USDA National Nutrient Database for Standard ReferenceRelease 28

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

Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: Household
Report Run at: October 11, 2016 20:53 EDT

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
35146	Stew, mutton, corn, squash (Navajo)	303.0	1.0 serving	26.12	0.173	22.03
21440	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading	152.0	1.0 thigh, with skin	26.10	0.199	15.66
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	26.10	0.171	0.00
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	26.10	0.298	0.00
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	26.08	0.299	0.00
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	26.07	0.172	0.00
17153	Game meat, beefalo, composite of cuts, cooked, roasted	85.0	3.0 oz	26.06	--	0.00
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	26.04	0.340	0.00
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	26.04	0.171	0.00
14033	Beverages, ABBOTT, EAS whey protein powder	39.0	2.0 scoop	26.00	--	7.00
16596	MORNINGSTAR FARMS Grillers Quarter Pound Veggie Burger, frozen, unprepared	114.0	1.0 burger	25.99	--	10.15
17200	Lamb, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	25.98	0.302	2.15
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	25.97	0.335	0.00
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	25.97	0.171	0.00
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	85.0	3.0 oz	25.96	0.327	0.00
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	25.96	0.298	0.00
15137	Crustaceans, crab, alaska king, cooked, moist heat	134.0	1.0 leg	25.93	0.360	0.00
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	25.92	0.263	0.00
12152	Nuts, pistachio nuts, dry roasted, without salt added	123.0	1.0 cup	25.89	0.322	34.78
12652	Nuts, pistachio nuts, dry roasted, with salt added	123.0	1.0 cup	25.89	0.322	33.89
10150	Pork, cured, ham, whole, separable lean and fat, unheated	140.0	1.0 cup	25.89	0.294	0.08
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	140.0	1.0 cup	25.89	0.294	0.00
21237	McDONALD'S, BIG MAC	219.0	1.0 item 7.6 oz	25.89	--	43.98
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	25.88	0.297	0.00

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	25.88	0.291	0.00
10223	Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	85.0	3.0 oz	25.86	0.328	0.00
05301	Poultry, mechanically deboned, from backs and necks with skin, raw	227.0	0.5 lb	25.86	0.207	0.00
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	25.85	0.287	0.00
16077	Lupins, mature seeds, cooked, boiled, without salt	166.0	1.0 cup	25.85	0.208	16.40
16377	Lupins, mature seeds, cooked, boiled, with salt	166.0	1.0 cup	25.85	0.208	15.42
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218.0	1.0 sandwich	25.83	0.307	40.00
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	25.83	0.308	0.00
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	25.83	0.302	0.00
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	85.0	3.0 oz	25.82	0.341	0.00
22528	Turkey Pot Pie, frozen entree	397.0	1.0 package yields	25.80	--	70.27
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	113.0	4.0 oz	25.80	0.333	1.57
17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	85.0	1.0 serving	25.80	0.286	0.03
21477	DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked	207.0	1.0 slice 1/4 of pie	25.79	--	64.48
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	143.0	1.0 drumstick with skin	25.78	0.253	0.00
17275	Veal, breast, whole, boneless, separable lean only, cooked, braised	85.0	3.0 oz	25.77	0.260	0.00
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	25.75	0.169	0.00
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	25.70	0.335	0.00
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	25.70	0.309	0.05
17165	Game meat, deer, cooked, roasted	85.0	3.0 oz	25.68	--	0.00
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	25.68	0.267	0.00
17176	Game meat, opossum, cooked, roasted	85.0	3.0 oz	25.67	--	0.00
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	25.67	0.168	0.00
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	25.67	0.305	0.00
20142	Teff, uncooked	193.0	1.0 cup	25.67	0.268	141.14
17167	Game meat, elk, cooked, roasted	85.0	3.0 oz	25.66	0.463	0.00

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
17105	Veal, loin, separable lean and fat, cooked, braised	85.0	3.0 oz	25.66	0.260	0.00
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	25.65	0.194	0.00
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	85.0	3.0 oz	25.64	0.269	0.00
05713	Turkey, retail parts, wing, meat only, cooked, roasted	85.0	3.0 oz	25.64	0.316	0.00
17441	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	25.64	0.267	0.00
17457	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	25.63	0.266	0.07
05186	Turkey, all classes, light meat, cooked, roasted	85.0	1.0 serving	25.61	0.273	0.00
05228	Turkey, wing, from whole bird, meat only, roasted	85.0	3.0 oz	25.61	0.273	0.00
05220	Turkey, breast, from whole bird, meat only, roasted	85.0	3.0 oz	25.61	0.244	0.00
05739	Turkey, drumstick, from whole bird, meat only, roasted	85.0	3.0 oz	25.61	0.273	0.00
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	85.0	3.0 oz	25.61	0.269	0.00
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	25.60	0.170	0.00
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	25.60	0.314	0.00
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	25.58	0.259	0.00
21350	McDONALD'S, BIG MAC (without Big Mac Sauce)	200.0	1.0 item	25.58	--	42.02
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	85.0	3.0 oz	25.58	0.268	0.00
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	25.58	0.324	0.00
17175	Game meat, muskrat, cooked, roasted	85.0	3.0 oz	25.58	--	0.00
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	25.58	0.342	0.00
21092	Fast foods, cheeseburger; double, regular patty; plain	149.0	1.0 item	25.57	0.338	30.99
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	25.57	0.294	0.00
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	140.0	1.0 cup	25.56	0.307	3.19
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	25.55	0.286	0.00
23309	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	25.55	0.293	0.00
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	131.0	1.0 cup	25.54	0.291	29.37

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

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

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

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

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

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

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

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

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	24.44	0.291	0.00
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	85.0	3.0 oz	24.43	0.267	0.11
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	24.42	0.214	0.00
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	24.41	0.319	0.00
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	24.40	0.280	0.00
21266	TACO BELL, BURRITO SUPREME with chicken	248.0	1.0 item	24.40	0.273	50.86
23308	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	24.40	0.279	0.00
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	85.0	3.0 oz	24.39	0.290	0.00
17036	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	24.38	0.285	0.00
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	24.36	0.160	0.00
23392	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	24.36	0.288	0.00
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	24.35	0.318	0.00
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	114.0	4.0 oz	24.33	0.236	0.07
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	85.0	3.0 oz	24.33	0.309	0.00
05642	Ostrich, ground, cooked, pan-broiled	93.0	1.0 patty	24.32	0.217	0.00
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	85.0	3.0 oz	24.32	0.247	0.00
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	24.31	0.279	0.00
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	24.31	0.252	0.00
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	24.31	0.289	0.00
14036	Beverages, CYTOSPORT, Muscle Milk, ready-to-drink	414.0	14.0 fl oz	24.30	--	8.53
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	113.0	4.0 oz	24.30	0.269	0.00
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	24.29	0.289	0.00
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	85.0	3.0 oz	24.28	0.309	0.00

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
05003	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour	85.0	3.0 oz	24.28	0.275	2.78
13445	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	24.28	0.272	0.00
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	85.0	3.0 oz	24.28	0.309	0.00
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	24.28	0.275	2.68
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	114.0	4.0 oz	24.27	0.254	0.00
05650	Ostrich, outside strip, cooked	85.0	1.0 serving (3 oz)	24.27	0.217	0.00
05166	Turkey, whole, meat and skin, cooked, roasted	85.0	3.0 oz	24.27	0.247	0.05
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	115.0	1.0 serving	24.26	0.268	0.00
05215	Turkey, back from whole bird, meat only, raw	114.0	4.0 oz	24.26	0.259	0.17
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz (1 serving)	24.26	0.278	0.00
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	85.0	3.0 oz	24.25	0.268	0.03
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	85.0	3.0 oz	24.25	0.254	0.00
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	113.0	4.0 oz	24.25	0.254	0.00
17314	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	24.24	0.252	0.00
17052	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	24.23	0.283	0.00
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	113.0	4.0 oz	24.23	0.268	0.00
10116	Pork, fresh, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	24.22	0.531	0.00
05656	Ostrich, tip trimmed, cooked	85.0	1.0 serving (3 oz)	24.22	0.216	0.00
20072	Wheat, hard red winter	192.0	1.0 cup	24.21	0.307	136.67
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	24.21	0.315	0.63
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	24.21	0.156	0.00
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	24.21	0.252	0.00
13322	Beef, variety meats and by-products, heart, cooked, simmered	85.0	3.0 oz	24.21	--	0.13
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	24.20	0.288	0.00
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	24.20	0.273	0.00
23557	Beef, ground, 95% lean meat / 5% fat, raw	113.0	4.0 oz	24.19	0.123	0.00

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

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

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

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

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

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

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

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

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	113.0	4.0 oz	23.30	0.258	0.00
15261	Fish, tilapia, raw	116.0	1.0 fillet	23.29	0.244	0.00
23156	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	23.29	0.286	0.00
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	113.0	4.0 oz	23.29	0.244	0.00
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	113.0	4.0 oz	23.29	0.258	0.00
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	23.28	0.275	0.00
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	23.27	0.261	0.00
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	96.0	1.0 drumstick without skin	23.27	0.262	0.00
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	23.26	0.153	0.00
15082	Fish, salmon, coho, wild, cooked, moist heat	85.0	3.0 oz	23.26	0.260	0.00
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	113.0	4.0 oz	23.24	0.244	0.00
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	85.0	3.0 oz	23.23	0.235	0.00
13820	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	23.23	0.260	0.00
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	23.22	0.287	0.00
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	23.21	0.260	0.00
17293	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	23.21	0.271	0.00
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	85.0	3.0 oz	23.21	0.118	0.00
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	23.20	0.251	0.00
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	23.20	0.275	0.00
23313	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	23.20	0.266	0.00
23411	Beef, New Zealand, imported, flank, separable lean only, raw	113.0	4.0 oz	23.20	0.243	0.00
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	23.20	0.257	0.00
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	85.0	3.0 oz	23.20	0.241	8.42
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	85.0	3.0 oz	23.19	0.243	0.00
13324	Beef, variety meats and by-products, kidneys, cooked, simmered	85.0	3.0 oz	23.18	--	0.00

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	23.18	0.259	0.00
13952	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	23.18	0.152	0.00
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	23.18	0.234	0.06
13391	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	23.18	0.152	0.00
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	23.17	0.260	0.00
15022	Fish, cusk, raw	122.0	1.0 fillet	23.17	0.260	0.00
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	113.0	4.0 oz	23.16	0.243	4.07
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	23.15	0.152	0.00
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	85.0	3.0 oz	23.15	0.286	0.00
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	23.15	0.244	0.00
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	85.0	3.0 oz	23.15	0.242	0.08
23050	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	23.14	0.152	0.00
15193	Fish, cusk, cooked, dry heat	95.0	1.0 fillet	23.13	0.259	0.00
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	190.0	6.0 inch sub	23.12	0.272	38.65
21210	SUBWAY, roast beef sub on white bread with lettuce and tomato	190.0	6.0 inch sub	23.12	0.272	38.65
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	115.0	1.0 serving	23.10	0.255	0.10
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	23.10	0.217	0.63
17297	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	23.10	0.269	0.00
23101	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	23.10	0.273	0.00
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	23.09	0.152	0.00
13857	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	23.09	0.152	0.00
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	23.09	0.260	0.00
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	23.09	0.260	0.00
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	23.09	0.255	0.01

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
15056	Fish, mullet, striped, cooked, dry heat	93.0	1.0 fillet	23.07	0.259	0.00
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	23.07	0.298	0.00
12539	Seeds, sunflower seed kernels, toasted, with salt added	134.0	1.0 cup	23.06	0.352	27.59
12039	Seeds, sunflower seed kernels, toasted, without salt	134.0	1.0 cup	23.06	0.352	27.59
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	91.0	1.0 drumstick without skin	23.06	0.260	0.00
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	23.05	0.151	0.00
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	23.05	0.269	0.00
23146	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	23.05	0.282	0.00
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	113.0	4.0 oz	23.05	0.255	0.82
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	23.04	0.262	0.00
13332	Beef, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	23.04	0.298	0.00
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	23.04	0.258	0.76
17169	Game meat, goat, cooked, roasted	85.0	3.0 oz	23.04	0.343	0.00
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	85.0	3.0 oz	23.03	0.290	0.00
23295	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	23.02	0.264	0.00
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	23.00	0.258	0.00
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	115.0	1.0 serving	22.98	0.254	0.00
23147	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	22.98	0.299	0.00
23157	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	22.98	0.272	0.00
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	22.98	0.272	0.00
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	85.0	3.0 oz	22.98	0.116	0.00
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	22.97	0.335	12.22
17371	Lamb, New Zealand, imported, ground lamb, raw	113.0	4.0 oz	22.97	0.254	0.00
23311	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	22.97	0.263	0.23
13823	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	22.97	0.264	0.00

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
20004	Barley, hulled	184.0	1.0 cup	22.96	0.383	135.20
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	22.96	0.273	0.00
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	22.96	0.151	0.00
23287	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	22.95	0.257	0.85
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	22.95	0.116	0.00
10198	Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	22.94	0.292	0.00
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	22.94	0.273	0.00
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	22.93	0.257	0.00
05032	Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted	79.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	22.93	0.258	0.00
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	22.92	0.174	0.00
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	22.92	0.244	0.00
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	22.92	0.195	0.00
17257	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	22.92	0.268	0.00
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	22.92	0.244	0.00
17272	Veal, breast, whole, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	22.92	0.231	0.00
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	22.92	0.273	0.00
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	22.92	0.150	0.00
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	95.0	1.0 thigh	22.89	0.185	0.00
23390	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	22.88	0.257	0.00
23451	Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	114.0	4.0 oz	22.86	0.239	0.00
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	22.86	0.256	0.00
36407	Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	653.0	1.0 serving	22.86	0.326	200.80
05124	Chicken, stewing, meat and skin, cooked, stewed	85.0	3.0 oz	22.85	0.256	0.00
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	22.85	0.150	0.00

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	106.0	1.0 drumstick with skin	22.84	0.247	0.14
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	113.0	4.0 oz	22.83	0.252	0.00
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	114.0	4.0 oz	22.82	0.230	0.16
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	114.0	4.0 oz	22.81	0.194	0.00
17161	Game meat, buffalo, water, cooked, roasted	85.0	3.0 oz	22.81	0.278	0.00
23514	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz (1 serving)	22.80	0.246	0.00
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	22.79	0.271	0.00
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	86.0	1.0 rib without refuse (Yield from 1 cooked rib, with refuse, weighing 140g)	22.78	0.240	0.00
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	22.78	0.256	0.94
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	22.78	0.156	0.00
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	22.77	0.150	0.00
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	22.77	0.150	0.00
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	85.0	3.0 oz	22.77	0.252	0.04
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	113.0	4.0 oz	22.77	0.238	1.53
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	85.0	3.0 oz	22.76	0.253	0.05
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	22.76	0.255	0.00
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	22.75	0.153	0.00
15262	Fish, tilapia, cooked, dry heat	87.0	1.0 fillet	22.75	0.231	0.00
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85.0	3.0 oz	22.75	0.271	0.00
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	22.75	0.150	0.00
17309	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	22.74	0.265	0.00

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	1.0 serving	22.74	0.150	0.00
17203	Veal, variety meats and by-products, liver, cooked, braised	80.0	1.0 slice	22.74	0.289	3.02
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	113.0	4.0 oz	22.74	0.238	0.00
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	95.0	1.0 drumstick without skin	22.73	0.256	0.00
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	105.0	1.0 piece	22.73	0.271	0.00
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	22.73	0.289	0.00
17233	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	22.72	0.265	0.00
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	22.71	0.147	0.00
01173	Egg, white, dried	28.0	1.0 oz	22.71	0.280	2.18
17283	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	22.70	0.265	0.00
23099	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	22.70	0.256	0.00
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	85.0	3.0 oz grilled patties	22.69	0.292	0.49
23305	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	22.69	0.237	0.13
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	85.0	3.0 oz	22.68	0.240	0.00
10079	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted	85.0	3.0 oz	22.68	0.288	0.00
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	115.0	1.0 serving	22.68	0.251	0.00
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	22.66	0.269	0.00
13977	Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	22.66	0.245	0.00
13821	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	22.65	0.260	0.00
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	22.64	0.238	0.00
21267	TACO BELL, BURRITO SUPREME with steak	248.0	1.0 item	22.64	0.268	50.39
21105	Fast foods, fish sandwich, with tartar sauce	220.0	1.0 sandwich	22.64	--	58.72
21258	BURGER KING, Premium Fish Sandwich	220.0	1.0 sandwich	22.64	0.178	58.72
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	85.0	3.0 oz	22.63	0.115	0.00
21112	Fast foods, hamburger; single, large patty; plain	137.0	1.0 sandwich	22.62	0.274	31.73

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	22.62	0.149	0.00
21527	ARBY'S, roast beef sandwich, classic	149.0	1.0 sandwich	22.60	--	33.09
21121	Fast foods, roast beef sandwich, plain	149.0	1.0 sandwich	22.60	--	33.09
17028	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	22.60	0.264	0.00
23562	Beef, ground, 90% lean meat / 10% fat, raw	113.0	4.0 oz	22.60	0.115	0.00
13096	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	22.59	0.149	0.00
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	85.0	3.0 oz	22.58	0.238	0.00
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	22.58	0.149	0.00
23316	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean and fat, raw	114.0	4.0 oz	22.57	0.238	0.13
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	22.56	0.192	0.00
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	22.56	0.269	0.00
13354	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	22.55	0.258	0.00
15124	Fish, tuna, white, canned in oil, drained solids	85.0	3.0 oz	22.55	0.252	0.00
17313	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	22.55	0.264	0.00
15185	Fish, tuna, white, canned in oil, without salt, drained solids	85.0	3.0 oz	22.55	0.252	0.00
17447	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	22.54	0.234	0.00
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	22.54	0.230	0.00
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	114.0	4.0 oz	22.54	0.236	1.57
01137	Egg, yolk, dried	67.0	1.0 cup, sifted	22.53	0.261	0.44
20008	Buckwheat	170.0	1.0 cup	22.52	0.326	121.55
13351	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	22.52	0.258	0.12
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	22.52	0.212	0.58
13352	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	22.52	0.258	0.24
15086	Fish, salmon, sockeye, cooked, dry heat	85.0	3.0 oz	22.51	0.285	0.00

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	22.51	0.268	0.00
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	114.0	4.0 oz	22.50	0.236	0.00
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	22.49	0.148	0.00
17215	Lamb, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	22.49	0.248	0.00
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	22.49	0.252	0.00
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	22.48	0.236	0.00
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	22.47	0.148	0.00
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	22.47	0.148	0.00
23304	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	22.47	0.254	0.00
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	113.0	4.0 oz	22.46	0.235	1.49
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	113.0	4.0 oz	22.46	0.249	0.06
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	22.45	0.152	0.00
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	85.0	3.0 oz	22.45	0.313	2.65
13822	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	22.45	0.258	0.00
17016	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	22.45	0.263	0.00
05306	Ground turkey, cooked	82.0	1.0 patty (4 oz, raw) (yield after cooking)	22.44	0.256	0.00
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	22.43	0.257	0.00
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	22.42	0.260	0.00
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	113.0	4.0 oz	22.42	0.257	0.00
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	85.0	3.0 oz	22.41	0.231	0.08
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	22.41	0.251	0.00
23515	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85.0	3.0 oz	22.41	0.242	0.00

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	85.0	3.0 oz	22.41	0.249	0.00
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	85.0	3.0 oz	22.41	0.114	0.00
15006	Fish, burbot, raw	116.0	1.0 fillet	22.40	0.251	0.00
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	22.39	0.147	0.00
15264	Salmon, sockeye, canned, drained solids, without skin and bones	85.0	3.0 oz	22.38	0.269	0.00
17109	Veal, loin, separable lean only, cooked, roasted	85.0	3.0 oz	22.37	0.226	0.00
15202	Fish, milkfish, cooked, dry heat	85.0	3.0 oz	22.37	0.251	0.00
17139	Veal, sirloin, separable lean only, cooked, roasted	85.0	3.0 oz	22.37	0.226	0.00
17198	Veal, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	22.37	0.287	0.00
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	85.0	3.0 oz	22.36	0.247	0.00
10898	Pork, pickled pork hocks	117.0	3.0 oz	22.36	0.044	0.00
22983	KASHI, Chicken Florentine, Frozen Entree	283.0	1.0 package	22.36	--	31.13
15102	Fish, snapper, mixed species, cooked, dry heat	85.0	3.0 oz	22.36	0.250	0.00
23058	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	22.36	0.147	0.00
23279	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	22.36	0.251	0.94
23107	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	22.36	0.252	0.00
12138	Nuts, mixed nuts, oil roasted, without peanuts, without salt added	144.0	1.0 cup	22.35	0.363	32.07
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	144.0	1.0 cup	22.35	0.363	32.07
10195	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	22.35	0.274	0.00
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	85.0	3.0 oz	22.35	0.113	0.00
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	22.35	0.251	0.00
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	22.34	0.113	0.00
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	85.0	3.0 oz	22.32	0.261	0.00
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	85.0	3.0 oz	22.32	0.246	0.00
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	85.0	3.0 oz	22.29	0.113	0.00
15190	Fish, burbot, cooked, dry heat	90.0	1.0 fillet	22.28	0.249	0.00
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	22.28	0.250	0.00

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) 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	0.260	0.00
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	22.25	0.207	0.14
23105	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	22.25	0.251	0.18
17321	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	22.25	0.260	0.00
23391	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	22.25	0.249	0.00
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	85.0	3.0 oz	22.24	0.234	0.00
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	22.24	0.146	0.00
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	22.24	0.260	0.00
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	22.24	0.240	0.00
11451	Soybeans, green, cooked, boiled, drained, without salt	180.0	1.0 cup	22.23	0.270	19.89
11853	Soybeans, green, cooked, boiled, drained, with salt	180.0	1.0 cup	22.23	0.270	19.89
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	85.0	3.0 oz	22.22	0.264	0.76
23511	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	22.21	0.240	0.00
13963	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	22.21	0.240	0.00
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	22.21	0.240	0.00
17127	Veal, shoulder, arm, separable lean only, cooked, roasted	85.0	3.0 oz	22.21	0.225	0.00
17338	Game meat, elk, ground, raw	102.0	1.0 patty (yield from 102.2 g raw meat)	22.20	0.198	0.00
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	85.0	3.0 oz	22.19	0.189	0.00
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	3.0 oz	22.19	0.113	0.00
13965	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	22.19	0.240	0.00
10208	Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised	80.0	1.0 rib without refuse (yield from 1 cooked rib, with refuse, weighing 141g)	22.19	0.234	0.00

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	22.18	0.236	0.00
23106	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	22.18	0.250	0.34
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	22.18	0.236	0.00
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	22.18	0.236	0.00
05707	Turkey, whole, meat and skin, with added solution, roasted	85.0	3.0 oz	22.18	0.224	0.00
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	22.17	0.239	0.00
42280	Frankfurter, meat and poultry, low fat	143.0	1.0 cup, sliced	22.16	--	12.01
23038	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	22.16	0.145	0.00
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	85.0	3.0 oz	22.16	0.254	0.00
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	22.16	0.239	0.00
17237	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	22.15	0.259	0.00
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	22.15	0.188	0.00
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	22.14	0.151	0.00
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	22.13	0.233	0.00
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	85.0	3.0 oz	22.13	0.112	0.00
10111	Pork, fresh, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	22.12	0.311	3.20
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	22.12	0.207	0.58
15098	Fish, sheepshead, cooked, dry heat	85.0	3.0 oz	22.12	0.247	0.00
21473	DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked	164.0	1.0 slice 1/4 of pie	22.11	--	48.97
23278	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	22.10	0.247	0.68
15200	Fish, mackerel, king, cooked, dry heat	85.0	3.0 oz	22.10	0.247	0.00
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	22.10	0.247	0.00
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	114.0	4.0 oz	22.09	0.358	0.00
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	22.08	0.247	0.00
21022	Fast foods, english muffin, with egg, cheese, and sausage	165.0	1.0 item	22.08	0.269	28.78
20028	Couscous, dry	173.0	1.0 cup	22.07	0.282	133.95

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
01228	Cheese, fresh, queso fresco	122.0	1.0 cup, crumbled	22.07	--	3.64
21152	SUBWAY, SUBWAY CLUB sub on white bread with lettuce and tomato	207.0	6.0 inch sub	22.07	--	42.15
17463	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	22.07	0.230	0.00
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	85.0	3.0 oz	22.07	0.263	0.00
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	22.06	0.238	0.00
17462	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	22.06	0.230	0.00
17273	Veal, breast, plate half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	22.04	0.223	0.00
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	85.0	3.0 oz	22.04	0.112	0.00
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85.0	3.0 oz	22.04	0.080	0.00
20031	Millet, raw	200.0	1.0 cup	22.04	0.238	145.70
05641	Ostrich, ground, raw	109.0	1.0 patty	22.04	0.196	0.00
13916	Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	22.03	0.246	0.00
23509	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	22.02	0.238	0.00
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	85.0	3.0 oz	22.00	0.252	0.00
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	21.99	0.237	0.00
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	85.0	3.0 oz	21.98	0.251	0.00
05117	Chicken, roasting, light meat, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	21.98	0.256	0.00
05156	Pheasant, leg, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-eat pheasant)	21.98	0.306	0.00
05162	Squab, (pigeon), light meat without skin, raw	101.0	1.0 breast, bone removed	21.98	0.344	0.00
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	21.97	0.246	0.00
13851	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	21.97	0.145	0.00
17223	Veal, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	21.97	0.237	0.00
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	21.97	0.189	0.00
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	21.97	0.234	0.17
05719	Turkey, back, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	21.97	0.234	0.17
05694	Turkey, dark meat from whole, meat only, with added solution, raw	114.0	4.0 oz	21.97	0.234	0.11

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	85.0	3.0 oz	21.96	0.231	0.03
17424	Veal, ground, cooked, pan-fried	85.0	3.0 oz	21.96	0.222	1.28
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	21.95	0.267	0.00
15211	Fish, salmon, chum, cooked, dry heat	85.0	3.0 oz	21.95	0.246	0.00
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	21.94	0.247	0.00
17121	Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted	85.0	3.0 oz	21.94	0.222	0.00
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	85.0	3.0 oz	21.93	0.111	0.00
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	85.0	3.0 oz	21.93	0.155	0.00
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	85.0	3.0 oz	21.93	0.242	1.26
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	21.92	0.230	0.00
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	21.90	0.236	0.00
17115	Veal, rib, separable lean only, cooked, roasted	85.0	3.0 oz	21.90	0.222	0.00
17303	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	21.89	0.256	0.00
05043	Chicken, broilers or fryers, dark meat, meat only, raw	109.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	21.89	0.256	0.00
13961	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz (1 serving)	21.88	0.236	0.00
23519	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	21.87	0.236	0.00
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	21.87	0.236	0.00
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	21.86	0.221	0.13
15210	Fish, salmon, chinook, cooked, dry heat	85.0	3.0 oz	21.86	0.245	0.00
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	21.84	0.236	0.00
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	21.84	0.260	0.00
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	95.0	1.0 drumstick without skin	21.84	0.246	0.00
10220	Pork, fresh, ground, cooked	85.0	3.0 oz	21.84	0.277	0.00
23389	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	21.84	0.245	0.00

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	21.82	0.235	0.00
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	21.81	0.144	0.00
01135	Egg, white, dried, flakes, stabilized, glucose reduced	28.35	1.0 oz	21.81	0.335	1.18
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	200.0	1.0 cup	21.80	0.196	155.40
17133	Veal, shoulder, blade, separable lean only, cooked, roasted	85.0	3.0 oz	21.79	0.220	0.00
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	21.77	0.230	0.00
16426	Tofu, raw, firm, prepared with calcium sulfate	126.0	0.5 cup	21.76	0.296	3.50
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	128.0	1.0 cup	21.76	0.247	13.98
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	85.0	3.0 oz	21.74	0.276	0.00
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	21.73	0.182	0.00
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	85.0	3.0 oz	21.73	0.110	0.05
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85.0	3.0 oz	21.73	0.110	0.00
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	21.73	0.244	0.00
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	21.73	0.110	0.00
12086	Nuts, cashew nuts, oil roasted, without salt added	129.0	1.0 cup, whole	21.72	0.342	38.53
12586	Nuts, cashew nuts, oil roasted, with salt added	129.0	1.0 cup, whole	21.72	0.342	38.91
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	21.72	0.217	0.00
15159	Mollusks, clam, mixed species, cooked, moist heat	85.0	3.0 oz	21.72	0.243	4.36
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	21.72	0.254	0.00
20074	Wheat, hard white	192.0	1.0 cup	21.72	--	145.73
17307	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	21.71	0.253	0.00
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	128.0	1.0 cup	21.71	0.475	33.33
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	128.0	1.0 cup	21.71	0.475	33.33
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	85.0	3.0 oz	21.70	0.240	0.00
17201	Lamb, variety meats and by-products, liver, cooked, pan-fried	85.0	3.0 oz	21.70	0.252	3.21

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
17227	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	21.68	0.253	0.00
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	21.68	0.243	0.00
15184	Fish, tuna, light, canned in water, without salt, drained solids	85.0	3.0 oz	21.68	0.243	0.00
23280	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	21.68	0.243	0.34
17311	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	21.67	0.253	0.00
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	21.66	0.244	0.00
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	21.66	0.201	0.60
17057	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	21.66	0.253	0.00
17050	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	21.64	0.253	0.00
17124	Veal, shoulder, arm, separable lean and fat, cooked, roasted	85.0	3.0 oz	21.64	0.219	0.00
17148	Bison, ground, grass-fed, cooked	85.0	3.0 oz	21.63	0.163	0.00
15209	Fish, salmon, Atlantic, wild, cooked, dry heat	85.0	3.0 oz	21.62	0.242	0.00
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	21.59	0.241	0.00
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	95.0	1.0 drumstick without skin	21.58	0.232	0.00
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	85.0	3.0 oz	21.57	0.110	0.00
17259	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	21.54	0.252	0.00
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	21.54	0.230	0.00
21145	School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Cheese Pizza, frozen	155.0	1.0 slice 1/8 per pizza	21.53	--	42.00
17118	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	85.0	3.0 oz	21.52	0.218	0.00
23310	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	21.51	0.246	0.65
23044	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	21.50	0.141	0.00
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	85.0	3.0 oz	21.50	0.238	0.00

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	21.49	0.280	0.94
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	81.0	1.0 slice	21.48	0.271	4.18
13927	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	21.47	0.241	0.00
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	21.47	0.242	0.00
21227	Pizza, meat and vegetable topping, rising crust, frozen, cooked	170.0	1.0 serving 6 servings per 34.98 oz package	21.47	--	48.93
17255	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	21.47	0.251	0.00
21154	Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato	198.0	6.0 inch sub	21.46	--	42.27
21211	SUBWAY, oven roasted chicken sub on white bread with lettuce and tomato	198.0	6.0 inch sub	21.46	--	42.27
17295	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	21.46	0.251	0.00
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	85.0	3.0 oz	21.46	0.109	0.00
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	115.0	1.0 serving	21.44	0.237	0.15
21305	Fast foods, griddle cake sandwich, egg, cheese, and sausage	199.0	1.0 item	21.43	--	43.86
21329	McDONALD'S, Sausage, Egg & Cheese McGRIDDLES	199.0	1.0 item 7 oz	21.43	--	43.86
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	85.0	3.0 oz	21.43	0.109	0.00
16516	WORTHINGTON Multigrain Cutlets, canned, unprepared	92.0	2.0 slices	21.43	--	6.72
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	89.0	1.0 thigh	21.41	0.197	0.00
36016	Restaurant, family style, shrimp, breaded and fried	169.0	1.0 serving	21.41	0.245	37.67
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	21.40	0.240	0.00
05157	Quail, meat and skin, raw	109.0	1.0 quail	21.40	0.314	0.00
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	21.39	0.250	0.00
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	461.0	1.0 serving	21.39	0.267	112.48
17291	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	21.39	0.250	0.00
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	95.0	1.0 thigh	21.38	0.164	0.11
17130	Veal, shoulder, blade, separable lean and fat, cooked, roasted	85.0	3.0 oz	21.38	0.217	0.00
17136	Veal, sirloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	21.37	0.216	0.00

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	85.0	3.0 oz	21.37	0.264	0.39
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	85.0	3.0 oz	21.37	0.236	0.00
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	96.0	1.0 serving	21.35	0.196	3.23
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	85.0	3.0 oz	21.34	0.243	0.00
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	21.34	0.201	0.26
13334	Beef, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	21.34	0.222	0.00
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	85.0	3.0 oz	21.32	0.235	0.00
01019	Cheese, feta	150.0	1.0 cup, crumbled	21.32	0.300	6.14
23220	Beef, ground, unspecified fat content, cooked	85.0	3.0 oz	21.31	0.239	0.53
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	21.31	0.224	0.00
36015	Restaurant, family style, chicken fingers, from kid's menu	114.0	1.0 serving	21.30	0.243	21.40
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	21.28	0.240	0.00
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	21.27	0.246	0.00
21146	School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Turkey Pepperoni Pizza, frozen	156.0	1.0 slice 1/8 per pizza	21.26	--	42.67
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166.0	1.0 sandwich	21.25	0.267	35.19
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	21.24	0.252	0.00
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	21.23	0.239	0.00
16145	Beans, kidney, red, mature seeds, canned, drained solids	266.0	1.0 can drained solids	21.23	0.253	57.16
17192	Lamb, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	21.22	0.230	1.64
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	21.21	0.239	0.00
17235	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	21.21	0.248	0.00
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	21.21	0.199	0.29
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	21.20	0.247	0.00
23060	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	21.19	0.147	0.00

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
15205	Fish, pollock, Atlantic, cooked, dry heat	85.0	3.0 oz	21.18	0.237	0.00
05119	Chicken, roasting, dark meat, meat only, raw	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	21.18	0.247	0.00
20066	Semolina, enriched	167.0	1.0 cup	21.18	0.271	121.63
20466	Semolina, unenriched	167.0	1.0 cup	21.18	0.271	121.63
13393	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	21.17	0.237	0.00
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	21.17	0.247	0.00
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	21.16	0.222	0.02
17299	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	21.15	0.247	0.00
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85.0	3.0 oz	21.15	0.252	0.00
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	21.15	0.223	0.00
23115	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	21.13	0.238	0.00
23227	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	21.12	0.236	0.00
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	21.12	0.237	0.00
23200	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	21.12	0.237	0.00
15032	Fish, grouper, mixed species, cooked, dry heat	85.0	3.0 oz	21.11	0.236	0.00
23196	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	21.11	0.236	0.00
15140	Crustaceans, crab, blue, cooked, moist heat	118.0	1.0 cup, flaked and pieces	21.10	0.267	0.00
23323	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	21.09	0.239	0.66
17073	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted	85.0	3.0 oz	21.09	0.246	0.00
17106	Veal, loin, separable lean and fat, cooked, roasted	85.0	3.0 oz	21.08	0.213	0.00
17287	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	21.06	0.246	0.00
22915	Lasagna with meat & sauce, low-fat, frozen entree	309.0	1.0 package	21.04	--	41.72
17225	Lamb, ground, cooked, broiled	85.0	3.0 oz	21.04	0.246	0.00
05137	Chicken, capons, giblets, raw	115.0	1.0 giblets	21.02	0.250	1.63

