.34	3	17
03079	Babyfood, dinner, vegetables and noodles and turkey, strained	28.35	1.0 oz	0.34	2	12
03093	Babyfood, green beans, dices, toddler	28.35	1.0 oz	0.34	5	8
03278	Babyfood, dinner, mixed vegetable, strained	28.35	1.0 oz	0.34	3	12
15162	Mollusks, clam, mixed species, canned, liquid	85.0	3.0 oz	0.34	9	2
19366	Toppings, pineapple	340.0	1.0 cup	0.34	20	860
11416	Pumpkin flowers, raw	33.0	1.0 cup	0.34	8	5
03154	Babyfood, fruit and vegetable, apple and sweet potato	113.0	1.0 jar, Gerber (4 oz)	0.34	7	72
27047	Sauce, salsa, verde, ready-to-serve	30.0	2.0 Tbsp	0.34	6	11
11205	Cucumber, with peel, raw	52.0	0.5 cup slices	0.34	7	8
42153	Salad dressing, blue or roquefort cheese dressing, light	16.0	1.0 tbsp	0.34	1	14
02016	Spices, dill seed	2.1	1.0 tsp	0.34	5	6
09411	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added ascorbic acid	239.0	1.0 cup	0.33	12	112
09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	239.0	1.0 cup	0.33	12	112
20027	Cornstarch	128.0	1.0 cup	0.33	4	488
11113	Cabbage, red, cooked, boiled, drained, without salt	22.0	1.0 leaf	0.33	4	6
11752	Cabbage, red, cooked, boiled, drained, with salt	22.0	1.0 leaf	0.33	4	6
35200	Prairie Turnips, raw (Northern Plains Indians)	12.6	1.0 bulb peeled	0.33	8	20
11954	Tomatillos, raw	34.0	1.0 medium	0.33	7	11
02028	Spices, paprika	2.3	1.0 tsp	0.33	4	6
09003	Apples, raw, with skin	125.0	1.0 cup, quartered or chopped	0.32	6	65
03193	Babyfood, cereal, oatmeal, with honey, dry	2.4	1.0 tbsp	0.32	4	9
42285	Babyfood, cereal, brown rice, dry, instant	3.7	1.0 tbsp	0.32	1	15
14258	Beverages, OCEAN SPRAY, White Cranberry Peach	247.0	8.0 fl oz	0.32	5	111
04706	Dressing, honey mustard, fat-free	30.0	2.0 tbsp (1 NLEA serving)	0.32	4	51
43015	Salad dressing, caesar dressing, regular	14.7	1.0 tbsp	0.32	0	80
01107	Milk, human, mature, fluid	30.8	1.0 fl oz	0.32	1	22
03181	Babyfood, cereal, barley, dry fortified	2.4	1.0 tbsp	0.32	3	9
02018	Spices, fennel seed	2.0	1.0 tsp, whole	0.32	8	7
14194	Beverages, Cocoa mix, powder, prepared with water	34.3	1.0 fl oz	0.32	4	19
04028	Salad dressing, mayonnaise, imitation, milk cream	15.0	1.0 tablespoon	0.32	1	15

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
11213	Endive, raw	25.0	0.5 cup, chopped	0.31	4	4
03293	Babyfood, plums, bananas and rice, strained	28.35	1.0 oz	0.31	3	16
03226	Babyfood, dessert, fruit pudding, orange, strained	28.35	1.0 oz	0.31	1	23
14651	Beverages, fruit juice drink, greater than 3% juice, high vitamin C	238.0	1.0 cup (8 fl oz)	0.31	12	109
14648	Beverages, fruit juice drink, greater than 3% fruit juice, high vitamin C and added thiamin	237.0	8.0 fl oz	0.31	12	128
09501	Apples, raw, golden delicious, with skin	109.0	1.0 cup, sliced	0.31	5	62
04704	Salad dressing, poppyseed, creamy	33.0	2.0 tbsp	0.30	3	132
11669	Seaweed, wakame, raw	10.0	2.0 tbsp (1/8 cup)	0.30	11	4
27049	Sauce, tartar, ready-to-serve	30.0	2.0 tablespoons	0.30	2	63
42204	Rice cake, cracker (include hain mini rice cakes)	4.2	1.0 cubic inch	0.30	6	16
19103	Candies, fudge, vanilla, prepared-from-recipe	28.35	1.0 oz	0.30	1	109
09004	Apples, raw, without skin	110.0	1.0 cup slices	0.30	4	53
09500	Apples, raw, red delicious, with skin	109.0	1.0 cup, sliced	0.29	5	64
04686	Salad dressing, honey mustard dressing, reduced calorie	30.0	2.0 tbsp (1 serving)	0.29	4	62
01056	Cream, sour, cultured	12.0	1.0 tbsp	0.29	1	24
02043	Spices, turmeric, ground	3.0	1.0 tsp	0.29	6	9
20068	Tapioca, pearl, dry	152.0	1.0 cup	0.29	2	544
02015	Spices, curry powder	2.0	1.0 tsp	0.29	5	6
43017	Salad dressing, green goddess, regular	15.0	1.0 tbsp	0.28	1	64
19013	Snacks, fruit leather, pieces	28.35	1.0 oz	0.28	4	102
03286	Babyfood, vegetables, mix vegetables strained	28.35	1.0 oz	0.28	3	10
04627	Margarine-like spread with yogurt, approximately 40% fat, tub, with salt	14.0	1.0 tablespoon	0.28	1	46
09436	Mango nectar, canned	251.0	1.0 cup	0.28	8	128
09434	Guanabana nectar, canned	251.0	1.0 cup	0.28	8	148
06115	Gravy, au jus, dry	3.0	1.0 tsp	0.28	2	9
14251	Alcoholic beverages, beer, higher alcohol	30.6	1.0 fl oz	0.28	4	18
09262	Pear nectar, canned, without added ascorbic acid	250.0	1.0 cup	0.28	8	150
09408	Pear nectar, canned, with added ascorbic acid	250.0	1.0 cup	0.28	8	150
19314	Pie fillings, canned, cherry	74.0	0.125 can	0.27	5	85
09503	Apples, raw, gala, with skin	109.0	1.0 cup, sliced	0.27	5	62
31034	Peppers, hot pickled, canned	34.0	0.25 cup drained	0.27	2	7
43331	Salad dressing, bacon and tomato	15.0	1.0 tbsp	0.27	1	49
03186	Babyfood, cereal, mixed, with bananas, dry	2.5	1.0 tbsp	0.27	2	10
28344	Crackers, gluten-free, multigrain and vegetable, made with corn starch and white rice flour	10.7	3.0 crackers	0.27	2	49

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
04665	Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated), for flaky pastries	14.0	1.0 tbsp	0.27	1	100
19206	Puddings, vanilla, dry mix, regular	88.0	1.0 package (3.12 oz)	0.26	0	334
19710	Puddings, vanilla, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0.26	4	325
04703	Salad dressing, honey mustard, regular	30.0	2.0 tbsp	0.26	2	139
42192	Salad dressing, blue or roquefort cheese dressing, fat-free	17.0	1.0 tbsp	0.26	3	20
02075	Seasoning mix, dry, taco, original	5.7	2.0 tsp	0.26	--	18
43008	Babyfood, dinner, chicken and rice	16.0	1.0 tbsp	0.26	1	8
19217	Frozen novelties, ice type, fruit, no sugar added	51.0	1.0 bar	0.26	1	12
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior, fortified	28.35	1.0 oz	0.25	3	22
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	28.35	1.0 oz	0.25	3	21
11677	Shallots, raw	10.0	1.0 tbsp chopped	0.25	2	7
02026	Spices, onion powder	2.4	1.0 tsp	0.25	3	8
02032	Spices, pepper, white	2.4	1.0 tsp, ground	0.25	2	7
03175	Babyfood, juice, orange and apricot	31.2	1.0 fl oz	0.25	2	14
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	248.0	1.0 cup	0.25	12	114
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248.0	1.0 cup	0.25	12	114
06176	Sauce, oyster, ready-to-serve	18.0	1.0 tbsp	0.24	1	9
42141	Cream substitute, liquid, light	30.0	1.0 fl oz	0.24	0	21
43404	Beverages, cranberry-apple juice drink, low calorie, with vitamin C added	240.0	1.0 cup (8 fl oz)	0.24	7	46
02030	Spices, pepper, black	2.3	1.0 tsp, ground	0.24	4	6
18621	NABISCO, NABISCO RITZ Crackers	3.3	1.0 cracker	0.24	1	16
42157	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free	17.0	1.0 tbsp	0.24	1	18
12203	Nuts, chestnuts, japanese, boiled and steamed	28.35	1.0 oz	0.23	5	16
21314	McDONALD'S, Spicy Buffalo Sauce	43.0	1.5 oz	0.23	3	61
19315	Candies, MARS SNACKFOOD US, STARBURST Sour Fruit Chews	59.0	1.0 serving 2.07 oz pack	0.23	--	236
35201	Prairie Turnips, boiled (Northern Plains Indians)	14.0	1.0 bulb	0.23	7	18
19365	Toppings, marshmallow cream	28.35	1.0 oz	0.23	1	91
09435	Guava nectar, canned, with added ascorbic acid	251.0	1.0 cup	0.23	5	158
09437	Tamarind nectar, canned	251.0	1.0 cup	0.23	10	143
11944	Pickle relish, hot dog	15.0	1.0 tbsp	0.22	3	14
04624	Margarine-like, vegetable oil spread, fat free, liquid, with salt	15.0	1.0 tbsp	0.22	1	6
42116	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie	15.0	1.0 tbsp	0.22	0	24
35195	Cattail, Narrow Leaf Shoots (Northern Plains Indians)	19.0	1.0 shoot	0.22	12	5

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	140.0	1.0 cup	0.22	4	491
02013	Spices, coriander seed	1.8	1.0 tsp	0.22	6	5
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	0.22	3	68
19204	Puddings, lemon, dry mix, instant, prepared with 2% milk	8.0	1.0 serving	0.22	1	9
03176	Babyfood, juice, orange and banana	31.2	1.0 fl oz	0.22	4	16
09504	Apples, raw, fuji, with skin	109.0	1.0 cup, sliced	0.22	5	69
03212	Babyfood, cereal, rice, with bananas, dry	2.5	1.0 tbsp	0.22	4	10
02031	Spices, pepper, red or cayenne	1.8	1.0 tsp	0.22	3	6
14168	Beverages, Carob-flavor beverage mix, powder	12.0	1.0 tbsp	0.22	1	45
11981	Peppers, hungarian, raw	27.0	1.0 pepper	0.22	4	8
19220	Desserts, rennin, chocolate, dry mix	9.0	1.0 tbsp	0.22	7	33
02006	Spices, cardamom	2.0	1.0 tsp, ground	0.22	5	6
04689	Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light	14.0	1.0 tbsp (1 NLEA serving)	0.21	0	47
09517	Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	177.0	6.0 fl oz	0.21	9	85
11022	Balsam-pear (bitter gourd), leafy tips, raw	4.0	1.0 leaf	0.21	3	1
14218	Beverages, coffee, instant, decaffeinated, powder	1.8	1.0 tsp rounded	0.21	6	6
11563	Tree fern, cooked, without salt	71.0	0.5 cup, chopped	0.21	4	28
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.0	1.0 tbsp	0.21	1	73
02054	Capers, canned	8.6	1.0 tbsp, drained	0.20	3	2
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	28.35	1.0 oz	0.20	2	23
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior, fortified	28.35	1.0 oz	0.20	2	24
09265	Persimmons, native, raw	25.0	1.0 fruit without refuse	0.20	--	32
02017	Spices, dill weed, dried	1.0	1.0 tsp	0.20	5	3
04639	Salad dressing, ranch dressing, regular	15.0	1.0 tablespoon	0.20	1	64
35235	Wocas, tuber, cooked, Oregon, yellow pond lily (Klamath)	28.35	1.0 oz	0.20	1	10
14015	Alcoholic beverage, pina colada, canned	32.6	1.0 fl oz	0.20	2	77
03233	Babyfood, dessert, fruit pudding, pineapple, strained	15.0	1.0 tbsp	0.20	1	12
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	16.0	1.0 tbsp	0.19	0	13
43215	Salad dressing, buttermilk, lite	15.0	1.0 tablespoon	0.19	1	30
04640	Salad dressing, ranch dressing, reduced fat	15.0	1.0 tablespoon	0.19	1	29
03178	Babyfood, juice, prune and orange	31.2	1.0 fl oz	0.19	2	22
03172	Babyfood, juice, orange	31.2	1.0 fl oz	0.19	3	14
02046	Mustard, prepared, yellow	5.0	1.0 tsp or 1 packet	0.19	2	3
21315	McDONALD'S, Sweet 'N Sour Sauce	28.0	1.0 package	0.18	2	48
14187	Beverages, Clam and tomato juice, canned	30.2	1.0 fl oz	0.18	2	14