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
13392	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	21.02	0.235	0.00
23042	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	21.00	0.138	0.00
15047	Fish, mackerel, Atlantic, cooked, dry heat	88.0	1.0 fillet	20.99	0.235	0.00
15063	Fish, pike, northern, cooked, dry heat	85.0	3.0 oz	20.99	0.235	0.00
12085	Nuts, cashew nuts, dry roasted, without salt added	137.0	1.0 cup, halves and whole	20.97	0.325	44.79
12585	Nuts, cashew nuts, dry roasted, with salt added	137.0	1.0 cup, halves and whole	20.97	0.325	44.79
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	20.96	0.257	1.30
14035	Beverages, ABBOTT, EAS soy protein powder	44.0	1.0 scoop	20.95	--	19.33
17020	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	20.94	0.245	0.00
23113	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	20.94	0.235	0.00
21307	Fast foods, griddle cake sandwich, egg, cheese, and bacon	174.0	1.0 item 6.1 oz	20.93	--	45.57
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	113.0	4.0 oz	20.93	0.219	0.00
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	85.0	3.0 oz	20.93	0.226	0.00
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	85.0	3.0 oz	20.93	0.106	0.00
17058	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	20.92	0.245	0.00
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	20.92	0.226	0.00
23006	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	20.91	0.234	0.00
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	113.0	4.0 oz	20.89	0.219	0.68
15212	Fish, salmon, pink, cooked, dry heat	85.0	3.0 oz	20.89	0.225	0.00
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	85.0	3.0 oz	20.88	0.106	0.00
21475	DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked	161.0	1.0 slice 1/4 of pie	20.87	--	42.62
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	0.239	7.55
13854	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	20.85	0.137	0.00
15069	Fish, pompano, florida, cooked, dry heat	88.0	1.0 fillet	20.85	0.233	0.00
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	20.84	0.244	0.00

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
17281	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	20.84	0.243	0.00
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	115.0	1.0 serving	20.84	0.230	0.15
15046	Fish, mackerel, Atlantic, raw	112.0	1.0 fillet	20.83	0.233	0.00
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	138.0	1.0 slice	20.82	0.196	6.47
05005	Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	85.0	3.0 oz	20.82	0.232	0.05
15223	Fish, whitefish, mixed species, cooked, dry heat	85.0	3.0 oz	20.80	0.233	0.00
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz (1serving)	20.80	0.225	0.00
23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	20.80	0.235	0.00
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	113.0	4.0 oz	20.78	0.229	0.82
17045	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	20.77	0.243	0.00
21359	McDONALD'S, Sausage McMUFFIN with Egg	165.0	1.0 item 5.8 oz	20.77	--	28.51
36006	T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	175.0	1.0 serving	20.77	0.240	36.52
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	114.0	4.0 oz	20.77	0.218	1.49
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	85.0	1.0 serving	20.77	0.230	0.00
17037	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	20.76	0.242	0.00
17063	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	20.76	0.242	0.00
17261	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	20.75	0.242	0.00
13808	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	20.74	0.232	0.00
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	146.0	1.0 cup	20.73	0.238	65.55
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146.0	1.0 cup	20.73	0.238	65.55
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	85.0	3.0 oz	20.73	0.230	0.00
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	20.73	0.193	0.54
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	20.72	0.224	0.00
17143	Veal, ground, cooked, broiled	85.0	3.0 oz	20.72	0.210	0.00

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
05155	Pheasant, breast, meat only, raw	85.0	3.0 oz	20.71	0.288	0.00
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	85.0	1.0 serving (3 oz)	20.71	0.195	0.00
19059	Snacks, trail mix, regular	150.0	1.0 cup	20.70	0.249	67.35
19821	Snacks, trail mix, regular, unsalted	150.0	1.0 cup	20.70	0.249	67.35
15198	Fish, ling, cooked, dry heat	85.0	3.0 oz	20.70	0.232	0.00
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	113.0	4.0 oz	20.69	0.228	1.15
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	20.69	0.194	0.00
05131	Chicken, stewing, dark meat, meat only, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	20.68	0.242	0.00
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	0.238	8.28
17331	Game meat, bison, ground, cooked, pan-broiled	87.0	1.0 patty (yield from 112.7 g raw meat)	20.68	0.157	0.00
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	171.0	1.0 sandwich	20.67	0.181	27.19
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	20.67	0.181	27.19
05111	Canada Goose, breast meat, skinless, raw	85.0	3.0 oz	20.66	--	0.00
23198	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	20.66	0.231	0.00
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	20.65	0.246	0.00
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	85.0	3.0 oz	20.62	0.228	0.03
21213	SUBWAY, cold cut sub on white bread with lettuce and tomato	196.0	6.0 inch sub	20.62	0.196	40.04
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	196.0	6.0 inch sub	20.62	0.196	40.04
15160	Mollusks, clam, mixed species, canned, drained solids	85.0	3.0 oz	20.61	0.288	5.02
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	20.60	0.244	1.54
22908	Beef, corned beef hash, with potato, canned	236.0	1.0 cup	20.60	0.111	21.88
16157	Chickpea flour (besan)	92.0	1.0 cup	20.60	--	53.19
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	20.60	0.230	0.00
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	85.0	3.0 oz	20.59	0.233	0.00
19352	Syrups, malt	332.0	1.0 cup	20.58	0.249	236.72
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	20.58	0.231	0.00

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	85.0	3.0 oz	20.58	0.262	0.00
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	85.0	3.0 oz	20.58	0.216	0.00
05129	Chicken, stewing, light meat, meat only, raw	89.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	20.56	0.240	0.00
13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	20.55	0.222	0.00
13979	Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	20.55	0.222	0.00
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	85.0	3.0 oz	20.53	0.244	0.00
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	20.52	0.193	0.41
05193	Turkey, all classes, leg, meat and skin, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	20.52	0.230	0.00
13860	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	20.51	0.230	0.00
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	20.51	0.193	6.38
21110	Fast foods, hamburger; double, regular, patty; plain	120.0	1.0 item	20.50	0.247	28.92
10122	Pork, fresh, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	20.48	0.236	0.00
17217	Veal, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	20.47	0.201	0.00
13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	20.44	0.221	0.00
17373	Lamb, New Zealand, imported, heart, raw	113.0	4.0 oz	20.44	0.226	0.00
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	20.43	0.229	0.00
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	85.0	3.0 oz	20.43	0.104	0.00
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	20.43	0.230	0.00
21158	Fast foods, submarine sandwich, meatball marinara on white bread	209.0	6.0 inch sub	20.42	--	54.36
21157	SUBWAY, meatball marinara sub on white bread (no toppings)	209.0	6.0 inch sub	20.42	--	54.36
05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	20.42	0.238	0.00
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	89.0	1.0 thigh	20.41	0.180	0.02
21432	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed	91.0	1.0 thigh, without skin	20.39	0.156	0.00
20067	Sorghum grain	192.0	1.0 cup	20.39	0.238	138.41

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
10852	HORMEL ALWAYS TENDER, Pork Tenderloin, Teriyaki-Flavored	112.0	4.0 oz	20.38	--	5.19
15271	Crustaceans, shrimp, cooked (not previously frozen)	85.0	3.0 oz	20.38	--	0.17
05112	Chicken, roasting, meat and skin, cooked, roasted	85.0	3.0 oz	20.37	0.226	0.00
17112	Veal, rib, separable lean and fat, cooked, roasted	85.0	3.0 oz	20.37	0.207	0.00
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	20.37	0.220	0.00
05110	Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	20.37	0.225	0.04
20063	Rye flour, dark	128.0	1.0 cup	20.36	0.230	87.85
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	478.0	1.0 serving	20.36	0.167	81.93
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	20.36	0.189	0.54
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	20.36	0.240	0.35
05170	Turkey, skin from whole (light and dark), roasted	85.0	1.0 serving	20.35	0.102	0.48
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	114.0	4.0 oz	20.34	0.201	0.17
23199	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	20.33	0.228	0.00
10972	Pork, ground, 84% lean / 16% fat, raw	113.0	4.0 oz	20.33	0.262	0.50
01271	Cheese, mozzarella, low moisture, part-skim, shredded	86.0	1.0 cup	20.32	0.268	6.93
13925	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	20.31	0.228	0.00
13922	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	20.31	0.228	0.00
13919	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	20.31	0.228	0.00
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	20.31	0.228	0.00
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	85.0	3.0 oz	20.29	0.103	0.00
16100	Peanut flour, low fat	60.0	1.0 cup	20.28	0.197	18.76
15177	Mollusks, whelk, unspecified, raw	85.0	3.0 oz	20.26	0.263	6.60
17244	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	20.26	0.237	0.00
17329	Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	20.26	0.236	0.00
15165	Mollusks, mussel, blue, cooked, moist heat	85.0	3.0 oz	20.23	0.227	6.28
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	85.0	1.0 piece	20.22	0.255	0.00
23293	Beef, Australian, imported, grass-fed, ground, 85% lean / 15% fat, raw	114.0	4.0 oz (4 oz)	20.20	0.228	0.00
21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed	83.0	1.0 thigh thigh without skin	20.18	0.152	0.71

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
16594	MORNINGSTAR FARMS Lasagna with Veggie Sausage, frozen, unprepared	284.0	1.0 entree	20.16	--	40.90
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	20.16	0.240	0.00
15194	Fish, mahimahi, cooked, dry heat	85.0	3.0 oz	20.16	0.226	0.00
15227	Crustaceans, crab, queen, cooked, moist heat	85.0	3.0 oz	20.16	0.280	0.00
23319	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	20.14	0.217	0.19
05646	Ostrich, inside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	20.14	0.179	0.00
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	20.14	0.223	0.00
23197	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	20.14	0.225	0.00
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	20.11	0.214	0.12
05185	Turkey from whole, light meat, raw	85.0	1.0 serving	20.11	0.214	0.12
05227	Turkey, wing, from whole bird, meat only, raw	85.0	3.0 oz	20.11	0.214	0.12
17196	Lamb, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	20.10	0.271	0.84
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	113.0	4.0 oz	20.08	0.210	0.00
15186	Fish, tuna, white, canned in water, without salt, drained solids	85.0	3.0 oz	20.08	0.225	0.00
15126	Fish, tuna, white, canned in water, drained solids	85.0	3.0 oz	20.08	0.225	0.00
23314	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	20.08	0.230	0.52
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	20.07	0.217	0.00
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	20.05	0.246	0.00
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	20.05	0.237	0.00
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	20.05	0.237	0.00
15087	Fish, salmon, sockeye, canned, drained solids	85.0	3.0 oz	20.05	0.241	0.00
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	20.05	0.262	0.00
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	20.05	0.262	0.00
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	20.05	0.246	0.00

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

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	19.92	0.224	0.00
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	85.0	3.0 oz	19.92	0.233	0.00
01287	Yogurt, Greek, plain, lowfat	200.0	1.0 container (7 oz)	19.90	0.060	7.88
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	19.90	0.220	0.03
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	19.90	0.259	0.00
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	19.90	0.259	0.00
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	510.0	1.0 serving	19.89	0.204	90.63
13846	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	19.89	0.223	0.00
05151	Guinea hen, meat and skin, raw	85.0	3.0 oz	19.89	0.220	0.00
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	19.87	0.223	13.50
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	19.86	0.244	0.00
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	19.86	0.244	0.00
05649	Ostrich, outside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	19.86	0.177	0.00
23190	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	19.86	0.223	0.00
21327	McDONALD'S, Bacon, Egg & Cheese McGRIDDLES	165.0	1.0 item 5.8 oz	19.85	--	43.21
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	19.85	0.235	0.00
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	19.85	0.235	0.00
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	19.84	0.223	0.00
05710	Turkey, retail parts, breast, meat only, raw	85.0	3.0 oz	19.84	0.245	0.00
15117	Fish, tuna, fresh, bluefin, raw	85.0	3.0 oz	19.83	0.222	0.00
17337	Game meat, bison, top round, separable lean only, 1" steak, raw	85.0	1.0 serving (3 oz)	19.82	0.150	0.00
20005	Barley, pearled, raw	200.0	1.0 cup	19.82	0.330	155.44
22984	KASHI, Chicken Pasta Pomodoro, Frozen Entree	283.0	1.0 package	19.81	--	36.79
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	19.80	0.222	0.00

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
05310	Chicken, cornish game hens, meat only, cooked, roasted	85.0	3.0 oz	19.80	0.231	0.00
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	19.80	0.258	0.00
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	19.80	0.222	0.00
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	85.0	3.0 oz	19.80	0.207	3.21
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	19.79	0.222	0.00
05333	Chicken, ground, crumbles, cooked, pan-browned	85.0	3.0 oz crumbled	19.79	0.167	0.00
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	19.79	0.221	0.00
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	19.78	0.221	0.00
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	19.78	0.231	0.00
13326	Beef, variety meats and by-products, liver, cooked, braised	68.0	1.0 slice	19.77	0.250	3.49
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	19.77	0.221	0.00
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	19.77	0.222	0.00
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	19.75	0.222	0.00
16039	Beans, navy, mature seeds, canned	262.0	1.0 cup	19.73	0.236	53.58
23187	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	19.71	0.221	0.00
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	113.0	4.0 oz	19.70	0.225	0.16
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	71.0	1.0 drumstick	19.67	0.185	0.00
15135	Fish, yellowtail, mixed species, raw	85.0	3.0 oz	19.67	0.220	0.00
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	19.64	0.241	0.00
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	19.64	0.212	0.00
13832	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	19.64	0.220	0.00
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	19.62	0.230	0.00
05630	Emu, outside drum, raw	85.0	3.0 oz	19.62	0.130	0.00

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
23386	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	19.61	0.241	0.00
13000	Beef, grass-fed, strip steaks, lean only, raw	85.0	3.0 oz	19.61	--	0.00
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	19.61	0.241	0.00
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	19.61	0.129	0.00
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	19.60	0.230	0.00
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	19.59	0.256	0.00
13317	Beef, ground, patties, frozen, cooked, broiled	85.0	3.0 oz	19.59	--	0.00
21427	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	86.0	1.0 thigh without skin	19.59	0.150	0.01
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	19.58	0.240	0.00
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	19.58	0.232	0.00
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	19.56	0.233	0.00
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	19.56	0.219	0.00
43134	Vegetarian fillets	85.0	1.0 fillet	19.55	--	7.65
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	85.0	3.0 oz	19.55	0.221	0.00
05332	Chicken, ground, raw	112.0	4.0 oz crumbled	19.53	0.165	0.04
19126	Candies, milk chocolate coated peanuts	149.0	1.0 cup	19.52	--	74.05
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	84.0	1.0 thigh without skin	19.50	--	0.20
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	19.49	0.230	0.00
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	19.49	0.230	0.00
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	19.49	0.128	0.00
17249	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted	85.0	3.0 oz	19.49	0.228	0.00
23195	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	19.48	0.218	0.00
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	19.47	0.128	0.00

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

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

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

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

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

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

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

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
05165	Turkey, whole, meat and skin, raw	85.0	3.0 oz	18.39	0.190	0.11
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	85.0	3.0 oz	18.39	0.219	0.00
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	18.39	0.211	0.00
23095	Beef, chuck for stew, separable lean and fat, choice, raw	85.0	3.0 oz	18.39	0.211	0.10
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	18.38	0.218	0.00
15081	Fish, salmon, coho, wild, raw	85.0	3.0 oz	18.38	0.206	0.00
21362	McDONALD'S, Sausage Biscuit with Egg	163.0	1.0 item 5.7 oz	18.37	--	31.43
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	85.0	3.0 oz	18.37	0.193	0.26
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	18.37	0.240	0.00
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	18.36	0.206	0.00
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	18.35	0.121	0.00
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	67.0	1.0 slice	18.34	0.232	2.99
17221	Lamb, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	18.33	0.185	0.00
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	18.33	0.121	0.00
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	18.33	0.206	0.00
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	18.33	0.121	0.00
05651	Ostrich, oyster, raw	85.0	1.0 serving (cooked from 4 oz raw)	18.32	0.163	0.00
13845	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	18.32	0.205	0.00
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	18.32	0.193	0.00
13839	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	18.32	0.205	0.00
23387	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	18.31	0.205	0.00
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	18.31	0.195	0.12
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	85.0	3.0 oz	18.28	0.192	0.26
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	85.0	3.0 oz	18.28	0.202	0.35

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	18.28	0.205	0.00
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	113.0	4.0 oz	18.27	0.202	0.31
16136	Winged beans, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	18.27	0.401	25.70
16436	Winged beans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	18.27	0.401	25.70
22903	Pizza, pepperoni topping, regular crust, frozen, cooked	127.0	0.25 pizza 12" diameter	18.26	--	31.36
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	18.25	0.209	0.00
15214	Fish, seatrout, mixed species, cooked, dry heat	85.0	3.0 oz	18.24	0.204	0.00
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	18.23	0.213	0.09
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	18.23	0.201	0.04
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	18.22	0.238	0.00
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	18.22	0.218	0.00
15080	Fish, salmon, chum, canned, drained solids with bone	85.0	3.0 oz	18.22	0.204	0.00
15180	Fish, salmon, chum, canned, without salt, drained solids with bone	85.0	3.0 oz	18.22	0.204	0.00
10024	Pork, fresh, loin, whole, separable lean only, raw	85.0	3.0 oz	18.22	0.231	0.00
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	18.22	0.120	0.00
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	71.0	1.0 drumstick	18.21	0.163	0.09
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	18.20	0.171	0.74
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	18.20	0.120	0.00
10863	Pork, fresh, variety meats and by-products, stomach, cooked, simmered	85.0	3.0 oz	18.19	--	0.08
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85.0	3.0 oz	18.18	0.254	9.75
05011	Chicken, broilers or fryers, meat only, raw	85.0	3.0 oz	18.18	0.212	0.00
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	18.18	0.205	0.00
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	18.17	0.120	0.00
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	18.17	0.223	0.00
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	18.16	0.208	0.00

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	18.15	0.216	0.70
05057	Chicken, broilers or fryers, breast, meat and skin, raw	87.0	0.5 breast, bone removed (yield from 1 lb ready-to-cook chicken)	18.14	0.206	0.00
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	18.14	0.119	0.00
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	18.14	0.191	0.00
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	18.14	0.214	0.00
21601	School Lunch, pizza, cheese topping, thick crust, whole grain, frozen, cooked	124.0	1.0 slice per 1/10 pizza	18.13	--	34.82
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	18.11	0.207	0.00
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	18.10	0.207	0.00
06742	Soup, vegetable beef, microwavable, ready-to-serve, single brand	292.0	1.0 serving	18.10	--	9.64
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	18.10	0.207	0.00
23388	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	18.10	0.202	0.00
05187	Turkey from whole, dark meat, meat only, raw	85.0	1.0 serving	18.09	0.193	0.13
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	18.09	0.170	0.98
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	18.09	0.207	0.00
05740	Turkey, thigh, from whole bird, meat only, raw	85.0	3.0 oz	18.09	0.193	0.13
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	18.09	0.207	0.00
15238	Fish, salmon, coho, farmed, raw	85.0	3.0 oz	18.08	0.202	0.00
22911	Chili, no beans, canned entree	240.0	1.0 cup	18.07	--	14.64
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	18.07	0.119	0.00
05125	Chicken, stewing, meat only, raw	85.0	3.0 oz	18.07	0.211	0.00
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	18.05	0.119	0.00
16420	Soy protein concentrate, produced by acid wash	28.35	1.0 oz	18.04	0.237	7.20
16121	Soy protein concentrate, produced by alcohol extraction	28.35	1.0 oz	18.04	0.237	7.20
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	18.04	0.215	0.00
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	18.04	0.118	0.00

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
23150	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	18.04	0.221	0.00
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	18.04	0.118	0.00
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	18.04	0.207	0.00
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	18.03	0.219	34.10
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	114.0	4.0 oz	18.02	0.189	0.00
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	18.01	0.207	0.33
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	18.01	0.203	0.00
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	17.99	0.202	0.06
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	17.99	0.221	0.00
13284	Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	17.99	0.201	0.00
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	17.99	0.118	0.00
21384	BURGER KING, CROISSAN'WICH with Sausage and Cheese	131.0	1.0 item	17.99	0.145	30.13
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	0.204	1.68
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	17.97	0.214	0.00
13293	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	17.96	0.206	0.26
23039	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	17.96	0.118	0.00
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	17.96	0.202	0.00
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	85.0	3.0 oz	17.96	0.199	0.00
23395	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	17.96	0.201	0.00
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	17.96	0.199	0.08
20075	Wheat, soft white	168.0	1.0 cup	17.96	--	126.60
17334	Game meat, bison, chuck, shoulder clod, separable lean only, raw	85.0	1.0 serving (3 oz)	17.95	0.136	0.00
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	17.95	0.210	0.00

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
21006	Fast foods, biscuit with egg and steak	148.0	1.0 biscuit	17.94	0.229	21.27
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	17.94	0.206	0.00
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	17.94	0.201	0.26
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	17.91	0.117	0.00
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	17.89	0.201	0.00
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	254.0	1.0 can drained, rinsed	17.88	0.175	58.09
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	17.88	0.205	0.16
16070	Lentils, mature seeds, cooked, boiled, without salt	198.0	1.0 cup	17.86	0.160	39.86
16370	Lentils, mature seeds, cooked, boiled, with salt	198.0	1.0 cup	17.86	0.160	38.69
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	85.0	3.0 oz	17.86	0.197	0.00
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	17.85	0.200	5.54
16511	WORTHINGTON Choplets, canned, unprepared	92.0	2.0 slices	17.85	--	3.77
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	253.0	1.0 can drained	17.84	0.175	57.00
15095	Fish, shark, mixed species, raw	85.0	3.0 oz	17.83	0.200	0.00
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	17.83	0.117	0.00
22985	KASHI, Lemongrass Coconut Chicken, Frozen Entree	283.0	1.0 package	17.83	--	37.92
12155	Nuts, walnuts, english	117.0	1.0 cup, chopped	17.82	0.199	16.04
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	17.82	0.204	0.00
15018	Fish, cod, Atlantic, dried and salted	28.35	1.0 oz	17.81	0.200	0.00
23577	Beef, ground, 75% lean meat / 25% fat, raw	113.0	4.0 oz	17.81	0.090	0.00
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	17.81	0.167	0.89
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	17.81	0.187	0.00
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	85.0	3.0 oz	17.80	0.178	0.13
21603	School Lunch, pizza, pepperoni topping, thick crust, whole grain, frozen, cooked	124.0	1.0 slice per 1/10 pizza	17.79	--	35.09
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	17.79	0.117	0.00

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
23151	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	17.79	0.210	0.00
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	17.78	0.167	1.02
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	0.167	1.15
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	17.76	0.167	0.88
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	17.76	0.187	0.00
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	17.76	0.210	0.00
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	17.75	0.196	0.03
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	17.74	0.199	0.00
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	17.74	0.203	0.00
05704	Turkey, whole, meat only, with added solution, raw	85.0	3.0 oz	17.74	0.189	0.12
13842	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	17.73	0.199	0.00
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	113.0	4.0 oz	17.72	0.185	0.00
15019	Fish, cod, Pacific, raw (may have been previously frozen)	116.0	1.0 fillet	17.71	0.218	0.00
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	115.0	1.0 serving	17.71	0.196	0.25
10101	Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered	111.0	1.0 ear (yield after cooking)	17.70	0.034	0.22
21480	DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked	155.0	1.0 slice 1/4 of pie	17.69	--	43.48
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	17.68	0.164	1.31
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	17.68	0.116	0.00
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	17.68	0.198	0.51
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	85.0	3.0 oz	17.67	0.198	0.03
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	85.0	3.0 oz	17.65	0.185	0.00
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	17.65	0.116	0.00
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	17.63	0.116	0.00
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	85.0	3.0 oz	17.60	0.185	0.00

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
15105	Fish, sturgeon, mixed species, cooked, dry heat	85.0	3.0 oz	17.60	0.197	0.00
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	85.0	3.0 oz	17.60	0.184	0.18
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	17.59	0.197	0.00
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	17.58	0.116	0.00
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	17.58	0.116	0.00
23057	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	17.57	0.116	0.00
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	17.57	0.201	0.00
13848	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	17.55	0.196	0.00
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	85.0	3.0 oz	17.55	0.184	0.00
05152	Guinea hen, meat only, raw	85.0	3.0 oz	17.54	0.205	0.00
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	17.54	0.116	0.00
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	17.54	0.116	0.00
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	17.54	0.116	0.00
15253	Salmon, sockeye, canned, total can contents	85.0	3.0 oz	17.54	0.211	0.00
13972	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	17.52	0.201	0.00
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	17.52	0.115	0.00
05717	Turkey, retail parts, thigh, meat only, raw	85.0	3.0 oz	17.51	0.216	0.00
15154	Crustaceans, spiny lobster, mixed species, raw	85.0	3.0 oz	17.51	0.244	2.07
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	17.50	0.110	0.00
15222	Fish, turbot, european, cooked, dry heat	85.0	3.0 oz	17.49	0.196	0.00
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	17.48	0.197	0.00
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	17.48	0.164	0.71
16008	Beans, baked, canned, with franks	259.0	1.0 cup	17.48	0.199	39.86
20062	Rye grain	169.0	1.0 cup	17.47	0.183	128.20

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	17.46	0.164	0.71
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	17.46	0.207	0.65
90240	Mollusks, scallop, (bay and sea), cooked, steamed	85.0	3.0 oz	17.46	0.147	4.60
15053	Fish, milkfish, raw	85.0	3.0 oz	17.45	0.196	0.00
05716	Turkey, retail parts, drumstick, meat only, raw	85.0	3.0 oz	17.44	0.186	0.00
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	17.44	0.200	0.00
15101	Fish, snapper, mixed species, raw	85.0	3.0 oz	17.43	0.196	0.00
15083	Fish, salmon, pink, raw	85.0	3.0 oz	17.42	0.188	0.00
16050	Beans, white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	17.42	0.206	44.91
16350	Beans, white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	17.42	0.206	44.91
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	17.42	0.195	0.00
21007	Fast foods, biscuit, with egg, cheese, and bacon	145.0	1.0 item	17.41	0.236	35.44
10805	USDA Commodity, pork, ground, fine/coarse, frozen, raw	113.0	1.0 oz crumbles	17.41	--	0.00
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	17.41	0.192	0.12
15115	Fish, trout, rainbow, wild, raw	85.0	3.0 oz	17.41	0.195	0.00
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	17.41	0.184	0.00
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	17.41	0.115	0.00
15182	Fish, salmon, sockeye, canned, without salt, drained solids with bone	85.0	3.0 oz	17.40	0.195	0.00
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	17.39	0.203	0.27
20073	Wheat, soft red winter	168.0	1.0 cup	17.39	--	124.72
19041	Snacks, pork skins, plain	28.35	1.0 oz	17.38	0.033	0.00
15269	Fish, cod, Pacific, cooked (not previously frozen)	85.0	3.0 oz	17.36	--	0.00
15236	Fish, salmon, Atlantic, farmed, raw	85.0	3.0 oz	17.36	0.178	0.00
13329	Beef, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	17.34	0.158	0.00
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	17.33	0.199	0.00
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	17.33	0.183	0.00
23037	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	17.33	0.114	0.00
01256	Yogurt, Greek, plain, nonfat	170.0	1.0 container	17.32	--	6.12

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	17.32	0.194	0.00
17351	Veal, Australian, shank, hind, bone-in, separable lean only, raw	85.0	3.0 oz	17.31	0.175	0.00
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	17.31	0.194	0.00
13325	Beef, variety meats and by-products, liver, raw	85.0	3.0 oz	17.31	0.224	3.31
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	17.31	0.199	0.00
07056	Peppered loaf, pork, beef	100.0	3.52 slices	17.30	--	4.53
15001	Fish, anchovy, european, raw	85.0	3.0 oz	17.30	0.194	0.00
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	17.30	0.198	0.00
16302	Beans, adzuki, mature seed, cooked, boiled, with salt	230.0	1.0 cup	17.30	0.166	56.97
16002	Beans, adzuki, mature seeds, cooked, boiled, without salt	230.0	1.0 cup	17.30	0.166	56.97
05113	Chicken, roasting, meat only, raw	85.0	3.0 oz	17.28	0.201	0.00
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	85.0	3.0 oz	17.27	0.212	0.00
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	17.27	0.195	0.00
10130	Canadian bacon, unprepared	85.0	3.0 oz	17.26	0.205	1.14
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	17.26	0.113	0.00
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	85.0	3.0 oz	17.25	0.149	0.34
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	17.24	0.193	0.00
15049	Fish, mackerel, king, raw	85.0	3.0 oz	17.24	0.193	0.00
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	17.24	0.194	0.00
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	85.0	3.0 oz	17.22	0.205	0.00
36414	Restaurant, Latino, tripe soup	200.0	1.0 cup	17.22	0.128	8.14
20012	Bulgur, dry	140.0	1.0 cup	17.21	0.266	106.22
17149	Bison, ground, grass-fed, raw	85.0	1.0 patty (cooked from 4 oz raw)	17.20	0.130	0.04
21225	Pizza, cheese topping, rising crust, frozen, cooked	139.0	1.0 serving 6 servings per 29.25 oz package	17.19	0.261	45.74
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	17.19	0.222	19.20
17367	Lamb, New Zealand, imported, kidney, raw	113.0	4.0 oz	17.19	0.190	0.03
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	126.0	1.0 sandwich	17.19	--	27.30

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
21357	McDONALD'S, Egg McMUFFIN	126.0	1.0 sandwich	17.19	--	27.30
15097	Fish, sheepshead, raw	85.0	3.0 oz	17.18	0.192	0.00
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	252.0	1.0 cup	17.16	0.242	25.30
17349	Veal, Australian, shank, fore, bone-in, separable lean only, raw	85.0	3.0 oz	17.15	0.173	0.00
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	85.0	3.0 oz	17.14	0.180	0.00
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	17.14	0.113	0.00
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	17.14	0.193	0.00
20070	Triticale flour, whole-grain	130.0	1.0 cup	17.13	0.205	95.08
21090	Fast foods, cheeseburger; single, regular patty, with condiments	127.0	1.0 item	17.13	--	32.33
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	17.13	0.193	0.00
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	17.12	0.196	0.00
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	85.0	3.0 oz	17.12	0.179	0.00
15079	Fish, salmon, chum, raw	85.0	3.0 oz	17.12	0.192	0.00
01129	Egg, whole, cooked, hard-boiled	136.0	1.0 cup, chopped	17.11	0.208	1.52
21605	School Lunch, pizza, sausage topping, thick crust, whole grain, frozen, cooked	129.0	1.0 slice per 1/10 pizza	17.11	--	39.45
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	17.10	0.192	0.00
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	17.09	0.191	0.00
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	17.08	0.159	0.84
15270	Crustaceans, shrimp, raw (not previously frozen)	85.0	3.0 oz	17.08	--	0.00
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	17.08	0.191	0.00
36019	APPLEBEE'S, chili	136.0	1.0 cup	17.08	0.196	6.22
36037	Restaurant, family style, chili with meat and beans	136.0	1.0 cup	17.08	0.196	6.22
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	17.06	0.192	0.00
17104	Veal, loin, separable lean and fat, raw	85.0	3.0 oz	17.06	0.173	0.06
15050	Fish, mackerel, Pacific and jack, mixed species, raw	85.0	3.0 oz	17.06	0.191	0.00

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	17.05	0.191	0.00
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	17.04	0.222	0.98
16549	MORNINGSTAR FARMS Grillers Prime, frozen, unprepared	71.0	1.0 burger	17.04	--	4.19
05309	Chicken, cornish game hens, meat only, raw	85.0	3.0 oz	17.03	0.199	0.00
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	17.00	0.190	0.00
21003	Fast foods, biscuit, with egg and bacon	150.0	1.0 biscuit	17.00	0.216	28.59
22995	KASHI, Sweet and Sour Chicken, Frozen Entree	283.0	1.0 package	16.98	--	53.77
16007	Beans, baked, canned, with beef	266.0	1.0 cup	16.97	0.205	44.98
05736	Turkey, retail parts, drumstick, meat and skin, raw	85.0	3.0 oz	16.97	0.173	0.00
21515	MORNINGSTAR FARMS Pizza, Baja Black Bean, single serve, frozen, unprepared	160.0	1.0 pizza	16.96	--	59.04
36401	Restaurant, Latino, chicken and rice, entree, prepared	141.0	1.0 cup	16.95	0.223	28.24
21064	Fast foods, burrito, with beans, cheese, and beef	241.0	1.0 burrito	16.94	0.152	56.32
21265	TACO BELL, BURRITO SUPREME with beef	241.0	1.0 burrito	16.94	0.152	56.32
15078	Fish, salmon, chinook, raw	85.0	3.0 oz	16.94	0.191	0.00
21524	McDONALD'S, RANCH SNACK WRAP, Grilled	123.0	1.0 wrap	16.94	0.165	22.67
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	123.0	1.0 item	16.94	0.165	22.67
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	16.92	0.208	0.00
23281	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	16.92	0.190	0.00
16521	WORTHINGTON Vegetable Skallops, canned, unprepared	85.0	0.5 cup	16.92	--	3.91
15133	Fish, whiting, mixed species, cooked, dry heat	72.0	1.0 fillet	16.91	0.189	0.00
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	16.90	0.198	0.00
17206	Lamb, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	16.90	0.173	0.00
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	85.0	3.0 oz	16.89	0.201	0.00
17263	Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	16.88	0.197	0.00
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	0.157	1.20
15076	Fish, salmon, Atlantic, wild, raw	85.0	3.0 oz	16.86	0.189	0.00
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	90.0	1.0 fillet	16.86	0.208	0.00
19165	Cocoa, dry powder, unsweetened	86.0	1.0 cup	16.86	0.252	49.79

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
21242	WENDY'S, Jr. Hamburger, with cheese	129.0	1.0 item	16.85	0.168	32.21
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	16.85	0.110	0.00
15132	Fish, whiting, mixed species, raw	92.0	1.0 fillet	16.85	0.189	0.00
16104	Bacon, meatless	144.0	1.0 cup	16.83	0.232	7.65
93600	Turtle, green, raw	85.0	3.0 oz	16.83	--	0.00
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	85.0	3.0 oz	16.81	0.186	0.15
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	85.0	3.0 oz	16.81	0.189	0.00
17352	Veal, Australian, shank, hind, bone-in, separable lean and fat	85.0	3.0 oz	16.81	0.165	0.00
01291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	252.0	1.0 cup	16.81	0.242	39.66
17428	Veal, shank, separable lean only, raw	85.0	3.0 oz	16.80	0.170	0.00
21120	Fast foods, hotdog, with corn flour coating (corndog)	175.0	1.0 sandwich	16.80	0.150	55.79
21604	School Lunch, pizza, sausage topping, thin crust, whole grain, frozen, cooked	133.0	1.0 piece 4" x 6"	16.80	--	42.88
16036	Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	16.80	0.198	38.67
16336	Beans, kidney, royal red, mature seeds, cooked, boiled with salt	177.0	1.0 cup	16.80	0.198	38.67
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	113.0	4.0 oz	16.79	0.176	0.00
21155	Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato	184.0	6.0 inch sub	16.78	--	41.25
21209	SUBWAY, black forest ham sub on white bread with lettuce and tomato	184.0	6.0 inch sub	16.78	--	42.15
21156	Fast foods, submarine sandwich, ham on white bread with lettuce and tomato	184.0	6.0 inch sub	16.78	--	42.15
21207	SUBWAY, turkey breast sub on white bread with lettuce and tomato	184.0	6.0 inch sub	16.78	--	41.25
10020	Pork, fresh, loin, whole, separable lean and fat, raw	85.0	3.0 oz	16.78	0.207	0.00
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	16.75	0.218	0.17
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	16.75	0.192	0.18
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	16.74	0.203	1.28
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	16.74	0.188	0.00
15084	Fish, salmon, pink, canned, total can contents	85.0	3.0 oz	16.73	0.180	0.00
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	16.73	0.192	0.04
21435	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	16.72	0.127	4.04
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	489.0	1.0 serving	16.72	0.210	91.10