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
14400	Beverages, carbonated, cola, fast-food cola	258.0	1.0 serving child 12 fl oz, without ice	0.18	0	95
14236	Beverages, coffee substitute, cereal grain beverage, powder	3.0	1.0 tsp (1 serving)	0.18	7	11
27057	Sauce, barbecue, KC MASTERPIECE, original	18.0	1.0 tbsp	0.18	3	29
11935	Catsup	17.0	1.0 tbsp	0.18	2	17
11949	Catsup, low sodium	17.0	1.0 tbsp	0.18	2	17
11947	Pickles, cucumber, dill, reduced sodium	35.0	1.0 spear, small	0.18	2	4
11937	Pickles, cucumber, dill or kosher dill	35.0	1.0 spear, small	0.18	2	4
04017	Salad dressing, thousand island, commercial, regular	16.0	1.0 tbsp	0.17	1	61
14255	Beverages, OCEAN SPRAY, Cran Pomegranate	248.0	8.0 fl oz	0.17	2	117
14234	Beverages, OCEAN SPRAY, Cran Lemonade	247.0	8.0 fl oz	0.17	2	111
27055	Sauce, barbecue, SWEET BABY RAY'S, original	18.0	1.0 tbsp	0.17	2	35
11975	Grape leaves, canned	4.0	1.0 leaf	0.17	1	3
03137	Babyfood, fruit, prunes with tapioca, without ascorbic acid, junior	28.35	1.0 oz	0.17	3	20
42316	Babyfood, carrots, toddler	28.35	1.0 oz	0.17	2	7
06151	Sauce, plum, ready-to-serve	19.0	1.0 tbsp	0.17	2	35
11445	Seaweed, kelp, raw	10.0	2.0 tbsp (1/8 cup)	0.17	12	4
43529	Babyfood, rice and apples, dry	2.5	1.0 tbsp	0.17	0	10
14222	Beverages, coffee, instant, with chicory	1.8	1.0 tsp, rounded	0.17	4	6
03185	Babyfood, cereal, mixed, dry fortified	2.5	1.0 tbsp	0.17	2	10
03194	Babyfood, cereal, Rice, dry, fortified	2.5	1.0 tbsp	0.17	1	10
14221	Beverages, OCEAN SPRAY, Diet Cranberry Juice	237.0	8.0 fl oz	0.17	2	9
43539	Babyfood, dessert, banana yogurt, strained	15.0	1.0 tbsp	0.16	2	12
21144	CHICK-FIL-A, hash browns	5.5	1.0 piece	0.16	1	17
19313	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Tropical fruits	40.0	1.0 serving fun size (8 chews)	0.16	--	164
19309	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Fruit and Creme	40.0	1.0 serving fun size (8 chews)	0.16	--	163
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	40.0	1.0 serving fun size (8 chews)	0.16	0	163
02021	Spices, ginger, ground	1.8	1.0 tsp	0.16	4	6
02003	Spices, basil, dried	0.7	1.0 tsp, leaves	0.16	5	2
42137	Salad dressing, peppercorn dressing, commercial, regular	13.4	1.0 tbsp	0.16	0	76
03130	Babyfood, fruit, peaches, strained	17.0	1.0 tbsp	0.16	1	11
03131	Babyfood, fruit, peaches, junior	17.0	1.0 tbsp	0.16	1	11
14285	Beverages, OCEAN SPRAY, Ruby Red cranberry	227.0	8.0 fl oz	0.16	5	102
21387	BURGER KING, Hash Brown Rounds	5.6	1.0 piece	0.16	1	17

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
03177	Babyfood, juice, orange and pineapple	31.2	1.0 fl oz	0.16	3	15
42267	Babyfood, juice, orange-carrot	30.8	1.0 fl oz	0.15	3	13
04145	Salad dressing, mayonnaise, soybean oil, without salt	13.8	1.0 tablespoon	0.15	--	99
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	13.8	1.0 tablespoon	0.15	0	99
11444	Seaweed, irishmoss, raw	10.0	2.0 tbsp (1/8 cup)	0.15	14	5
42158	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	15.0	1.0 tbsp	0.15	1	21
06972	Sauce, tomato chili sauce, bottled, with salt	6.0	1.0 packet	0.15	1	6
19310	Pectin, unsweetened, dry mix	50.0	1.0 package (1.75 oz)	0.15	0	162
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15.0	1.0 container, individual	0.15	0	20
03139	Babyfood, prunes, without vitamin c, strained	15.0	1.0 tbsp	0.15	3	15
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	15.0	1.0 container, individual	0.15	0	20
43546	Babyfood, banana no tapioca, strained	15.0	1.0 tbsp	0.15	4	14
43004	Babyfood, dessert, banana pudding, strained	15.0	1.0 tbsp	0.15	1	10
43346	Frozen novelties, juice type, orange	29.8	1.0 fl oz	0.15	2	28
27056	Sauce, barbecue, BULL'S-EYE, original	16.0	1.0 tbsp	0.15	3	27
43479	Alcoholic beverage, rice (sake)	29.1	1.0 fl oz	0.15	2	39
09194	Olives, ripe, canned (jumbo-super colossal)	15.0	1.0 super colossal	0.15	1	12
19384	Candies, divinity, prepared-from-recipe	11.0	1.0 piece	0.15	0	40
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	36.3	1.0 fl oz	0.15	12	56
14553	Beverages, Wine, non-alcoholic	29.0	1.0 fl oz	0.14	3	2
14203	Beverages, coffee, instant, regular, half the caffeine	1.0	1.0 tsp	0.14	3	4
43016	Salad dressing, coleslaw	16.0	1.0 tbsp	0.14	0	62
02034	Spices, poultry seasoning	1.5	1.0 tsp	0.14	3	5
21026	Fast foods, potatoes, hash browns, round pieces or patty	5.5	1.0 round piece	0.14	1	15
03161	Babyfood, peaches, dices, toddler	28.35	1.0 oz	0.14	2	14
14366	Beverages, tea, instant, unsweetened, powder	0.7	1.0 serving 1 tsp	0.14	2	2
14353	Beverages, tea, instant, decaffeinated, unsweetened	0.7	1.0 serving 2 tsp	0.14	2	2
04600	Margarine-like, vegetable oil-butter spread, tub, with salt	14.0	1.0 tablespoon	0.14	0	51
42309	Margarine-like, vegetable oil-butter spread, reduced calorie, tub, with salt	14.0	1.0 tablespoon	0.14	0	63
43114	Vermicelli, made from soy	140.0	1.0 cup	0.14	3	463
19719	Jams and preserves, apricot	20.0	1.0 tbsp	0.14	1	48
06150	Sauce, barbecue	17.0	1.0 tbsp	0.14	2	29
06632	Sauce, hot chile, sriracha, CHA! BY TEXAS PETE	6.9	1.0 tsp	0.14	1	7
02008	Spices, chervil, dried	0.6	1.0 tsp	0.14	1	1

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
14548	Beverages, tea, instant, lemon, with added ascorbic acid	23.0	1.0 serving (3 heaping tsp)	0.14	3	89
14003	Alcoholic beverage, beer, regular, all	29.7	1.0 fl oz	0.14	2	13
02041	Spices, tarragon, dried	0.6	1.0 tsp, leaves	0.14	2	2
11108	Butterbur, canned	124.0	1.0 cup, chopped	0.14	2	4
04636	Salad dressing, italian dressing, fat-free	14.0	1.0 tbsp	0.14	1	7
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	15.0	1.0 tablespoon	0.14	0	58
06961	Sauce, peppers, hot, chili, mature red, canned	15.0	1.0 tbsp	0.14	2	3
03163	Babyfood, fruit, bananas with apples and pears, strained	15.0	1.0 tbsp	0.14	4	12
43536	Babyfood, dessert, peach yogurt	15.0	1.0 tbsp	0.14	2	11
02029	Spices, parsley, dried	0.5	1.0 tsp	0.13	2	1
11950	Mushrooms, enoki, raw	5.0	1.0 large	0.13	1	2
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	0.13	0	94
11943	Pimento, canned	12.0	1.0 tbsp	0.13	1	3
14017	Alcoholic beverage, pina colada, prepared-from-recipe	31.4	1.0 fl oz	0.13	3	55
02012	Spices, coriander leaf, dried	0.6	1.0 tsp	0.13	4	2
42138	Mayonnaise, reduced-calorie or diet, cholesterol-free	14.6	1.0 tbsp	0.13	0	49
43329	Salad dressing, mayonnaise and mayonnaise-type, low calorie	14.5	1.0 tbsp	0.13	0	38
03105	Babyfood, vegetables, squash, junior	16.0	1.0 tbsp	0.13	2	4
03104	Babyfood, vegetables, squash, strained	16.0	1.0 tbsp	0.13	2	4
02025	Spices, nutmeg, ground	2.2	1.0 tsp	0.13	4	12
19383	Candies, toffee, prepared-from-recipe	12.0	1.0 piece	0.13	0	67
19273	Snacks, SUNKIST, SUNKIST Fruit Roll, strawberry, with vitamins A, C, and E	21.0	1.0 roll	0.13	--	72
42307	Margarine-like, butter-margarine blend, 80% fat, stick, without salt	14.0	1.0 tablespoon	0.13	0	101
06631	Sauce, hot chile, sriracha	6.5	1.0 tsp	0.13	1	6
02011	Spices, cloves, ground	2.1	1.0 tsp	0.13	5	6
11625	Parsley, freeze-dried	0.4	1.0 tbsp	0.13	1	1
03173	Babyfood, juice, orange and apple	31.2	1.0 fl oz	0.12	2	13
03174	Babyfood, juice, orange and apple and banana	31.2	1.0 fl oz	0.12	2	15
04023	Salad dressing, thousand island dressing, reduced fat	15.0	1.0 tablespoon	0.12	1	29
04120	Salad dressing, french dressing, commercial, regular	16.0	1.0 tbsp	0.12	1	73
14214	Beverages, coffee, instant, regular, powder	1.0	1.0 tsp	0.12	3	4
42150	Babyfood, apple yogurt dessert, strained	15.0	1.0 tbsp	0.12	2	14
43523	Babyfood, mixed fruit yogurt, strained	15.0	1.0 tbsp	0.12	1	11
01200	Reddi Wip Fat Free Whipped Topping	4.0	1.0 tablespoon	0.12	0	6
27046	Sauce, duck, ready-to-serve	33.0	2.0 Tbsp	0.12	2	81

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
14644	Beverages, PEPSICO QUAKER, Gatorade G2, low calorie	237.0	8.0 fl oz	0.12	0	19
06307	Sauce, barbecue, KRAFT, original	16.0	1.0 tbsp	0.12	2	28
19370	Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies	62.0	1.0 serving 2.17 oz pack	0.12	1	251
19368	Candies, MARS SNACKFOOD US, SKITTLES Tropical Bite Size Candies	62.0	1.0 serving 2.1 oz bag	0.12	--	251
19363	Candies, MARS SNACKFOOD US, SKITTLES Wild Berry Bite Size Candies	62.0	1.0 serving 2.1 oz bag	0.12	--	249
02001	Spices, allspice, ground	1.9	1.0 tsp	0.12	3	5
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	15.0	1.0 tbsp chopped	0.12	1	4
04141	Salad dressing, french dressing, commercial, regular, without salt	15.0	1.0 tablespoon	0.12	1	69
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	0.12	1	4
06633	Sauce, hot chile, sriracha, TUONG OT SRIRACHA	6.2	1.0 tsp	0.12	1	5
02022	Spices, mace, ground	1.7	1.0 tsp	0.11	3	8
03269	Babyfood, juice, apple, with calcium	189.0	1.0 serving	0.11	11	87
19371	Frostings, vanilla, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	0.11	1	136
11640	Shallots, freeze-dried	0.9	1.0 tbsp	0.11	1	3
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	12.0	1.0 tbsp	0.11	1	3
14253	Alcoholic beverages, wine, rose	30.3	1.0 fl oz	0.11	3	25
42284	Babyfood, baked product, finger snacks cereal fortified	1.7	1.0 cookie	0.11	0	7
14004	Alcoholic beverage, beer, regular, BUDWEISER	29.8	1.0 fl oz	0.11	2	12
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	11.6	1.0 tbsp	0.11	1	3
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	23.0	1.0 Roll	0.11	2	83
14405	Beverages, fruit punch juice drink, frozen concentrate	35.2	1.0 fl oz	0.11	4	62
14263	Beverages, citrus fruit juice drink, frozen concentrate, prepared with water	31.0	1.0 fl oz	0.11	2	14
14629	Beverages, Energy drink, ROCKSTAR	31.0	1.0 fl oz	0.11	0	18
06962	Sauce, chili, peppers, hot, immature green, canned	15.0	1.0 tbsp	0.10	2	3
19076	Candies, caramels, chocolate-flavor roll	6.6	1.0 piece	0.10	1	26
02010	Spices, cinnamon, ground	2.6	1.0 tsp	0.10	2	6
14084	Alcoholic beverage, wine, table, all	148.0	1.0 serving (5 fl oz)	0.10	16	123
14368	Beverages, tea, instant, lemon, unsweetened	1.4	1.0 tsp, rounded	0.10	2	5
04015	Salad dressing, russian dressing	15.0	1.0 tbsp	0.10	2	53
01205	Cream substitute, flavored, liquid	15.0	1.0 tbsp	0.10	3	38
14024	Beverages, Whiskey sour mix, powder	17.0	1.0 packet	0.10	3	65
02066	Spearmint, dried	0.5	1.0 tsp	0.10	3	1
19225	Desserts, rennin, tablets, unsweetened	9.9	1.0 package (0.35 oz)	0.10	2	8
14119	Beverages, Mixed vegetable and fruit juice drink, with added nutrients	247.0	8.0 fl oz	0.10	2	72
11156	Chives, raw	3.0	1.0 tbsp chopped	0.10	1	1

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
02035	Spices, pumpkin pie spice	1.7	1.0 tsp	0.10	2	6
11960	Carrots, baby, raw	15.0	1.0 large	0.10	2	5
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	0.10	0	37
09165	Litchis, dried	2.5	1.0 fruit	0.10	1	7
27050	Sauce, sweet and sour, ready-to-serve	35.0	2.0 Tbsp	0.09	3	52
11958	Pickle relish, hamburger	15.0	1.0 tbsp	0.09	1	19
02039	Spices, savory, ground	1.4	1.0 tsp	0.09	5	4
14327	Beverages, orange and apricot juice drink, canned	31.2	1.0 fl oz	0.09	2	16
14019	Alcoholic beverage, tequila sunrise, canned	31.1	1.0 fl oz	0.09	2	34
04142	Salad dressing, french dressing, reduced fat, without salt	16.0	1.0 tablespoon	0.09	1	37
04020	Salad dressing, french dressing, reduced fat	16.0	1.0 tablespoon	0.09	1	36
42266	Babyfood, juice, apple-sweet potato	30.8	1.0 fl oz	0.09	2	15
19198	Puddings, tapioca, dry mix	92.0	1.0 package (3.5 oz)	0.09	2	339
19709	Puddings, tapioca, dry mix, with no added salt	92.0	1.0 package (3.5 oz)	0.09	2	339
19369	Candies, MARS SNACKFOOD US, SKITTLES Sours Original	51.0	1.0 serving 1.80 oz bag	0.09	--	205
02042	Spices, thyme, dried	1.0	1.0 tsp, leaves	0.09	2	3
03136	Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	0.09	2	10
04011	Salad dressing, KRAFT Mayo Light Mayonnaise	15.0	1.0 tbsp	0.09	--	50
09216	Orange peel, raw	6.0	1.0 tbsp	0.09	1	6
14409	Beverages, Orange-flavor drink, breakfast type, low calorie, powder	2.5	1.0 portion, amount of dry mix to make 8 fl oz prepared	0.09	7	5
09156	Lemon peel, raw	6.0	1.0 tbsp	0.09	1	3
02027	Spices, oregano, dried	1.0	1.0 tsp, leaves	0.09	3	3
11928	Tree fern, cooked, with salt	31.0	1.0 frond (6-1/2" long)	0.09	2	12
21348	McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette	47.0	2.0 fl oz	0.09	1	40
04635	Salad dressing, thousand island dressing, fat-free	16.0	1.0 tbsp	0.09	1	21
35139	Squash, Indian, cooked, boiled (Navajo)	28.35	1.0 oz	0.09	--	5
04614	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	14.3	1.0 tbsp	0.09	0	75
11165	Coriander (cilantro) leaves, raw	4.0	0.25 cup	0.09	1	1
03222	Babyfood, cherry cobbler, junior	28.35	1.0 oz	0.09	1	22
03230	Babyfood, dessert, peach melba, junior	28.35	1.0 oz	0.09	1	17
03141	Babyfood, pears, dices, toddler	28.35	1.0 oz	0.09	2	16
19332	Puddings, lemon, dry mix, regular	85.0	1.0 package (3 oz)	0.08	3	309
19708	Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	85.0	1.0 package (3 oz)	0.08	3	311
19137	Toppings, strawberry	42.0	2.0 tbsp	0.08	2	107

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
04695	Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D	14.0	1.0 tbsp	0.08	0	75
09173	Longans, dried	1.7	1.0 fruit	0.08	1	5
31033	Ginger root, pickled, canned, with artificial sweetener	25.0	2.0 tablespoon	0.08	1	5
01206	Cream substitute, flavored, powdered	12.0	4.0 tsp	0.08	2	58
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	9.9	1.0 bar	0.08	1	33
14292	Lemonade, frozen concentrate, white	36.5	1.0 fl oz	0.08	3	72
14542	Lemonade, frozen concentrate, pink	36.4	1.0 fl oz	0.08	3	70
02037	Spices, saffron	0.7	1.0 tsp	0.08	2	2
04022	Salad dressing, russian dressing, low calorie	16.0	1.0 tablespoon	0.08	0	23
02044	Basil, fresh	2.5	5.0 leaves	0.08	2	1
02069	Vinegar, balsamic	16.0	1.0 tbsp	0.08	2	14
04690	Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	14.9	1.0 tbsp	0.08	0	51
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	14.9	1.0 tbsp	0.08	0	51
02023	Spices, marjoram, dried	0.6	1.0 tsp	0.08	2	2
19337	Sweeteners, tabletop, aspartame, EQUAL, packets	3.5	1.0 tsp	0.08	0	13
43537	Babyfood, dessert, blueberry yogurt, strained	15.0	1.0 tbsp	0.08	2	12
43585	Babyfood, fruit supreme dessert	15.0	1.0 tbsp	0.08	1	11
27058	Sauce, barbecue, OPEN PIT, original	17.0	1.0 tbsp	0.07	1	22
02038	Spices, sage, ground	0.7	1.0 tsp	0.07	3	2
19297	Jams and preserves	20.0	1.0 tbsp	0.07	1	56
19312	Pie fillings, apple, canned	74.0	0.125 can	0.07	1	74
14007	Alcoholic beverage, beer, light, BUD LIGHT	29.5	1.0 fl oz	0.07	2	9
11757	Carrots, cooked, boiled, drained, with salt	9.7	1.0 tbsp	0.07	1	3
11125	Carrots, cooked, boiled, drained, without salt	9.7	1.0 tbsp	0.07	1	3
11931	Peppers, sweet, red, freeze-dried	0.4	1.0 tbsp	0.07	1	1
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	0.07	1	1
14006	Alcoholic beverage, beer, light	29.5	1.0 fl oz	0.07	1	9
09193	Olives, ripe, canned (small-extra large)	8.4	1.0 tbsp	0.07	0	10
04144	Salad dressing, italian dressing, reduced fat, without salt	15.0	1.0 tablespoon	0.07	1	11
09524	Lemon juice from concentrate, bottled, REAL LEMON	15.0	1.0 tbsp	0.07	1	3
14268	Beverages, Fruit punch drink, frozen concentrate	34.8	1.0 fl oz	0.07	2	56
09079	Cranberries, dried, sweetened	40.0	0.25 cup	0.07	2	123
11145	Celtuce, raw	8.0	1.0 leaf	0.07	2	1

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
09153	Lemon juice from concentrate, canned or bottled	15.0	1.0 tbsp	0.07	1	3
19294	Fruit butters, apple	17.0	1.0 tbsp	0.07	1	29
14601	Beverages, WENDY'S, tea, ready-to-drink, unsweetened	29.6	1.0 fl oz	0.07	--	0
44260	Puddings, all flavors except chocolate, low calorie, instant, dry mix	8.0	1.0 serving	0.06	0	28
42171	Salad dressing, french dressing, reduced calorie	16.0	1.0 tbsp	0.06	1	36
14334	Beverages, pineapple and grapefruit juice drink, canned	31.3	1.0 fl oz	0.06	2	15
03167	Babyfood, apple-banana juice	31.2	1.0 fl oz	0.06	2	16
03171	Babyfood, juice, apple and prune	31.2	1.0 fl oz	0.06	2	22
03168	Babyfood, juice, apple and peach	31.2	1.0 fl oz	0.06	1	13
43535	Babyfood, juice, apple - cherry	31.2	1.0 fl oz	0.06	1	15
03267	Babyfood, juice, fruit punch, with calcium	31.2	1.0 fl oz	0.06	2	16
14305	Malt beverage, includes non-alcoholic beer	29.6	1.0 fl oz	0.06	2	11
09448	Nance, canned, syrup, drained	11.1	3.0 fruit without pits	0.06	2	11
14240	Beverages, cranberry-apricot juice drink, bottled	30.6	1.0 fl oz	0.06	1	20
14241	Beverages, cranberry-grape juice drink, bottled	30.6	1.0 fl oz	0.06	1	17
27066	Sauce, horseradish	5.6	1.0 tsp	0.06	0	28
06169	Sauce, ready-to-serve, pepper, TABASCO	4.7	1.0 tsp	0.06	--	1
04114	Salad dressing, italian dressing, commercial, regular	14.7	1.0 tbsp	0.06	1	35
43006	Babyfood, fruit, tutti frutti, strained	15.0	1.0 tbsp	0.06	1	10
09523	Lemon juice from concentrate, bottled, CONCORD	15.0	1.0 tbsp	0.06	1	4
19303	Marmalade, orange	20.0	1.0 tbsp	0.06	0	49
43007	Babyfood, fruit, tutti frutti, junior	15.0	1.0 tbsp	0.06	1	10
03280	Babyfood, fruit, bananas with tapioca, junior	15.0	1.0 tbsp	0.06	2	10
03129	Babyfood, fruit, bananas with tapioca, strained	15.0	1.0 tbsp	0.06	2	8
35233	Hazelnuts, beaked (Northern Plains Indians)	0.4	1.0 nut	0.06	1	3
10864	Pork, bacon, rendered fat, cooked	85.0	3.0 oz	0.06	0	763
03147	Babyfood, fruit, applesauce with banana, junior	16.0	1.0 tbsp	0.06	1	11
14536	Alcoholic beverage, wine, dessert, dry	29.5	1.0 fl oz	0.06	3	45
14057	Alcoholic beverage, wine, dessert, sweet	29.5	1.0 fl oz	0.06	3	47
14005	Alcoholic beverage, beer, light, BUDWEISER SELECT	29.5	1.0 fl oz	0.06	2	8
02055	Horseradish, prepared	5.0	1.0 tsp	0.06	1	2
03209	Babyfood, crackers, vegetable	0.7	1.0 cracker	0.06	0	3
02036	Spices, rosemary, dried	1.2	1.0 tsp	0.06	3	4
04021	Salad dressing, italian dressing, commercial, reduced fat	15.0	1.0 tablespoon	0.06	1	15
11292	Onions, young green, tops only	6.0	1.0 tbsp	0.06	1	2