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
15110	Fish, swordfish, raw	85.0	3.0 oz	16.71	0.189	0.00
21439	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading	81.0	1.0 drumstick, with skin	16.70	0.128	6.45
15156	Mollusks, abalone, mixed species, cooked, fried	85.0	3.0 oz	16.69	0.190	9.39
22982	KASHI, STEAM MEAL, Chicken Fettuccine, Frozen Entree	269.0	1.0 package	16.68	--	37.66
08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	16.68	0.227	65.73
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	16.67	0.110	0.00
17155	Veal, Australian, rib, rib roast, separable lean and fat, raw	85.0	3.0 oz	16.66	0.153	0.98
17131	Veal, shoulder, blade chop, separable lean only, raw	85.0	3.0 oz	16.66	0.168	0.00
20131	Barley malt flour	162.0	1.0 cup	16.65	0.214	126.85
17350	Veal, Australian, shank, fore, bone-in, separable lean and fat, raw	85.0	3.0 oz	16.64	0.163	0.00
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	152.0	1.0 sandwich	16.63	--	41.65
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	16.63	0.194	0.00
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	16.63	0.110	0.00
23320	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	16.62	0.177	0.25
23213	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	16.62	0.186	0.00
05742	Turkey, retail parts, thigh, meat and skin, raw	85.0	3.0 oz	16.61	0.187	0.00
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	257.0	1.0 serving	16.60	0.218	40.04
05734	Turkey, retail parts, wing, meat and skin, raw	85.0	3.0 oz	16.60	0.179	0.04
23322	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	16.58	0.173	0.48
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	16.54	0.196	1.49
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	16.54	0.153	0.98
21513	KASHI Pizza, Greek Tzatziki, single serve, frozen, unprepared	149.0	1.0 pizza	16.54	--	44.25
21600	School Lunch, pizza, cheese topping, thin crust, whole grain, frozen, cooked	130.0	1.0 piece 4"x6"	16.54	--	40.70
16320	Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	177.0	1.0 cup	16.53	0.196	43.29
16020	Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	177.0	1.0 cup	16.53	0.196	43.29
15065	Fish, pollock, Atlantic, raw	85.0	3.0 oz	16.52	0.185	0.00
15219	Fish, trout, mixed species, cooked, dry heat	62.0	1.0 fillet	16.51	0.185	0.00
13047	Beef, grass-fed, ground, raw	85.0	1.0 serving	16.51	--	0.00

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
13356	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	16.51	0.190	0.42
15267	Fish, pollock, Alaska, cooked (not previously frozen)	85.0	3.0 oz	16.51	--	0.00
10158	USDA Commodity, pork, canned	85.0	3.0 oz	16.49	--	0.50
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	16.47	0.108	0.00
15031	Fish, grouper, mixed species, raw	85.0	3.0 oz	16.47	0.184	0.00
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	16.47	0.189	0.25
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	200.0	1.0 cup	16.44	0.162	171.02
13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	16.42	0.116	0.00
19408	Snacks, pork skins, barbecue-flavor	28.35	1.0 oz	16.41	0.037	0.45
20083	Wheat flour, white, bread, enriched	137.0	1.0 cup	16.41	0.190	99.37
20129	Wheat flours, bread, unenriched	137.0	1.0 cup unsifted, dipped	16.41	0.190	99.37
22991	KASHI, STEAM MEAL, Sesame Chicken, Frozen Entree	269.0	1.0 package	16.41	--	42.23
15114	Fish, trout, mixed species, raw	79.0	1.0 fillet	16.41	0.184	0.00
15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	16.40	0.184	0.00
13340	Beef, variety meats and by-products, tongue, cooked, simmered	85.0	3.0 oz	16.40	--	0.00
17435	Veal, shank, separable lean and fat, raw	85.0	3.0 oz	16.39	0.166	0.00
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	16.38	0.174	0.13
06018	Soup, chunky chicken noodle, canned, ready-to-serve	530.0	1.0 can	16.38	--	23.64
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	16.37	0.183	0.10
15062	Fish, pike, northern, raw	85.0	3.0 oz	16.37	0.184	0.00
07057	Pepperoni, beef and pork, sliced	85.0	3.0 oz	16.36	0.196	1.00
13791	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	16.36	0.184	0.00
16086	Peas, split, mature seeds, cooked, boiled, without salt	196.0	1.0 cup	16.35	0.182	41.36
16386	Peas, split, mature seeds, cooked, boiled, with salt	196.0	1.0 cup	16.35	0.182	40.20
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	16.35	0.188	0.57
07923	Bratwurst, chicken, cooked	84.0	1.0 serving 2.96 oz	16.33	--	0.00
23110	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	16.32	0.184	0.08
23104	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	16.32	0.184	0.00

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	54.0	1.0 steak	16.31	0.145	0.00
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	16.30	0.184	0.00
23102	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	16.29	0.184	0.00
05080	Chicken, broilers or fryers, leg, meat only, raw	85.0	3.0 oz	16.29	0.184	0.00
23103	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	16.28	0.184	0.00
15064	Fish, pike, walleye, raw	85.0	3.0 oz	16.27	0.182	0.00
13788	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	16.27	0.184	0.00
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	16.27	0.212	0.20
21516	KASHI Pizza, Mushroom and Spinach, single serve, frozen, unprepared	152.0	1.0 pizza	16.26	--	55.48
20033	Oat bran, raw	94.0	1.0 cup	16.26	0.315	62.25
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	85.0	3.0 oz	16.24	0.177	0.00
23181	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	16.24	--	0.39
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	16.24	0.183	0.00
21602	School Lunch, pizza, pepperoni topping, thin crust, whole grain, frozen, cooked	127.0	1.0 piece 4"x6"	16.23	--	39.67
15130	Fish, whitefish, mixed species, raw	85.0	3.0 oz	16.23	0.182	0.00
21514	KASHI Pizza, Tikka Masala, single serve, frozen, unprepared	159.0	1.0 pizza	16.22	--	46.90
13498	Beef, ground, 70% lean meat / 30% fat, raw	113.0	4.0 oz	16.22	0.082	0.00
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	16.21	0.191	44.75
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	16.21	0.191	44.75
10192	Pork, fresh, backribs, separable lean and fat, raw	85.0	3.0 oz	16.21	0.188	0.00
16590	MORNINGSTAR FARMS BBQ Riblets, frozen, unprepared	142.0	1.0 sauce	16.19	--	34.93
05706	Turkey, whole, meat and skin, with added solution, raw	85.0	3.0 oz	16.18	0.161	0.13
16031	Beans, kidney, california red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	16.16	0.191	39.67
16331	Beans, kidney, california red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	16.16	0.191	39.67
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	85.0	3.0 oz	16.15	0.169	0.00
13915	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw	85.0	3.0 oz	16.15	0.181	0.00
43384	Beef, bologna, reduced sodium	138.0	1.0 cup pieces	16.15	--	2.76

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
23108	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	16.14	0.182	0.31
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	16.14	0.106	0.00
15044	Fish, ling, raw	85.0	3.0 oz	16.14	0.181	0.00
22992	KASHI, Southwest Style Chicken, Frozen Entree	283.0	1.0 package	16.13	--	49.24
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	143.0	1.0 serving 5 servings per 24.2 oz package	16.13	--	35.95
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	113.0	4.0 oz	16.13	--	0.00
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	16.12	0.182	0.00
07036	Sausage, Italian, pork, raw	113.0	1.0 link, 4/lb	16.10	0.129	0.73
21012	Fast foods, croissant, with egg, cheese, and bacon	128.0	1.0 item	16.10	--	26.61
16346	Beans, small white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	16.06	0.190	46.20
16046	Beans, small white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	16.06	0.190	46.20
15090	Fish, scup, raw	85.0	3.0 oz	16.05	0.179	0.00
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	16.04	0.181	0.00
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	16.03	0.180	0.00
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	16.03	0.180	0.00
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	16.03	0.180	0.00
36022	APPLEBEE'S, crunchy onion rings	350.0	1.0 serving	16.03	0.147	140.60
23201	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	16.02	0.179	0.00
23109	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	16.02	0.180	0.45
06454	CAMPBELL'S CHUNKY Soups, Grilled Steak- Steak Chili with Beans	245.0	1.0 cup	16.00	--	27.00
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	16.00	0.150	1.49
05294	Turkey thigh, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	15.98	0.178	0.00
05135	Chicken, capons, meat and skin, raw	85.0	3.0 oz	15.95	0.181	0.00
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	15.94	0.105	0.00
17208	Veal, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	15.93	0.127	0.00

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	15.93	0.196	0.16
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	85.0	3.0 oz	15.92	0.167	0.00
17128	Veal, shoulder, blade chop, separable lean and fat, raw	85.0	3.0 oz	15.91	0.161	0.03
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	15.91	0.188	0.54
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	85.0	3.0 oz	15.90	0.190	0.00
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	56.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	15.89	0.186	0.36
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	15.89	0.178	0.17
22989	KASHI, Red Curry Chicken, Frozen Entree	269.0	1.0 package	15.87	--	41.96
42129	Bologna, beef and pork, low fat	138.0	1.0 cup pieces	15.87	--	3.59
07089	Sausage, Italian, pork, cooked	83.0	1.0 link, 4/lb	15.87	0.134	3.54
17330	Game meat , bison, ground, raw	85.0	1.0 serving (3 oz)	15.87	0.120	0.00
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	15.85	0.149	0.60
20080	Wheat flour, whole-grain	120.0	1.0 cup	15.85	0.209	86.36
21470	Fast Foods, Fried Chicken, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	15.85	--	5.69
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	269.0	1.0 serving	15.84	0.143	48.39
15021	Fish, croaker, Atlantic, cooked, breaded and fried	87.0	1.0 fillet	15.83	0.181	6.56
15096	Fish, shark, mixed species, cooked, batter-dipped and fried	85.0	3.0 oz	15.83	0.180	5.43
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	15.83	0.148	1.46
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	15.83	0.145	1.15
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	0.181	7.38
05006	Chicken, broilers or fryers, meat and skin, raw	85.0	3.0 oz	15.81	0.176	0.00
23567	Beef, ground, 85% lean meat / 15% fat, raw	85.0	3.0 oz	15.80	0.080	0.00
17142	Veal, ground, raw	85.0	3.0 oz	15.79	0.160	0.00
16368	Hyacinth beans, mature seeds, cooked, boiled, with salt	194.0	1.0 cup	15.79	0.132	40.16
16068	Hyacinth beans, mature seeds, cooked, boiled, without salt	194.0	1.0 cup	15.79	0.132	40.14
15036	Fish, halibut, Atlantic and Pacific, raw	85.0	3.0 oz	15.78	0.198	0.00
15203	Fish, monkfish, cooked, dry heat	85.0	3.0 oz	15.78	0.177	0.00
20060	Rice bran, crude	118.0	1.0 cup	15.75	0.127	58.63

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
15240	Fish, trout, rainbow, farmed, raw	79.0	1.0 fillet	15.75	0.185	0.00
21522	McDONALD'S, Southern Style Chicken Biscuit	132.0	1.0 biscuit regular size biscuit	15.75	--	40.34
21010	Fast foods, biscuit, with crispy chicken fillet	132.0	1.0 item	15.75	--	40.34
15011	Fish, catfish, channel, cooked, breaded and fried	87.0	1.0 fillet	15.74	0.174	6.99
05133	Chicken, capons, meat and skin and giblets and neck, raw	85.0	3.0 oz	15.73	0.178	0.07
15144	Crustaceans, crab, queen, raw	85.0	3.0 oz	15.72	0.219	0.00
15023	Fish, mahimahi, raw	85.0	3.0 oz	15.72	0.176	0.00
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	153.0	1.0 slice	15.71	0.161	40.84
21147	School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Cheese Pizza 50/50 Cheese, frozen	130.0	1.0 piece 4" x 6"	15.70	--	38.05
05160	Squab, (pigeon), meat and skin, raw	85.0	3.0 oz	15.70	0.228	0.00
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	15.70	0.185	0.14
23194	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	15.67	0.176	0.00
15025	Fish, eel, mixed species, raw	85.0	3.0 oz	15.67	0.176	0.00
16059	Chili with beans, canned	256.0	1.0 cup	15.67	0.177	33.89
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	15.67	0.176	0.31
15196	Fish, halibut, greenland, cooked, dry heat	85.0	3.0 oz	15.66	0.175	0.00
20314	Corn grain, white	166.0	1.0 cup	15.64	0.111	123.27
20014	Corn grain, yellow	166.0	1.0 cup	15.64	0.111	123.27
23202	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	15.63	0.175	0.00
15070	Fish, rockfish, Pacific, mixed species, raw	85.0	3.0 oz	15.61	0.208	0.00
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	151.0	1.0 slice	15.60	0.125	38.84
22956	Lasagna, Vegetable, frozen, baked	227.0	1.0 serving	15.59	0.252	32.19
05001	Chicken, broilers or fryers, meat and skin and giblets and neck, raw	85.0	3.0 oz	15.58	0.173	0.11
19166	Cocoa, dry powder, unsweetened, processed with alkali	86.0	1.0 cup	15.57	0.233	50.14
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	85.0	3.0 oz	15.56	0.163	3.13
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	85.0	3.0 oz	15.55	0.164	0.15
15136	Crustaceans, crab, alaska king, raw	85.0	3.0 oz	15.55	0.217	0.00
20130	Barley flour or meal	148.0	1.0 cup	15.54	0.259	110.29

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
21457	POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading	76.0	1.0 drumstick, with skin	15.53	0.119	7.48
10851	HORMEL, Cure 81 Ham	84.0	1.0 serving	15.48	--	0.18
13355	Beef, cured, pastrami	71.0	1.0 package, 2.5 oz	15.48	0.100	0.26
16160	Tofu, hard, prepared with nigari	122.0	0.25 block	15.47	0.229	5.36
21382	McDONALD'S, FILET-O-FISH (without tartar sauce)	124.0	1.0 item	15.46	--	38.54
05171	Turkey, whole, giblets, raw	85.0	3.0 oz	15.45	0.169	0.06
13347	Beef, cured, corned beef, brisket, cooked	85.0	3.0 oz	15.44	0.101	0.40
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	0.140	1.21
21233	McDONALD'S, Cheeseburger	119.0	1.0 item 4 oz	15.43	--	33.09
22906	Chicken pot pie, frozen entree, prepared	302.0	1.0 pie	15.43	0.214	58.01
21148	School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Pepperoni Pizza 50/50 Cheese, frozen	127.0	1.0 piece 4"x6"	15.42	--	36.63
23192	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	15.41	0.173	0.00
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	15.41	0.168	44.84
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	15.41	0.185	44.84
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	15.40	0.101	0.10
05150	Goose, liver, raw	94.0	1.0 liver	15.39	0.216	5.94
32010	Pasta mix, Italian lasagna, unprepared	141.0	1.0 package	15.37	--	104.02
15139	Crustaceans, crab, blue, raw	85.0	3.0 oz	15.35	0.213	0.03
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	15.35	0.184	40.36
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	15.35	0.182	40.36
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	15.35	0.182	40.36
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	15.35	0.182	40.36
20650	Sorghum flour, refined, unenriched	161.0	1.0 cup	15.34	--	123.73
22996	KASHI Three Cheese Penne, frozen, unprepared	269.0	1.0 Entrée	15.33	--	45.19
16041	Beans, pink, mature seeds, cooked, boiled, without salt	169.0	1.0 cup	15.31	0.181	47.17
16341	Beans, pink, mature seeds, cooked, boiled, with salt	169.0	1.0 cup	15.31	0.181	47.17
16548	MORNINGSTAR FARMS Grillers Original, frozen, unprepared	64.0	1.0 burger	15.30	--	5.44
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	85.0	3.0 oz	15.29	0.144	1.33
21356	McDONALD'S, McCHICKEN Sandwich (without mayonnaise)	138.0	1.0 item	15.29	--	42.71
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	96.0	6.0 pieces	15.28	--	14.33
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	15.28	0.171	0.30

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
21523	McDONALD'S, RANCH SNACK WRAP, Crispy	133.0	1.0 wrap	15.27	--	30.88
21517	Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce	133.0	1.0 item	15.27	--	30.88
12130	Nuts, hickorynuts, dried	120.0	1.0 cup	15.26	0.167	21.90
15176	Mollusks, squid, mixed species, cooked, fried	85.0	3.0 oz	15.25	0.172	6.62
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	15.25	0.108	0.00
20132	Oat flour, partially debranned	104.0	1.0 cup	15.25	--	68.33
21503	KASHI Pizza, Mediterranean, frozen, unprepared	120.0	0.33 pizza	15.24	--	37.20
16015	Beans, black, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	15.24	0.181	40.78
16315	Beans, black, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	15.24	0.181	40.78
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	15.23	0.143	0.00
23193	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	15.23	0.171	0.00
07008	Bologna, beef and pork	100.0	3.527 oz	15.20	0.214	5.49
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	15.19	0.171	0.00
21610	School Lunch, chicken patty, whole grain breaded	86.0	1.0 patty	15.17	--	10.75
16529	WORTHINGTON FriPats, frozen, unprepared	64.0	1.0 patty	15.17	--	5.12
15008	Fish, carp, raw	85.0	3.0 oz	15.16	0.170	0.00
20011	Buckwheat flour, whole-groat	120.0	1.0 cup	15.14	0.220	84.71
15015	Fish, cod, Atlantic, raw	85.0	3.0 oz	15.14	0.169	0.00
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	185.0	1.0 cup	15.13	0.179	45.05
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	15.13	0.179	45.05
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	15.10	0.099	0.00
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	15.10	0.141	1.31
21106	Fast foods, fish sandwich, with tartar sauce and cheese	134.0	1.0 sandwich	15.09	--	35.36
21232	McDONALD'S, FILET-O-FISH	134.0	1.0 sandwich	15.09	--	35.36
15004	Fish, bass, striped, raw	85.0	3.0 oz	15.07	0.169	0.00
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	15.04	0.168	0.30
32009	Pasta mix, classic beef, unprepared	122.0	1.0 package	15.03	--	88.08
21089	Fast foods, cheeseburger; single, regular patty; plain	91.0	1.0 sandwich	15.02	0.141	25.51
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	115.0	1.0 sandwich	15.02	--	28.72

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
15045	Fish, lingcod, raw	85.0	3.0 oz	15.01	0.168	0.00
07913	Salami, pork, beef, less sodium	100.0	3.527 oz	15.01	0.114	15.38
15013	Fish, cisco, raw	79.0	1.0 fillet	15.00	0.168	0.00
25031	Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors	50.0	1.0 bar	15.00	--	22.50
21263	TACO BELL, Soft Taco with steak	127.0	1.0 item	15.00	0.184	21.87
21364	McDONALD'S, Hotcakes and Sausage	192.0	1.0 item	15.00	--	72.10
06398	CAMPBELL'S CHUNKY Soups, Firehouse - Hot & Spicy Beef & Bean Chili	245.0	1.0 cup	14.99	--	24.99
06437	CAMPBELL'S CHUNKY Soups, Roadhouse - Beef & Bean Chili	245.0	1.0 cup	14.99	--	24.99
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	14.99	0.199	9.66
15187	Fish, bass, freshwater, mixed species, cooked, dry heat	62.0	1.0 fillet	14.99	0.168	0.00
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	136.0	1.0 slice	14.99	0.148	34.52
15099	Fish, smelt, rainbow, raw	85.0	3.0 oz	14.99	0.167	0.00
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182.0	1.0 cup	14.98	0.182	47.41
16338	Beans, navy, mature seeds, cooked, boiled, with salt	182.0	1.0 cup	14.98	0.182	47.41
05295	Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	85.0	3.0 oz	14.96	0.170	5.44
05123	Chicken, stewing, meat and skin, raw	85.0	3.0 oz	14.92	0.167	0.00
15268	Fish, cod, Pacific, raw (not previously frozen)	85.0	3.0 oz	14.91	--	0.00
15024	Fish, drum, freshwater, raw	85.0	3.0 oz	14.91	0.167	0.00
35237	Tamales, masa and pork filling (Hopi)	113.0	4.0 oz	14.90	--	20.66
16522	WORTHINGTON Vegetable Steaks, canned, unprepared	72.0	2.0 slices	14.90	--	3.67
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	85.0	3.0 oz	14.90	0.140	1.02
15003	Fish, bass, fresh water, mixed species, raw	79.0	1.0 fillet	14.90	0.167	0.00
15243	Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	85.0	3.0 oz	14.89	0.207	0.00
21162	Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread	148.0	6.0 inch sub	14.89	--	39.46
21161	SUBWAY, B.L.T. sub on white bread with bacon, lettuce and tomato	148.0	6.0 inch sub	14.89	--	39.46
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	85.0	3.0 oz	14.88	0.165	0.73
15134	Fish, wolffish, Atlantic, raw	85.0	3.0 oz	14.88	0.167	0.00
15112	Fish, tilefish, raw	85.0	3.0 oz	14.88	0.167	0.00
05121	Chicken, stewing, meat and skin, and giblets and neck, raw	85.0	3.0 oz	14.86	0.166	0.16
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	14.86	0.167	0.00
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	85.0	3.0 oz	14.81	0.156	0.00
05144	Duck, wild, meat and skin, raw	85.0	3.0 oz	14.81	0.201	0.00

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
83110	Fish, mackerel, salted	80.0	1.0 piece (5-1/2" x 1-1/2" x 1/2")	14.80	--	0.00
15143	Crustaceans, crab, dungeness, raw	85.0	3.0 oz	14.80	0.206	0.63
22990	KASHI, STEAM MEAL, Roasted Garlic Chicken Farfalle, Frozen Entree	269.0	1.0 package	14.80	--	39.27
16617	MORNINGSTAR FARMS Spicy Black Bean Enchilada Entree, frozen, unprepared	255.0	1.0 entree	14.79	--	40.54
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	14.77	0.139	1.05
21508	WEND'YS, Crispy Chicken Sandwich	126.0	1.0 sandwich	14.77	--	33.21
21241	WENDY'S, Jr. Hamburger, without cheese	117.0	1.0 item	14.77	0.137	33.29
23508	USDA Commodity, beef, ground, bulk/coarse ground, frozen, raw	85.0	1.0 serving	14.76	--	0.00
19367	Toppings, nuts in syrup	328.0	1.0 cup	14.76	0.194	190.50
16325	Beans, great northern, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	14.74	0.175	37.33
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	14.74	0.175	37.33
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	85.0	3.0 oz	14.74	0.139	1.23
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	123.0	1.0 slice	14.72	0.156	36.95
22910	Lasagna, cheese, frozen, prepared	225.0	1.0 cup 1 serving	14.72	0.146	31.14
23503	USDA Commodity, beef, patties (100%), frozen, cooked	64.0	1.0 patty	14.71	--	0.58
21250	BURGER KING, Hamburger	99.0	1.0 sandwich	14.70	--	26.49
10171	Pork, cured, shoulder, blade roll, separable lean and fat, roasted	85.0	3.0 oz	14.69	0.176	0.31
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	53.0	1.0 wing	14.68	0.158	0.00
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188.0	1.0 cup	14.66	0.173	39.25
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	188.0	1.0 cup	14.66	0.173	39.25
32017	Pasta mix, Italian four cheese lasagna, unprepared	117.0	1.0 package	14.66	--	82.20
01109	Milk, sheep, fluid	245.0	1.0 cup	14.65	0.206	13.13
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	14.64	0.165	0.00
16375	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	182.0	1.0 cup	14.63	0.173	42.42
16075	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	182.0	1.0 cup	14.63	0.173	42.42
15208	Fish, sablefish, cooked, dry heat	85.0	3.0 oz	14.61	0.164	0.00
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	85.0	3.0 oz	14.61	0.154	0.14
07005	Blood sausage	100.0	4.0 slices	14.60	0.180	1.29
15266	Fish, pollock, Alaska, raw (not previously frozen)	85.0	3.0 oz	14.59	--	0.00
16581	GARDENBURGER Flame Grilled Burger, frozen, unprepared	96.0	1.0 patty	14.59	--	6.53
05307	Chicken, cornish game hens, meat and skin, raw	85.0	3.0 oz	14.58	0.161	0.00

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
21358	McDONALD'S, Sausage McMUFFIN	115.0	1.0 item 4 oz	14.56	--	28.20
15155	Mollusks, abalone, mixed species, raw	85.0	3.0 oz	14.54	0.163	5.11
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	164.0	1.0 cup	14.53	0.139	44.97
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164.0	1.0 cup	14.53	0.139	44.97
05109	Chicken, roasting, meat and skin and giblets and neck, raw	85.0	3.0 oz	14.53	0.161	0.08
21499	KASHI Pizza, Roasted Vegetable, frozen, unprepared	116.0	0.33 pizza	14.50	--	28.42
05145	Duck, wild, breast, meat only, raw	73.0	1.0 unit (yield from 1 lb ready-to-cook duck)	14.49	0.201	0.00
20093	Pasta, fresh-refrigerated, plain, as purchased	128.0	4.5 oz	14.48	0.183	70.05
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	14.47	0.173	39.72
16316	Beans, black, mature seeds, canned, low sodium	240.0	1.0 cup	14.47	0.173	39.72
21501	KASHI Pizza, Margherita, frozen, unprepared	113.0	0.33 pizza	14.46	--	29.04
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	51.0	1.0 wing	14.45	0.146	0.28
10175	Pork, fresh, variety meats and by-products, tail, cooked, simmered	85.0	3.0 oz	14.45	0.087	0.00
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	14.43	0.167	40.39
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	14.43	0.167	39.95
17187	Lamb, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	14.42	0.149	0.00
20095	Pasta, fresh-refrigerated, spinach, as purchased	128.0	4.5 oz	14.41	0.192	71.32
16021	Beans, cranberry (roman), mature seeds, canned	260.0	1.0 cup	14.40	0.172	39.31
15094	Fish, shad, american, raw	85.0	3.0 oz	14.39	0.161	0.00
11195	Cowpeas (blackeyes), immature seeds, frozen, unprepared	160.0	1.0 cup	14.37	0.165	40.21
05668	Ground turkey, 85% lean, 15% fat, raw	85.0	1.0 patty (cooked from 4 oz raw)	14.36	0.163	0.00
17449	Lamb, Australian, imported, fresh, external fat, cooked	85.0	3.0 oz	14.36	0.149	0.00
21500	KASHI Pizza, Mushroom Trio & Spinach, frozen, unprepared	113.0	0.33 pizza	14.35	--	27.80
21020	Fast foods, english muffin, with cheese and sausage	108.0	1.0 item	14.34	0.157	27.30
35143	Tortilla, includes plain and from mutton sandwich (Navajo)	197.0	1.0 serving	14.34	0.118	98.38
05178	Turkey, liver, all classes, cooked, simmered	53.0	1.0 liver cooked	14.31	0.156	0.00
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	117.0	1.0 slice 1/8 pizza	14.31	0.145	35.10
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	117.0	1.0 slice	14.31	0.145	35.10
20024	Cornmeal, yellow, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	14.30	0.110	124.83
20324	Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	14.30	0.110	124.83
22401	Spaghetti with meat sauce, frozen entree	283.0	1.0 serving	14.29	0.224	43.13

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
05354	USDA Commodity, turkey taco meat, frozen, cooked	85.0	3.0 oz	14.28	--	2.58
22969	Chili with beans, microwavable bowls	244.0	1.0 cup	14.27	--	26.55
32008	Pasta mix, classic cheeseburger macaroni, unprepared	123.0	1.0 package	14.27	--	87.96
16600	MORNINGSTAR FARMS Sesame Chik'n Entree, frozen, unprepared	269.0	1.0 package	14.26	--	46.54
22980	KASHI, Chicken and Chipotle BBQ Sauce with Mango, Frozen Entree	269.0	1.0 package	14.26	--	47.34
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	85.0	3.0 oz	14.25	0.199	0.00
20040	Rice, brown, medium-grain, raw	190.0	1.0 cup	14.25	0.182	144.72
15107	Fish, sucker, white, raw	85.0	3.0 oz	14.25	0.160	0.00
05177	Turkey, liver, all classes, raw	78.0	1.0 raw liver	14.24	0.155	0.00
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	14.24	0.160	0.51
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	14.24	0.139	0.17
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	14.24	0.129	0.01
15093	Fish, seatrout, mixed species, raw	85.0	3.0 oz	14.23	0.160	0.00
21495	DOMINO'S 14" Sausage Pizza, Ultimate Deep Dish Crust	129.0	1.0 slice	14.23	--	40.21
16619	MORNINGSTAR FARMS Tuscan Greens & Beans, frozen, unprepared	241.0	1.0 entree	14.22	--	28.20
12033	Seeds, sesame flour, low-fat	28.35	1.0 oz	14.21	0.311	10.07
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	85.0	3.0 oz	14.19	0.157	0.00
21497	PIZZA HUT 14" Sausage Pizza, Hand-Tossed Crust	119.0	1.0 slice	14.18	--	34.97
16381	Mung beans, mature seeds, cooked, boiled, with salt	202.0	1.0 cup	14.18	0.154	38.68
16081	Mung beans, mature seeds, cooked, boiled, without salt	202.0	1.0 cup	14.18	0.154	38.68
16434	Yardlong beans, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	14.18	0.174	36.06
16134	Yardlong beans, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	14.18	0.174	36.06
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	123.0	1.0 slice	14.17	0.139	39.22
16602	MORNINGSTAR FARMS Meal Starters Veggie Meatballs, frozen, unprepared	80.0	5.0 meatballs	14.16	--	7.92
21441	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading	68.0	1.0 wing, with skin	14.14	0.108	7.93
15059	Fish, pout, ocean, raw	85.0	3.0 oz	14.14	0.158	0.00
12008	Seeds, cottonseed flour, low fat (glandless)	28.35	1.0 oz	14.13	0.213	10.23
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	14.12	0.157	6.37
10113	Pork, fresh, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	14.11	0.124	0.00
07016	Cheesefurter, cheese smokie, pork, beef	100.0	2.33 links	14.10	0.150	1.51
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	60.0	1.0 fillet	14.09	0.158	0.00
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	85.0	3.0 oz	14.08	0.135	0.00

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
21060	Fast foods, burrito, with beans	217.0	2.0 pieces	14.06	0.171	71.44
21482	Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	127.0	1.0 slice	14.05	--	38.56
15020	Fish, croaker, Atlantic, raw	79.0	1.0 fillet	14.05	0.157	0.00
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	122.0	1.0 piece	14.04	0.148	28.08
22904	Chili con carne with beans, canned entree	242.0	1.0 cup	14.04	--	31.70
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	85.0	3.0 oz	14.02	0.175	0.00
16005	Beans, baked, home prepared	253.0	1.0 cup	14.02	0.170	54.72
42235	Cheese, cottage, lowfat, 1% milkfat, lactose reduced	113.0	4.0 oz	14.01	--	3.62
43352	Cheese, cottage, lowfat, 1% milkfat, no sodium added	113.0	4.0 oz	14.01	--	3.05
32030	KASHI Italian Vegetable Medley Pasta, frozen, unprepared	298.0	0.5 package	14.01	--	48.57
22951	SWANSON, Chicken A La King	298.0	1.0 can (1 serving)	14.01	--	12.01
16054	Broadbeans (fava beans), mature seeds, canned	256.0	1.0 cup	14.00	0.133	31.77
01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	14.00	0.156	3.07
21412	Light Ice Cream, soft serve, blended with milk chocolate candies	348.0	12.0 fl oz cup	13.99	--	93.33
21338	McDONALD'S, McFLURRY with M&M'S CANDIES	348.0	1.0 regular (12 fl oz)	13.99	--	93.33
16534	WORTHINGTON Stakelets, frozen, unprepared	71.0	1.0 piece	13.99	--	6.82
19348	Syrups, chocolate, fudge-type	304.0	1.0 cup	13.98	--	191.22
01036	Cheese, ricotta, whole milk	124.0	0.5 cup	13.96	0.155	3.77
20036	Rice, brown, long-grain, raw	185.0	1.0 cup	13.95	0.187	141.06
15073	Fish, roughy, orange, raw	85.0	3.0 oz	13.95	0.156	0.00
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	123.0	1.0 slice	13.95	0.170	31.99
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	115.0	1.0 slice	13.94	0.130	26.56
15043	Fish, herring, Pacific, raw	85.0	3.0 oz	13.93	0.156	0.00
15010	Fish, catfish, channel, wild, raw	85.0	3.0 oz	13.92	0.156	0.00
12011	Seeds, cottonseed meal, partially defatted (glandless)	28.35	1.0 oz	13.92	0.210	10.89
05075	Chicken, broilers or fryers, leg, meat and skin, raw	85.0	3.0 oz	13.91	0.145	0.14
16361	Cowpeas, catjang, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	13.90	0.171	34.75
16061	Cowpeas, catjang, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	13.90	0.171	34.75
20046	Rice, white, long-grain, parboiled, enriched, dry	185.0	1.0 cup	13.89	0.191	149.65
20446	Rice, white, long-grain, parboiled, unenriched, dry	185.0	1.0 cup	13.89	0.191	149.65
15033	Fish, haddock, raw	85.0	3.0 oz	13.87	0.180	0.00
21498	PIZZA HUT 14" Sausage Pizza, Pan Crust	125.0	1.0 slice	13.85	--	36.95
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	127.0	1.0 slice	13.84	0.133	32.54
16379	Mothbeans, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	13.82	0.088	37.10

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
16079	Mothbeans, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	13.82	0.088	37.10
15163	Mollusks, cuttlefish, mixed species, raw	85.0	3.0 oz	13.80	0.155	0.70
12005	Seeds, breadnut tree seeds, dried	160.0	1.0 cup	13.79	0.374	127.02
21611	School Lunch, chicken nuggets, whole grain breaded	88.0	5.0 pieces	13.79	--	20.12
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	222.0	1.0 serving	13.79	0.131	47.49
21269	TACO BELL, Nachos Supreme	222.0	1.0 serving	13.79	0.131	47.49
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	13.73	0.154	0.66
05315	Duck, young duckling, domesticated, White Pekin, breast, meat and skin, boneless, cooked, roasted	56.0	1.0 unit (yield from 1 lb ready-to-cook duck)	13.72	0.189	0.00
15104	Fish, sturgeon, mixed species, raw	85.0	3.0 oz	13.72	0.154	0.00
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	117.0	1.0 piece	13.71	0.178	26.20
90560	Mollusks, snail, raw	85.0	3.0 oz	13.69	--	1.70
21355	McDONALD'S, McCHICKEN Sandwich	131.0	1.0 sandwich	13.66	--	36.64
15129	Fish, turbot, european, raw	85.0	3.0 oz	13.64	0.153	0.00
15128	Fish, tuna salad	85.0	3.0 oz	13.63	0.153	8.00
07958	Turkey sausage, fresh, cooked	57.0	1.0 serving	13.62	0.105	0.00
01275	Yogurt, Greek, nonfat, vanilla, CHOBANI	150.0	5.3 oz	13.60	--	12.14
16528	WORTHINGTON Dinner Roast, frozen, unprepared	85.0	1.0 slice , 3/4"	13.60	--	5.86
21264	TACO BELL, Bean Burrito	185.0	1.0 each burrito	13.60	0.166	57.78
21061	Fast foods, burrito, with beans and cheese	185.0	1.0 each burrito	13.60	--	57.78
15145	Crustaceans, crayfish, mixed species, wild, raw	85.0	3.0 oz	13.57	0.189	0.00
16384	Mungo beans, mature seeds, cooked, boiled, with salt	180.0	1.0 cup	13.57	0.140	33.01
16084	Mungo beans, mature seeds, cooked, boiled, without salt	180.0	1.0 cup	13.57	0.140	33.01
21303	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	118.0	1.0 slice	13.56	--	37.57
07914	Sausage, Italian, sweet, links	84.0	1.0 link 3 oz	13.55	0.093	1.76
21119	Fast foods, hotdog, with chili	114.0	1.0 sandwich	13.51	0.129	31.29
21283	PAPA JOHN'S 14" Cheese Pizza, Original Crust	117.0	1.0 slice	13.49	--	38.31
05146	Goose, domesticated, meat and skin, raw	85.0	3.0 oz	13.48	0.176	0.00
21296	PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust	110.0	1.0 slice	13.45	--	35.32
22994	KASHI Spinach Artichoke Pasta, frozen, unprepared	269.0	1.0 entree	13.45	--	40.62
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	104.0	1.0 slice	13.45	0.114	30.19
22963	Lean Pockets, Meatballs & Mozzarella	128.0	1.0 each	13.43	0.183	41.32
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	13.39	0.150	0.76

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
06026	Soup, chili beef, canned, condensed	263.0	1.0 cup (8 fl oz)	13.39	--	49.60
21413	Light Ice Cream, soft serve, blended with cookie pieces	337.0	12.0 fl oz cup	13.38	--	86.10
21339	McDONALD'S, McFLURRY with OREO cookies	337.0	1.0 regular (12 fl oz)	13.38	--	86.10
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256.0	1.0 cup	13.36	0.164	37.96
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	256.0	1.0 cup	13.36	0.164	37.96
16029	Beans, kidney, all types, mature seeds, canned	256.0	1.0 cup	13.36	0.161	37.12
25004	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Chewy Chocolate Peanut Bar	55.0	1.0 bar	13.36	--	25.98
21484	Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	116.0	1.0 slice	13.34	--	35.52
21018	Fast foods, egg, scrambled	96.0	2.0 eggs	13.29	0.204	2.00
32022	KASHI Three Cheese Ravioli with Mediterranean Tomato Sauce, frozen, unprepared	241.0	0.5 package	13.26	--	47.48
11211	Edamame, frozen, unprepared	118.0	1.0 cup	13.24	0.140	8.98
21083	Fast foods, taco salad	198.0	1.5 cup	13.23	0.148	23.58
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	171.0	1.0 cup	13.22	0.162	35.50
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	171.0	1.0 cup	13.22	0.162	35.50
20044	Rice, white, long-grain, regular, raw, enriched	185.0	1.0 cup	13.19	0.154	147.91
20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	13.19	0.154	147.91
06142	Sauce, sofrito, prepared from recipe	103.0	0.5 cup	13.18	--	5.62
07024	Frankfurter, chicken	85.0	3.0 oz	13.18	0.088	2.33
10088	Pork, fresh, spareribs, separable lean and fat, raw	85.0	3.0 oz	13.15	0.139	0.00
16009	Beans, baked, canned, with pork	253.0	1.0 cup	13.13	0.157	50.57
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	13.12	0.123	0.57
22962	LEAN POCKETS, Ham N Cheddar	127.0	1.0 hot pocket (1 NLEA serving)	13.06	0.182	41.30
16504	LOMA LINDA Tender Rounds with Gravy, canned, unprepared	80.0	6.0 pieces	13.04	--	5.92
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	98.0	1.0 each taco	13.03	0.150	19.30
21487	Fast foods, taco with chicken, lettuce and cheese, soft	98.0	1.0 each taco	13.03	--	19.30
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	111.0	1.0 slice	13.03	--	35.50
21437	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	60.0	1.0 wing, with skin	13.02	0.100	5.96
23438	Beef, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	13.01	0.137	0.00
32015	Turnover, cheese-filled, tomato-based sauce, frozen, unprepared	127.0	1.0 serving 4.5 oz	13.00	--	34.66
43528	Beverages, ABBOTT, ENSURE PLUS, ready-to-drink	252.0	1.0 cup	13.00	--	50.10
25032	Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	78.0	1.0 bar	13.00	--	49.47

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
20052	Rice, white, short-grain, enriched, uncooked	200.0	1.0 cup	13.00	0.150	158.30
20452	Rice, white, short-grain, raw, unenriched	200.0	1.0 cup	13.00	0.150	158.30
16525	WORTHINGTON Chic-Ketts, frozen, unprepared	55.0	2.0 slices (3/8" thick)	12.98	--	2.80
32014	Macaroni or noodles with cheese, made from reduced fat packaged mix, unprepared	99.0	1.0 serving (3.5 oz)	12.97	--	51.54
01161	Cheese substitute, mozzarella	113.0	1.0 cup, shredded	12.96	0.171	26.75
21297	PIZZA HUT 14" Pepperoni Pizza, Pan Crust	113.0	1.0 slice	12.96	--	35.92
12145	Nuts, pilinuts, dried	120.0	1.0 cup	12.96	0.227	4.78
01286	Yogurt, Greek, vanilla, nonfat	150.0	1.0 container (5.3 oz)	12.96	0.042	15.55
15234	Fish, catfish, channel, farmed, raw	85.0	3.0 oz	12.95	0.155	0.00
08393	Cereals ready-to-eat, KASHI GOLEAN	52.0	1.0 cup (1 NLEA serving)	12.94	--	34.94
23506	USDA Commodity, beef patties with VPP, frozen, raw	85.0	1.0 serving	12.93	--	3.26
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	170.0	1.0 cup	12.92	0.122	33.40
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	170.0	1.0 cup	12.92	0.122	33.40
21109	Fast foods, hamburger; single, regular patty; with condiments and vegetables	110.0	1.0 item	12.91	0.156	27.29
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	125.0	1.0 cup	12.91	0.159	95.39
20081	Wheat flour, white, all-purpose, enriched, bleached	125.0	1.0 cup	12.91	0.159	95.39
20581	Wheat flour, white, all-purpose, enriched, unbleached	125.0	1.0 cup	12.91	0.159	95.39
20481	Wheat flour, white, all-purpose, unenriched	125.0	1.0 cup	12.91	0.159	95.39
05356	Chicken, broiler, rotisserie, BBQ, skin	85.0	1.0 serving	12.91	0.060	0.60
21108	Fast foods, hamburger; single, regular patty; with condiments	97.0	1.0 sandwich	12.90	--	28.68
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 wing	12.90	0.125	0.02
20450	Rice, white, medium-grain, raw, unenriched	195.0	1.0 cup	12.89	0.150	154.71
20050	Rice, white, medium-grain, raw, enriched	195.0	1.0 cup	12.89	0.150	154.71
21107	Fast foods, hamburger; single, regular patty; plain	78.0	1.0 sandwich	12.89	0.112	24.57
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	102.0	1.0 slice	12.88	0.159	30.70
17377	Lamb, New Zealand, imported, testes, raw	113.0	4.0 oz	12.88	0.142	0.16
16508	LOMA LINDA Tender Bits, canned, unprepared	85.0	6.0 pieces	12.84	--	7.06
21496	PIZZA HUT 14" Sausage Pizza, THIN 'N CRISPY Crust	92.0	1.0 slice	12.83	--	26.40
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	158.0	1.0 cup cup rinsed solids	12.83	0.153	32.86
17358	Lamb, New Zealand, imported, brains, raw	113.0	4.0 oz	12.80	0.141	0.00
20647	Millet flour	119.0	1.0 cup	12.79	0.202	89.39
21011	Fast foods, croissant, with egg and cheese	127.0	1.0 croissant	12.79	0.184	28.51
16171	Refried beans, canned, vegetarian	242.0	1.0 cup	12.78	--	32.67

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
07006	Bockwurst, pork, veal, raw	91.0	1.0 sausage	12.77	0.139	2.68
14041	Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	237.0	1.0 bottle	12.75	--	40.98
22919	Macaroni and Cheese, canned, microwavable	213.0	7.5 oz 1 serving	12.74	--	29.73
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	113.0	1.0 slice	12.71	0.092	36.00
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	118.0	1.0 slice	12.70	0.135	39.51
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	12.67	0.142	1.87
16011	Beans, baked, canned, with pork and tomato sauce	246.0	1.0 cup	12.67	0.184	45.98
36036	Restaurant, family style, onion rings	259.0	1.0 serving	12.67	0.119	105.46
43112	Beans, chili, barbecue, ranch style, cooked	253.0	1.0 cup	12.65	--	42.76
06730	Soup, split pea with ham, chunky, reduced fat, reduced sodium, ready-to-serve, single brand	243.0	1.0 serving	12.64	--	27.46
21494	DOMINO'S 14" Sausage Pizza, Classic Hand-Tossed Crust	114.0	1.0 slice	12.63	--	36.30
32005	Macaroni and cheese, box mix with cheese sauce, prepared	189.0	1.0 cup prepared	12.63	--	43.66
06249	Soup, pea, green, canned, prepared with equal volume milk	254.0	1.0 cup (8 fl oz)	12.62	0.130	32.23
15242	Crustaceans, crayfish, mixed species, farmed, raw	85.0	3.0 oz	12.62	0.176	0.00
20124	Pasta, whole-wheat, dry	91.0	1.0 cup spaghetti	12.62	--	66.77
21433	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed	44.0	1.0 wing, without skin	12.61	0.096	1.31
06007	Soup, bean with ham, canned, chunky, ready-to-serve	243.0	1.0 cup (8 fl oz)	12.61	--	27.12
20054	Rice, white, glutinous, unenriched, uncooked	185.0	1.0 cup	12.60	0.146	151.11
21293	PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust	105.0	1.0 slice	12.58	--	35.09
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	12.57	0.166	3.82
36413	Restaurant, Latino, black bean soup	246.0	1.0 cup	12.55	0.093	36.38
22981	KASHI, Chicken Enchilada with Ancho Sauce, Frozen Entree	255.0	1.0 package	12.50	--	38.00
16023	Beans, french, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	12.48	0.147	42.52
16323	Beans, french, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	12.48	0.147	42.52
36026	CRACKER BARREL, onion rings, thick-cut	261.0	1.0 serving	12.48	0.130	106.88
15157	Mollusks, clam, mixed species, raw	85.0	3.0 oz	12.47	0.174	3.03
11039	Lima beans, immature seeds, frozen, baby, unprepared	164.0	1.0 cup	12.45	0.164	41.23
23507	USDA Commodity, beef, patties (100%), frozen, raw	85.0	3.0 oz	12.44	--	0.00
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	115.0	1.0 slice	12.43	--	38.15
17375	Lamb, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	12.43	0.138	0.00
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	225.0	1.0 pie crust (average weight)	12.42	0.119	105.28
20622	Spaghetti, protein-fortified, dry, enriched (n x 6.25)	57.0	2.0 oz	12.41	0.145	37.42
06002	Soup, black bean, canned, condensed	257.0	1.0 cup (8 fl oz)	12.41	--	39.63

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
20523	Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	140.0	1.0 cup	12.40	0.144	43.23
06015	Soup, chicken, canned, chunky, ready-to-serve	245.0	1.0 cup	12.40	0.120	16.86
11373	Potatoes, au gratin, home-prepared from recipe using butter	245.0	1.0 cup	12.40	0.172	27.61
11843	Potatoes, au gratin, home-prepared from recipe using margarine	245.0	1.0 cup	12.40	0.172	27.61
16556	MORNINGSTAR FARMS Chik'n Nuggets, frozen, unprepared	86.0	4.0 nuggets	12.38	--	18.75
25008	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Honey Nut Oat Bar	55.0	1.0 bar	12.38	--	29.86
01276	Yogurt, Greek, strawberry, DANNON OIKOS	150.0	5.3 oz	12.38	--	17.50
20082	Wheat flour, white, all-purpose, self-rising, enriched	125.0	1.0 cup	12.36	0.151	92.78
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	96.0	1.0 slice	12.35	0.118	30.29
16172	Refried beans, canned, fat-free	231.0	1.0 cup	12.34	--	31.18
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	202.0	1.0 pie crust (average weight)	12.32	0.115	105.99
43396	Cheese, cottage, lowfat, 1% milkfat, with vegetables	113.0	4.0 oz	12.32	--	3.39
43273	Cheese, cottage, with vegetables	113.0	4.0 oz	12.32	0.151	3.39
15054	Fish, monkfish, raw	85.0	3.0 oz	12.31	0.138	0.00
17190	Veal, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	12.31	0.123	0.00
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	12.30	0.116	2.40
20135	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, dry	91.0	1.0 cup spaghetti	12.29	--	66.52
25006	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Double Chocolate Nut Bar	55.0	1.0 bar	12.29	--	28.86
06974	Soup, vegetable chicken, canned, prepared with water, low sodium	241.0	1.0 cup	12.29	--	21.11
21228	McDONALD'S, Hamburger	95.0	1.0 sandwich	12.27	--	28.77
06022	Soup, chicken rice, canned, chunky, ready-to-serve	240.0	1.0 cup	12.26	--	12.98
21472	Fast Foods, Fried Chicken, Wing, meat and skin and breading	58.0	1.0 wing, with skin	12.26	--	6.49
01284	Yogurt, Greek, strawberry, lowfat	150.0	1.0 container (5.3 oz)	12.26	0.038	17.84
06980	Soup, beef stroganoff, canned, chunky style, ready-to-serve	240.0	1.0 cup	12.24	--	21.60
07972	Meatballs, frozen, Italian style	85.0	3.0 oz	12.24	--	6.85
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	90.0	1.0 slice	12.23	0.117	27.91
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	0.138	2.86
15038	Fish, halibut, Greenland, raw	85.0	3.0 oz	12.21	0.137	0.00
32023	KASHI Mushroom & Asparagus Risotto, frozen, unprepared	284.0	0.5 package	12.21	--	48.28
16506	LOMA LINDA Vege-Burger, canned, unprepared	55.0	0.25 cup	12.21	--	2.04
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	107.0	1.0 slice	12.19	--	35.66
01278	Yogurt, Greek, nonfat, vanilla, DANNON OIKOS	150.0	5.3 oz	12.18	--	19.08

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
16514	WORTHINGTON Low Fat Fri Chik, canned, unprepared	85.0	2.0 pieces	12.16	--	4.17
21294	PIZZA HUT 14" Cheese Pizza, Pan Crust	112.0	1.0 slice	12.15	--	36.79
43449	Beans, baked, canned, no salt added	253.0	1.0 cup	12.14	--	51.84
15142	Crustaceans, crab, blue, crab cakes, home recipe	60.0	1.0 cake	12.13	0.169	0.29
22902	Pizza, meat topping, thick crust, frozen, cooked	103.0	1.0 slice 1/8 of 12" pizza	12.11	--	31.68
07207	OSCAR MAYER, Braunschweiger Liver Sausage (sliced)	85.0	3.0 oz	12.11	--	2.21
15213	Fish, scup, cooked, dry heat	50.0	1.0 fillet	12.10	0.136	0.00
15158	Mollusks, clam, mixed species, cooked, breaded and fried	85.0	3.0 oz	12.10	0.143	8.78
21340	McDONALD'S, Sausage Burrito	109.0	1.0 burrito	12.10	0.137	25.04
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	109.0	1.0 burrito	12.10	0.137	25.04
27043	Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve	519.0	1.0 can	12.09	--	29.48
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	12.08	0.133	5.21
01285	Yogurt, Greek, strawberry, nonfat	150.0	1.0 container (5.3 oz)	12.08	0.038	18.10
16611	MORNINGSTAR FARMS Parmesan Garlic Wings, frozen, unprepared	85.0	5.0 Wings	12.07	--	20.48
16006	Beans, baked, canned, plain or vegetarian	254.0	1.0 cup	12.06	0.130	53.70
16513	WORTHINGTON FriChik Original, canned, unprepared	90.0	2.0 pieces	12.06	--	3.06
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	55.0	1.0 bar	12.05	0.122	27.66
01280	Yogurt, Greek, nonfat, strawberry, DANNON OIKOS	150.0	5.3 oz	12.04	--	18.80
01281	Yogurt, Greek, nonfat, strawberry, CHOBANI	150.0	5.3 oz	12.04	--	17.43
32032	Sausage, egg and cheese breakfast biscuit	126.0	1.0 biscuit	12.02	--	27.18
20653	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry	91.0	1.0 cup spaghetti	12.01	--	66.70
32013	Potsticker or wonton, pork and vegetable, frozen, unprepared	145.0	5.0 pieces 1 serving	12.01	--	19.26
06459	CAMPBELL'S CHUNKY Soups, Split Pea 'N' Ham Soup	245.0	1.0 cup	12.00	--	29.99
32027	Turnover, meat- and cheese-filled, tomato-based sauce, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	12.00	--	40.50
32019	Lasagna, cheese, frozen, unprepared	237.0	1.0 cup 1 serving	11.99	--	51.22
06482	CAMPBELL'S Low Sodium Soups, Chicken with Noodles Soup	305.0	1.0 serving 1 container	11.99	--	16.99
16555	MORNINGSTAR FARMS Buffalo Wings, frozen, unprepared	85.0	5.0 Wings	11.98	--	19.21
07059	Polish sausage, pork	85.0	3.0 oz	11.98	0.117	1.39
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	180.0	1.0 cup	11.97	0.157	35.01
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	11.97	0.157	35.01
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	85.0	3.0 oz	11.96	0.112	3.59
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	51.0	1.0 wing	11.94	0.105	0.31

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
22118	MORNINGSTAR FARMS Garden Veggie Patties, frozen, unprepared	67.0	1.0 burger	11.93	--	9.18
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	85.0	3.0 oz	11.93	0.132	0.00
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	89.0	1.0 slice	11.92	0.134	28.04
05174	Turkey, gizzard, all classes, cooked, simmered	45.0	1.0 gizzard cooked	11.90	0.107	0.00
16345	Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water	169.0	1.0 cup	11.90	0.134	35.10
32036	JIMMY DEAN, Sausage, Egg, and Cheese Breakfast Biscuit, frozen, unprepared	128.0	1.0 biscuit	11.89	--	26.97
16073	Lima beans, large, mature seeds, canned	241.0	1.0 cup	11.88	0.140	35.93
12163	Seeds, pumpkin and squash seeds, whole, roasted, without salt	64.0	1.0 cup	11.87	0.209	34.40
12663	Seeds, pumpkin and squash seeds, whole, roasted, with salt added	64.0	1.0 cup	11.87	0.209	34.40
20420	Pasta, dry, unenriched	91.0	1.0 cup spaghetti	11.87	0.168	67.95
20120	Pasta, dry, enriched	91.0	1.0 cup spaghetti	11.87	0.168	67.95
15216	Fish, spot, cooked, dry heat	50.0	1.0 fillet	11.86	0.133	0.00
16103	Refried beans, canned, traditional style (includes USDA commodity)	238.0	1.0 cup	11.85	0.155	32.25
16403	Refried beans, canned, traditional, reduced sodium	238.0	1.0 cup	11.85	0.140	32.25
15103	Fish, spot, raw	64.0	1.0 fillet	11.85	0.132	0.00
05173	Turkey, gizzard, all classes, raw	63.0	1.0 raw gizzard	11.84	0.131	0.00
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	127.0	1.0 hot pocket (1 NLEA serving)	11.84	0.165	38.67
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	11.81	0.156	5.38
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	11.81	0.115	32.38
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	240.0	1.0 cup	11.81	0.115	32.38
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	11.80	0.110	3.92
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	11.80	0.110	3.92
16502	LOMA LINDA Low Fat Big Franks, canned, unprepared	51.0	1.0 link	11.78	--	2.50
22975	Chicken, nuggets, white meat, precooked, frozen, not reheated	82.0	1.0 serving	11.78	--	13.32
05016	Chicken, broilers or fryers, skin only, cooked, fried, batter	114.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	11.76	0.121	26.39
43137	Vegetarian meatloaf or patties	56.0	1.0 slice	11.76	--	4.48
21483	Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	88.0	1.0 slice	11.76	--	23.76
07910	Bratwurst, veal, cooked	84.0	1.0 serving 2.96 oz	11.75	0.119	0.00
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	100.0	1.0 slice	11.73	0.125	29.93
43109	Pretzels, soft	143.0	1.0 large	11.73	--	99.23

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
25024	Pretzels, soft, unsalted	143.0	1.0 large	11.73	--	101.59
35147	Tamales (Navajo)	186.0	1.0 piece	11.68	0.097	33.70
21443	POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed	44.0	1.0 drumstick, bone and skin removed	11.66	0.089	0.02
21277	DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	108.0	1.0 slice	11.66	--	35.90
07013	Bratwurst, pork, cooked	85.0	1.0 link cooked	11.66	0.295	2.42
16173	Frijoles rojos volteados (Refried beans, red, canned)	233.0	1.0 cup	11.65	0.114	36.05
15060	Fish, perch, mixed species, raw	60.0	1.0 fillet	11.63	0.130	0.00
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	11.63	0.159	38.80
21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	57.0	1.0 wing, with skin	11.63	0.089	7.71
06738	Soup, split pea with ham and bacon, canned, condensed, single brand	135.0	1.0 serving	11.61	--	28.62
20025	Cornmeal, yellow, self-rising, degermed, enriched	138.0	1.0 cup	11.61	--	103.21
20325	Cornmeal, white, self-rising, degermed, enriched	138.0	1.0 cup	11.61	--	103.21
21002	Fast foods, biscuit, with egg	136.0	1.0 biscuit	11.60	0.143	31.91
43241	Cereals ready-to-eat, FAMILIA	122.0	1.0 cup	11.59	--	90.04
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	11.58	0.151	40.19
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	170.0	1.0 cup	11.58	0.151	40.19
22121	MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared	71.0	1.0 Burger	11.57	--	6.46
01057	Eggnog	254.0	1.0 cup	11.56	0.216	20.45
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	96.0	1.0 slice	11.49	0.111	29.27
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	96.0	1.0 slice	11.45	0.123	29.97
15061	Fish, perch, mixed species, cooked, dry heat	46.0	1.0 fillet	11.44	0.128	0.00
12032	Seeds, sesame flour, partially defatted	28.35	1.0 oz	11.43	0.250	9.96
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	170.0	1.0 cup	11.42	0.105	135.85
07928	Sausage, chicken, beef, pork, skinless, smoked	84.0	1.0 link	11.42	0.122	6.80
20090	Rice flour, brown	158.0	1.0 cup	11.42	0.145	120.84
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	11.41	0.108	46.12
15074	Fish, sablefish, raw	85.0	3.0 oz	11.40	0.128	0.00
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	126.0	0.5 cup	11.39	0.155	3.59
21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	110.0	1.0 item	11.38	0.110	27.27
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240.0	1.0 cup	11.38	0.139	32.71
36040	CRACKER BARREL, macaroni n' cheese	175.0	1.0 serving	11.36	0.123	27.32
16102	Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	168.0	1.0 cup	11.36	0.111	39.06
16402	Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	168.0	1.0 cup	11.36	0.111	39.06

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
21306	Fast foods, griddle cake sandwich, sausage	135.0	1.0 item	11.35	--	42.19
21328	McDONALD'S, Sausage McGRIDDLES	135.0	1.0 item	11.35	--	42.19
05661	Chicken, liver, all classes, cooked, pan-fried	44.0	1.0 liver	11.34	0.115	0.49
21491	PIZZA HUT 14" Pepperoni Pizza, THIN 'N CRISPY Crust	80.0	1.0 slice	11.30	--	26.13
22535	HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	11.30	--	38.61
08649	Cereals ready-to-eat, KASHI GOLEAN CRISP Cinnamon Crumble	51.0	0.75 cup (1 NLEA serving)	11.27	--	31.92
21361	McDONALD'S, Sausage Biscuit	117.0	1.0 item 4.1 oz	11.26	--	31.82
16010	Beans, baked, canned, with pork and sweet sauce	249.0	1.0 cup	11.25	0.120	53.71
16275	Vitasoy USA Organic Nasoya Sprouted, Tofu Plus Super Firm	85.0	3.0 oz	11.25	--	1.84
16003	Beans, adzuki, mature seeds, canned, sweetened	296.0	1.0 cup	11.25	0.107	162.83
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	0.129	4.72
20084	Wheat flour, white, cake, enriched	137.0	1.0 cup unsifted, dipped	11.23	0.162	106.90
21246	WENDY'S, Chicken Nuggets	68.0	5.0 pieces	11.19	--	9.73
21428	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	39.0	1.0 wing wing without skin	11.17	0.085	0.69
07925	Pastrami, beef, 98% fat-free	57.0	1.0 serving 6 slices	11.17	0.089	0.88
20022	Cornmeal, degermed, enriched, yellow	157.0	1.0 cup	11.16	0.060	124.74
20322	Cornmeal, degermed, enriched, white	157.0	1.0 cup	11.16	0.060	124.74
20422	Cornmeal, degermed, unenriched, yellow	157.0	1.0 cup	11.16	0.060	124.74
20522	Cornmeal, degermed, unenriched, white	157.0	1.0 cup	11.16	0.060	124.74
11311	Peas, green, canned, drained solids, rinsed in tap water	257.0	1.0 can	11.13	0.103	30.38
16565	MORNINGSTAR FARMS Sausage Style Recipe Crumbles, frozen, unprepared	55.0	0.667 cup	11.11	--	5.44
20064	Rye flour, medium	102.0	1.0 cup	11.10	0.125	76.94
11344	Pigeonpeas, immature seeds, raw	154.0	1.0 cup	11.09	--	36.78
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	240.0	1.0 cup	11.09	0.110	26.81
21485	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	79.0	1.0 slice	11.07	--	22.91
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	11.07	0.146	117.35
11656	Corn pudding, home prepared	250.0	1.0 cup	11.05	0.148	42.42
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	11.04	0.122	36.43
16044	Beans, pinto, mature seeds, canned, solids and liquids	240.0	1.0 cup	11.04	0.122	36.43
11413	Potato flour	160.0	1.0 cup	11.04	0.184	132.96
20105	Macaroni, vegetable, enriched, dry	84.0	1.0 cup spiral shaped	11.04	0.141	62.90
22942	SPAGHETTIOS, SpaghettiOs A to Z's with Meatballs	252.0	1.0 cup (1 serving)	11.01	--	32.00

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
22939	SPAGHETTIOS, SpaghettiOs RavioliOs Beef Ravioli in Meat Sauce	252.0	1.0 cup (1 serving)	11.01	--	38.00
22522	Pasta with Sliced Franks in Tomato Sauce, canned entree	252.0	1.0 serving (1 cup)	11.01	--	32.00
22940	SPAGHETTIOS, SpaghettiOs with Meatballs	252.0	1.0 cup (1 serving)	11.01	--	32.00
22929	SPAGHETTIOS, Mini Beef Ravioli in Meat Sauce	259.0	1.0 cup	11.01	--	42.99
06414	CAMPBELL'S CHUNKY Soups, Hearty Bean 'N' Ham Soup	245.0	1.0 cup	11.00	--	29.99
22952	SWANSON, Chicken and Dumplings	247.0	1.0 cup (1 serving)	10.99	--	24.01
16147	Veggie burgers or soyburgers, unprepared	70.0	1.0 pattie	10.99	0.113	9.99
21492	DOMINO'S 14" Pepperoni Pizza, Crunchy Thin Crust	79.0	1.0 slice	10.97	--	20.03
08705	Cereals ready-to-eat, KASHI GOLEAN Vanilla Graham Clusters	51.0	1.0 Cup (1 NLEA serving)	10.96	--	35.75
22126	LOMA LINDA Big Franks, canned, unprepared	51.0	1.0 link	10.96	--	2.96
22901	Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased	81.0	0.75 cup	10.94	--	38.07
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	67.0	1.0 serving 4 pieces in serving	10.90	--	9.11
15174	Mollusks, scallop, mixed species, imitation, made from surimi	85.0	3.0 oz	10.85	0.066	9.03
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	30.0	0.25 cup	10.85	0.153	15.59
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	30.0	0.25 cup	10.85	0.153	15.59
07039	Lebanon bologna, beef	57.0	1.0 serving 2 slices	10.85	--	0.25
28287	Bread, naan, whole wheat, commercially prepared, refrigerated	106.0	1.0 piece	10.81	--	48.98
01141	Egg, turkey, whole, fresh, raw	79.0	1.0 egg	10.81	0.173	0.91
06978	Soup, beef and mushroom, low sodium, chunk style	251.0	1.0 cup	10.79	--	24.05
16532	WORTHINGTON Prosage Roll, frozen, unprepared	55.0	1.0 slice , 5/8"	10.78	--	3.30
05028	Chicken, liver, all classes, cooked, simmered	44.0	1.0 liver	10.76	0.109	0.38
22987	KASHI Pesto Pasta Primavera, frozen, unprepared	283.0	1.0 entree	10.75	--	36.79
22912	Spaghetti, with meatballs in tomato sauce, canned	246.0	1.0 cup	10.75	0.079	28.17
21009	Fast foods, biscuit, with sausage	111.0	1.0 item	10.73	0.117	33.29
11658	Spinach souffle	136.0	1.0 cup	10.73	0.147	8.02
20086	Wheat flour, white, tortilla mix, enriched	111.0	1.0 cup	10.72	0.132	74.53
07955	Turkey sausage, fresh, raw	57.0	1.0 serving	10.71	0.074	0.27
21143	CHICK-FIL-A, Chick-n-Strips	50.0	1.0 strip	10.70	--	5.20
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	87.0	1.0 slice	10.69	0.124	22.85
13319	Beef, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	10.68	0.088	0.00
11031	Lima beans, immature seeds, raw	156.0	1.0 cup	10.67	0.140	31.47
20141	Spelt, cooked	194.0	1.0 cup	10.67	--	51.29
17186	Lamb, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	10.67	0.110	0.00
08120	Cereals, oats, regular and quick, not fortified, dry	81.0	1.0 cup	10.65	0.147	54.84
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	85.0	3.0 oz	10.65	0.111	0.00

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	37.0	1.0 wing without skin	10.64	--	0.79
13345	Beef, cured, breakfast strips, cooked	34.0	3.0 slices	10.64	0.097	0.48
23501	USDA Commodity, beef patties with VPP, frozen, cooked	68.0	1.0 patty	10.64	--	5.37
21431	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed	41.0	1.0 drumstick, bone and skin removed	10.62	0.081	0.00
10099	Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	85.0	3.0 oz	10.62	--	0.00
12131	Nuts, macadamia nuts, raw	134.0	1.0 cup, whole or halves	10.60	0.090	18.52
07968	Kielbasa, fully cooked, grilled	85.0	3.0 oz	10.58	0.105	4.28
21295	PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust	79.0	1.0 slice	10.56	--	27.03
11316	Peas, mature seeds, sprouted, raw	120.0	1.0 cup	10.56	--	32.53
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	69.0	1.0 slice	10.55	0.109	19.76
15153	Crustaceans, shrimp, mixed species, imitation, made from surimi	85.0	3.0 oz	10.53	0.064	7.76
08144	Cereals, whole wheat hot natural cereal, dry	94.0	1.0 cup	10.53	--	70.69
21426	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	10.52	0.080	0.04
36038	Restaurant, family style, spaghetti and meatballs	134.0	1.0 cup	10.51	0.121	20.78
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	0.123	1.99
21465	Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	10.50	--	0.00
22974	Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	87.0	1.0 serving	10.46	--	14.00
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	99.0	1.0 bagel	10.45	--	51.86
28288	Bread, roll, Mexican, bollilo	98.0	1.0 piece	10.44	--	54.65
36412	Restaurant, Latino, tamale, pork	142.0	1.0 piece	10.44	0.095	22.36
36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	777.0	1.0 order	10.41	--	44.60
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	53.0	1.0 strip	10.39	0.125	9.82
21118	Fast foods, hotdog, plain	98.0	1.0 sandwich	10.39	0.096	18.03
16606	MORNINGSTAR FARMS Mediterranean Chickpea, frozen, unprepared	67.0	1.0 Burger	10.38	--	13.27
16554	MORNINGSTAR FARMS Tomato & Basil Pizza Burger, frozen, unprepared	67.0	1.0 burger	10.38	--	9.38
06051	Soup, pea, split with ham, canned, condensed	135.0	0.5 cup (4 fl oz)	10.37	0.103	28.09
21417	POPEYES, Mild Chicken Strips, analyzed 2006	54.0	1.0 strip	10.37	0.124	10.43
21023	Fast foods, french toast with butter	135.0	2.0 slices	10.34	0.143	36.04
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	10.34	0.121	0.00
06451	Soup, pea, split with ham, canned, prepared with equal volume water	253.0	1.0 cup (8 fl oz)	10.32	0.101	27.96

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
07209	OSCAR MAYER, Chicken Breast (honey glazed)	52.0	1.0 serving (4 slices)	10.32	--	2.24
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	10.32	0.132	0.00
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170.0	1.0 cup	10.32	0.136	32.84
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	170.0	1.0 cup	10.32	0.136	32.84
01094	Milk, buttermilk, dried	30.0	0.25 cup	10.29	0.145	14.70
12132	Nuts, macadamia nuts, dry roasted, without salt added	132.0	1.0 cup, whole or halves	10.28	0.087	17.66
12632	Nuts, macadamia nuts, dry roasted, with salt added	132.0	1.0 cup, whole or halves	10.28	--	16.94
06190	Soup, bean & ham, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	10.27	--	33.47
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	10.24	0.134	31.73
16523	WORTHINGTON Vegetarian Burger, canned, unprepared	55.0	0.25 cup	10.23	--	3.41
16527	WORTHINGTON Meatless Corned Beef Roll, frozen, unprepared	55.0	2.0 slices , 3/8"	10.23	--	5.44
14312	Beverages, Malted drink mix, natural, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	10.23	0.209	27.11
36418	Restaurant, Mexican, refried beans	148.0	1.0 cup	10.23	0.105	24.85
06064	Soup, turkey, chunky, canned, ready-to-serve	236.0	1.0 cup (8 fl oz)	10.22	0.099	14.07
20648	Sorghum flour, whole-grain	121.0	1.0 cup	10.20	0.128	92.73
07075	Sausage, smoked link sausage, pork and beef	85.0	3.0 oz	10.20	--	2.06
16533	WORTHINGTON Smoked Turkey Roll, frozen, unprepared	55.0	1.0 slice , 3/8"	10.18	--	4.34
25005	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON MULTIGRAIN CRUNCH BAR	55.0	1.0 bar	10.17	--	31.50
35142	Frybread, made with lard (Navajo)	152.0	1.0 piece	10.17	--	73.36
05093	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, flour	38.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	10.16	0.115	1.21
01033	Cheese, parmesan, hard	28.35	1.0 oz	10.14	0.137	0.91
22928	Burrito, beef and bean, microwaved	116.0	1.0 burrito cooked	10.13	--	45.18
12644	Nuts, pecans, oil roasted, with salt added	110.0	1.0 cup	10.12	0.102	14.31
12144	Nuts, pecans, oil roasted, without salt added	110.0	1.0 cup	10.12	0.102	14.31
21309	McDONALD'S, Chicken McNUGGETS	64.0	4.0 pieces	10.11	--	9.66
20023	Cornmeal, yellow, self-rising, bolted, plain, enriched	122.0	1.0 cup	10.10	0.071	85.74
20323	Cornmeal, white, self-rising, bolted, plain, enriched	122.0	1.0 cup	10.10	0.071	85.74
12022	Seeds, safflower seed meal, partially defatted	28.35	1.0 oz	10.10	0.114	13.81
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	248.0	1.0 cup	10.09	0.134	33.06
22917	Burrito, beef and bean, frozen	139.0	1.0 burrito frozen	10.09	--	42.87
07018	Chicken spread	56.0	1.0 serving (1 serving)	10.09	0.110	2.27