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
04684	Margarine, 80% fat, tub, CANOLA HARVEST Soft Spread (canola, palm and palm kernel oils)	14.0	1.0 tablespoon (1 NLEA serving)	0.06	--	102
44110	Jellies, reduced sugar, home preserved	19.0	1.0 tbsp	0.06	1	34
03160	Babyfood, fruit, guava and papaya with tapioca, strained	28.35	1.0 oz	0.06	1	18
03153	Babyfood, fruit, apple and raspberry, junior	28.35	1.0 oz	0.06	1	16
03164	Babyfood, fruit, apple and blueberry, strained	28.35	1.0 oz	0.06	1	17
03224	Babyfood, dessert, cherry vanilla pudding, strained	28.35	1.0 oz	0.06	1	19
03220	Babyfood, dessert, dutch apple, strained	28.35	1.0 oz	0.06	1	21
03238	Babyfood, dessert, tropical fruit, junior	28.35	1.0 oz	0.06	1	17
03165	Babyfood, fruit, apple and blueberry, junior	28.35	1.0 oz	0.06	1	18
03225	Babyfood, dessert, cherry vanilla pudding, junior	28.35	1.0 oz	0.06	1	20
03162	Babyfood, fruit, papaya and applesauce with tapioca, strained	28.35	1.0 oz	0.06	1	20
03115	Babyfood, apples, dices, toddler	28.35	1.0 oz	0.06	2	14
03221	Babyfood, dessert, dutch apple, junior	28.35	1.0 oz	0.06	1	22
03152	Babyfood, fruit, apple and raspberry, strained	28.35	1.0 oz	0.06	1	16
03229	Babyfood, dessert, peach melba, strained	28.35	1.0 oz	0.06	1	17
04143	Salad dressing, italian dressing, commercial, regular, without salt	14.7	1.0 tablespoon	0.06	0	43
04708	Mayonnaise, reduced fat, with olive oil	15.0	1.0 tbsp	0.06	0	54
11945	Pickle relish, sweet	15.0	1.0 tbsp	0.06	1	20
04641	Salad dressing, mayonnaise, light	15.0	1.0 tablespoon	0.06	0	36
09228	Papaya, canned, heavy syrup, drained	39.0	1.0 piece	0.05	2	80
11442	Seaweed, agar, raw	10.0	2.0 tbsp (1/8 cup)	0.05	7	3
14356	Beverages, tea, instant, decaffeinated, lemon, diet	1.6	2.0 tsp	0.05	2	5
14375	Beverages, tea, instant, sweetened with sodium saccharin, lemon-flavored, powder	1.6	2.0 tsp	0.05	2	5
11959	Arugula, raw	2.0	1.0 leaf	0.05	1	0
04707	Oil, flaxseed, contains added sliced flaxseed	13.7	1.0 tablespoon	0.05	2	120
14013	Alcoholic beverage, beer, light, low carb	29.5	1.0 fl oz	0.05	1	8
09129	Grapes, muscadine, raw	6.0	1.0 grape	0.05	1	3
03133	Babyfood, fruit, pears, junior	16.0	1.0 tbsp	0.05	1	7
03158	Babyfood, fruit, pears and pineapple, strained	16.0	1.0 tbsp	0.05	1	7
03159	Babyfood, fruit, pears and pineapple, junior	16.0	1.0 tbsp	0.05	1	7
03132	Babyfood, fruit, pears, strained	16.0	1.0 tbsp	0.05	1	7
02004	Spices, bay leaf	0.6	1.0 tsp, crumbled	0.05	1	2
43550	Babyfood, banana apple dessert, strained	15.0	1.0 tbsp	0.04	1	10
03236	Babyfood, dessert, fruit dessert, without ascorbic acid, junior	15.0	1.0 tbsp	0.04	1	9

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
04027	Salad dressing, mayonnaise, imitation, soybean	15.0	1.0 tbsp	0.04	0	35
03227	Babyfood, dessert, peach cobbler, strained	15.0	1.0 tbsp	0.04	0	10
03128	Babyfood, fruit, apricot with tapioca, junior	15.0	1.0 tbsp	0.04	1	9
03228	Babyfood, dessert, peach cobbler, junior	15.0	1.0 tbsp	0.04	0	10
03118	Babyfood, fruit, apricot with tapioca, strained	15.0	1.0 tbsp	0.04	1	9
43021	Salad dressing, caesar, low calorie	15.0	1.0 tbsp	0.04	0	16
03235	Babyfood, dessert, fruit dessert, without ascorbic acid, strained	15.0	1.0 tbsp	0.04	1	9
03140	Babyfood, fruit dessert, mango with tapioca	15.0	1.0 tbsp	0.04	1	10
02049	Thyme, fresh	0.8	1.0 tsp	0.04	1	1
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.1	1.0 tbsp	0.04	0	103
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	0.04	0	36
01145	Butter, without salt	5.0	1.0 pat (1" sq, 1/3" high)	0.04	0	36
11615	Chives, freeze-dried	0.2	1.0 tbsp	0.04	1	1
04073	Margarine, regular, hard, soybean (hydrogenated)	4.7	1.0 tsp	0.04	0	34
43355	Mayonnaise, low sodium, low calorie or diet	14.0	1.0 tbsp	0.04	0	32
42140	Salad dressing, italian dressing, reduced calorie	14.0	1.0 tbsp	0.04	0	28
04626	Margarine-like spread with yogurt, 70% fat, stick, with salt	14.0	1.0 tablespoon	0.04	0	88
09172	Longans, raw	3.2	1.0 fruit without refuse	0.04	0	2
11447	Sesbania flower, raw	3.0	1.0 flower	0.04	0	1
35196	Lambsquarters, raw (Northern Plains Indians)	0.9	1.0 leaf	0.04	1	0
14427	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water	31.3	1.0 fl oz	0.04	3	14
11216	Ginger root, raw	2.0	1.0 tsp	0.04	1	2
04629	Margarine, margarine-type vegetable oil spread, 70% fat, soybean and partially hydrogenated soybean, stick	14.0	1.0 tbsp (1 NLEA serving)	0.04	0	88
42055	Beverages, fruit-flavored drink, dry powdered mix, low calorie, with aspartame	8.0	1.0 tsp	0.04	0	17
14219	Beverages, coffee, instant, decaffeinated, prepared with water	29.9	1.0 fl oz	0.04	1	1
01003	Butter oil, anhydrous	12.8	1.0 tbsp	0.04	0	112
14210	Beverages, coffee, brewed, espresso, restaurant-prepared	29.6	1.0 fl oz	0.04	24	3
14146	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine	29.6	1.0 fl oz	0.04	0	0
14209	Beverages, coffee, brewed, prepared with tap water	29.6	1.0 fl oz	0.04	1	0
14424	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate. Not manufactured anymore.	35.3	1.0 fl oz	0.04	1	61
19919	Candies, fruit snacks, with high vitamin C	44.0	1.0 serving	0.04	0	155
04638	Salad dressing, ranch dressing, fat-free	14.0	1.0 tablespoon	0.04	1	17

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
14534	Alcoholic beverage, liqueur, coffee, 63 proof	34.8	1.0 fl oz	0.03	1	107
14414	Alcoholic beverage, liqueur, coffee, 53 proof	34.8	1.0 fl oz	0.03	1	117
02045	Dill weed, fresh	1.0	5.0 sprigs	0.03	1	0
43401	Beverages, coffee, instant, with whitener, reduced calorie	1.7	1.0 tsp dry	0.03	0	9
19228	Frostings, cream cheese-flavor, ready-to-eat	33.0	2.0 tbsp creamy	0.03	1	137
14416	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	29.6	1.0 fl oz	0.03	0	1
14530	Whiskey sour mix, bottled, with added potassium and sodium	32.3	1.0 fl oz	0.03	0	27
14028	Beverages, Whiskey sour mix, bottled	32.3	1.0 fl oz	0.03	0	28
03116	Babyfood, fruit, applesauce, strained	16.0	1.0 tbsp	0.03	0	7
42193	Salad Dressing, mayonnaise-like, fat-free	16.0	1.0 tbsp	0.03	0	13
04013	Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	16.0	1.0 tbsp	0.03	0	10
03142	Babyfood, fruit, applesauce and apricots, strained	16.0	1.0 tbsp	0.03	1	7
04367	Salad dressing, french dressing, fat-free	16.0	1.0 tablespoon	0.03	0	21
04014	Salad dressing, KRAFT MIRACLE WHIP FREE Nonfat Dressing	16.0	1.0 tbsp	0.03	--	13
03143	Babyfood, fruit, applesauce and apricots, junior	16.0	1.0 tbsp	0.03	1	8
19300	Jellies	21.0	1.0 serving 1 tbsp	0.03	1	56
04611	Margarine, regular, 80% fat, composite, tub, with salt	14.2	1.0 tbsp	0.03	0	101
04618	Margarine, regular, 80% fat, composite, tub, without salt	14.2	1.0 tbsp	0.03	0	101
03268	Babyfood, juice, apple and cherry	31.2	1.0 fl oz	0.03	1	13
03170	Babyfood, juice, apple and plum	31.2	1.0 fl oz	0.03	1	15
03265	Babyfood, juice, apple and grape	31.2	1.0 fl oz	0.03	2	14
03179	Babyfood, juice, mixed fruit	31.2	1.0 fl oz	0.03	2	15
04692	Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D	14.0	1.0 tbsp	0.03	0	100
11624	Leeks, (bulb and lower-leaf portion), freeze-dried	0.2	1.0 tbsp	0.03	0	1
14237	Beverages, coffee substitute, cereal grain beverage, prepared with water	30.1	1.0 fl oz	0.03	2	2
03157	Babyfood, fruit, bananas and pineapple with tapioca, strained	15.0	1.0 tbsp	0.03	1	10
03156	Babyfood, fruit, bananas and pineapple with tapioca, junior	15.0	1.0 tbsp	0.03	1	10
14215	Beverages, coffee, instant, regular, prepared with water	29.8	1.0 fl oz	0.03	1	1
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.03	1	0
14143	Beverages, carbonated, low calorie, other than cola or pepper, without caffeine	29.6	1.0 fl oz	0.03	0	0
14202	Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated	29.6	1.0 fl oz	0.03	24	3
14151	Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine	29.6	1.0 fl oz	0.03	0	0

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
14025	Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix	29.4	1.0 fl oz	0.03	1	48
35199	Prickly pears, broiled (Northern Plains Indians)	7.5	1.0 pad	0.03	--	7
44203	Beverages, Cocktail mix, non-alcoholic, concentrated, frozen	36.0	1.0 fl oz	0.03	0	103
03150	Babyfood, fruit, applesauce and pineapple, strained	28.35	1.0 oz	0.03	1	10
03151	Babyfood, fruit, applesauce and pineapple, junior	28.35	1.0 oz	0.03	1	11
04630	Margarine Spread, approximately 48% fat, tub	14.0	1.0 tbsp	0.03	0	59
19269	Snacks, GENERAL MILLS, BETTY CROCKER Fruit Roll Ups, berry flavored, with vitamin C	28.0	2.0 rolls	0.03	--	104
09195	Olives, pickled, canned or bottled, green	2.7	1.0 olive	0.03	0	4
14144	Beverages, carbonated, lemon-lime soda, no caffeine	30.8	1.0 fl oz	0.03	0	13
14370	Beverages, tea, instant, lemon, sweetened, powder	23.0	1.0 serving (3 heaping tsp)	0.03	1	92
14357	Beverages, tea, instant, decaffeinated, lemon, sweetened	23.0	1.0 serving (3 heaping tsp)	0.03	1	92
14223	Beverages, coffee, instant, chicory	29.9	1.0 fl oz	0.03	--	1
14371	Beverages, tea, instant, lemon, sweetened, prepared with water	259.0	1.0 cup (8 fl oz)	0.03	3	91
04668	Margarine, industrial, soy and partially hydrogenated soy oil, use for baking, sauces and candy	14.0	1.0 tbsp	0.03	0	100
43154	Alcoholic beverage, wine, cooking	4.9	1.0 tsp	0.02	0	2
06168	Sauce, ready-to-serve, pepper or hot	4.7	1.0 tsp	0.02	0	1
04620	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt	14.0	1.0 tbsp	0.02	0	75
04697	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt, with added vitamin D	14.0	1.0 tbsp	0.02	0	76
04694	Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D	14.0	1.0 tbsp	0.02	0	75
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	14.0	1.0 tbsp	0.02	0	75
02063	Rosemary, fresh	0.7	1.0 tsp	0.02	1	1
35198	Prickly pears, raw (Northern Plains Indians)	19.0	1.0 pad peeled	0.02	13	8
04617	Margarine, regular, 80% fat, composite, stick, without salt	14.2	1.0 tbsp	0.02	0	102
04696	Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D	14.0	1.0 tbsp	0.02	0	100
04628	Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils	14.0	1.0 tbsp	0.02	0	100
04691	Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D	14.0	1.0 tablespoon	0.02	0	100
04610	Margarine, regular, 80% fat, composite, stick, with salt	14.0	1.0 tbsp	0.02	0	100
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	6.0	1.0 slice	0.02	0	7
14350	Strawberry-flavor beverage mix, powder	22.0	1.0 serving (2-3 heaping tsp)	0.02	0	86
14293	Lemonade, frozen concentrate, white, prepared with water	30.9	1.0 fl oz	0.02	1	12

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
14135	Alcoholic beverage, wine, table, white, late harvest	30.8	1.0 fl oz	0.02	--	34
14125	Alcoholic beverage, wine, table, white, late harvest, Gewurztraminer	30.5	1.0 fl oz	0.02	--	33
19274	Snacks, fruit leather, pieces, with vitamin C	21.0	1.0 serving	0.02	3	78
19014	Snacks, fruit leather, rolls	21.0	1.0 large	0.02	4	78
14140	Alcoholic beverage, wine, table, white, Muscat	30.0	1.0 fl oz	0.02	--	25
14132	Alcoholic beverage, wine, table, white, Riesling	29.6	1.0 fl oz	0.02	--	24
14116	Alcoholic beverage, wine, table, white, Chenin Blanc	29.5	1.0 fl oz	0.02	--	24
14152	Alcoholic Beverage, wine, table, red, Burgundy	29.5	1.0 fl oz	0.02	--	25
14126	Alcoholic beverage, wine, table, white, Semillon	29.5	1.0 fl oz	0.02	--	24
14124	Alcoholic beverage, wine, table, white, Gewurztraminer	29.5	1.0 fl oz	0.02	--	24
14103	Alcoholic Beverage, wine, table, red, Petite Sirah	29.5	1.0 fl oz	0.02	--	25
43155	Alcoholic beverage, wine, light	29.5	1.0 fl oz	0.02	3	14
14120	Alcoholic beverage, wine, table, white, Muller Thurgau	29.5	1.0 fl oz	0.02	--	22
14158	Alcoholic Beverage, wine, table, red, Gamay	29.4	1.0 fl oz	0.02	--	23
14108	Alcoholic Beverage, wine, table, red, Sangiovese	29.4	1.0 fl oz	0.02	--	25
14105	Alcoholic Beverage, wine, table, red, Claret	29.4	1.0 fl oz	0.02	--	24
14101	Alcoholic Beverage, wine, table, red, Barbera	29.4	1.0 fl oz	0.02	--	25
14098	Alcoholic Beverage, wine, table, red, Cabernet Franc	29.4	1.0 fl oz	0.02	--	24
14159	Alcoholic Beverage, wine, table, red, Mouvedre	29.4	1.0 fl oz	0.02	--	26
14109	Alcoholic Beverage, wine, table, red, Carignane	29.4	1.0 fl oz	0.02	--	22
14602	Alcoholic Beverage, wine, table, red, Merlot	29.4	1.0 fl oz	0.02	4	24
14106	Alcoholic beverage, wine, table, white	29.4	1.0 fl oz	0.02	3	24
14102	Alcoholic Beverage, wine, table, red, Zinfandel	29.4	1.0 fl oz	0.02	--	26
14099	Alcoholic Beverage, wine, table, red, Pinot Noir	29.4	1.0 fl oz	0.02	--	24
14096	Alcoholic beverage, wine, table, red	29.4	1.0 fl oz	0.02	4	25
14107	Alcoholic Beverage, wine, table, red, Lemberger	29.4	1.0 fl oz	0.02	--	24
14100	Alcoholic Beverage, wine, table, red, Syrah	29.4	1.0 fl oz	0.02	--	24
14097	Alcoholic Beverage, wine, table, red, Cabernet Sauvignon	29.4	1.0 fl oz	0.02	--	24
14134	Alcoholic beverage, wine, table, white, Sauvignon Blanc	29.3	1.0 fl oz	0.02	--	24
14406	Beverages, fruit punch juice drink, frozen concentrate, prepared with water	29.3	1.0 fl oz	0.02	1	12
14117	Alcoholic beverage, wine, table, white, Fume Blanc	29.3	1.0 fl oz	0.02	--	24
14138	Alcoholic beverage, wine, table, white, Pinot Blanc	29.3	1.0 fl oz	0.02	--	24
14160	Alcoholic beverage, wine, table, white, Chardonnay	29.3	1.0 fl oz	0.02	3	25
14113	Alcoholic beverage, wine, table, white, Pinot Gris (Grigio)	29.3	1.0 fl oz	0.02	--	24
04673	Margarine-like spread, SMART BALANCE Regular Buttery Spread with flax oil	14.0	1.0 tablespoon	0.02	--	82

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
01002	Butter, whipped, with salt	3.8	1.0 pat (1" sq, 1/3" high)	0.02	0	27
14269	Beverages, Fruit punch drink, frozen concentrate, prepared with water	30.9	1.0 fl oz	0.02	1	14
14029	Alcoholic beverage, whiskey sour, prepared from item 14028	30.4	1.0 fl oz	0.02	0	47
04677	Margarine-like spread, SMART BALANCE Omega Plus Spread (with plant sterols & fish oil)	14.0	1.0 tablespoon	0.02	--	85
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	30.2	1.0 fl oz	0.02	1	56
14430	Cranberry juice cocktail, frozen concentrate	36.2	1.0 fl oz	0.02	2	73
14367	Beverages, tea, instant, unsweetened, prepared with water	29.7	1.0 fl oz	0.02	1	0
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	14.3	1.0 tbsp	0.02	0	77
04693	Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D	14.0	1.0 tbsp	0.02	0	75
43019	Salad dressing, sweet and sour	16.0	1.0 tbsp	0.02	0	2
14543	Beverages, lemonade, frozen concentrate, pink, prepared with water	30.9	1.0 fl oz	0.02	1	13
14145	Beverages, carbonated, SPRITE, lemon-lime, without caffeine	30.8	1.0 fl oz	0.02	0	12
03134	Babyfood, fruit, plums with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	0.02	1	11
03135	Babyfood, fruit, plums with tapioca, without ascorbic acid, junior	15.0	1.0 tbsp	0.02	1	11
42231	Oil, flaxseed, cold pressed	13.6	1.0 tbsp	0.01	0	120
04631	Margarine-like, vegetable oil spread, fat-free, tub	14.6	1.0 tbsp	0.01	0	6
04029	Salad dressing, mayonnaise, imitation, soybean without cholesterol	14.1	1.0 tablespoon	0.01	0	68
04133	Salad dressing, french, home recipe	14.0	1.0 tablespoon	0.01	0	88
04146	Salad dressing, french, cottonseed, oil, home recipe	14.0	1.0 tablespoon	0.01	--	88
04688	Salad dressing, spray-style dressing, assorted flavors	8.0	1.0 serving (approximately 10 sprays)	0.01	--	13
09328	Maraschino cherries, canned, drained	5.0	1.0 cherry (NLEA serving)	0.01	0	8
19909	Sweeteners, sugar substitute, granulated, brown	0.5	1.0 tsp	0.01	0	2
02065	Spearmint, fresh	0.3	2.0 leaves	0.01	0	0
04683	Margarine, margarine-like vegetable oil spread, 67-70% fat, tub	14.0	1.0 tbsp (1 NLEA serving)	0.01	--	85
43158	Sweeteners, tabletop, saccharin (sodium saccharin)	1.0	1.0 serving 1 packet	0.01	0	4
14425	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water	31.0	1.0 fl oz	0.01	0	15
19281	Frozen novelties, ice type, italian, restaurant-prepared	29.0	1.0 fl oz	0.01	0	15
19070	Candies, butterscotch	28.35	1.0 oz	0.01	0	111
19353	Syrups, maple	20.0	1.0 tbsp	0.01	4	52
28393	PEPPERIDGE FARM, White Hoagie Roll	69.0	1.0 serving	0.01	--	204
19912	Sweetener, syrup, agave	6.9	1.0 tsp	0.01	0	21
14376	Beverages, tea, instant, lemon, diet	29.8	1.0 fl oz	0.01	--	1
02068	Vinegar, red wine	14.9	1.0 tbsp	0.01	1	3

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	29.6	1.0 fl oz	0.01	1	6
28390	PEPPERIDGE FARM, Light Style Wheat Bread	57.0	1.0 serving	0.01	--	146
28387	PEPPERIDGE FARM, Hamburger Buns w/Sesame	53.0	1.0 serving	0.01	--	148
28377	PEPPERIDGE FARM, 100% Whole Wheat Hamburger Buns	51.0	1.0 serving	0.01	53	131
28394	PEPPERIDGE FARM, Hamburger Bun	51.0	1.0 serving	0.01	--	142
43345	Beverages, fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie	2.0	1.0 tsp	0.00	5	5
18371	Leavening agents, baking powder, low-sodium	5.0	1.0 tsp	0.00	1	5
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1.0 tsp	0.00	2	2
28389	PEPPERIDGE FARM, White Bread	45.0	1.0 serving	0.00	--	126
19382	Candies, taffy, prepared-from-recipe	15.0	1.0 piece	0.00	0	60
28384	PEPPERIDGE FARM, Farmhouse Sourdough Bread	43.0	1.0 serving	0.00	--	116
28380	PEPPERIDGE FARM, Whole Grain 15 Grain Bread	43.0	1.0 serving	0.00	--	116
28381	PEPPERIDGE FARM, Farmhouse Hearty White Bread	43.0	1.0 serving	0.00	--	115
28395	PEPPERIDGE FARM, Whole Grain Honey Whole Wheat Bread	43.0	1.0 serving	0.00	--	113
28392	PEPPERIDGE FARM, Farmhouse 100% Whole Wheat Bread	43.0	1.0 serving	0.00	--	116
28382	PEPPERIDGE FARM, Farmhouse Oatmeal Bread	43.0	1.0 serving	0.00	--	118
28396	PEPPERIDGE FARM, Whole Grain Oatmeal Bread	43.0	1.0 serving	0.00	--	111
02064	Peppermint, fresh	0.1	2.0 leaves	0.00	0	0
19334	Sugars, brown	3.0	1.0 tsp unpacked	0.00	0	11
28391	PEPPERIDGE FARM, Seeded Jewish Rye Bread	32.0	1.0 serving	0.00	--	82
28388	PEPPERIDGE FARM, Deli Swirl Bread	32.0	1.0 serving	0.00	--	79
28385	PEPPERIDGE FARM, Jewish Rye Bread (Seedless)	32.0	1.0 serving	0.00	--	81
28386	PEPPERIDGE FARM, Pumpernickel Bread	32.0	1.0 serving	0.00	--	83
19340	Sugars, maple	3.0	1.0 tsp	0.00	1	11
14431	Cranberry juice cocktail, frozen concentrate, prepared with water	29.6	1.0 fl oz	0.00	1	14
04674	Margarine-like spread, SMART BALANCE Light Buttery Spread	14.0	1.0 tbsp	0.00	0	47
28378	PEPPERIDGE FARM, Cinnamon Swirl Bread	28.0	1.0 serving	0.00	--	84
28379	PEPPERIDGE FARM, Raisin Cinnamon Swirl Bread	28.0	1.0 serving	0.00	--	80
11984	Epazote, raw	0.8	1.0 tbsp	0.00	1	0
02050	Vanilla extract	4.2	1.0 tsp	0.00	1	12
02051	Vanilla extract, imitation, alcohol	4.2	1.0 tsp	0.00	0	10
02052	Vanilla extract, imitation, no alcohol	4.2	1.0 tsp	0.00	0	2
04679	Oil, PAM cooking spray, original	0.3	1.0 spray , about 1/3 second (1 NLEA serving)	0.00	0	2