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
06729	Soup, sirloin burger with vegetables, ready-to-serve, single brand	240.0	1.0 serving	10.08	--	16.32
36403	Restaurant, Latino, empanadas, beef, prepared	89.0	1.0 piece	10.07	0.105	27.76
01093	Milk, dry, nonfat, calcium reduced	28.35	1.0 oz	10.06	0.142	14.69
22945	SUPPER BAKES MEAL KITS, Garlic Chicken with pasta (chicken not included)	103.0	0.167 box (NLEA serving)	10.05	--	44.22
42189	Milk, buttermilk, fluid, cultured, reduced fat	245.0	1.0 cup	10.04	0.127	12.98
16561	MORNINGSTAR FARMS Corn Dog Mini, frozen, unprepared	76.0	4.0 pieces	10.03	--	24.78
16427	Tofu, raw, regular, prepared with calcium sulfate	124.0	0.5 cup	10.02	0.149	2.32
20065	Rye flour, light	102.0	1.0 cup	10.02	0.113	78.21
01263	Ice cream, light, soft serve, chocolate	298.0	1.0 medium	10.01	--	68.99
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	0.100	86.61
07015	Brotwurst, pork, beef, link	70.0	1.0 link	10.01	0.091	2.09
25051	Snacks, CLIF BAR, mixed flavors	68.0	1.0 bar	10.00	--	44.50
14163	Beverages, chocolate drink, milk and soy based, ready to drink, fortified	237.0	8.0 fl oz	10.00	--	41.00
19130	Candies, HERSHEY'S POT OF GOLD Almond Bar	78.0	1.0 bar 2.8 oz	10.00	--	35.01
06380	CAMPBELL'S Red and White, Split Pea with Ham and Bacon Soup, condensed	128.0	1.0 serving 1/2 cup	10.00	--	30.00
06241	CAMPBELL'S CHUNKY Microwavable Bowls, Beef with Country Vegetables Soup, ready-to-serve	245.0	1.0 serving 1 cup	10.00	--	21.00
18968	Bagels, wheat	98.0	1.0 bagel	10.00	--	47.91
12142	Nuts, pecans	109.0	1.0 cup, chopped	10.00	0.101	15.11
32028	Turnover, filled with egg, meat and cheese, frozen	127.0	1.0 piece turnover 1 serving	9.99	--	26.25
32026	Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	9.99	0.206	27.61
01250	Nutritional supplement for people with diabetes, liquid	227.0	1.0 can	9.99	--	26.97
08471	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Protein Plus	32.0	0.75 cup (1 NLEA serving)	9.98	--	19.39
11973	Beans, fava, in pod, raw	126.0	1.0 cup	9.98	--	22.21
10128	Pork, cured, breakfast strips, raw or unheated	85.0	3.0 oz	9.98	0.096	0.60
19079	Candies, confectioner's coating, yogurt	170.0	1.0 cup chips	9.98	--	108.70
06167	Sauce, homemade, white, thick	250.0	1.0 cup	9.98	0.100	29.02
06406	Soup, bean with frankfurters, canned, prepared with equal volume water	250.0	1.0 cup (8 fl oz)	9.98	0.105	22.00
21493	DOMINO'S 14" Sausage Pizza, Crunchy Thin Crust	78.0	1.0 slice	9.96	--	19.73
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	48.0	1.0 bar	9.96	0.158	25.20
23640	Beef, variety meats and by-products, tripe, cooked, simmered	85.0	1.0 serving	9.95	--	1.69
07917	Sausage, pork and beef, with cheddar cheese, smoked	77.0	12.0 oz serving 2.7 oz	9.93	0.115	1.64
13320	Beef, variety meats and by-products, brain, cooked, simmered	85.0	3.0 oz	9.92	--	1.26

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
20320	Cornmeal, whole-grain, white	122.0	1.0 cup	9.91	0.070	93.81
20020	Cornmeal, whole-grain, yellow	122.0	1.0 cup	9.91	0.070	93.81
07938	Ham, honey, smoked, cooked	55.0	1.94 oz (1 serving)	9.86	--	4.00
36045	ON THE BORDER, refried beans	135.0	1.0 cup	9.86	--	23.65
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	9.84	0.065	0.00
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	9.83	0.065	0.00
20139	Wheat, KAMUT khorasan, cooked	172.0	1.0 cup	9.82	0.088	47.47
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	9.81	0.064	0.00
22122	MORNINGSTAR FARMS Breakfast Sausage Patties, frozen, unprepared	38.0	1.0 patty	9.80	--	3.34
06193	Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	9.80	--	27.93
16211	Vitasoy USA, Organic Nasoya Super Firm Cubed Tofu	79.0	0.2 package	9.80	--	2.21
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	295.0	1.0 bottle	9.79	--	22.83
16536	WORTHINGTON Wham (roll), frozen, unprepared	55.0	1.0 slice , 3/8"	9.79	--	3.14
22123	MORNINGSTAR FARMS Spicy Black Bean Burger, frozen, unprepared	67.0	1.0 burger	9.78	--	12.80
07078	Thuringer, cervelat, summer sausage, beef, pork	56.0	2.0 oz 1 serving	9.77	--	1.86
07920	Swisswurst, pork and beef, with swiss cheese, smoked	77.0	1.0 serving 2.7 oz	9.77	0.115	1.23
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	9.77	0.064	0.00
05139	Duck, domesticated, meat and skin, raw	85.0	3.0 oz	9.77	0.122	0.00
21301	Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	76.0	1.0 slice	9.77	--	23.71
16603	MORNINGSTAR FARMS Breakfast Biscuit Sausage, Egg & Cheese, frozen, unprepared	105.0	1.0 biscuit	9.76	--	39.38
17189	Veal, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	9.76	0.098	0.00
20143	Teff, cooked	252.0	1.0 cup	9.75	0.103	50.05
28002	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Strawberry Granola	150.0	1.0 pizza	9.75	--	65.55
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	246.0	1.0 cup	9.74	0.138	13.68
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	170.0	1.0 container (6 oz)	9.74	0.054	13.06
06192	Split pea soup, canned, reduced sodium, prepared with water or ready-to serve	253.0	1.0 cup	9.74	--	29.93
07939	Frankfurter, pork	76.0	1.0 link	9.74	0.114	0.21

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	9.74	0.064	0.00
11871	Succotash, (corn and limas), cooked, boiled, drained, with salt	192.0	1.0 cup	9.73	0.109	46.79
11496	Succotash, (corn and limas), cooked, boiled, drained, without salt	192.0	1.0 cup	9.73	0.109	46.81
06070	Soup, chunky beef, canned, ready-to-serve	245.0	1.0 cup	9.73	0.115	24.70
14310	Beverages, Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	9.73	--	28.28
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	9.72	0.138	13.51
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	9.71	0.117	4.63
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	70.0	1.0 serving (makes about 1 cup prepared)	9.70	0.155	49.08
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	9.70	0.064	0.00
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	198.0	1.0 cup	9.68	0.119	47.38
07915	Sausage, Polish, beef with chicken, hot	55.0	1.0 serving 5 pieces	9.68	0.076	1.98
01152	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A	245.0	1.0 cup	9.68	0.122	13.45
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	9.67	0.135	13.58
14062	Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink	254.0	8.0 fl oz	9.65	--	42.88
20317	Corn flour, yellow, masa, enriched	114.0	1.0 cup	9.64	0.071	87.31
20019	Corn flour, masa, unenriched, white	114.0	1.0 cup	9.64	0.071	87.31
20017	Corn flour, masa, enriched, white	114.0	1.0 cup	9.64	0.071	87.31
25017	Formulated bar, POWER BAR, chocolate	68.0	1.0 bar	9.62	0.129	47.35
23436	Beef, New Zealand, imported, subcutaneous fat, raw	113.0	4.0 oz	9.60	0.101	0.00
18010	Biscuits, plain or buttermilk, dry mix	120.0	1.0 cup, purchased	9.60	0.118	76.08
06166	Sauce, homemade, white, medium	250.0	1.0 cup	9.60	0.108	22.92
28001	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Mixed Berry Granola	150.0	1.0 pizza	9.60	--	62.10
12036	Seeds, sunflower seed kernels, dried	46.0	1.0 cup, with hulls, edible yield	9.56	0.160	9.20
07924	Bratwurst, pork, beef and turkey, lite, smoked	66.0	1.0 serving 2.33 oz	9.54	0.096	1.07
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	41.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	9.54	0.107	0.00
16592	MORNINGSTAR FARMS California Turk'y Burger, frozen, unprepared	64.0	1.0 burger	9.54	--	8.06
21421	KFC, Crispy Chicken Strips	47.0	1.0 strip	9.52	0.125	6.42

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
35141	Mutton, cooked, roasted (Navajo)	28.35	1.0 oz	9.48	0.073	0.02
14059	Beverages, KELLOGG'S, SPECIAL K Protein Shake	296.0	1.0 serving	9.47	--	27.23
12012	Seeds, hemp seed, hulled	30.0	3.0 tbsp	9.47	0.111	2.60
06211	Soup, cheese, canned, prepared with equal volume milk	251.0	1.0 cup	9.46	0.128	16.24
21149	School Lunch, pizza, TONY'S Breakfast Pizza Sausage, frozen	91.0	1.0 piece 3.2 oz	9.45	--	24.56
10857	HORMEL Canadian Style Bacon	56.0	1.0 serving	9.45	--	1.05
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	43.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	9.44	0.108	3.56
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	102.0	1.0 each taco	9.44	0.107	20.63
21486	Fast foods, taco with beef, cheese and lettuce, soft	102.0	1.0 each taco	9.44	--	20.63
06165	Sauce, homemade, white, thin	250.0	1.0 cup	9.42	0.115	18.50
19002	Snacks, beef jerky, chopped and formed	28.35	1.0 oz	9.41	--	3.12
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	9.41	0.062	0.00
20061	Rice flour, white, unenriched	158.0	1.0 cup	9.40	0.114	126.61
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	9.40	0.062	0.00
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	9.39	0.062	0.00
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	77.0	1.0 fillet	9.39	0.128	0.00
16505	LOMA LINDA Swiss Stake with Gravy, canned, unprepared	92.0	1.0 piece	9.38	--	9.57
16517	WORTHINGTON Prime Stakes, canned, unprepared	92.0	1.0 piece	9.38	--	6.90
20002	Amaranth grain, cooked	246.0	1.0 cup	9.35	--	45.98
27021	CAMPBELL'S Homestyle HEALTHY REQUEST Chicken with Whole Grain Pasta Soup	246.0	1.0 cup	9.35	--	10.53
36613	DENNY'S, macaroni & cheese, from kid's menu	180.0	1.0 serving	9.34	0.121	38.09
06622	SMART SOUP, Indian Bean Masala	283.0	10.0 oz 1 pouch	9.34	--	29.72
16150	Peanut butter, smooth, reduced fat	36.0	2.0 tablespoon	9.32	--	12.83
15108	Fish, sunfish, pumpkin seed, raw	48.0	1.0 fillet	9.31	0.104	0.00
07278	HORMEL Pillow Pak Sliced Turkey Pepperoni	30.0	1.0 serving	9.30	--	1.13
07029	Ham, sliced, regular (approximately 11% fat)	56.0	56.0 grams 1 serving	9.30	0.087	2.14
07052	Pastrami, turkey	57.0	2.0 slices	9.29	0.116	1.90
06037	Soup, lentil with ham, canned, ready-to-serve	248.0	1.0 cup (8 fl oz)	9.28	--	20.24
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	9.26	0.113	0.00
22120	MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared	50.0	0.5 cup	9.25	--	4.15

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
18996	KELLOGG'S, EGGO, Biscuit Scramblers, Egg & Cheese	105.0	1.0 bscuit	9.24	--	40.21
18995	KELLOGG'S, EGGO, Biscuit Scramblers, Bacon, Egg & Cheese	105.0	1.0 bscuit	9.24	--	40.21
13166	USDA Commodity, beef, canned	45.0	1.0 serving	9.23	0.105	0.00
21378	McDONALD'S, Bacon Ranch Salad without chicken	223.0	1.0 item 7.8 oz	9.23	--	9.37
07970	Kielbasa, fully cooked, unheated	85.0	3.0 oz	9.21	0.093	3.16
11048	Beans, pinto, immature seeds, frozen, unprepared	94.0	0.333 package (10 oz)	9.21	--	30.55
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	44.0	1.0 medallion	9.21	0.061	0.00
15218	Fish, sunfish, pumpkin seed, cooked, dry heat	37.0	1.0 fillet	9.20	0.103	0.00
08589	Cereals ready-to-eat, KASHI GOLEAN CRISP Toasted Berry Crumble	51.0	0.75 cup (1 NLEA serving)	9.18	--	34.01
07916	Sausage, Polish, pork and beef, smoked	76.0	1.0 serving 2.67 oz	9.17	0.081	1.50
43476	Tofu yogurt	262.0	1.0 cup	9.17	--	41.82
11432	Radishes, oriental, dried	116.0	1.0 cup	9.16	0.050	73.51
16552	MORNINGSTAR FARMS Mushroom Lover's Burger, frozen, unprepared	64.0	1.0 burger	9.15	--	5.89
01108	Milk, indian buffalo, fluid	244.0	1.0 cup	9.15	0.129	12.64
22918	Burrito, bean and cheese, frozen	129.0	1.0 burrito	9.12	--	43.87
11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	153.0	1.0 cup	9.12	--	29.82
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	153.0	1.0 cup	9.12	--	29.82
07979	Sausage, pork, turkey, and beef, reduced sodium	85.0	3.0 oz	9.10	0.099	0.09
16531	WORTHINGTON Prosage Links, frozen, unprepared	45.0	2.0 links	9.09	--	2.25
05300	Turkey sticks, breaded, battered, fried	64.0	1.0 stick (2.25 oz)	9.09	0.109	10.88
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	9.08	0.060	0.00
16159	Tofu, extra firm, prepared with nigari	91.0	0.2 block	9.08	0.123	1.07
36404	Restaurant, Latino, arroz con leche (rice pudding)	283.0	1.0 serving	9.06	0.238	70.52
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	0.092	1.31
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	9.02	0.059	0.00
20077	Wheat bran, crude	58.0	1.0 cup	9.02	0.164	37.42
01038	Cheese, romano	28.35	1.0 oz	9.02	0.122	1.03
16609	MORNINGSTAR FARMS Breakfast Pattie, frozen, unprepared	38.0	1.0 pattie	9.01	--	4.79
16538	MORNINGSTAR FARMS Breakfast Pattie with Organic Soy, frozen, unprepared	38.0	1.0 Patty	9.01	--	4.79
22966	SPAGHETTIOS, SpaghettiOs with Meatballs - Easy Open	206.0	1.0 can (1 serving)	9.00	--	24.00
01265	Cheese, cheddar, nonfat or fat free	28.0	1.0 serving	9.00	--	2.00
06361	CAMPBELL'S Red and White, Green Pea Soup, condensed	128.0	1.0 serving 1/2 cup	9.00	--	28.01

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
22941	SPAGHETTIOS, SpaghettiOs with Sliced Franks	252.0	1.0 cup (1 serving)	9.00	--	32.00
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	34.0	1.0 medallion	8.99	0.059	0.00
12193	Seeds, sisymbrium sp. seeds, whole, dried	74.0	1.0 cup	8.98	0.197	43.11
06977	Gravy, meat or poultry, low sodium, prepared	236.0	1.0 cup	8.97	--	14.54
01138	Egg, duck, whole, fresh, raw	70.0	1.0 egg	8.97	0.182	1.02
06314	Soup, HEALTHY CHOICE Chicken Noodle Soup, canned	243.0	1.0 serving 1 cup	8.97	--	12.64
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	8.96	0.059	0.00
22977	Lasagna with meat sauce, frozen, prepared	123.0	1.0 piece side	8.95	0.105	18.89
21365	McDONALD'S, Hotcakes (with 2 pats margarine & syrup)	221.0	1.0 item	8.95	--	101.84
21321	McDONALD'S, Hotcakes (plain)	149.0	3.0 hotcakes 5.3 oz	8.94	--	57.02
14318	Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	8.93	0.196	29.68
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	170.0	1.0 container (6 oz)	8.92	0.051	11.97
16500	LOMA LINDA Little Links, canned, unprepared	46.0	2.0 links	8.92	--	2.53
16128	Tofu, dried-frozen (koyadofu)	17.0	1.0 piece	8.92	0.127	1.71
08562	Cereals, KASHI GO LEAN Hot Cereal, Creamy TRULY VANILLA, dry	40.0	1.0 packet (1 NLEA serving)	8.92	--	24.44
16428	Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	17.0	1.0 piece	8.91	0.127	1.41
18603	GEORGE WESTON BAKERIES, Brownberry Sage and Onion Stuffing Mix, dry	67.0	1.0 serving	8.91	--	48.71
06061	Soup, tomato beef with noodle, canned, condensed	251.0	1.0 cup (8 fl oz)	8.91	0.085	42.34
05324	Chicken patty, frozen, cooked	60.0	1.0 patty	8.91	0.110	7.70
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	55.0	1.0 bar	8.90	0.121	33.12
08560	Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax	53.0	0.67 Cup (1 NLEA serving)	8.90	--	35.46
22916	Lasagna with meat & sauce, frozen entree	134.0	1.0 piece side	8.88	0.103	19.28
16526	WORTHINGTON Meatless Chicken Roll, frozen, unprepared	55.0	1.0 slices , 3/8"	8.86	--	2.36
08386	Cereals ready-to-eat, KASHI GOLEAN CRUNCH!	53.0	0.75 Cup (1 NLEA serving)	8.85	--	37.84
15106	Fish, sturgeon, mixed species, smoked	28.35	1.0 oz	8.85	0.099	0.00
19061	Snacks, trail mix, tropical	140.0	1.0 cup	8.82	0.105	91.84
01105	Milk, chocolate beverage, hot cocoa, homemade	250.0	1.0 cup	8.80	0.092	26.85
08435	Cereals ready-to-eat, UNCLE SAM CEREAL	55.0	0.75 cup (1 NLEA serving)	8.79	--	36.18
36031	DENNY'S, onion rings	166.0	1.0 serving	8.78	0.081	68.14
10895	Pork, cured, ham, separable fat, boneless, unheated	117.0	4.0 oz	8.78	0.063	2.19
08693	Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry	73.0	1.0 package (1 NLEA serving)	8.77	--	48.71
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	8.75	0.058	0.00

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
11720	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt	94.0	0.333 package (10 oz) yields	8.75	--	29.02
11049	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt	94.0	0.333 package (10 oz) yields	8.75	--	29.02
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	8.75	0.122	12.30
06116	Gravy, beef, canned, ready-to-serve	233.0	1.0 cup	8.74	--	11.21
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	8.74	0.102	0.37
12170	Seeds, sesame flour, high-fat	28.35	1.0 oz	8.73	0.191	7.55
14316	Beverages, Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	8.72	--	29.65
13350	Beef, cured, dried	28.0	10.0 slices	8.71	0.053	0.77
07912	Roast beef spread	57.0	1.0 serving .25 cup	8.70	--	2.13
14558	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk	266.0	1.0 serving	8.70	--	31.57
28307	Bread, naan, plain, commercially prepared, refrigerated	90.0	1.0 piece	8.66	--	45.39
14182	Beverages, chocolate syrup, prepared with whole milk	282.0	1.0 cup (8 fl oz)	8.66	0.192	36.04
16273	Vitasoy USA Organic Nasoya, Tofu Plus Extra Firm	85.0	3.0 oz	8.65	--	1.55
01156	Cheese, goat, hard type	28.35	1.0 oz	8.65	0.091	0.62
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	250.0	1.0 cup	8.65	0.125	24.65
11215	Garlic, raw	136.0	1.0 cup	8.65	0.090	44.96
22905	Beef stew, canned entree	196.0	1.0 cup (1 serving)	8.64	0.039	15.39
16546	MORNINGSTAR FARMS Breakfast Sausage Links, frozen, unprepared	45.0	2.0 links	8.64	--	3.06
07919	Sausage, turkey, breakfast links, mild	56.0	2.0 oz, 2 links	8.64	0.098	0.87
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	70.0	1.0 slice	8.63	0.074	19.73
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	0.122	1.42
05323	Chicken patty, frozen, uncooked	60.0	1.0 patty	8.60	0.107	8.17
14177	Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	8.59	0.192	31.68
16607	MORNINGSTAR FARMS Buffalo Chik Patties, frozen, unprepared	71.0	1.0 patty	8.59	--	17.89
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	8.59	0.058	28.13
16601	MORNINGSTAR FARMS Grillers Chik'n Veggie Patties, frozen, unprepared	67.0	1.0 patty	8.58	--	6.83
11811	Peas, green, cooked, boiled, drained, with salt	160.0	1.0 cup	8.58	0.059	25.01
16588	MORNINGSTAR FARMS Chik'n Grill Veggie Patties, frozen, unprepared	67.0	1.0 patty	8.58	--	6.83
11305	Peas, green, cooked, boiled, drained, without salt	160.0	1.0 cup	8.58	0.059	25.01
10000	Pork, fresh, composite of separable fat, with added solution, cooked	85.0	3.0 oz	8.55	0.090	0.27
07909	Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite	56.0	2.0 oz (1 serving)	8.53	--	0.76

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
01083	Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D	245.0	1.0 cup	8.53	0.120	12.18
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	0.120	12.18
16088	Peanuts, all types, cooked, boiled, with salt	63.0	1.0 cup in shell, edible yield	8.50	0.083	13.39
13344	Beef, cured, breakfast strips, raw or unheated	68.0	3.0 slices	8.50	0.078	0.48
22979	KASHI Black Bean Mango, frozen, unprepared	283.0	1.0 entree	8.49	--	50.94
22986	KASHI Mayan Harvest Bake, frozen, unprepared	283.0	1.0 entree	8.49	--	59.43
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	262.0	1.0 cup	8.49	0.084	34.74
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	8.47	0.056	0.00
01023	Cheese, gruyere	28.35	1.0 oz	8.45	0.119	0.10
22953	Egg rolls, pork, refrigerated, heated	85.0	1.0 roll	8.45	0.094	25.08
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	28.35	1.0 oz	8.43	0.055	0.00
07929	Sausage, turkey, hot, smoked	56.0	2.0 oz	8.43	0.096	2.60
07927	Sausage, Italian, turkey, smoked	56.0	1.0 serving 2 oz	8.43	0.117	2.60
01090	Milk, dry, whole, with added vitamin D	32.0	0.25 cup	8.42	0.119	12.29
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	41.0	1.0 medallion	8.42	0.055	0.00
25034	Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	47.0	1.0 bar	8.40	--	28.00
42290	Milk, fluid, nonfat, calcium fortified (fat free or skim)	247.0	1.0 cup	8.40	--	11.98
21224	Pizza, cheese topping, regular crust, frozen, cooked	81.0	1.0 serving 9 servings per 24 oz package	8.39	0.138	23.51
23054	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	32.0	1.0 medallion	8.39	0.055	0.00
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	8.39	0.055	0.00
23638	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	8.39	0.055	0.00
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	8.38	0.048	23.46
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	8.38	0.048	23.46
01231	Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener	170.0	1.0 container	8.38	--	23.46
16557	MORNINGSTAR FARMS Chik Patties, frozen, unprepared	71.0	1.0 patty	8.38	--	16.26
06049	Soup, pea, green, canned, condensed	128.0	0.5 cup	8.37	0.070	25.83

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	8.37	0.055	0.00
22954	Egg rolls, chicken, refrigerated, heated	80.0	1.0 roll	8.35	0.112	22.83
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	28.35	1.0 oz	8.35	0.055	0.00
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	8.34	0.055	0.00
16156	Peanut butter, chunky, vitamin and mineral fortified	32.0	2.0 tbsp	8.34	--	5.66
06731	Soup, bean with bacon, condensed, single brand	128.0	1.0 serving 1/2 cup	8.32	--	23.04
14083	Beverages, chocolate malt, powder, prepared with fat free milk	256.0	1.0 serving	8.32	--	22.12
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	8.32	0.055	0.00
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	8.31	0.055	0.00
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	32.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	8.30	0.090	0.00
05048	Chicken, broilers or fryers, back, meat and skin, raw	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	8.29	0.089	0.00
06965	Soup, pea, low sodium, prepared with equal volume water	259.0	1.0 cup	8.29	--	25.59
07930	Yachtwurst, with pistachio nuts, cooked	56.0	1.0 serving 2 oz	8.29	--	0.78
06449	Soup, pea, green, canned, prepared with equal volume water	259.0	1.0 serving 1 cup	8.29	--	25.59
06395	CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup	243.0	1.0 cup	8.29	--	13.15
16593	MORNINGSTAR FARMS Hot and Spicy Veggie Sausage Patties, frozen, unprepared	38.0	1.0 patty	8.28	--	3.23
06983	Soup, ramen noodle, chicken flavor, dry	81.0	1.0 package without flavor packet	8.28	--	48.79
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	8.27	0.054	0.00
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	8.26	0.046	31.62
01203	Yogurt, fruit, lowfat, with low calorie sweetener	170.0	1.0 container (6 oz)	8.26	0.046	31.62
17067	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	8.26	0.096	0.00
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	8.26	0.046	31.62
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	8.26	0.105	12.15
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	8.26	0.105	12.15
08084	Cereals ready-to-eat, wheat germ, toasted, plain	28.35	1.0 oz	8.25	0.113	14.06
06982	Soup, ramen noodle, beef flavor, dry	82.0	1.0 package without flavor packet	8.25	--	49.48
22247	Macaroni and Cheese, canned entree	244.0	1.0 serving	8.25	--	28.11

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
05143	Duck, domesticated, liver, raw	44.0	1.0 liver	8.25	0.116	1.55
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	8.24	0.054	0.00
06583	Soup, ramen noodle, any flavor, dry	81.0	1.0 package without flavor packet	8.24	--	48.81
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	8.23	0.054	0.00
16155	Peanut butter, smooth, vitamin and mineral fortified	32.0	2.0 tbsp	8.23	--	6.00
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	8.22	0.054	0.00
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	244.0	1.0 cup	8.22	0.105	12.18
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	8.22	0.105	12.18
21505	Pizza, cheese topping, thin crust, frozen, cooked	69.0	1.0 slice	8.22	--	19.87
06620	SMART SOUP, French Lentil	283.0	10.0 oz 1 pouch	8.21	--	26.88
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	40.0	1.0 medallion	8.20	0.054	0.00
43391	Turkey, light or dark meat, smoked, cooked, skin and bone removed	28.0	1.0 medium slice (approx 3" x 2" x 1/4")	8.20	--	0.00
20114	Noodles, japanese, soba, dry	57.0	2.0 oz	8.20	0.116	42.53
15002	Fish, anchovy, european, canned in oil, drained solids	28.35	1.0 oz, boneless	8.19	0.092	0.00
42185	Frozen yogurts, chocolate, nonfat milk, sweetened without sugar	186.0	1.0 cup	8.18	--	36.64
07935	Oven-roasted chicken breast roll	56.0	1.0 serving 2 oz	8.17	0.090	1.00
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	8.16	--	18.80
07921	Bacon and beef sticks	28.0	1.0 oz	8.15	0.059	0.22
07074	Smoked link sausage, pork	68.0	1.0 link (4" long x 1-1/8" dia)	8.15	0.147	0.64
20137	Quinoa, cooked	185.0	1.0 cup	8.14	0.096	39.40
12175	Nuts, chestnuts, japanese, dried	155.0	1.0 cup	8.14	0.116	126.22
01059	Milk, filled, fluid, with blend of hydrogenated vegetable oils	244.0	1.0 cup	8.13	0.115	11.57
01060	Milk, filled, fluid, with lauric acid oil	244.0	1.0 cup	8.13	0.115	11.57
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	246.0	1.0 cup	8.12	0.103	11.81
15207	Fish, roe, mixed species, cooked, dry heat	28.35	1.0 oz	8.11	0.106	0.54
01088	Milk, buttermilk, fluid, cultured, lowfat	245.0	1.0 cup	8.11	0.103	11.74
20016	Corn flour, whole-grain, yellow	117.0	1.0 cup	8.11	0.057	89.91
20316	Corn flour, whole-grain, white	117.0	1.0 cup	8.11	0.057	89.91
14169	Beverages, Carob-flavor beverage mix, powder, prepared with whole milk	256.0	1.0 cup (8 fl oz)	8.09	0.182	22.22
20087	Wheat, sprouted	108.0	1.0 cup	8.09	0.124	45.93

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
16512	WORTHINGTON Diced Chik, canned, unprepared	55.0	0.25 cup	8.08	--	2.04
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	8.07	0.053	0.00
16615	MORNINGSTAR FARMS Chipotle Black Bean Crumbles, frozen, unprepared	56.0	0.5 cup	8.06	--	5.71
20112	Noodles, egg, spinach, enriched, cooked	160.0	1.0 cup	8.06	0.107	38.80
27044	Soup, chicken noodle, reduced sodium, canned, ready-to-serve	245.0	1.0 cup	8.06	--	9.41
07922	Bratwurst, beef and pork, smoked	66.0	1.0 serving 2.33 oz	8.05	0.071	1.32
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	8.05	0.102	11.71
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	28.35	1.0 oz	8.02	0.053	0.00
28322	Bagels, multigrain	81.0	1.0 piece bagel	8.02	--	38.45
06403	CAMPBELL'S CHUNKY Soups, Grilled Sirloin Steak with Hearty Vegetables Soup	245.0	1.0 cup	8.01	--	19.01
06388	CAMPBELL'S CHUNKY Soups, Beef with Country Vegetables Soup	245.0	1.0 cup	8.01	--	18.01
06462	CAMPBELL'S CHUNKY Soups, Steak 'N' Potato Soup	245.0	1.0 cup	8.01	--	18.01
06252	CAMPBELL'S CHUNKY Microwavable Bowls, Sirloin Burger with Country Vegetables Soup, ready-to-serve	245.0	1.0 serving 1 cup	8.01	--	18.01
06457	CAMPBELL'S CHUNKY Soups, Slow Roasted Beef with Mushrooms Soup	245.0	1.0 cup	8.01	--	18.01
06389	CAMPBELL'S CHUNKY Soups, Beef with White and Wild Rice Soup	245.0	1.0 cup	8.01	--	24.01
06242	CAMPBELL'S CHUNKY Microwavable Bowls, Chicken and Dumplings Soup, ready-to-serve	245.0	1.0 serving 1 cup	8.01	--	18.01
06384	CAMPBELL'S CHUNKY Soups, Baked Potato with Steak & Cheese Soup	245.0	1.0 cup	8.01	--	21.00
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	28.0	3.0 oz	8.01	0.099	0.00
17093	Veal, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	8.01	0.081	0.00
17285	Lamb, Australian, imported, fresh, separable fat, cooked	85.0	3.0 oz	8.01	0.094	0.00
01078	Milk, producer, fluid, 3.7% milkfat	244.0	1.0 cup	8.00	0.112	11.35
08704	Cereals, KELLOGG'S SPECIAL K NOURISH, Maple Brown Sugar Crunch, dry	52.0	1.0 Container (1 NLEA serving)	8.00	--	32.29
27032	CAMPBELL'S Red and White, Lentil Soup, condensed	126.0	0.5 cup	8.00	--	24.00
06117	CAMPBELL'S Red and White, Bean with Bacon Soup, condensed	128.0	1.0 serving 1/2 cup	8.00	--	25.00
07978	Pork sausage, reduced sodium, cooked	85.0	3.0 oz	8.00	0.115	6.91
07038	Knackwurst, knockwurst, pork, beef	72.0	1.0 link	7.99	0.099	2.30
22937	SPAGHETTIOS, SpaghettiOs in Meat Sauce	252.0	1.0 cup (1 serving)	7.99	--	31.00
27045	Soup, beef and vegetables, reduced sodium, canned, ready-to-serve	245.0	1.0 cup	7.99	--	12.23

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
14351	Beverages, Strawberry-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	7.98	0.112	32.72
16212	Vitasoy USA, Organic Nasoya Extra Firm Tofu	79.0	0.2 package	7.98	--	2.05
14245	Beverages, Eggnog-flavor mix, powder, prepared with whole milk	272.0	1.0 cup (8 fl oz)	7.97	0.182	38.62
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	7.96	0.097	6.14
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	94.0	1.0 cup	7.96	0.097	6.14
16276	Vitasoy USA Azumaya, Extra Firm Tofu	79.0	0.2 package	7.96	--	1.21
16560	MORNINGSTAR FARMS Corn Dog, frozen, unprepared	71.0	1.0 dog	7.95	--	25.56
01266	Cheese, Swiss, nonfat or fat free	28.0	1.0 serving	7.95	--	0.95
43589	Cheese, swiss, low fat	28.0	1.0 slice (1 oz)	7.95	--	0.95
43405	Cheese, swiss, low sodium	28.0	1.0 slice	7.95	--	0.95
16608	MORNINGSTAR FARMS Chik Patties Original, frozen, unprepared	71.0	1.0 patty	7.95	--	14.56
06749	Soup, beef and vegetables, canned, ready-to-serve	250.0	1.0 cup	7.95	--	15.40
16120	Soymilk, original and vanilla, unfortified	243.0	1.0 cup	7.95	0.092	15.26
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	28.35	1.0 oz	7.94	0.052	0.00
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	7.92	0.102	25.85
08691	Cereals, QUAKER, oatmeal, REAL MEDLEYS, summer berry, dry	70.0	1.0 package (1 NLEA serving)	7.92	--	50.81
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	28.35	1.0 oz	7.88	0.095	0.09
23420	Beef, New Zealand, imported, intermuscular fat, raw	113.0	4.0 oz	7.88	0.082	0.01
07044	USDA Commodity, luncheon meat, canned	45.0	1.0 serving	7.88	--	0.47
01230	Milk, buttermilk, fluid, whole	245.0	1.0 cup	7.86	0.100	11.96
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	7.86	0.081	64.11
11304	Peas, green, raw	145.0	1.0 cup	7.86	0.054	20.95
07002	Beerwurst, beer salami, pork and beef	56.0	2.0 oz	7.84	--	2.11
07931	Beerwurst, pork and beef	56.0	1.0 serving 2 oz	7.84	0.097	2.39
20091	Pasta, gluten-free, corn, dry	105.0	1.0 cup	7.83	0.056	83.22
07956	Beef sausage, fresh, cooked	43.0	1.0 serving	7.83	0.051	0.15
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	175.0	1.0 cup	7.82	0.054	19.88
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	30.0	1.0 medallion	7.82	0.051	0.00
42279	Babyfood, peas and brown rice	230.0	1.0 cup	7.82	--	26.43
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	7.82	0.089	0.47

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	7.81	0.051	0.00
16274	Vitasoy USA Organic Nasoya, Tofu Plus Firm	85.0	3.0 oz	7.81	--	1.45
06434	CAMPBELL'S CHUNKY Soups, Old Fashioned Vegetable Beef Soup	247.0	1.0 cup	7.81	--	15.41
08703	Cereals, KELLOGG'S SPECIAL K NOURISH, Cranberry Almond, dry	52.0	1.0 Container (1 NLEA serving)	7.80	--	32.91
16591	WORTHINGTON Leanies, frozen, unprepared	40.0	1.0 link	7.80	--	2.44
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	48.0	1.0 slice	7.79	0.065	10.97
16216	Vitasoy USA, Vitasoy Organic Classic Original Soymilk	243.0	1.0 cup	7.78	--	10.94
11029	Beans, kidney, mature seeds, sprouted, raw	184.0	1.0 cup	7.73	0.081	7.54
16097	Peanut butter, chunk style, with salt	32.0	2.0 tbsp	7.70	0.073	6.90
16397	Peanut butter, chunk style, without salt	32.0	2.0 tbsp	7.70	0.073	6.90
16149	Peanut spread, reduced sugar	31.0	2.0 tbsp	7.69	--	4.41
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244.0	1.0 cup	7.69	0.098	11.71
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	244.0	1.0 cup	7.69	0.098	11.66
13348	Beef, cured, corned beef, canned	28.35	1.0 oz	7.68	0.070	0.00
16616	MORNINGSTAR FARMS Garden Veggie Nuggets, frozen, unprepared	80.0	5.0 nuggets	7.68	--	13.52
22970	Macaroni and cheese, frozen entree	137.0	1.0 cup	7.67	--	23.67
06404	Soup, bean with pork, canned, prepared with equal volume water	266.0	1.0 serving 1 cup	7.66	--	22.10
28306	Bread, chapati or roti, plain, commercially prepared	68.0	1.0 piece	7.65	--	31.52
22993	KASHI Spicy Black Bean Enchilada, frozen, unprepared	255.0	1.0 entree	7.65	--	45.14
06004	Soup, bean with pork, canned, condensed	130.0	0.5 cup	7.64	0.081	22.06
16551	MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared	67.0	1.0 burger	7.64	--	12.19
11955	Tomatoes, sun-dried	54.0	1.0 cup	7.62	0.056	30.11
20126	Spaghetti, spinach, dry	57.0	2.0 oz	7.61	0.097	42.64
08692	Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry	75.0	1.0 package (1 NLEA serving)	7.58	--	51.46
01089	Milk, low sodium, fluid	244.0	1.0 cup	7.56	0.107	10.88
28016	KELLOGG'S, EGGO Protein, Waffles, Homestyle	70.0	2.0 waffles	7.56	--	25.90
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	7.54	0.091	3.60
25025	Snacks, soy chips or crisps, salted	28.35	1.0 oz	7.51	0.107	15.07
07908	Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)	56.0	2.0 oz 1 NLEA serving	7.50	--	2.58
43261	Yogurt, fruit variety, nonfat	170.0	1.0 container (6 oz)	7.48	0.048	32.30
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	170.0	1.0 container (6 oz)	7.48	0.048	32.30
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	7.48	0.095	30.32
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	250.0	1.0 cup	7.48	0.112	30.32