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
31014	PACE, Jalapenos Nacho Sliced Peppers	30.0	1.0 oz	0.00	--	4
14450	Beverages, drink mix, QUAKER OATS, GATORADE, orange flavor, powder	23.0	1.0 scoop powder	0.00	0	89
19360	Syrups, table blends, pancake, with 2% maple	20.0	1.0 tbsp	0.00	0	53
14385	Beverages, water, bottled, POLAND SPRING	29.6	1.0 fl oz	0.00	0	--
04586	Shortening, special purpose for cakes and frostings, soybean (hydrogenated)	12.8	1.0 tbsp	0.00	--	113
42040	Syrups, grenadine	20.0	1.0 tbsp	0.00	1	54
04529	Oil, almond	13.6	1.0 tablespoon	0.00	--	120
19924	Syrup, NESTLE, chocolate	20.0	1.0 tablespoon	0.00	8	54
14142	Beverages, carbonated, grape soda	31.0	1.0 fl oz	0.00	0	13
04655	Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries	14.0	1.0 tbsp	0.00	--	88
14246	Beverages, tea, green, instant, decaffeinated, lemon, unsweetened, fortified with vitamin C	4.5	2.0 tbsp	0.00	0	17
04044	Oil, soybean, salad or cooking	13.6	1.0 tbsp	0.00	--	120
06971	Sauce, worcestershire	17.0	1.0 tbsp	0.00	2	13
14605	Beverages, Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors	237.0	8.0 fl oz (1 NLEA serving)	0.00	7	52
90480	Syrup, Cane	21.0	1.0 serving	0.00	2	56
04551	Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)	12.8	1.0 tbsp	0.00	--	113
14609	Beverages, V8 SPLASH Juice Drinks, Diet Strawberry Kiwi	238.0	1.0 serving	0.00	--	10
14264	Beverages, fruit punch drink, without added nutrients, canned	210.0	6.75 fl oz	0.00	6	101
42289	Oil, corn and canola	14.0	1.0 tbsp	0.00	--	124
04634	Margarine-like, vegetable oil spread, 20% fat, without salt	12.8	1.0 tbsp	0.00	0	22
04583	Oil, mustard	14.0	1.0 tbsp	0.00	--	124
27028	PACE, Salsa Verde	32.0	1.0 serving	0.00	--	15
14021	Beverages, Energy drink, Citrus	240.0	8.0 fl oz	0.00	--	108
04518	Oil, corn, industrial and retail, all purpose salad or cooking	13.6	1.0 tbsp	0.00	--	122
14137	Beverages, NESTEA, tea, black, ready-to-drink, lemon	30.6	1.0 fl oz	0.00	0	11
25043	Snacks, candy bits, yogurt covered with vitamin C	20.0	1.0 package	0.00	5	83
04652	Oil, industrial, soy (partially hydrogenated), all purpose	13.6	1.0 tbsp	0.00	--	120
14242	Cranberry juice cocktail, bottled	31.6	1.0 fl oz	0.00	0	17
19107	Candies, hard	28.35	1.0 oz	0.00	1	112
04037	Oil, rice bran	13.6	1.0 tablespoon	0.00	--	120
03024	Babyfood, water, bottled, GERBER, without added fluoride.	113.0	1.0 serving	0.00	--	--
04548	Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)	12.8	1.0 tbsp	0.00	--	113

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
14155	Beverages, carbonated, tonic water	30.5	1.0 fl oz	0.00	--	10
14261	Beverages, tea, green, ready to drink, unsweetened	473.0	16.0 fl oz	0.00	--	--
02048	Vinegar, cider	14.9	1.0 tbsp	0.00	1	3
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	113.0	4.0 oz	0.00	3	35
19030	Syrup, fruit flavored	20.0	1.0 serving	0.00	0	52
14438	Beverages, water, bottled, non-carbonated, CRYSTAL GEYSER	29.6	1.0 fl oz	0.00	--	--
19350	Syrups, corn, light	341.0	1.0 cup	0.00	3	965
04576	Fat, goose	12.8	1.0 tbsp	0.00	--	115
14619	Beverages, V8 SPLASH Juice Drinks, Tropical Blend	243.0	1.0 serving 8 oz	0.00	--	70
14281	Beverages, tea, black, ready to drink, decaffeinated	240.0	1.0 cup	0.00	5	91
04515	Oil, tomatoseed	13.6	1.0 tablespoon	0.00	--	120
04649	Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening	13.6	1.0 tbsp	0.00	--	120
14239	Alcoholic beverage, malt beer, hard lemonade	335.0	11.2 fl oz	0.00	13	228
06609	SWANSON BROTH, Certified Organic Vegetable Broth	235.0	1.0 cup	0.00	--	12
19873	Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops	55.0	1.0 serving 1.75 fl oz pop	0.00	1	12
14080	Beverages, rich chocolate, powder	11.0	2.0 tbsp	0.00	24	41
14636	Beverages, fruit juice drink, reduced sugar, with vitamin E added	209.0	1.0 container	0.00	4	82
14315	Beverages, OVALTINE, chocolate malt powder	78.0	1.0 cup	0.00	170	290
04606	Meat drippings (lard, beef tallow, mutton tallow)	12.8	1.0 tablespoon	0.00	--	114
04544	Shortening, household, lard and vegetable oil	12.8	1.0 tablespoon	0.00	--	115
14434	Beverages, The COCA-COLA company, DASANI, water, bottled, non-carbonated	29.6	1.0 fl oz	0.00	--	--
19222	Desserts, rennin, vanilla, dry mix	10.8	1.0 tbsp	0.00	0	41
04573	Oil, ucuhuba butter	13.6	1.0 tbsp	0.00	--	120
14165	Beverages, carbonated, limeade, high caffeine	253.0	1.0 cup	0.00	--	46
14616	Beverages, V8 SPLASH Juice Drinks, Orchard Blend	243.0	1.0 serving 8 oz	0.00	--	80
14531	Alcoholic beverage, whiskey sour	30.4	1.0 fl oz	0.00	0	45
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	13.6	1.0 tablespoon	0.00	--	120
04645	Oil, industrial, canola (partially hydrogenated) oil for deep fat frying	13.6	1.0 tablespoon	0.00	--	120
06603	PACE, Picante Sauce	32.0	1.0 serving	0.00	--	8
14075	Beverages, GEROLSTEINER BRUNNEN GmbH & Co. KG,Gerolsteiner naturally sparkling mineral water,	240.0	8.0 fl oz	0.00	26	--
04593	Fish oil, salmon	13.6	1.0 tbsp	0.00	--	123
14189	Beverages, The COCA-COLA company, Minute Maid, Lemonade	240.0	8.0 fl oz	0.00	5	110

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
14633	Beverages, Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C	238.0	1.0 serving	0.00	2	10
03144	Babyfood, fruit, applesauce and cherries, strained	28.35	1.0 oz	0.00	1	14
04702	Oil, industrial, cottonseed, fully hydrogenated	13.6	1.0 tablespoon	0.00	--	120
19706	Puddings, banana, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0.00	7	341
43060	Chewing gum, sugarless	2.0	1.0 piece	0.00	--	5
04541	Oil, cupu assu	13.6	1.0 tablespoon	0.00	--	120
14149	Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners	29.6	1.0 fl oz	0.00	--	6
04662	Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)	13.6	1.0 tbsp	0.00	--	120
04560	Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)	12.8	1.0 tbsp	0.00	--	113
14162	Beverages, Apple juice drink, light, fortified with vitamin C	240.0	8.0 fl oz	0.00	12	53
14613	Beverages, V8 SPLASH Juice Drinks, Guava Passion Fruit	243.0	1.0 serving 8 oz	0.00	--	80
14270	Beverages, coffee, instant, vanilla, sweetened, decaffeinated, with non dairy creamer	15.0	1.0 serving	0.00	--	70
14475	Beverages, ARIZONA, tea, ready-to-drink, lemon	30.6	1.0 fl oz	0.00	0	12
04502	Oil, cottonseed, salad or cooking	13.6	1.0 tablespoon	0.00	--	120
19907	Sweeteners, for baking, contains sugar and sucralose	14.5	1.0 tbsp	0.00	--	58
14121	Beverages, carbonated, club soda	29.6	1.0 fl oz	0.00	0	--
04642	Oil, industrial, mid-oleic, sunflower	13.6	1.0 tablespoon	0.00	--	120
06600	PACE, Green Taco Sauce	16.0	1.0 serving	0.00	--	4
06998	Gravy, CAMPBELL'S, brown with onions	59.0	0.25 cup	0.00	--	25
04590	Fish oil, herring	13.6	1.0 tbsp	0.00	--	123
16260	SILK Original Creamer	15.0	1.0 tbsp	0.00	--	15
14303	Limeade, frozen concentrate, prepared with water	30.9	1.0 fl oz	0.00	1	16
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	27.8	1.0 fl oz	0.00	--	70
44018	Sweeteners, tabletop, fructose, liquid	0.1	1.0 serving	0.00	--	0
04699	Oil, industrial, soy, low linolenic	14.0	1.0 tablespoon	0.00	--	126
04534	Oil, babassu	13.6	1.0 tbsp	0.00	--	120
04659	Oil, industrial, coconut, confection fat, typical basis for ice cream coatings	13.6	1.0 tbsp	0.00	--	120
18372	Leavening agents, baking soda	4.6	1.0 tsp	0.00	--	--
14095	Beverages, MINUTE MAID, Lemonada, Limeade	240.0	8.0 fl oz	0.00	5	120
14206	Beverages, tea, green, ready-to-drink, sweetened	270.0	1.0 cup	0.00	--	73
04058	Oil, sesame, salad or cooking	13.6	1.0 tablespoon	0.00	--	120
19336	Sugars, powdered	120.0	1.0 cup unsifted	0.00	--	467
14051	Alcoholic beverage, distilled, vodka, 80 proof	27.8	1.0 fl oz	0.00	--	64

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
14355	Beverages, tea, black, brewed, prepared with tap water	29.6	1.0 fl oz	0.00	1	0
14267	Beverages, Fruit punch drink, with added nutrients, canned	31.0	1.0 fl oz	0.00	1	15
31015	PACE, Diced Green Chilies	30.0	2.0 tbsp	0.00	--	8
14460	Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.	30.5	1.0 fl oz	0.00	--	8
03117	Babyfood, fruit, applesauce, junior	16.0	1.0 tbsp	0.00	0	6
19128	Syrups, table blends, pancake, reduced-calorie	73.0	1.0 serving 1/4 cup	0.00	1	120
19361	Syrups, table blends, cane and 15% maple	315.0	1.0 cup	0.00	6	876
06597	PACE, Chipotle Chunky Salsa	32.0	1.0 serving	0.00	--	8
19856	Frozen novelties, juice type, POPSICLE SCRIBBLERS	33.0	1.0 serving 1.2 fl oz pop	0.00	1	27
14065	Beverages, The COCA-COLA company, Hi-C Flashin' Fruit Punch	200.0	6.75 fl oz	0.00	--	90
04587	Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed	12.8	1.0 tbsp	0.00	--	113
19187	Flan, caramel custard, dry mix	85.0	1.0 package (3 oz)	0.00	--	296
14544	Beverages, tea, black, brewed, prepared with distilled water	29.6	1.0 fl oz	0.00	--	0
14026	Beverages, THE COCA-COLA COMPANY, NOS Zero, energy drink, sugar-free with guarana, fortified with vitamins B6 and B12	480.0	16.0 fl oz	0.00	--	19
04530	Oil, apricot kernel	13.6	1.0 tablespoon	0.00	--	120
04656	Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter	13.6	1.0 tbsp	0.00	--	120
14247	Beverages, tea, black, ready to drink	473.0	16.0 fl oz	0.00	--	--
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1.0 tsp	0.00	1	2
14645	Beverages, Fruit flavored drink, less than 3% juice, not fortified with vitamin C	238.0	1.0 cup (8 fl oz)	0.00	2	152
04047	Oil, coconut	13.6	1.0 tbsp	0.00	--	121
04615	Shortening, vegetable, household, composite	12.8	1.0 tbsp	0.00	--	113
14607	Beverages, V8 SPLASH Juice Drinks, Diet Berry Blend	243.0	8.0 fl oz	0.00	--	10
19163	Chewing gum	3.0	1.0 stick	0.00	--	11
04554	Shortening industrial, soybean (hydrogenated) and cottonseed	12.8	1.0 tbsp	0.00	--	113
19283	Frozen novelties, ice type, pop	52.0	1.0 serving 1.75 fl oz pop	0.00	1	41
14610	Beverages, V8 SPLASH Juice Drinks, Diet Tropical Blend	238.0	1.0 serving 8 oz	0.00	--	10
43514	Frozen novelties, ice type, pop, with low calorie sweetener	55.0	1.0 serving 1.75 fl oz pop	0.00	1	13
14439	Water, bottled, non-carbonated, NAYA	29.6	1.0 fl oz	0.00	1	--
19355	Syrups, sorghum	330.0	1.0 cup	0.00	330	957
14381	Beverages, tea, herb, other than chamomile, brewed	29.6	1.0 fl oz	0.00	--	0
04584	Oil, sunflower, high oleic (70% and over)	14.0	1.0 tbsp	0.00	--	124
14174	Beverages, Lemonade fruit juice drink light, fortified with vitamin E and C	240.0	8.0 fl oz	0.00	5	50

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
14623	Beverages, V8 V- FUSION Juices, Acai Berry	246.0	1.0 serving 8 oz	0.00	--	111
27029	PACE, Tequila Lime Salsa	32.0	1.0 serving	0.00	--	15
14287	Beverages, Lemonade, powder	18.0	1.0 serving	0.00	44	68
14541	Beverages, fruit punch-flavor drink, powder, without added sodium, prepared with water	32.7	1.0 fl oz	0.00	0	12
14022	Beverages, MONSTER energy drink, low carb	240.0	8.0 fl oz	0.00	--	12
04520	Fat, mutton tallow	12.8	1.0 tbsp	0.00	--	115
19918	Sweetener, herbal extract powder from Stevia leaf	1.0	1.0 package	0.00	--	--
04653	Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry	13.6	1.0 tbsp	0.00	--	120
19108	Candies, jellybeans	11.0	10.0 small	0.00	0	41
14640	Beverages, Energy drink, VAULT, citrus flavor	31.0	1.0 oz	0.00	1	15
04038	Oil, wheat germ	4.5	1.0 tsp	0.00	--	40
14323	Beverages, orange drink, canned, with added vitamin C	31.0	1.0 fl oz	0.00	1	15
19330	Puddings, lemon, dry mix, instant	99.0	1.0 package (3.5 oz)	0.00	--	374
04549	Shortening industrial, lard and vegetable oil	12.8	1.0 tbsp	0.00	--	115
04669	USDA Commodity Food, oil, vegetable, soybean, refined	13.6	1.0 tablespoon	0.00	--	120
04135	Salad dressing, home recipe, vinegar and oil	16.0	1.0 tablespoon	0.00	--	72
19351	Syrups, corn, high-fructose	310.0	1.0 cup	0.00	--	871
04001	Fat, beef tallow	12.8	1.0 tbsp	0.00	--	115
04581	Oil, avocado	14.0	1.0 tbsp	0.00	--	124
04687	Margarine-like spread, BENECOL Light Spread	14.0	1.0 tablespoon (1 NLEA serving)	0.00	0	50
14282	Beverages, grape juice drink, canned	31.3	1.0 fl oz	0.00	2	18
02073	PACE, Dry Taco Seasoning Mix	5.3	2.0 tbsp (1 serving)	0.00	--	10
04516	Oil, teaseed	13.6	1.0 tablespoon	0.00	--	120
04650	Oil, industrial, soy, refined, for woks and light frying	13.6	1.0 tbsp	0.00	--	120
14637	Water, with corn syrup and/or sugar and low calorie sweetener, fruit flavored	200.0	1.0 pouch	0.00	6	36
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	12.8	1.0 tbsp	0.00	--	113
04609	Animal fat, bacon grease	4.3	1.0 tsp	0.00	--	39
14559	Beverages, water, bottled, non-carbonated, EVIAN	29.6	1.0 fl oz	0.00	1	--
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	27.8	1.0 fl oz	0.00	--	64
04545	Oil, sunflower, linoleic, (partially hydrogenated)	13.6	1.0 tbsp	0.00	--	120
14153	Beverages, carbonated, pepper-type, contains caffeine	30.7	1.0 fl oz	0.00	--	13
04666	Shortening, industrial, soy (partially hydrogenated) and corn for frying	12.8	1.0 tbsp	0.00	--	113
14436	Beverages, orange breakfast drink, ready-to-drink, with added nutrients	31.6	1.0 fl oz	0.00	2	17

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
14216	Beverages, aloe vera juice drink, fortified with Vitamin C	240.0	8.0 fl oz	0.00	--	36
04574	Fat, duck	12.8	1.0 tbsp	0.00	--	113
14166	Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine	29.6	1.0 fl oz	0.00	0	--
14617	Beverages, V8 SPLASH Juice Drinks, Strawberry Banana	243.0	1.0 serving 8 oz	0.00	--	70
14279	Beverages, tea, black, ready-to-drink, peach, diet	268.0	1.0 cup	0.00	--	3
14532	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof	27.8	1.0 fl oz	0.00	--	76
28334	Cookies, gluten-free, lemon wafer	30.0	3.0 cookies	0.00	1	154
04513	Vegetable oil, palm kernel	13.6	1.0 tablespoon	0.00	--	117
19911	Syrup, maple, Canadian	80.0	60.0 milliliter	0.00	17	216
14130	Carbonated beverage, cream soda	30.9	1.0 fl oz	0.00	0	16
04646	Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts	13.6	1.0 tbsp	0.00	--	120
06604	PACE, Red Taco Sauce	16.0	1.0 tbsp	0.00	--	8
19868	Sweeteners, tabletop, sucralose, SPLENDA packets	1.0	1.0 serving 1 packet	0.00	--	3
14076	Beverages, ICELANDIC, Glacial Natural spring water	100.0	1.0 serving	0.00	--	--
14411	Beverages, water, tap, drinking	29.6	1.0 fl oz	0.00	0	--
04594	Fish oil, sardine	13.6	1.0 tbsp	0.00	--	123
14190	Beverages, tea, green, ready-to-drink, diet	269.0	1.0 cup	0.00	3	--
14555	Water, bottled, generic	29.6	1.0 fl oz	0.00	1	--
03145	Babyfood, fruit, applesauce and cherries, junior	28.35	1.0 oz	0.00	1	14
14034	Alcoholic beverage, creme de menthe, 72 proof	33.6	1.0 fl oz	0.00	--	125
43075	Fluid replacement, electrolyte solution (include PEDIALYTE)	31.2	1.0 fl oz	0.00	0	3
04542	Fat, chicken	12.8	1.0 tbsp	0.00	--	115
14150	Beverages, carbonated, orange	31.0	1.0 fl oz	0.00	0	15
04663	Oil, industrial, palm kernel (hydrogenated), filling fat	13.6	1.0 tbsp	0.00	--	120
14432	Beverages, water, bottled, non-carbonated, DANNON	29.6	1.0 fl oz	0.00	0	--
14211	Beverages, tea, black, ready-to-drink, lemon, diet	265.0	1.0 cup	0.00	--	3
04570	Shortening, confectionery, fractionated palm	13.6	1.0 tbsp	0.00	--	120
14614	Beverages, V8 SPLASH Juice Drinks, Mango Peach	243.0	1.0 serving 8 oz	0.00	--	80
04678	Oil, vegetable, Natreon canola, high stability, non trans, high oleic (70%)	14.0	1.0 tbsp	0.00	--	124
14276	Beverages, Tropical Punch, ready-to-drink	210.0	1.0 NLEA Serving	0.00	--	21
14476	Beverages, LIPTON BRISK, tea, black, ready-to-drink, lemon	30.6	1.0 fl oz	0.00	--	11
04506	Oil, sunflower, linoleic, (approx. 65%)	13.6	1.0 tbsp	0.00	--	120
19908	Sugar, turbinado	4.6	1.0 tsp	0.00	0	18

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
04643	Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying	13.6	1.0 tablespoon	0.00	--	120
06601	PACE, Lime & Garlic Chunky Salsa	32.0	1.0 serving	0.00	--	12
14073	Beverages, ZEVIA, cola	355.0	1.0 can	0.00	--	--
14407	Beverages, orange-flavor drink, breakfast type, powder	26.0	1.0 serving 2 tbsp	0.00	--	100
19099	Candies, fondant, prepared-from-recipe	28.35	1.0 oz	0.00	--	106
04591	Fish oil, menhaden	13.6	1.0 tbsp	0.00	--	123
16261	SILK French Vanilla Creamer	15.0	1.0 tbsp	0.00	--	20
19320	Puddings, banana, dry mix, regular	88.0	1.0 package (3.12 oz)	0.00	7	322
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	27.8	1.0 fl oz	0.00	--	73
04700	Oil, industrial, soy, ultra low linolenic	13.6	1.0 tablespoon	0.00	--	120
14030	Beverages, THE COCA-COLA COMPANY, NOS energy drink, Original, grape, loaded cherry, charged citrus, fortified with vitamins B6 and B12	480.0	16.0 fl oz	0.00	--	211
43057	Candies, gum drops, no sugar or low calorie (sorbitol)	182.0	1.0 cup	0.00	--	644
04536	Oil, sheanut	13.6	1.0 tablespoon	0.00	--	120
14147	Beverages, carbonated, cola, without caffeine	30.7	1.0 fl oz	0.00	--	13
04660	Oil, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy	13.6	1.0 tbsp	0.00	--	120
18373	Leavening agents, cream of tartar	3.0	1.0 tsp	0.00	0	8
14429	Beverages, water, tap, municipal	29.6	1.0 fl oz	0.00	0	--
14207	Beverages, tea, ready-to-drink, lemon, diet	266.0	1.0 cup	0.00	--	5
14649	Beverages, tea, hibiscus, brewed	237.0	8.0 fl oz	0.00	7	--
04060	Oil, sunflower, linoleic (less than 60%)	13.6	1.0 tbsp	0.00	--	120
14352	Beverages, tea, black, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.00	1	0
14052	Alcoholic beverage, distilled, whiskey, 86 proof	27.8	1.0 fl oz	0.00	--	70
04675	Margarine-like spread, SMART BEAT Super Light without saturated fat	14.0	1.0 tablespoon	0.00	--	22
02053	Vinegar, distilled	14.9	1.0 tbsp	0.00	0	3
14461	Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	30.5	1.0 fl oz	0.00	--	10
19129	Syrups, table blends, pancake	314.0	1.0 cup	0.00	6	735
19362	Syrups, table blends, corn, refiner, and sugar	316.0	1.0 cup	0.00	28	1008
06598	PACE, Cilantro Chunky Salsa	32.0	1.0 serving	0.00	--	8
04588	Oil, oat	13.6	1.0 tbsp	0.00	--	120
14628	Beverages, Energy drink, AMP, sugar free	240.0	8.0 fl oz	0.00	7	5
14296	Beverages, lemonade-flavor drink, powder	18.0	1.0 serving	0.00	30	68
14545	Beverages, tea, herb, brewed, chamomile	29.6	1.0 fl oz	0.00	--	0