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
16272	Vitasoy USA Nasoya, Lite Silken Tofu	91.0	0.2 package	7.47	--	0.00
06216	Soup, cream of chicken, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	7.46	0.099	14.98
16509	LOMA LINDA Linketts, canned, unprepared	35.0	1.0 link	7.46	--	1.54
10894	Pork, cured, ham, separable fat, boneless, heated	85.0	3.0 oz	7.45	0.054	1.70
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85.0	3.0 oz	7.45	0.089	9.88
05705	Turkey, whole, meat only, with added solution, roasted	28.0	3.0 oz	7.45	0.079	0.00
05027	Chicken, liver, all classes, raw	44.0	1.0 liver	7.44	0.077	0.32
14634	Beverages, milk beverage, reduced fat, flavored and sweetened, Ready-to-drink, added calcium, vitamin A and vitamin D	244.0	1.0 cup	7.44	--	29.48
07954	Beef sausage, pre-cooked	48.0	1.0 serving	7.44	0.047	0.01
06725	Soup, chicken corn chowder, chunky, ready-to-serve, single brand	240.0	1.0 serving	7.44	--	18.00
32018	Spanish rice mix, dry mix, unprepared	70.0	0.5 cup	7.43	--	53.52
20048	Rice, white, long-grain, precooked or instant, enriched, dry	95.0	1.0 cup	7.43	0.101	78.20
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	7.43	0.042	32.38
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	170.0	1.0 container (6 oz)	7.43	0.042	32.38
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	41.0	1.0 piece	7.43	0.077	7.27
08687	Cereals, QUAKER, Weight Control Instant Oatmeal, banana bread	45.0	1.0 packet (1 NLEA serving)	7.42	--	28.99
08694	Cereals, QUAKER, Instant Oatmeal, weight control, cinnamon	45.0	1.0 packet (1 NLEA serving)	7.42	--	28.89
21336	McDONALD'S, Hot Fudge Sundae	179.0	1.0 item (6.3 oz)	7.41	--	53.79
23502	USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked	28.35	1.0 oz	7.39	--	0.00
80200	Frog legs, raw	45.0	1.0 leg	7.38	--	0.00
36017	Restaurant, family style, macaroni & cheese, from kids' menu	136.0	1.0 cup	7.37	0.107	25.57
36601	Restaurant, Chinese, egg rolls, assorted	89.0	1.0 piece	7.37	0.059	24.29
08686	Cereals, QUAKER, Weight Control Instant Oatmeal, maple and brown sugar	45.0	1.0 packet (1 NLEA serving)	7.37	--	28.91
08561	Cereals, KASHI GO LEAN Hot Cereal, Hearty Honey & Cinnamon, dry	40.0	1.0 packet (1 NLEA serving)	7.36	--	27.20
07934	Kielbasa, Polish, turkey and beef, smoked	56.0	1.0 serving 2 oz	7.34	--	2.18
08702	Cereals, KELLOGG'S SPECIAL K NOURISH, Cinnamon Raisin Pecan, dry	52.0	1.0 Container (1 NLEA serving)	7.33	--	32.19
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	7.33	0.082	33.92
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	7.33	0.082	33.92
16087	Peanuts, all types, raw	28.35	1.0 oz	7.31	0.071	4.57
07936	Bologna, pork and turkey, lite	56.0	1.0 serving 2 oz	7.31	0.057	1.93
21032	Fast foods, sundae, caramel	155.0	1.0 sundae	7.30	0.098	49.31
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	7.29	0.082	0.00
06405	CAMPBELL'S CHUNKY, HEALTHY REQUEST Chicken Noodle Soup	245.0	1.0 cup	7.28	--	14.41
20310	Noodles, egg, cooked, enriched, with added salt	160.0	1.0 cup	7.26	0.069	40.26

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
20510	Noodles, egg, cooked, unenriched, with added salt	160.0	1.0 cup	7.26	0.069	40.26
20110	Noodles, egg, enriched, cooked	160.0	1.0 cup	7.26	0.069	40.26
20410	Noodles, egg, unenriched, cooked, without added salt	160.0	1.0 cup	7.26	0.069	40.26
06027	Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	240.0	1.0 cup (8 fl oz)	7.25	--	18.82
14055	Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, whey powder, 3-2-1 Plan,	26.0	1.0 scoop	7.25	--	13.00
36009	T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	144.0	1.0 cup	7.24	0.094	25.06
01295	Yogurt, vanilla, non-fat	245.0	1.0 cup (8 fl oz)	7.20	0.069	41.75
06726	Soup, chicken mushroom chowder, chunky, ready-to-serve, single brand	240.0	1.0 serving	7.20	--	17.04
20421	Pasta, cooked, unenriched, without added salt	124.0	1.0 cup spaghetti not packed	7.19	0.103	38.27
20521	Pasta, cooked, unenriched, with added salt	124.0	1.0 cup spaghetti not packed	7.19	0.103	37.93
20121	Pasta, cooked, enriched, without added salt	124.0	1.0 cup spaghetti not packed	7.19	0.100	38.27
20321	Pasta, cooked, enriched, with added salt	124.0	1.0 cup spaghetti not packed	7.19	0.100	37.93
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	159.0	1.0 cup	7.19	0.089	27.52
16277	Vitasoy USA Azumaya, Firm Tofu	79.0	0.2 package	7.17	--	1.20
16610	MORNINGSTAR FARMS Roasted Garlic & Quinoa Burger, frozen, unprepared	67.0	1.0 burger	7.17	--	11.93
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	7.16	0.084	0.00
15035	Fish, haddock, smoked	28.35	1.0 oz, boneless	7.15	0.080	0.00
16223	Soymilk (All flavors), enhanced	243.0	1.0 cup	7.14	--	8.38
19701	Candies, semisweet chocolate, made with butter	170.0	1.0 cup chips (6 oz package)	7.14	0.107	107.78
01008	Cheese, caraway	28.35	1.0 oz	7.14	0.092	0.87
07905	Frankfurter, beef, pork, and turkey, fat free	57.0	1.0 frank 1 NLEA serving	7.12	--	6.39
43282	Quail, cooked, total edible	28.35	1.0 oz	7.12	--	0.00
16098	Peanut butter, smooth style, with salt	32.0	2.0 tbsp	7.11	0.074	7.14
16398	Peanut butter, smooth style, without salt	32.0	2.0 tbsp	7.11	0.074	7.14
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	68.0	0.333 cup	7.09	0.058	51.89
01018	Cheese, edam	28.35	1.0 oz	7.08	0.100	0.41
05311	Chicken, canned, no broth	28.0	1.0 oz	7.08	--	0.25
08365	Cereals ready-to-eat, QUAKER, Shredded Wheat, bagged cereal	63.0	3.0 biscuits (1 NLEA serving)	7.08	--	51.04
19168	Desserts, egg custard, baked, prepared-from-recipe	141.0	0.5 cup	7.08	--	15.51
01022	Cheese, gouda	28.35	1.0 oz	7.07	0.100	0.63
08216	Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps	57.0	1.25 cup (1 NLEA serving)	7.06	--	42.69
07932	Chicken breast, fat-free, mesquite flavor, sliced	42.0	1.0 serving 2 slices	7.06	0.077	0.94

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
07933	Chicken breast, oven-roasted, fat-free, sliced	42.0	1.0 serving 2 slices	7.05	0.077	0.91
16215	Vitasoy USA, Vitasoy Organic Creamy Original Soymilk	243.0	1.0 cup	7.05	--	10.94
20018	Corn flour, yellow, degermed, unenriched	126.0	1.0 cup	7.04	--	104.26
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	126.0	1.0 piece	7.04	0.069	39.68
20117	Noodles, japanese, somen, cooked	176.0	1.0 cup	7.04	0.090	48.47
06256	Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk	253.0	1.0 cup (8 fl oz)	7.03	--	14.27
11372	Potatoes, scalloped, home-prepared with butter	245.0	1.0 cup	7.03	0.103	26.41
11844	Potatoes, scalloped, home-prepared with margarine	245.0	1.0 cup	7.03	0.103	26.41
16213	Vitasoy USA, Organic Nasoya Firm Tofu	79.0	0.2 package	7.03	--	1.82
20034	Oat bran, cooked	219.0	1.0 cup	7.03	0.125	25.05
11497	Succotash, (corn and limas), canned, with cream style corn	266.0	1.0 cup	7.02	0.080	46.84
16167	USDA Commodity, Peanut Butter, smooth	32.0	2.0 tbsp	7.02	0.073	7.67
11310	Peas, green, canned, seasoned, solids and liquids	227.0	1.0 cup	7.01	0.048	21.00
20125	Pasta, whole-wheat, cooked	117.0	1.0 cup spaghetti not packed	7.01	0.090	35.18
27007	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Microwavable Bowls, Chicken Noodle Soup	245.0	1.0 serving	7.01	--	17.00
06537	CAMPBELL'S Homestyle HEALTHY REQUEST Mexican Style Chicken Tortilla	245.0	1.0 cup	7.01	--	19.01
06396	CAMPBELL'S CHUNKY Soups, Fajita Chicken with Rice & Beans Soup	245.0	1.0 cup	7.01	--	23.01
06251	CAMPBELL'S CHUNKY Microwavable Bowls, Old Fashioned Vegetable Beef Soup, ready-to-serve	245.0	1.0 serving 1 cup	7.01	--	13.99
06439	CAMPBELL'S CHUNKY Soups, Savory Chicken with White & Wild Rice Soup	245.0	1.0 cup	7.01	--	18.01
27018	CAMPBELL'S Homestyle Microwaveable Bowls, HEALTHY REQUEST Mexican Style Tortilla	245.0	1.0 cup	7.01	--	19.01
06392	CAMPBELL'S CHUNKY Soups, Chicken Broccoli Cheese & Potato Soup	245.0	1.0 cup	7.01	--	19.99
27008	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Microwavable Bowls, Grilled Chicken & Sausage Gumbo Soup	245.0	1.0 cup	7.01	--	18.01
06541	CAMPBELL'S Homestyle Italian-Style Wedding Soup	245.0	1.0 cup	7.01	--	14.99
06393	CAMPBELL'S CHUNKY Soups, Chicken Corn Chowder	245.0	1.0 cup	7.01	--	19.99
06245	CAMPBELL'S CHUNKY Microwavable Bowls, Grilled Chicken and Sausage Gumbo, ready-to-serve	245.0	1.0 serving 1 cup	7.01	--	18.01
06543	CAMPBELL'S Homestyle Mexican Style Chicken Tortilla Soup	245.0	1.0 cup	7.01	--	19.99

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
06399	CAMPBELL'S CHUNKY Soups, Grilled Chicken & Sausage Gumbo Soup	245.0	1.0 cup	7.01	--	21.00
06441	CAMPBELL'S CHUNKY Soups, Savory Pot Roast Soup	245.0	1.0 cup	7.01	--	19.99
06438	CAMPBELL'S CHUNKY Soups, Salisbury Steak with Mushrooms & Onions Soup	245.0	1.0 serving	7.01	--	19.01
06387	CAMPBELL'S CHUNKY Soups, Beef Rib Roast with Potatoes & Herbs Soup	245.0	1.0 cup	7.01	--	17.00
22930	SPAGHETTIOS, Spaghetti in Tomato & Cheese Sauce	252.0	1.0 cup (1 serving)	7.01	--	39.99
32016	Macaroni or noodles with cheese, microwaveable, unprepared	61.0	1.0 serving 1 pouch	7.00	--	43.16
07906	Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	56.0	2.0 oz 1 NLEA serving	7.00	--	1.90
01209	Cheese, Mexican, blend, reduced fat	28.35	1.0 oz	7.00	--	0.97
16244	SILK Unsweetened, soymilk	243.0	1.0 cup	7.00	--	4.01
16241	SILK Plus Omega-3 DHA, soymilk	243.0	1.0 cup	7.00	--	7.99
16235	SILK Plain, soymilk	243.0	1.0 cup	7.00	--	7.99
32003	Rice and vermicelli mix, rice pilaf flavor, prepared with 80% margarine	238.0	1.0 cup	7.00	--	61.09
11312	Peas, green, frozen, unprepared	134.0	1.0 cup	6.99	0.048	18.25
07230	OSCAR MAYER, Salami (hard)	27.0	1.0 serving 3 slices	6.99	--	0.43
43541	Ice creams, chocolate, rich	148.0	1.0 cup	6.99	--	29.27
32012	Pizza rolls, frozen, unprepared	80.0	1.0 serving 6 rolls	6.98	--	40.58
11989	Mushrooms, straw, canned, drained solids	182.0	1.0 cup	6.97	--	8.44
15042	Fish, herring, Atlantic, kippered	28.35	1.0 oz, boneless	6.97	0.078	0.00
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	28.35	1.0 oz	6.97	0.027	0.00
32001	Rice and vermicelli mix, beef flavor, prepared with 80% margarine	247.0	1.0 cup	6.97	--	54.41
22119	MORNINGSTAR FARMS Veggie Dog, frozen, unprepared	40.0	1.0 link	6.96	--	4.48
16519	WORTHINGTON Super Links, canned, unprepared	48.0	1.0 link	6.96	--	2.64
16222	Soymilk (all flavors), unsweetened, with added calcium, vitamins A and D	243.0	1.0 cup	6.95	--	4.23
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	6.93	0.065	0.09
28313	Rolls, hamburger or hot dog, whole wheat	56.0	1.0 roll	6.93	--	25.16
19094	Desserts, flan, caramel custard, prepared-from-recipe	153.0	0.5 cup	6.93	--	34.85
05018	Chicken, broilers or fryers, skin only, cooked, roasted	34.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	6.92	0.055	0.00
16271	Vitasoy USA Organic Nasoya, Soft Tofu	79.0	0.2 package	6.92	--	0.58
01041	Cheese, tilsit	28.35	1.0 oz	6.92	0.100	0.53
15127	Fish, tuna, fresh, yellowfin, raw	28.35	1.0 oz, boneless	6.92	0.074	0.00
06180	Soup, shark fin, restaurant-prepared	216.0	1.0 cup	6.91	--	8.21

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
08711	Cereals ready-to-eat, KELLOGG'S, SPECIAL K protein, cinnamon brown sugar crunch	31.0	0.75 Cup (1 NLEA serving)	6.91	--	21.64
16090	Peanuts, all types, dry-roasted, with salt	28.35	1.0 oz	6.90	0.065	6.03
11248	Lentils, sprouted, raw	77.0	1.0 cup	6.90	--	17.05
36007	T.G.I. FRIDAY'S, french fries	184.0	1.0 serving	6.88	--	67.90
01028	Cheese, mozzarella, part skim milk	28.35	1.0 oz	6.88	0.096	0.79
11358	Potatoes, red, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	6.88	0.069	58.57
07957	Pork and turkey sausage, pre-cooked	57.0	1.0 serving	6.87	0.051	2.07
08689	Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry	70.0	1.0 package (1 NLEA serving)	6.87	--	48.63
08567	Cereals ready-to-eat, KASHI 7 Whole Grain Nuggets	58.0	0.5 cup (1 NLEA serving)	6.84	--	46.98
43507	Frankfurter, low sodium	57.0	1.0 frankfurter	6.84	--	1.03
42179	Frankfurter, beef, low fat	57.0	1.0 frankfurter	6.84	--	0.91
07019	Chorizo, pork and beef	28.35	1.0 oz	6.83	0.079	0.53
17150	Game meat, beaver, raw	28.35	1.0 oz	6.82	--	0.00
08231	Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry	40.0	0.5 cup (1 NLEA serving)	6.81	--	25.18
08587	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Low Fat Granola	52.0	0.5 cup (1 NLEA serving)	6.81	--	38.90
07911	Liverwurst spread	55.0	0.25 cup	6.81	0.083	3.24
18948	Pie crust, refrigerated, regular, unbaked	229.0	1.0 pie crust (average weight)	6.80	0.057	117.04
07900	Turkey, pork, and beef sausage, low fat, smoked	85.0	3.0 oz	6.80	--	9.81
06246	Soup, cream of onion, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	6.80	--	18.35
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	6.77	0.037	31.69
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	170.0	1.0 container (6 oz)	6.77	0.037	31.69
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	6.77	0.079	0.00
18946	Pie crust, refrigerated, regular, baked	198.0	1.0 pie crust	6.75	0.069	115.87
20136	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, cooked	116.0	1.0 cup spaghetti not packed	6.75	--	36.55
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	6.74	0.063	0.05
36005	APPLEBEE'S, chicken tenders, from kids' menu	35.0	1.0 piece	6.74	0.071	6.43
11501	Succotash, (corn and limas), frozen, unprepared	156.0	1.0 cup	6.72	0.075	31.11
23419	Beef, New Zealand, imported, intermuscular fat, cooked	85.0	3.0 oz	6.72	0.071	2.88
15026	Fish, eel, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	6.70	0.075	0.00
11414	Potato salad, home-prepared	250.0	1.0 cup	6.70	0.105	27.92
05019	Chicken, broilers or fryers, skin only, cooked, stewed	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	6.70	0.054	0.00

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
01113	Whey, acid, dried	57.0	1.0 cup	6.69	0.137	41.87
22973	Corn dogs, frozen, prepared	78.0	1.0 corndog	6.68	0.069	21.03
10803	USDA Commodity, pork, ground, fine/coarse, frozen, cooked	28.35	1.0 oz grilled patties	6.68	--	0.00
05195	Turkey, all classes, wing, meat and skin, raw	33.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	6.67	0.072	0.00
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	255.0	1.0 cup	6.63	0.074	35.65
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	85.0	1.0 package (3 oz)	6.63	0.000	76.92
19172	Gelatin desserts, dry mix	85.0	1.0 package (3 oz)	6.63	0.000	76.92
27042	Soup, clam chowder, new england, canned, ready-to-serve	254.0	1.0 cup	6.63	--	21.03
01010	Cheese, cheshire	28.35	1.0 oz	6.63	0.085	1.36
32000	Rice and vermicelli mix, beef flavor, unprepared	61.0	0.333 cup	6.61	0.069	46.37
17152	Game meat, beefalo, composite of cuts, raw	28.35	1.0 oz	6.61	--	0.00
20094	Pasta, fresh-refrigerated, plain, cooked	128.0	2.0 oz	6.59	0.083	31.91
01251	Cheese, Mexican blend	28.0	0.25 cup shredded	6.59	0.099	0.49
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	26.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	6.58	0.077	0.00
20652	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, cooked	116.0	1.0 cup spaghetti not packed	6.58	--	35.81
16065	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	240.0	1.0 cup	6.58	0.082	39.67
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	6.57	0.074	0.00
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	6.57	0.071	0.00
10102	Pork, fresh, variety meats and by-products, feet, raw	28.35	1.0 oz	6.57	--	0.00
01184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	170.0	1.0 container (6 oz)	6.56	--	12.75
01221	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	6.56	--	12.75
08640	Cereals, QUAKER, Instant Oatmeal Organic, Regular	41.0	1.0 packet	6.56	--	27.47
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	6.56	0.043	0.00
16210	Vitasoy USA, Nasoya Lite Firm Tofu	79.0	0.2 package	6.56	--	1.03
21256	BURGER KING, Chicken Strips	36.0	1.0 strip	6.55	0.076	7.38
20089	Wild rice, cooked	164.0	1.0 cup	6.54	0.080	35.00
21335	McDONALD'S, Hot Caramel Sundae	182.0	1.0 item (6.4 oz)	6.52	--	60.72
17164	Game meat, deer, raw	28.35	1.0 oz	6.51	--	0.00

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
08038	Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	58.0	0.5 cup (1 NLEA serving)	6.51	--	46.68
17166	Game meat, elk, raw	28.35	1.0 oz	6.51	0.117	0.00
25033	Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors	35.0	1.0 bar	6.50	--	18.64
06426	Soup, chili beef, canned, prepared with equal volume water	261.0	1.0 cup	6.50	--	24.09
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	6.49	0.043	0.00
08462	Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat	54.0	29.0 biscuits (1 NLEA serving)	6.48	--	42.66
07944	Turkey, white, rotisserie, deli cut	48.0	1.69 oz (1 serving)	6.48	0.074	3.70
06740	Soup, chicken vegetable, chunky, reduced fat, reduced sodium, ready-to-serve, single brand	240.0	1.0 serving	6.48	--	15.12
06728	Soup, potato ham chowder, chunky, ready-to-serve, single brand	240.0	1.0 serving	6.48	--	13.44
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85.0	3.0 oz	6.48	0.064	12.75
32021	Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine)	198.0	1.0 cup	6.47	--	45.03
20116	Noodles, japanese, somen, dry	57.0	2.0 oz	6.47	0.083	42.24
36607	CRACKER BARREL, steak fries	198.0	1.0 serving	6.45	0.079	61.12
43393	Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	59.0	1.25 cup (1 NLEA serving)	6.45	--	47.58
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	6.43	0.042	0.00
17162	Game meat, caribou, raw	28.35	1.0 oz	6.42	0.099	0.00
20127	Spaghetti, spinach, cooked	140.0	1.0 cup	6.41	0.081	36.61
07020	Corned beef loaf, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	6.41	0.046	0.00
18992	KELLOGG'S, BEANATURAL, Original 3-Bean Chips	28.0	12.0 chips	6.41	--	13.02
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	6.41	0.042	0.00
11046	Beans, navy, mature seeds, sprouted, raw	104.0	1.0 cup	6.40	0.067	13.57
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	6.39	0.042	0.00
08384	Cereals ready-to-eat, KELLOGG, KELLOGG'S MINI-WHEATS, unfrosted bite size	55.0	30.0 biscuits (1 NLEA serving)	6.38	--	44.55
08214	Cereals ready-to-eat, QUAKER, Oatmeal Squares	56.0	1.0 cup (1 NLEA serving)	6.37	--	43.55
16228	Soymilk, original and vanilla, light, unsweetened, with added calcium, vitamins A and D	243.0	1.0 cup	6.37	--	9.36
10100	Pork, fresh, variety meats and by-products, ears, frozen, raw	28.35	1.0 oz	6.36	0.012	0.17
08353	Cereals ready-to-eat, QUAKER, MOTHER'S Cinnamon Oat Crunch	60.0	1.0 cup (1 NLEA serving)	6.36	--	47.87
20015	Corn bran, crude	76.0	1.0 cup	6.35	--	65.09

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
17144	Game meat, antelope, raw	28.35	1.0 oz	6.34	--	0.00
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	6.34	0.059	0.09
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	6.33	0.042	0.00
08632	Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple	56.0	1.0 cup (1 NLEA serving)	6.33	--	43.70
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	6.32	0.042	0.00
06201	Soup, cream of asparagus, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	6.32	0.084	16.39
03073	Babyfood, dinner, vegetables chicken, strained	256.0	1.0 cup	6.32	--	21.56
43326	Pork, cured, ham, low sodium, lean and fat, cooked	28.35	1.0 oz, boneless	6.32	--	0.09
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	243.0	1.0 cup	6.32	0.053	11.96
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	6.31	0.041	0.00
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	6.31	0.041	0.00
15085	Fish, salmon, sockeye, raw	28.35	1.0 oz, boneless	6.31	0.080	0.00
17172	Game meat, moose, raw	28.35	1.0 oz	6.31	--	0.00
13901	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	6.31	0.071	0.00
06358	Soup, tomato bisque, canned, prepared with equal volume milk	251.0	1.0 cup (8 fl oz)	6.30	0.080	29.44
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	0.053	3.08
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	6.30	0.041	0.00
05712	Turkey, retail parts, wing, meat only, raw	28.0	3.0 oz	6.29	0.078	0.00
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	6.29	0.042	0.00
08215	Cereals ready-to-eat, QUAKER, Oatmeal Squares, cinnamon	56.0	1.0 cup (1 NLEA serving)	6.29	--	43.73
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	6.29	0.041	0.00
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	6.29	0.041	0.00
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	262.0	1.0 cup	6.29	0.024	88.71
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	6.29	0.024	92.20
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	6.29	0.041	0.00
01123	Egg, whole, raw, fresh	50.0	1.0 large	6.28	0.083	0.36
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	28.35	1.0 oz	6.28	0.031	0.00
11357	Potatoes, white, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia)	6.28	0.063	63.03

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
15027	Fish, fish sticks, frozen, prepared	57.0	1.0 piece (4" x 2" x 1/2")	6.28	0.070	12.35
18042	Bread, pita, whole-wheat	64.0	1.0 pita, large (6-1/2" dia)	6.27	0.095	35.77
07942	Pate, truffle flavor	56.0	1.0 serving 2 oz	6.27	0.088	3.53
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	6.27	0.041	0.00
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	6.27	0.041	0.00
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	6.27	0.041	0.00
17268	Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	6.27	--	0.00
05015	Chicken, broilers or fryers, skin only, raw	47.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	6.27	0.050	0.00
43417	Babyfood, meat, beef with vegetables, toddler	179.0	1.0 jar NFS	6.26	--	15.61
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	6.26	0.041	0.00
01128	Egg, whole, cooked, fried	46.0	1.0 large	6.26	0.083	0.38
21034	Fast foods, sundae, strawberry	153.0	1.0 sundae	6.26	0.083	44.65
01131	Egg, whole, cooked, poached	50.0	1.0 large	6.26	0.083	0.36
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	6.25	0.041	0.00
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	6.25	0.041	0.00
11990	Wasabi, root, raw	130.0	1.0 cup, sliced	6.24	--	30.60
43325	Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted	28.35	1.0 oz, boneless	6.24	--	0.14
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	6.23	0.041	0.00
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	6.22	0.041	0.00
16163	MORI-NU, Tofu, silken, extra firm	84.0	1.0 slice	6.22	0.103	1.68
01047	Cheese food, pasteurized process, swiss	28.35	1.0 oz	6.21	0.090	1.28
36003	APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	124.0	1.0 cup	6.21	0.078	26.14
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	6.21	0.041	0.00
06626	Sauce, pesto, ready-to-serve, refrigerated	63.0	0.25 cup	6.19	--	6.36
06628	Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated	63.0	0.25 cup	6.19	--	6.36
06125	Gravy, turkey, canned, ready-to-serve	238.0	1.0 cup	6.19	--	12.14
17180	Game meat, rabbit, wild, raw	28.35	1.0 oz	6.18	0.082	0.00
08571	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola	55.0	0.75 cup (1 NLEA serving)	6.18	--	36.36

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
06431	CAMPBELL'S CHUNKY, New England Clam Chowder	251.0	1.0 cup	6.17	--	22.62
22999	Rice and vermicelli mix, chicken flavor, prepared with 80% margarine	233.0	1.0 cup	6.17	--	54.85
13227	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	6.17	0.069	0.00
42190	Pork sausage rice links, brown and serve, cooked	45.0	2.0 links 1 NLEA serving	6.16	--	1.06
16618	MORNINGSTAR FARMS Spicy Indian Veggie Burger, frozen, unprepared	67.0	1.0 burger	6.16	--	11.39
43218	Cereals ready-to-eat, ALPEN	55.0	0.67 cup (1 NLEA serving)	6.16	--	41.64
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	6.16	0.041	0.00
06248	Soup, oyster stew, canned, prepared with equal volume milk	245.0	1.0 cup (8 fl oz)	6.15	--	9.78
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	6.15	0.041	0.00
18499	KELLOGG, KELLOGG'S EGGO, Buttermilk Pancake	116.0	3.0 pancakes (NLEA serving)	6.15	--	44.78
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	6.15	0.041	0.00
08690	Cereals, QUAKER, oatmeal, REAL MEDLEYS, apple walnut, dry	75.0	1.0 package (1 NLEA serving)	6.14	--	52.90
17156	Game meat, bison, separable lean only, raw	28.35	1.0 oz	6.13	--	0.00
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	6.13	0.057	0.12
01027	Cheese, mozzarella, whole milk, low moisture	28.35	1.0 oz	6.12	0.086	0.70
01157	Cheese, goat, semisoft type	28.35	1.0 oz	6.12	0.064	0.03
16281	HOUSE FOODS Premium Firm Tofu	56.0	2.0 oz	6.12	--	0.54
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	6.12	0.040	0.00
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	69.0	1.0 each taco	6.11	--	13.70
21260	TACO BELL, Original Taco with beef, cheese and lettuce	69.0	1.0 each taco	6.11	--	13.70
20032	Millet, cooked	174.0	1.0 cup	6.11	0.066	41.19
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	28.0	1.0 slice	6.11	0.054	0.98
01039	Cheese, roquefort	28.35	1.0 oz	6.11	0.086	0.57
14421	Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk	185.0	6.0 fl oz	6.10	0.085	10.36
11088	Broadbeans, immature seeds, raw	109.0	1.0 cup	6.10	0.061	12.75
07941	Salami, Italian, pork and beef, dry, sliced, 50% less sodium	28.0	1.0 serving 5 slices	6.10	0.059	1.79
19295	Candies, MARS SNACKFOOD US, SNICKERS MUNCH bar	40.0	1.0 serving 1.42 oz bar	6.10	--	17.46
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	6.10	0.076	24.75
17158	Game meat, boar, wild, raw	28.35	1.0 oz	6.10	0.082	0.00
19407	Snacks, beef sticks, smoked	28.35	1.0 oz	6.10	0.052	1.53
01132	Egg, whole, cooked, scrambled	61.0	1.0 large	6.09	0.085	0.98
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	6.09	0.040	0.00

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
19239	Candies, REESE'S NUTRAGEOUS Candy Bar	54.0	1.0 bar 1.92 oz	6.09	--	28.51
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	6.08	0.040	0.00
07926	Salami, Italian, pork	28.0	1.0 oz	6.08	0.071	0.34
06315	Soup, HEALTHY CHOICE Chicken and Rice Soup, canned	240.0	1.0 serving 1 cup	6.07	--	13.70
28326	Crackers, whole grain, sandwich-type, with peanut butter filling	43.0	6.0 cracker 1 serving	6.07	--	23.47
20106	Macaroni, vegetable, enriched, cooked	134.0	1.0 cup spiral shaped	6.07	0.078	35.66
13357	Beef, cured, sausage, cooked, smoked	43.0	1.0 sausage	6.07	0.055	1.04
17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	6.07	--	0.00
01004	Cheese, blue	28.35	1.0 oz	6.07	0.088	0.66
17170	Game meat, horse, raw	28.35	1.0 oz	6.06	0.075	0.00
10110	Pork, fresh, variety meats and by-products, liver, raw	28.35	1.0 oz	6.06	0.085	0.70
05053	Chicken, broilers or fryers, back, meat only, raw	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	6.06	0.071	0.00
08539	Cereals ready-to-eat, KASHI ORGANIC PROMISE, CINNAMON HARVEST	55.0	28.0 biscuits (1 NLEA serving)	6.05	--	43.45
28259	KELLOGG'S, EGGO Minis, Pancakes, Buttermilk	110.0	11.0 pancakes	6.05	--	43.56
06172	Soup, stock, chicken, home-prepared	240.0	1.0 cup	6.05	--	8.47
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	6.04	0.040	0.00
17099	Veal, leg (top round), separable lean only, raw	28.35	1.0 oz	6.03	0.061	0.00
17183	Game meat, squirrel, raw	28.35	1.0 oz	6.02	--	0.00
10228	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw	28.35	1.0 oz	6.02	0.077	0.00
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	6.02	0.039	0.00
11461	Spinach, canned, regular pack, drained solids	214.0	1.0 cup	6.01	0.081	7.28
14173	Beverages, coffee, ready to drink, vanilla, light, milk based, sweetened	281.0	9.5 fl oz	6.01	--	12.00
27001	Soup, hot and sour, Chinese restaurant	233.0	1.0 cup	6.01	0.044	10.14
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	28.35	1.0 oz	6.01	0.067	0.00
16201	Campbell's Pork and Beans	130.0	0.5 cup	6.01	--	25.00
06400	CAMPBELL'S CHUNKY Soups, Grilled Chicken with Vegetables & Pasta Soup	245.0	1.0 cup	6.00	--	13.99
06418	CAMPBELL'S CHUNKY Soups, Hearty Chicken with Vegetables Soup	245.0	1.0 serving	6.00	--	17.00
06548	CAMPBELL'S Homestyle Chicken with White & Wild Rice Soup	245.0	1.0 cup	6.00	--	17.00
06244	CAMPBELL'S CHUNKY Microwavable Bowls, Classic Chicken Noodle, ready-to-serve	245.0	1.0 serving 1 cup	6.00	--	13.99

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
06617	CAMPBELL'S Homestyle Light Italian-Style Wedding Soup	245.0	1.0 cup	6.00	--	11.00
06529	CAMPBELL'S Homestyle Light New England Clam Chowder	245.0	1.0 cup	6.00	--	14.99
06250	CAMPBELL'S CHUNKY Microwavable Bowls, New England Clam Chowder, ready-to-serve	245.0	1.0 serving 1 cup	6.00	--	17.00
06433	CAMPBELL'S CHUNKY Soups, Old Fashioned Potato Ham Chowder	245.0	1.0 cup	6.00	--	17.00
27017	CAMPBELL'S Homestyle Microwaveable Bowls, HEALTHY REQUEST Italian Wedding Soup	245.0	1.0 cup	6.00	--	13.01
16238	SILK Light Plain, soymilk	243.0	1.0 cup	6.00	--	7.99
16245	SILK Very Vanilla, soymilk	243.0	1.0 cup	6.00	--	19.00
16242	SILK Plus for Bone Health, soymilk	243.0	1.0 cup	6.00	--	11.01
16239	SILK Light Vanilla, soymilk	243.0	1.0 cup	6.00	--	10.01
16236	SILK Vanilla, soymilk	243.0	1.0 cup	6.00	--	10.01
16230	Soymilk (all flavors), nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	6.00	--	10.06
16243	SILK Plus Fiber, soymilk	243.0	1.0 cup	6.00	--	14.00
16231	Soymilk, chocolate, nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	6.00	--	20.68
16247	SILK Chai, soymilk	243.0	1.0 cup	6.00	--	19.00
32029	Rice mix, white and wild, flavored, unprepared	57.0	2.0 oz (1/4 c dry rice mix and 4 tsp seasoning mix)	6.00	--	43.40
22899	Ravioli, cheese-filled, canned	242.0	1.0 cup	6.00	--	33.01
01187	Yogurt, chocolate, nonfat milk	170.0	1.0 container (6 oz)	6.00	--	40.00
15170	Mollusks, oyster, eastern, canned	85.0	3.0 oz	6.00	0.067	3.32
22943	SUPPER BAKES MEAL KITS, Cheesy Chicken with pasta (chicken not included)	85.0	0.167 box (NLEA serving size)	6.00	--	27.00
01222	Yogurt, chocolate, nonfat milk, fortified with vitamin D	170.0	1.0 container (6 oz)	6.00	--	40.00
12567	Nuts, almonds, oil roasted, with salt added, smoke flavor	28.0	1.0 oz (28 almonds)	6.00	--	5.00
01226	Egg substitute, liquid or frozen, fat free	60.0	0.25 cup	6.00	0.098	1.20
22944	SUPPER BAKES MEAL KITS, Creamy Stroganoff Sauce with pasta	125.0	1.0 serving	6.00	--	31.00
03127	Babyfood, vegetables, spinach, creamed, strained	240.0	1.0 cup	6.00	0.086	13.68
25041	Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors	40.0	2.0 bar	6.00	--	25.11
22938	SPAGHETTIOS, SpaghettiOs plus Calcium	252.0	1.0 cup (1 serving)	6.00	--	35.00
22931	SPAGHETTIOS, SpaghettiOs Original	252.0	1.0 cup (1 serving)	6.00	--	35.00
22932	SPAGHETTIOS, SpaghettiOs A to Z's	252.0	1.0 cup (1 serving)	6.00	--	35.00
32025	Dumpling, potato- or cheese-filled, frozen	114.0	3.0 pieces pierogies	6.00	--	33.79
28305	Pancakes, plain, reduced fat	105.0	1.0 serving 3 pancakes	6.00	--	60.19
11683	Carrot, dehydrated	74.0	1.0 cup	5.99	0.064	58.88
16252	SILK Plain soy yogurt	227.0	1.0 container	5.99	--	22.00