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
43598	Mayonnaise dressing, no cholesterol	15.0	1.0 tbsp	0.00	0	103
14027	Alcoholic beverage, whiskey sour, canned	30.8	1.0 fl oz	0.00	0	37
04531	Oil, soybean lecithin	13.6	1.0 tablespoon	0.00	--	104
43408	Babyfood, juice, pear	31.2	1.0 fl oz	0.00	2	15
04657	Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter	13.6	1.0 tbsp	0.00	--	120
19387	Frozen novelties, ice type, pineapple-coconut	99.0	0.5 cup (4 fl oz)	0.00	5	112
14646	Beverages, Fruit flavored drink containing less than 3% fruit juice, with high vitamin C	238.0	1.0 cup (8 fl oz)	0.00	2	64
04053	Oil, olive, salad or cooking	13.5	1.0 tablespoon	0.00	--	119
14049	Alcoholic beverage, distilled, gin, 90 proof	27.8	1.0 fl oz	0.00	--	73
04556	Shortening frying (heavy duty), palm (hydrogenated)	12.8	1.0 tbsp	0.00	--	113
14611	Beverages, V8 SPLASH Juice Drinks, Berry Blend	243.0	1.0 serving 8 oz	0.00	--	70
14440	Beverages, water, bottled, non-carbonated, DANNON Fluoride To Go	29.6	1.0 fl oz	0.00	0	--
19230	Frostings, vanilla, creamy, ready-to-eat	38.0	0.083 package	0.00	0	159
14384	Beverages, water, bottled, PERRIER	29.6	1.0 fl oz	0.00	--	--
14288	Lemonade, powder, prepared with water	33.0	1.0 fl oz	0.00	3	5
43216	Sweeteners, tabletop, fructose, dry, powder	196.0	1.0 cup	0.00	--	721
03001	Babyfood, juice treats, fruit medley, toddler	28.0	1.0 packet	0.00	2	97
04528	Oil, walnut	13.6	1.0 tbsp	0.00	--	120
04654	Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening	13.6	1.0 tbsp	0.00	--	120
14199	Beverages, tea, black, ready-to-drink, lemon, sweetened	271.0	1.0 cup	0.00	3	122
04042	Oil, peanut, salad or cooking	13.5	1.0 tbsp	0.00	--	119
14604	Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener	29.6	1.0 fl oz	0.00	--	0
28358	GLUTINO, Gluten Free Wafers, Lemon Flavored	30.0	3.0 cookies	0.00	1	154
04550	Shortening frying (heavy duty), beef tallow and cottonseed	12.8	1.0 tbsp	0.00	--	115
14157	Beverages, carbonated, root beer	30.8	1.0 fl oz	0.00	0	13
14608	Beverages, V8 SPLASH Juice Drinks, Diet Fruit Medley	238.0	1.0 serving 8 oz	0.00	--	10
09053	Blueberries, wild, frozen	140.0	1.0 cup, frozen	0.00	10	80
04670	USDA Commodity Food, oil, vegetable, low saturated fat	13.6	1.0 tbsp	0.00	--	120
04633	Margarine-like, vegetable oil spread, 20% fat, with salt	15.0	1.0 tbsp	0.00	0	26
04002	Lard	12.8	1.0 tbsp	0.00	--	115
04582	Oil, canola	14.0	1.0 tbsp	0.00	--	124
27027	PACE, Pico De Gallo	32.0	1.0 serving	0.00	--	10

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
14284	Beverages, Cranberry juice cocktail	271.0	1.0 cup	0.00	3	141
02074	Seasoning mix, dry, sazon, coriander & annatto	1.0	0.25 tsp	0.00	--	--
14537	Carbonated beverage, low calorie, other than cola or pepper, with sodium saccharin, without caffeine	29.6	1.0 fl oz	0.00	0	--
04517	Oil, grapeseed	13.6	1.0 tablespoon	0.00	--	120
14136	Beverages, carbonated, ginger ale	30.5	1.0 fl oz	0.00	0	10
04651	Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor	13.6	1.0 tbsp	0.00	--	120
19106	Candies, gumdrops, starch jelly pieces	182.0	1.0 cup gumdrops	0.00	2	721
42256	Margarine-like, vegetable oil spread, stick or tub, sweetened	14.0	1.0 tablespoon	0.00	--	75
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1.0 tbsp	0.00	--	120
19202	Puddings, vanilla, dry mix, instant	99.0	1.0 package (3.5 oz)	0.00	1	373
14599	Beverages, Powerade Zero Ion4, calorie-free, assorted flavors	237.0	8.0 fl oz	0.00	2	--
19720	Syrups, table blends, pancake, with 2% maple, with added potassium	315.0	1.0 cup	0.00	6	835
14038	Beverages, OCEAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink	250.0	1.0 can	0.00	5	38
04546	Shortening bread, soybean (hydrogenated) and cottonseed	12.8	1.0 tablespoon	0.00	--	113
04667	Shortening, industrial, soy (partially hydrogenated) for baking and confections	12.8	1.0 tbsp	0.00	--	113
14260	Beverages, tea, green, brewed, decaffeinated	240.0	240.0 ml	0.00	2	--
02047	Salt, table	6.0	1.0 tsp	0.00	0	--
14437	Beverages, water, bottled, non-carbonated, CALISTOGA	29.6	1.0 fl oz	0.00	--	--
19349	Syrups, corn, dark	328.0	1.0 cup	0.00	26	938
03998	Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	7.0	18.0 piece	0.00	5	35
04575	Fat, turkey	12.8	1.0 tbsp	0.00	--	115
14167	Beverages, POWERADE, Zero, Mixed Berry	360.0	12.0 fl oz	0.00	--	--
14618	Beverages, V8 SPLASH Juice Drinks, Strawberry Kiwi	243.0	1.0 serving 8 oz	0.00	--	70
03169	Babyfood, apple-cranberry juice	31.2	1.0 fl oz	0.00	1	14
04685	Oil, cooking and salad, ENOVA, 80% diglycerides	14.0	1.0 tbsp (1 NLEA serving)	0.00	--	124
14280	Beverages, tea, black, ready to drink, decaffeinated, diet	240.0	1.0 cup	0.00	5	--
19304	Molasses	337.0	1.0 cup	0.00	816	977
14533	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof	27.8	1.0 fl oz	0.00	--	82
04514	Oil, poppyseed	13.6	1.0 tablespoon	0.00	--	120
04648	Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables	13.6	1.0 tbsp	0.00	--	120
14238	Beverages, cranberry-apple juice drink, bottled	30.6	1.0 fl oz	0.00	0	19
06605	PACE, Thick & Chunky Salsa	32.0	1.0 serving	0.00	--	8

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
14079	Beverages, yellow green colored citrus soft drink with caffeine	473.0	16.0 fl oz	0.00	14	232
14412	Beverages, water, tap, well	29.6	1.0 fl oz	0.00	0	--
04595	Shortening, multipurpose, soybean (hydrogenated) and palm (hydrogenated)	12.8	1.0 tbsp	0.00	--	113
14191	Beverages, tea, green, ready-to-drink, citrus, diet, fortified with vitamin C	265.0	1.0 cup	0.00	--	3
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1.0 tablespoon	0.00	--	120
04664	Oil, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings	13.6	1.0 tbsp	0.00	--	120
14433	Beverages, water, bottled, non-carbonated, PEPSI, AQUAFINA	29.6	1.0 fl oz	0.00	--	--
04572	Oil, nutmeg butter	13.6	1.0 tbsp	0.00	--	120
14615	Beverages, V8 SPLASH Juice Drinks, Orange Pineapple	243.0	1.0 serving 8 oz	0.00	--	70
03166	Babyfood, juice, apple	31.7	1.0 fl oz	0.00	1	15
14277	Beverages, grape drink, canned	31.3	1.0 fl oz	0.00	0	19
14009	Alcoholic beverage, daiquiri, canned	30.5	1.0 fl oz	0.00	0	38
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	13.6	1.0 tbsp	0.00	--	120
04644	Oil, industrial, canola for salads, woks and light frying	13.6	1.0 tablespoon	0.00	--	120
06602	PACE, Organic Picante Sauce	32.0	1.0 serving	0.00	--	8
14074	Beverages, ZEVIA, cola, caffeine free	355.0	1.0 can	0.00	--	--
14408	Beverages, orange-flavor drink, breakfast type, powder, prepared with water	33.9	1.0 fl oz	0.00	0	17
04592	Fish oil, menhaden, fully hydrogenated	12.5	1.0 tbsp	0.00	--	113
16262	SILK Hazelnut Creamer	15.0	1.0 tbsp	0.00	--	20
14188	Beverages, tea, green, ready to drink, ginseng and honey, sweetened	260.0	1.0 cup	0.00	3	78
42230	Salad Dressing, coleslaw dressing, reduced fat	17.0	1.0 tbsp	0.00	1	56
14309	Beverages, OVALTINE, Classic Malt powder	21.0	1.0 serving (4 tbsp or 1 envelope)	0.00	46	78
14552	Carbonated beverage, chocolate-flavored soda	31.0	1.0 fl oz	0.00	0	13
04701	Oil, industrial, soy, fully hydrogenated	13.6	1.0 tablespoon	0.00	--	120
19705	Puddings, banana, dry mix, instant, with added oil	99.0	1.0 package (3.5 oz)	0.00	2	382
14031	Beverages, water, bottled, yumberry, pomegranate with anti-oxidants, zero calories	240.0	8.0 fl oz	0.00	--	12
06325	Gravy, CAMPBELL'S, chicken, microwavable	60.0	0.25 cup	0.00	--	40
43058	Candies, hard, dietetic or low calorie (sorbitol)	3.0	1.0 piece	0.00	--	12
14148	Beverages, carbonated, cola, regular	30.7	1.0 fl oz	0.00	--	13
04661	Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners	13.6	1.0 tbsp	0.00	--	120
19018	Fruit syrup	334.0	1.0 cup	0.00	3	1139
14161	Beverages, Kiwi Strawberry Juice Drink	473.0	16.0 fl oz	0.00	--	222
14612	Beverages, V8 SPLASH Juice Drinks, Fruit Medley	243.0	1.0 serving 8 oz	0.00	--	80

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Magnesium, Mg(mg) Per Measure	Energy(kcal) Per Measure
04676	Margarine-like spread, SMART BEAT Smart Squeeze	14.0	1.0 tablespoon	0.00	--	7
14462	Beverages, Propel Zero, fruit-flavored, non-carbonated	29.6	1.0 fl oz	0.00	--	1
04501	Oil, cocoa butter	13.6	1.0 tablespoon	0.00	--	120
19906	Sweeteners, for baking, brown, contains sugar and sucralose	12.9	1.0 tbsp	0.00	1	50
04589	Fish oil, cod liver	4.5	1.0 tsp	0.00	--	41
14297	Beverages, lemonade-flavor drink, powder, prepared with water	31.8	1.0 fl oz	0.00	4	9
19318	Puddings, banana, dry mix, instant	99.0	1.0 package (3.5 oz)	0.00	2	363
44005	Oil, corn, peanut, and olive	14.0	1.0 tablespoon	0.00	--	124
04698	Oil, industrial, canola, high oleic	14.0	1.0 tablespoon	0.00	--	126
06322	Gravy, CAMPBELL'S, mushroom	59.0	0.25 cup	0.00	--	20
04532	Oil, hazelnut	13.6	1.0 tablespoon	0.00	--	120
04658	Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product	13.6	1.0 tbsp	0.00	--	120
14250	Beverages, AMBER, hard cider	355.0	12.0 fl oz	0.00	11	199
14093	Beverages, The COCA-COLA company, Glaceau Vitamin Water, Revive Fruit Punch, fortified	591.0	20.0 fl oz	0.00	--	--
19113	Syrups, table blends, pancake, with butter	73.0	1.0 serving 1/4 cup	0.00	--	212
14647	Beverages, Fruit flavored drink, reduced sugar, greater than 3% fruit juice, high vitamin C, added calcium	240.0	8.0 fl oz	0.00	2	70
04055	Oil, palm	13.6	1.0 tbsp	0.00	--	120
19335	Sugars, granulated	2.8	1.0 serving packet	0.00	--	11
42151	Vegetable oil-butter spread, reduced calorie	13.0	1.0 tbsp	0.00	--	60
14050	Alcoholic beverage, distilled, rum, 80 proof	27.8	1.0 fl oz	0.00	--	64
04559	Shortening household soybean (hydrogenated) and palm	12.8	1.0 tbsp	0.00	--	113