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
16250	SILK Vanilla soy yogurt (family size)	227.0	1.0 container	5.99	--	31.01
19177	Gelatins, dry powder, unsweetened	7.0	1.0 envelope (1 tbsp)	5.99	--	0.00
17269	Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	5.98	--	0.00
06402	Soup, black bean, canned, prepared with equal volume water	247.0	1.0 cup	5.98	--	19.04
17009	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	5.98	0.070	0.00
06545	CAMPBELL'S Homestyle New England Clam Chowder	256.0	1.0 cup	5.96	--	14.54
28312	Rolls, hamburger or hot dog, wheat/cracked wheat	51.0	1.0 roll	5.96	--	24.13
22998	Rice and vermicelli mix, chicken flavor, unprepared	56.0	0.333 cup	5.96	--	42.45
17312	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.95	0.069	0.00
06415	CAMPBELL'S CHUNKY Soups, Hearty Beef Barley Soup	206.0	1.0 cup	5.95	--	18.50
20029	Couscous, cooked	157.0	1.0 cup, cooked	5.95	0.077	36.46
15246	Mollusks, oyster, eastern, farmed, cooked, dry heat	85.0	3.0 oz	5.95	0.066	6.19
17094	Veal, leg (top round), separable lean and fat, raw	28.35	1.0 oz	5.95	0.060	0.00
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	5.95	0.068	14.52
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234.0	1.0 cup	5.94	0.094	28.08
08180	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt	234.0	1.0 cup	5.94	--	28.08
03084	Babyfood, dinner, vegetables and turkey, strained	256.0	1.0 cup	5.94	--	19.51
18955	Bread, pan dulce, sweet yeast bread	63.0	1.0 slice (average weight of 1 slice)	5.93	--	35.52
08202	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Crunchy Almond	60.0	1.0 cup (1 NLEA serving)	5.93	--	46.85
36014	Restaurant, family style, french fries	170.0	1.0 serving	5.93	0.083	63.24
43327	Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted	28.35	1.0 oz	5.93	--	0.43
17026	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	5.92	0.069	0.00
17288	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.91	0.069	0.00
05236	Turkey, young hen, skin only, cooked, roasted	31.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	5.90	0.047	0.00
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	170.0	1.0 container (6 oz)	5.90	0.034	7.92
42131	Milk dessert, frozen, milk-fat free, chocolate	137.0	1.0 cup	5.89	--	51.65
17174	Game meat, muskrat, raw	28.35	1.0 oz	5.89	--	0.00
08591	Cereals ready-to-eat, KASHI ORGANIC PROMISE, ISLAND VANILLA	55.0	27.0 biscuits (1 NLEA serving)	5.88	--	44.44

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
08663	Cereals ready-to-eat, KASHI ORGANIC PROMISE, Berry Fruitful	55.0	29.0 biscuits (1 NLEA serving)	5.88	--	41.91
01006	Cheese, brie	28.35	1.0 oz	5.88	0.091	0.13
17064	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	5.88	0.069	0.00
16165	MORI-NU, Tofu, silken, lite extra firm	84.0	1.0 slice	5.88	0.081	0.84
09085	Currants, zante, dried	144.0	1.0 cup	5.88	--	106.68
13023	Beef, brisket, whole, separable lean only, all grades, raw	28.35	1.0 oz	5.87	0.066	0.00
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	5.87	0.039	0.00
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	5.87	0.039	0.00
19169	Egg custards, dry mix	85.0	1.0 package (3 oz)	5.86	0.080	70.38
43367	Turkey, drumstick, smoked, cooked, with skin, bone removed	21.0	1.0 oz with bone, cooked (yield after bone removed)	5.86	--	0.00
19151	Candies, REESE'S PIECES Candy	47.0	0.25 cup	5.86	--	28.13
17308	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.85	0.068	0.00
07943	Turkey, breast, smoked, lemon pepper flavor, 97% fat-free	28.0	1.0 slice	5.85	--	0.37
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	169.0	1.0 cup spaghetti not packed	5.85	0.068	54.42
27062	Soup, beef barley, ready to serve	208.0	1.0 cup	5.84	--	16.52
17168	Goat, raw	28.35	1.0 oz	5.84	0.087	0.00
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	119.0	1.0 cup	5.83	0.104	98.64
17013	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	5.83	0.068	0.00
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	5.83	0.065	0.00
13866	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	5.83	0.065	0.00
17021	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	5.83	0.068	0.00
19205	Egg custards, dry mix, prepared with 2% milk	141.0	0.5 cup	5.82	0.073	24.83
17017	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	5.82	0.068	0.00
43447	Snacks, corn-based, extruded, chips, unsalted	88.0	1.0 cup, crushed	5.81	--	50.51
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	28.35	1.0 oz	5.81	0.074	0.00
17300	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.81	0.068	0.00
17292	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.80	0.068	0.00

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
17296	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.80	0.068	0.00
16162	MORI-NU, Tofu, silken, firm	84.0	1.0 slice	5.80	0.071	2.02
06147	Soup, beef mushroom, canned, condensed	126.0	0.5 cup (4 fl oz)	5.80	--	6.55
17304	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.79	0.068	0.00
16225	Soymilk, original and vanilla, light, with added calcium, vitamins A and D	243.0	1.0 cup	5.78	--	8.53
06547	Soup, beef mushroom, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	5.78	--	6.34
42297	Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch	59.0	1.0 cup (1 NLEA serving)	5.78	--	41.83
08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	49.0	1.0 cup (1 NLEA serving)	5.78	--	39.89
17160	Game meat, buffalo, water, raw	28.35	1.0 oz	5.78	0.071	0.00
06253	Soup, cream of potato, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	5.78	0.082	17.16
17199	Lamb, variety meats and by-products, liver, raw	28.35	1.0 oz	5.78	0.067	0.50
36411	Restaurant, Latino, tamale, corn	166.0	1.0 piece	5.78	0.056	44.29
09246	Peaches, dried, sulfured, uncooked	160.0	1.0 cup, halves	5.78	0.016	98.13
28004	KELLOGG'S, EGGO, Pancakes, Chocolate Chip	105.0	3.0 pancakes	5.78	--	41.90
20115	Noodles, japanese, soba, cooked	114.0	1.0 cup	5.77	0.082	24.44
21401	Fast foods, chicken tenders	30.0	1.0 strip	5.77	0.067	5.18
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	0.064	3.17
11794	Lambsquarters, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	5.76	0.052	9.00
11245	Lambsquarters, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	5.76	0.052	9.00
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	28.35	1.0 oz	5.76	0.028	0.12
17003	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	5.75	0.067	0.00
17140	Veal, cubed for stew (leg and shoulder), separable lean only, raw	28.35	1.0 oz	5.75	0.058	0.00
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	28.35	1.0 oz	5.75	0.068	0.00
01260	Cheese, cheddar, reduced fat	21.0	1.0 slice	5.74	--	0.85
17282	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.74	0.067	0.00
17059	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw	28.35	1.0 oz	5.73	0.067	0.00
07022	Frankfurter, beef, unheated	49.0	1.0 hot dog	5.73	--	1.46
17090	Veal, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	5.73	0.058	0.00
17137	Veal, sirloin, separable lean only, raw	28.35	1.0 oz	5.73	0.058	0.00
10142	Pork, cured, ham, center slice, separable lean and fat, unheated	28.35	1.0 oz	5.72	0.069	0.01

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
08538	Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Blueberry Clusters	55.0	1.0 cup (1 NLEA serving)	5.71	--	44.16
13097	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	5.71	0.064	0.00
01189	KRAFT CHEEZ WHIZ LIGHT Pasteurized Process Cheese Product	35.0	2.0 tbsp	5.70	--	5.67
05312	Chicken, wing, frozen, glazed, barbecue flavored	29.0	1.0 piece	5.70	0.052	0.97
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	184.0	1.0 cup	5.70	0.059	9.84
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	5.70	0.059	9.84
16518	WORTHINGTON Saucettes, canned, unprepared	38.0	1.0 link	5.70	--	2.13
11881	Taro, tahitian, cooked, with salt	137.0	1.0 cup slices	5.70	--	9.38
11526	Taro, tahitian, cooked, without salt	137.0	1.0 cup slices	5.70	--	9.38
17146	Game meat, bear, raw	28.35	1.0 oz	5.70	--	0.00
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	28.35	1.0 oz	5.69	0.062	0.00
06748	Soup, PROGRESSO, beef barley, traditional, ready to serve	210.0	1.0 cup	5.69	--	14.05
08129	Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water	240.0	1.0 cup	5.69	--	45.48
17177	Game meat, rabbit, domesticated, composite of cuts, raw	28.35	1.0 oz	5.68	0.075	0.00
06391	CAMPBELL'S CHUNKY, Creamy Chicken and Dumplings Soup	245.0	1.0 cup	5.68	--	17.37
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	5.68	0.062	5.97
17125	Veal, shoulder, arm, separable lean only, raw	28.35	1.0 oz	5.68	0.058	0.00
06210	Soup, cream of celery, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	5.68	0.074	14.53
20010	Buckwheat groats, roasted, cooked	168.0	1.0 cup	5.68	0.082	33.50
21334	McDONALD'S, Strawberry Sundae	178.0	1.0 item (6.3 oz)	5.68	--	50.00
09244	Peaches, dehydrated (low-moisture), sulfured, uncooked	116.0	1.0 cup	5.67	0.016	96.49
17047	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	5.67	0.066	0.00
17032	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	5.66	0.066	0.00
11463	Spinach, frozen, chopped or leaf, unprepared	156.0	1.0 cup	5.66	0.156	6.57
17113	Veal, rib, separable lean only, raw	28.35	1.0 oz	5.66	0.057	0.00
06623	SMART SOUP, Moroccan Chick Pea	283.0	10.0 oz 1 pouch	5.66	--	27.45
22997	KASHI, Tuscan Veggie Bake, Frozen Entree	283.0	1.0 package	5.66	--	42.45
06619	SMART SOUP, Santa Fe Corn Chowder	283.0	10.0 oz 1 pouch	5.66	--	31.70
03054	Babyfood, dinner, vegetables and beef, junior	256.0	1.0 cup	5.66	0.051	22.63
03053	Babyfood, dinner, vegetables and beef, strained	256.0	1.0 cup	5.66	0.051	22.63
13358	Beef, cured, smoked, chopped beef	28.0	1.0 slice (1 oz)	5.65	0.046	0.52
17202	Veal, variety meats and by-products, liver, raw	28.35	1.0 oz	5.65	0.078	0.82

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	5.65	0.036	0.00
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	155.0	1.0 cup	5.64	0.062	12.90
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155.0	1.0 cup	5.64	0.062	12.90
21033	Fast foods, sundae, hot fudge	158.0	1.0 sundae	5.64	0.071	47.67
17324	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.64	0.066	0.00
36610	DENNY'S, french fries	165.0	1.0 serving	5.63	0.082	58.08
19170	Egg custards, dry mix, prepared with whole milk	141.0	0.5 cup	5.63	0.116	24.82
05183	Turkey, dark meat, meat and skin, raw	28.35	1.0 oz	5.62	0.056	0.04
36416	Restaurant, Latino, bunuelos (fried yeast bread)	70.0	1.0 piece	5.61	0.064	34.00
01007	Cheese, camembert	28.35	1.0 oz	5.61	0.087	0.13
07945	Frankfurter, beef, heated	48.0	1.0 frankfurter	5.61	0.060	1.28
17119	Veal, shoulder, whole (arm and blade), separable lean only, raw	28.35	1.0 oz	5.61	0.057	0.00
06071	Soup, vegetable beef, canned, condensed	126.0	0.5 cup	5.61	0.048	10.22
03061	Babyfood, dinner, vegetables and ham, strained	256.0	1.0 cup	5.61	--	19.97
20013	Bulgur, cooked	182.0	1.0 cup	5.61	0.087	33.82
07901	USDA Commodity, pork, sausage, bulk/links/patties, frozen, cooked	28.35	1.0 oz	5.60	--	0.00
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	31.0	2.0 large	5.60	0.065	3.14
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	160.0	1.0 cup	5.60	0.054	13.49
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160.0	1.0 cup	5.60	0.054	14.43
13887	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	5.60	0.063	0.00
22914	Pasta with tomato sauce, no meat, canned	252.0	1.0 serving (1 NLEA serving)	5.59	--	35.83
09297	Raisins, golden seedless	165.0	1.0 cup, packed	5.59	--	131.21
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	5.58	0.052	0.12
01045	Cheese food, cold pack, American	28.35	1.0 oz	5.57	0.081	2.36
06013	Soup, chicken broth, canned, condensed	126.0	0.5 cup (4 fl oz)	5.57	--	0.94
11956	Tomatoes, sun-dried, packed in oil, drained	110.0	1.0 cup	5.57	0.041	25.66
23513	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw	28.35	1.0 oz	5.57	0.060	0.00
28003	KELLOGG'S, EGGO, Pancakes, Blueberry	105.0	3.0 pancakes	5.56	--	41.90
13883	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	5.56	0.062	0.00
20111	Noodles, egg, spinach, enriched, dry	38.0	1.0 cup	5.55	0.074	26.72
36602	Restaurant, Chinese, fried rice, without meat	137.0	1.0 cup	5.55	0.071	44.92

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	234.0	1.0 cup, cooked	5.55	0.094	27.31
10149	Pork, cured, ham, steak, boneless, extra lean, unheated	28.35	1.0 oz	5.55	0.067	0.00
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	5.54	0.065	0.00
10072	Pork, fresh, shoulder, whole, separable lean only, raw	28.35	1.0 oz	5.54	0.070	0.00
18446	Pie crust, standard-type, frozen, ready-to-bake, unenriched	142.0	1.0 crust, single 9"	5.54	0.080	62.62
15191	Fish, butterfish, cooked, dry heat	25.0	1.0 fillet	5.54	0.062	0.00
36008	T.G.I. FRIDAY'S, fried mozzarella	35.0	1.0 piece	5.54	0.059	8.87
20037	Rice, brown, long-grain, cooked	202.0	1.0 cup	5.53	0.067	51.67
11318	Peas and carrots, canned, regular pack, solids and liquids	255.0	1.0 cup	5.53	0.041	21.62
11816	Peas and carrots, canned, no salt added, solids and liquids	255.0	1.0 cup	5.53	0.041	21.62
14632	Beverages, Meal supplement drink, canned, peanut flavor	158.0	1.0 cup	5.53	0.063	23.29
15007	Fish, butterfish, raw	32.0	1.0 fillet	5.53	0.062	0.00
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	85.0	3.0 oz	5.52	0.058	0.00
13885	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	5.52	0.062	0.00
18080	Bread sticks, plain	46.0	1.0 cup, small pieces	5.52	0.064	31.46
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31.0	1.0 cup (1 NLEA serving)	5.51	--	22.75
15121	Fish, tuna, light, canned in water, drained solids	28.35	1.0 oz	5.51	0.059	0.00
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	28.35	1.0 oz	5.51	0.052	0.29
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	28.35	1.0 oz	5.51	0.043	0.52
08537	Cereals ready-to-eat, KASHI 7 Whole Grain Flakes	50.0	1.0 cup (1 NLEA serving)	5.50	--	40.70
05335	Chicken, feet, boiled	28.35	1.0 oz	5.50	--	0.06
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	240.0	1.0 cup	5.50	0.065	13.30
01144	Egg substitute, powder	9.9	0.35 oz	5.49	--	2.16
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	5.49	0.052	0.29
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	5.49	0.095	8.17
16168	Soymilk, chocolate, with added calcium, vitamins A and D	243.0	1.0 cup	5.49	0.066	24.18
16166	Soymilk, chocolate, unfortified	243.0	1.0 cup	5.49	0.092	24.18
17320	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.49	0.064	0.00
01192	KRAFT VELVEETA LIGHT Reduced Fat Pasteurized Process Cheese Product	28.0	1.0 oz	5.49	--	3.30
15055	Fish, mullet, striped, raw	28.35	1.0 oz	5.49	0.062	0.00

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
17088	Veal, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	5.49	0.056	0.00
17122	Veal, shoulder, arm, separable lean and fat, raw	28.35	1.0 oz	5.48	0.056	0.00
43566	Snacks, tortilla chips, light (baked with less oil)	63.0	1.0 cup, crushed	5.48	--	46.24
13850	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	5.48	0.036	0.00
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	5.48	0.036	0.00
08451	Cereals, QUAKER, Quick Oats with Iron, Dry	40.0	0.5 cup	5.48	--	27.27
08402	Cereals, QUAKER, Quick Oats, Dry	40.0	0.5 cup	5.48	--	27.27
17310	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.48	0.064	0.00
17055	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	5.47	0.064	0.00
17278	Veal, shank (fore and hind), separable lean only, raw	28.35	1.0 oz	5.47	0.055	0.00
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	28.35	1.0 oz	5.46	0.055	0.00
18041	Bread, pita, white, enriched	60.0	1.0 pita, large (6-1/2" dia)	5.46	0.063	33.42
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	28.35	1.0 oz spiral slice	5.46	0.051	0.35
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	5.45	0.035	0.00
06471	Soup, vegetable beef, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	5.44	--	9.91
17306	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.43	0.064	0.00
28317	Bread, wheat, sprouted, toasted	38.0	1.0 slice 1 serving	5.43	--	13.99
17276	Veal, shank (fore and hind), separable lean and fat, raw	28.35	1.0 oz	5.43	0.055	0.00
36002	APPLEBEE'S, french fries	164.0	1.0 serving	5.43	--	64.78
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	5.43	0.035	0.00
17328	Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.41	0.063	0.00
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	5.41	0.035	0.00
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	5.41	0.038	38.78
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	5.41	0.038	38.78
06411	Soup, cheese, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	5.41	0.072	10.52
17134	Veal, sirloin, separable lean and fat, raw	28.35	1.0 oz	5.41	0.055	0.00
13149	Beef, rib, shortribs, separable lean only, choice, raw	28.35	1.0 oz	5.40	0.060	0.00

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
08284	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins	60.0	0.667 cup (1 NLEA serving)	5.40	--	48.06
17232	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	5.38	0.063	0.00
20109	Noodles, egg, dry, enriched	38.0	1.0 cup	5.38	0.051	27.08
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	5.38	0.051	27.08
07070	Salami, cooked, turkey	28.0	1.0 serving	5.38	0.049	0.43
10187	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw	28.35	1.0 oz	5.37	0.066	0.00
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	98.0	1.0 piece	5.37	0.047	36.40
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	166.0	1.0 cup spaghetti packed	5.36	0.033	51.64
17007	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	5.36	0.063	0.00
17228	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	5.36	0.063	0.00
14654	Beverages, nutritional shake mix, high protein, powder	10.0	1.0 tbsp	5.36	--	2.04
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	5.35	--	1.76
17110	Veal, rib, separable lean and fat, raw	28.35	1.0 oz	5.35	0.054	0.00
11458	Spinach, cooked, boiled, drained, without salt	180.0	1.0 cup	5.35	0.072	6.75
11854	Spinach, cooked, boiled, drained, with salt	180.0	1.0 cup	5.35	0.072	6.75
17286	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.34	0.062	0.00
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	47.0	2.0 biscuits (1 NLEA serving)	5.34	0.066	37.11
10802	USDA Commodity, pork, cured, ham, boneless, cooked, heated	28.35	1.0 oz boneless	5.34	--	0.00
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	58.0	7.0 biscuit (1 NLEA serving)	5.34	--	48.37
16129	Tofu, fried	28.35	1.0 oz	5.34	0.076	2.51
07950	Frankfurter, meat	52.0	1.0 serving (1 hot dog)	5.34	0.058	2.17
11045	Mung beans, mature seeds, sprouted, cooked, stir-fried	124.0	1.0 cup	5.33	0.072	13.13
10856	HORMEL ALWAYS TENDER, Boneless Pork Loin, Fresh Pork	28.0	1.0 oz	5.33	--	0.21
14423	Beverages, dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice	243.0	1.0 serving	5.32	--	10.96
13353	Beef, cured, luncheon meat, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	5.32	0.038	0.00
17258	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.32	0.062	0.00
10855	HORMEL ALWAYS TENDER, Center Cut Chops, Fresh Pork	28.35	1.0 oz	5.31	--	0.24
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	5.31	0.052	3.46

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
11709	Asparagus, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	5.31	0.052	3.46
05665	Ground turkey, 93% lean, 7% fat, raw	28.35	1.0 oz	5.31	0.060	0.00
05285	Turkey, diced, light and dark meat, seasoned	28.35	1.0 oz	5.30	0.058	0.28
16164	MORI-NU, Tofu, silken, lite firm	84.0	1.0 slice	5.29	0.080	0.92
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	28.35	1.0 oz spiral slice	5.29	0.049	0.33
11184	Corn with red and green peppers, canned, solids and liquids	227.0	1.0 cup	5.29	0.039	41.25
17294	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.27	0.062	0.00
08245	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Hearty Raisin	62.0	1.0 cup (1 NLEA serving)	5.27	--	50.10
17015	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	5.27	0.062	0.00
06174	Soup, stock, fish, home-prepared	233.0	1.0 cup	5.27	--	0.00
10115	Pork, fresh, variety meats and by-products, pancreas, raw	28.35	1.0 oz	5.26	0.115	0.00
01159	Cheese, goat, soft type	28.35	1.0 oz	5.25	0.055	0.00
28005	KELLOGG'S, CINNABON, Pancakes, Caramel	105.0	3.0 pancakes	5.25	--	45.57
28006	KELLOGG'S, CINNABON, Pancakes, Original	105.0	3.0 pancakes	5.25	--	45.26
14422	Beverages, Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder	21.0	1.0 packet (.75 oz)	5.25	--	10.79
21520	Fast foods, breadstick, soft, prepared with garlic and parmesan cheese	43.0	1.0 breadstick	5.25	--	19.13
21525	PIZZA HUT, breadstick, parmesan garlic	43.0	1.0 breadstick	5.25	--	19.13
08142	Cereals, WHEATENA, dry	40.0	0.33 cup (1 NLEA serving)	5.24	--	30.24
06316	Soup, HEALTHY CHOICE Garden Vegetable Soup, canned	246.0	1.0 serving 1 cup	5.24	--	24.70
15068	Fish, pompano, florida, raw	28.35	1.0 oz, boneless	5.24	0.059	0.00
17230	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	5.24	0.061	0.00
11301	Peas, edible-podded, boiled, drained, without salt	160.0	1.0 cup	5.23	0.051	11.28
11809	Peas, edible-podded, cooked, boiled, drained, with salt	160.0	1.0 cup	5.23	0.051	10.34
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	5.23	0.061	33.53
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	165.0	1.0 cup	5.23	0.061	32.55
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	168.0	1.0 cup	5.22	--	15.42
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	168.0	1.0 cup	5.22	--	15.42
03274	Babyfood, dinner, vegetables and chicken, junior	256.0	1.0 cup	5.22	--	22.17
13803	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	5.22	0.058	0.00
42186	Frozen yogurts, chocolate	174.0	1.0 cup	5.22	--	37.58

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
42187	Frozen yogurts, flavors other than chocolate	174.0	1.0 cup	5.22	--	37.58
43366	Turkey, wing, smoked, cooked, with skin, bone removed	19.0	1.0 oz with bone, cooked (yield after bone removed)	5.21	--	0.00
17302	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.20	0.061	0.00
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245.0	1.0 cup (unprepared)	5.19	--	31.29
28343	Rolls, gluten-free, whole grain, made with tapioca starch and brown rice flour	44.0	1.0 roll	5.19	--	19.49
09231	Passion-fruit, (granadilla), purple, raw	236.0	1.0 cup	5.19	--	55.18
28373	UDI'S, Gluten Free, Whole Grain Dinner Rolls	44.0	1.0 roll	5.19	--	19.49
17216	Veal, variety meats and by-products, spleen, raw	28.35	1.0 oz	5.19	0.051	0.00
13333	Beef, variety meats and by-products, spleen, raw	28.35	1.0 oz	5.19	0.054	0.00
14179	Beverages, coffee, ready to drink, milk based, sweetened	262.0	1.0 cup	5.19	--	33.01
15077	Fish, salmon, chinook, smoked	28.35	1.0 oz, boneless	5.18	0.058	0.00
15179	Fish, salmon, chinook, smoked, (lox), regular	28.35	1.0 oz	5.18	0.058	0.00
11015	Asparagus, canned, drained solids	242.0	1.0 cup	5.18	0.051	5.95
03062	Babyfood, dinner, vegetables and ham, junior	256.0	1.0 cup	5.17	--	22.12
17290	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.17	0.060	0.00
08463	Cereals ready-to-eat, KASHI ORGANIC PROMISE, STRAWBERRY FIELDS	55.0	1.0 cup (1 NLEA serving)	5.17	--	45.92
06739	Soup, vegetable beef, canned, condensed, single brand	136.0	1.0 serving	5.17	--	10.47
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	54.0	1.0 serving 1 singles bag	5.17	--	32.66
12087	Nuts, cashew nuts, raw	28.35	1.0 oz	5.17	0.081	8.56
10003	Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	28.35	1.0 oz	5.17	0.058	0.00
07963	Frankfurter, meat and poultry, cooked, boiled	50.0	1.0 frankfurter	5.16	0.056	2.48
07060	Luxury loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	5.15	0.060	1.37
09321	Sugar-apples, (sweetsop), raw	250.0	1.0 cup, pulp	5.15	0.025	59.10
11768	Collards, cooked, boiled, drained, with salt	190.0	1.0 cup, chopped	5.15	0.051	10.74
11162	Collards, cooked, boiled, drained, without salt	190.0	1.0 cup, chopped	5.15	0.051	10.74
08695	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, little bites	56.0	1.0 Cup (1 NLEA serving)	5.15	--	46.70
13926	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	5.15	0.058	0.00
01253	Cheese, pasteurized process, American, without added vitamin D	28.35	1.0 oz	5.14	0.066	1.05
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	5.14	0.066	1.36

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	5.13	0.036	36.84
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	5.13	0.036	36.84
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	5.13	0.036	36.84
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	5.13	0.036	36.84
09039	Avocados, raw, Florida	230.0	1.0 cup, pureed	5.13	0.064	17.99
07964	Frankfurter, meat and poultry, cooked, grilled	48.0	1.0 frankfurter	5.12	0.056	2.52
03066	Babyfood, dinner, vegetables and lamb, strained	256.0	1.0 cup	5.12	0.059	17.66
17256	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.11	0.060	0.00
16579	GARDENBURGER Original, frozen, unprepared	71.0	1.0 patty	5.11	--	15.69
06039	Soup, minestrone, canned, chunky, ready-to-serve	240.0	1.0 cup	5.11	--	20.74
07241	OSCAR MAYER, Wieners (beef franks)	45.0	1.0 serving	5.11	--	1.25
11182	Corn, yellow, whole kernel, frozen, microwaved	141.0	1.0 cup	5.10	0.047	36.48
14068	Beverages, KELLOGG'S SPECIAL K20 protein powder	14.5	1.0 packet	5.10	--	8.47
16227	Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D	243.0	1.0 cup	5.10	--	20.02
32034	HUNGRY MAN, Salisbury Steak With Gravy, frozen, unprepared	64.0	1.0 patty	5.09	--	4.45
20656	Pasta, gluten-free, rice flour and rice bran extract, cooked, DE BOLES	121.0	1.0 cup spaghetti	5.09	--	49.31
15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	5.09	0.057	0.00
17254	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.09	0.060	0.00
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	120.0	1.0 item	5.09	--	31.63
11697	Arrowroot, raw	120.0	1.0 cup, sliced	5.09	--	16.07
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	5.08	0.043	22.16
11490	Squash, winter, hubbard, baked, without salt	205.0	1.0 cup, cubes	5.08	0.043	22.16
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	5.08	0.048	0.35
18289	Pancakes, plain, dry mix, complete (includes buttermilk)	52.0	0.333 cup	5.08	0.059	38.30
07949	Frankfurter, meat, heated	52.0	1.0 serving (1 hot dog)	5.08	0.055	2.55
17011	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	5.08	0.059	0.00
16107	Sausage, meatless	25.0	1.0 link	5.07	0.070	2.02
09298	Raisins, seedless	165.0	1.0 cup, packed	5.07	0.082	130.65

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) 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	--	35.35
10117	Pork, fresh, variety meats and by-products, spleen, raw	28.35	1.0 oz	5.06	0.052	0.00
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	28.35	1.0 oz	5.06	0.071	7.09
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	210.0	1.0 cup	5.06	0.036	40.82
11908	Corn, sweet, white, canned, vacuum pack, regular pack	210.0	1.0 cup	5.06	0.036	40.82
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	5.06	0.036	40.82
11909	Corn, sweet, white, canned, vacuum pack, no salt added	210.0	1.0 cup	5.06	0.036	40.82
28011	KELLOGG'S, EGGO, Waffles, Cinnamon Toast	92.0	3.0 sets	5.06	--	45.54
17280	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	5.06	0.059	0.00
08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	40.0	0.5 cup (1 NLEA serving)	5.06	--	29.05
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170.0	1.0 cup, chopped	5.05	0.065	12.07
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	170.0	1.0 cup, chopped	5.05	0.065	12.07
11514	Sweet potato, canned, mashed	255.0	1.0 cup	5.05	0.061	59.13
11033	Lima beans, immature seeds, canned, regular pack, solids and liquids	124.0	0.5 cup	5.05	0.067	16.53
19240	Frostings, chocolate, creamy, dry mix	388.0	1.0 package	5.04	0.078	356.96
18101	Cake, chocolate, prepared from recipe without frosting	95.0	1.0 piece (1/12 of 9" dia)	5.04	0.065	50.73
10174	Pork, fresh, variety meats and by-products, tail, raw	28.35	1.0 oz	5.03	0.025	0.00
01223	Protein supplement, milk based, Muscle Milk, powder	11.0	1.0 tbsp	5.03	--	2.04
28286	Bread, paratha, whole wheat, commercially prepared, frozen	79.0	1.0 piece	5.02	--	35.83
13321	Beef, variety meats and by-products, heart, raw	28.35	1.0 oz	5.02	--	0.04
22948	SUPPER BAKES MEAL KITS, Savory Pork Chops with herb stuffing (pork chop not included)	85.0	1.0 serving	5.02	--	31.14
06024	Soup, chicken and vegetable, canned, ready-to-serve	255.0	1.0 cup	5.02	0.051	11.93
08081	Cereals ready-to-eat, POST, Honey Nut Shredded Wheat	59.0	1.0 cup (1 NLEA serving)	5.02	--	49.32
05127	Chicken, stewing, giblets, raw	28.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	5.01	0.057	0.60
19143	Candies, MR. GOODBAR Chocolate Bar	49.0	1.0 bar (1.75 oz)	5.01	--	26.63
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	28.35	1.0 oz	5.01	0.031	0.03
05023	Chicken, gizzard, all classes, raw	28.35	1.0 oz	5.01	--	0.00
21463	Yogurt parfait, lowfat, with fruit and granola	149.0	1.0 item	5.01	--	23.63
16248	SILK Mocha, soymilk	243.0	1.0 cup	5.01	--	21.99
16249	SILK Coffee, soymilk	243.0	1.0 cup	5.01	--	25.00
16240	SILK Light Chocolate, soymilk	243.0	1.0 cup	5.01	--	21.99
16237	SILK Chocolate, soymilk	243.0	1.0 cup	5.01	--	23.01

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
22965	SPAGHETTIOS, SpaghettiOs Original, easy open	213.0	1.0 can (1 serving)	5.01	--	30.99
08708	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Touch of Fruit in the Middle, raisin	55.0	24.0 Biscuits (1 NLEA serving)	5.00	--	45.16
16200	Campbell's Brown Sugar And Bacon Flavored Baked Beans	130.0	0.5 cup	5.00	--	30.00
16202	PACE, Traditional Refried Beans	120.0	0.5 cup	5.00	--	13.00
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	5.00	0.047	48.70
16204	PACE, Spicy Jalapeno Refried Beans	120.0	0.5 cup	5.00	--	14.00
13807	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	5.00	0.056	0.00
15075	Fish, sablefish, smoked	28.35	1.0 oz	5.00	0.056	0.00
07064	Pork sausage, link/patty, cooked, pan-fried	27.0	1.0 patty	5.00	0.050	0.38
06146	CAMPBELL'S Red and White, Beef with Vegetables and Barley Soup, condensed	126.0	1.0 serving 1/2 cup	5.00	--	14.99
01240	Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	96.0	1.0 unit	5.00	--	33.00
18972	Bread, cheese	48.0	1.0 slice	5.00	--	21.52
19896	Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar	56.0	1.0 serving 1 bar	5.00	--	35.78
25062	Snack, Mixed Berry Bar	38.0	1.0 bar	5.00	--	22.36
28316	Bread, wheat, sprouted	38.0	1.0 slice 1 serving	5.00	--	12.87
43495	Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY	50.0	1.0 cup (1 NLEA serving)	5.00	--	39.00
08500	Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	5.00	--	45.00
18973	Focaccia, Italian flatbread, plain	57.0	1.0 piece	5.00	--	20.42
32024	Rice mix, cheese flavor, dry mix, unprepared	57.0	0.25 cup dry rice mix	5.00	--	42.11
06505	CAMPBELL'S Red and White - Microwaveable Bowls, Vegetable Beef Soup	245.0	1.0 cup	5.00	--	14.99
16251	SILK Vanilla soy yogurt (single serving size)	170.0	1.0 container	5.00	--	25.01
06383	CAMPBELL'S CHUNKY Soups, Baked Potato with Cheddar & Bacon Bits Soup	245.0	1.0 cup	5.00	--	23.01
06429	CAMPBELL'S CHUNKY Soups, Manhattan Clam Chowder	245.0	1.0 cup	5.00	--	19.01
27009	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST New England Clam Chowder	245.0	1.0 cup	5.00	--	19.99
05286	Turkey and gravy, frozen	85.0	3.0 oz	5.00	0.057	3.92
28304	Waffles, whole wheat, lowfat, frozen, ready-to-heat	70.0	1.0 serving 2 waffles	5.00	--	34.41
10854	HORMEL ALWAYS TENDER, Pork Loin Filets, Lemon Garlic-Flavored	28.0	1.0 oz	4.99	--	0.50
42074	Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated	78.0	1.0 bar	4.99	--	20.37
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	256.0	1.0 cup	4.99	0.036	39.45

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	256.0	1.0 cup	4.99	0.038	35.48
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	4.99	0.036	35.48
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	256.0	1.0 cup	4.99	0.036	39.45
22950	SUPPER BAKES MEAL KITS, Traditional Roast Chicken with stuffing (chicken not included)	84.0	1.0 serving 1/6 box	4.99	--	28.93
19087	Candies, white chocolate	85.0	1.0 bar (3 oz)	4.99	--	50.35
18501	KELLOGG, KELLOG'S NUTRI-GRAIN CEREAL BARS, Mixed Berry	116.0	1.0 bar (NLEA serving)	4.99	--	84.45
18969	Cream puff, eclair, custard or cream filled, iced	113.0	4.0 oz	4.98	--	42.30
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	165.0	1.0 cup	4.98	0.035	34.20
08390	Cereals ready-to-eat, KASHI GOOD FRIENDS	53.0	1.0 cup (1 NLEA serving)	4.98	--	42.03
18310	Pie, chocolate creme, commercially prepared	120.0	1.0 serving .167 pie	4.98	--	46.13
19704	Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium	9.0	1.0 tbsp	4.98	0.000	3.00
19703	Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C	9.0	1.0 tbsp	4.98	0.000	3.00
08683	Cereals ready-to-eat, CASCADIAN FARM, Multi-Grain Squares	53.0	1.0 cup (1 NLEA serving)	4.98	--	43.99
05176	Turkey, heart, all classes, cooked, simmered	20.0	1.0 heart	4.98	0.054	0.00
17226	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	4.97	0.058	0.00
13095	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	4.96	0.056	0.00
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	54.0	21.0 biscuits (1 NLEA serving)	4.96	--	45.04
05102	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour	19.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	4.96	0.053	0.45
32035	BANQUET, Salisbury Steak With Gravy, family size, frozen, unprepared	72.0	1.0 patty	4.96	--	5.01
07962	Frankfurter, meat and poultry, unheated	51.0	1.0 frankfurter	4.96	0.054	2.56
19161	Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars	54.0	1.0 package (1.89 oz, 2 bars)	4.96	--	29.24
13002	Beef, carcass, separable lean and fat, select, raw	28.35	1.0 oz	4.96	0.057	0.00
06733	Soup, beef with vegetables and barley, canned, condensed, single brand	127.0	1.0 serving	4.95	--	10.41
17271	Veal, breast, whole, boneless, separable lean and fat, raw	28.35	1.0 oz	4.95	0.050	0.00
10804	USDA Commodity, pork, cured, ham, boneless, cooked, unheated	28.35	1.0 oz boneless	4.94	--	0.20
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	28.35	1.0 oz	4.94	0.059	0.00
11855	Spinach, canned, no salt added, solids and liquids	234.0	1.0 cup	4.94	0.066	6.83
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	4.94	0.066	6.83
08182	Cereals, WHEATENA, cooked with water, with salt	243.0	1.0 cup	4.93	--	28.53
13323	Beef, variety meats and by-products, kidneys, raw	28.35	1.0 oz	4.93	--	0.08

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
12013	Seeds, lotus seeds, dried	32.0	1.0 cup	4.93	0.071	20.63
06413	Soup, chicken broth, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	4.93	--	0.93
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	202.0	1.0 potato (2-1/3" x 4-3/4")	4.93	0.077	48.96
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	0.077	48.96
42258	Cheese product, pasteurized process, cheddar, reduced fat	28.0	1.0 slice 1 oz	4.93	--	2.97
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	51.0	0.5 cup (1 NLEA serving)	4.93	--	38.08
13819	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	4.92	0.055	0.00
09094	Figs, dried, uncooked	149.0	1.0 cup	4.92	0.030	95.17
19098	Candies, 5TH AVENUE Candy Bar	56.0	1.0 bar 2 oz	4.92	--	35.10
03059	Babyfood, dinner, vegetables and bacon, strained	256.0	1.0 cup	4.92	--	22.55
13001	Beef, carcass, separable lean and fat, choice, raw	28.35	1.0 oz	4.91	0.057	0.00
19084	Candies, HERSHEY'S GOLDEN ALMOND SOLITAIRES	41.0	13.0 pieces	4.91	--	19.21
19031	Snacks, oriental mix, rice-based	28.35	1.0 oz	4.91	0.054	14.63
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	245.0	1.0 cup	4.90	--	22.05
11987	Mushrooms, oyster, raw	148.0	1.0 large	4.90	0.062	9.01
16515	WORTHINGTON Low Fat Veja-Links, canned, unprepared	31.0	1.0 link	4.90	--	1.33
08569	Cereals, KASHI HEART TO HEART, Instant Oatmeal, golden brown maple, dry	43.0	1.0 packet (1 NLEA serving)	4.90	--	31.64
10103	Pork, fresh, variety meats and by-products, heart, raw	28.35	1.0 oz	4.90	0.056	0.38
17298	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	4.89	0.057	0.00
09289	Prunes, dehydrated (low-moisture), uncooked	132.0	1.0 cup	4.88	--	117.57
06963	Fish broth	244.0	1.0 cup	4.88	--	0.98
17218	Veal, variety meats and by-products, thymus, raw	28.35	1.0 oz	4.88	--	0.00
17234	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	4.88	0.057	0.00
17214	Lamb, variety meats and by-products, spleen, raw	28.35	1.0 oz	4.88	0.054	0.00
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	4.87	0.080	7.73
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	163.0	1.0 cup	4.87	0.080	7.91
17246	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	4.87	0.057	0.00
17264	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	4.87	0.057	0.00

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
17260	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	4.87	0.057	0.00
17193	Veal, variety meats and by-products, heart, raw	28.35	1.0 oz	4.87	0.052	0.02
17222	Veal, variety meats and by-products, tongue, raw	28.35	1.0 oz	4.87	0.052	0.54
17236	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	4.87	0.057	0.00
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	28.35	1.0 oz	4.87	0.059	0.00
13815	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	4.86	0.054	0.00
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	242.0	1.0 cup	4.86	0.015	82.62
08143	Cereals, WHEATENA, cooked with water	243.0	1.0 cup	4.86	--	28.67
19252	Candies, REESE'S, FAST BREAK, milk chocolate peanut butter and soft nougats	56.0	2.0 oz bar	4.85	--	34.50
08673	Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	4.85	--	43.67
08677	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS Touch of Fruit in the Middle, Raspberry	55.0	24.0 biscuits (1 NLEA serving)	4.84	--	45.16
08145	Cereals, whole wheat hot natural cereal, cooked with water, without salt	242.0	1.0 cup	4.84	--	33.15
08183	Cereals, whole wheat hot natural cereal, cooked with water, with salt	242.0	1.0 cup	4.84	--	33.15
17242	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	4.84	0.056	0.00
20453	Rice, white, short-grain, cooked, unenriched	205.0	1.0 cup	4.84	0.055	58.90
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	4.84	0.045	0.40
17322	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	4.84	0.056	0.00
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	4.82	0.056	0.00
13817	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	4.81	0.054	0.00
06009	Soup, beef noodle, canned, condensed	125.0	0.5 cup	4.81	0.046	8.95
06621	SMART SOUP, Greek Minestrone	283.0	10.0 oz 1 pouch	4.81	--	23.77
12024	Seeds, sesame seeds, whole, roasted and toasted	28.35	1.0 oz	4.81	0.105	7.30
12034	Seeds, sesame meal, partially defatted	28.35	1.0 oz	4.81	0.105	7.38
09031	Apricots, dehydrated (low-moisture), sulfured, stewed	249.0	1.0 cup	4.81	0.085	81.22
17019	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	4.80	0.056	0.00
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	138.0	1.0 piece (1/12 of a cake)	4.80	0.077	72.92

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
06970	Soup, chicken broth, low sodium, canned	240.0	1.0 cup	4.80	--	2.88
15167	Mollusks, oyster, eastern, wild, raw	84.0	6.0 medium	4.80	0.058	2.28
20651	Rice, brown, parboiled, cooked, UNCLE BENS	155.0	1.0 cup	4.79	--	48.56
17001	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	4.79	0.056	0.00
10219	Pork, fresh, ground, raw	28.35	1.0 oz	4.79	0.061	0.00
08542	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS Bite Size Strawberry Delight	55.0	25.0 biscuits (1 NLEA serving)	4.78	--	46.53
08459	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS, Maple & Brown Sugar, Bite Size	55.0	25.0 biscuits (1 NLEA serving)	4.78	--	46.58
10119	Pork, fresh, variety meats and by-products, stomach, raw	28.35	1.0 oz	4.78	--	0.00
06375	CAMPBELL'S, Vegetable Beef Soup, condensed	126.0	0.5 cup condensed	4.78	--	14.87
08568	Cereals, KASHI HEART TO HEART, Instant Oatmeal, Apple Cinnamon, dry	43.0	1.0 packet (1 NLEA serving)	4.77	--	31.73
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	129.0	1.0 cup	4.77	0.064	64.76
18998	KELLOGG'S, EGGO, French Toaster Sticks, Original	90.0	2.0 pieces	4.77	--	35.46
01190	KRAFT FREE Singles American Nonfat Pasteurized Process Cheese Product	21.0	1.0 slice	4.77	--	2.46
19246	Frostings, white, fluffy, dry mix	207.0	1.0 package	4.76	0.052	196.44
08631	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS LITTLE BITES, chocolate	56.0	1.0 cup (1 NLEA serving)	4.76	--	45.58
17043	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	4.76	0.056	0.00
16055	Carob flour	103.0	1.0 cup	4.76	0.049	91.55
36004	APPLEBEE'S, mozzarella sticks	32.0	1.0 piece	4.76	0.065	7.32
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	240.0	1.0 cup	4.75	--	42.98
13830	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	4.75	0.053	0.00
17062	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	4.75	0.056	0.00
13859	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	4.75	0.053	0.00
11167	Corn, sweet, yellow, raw	145.0	1.0 cup	4.74	0.033	27.12
17205	Lamb, variety meats and by-products, lungs, raw	28.35	1.0 oz	4.73	0.048	0.00
08617	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Bite Size Blueberry Muffin	55.0	25.0 biscuits (1 NLEA serving)	4.73	--	46.64
08286	Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX	55.0	0.67 cup (1 NLEA serving)	4.73	--	41.20
17318	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	4.73	0.055	0.00

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
06170	Soup, stock, beef, home-prepared	240.0	1.0 cup	4.73	--	2.88
19247	Frostings, white, fluffy, dry mix, prepared with water	315.0	1.0 package yields	4.72	0.050	197.19
15231	Mollusks, oyster, Pacific, cooked, moist heat	25.0	1.0 medium	4.72	0.053	2.48
15171	Mollusks, oyster, Pacific, raw	50.0	1.0 medium	4.72	0.053	2.48
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	4.72	0.043	0.19
08452	Cereals, QUAKER, Whole Wheat Natural Cereal, dry	40.0	0.5 cup	4.72	--	29.92
17051	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	4.71	0.055	0.00
18959	Pastry, Pastelitos de Guava (guava pastries)	86.0	1.0 piece	4.71	--	41.07
06409	Soup, beef noodle, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	4.71	--	8.74
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	4.70	0.055	0.00
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	28.35	1.0 oz	4.70	0.023	0.00
17224	Lamb, ground, raw	28.35	1.0 oz	4.69	0.055	0.00
12006	Seeds, chia seeds, dried	28.35	1.0 oz	4.69	0.124	11.94
13824	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	4.69	0.052	0.00
13844	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	4.68	0.052	0.00
35204	Chokecherries, raw, pitted (Northern Plains Indians)	154.0	1.0 cup	4.68	--	51.77
05179	Turkey from whole, neck, meat only, raw	28.35	1.0 oz	4.68	0.050	0.00
11370	Potatoes, hash brown, home-prepared	156.0	1.0 cup	4.68	0.073	54.77
42261	Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	52.0	0.75 cup (1 NLEA serving)	4.68	--	37.96
42148	Candies, MARS SNACKFOOD US, M&M's Peanut Butter Chocolate Candies	46.0	1.0 serving 1.63 oz singles bag	4.67	--	26.17
17326	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	4.67	0.055	0.00
10170	Pork, cured, shoulder, blade roll, separable lean and fat, unheated	28.35	1.0 oz	4.67	0.056	0.00
17191	Lamb, variety meats and by-products, heart, raw	28.35	1.0 oz	4.67	0.050	0.06
10106	Pork, fresh, variety meats and by-products, kidneys, raw	28.35	1.0 oz	4.67	0.060	0.00
20118	Noodles, flat, crunchy, Chinese restaurant	45.0	1.0 cup	4.65	--	23.36
07050	Mortadella, beef, pork	28.35	1.0 oz	4.64	0.043	0.86
27002	Soup, wonton, Chinese restaurant	223.0	1.0 cup	4.64	0.029	11.71
15014	Fish, cisco, smoked	28.35	1.0 oz	4.64	0.052	0.00

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
13827	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	4.63	0.052	0.00
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	55.0	0.666 cup (1 NLEA serving)	4.63	--	44.31
21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	16.0	1.0 wing without skin, bone and breading	4.63	0.035	0.46
17023	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	4.63	0.054	0.00
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	237.0	1.0 cup	4.62	0.064	25.29
10121	Pork, fresh, variety meats and by-products, tongue, raw	28.35	1.0 oz	4.62	0.053	0.00
05600	USDA Commodity, turkey ham, dark meat, smoked, frozen	28.35	1.0 oz	4.62	--	0.88
17207	Veal, variety meats and by-products, lungs, raw	28.35	1.0 oz	4.62	0.037	0.00
28021	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Original	70.0	2.0 waffles	4.62	--	26.32
28015	KELLOGG'S, EGGO, Waffles, Homestyle	70.0	2.0 waffles	4.62	--	27.86
28019	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Honey Oat	70.0	2.0 waffles	4.62	--	30.87
28010	KELLOGG'S, EGGO, Waffles, Buttermilk	70.0	2.0 waffles	4.62	--	27.30
07027	Ham, chopped, not canned	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	4.62	--	1.18
07030	Ham, minced	28.35	1.0 oz	4.62	0.044	0.52
16570	GARDENBURGER Black Bean Chipotle Burger, frozen, unprepared	71.0	1.0 patty	4.62	--	15.62
18076	Bread, whole-wheat, commercially prepared, toasted	28.35	1.0 oz	4.61	0.029	14.50
13838	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	4.61	0.052	0.00
01270	Cheese, cheddar, sharp, sliced	19.0	1.0 slice (2/3 oz)	4.61	0.061	0.40
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	47.0	0.75 cup (1 NLEA serving)	4.61	--	38.63
11618	Eppaw, raw	100.0	1.0 cup	4.60	--	31.68
20047	Rice, white, long-grain, parboiled, enriched, cooked	158.0	1.0 cup	4.60	0.063	41.16
20447	Rice, white, long-grain, parboiled, unenriched, cooked	158.0	1.0 cup	4.60	0.062	41.16
13328	Beef, variety meats and by-products, lungs, raw	28.35	1.0 oz	4.59	0.042	0.00
12021	Seeds, safflower seed kernels, dried	28.35	1.0 oz	4.59	0.052	9.72
11452	Soybeans, mature seeds, sprouted, raw	35.0	0.5 cup	4.58	0.056	3.35
13833	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	4.58	0.051	0.00
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	4.57	0.034	15.53
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	4.57	0.034	15.53
12118	Nuts, coconut milk, canned (liquid expressed from grated meat and water)	226.0	1.0 cup	4.57	0.054	6.35
01191	KRAFT VELVEETA Pasteurized Process Cheese Spread	28.0	1.0 oz	4.56	--	2.74
07212	OSCAR MAYER, Ham (chopped with natural juice)	28.0	1.0 serving (1 slice)	4.56	--	1.02

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	4.56	0.042	0.38
07021	Dutch brand loaf, chicken, pork and beef	38.0	1.0 slice	4.56	0.065	1.49
18612	MCKEE BAKING, LITTLE DEBBIE NUTTY BARS, Wafers with Peanut Butter, Chocolate Covered	57.0	1.0 serving	4.56	--	31.46
18639	GEORGE WESTON BAKERIES, Thomas English Muffins	57.0	1.0 serving	4.56	--	26.22
11671	Potatoes, o'brien, home-prepared	194.0	1.0 cup	4.56	0.068	30.01
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	147.0	0.5 cup	4.56	0.062	27.64
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	59.0	1.0 cup (1 NLEA serving)	4.55	0.065	45.60
07026	Ham, chopped, canned	28.35	1.0 oz	4.55	0.052	0.07
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	144.0	1.0 piece (1/12 of a cake)	4.55	--	79.72
18506	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Low Fat	70.0	2.0 waffles 1 serving	4.55	--	27.30
13841	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	4.54	0.051	0.00
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	4.54	0.054	32.27
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	165.0	1.0 cup	4.54	0.054	32.27
07953	Pork sausage, link/patty, fully cooked, microwaved	30.0	1.0 patty	4.54	0.045	0.19
05115	Chicken, roasting, giblets, raw	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	4.54	0.050	0.28
12167	Nuts, chestnuts, european, roasted	143.0	1.0 cup	4.53	0.050	75.73
16524	WORTHINGTON Veja-Links, canned, unprepared	31.0	1.0 link	4.53	--	1.27
20041	Rice, brown, medium-grain, cooked	195.0	1.0 cup	4.52	0.058	45.84
21130	Fast foods, onion rings, breaded and fried	117.0	1.0 package (18 onion rings)	4.52	--	50.99
08627	Cereals ready-to-eat, QUAKER, Natural Granola Apple Cranberry Almond	49.0	0.5 cup (1 NLEA serving)	4.51	--	36.62
20657	Pasta, gluten-free, corn and rice flour, cooked	141.0	1.0 cup spaghetti	4.51	0.028	53.65
31036	Potatoes, mashed, ready-to-eat	229.0	1.0 cup	4.51	--	30.43
09038	Avocados, raw, California	230.0	1.0 cup, pureed	4.51	0.058	19.87
08023	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN	49.0	0.75 cup (1 NLEA serving)	4.51	--	34.45
08484	Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	4.50	--	47.42
17262	Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	4.50	0.053	0.00
08709	Cereals ready-to-eat, MOM'S BEST, Sweetened WHEAT-FULS	55.0	1.0 cup (1 NLEA serving)	4.50	--	44.50
11876	Sweet potato, cooked, boiled, without skin, with salt	328.0	1.0 cup, mashed	4.49	0.066	58.12
11510	Sweet potato, cooked, boiled, without skin	328.0	1.0 cup, mashed	4.49	0.092	58.12
07001	Barbecue loaf, pork, beef	28.35	1.0 oz	4.49	0.048	1.81
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	142.0	0.5 cup	4.49	--	27.89

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	4.48	0.068	46.55
08290	Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes	31.0	0.75 cup (1 NLEA serving)	4.48	--	24.23
08511	Cereals, MALT-O-MEAL, original, plain, prepared with water, without salt	268.0	1.0 serving (3 T dry cereal plus 1 cup water)	4.48	--	27.04
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	142.0	0.5 cup From 19211	4.47	0.062	26.82
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	4.47	0.065	33.87
13847	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	4.47	0.050	0.00
07940	Macaroni and cheese loaf, chicken, pork and beef	38.0	1.0 slice	4.47	0.055	4.42
17197	Veal, variety meats and by-products, kidneys, raw	28.35	1.0 oz	4.47	0.057	0.24
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	43.0	1.0 packet (1 NLEA serving)	4.47	--	32.04
18631	PILLSBURY, Crusty French Loaf, refrigerated dough	52.0	1.0 serving	4.47	--	24.10
35239	Tortilla, blue corn, Sakwavikaviki (Hopi)	57.0	1.0 piece	4.46	--	33.13
17195	Lamb, variety meats and by-products, kidneys, raw	28.35	1.0 oz	4.46	0.060	0.23
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	4.46	0.041	0.31
11907	Corn, sweet, white, canned, cream style, no salt added	256.0	1.0 cup	4.45	0.031	46.41
11174	Corn, sweet, yellow, canned, cream style, regular pack	256.0	1.0 cup	4.45	0.031	46.41
11772	Corn, sweet, yellow, canned, cream style, no salt added	256.0	1.0 cup	4.45	0.031	46.41
11906	Corn, sweet, white, canned, cream style, regular pack	256.0	1.0 cup	4.45	0.031	47.67
13331	Beef, variety meats and by-products, pancreas, raw	28.35	1.0 oz	4.45	0.058	0.00
17220	Lamb, variety meats and by-products, tongue, raw	28.35	1.0 oz	4.45	0.045	0.00
18616	MISSION FOODS, MISSION Flour Tortillas, Soft Taco, 8 inch	51.0	1.0 serving	4.44	--	25.30
15245	Mollusks, oyster, eastern, farmed, raw	85.0	3.0 oz	4.44	0.050	4.70
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	4.43	0.060	31.52
18346	Rolls, dinner, rye	43.0	1.0 large (approx 3-1/2" to 4" dia)	4.43	0.051	22.83
20051	Rice, white, medium-grain, enriched, cooked	186.0	1.0 cup	4.43	0.052	53.18
20451	Rice, white, medium-grain, cooked, unenriched	186.0	1.0 cup	4.43	0.052	53.18
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	56.0	1.0 cup (1 NLEA serving)	4.42	--	45.81
19238	Candies, REESE'S BITES	39.0	16.0 pieces	4.42	--	21.52
08554	Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch	52.0	0.75 cup (1 NLEA serving)	4.42	--	40.25
15175	Mollusks, squid, mixed species, raw	28.35	1.0 oz, boneless	4.42	0.049	0.87
18505	KELLOGG'S, EGGO, Waffles, Homestyle, Low Fat	70.0	2.0 waffles 1 serving	4.41	--	31.43
09032	Apricots, dried, sulfured, uncooked	130.0	1.0 cup, halves	4.41	0.021	81.43

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
03085	Babyfood, dinner, vegetables and turkey, junior	256.0	1.0 cup	4.40	--	19.33
01126	Egg, yolk, raw, frozen, pasteurized	28.35	1.0 oz	4.40	0.063	0.23
08366	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Wheat Germ, Regular	14.0	2.0 tbsp (1 NLEA serving)	4.40	--	6.91
03945	Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA	30.5	1.0 fl oz	4.40	--	15.78
32031	Salisbury steak with gravy, frozen	63.0	1.0 patty	4.40	--	4.27
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	4.39	0.026	37.93
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 cup	4.39	0.026	37.93
19147	Candies, peanut bar	28.35	1.0 oz	4.39	0.042	13.44
06549	Soup, chicken mushroom, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	4.39	--	9.27
20053	Rice, white, short-grain, enriched, cooked	186.0	1.0 cup	4.39	0.050	53.44
19118	Candies, NESTLE, OH HENRY! Bar	57.0	1.0 bar 2 oz	4.39	--	37.34
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	57.0	1.0 cup (1 NLEA serving)	4.39	--	48.56
11437	Salsify, (vegetable oyster), raw	133.0	1.0 cup slices	4.39	--	24.74
16278	Vitasoy USA Azumaya, Silken Tofu	91.0	0.2 package	4.39	--	0.53
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	4.38	0.045	7.46
42278	Babyfood, vegetable and brown rice, strained	230.0	1.0 cup	4.37	--	27.83
08113	Cereals, farina, enriched, cooked with water, without salt	240.0	1.0 cup	4.37	0.048	26.21
03861	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DHA	28.0	3.0 scoop	4.37	--	15.99
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	240.0	1.0 cup	4.37	0.048	26.21
16214	Vitasoy USA, Organic Nasoya Silken Tofu	91.0	0.2 package	4.37	--	1.27
27035	Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium	40.0	1.41 oz dry (half noodle block)	4.36	--	28.38
08277	Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA	55.0	0.667 cup (1 NLEA serving)	4.34	--	43.67
08668	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Nutty Clusters & Almonds	55.0	1.0 cup (1 NLEA serving)	4.34	--	43.72
08411	Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS, Brown Sugar, dry	50.0	1.0 packet (1 NLEA serving)	4.34	--	36.84
42265	Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & Pecan	55.0	0.75 cup (1 NLEA serving)	4.34	--	40.86
08697	Cereals ready-to-eat, KASHI ORGANIC PROMISE, RAISIN VINEYARD	50.0	0.75 Cup (1 NLEA serving)	4.34	--	39.95
17239	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	4.34	0.051	0.00
06461	Soup, tomato beef with noodle, canned, prepared with equal volume water	244.0	1.0 cup	4.34	--	20.59

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	231.0	1.0 cup	4.34	0.042	23.33
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	4.34	0.053	0.00
28018	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Blueberry	70.0	2.0 waffles	4.34	--	30.52
19219	Puddings, coconut cream, dry mix, regular, prepared with 2% milk	140.0	0.5 cup	4.34	0.057	24.92
28023	KELLOGG'S, SIMPLY EGGO, Original	70.0	2.0 waffles	4.34	--	30.31
11400	Potatoes, frozen, whole, unprepared	182.0	1.0 cup	4.33	0.067	31.80
18980	KASHI, Original Waffle	72.0	2.0 pieces	4.32	--	25.49
18997	KELLOGG'S, EGGO, French Toaster Sticks, Cinnamon	90.0	2.0 pieces	4.32	--	38.34
43125	Beans, liquid from stewed kidney beans	240.0	1.0 cup	4.32	--	6.72
19096	Ice creams, vanilla, light, soft-serve	88.0	1.0 serving 1/2 cup	4.31	0.052	19.18
11050	Beans, shellie, canned, solids and liquids	245.0	1.0 cup	4.31	--	15.17
07040	Liver cheese, pork	28.35	1.0 oz	4.31	0.058	0.60
03011	Babyfood, meat, lamb, junior	28.35	1.0 oz	4.31	0.043	0.00
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	210.0	1.0 cup	4.30	0.048	30.16
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	210.0	1.0 cup	4.30	0.048	30.24
15109	Fish, surimi	28.35	1.0 oz	4.30	0.026	1.94
18350	Rolls, hamburger or hotdog, plain	44.0	1.0 roll 1 serving	4.30	--	22.05
16130	Okara	122.0	1.0 cup	4.29	0.061	14.92
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	57.0	1.0 bar (2 oz)	4.29	--	35.06
08696	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN, Cinnamon Almond	58.0	1.25 cup (1 NLEA serving)	4.29	--	47.09
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	45.0	1.0 packet	4.29	--	34.24
07010	Bologna, pork	28.0	1.0 slice, medium (4-1/2" dia x 1/8" thick) (1 oz)	4.28	0.042	0.20
06040	Soup, minestrone, canned, condensed	123.0	0.5 cup (4 fl oz)	4.28	0.031	11.28
11191	Cowpeas (blackeyes), immature seeds, raw	145.0	1.0 cup	4.28	0.049	27.30
18960	Crackers, snack, GOYA CRACKERS	30.0	1.0 serving (1 NLEA serving - about 4 crackers)	4.28	--	19.30
07088	Honey roll sausage, beef	23.0	1.0 slice (4" dia x 1/8" thick)	4.27	0.035	0.50
08544	Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	48.0	0.75 cup (1 NLEA serving)	4.27	--	36.77
01076	Milk substitutes, fluid, with lauric acid oil	244.0	1.0 cup	4.27	0.059	15.03
07058	Pickle and pimiento loaf, pork	38.0	1.0 slice	4.27	0.042	3.21
06440	Soup, minestrone, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	4.27	0.031	11.23

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
19191	Puddings, coconut cream, dry mix, instant, prepared with 2% milk	147.0	0.5 cup	4.26	0.056	28.22
19323	Puddings, coconut cream, dry mix, instant, prepared with whole milk	147.0	0.5 cup	4.26	0.056	28.08
08189	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins	49.0	0.5 cup (1 NLEA serving)	4.26	--	39.64
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	28.35	1.0 oz	4.26	0.055	4.99
10114	Pork, fresh, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	4.26	0.057	0.00
17212	Veal, variety meats and by-products, pancreas, raw	28.35	1.0 oz	4.25	--	0.00
20045	Rice, white, long-grain, regular, enriched, cooked	158.0	1.0 cup	4.25	0.049	44.51
20445	Rice, white, long-grain, regular, unenriched, cooked without salt	158.0	1.0 cup	4.25	0.049	44.51
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	158.0	1.0 cup	4.25	0.049	44.51
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	158.0	1.0 cup	4.25	0.049	44.51
17209	Lamb, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	4.24	--	0.00
13330	Beef, variety meats and by-products, mechanically separated beef, raw	28.35	1.0 oz	4.24	0.048	0.00
08173	Cereals, farina, enriched, cooked with water, with salt	233.0	1.0 cup	4.24	0.047	25.44
09175	Mammy-apple, (mamey), raw	846.0	1.0 fruit without refuse	4.23	0.042	105.75
06930	Sauce, cheese, ready-to-serve	63.0	0.25 cup	4.23	--	4.30
13339	Beef, variety meats and by-products, tongue, raw	28.35	1.0 oz	4.22	0.032	1.04
20058	Rice, white, steamed, Chinese restaurant	132.0	1.0 cup, loosely packed	4.22	--	44.72
11581	Vegetables, mixed, canned, drained solids	163.0	1.0 cup	4.22	0.042	15.09
43100	Breakfast bars, oats, sugar, raisins, coconut (include granola bar)	43.0	1.0 bar	4.21	--	28.68
28265	KEEBLER, Cheese & Peanut Butter Sandwich Crackers	39.0	1.0 package	4.21	--	23.01
28256	AUSTIN, Peanut Butter on Cheese Crackers, sandwich-type	39.0	1.0 package	4.21	--	23.01
31022	Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	130.0	1.0 cup prepared	4.21	--	44.19
19208	Puddings, rice, dry mix, prepared with 2% milk	128.0	0.5 cup	4.21	0.050	26.64
11512	Sweet potato, canned, vacuum pack	255.0	1.0 cup, mashed	4.21	0.084	53.86
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	165.0	1.0 cup	4.21	0.051	30.87
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	4.21	0.051	31.84
09139	Guavas, common, raw	165.0	1.0 cup	4.21	0.036	23.63
17210	Lamb, variety meats and by-products, pancreas, raw	28.35	1.0 oz	4.21	0.054	0.00
19325	Puddings, coconut cream, dry mix, regular, prepared with whole milk	140.0	0.5 cup	4.20	0.056	24.78
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	4.20	0.045	25.29
16584	GARDENBURGER Savory Portabella Veggie Burger, frozen, unprepared	71.0	1.0 patty	4.19	--	15.69
07907	USDA Commodity, pork sausage, bulk/links/patties, frozen, raw	28.0	1.0 link	4.19	--	0.00
11007	Artichokes, (globe or french), raw	128.0	1.0 artichoke, medium	4.19	--	13.45
07062	Picnic loaf, pork, beef	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	4.18	0.040	1.33

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
18975	KASHI, TLC, Original 7-Grain Crackers	30.0	15.0 crackers	4.17	--	18.96
13346	Beef, cured, corned beef, brisket, raw	28.35	1.0 oz	4.16	0.038	0.04
11350	Pokeberry shoots, (poke), raw	160.0	1.0 cup	4.16	--	5.92
19195	Puddings, rice, dry mix, prepared with whole milk	128.0	0.5 cup	4.16	0.050	26.47
09299	Raisins, seeded	165.0	1.0 cup, packed	4.16	--	129.48
19078	Baking chocolate, unsweetened, squares	29.0	1.0 oz square Bakers	4.15	0.038	8.24
09451	Horned melon (Kiwano)	233.0	1.0 cup	4.15	--	17.61
14252	Beverages, Malt liquor beverage	1184.0	1.0 bottle	4.14	--	0.00
05673	Chicken, skin (drumsticks and thighs), cooked, braised	28.35	1.0 oz	4.14	0.020	0.00
28257	AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type	39.0	1.0 package	4.13	--	23.48
28110	KEEBLER, Toast & Peanut Butter Sandwich Crackers	39.0	1.0 package	4.13	--	23.48
08116	Cereals, MALT-O-MEAL, original, plain, dry	35.0	3.0 tbsp (1 NLEA serving)	4.13	--	27.04
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	4.12	0.028	22.45
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	4.12	0.028	22.45
11814	Peas, green, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	4.12	0.028	11.41
11313	Peas, green, frozen, cooked, boiled, drained, without salt	80.0	0.5 cup	4.12	0.028	11.41
19122	Puddings, banana, dry mix, regular, prepared with 2% milk	142.0	0.5 cup From 19211	4.12	0.058	26.17
17029	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	4.12	0.048	0.00
18036	Bread, multi-grain, toasted (includes whole-grain)	28.35	1.0 oz	4.12	0.038	13.36
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	4.12	0.063	35.57
05020	Chicken, broilers or fryers, giblets, raw	23.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	4.11	0.047	0.41
07014	Braunschweiger (a liver sausage), pork	28.35	1.0 oz	4.11	0.041	0.88
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	4.11	0.037	28.17
35183	Corn, dried, yellow (Northern Plains Indians)	28.35	1.0 oz	4.11	0.027	18.79
18978	KASHI, Blueberry Waffle	72.0	2.0 pieces	4.10	--	24.91
18629	PILLSBURY, Buttermilk Biscuits, Artificial Flavor, refrigerated dough	64.0	1.0 biscuit	4.10	--	30.12
13147	Beef, rib, shortribs, separable lean and fat, choice, raw	28.35	1.0 oz	4.08	0.046	0.00
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207.0	1.0 can (6 fl oz)	4.08	--	71.54
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	31.0	0.5 cup (1 NLEA serving)	4.07	0.068	23.01
08712	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN with cranberries	59.0	1.25 Cups (1 NLEA serving)	4.07	--	49.67
05714	Turkey, skin, from retail parts, from dark meat, raw	28.35	1.0 oz	4.07	0.016	0.00
21380	McDONALD'S, Fruit 'n Yogurt Parfait	149.0	1.0 item 5.2 oz	4.07	--	30.87
28260	KELLOGG'S, EGGO, Waffles, Chocolate Chip	70.0	2.0 waffles	4.06	--	31.36

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
18951	Waffles, chocolate chip, frozen, ready-to-heat	70.0	2.0 waffles	4.06	0.043	31.98
36044	ON THE BORDER, Mexican rice	114.0	1.0 cup	4.06	--	38.93
19121	Puddings, banana, dry mix, instant, prepared with 2% milk	147.0	0.5 cup From 19191	4.06	0.057	29.02
19890	Frozen novelties, KLONDIKE, SLIM-A-BEAR, No Sugar Added, Stickless Bar	78.0	1.0 serving 1 bar	4.06	--	20.26
08191	Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size	52.0	1.0 cup (1 NLEA serving)	4.06	--	43.58
19115	Candies, MARS SNACKFOOD US, MARS Almond Bar	50.0	1.0 bar (1.76 oz)	4.05	--	31.35
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	4.05	0.037	0.40
22955	Egg rolls, vegetable, frozen, prepared	68.0	1.0 egg roll	4.05	0.034	21.60
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	245.0	1.0 cup	4.04	0.049	27.34
16161	MORI-NU, Tofu, silken, soft	84.0	1.0 slice	4.03	0.057	2.44
11302	Peas, edible-podded, frozen, unprepared	144.0	1.0 cup	4.03	0.039	10.37
03246	Babyfood, dessert, custard pudding, vanilla, junior	229.0	1.0 cup	4.03	--	40.26
11508	Sweet potato, cooked, baked in skin, flesh, without salt	200.0	1.0 cup	4.02	0.080	41.42
06630	Sauce, pesto, MEZZETTA, NAPA VALLEY BISTRO, basil pesto, ready-to-serve	60.0	0.25 cup	4.01	--	3.07
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	49.0	0.75 cup (1 NLEA serving)	4.01	--	39.20
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	4.01	0.061	36.90
16229	Soymilk (All flavors), lowfat, with added calcium, vitamins A and D	243.0	1.0 cup	4.01	--	17.50
05175	Turkey, heart, all classes, raw	24.0	1.0 piece	4.01	0.044	0.10
18376	Bread crumbs, dry, grated, seasoned	28.35	1.0 oz	4.01	0.048	19.42
06097	CAMPBELL'S Red and White, Beef Consomme, condensed	124.0	1.0 serving 1/2 cup	4.01	--	1.00
06343	CAMPBELL'S Red and White, Creamy Chicken Noodle Soup, condensed	124.0	1.0 serving 1/2 cup	4.01	--	11.00
22947	SUPPER BAKES MEAL KITS, Lemon Chicken with herb rice (chicken not included)	94.0	1.0 serving (NLEA serving)	4.00	--	43.00
22946	SUPPER BAKES MEAL KITS, Herb Chicken with rice (chicken not included)	94.0	0.167 box (NLEA serving)	4.00	--	40.00
06228	PREGO Pasta, Mini Meatball Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	4.00	--	13.00
19910	Candies, crispy bar with peanut butter filling	42.0	1.0 serving 1.5 oz	4.00	--	23.32
19249	Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate	42.0	1.0 serving 1.5 oz	4.00	--	23.26
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	60.0	1.0 bar	4.00	0.057	45.28
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	4.00	0.043	41.07
28295	Tortillas, ready-to-bake or -fry, whole wheat	41.0	1.0 tortilla 1 serving	4.00	0.053	18.81

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
22949	SUPPER BAKES MEAL KITS, Southwestern-Style Chicken w/rice (chicken not included)	81.0	0.167 box (NLEA serving)	4.00	--	32.00
28324	Pancakes, whole wheat, dry mix, incomplete	38.0	0.25 cup mix 1 serving	4.00	--	28.16
32011	Yellow rice with seasoning, dry packet mix, unprepared	57.0	1.0 serving (2 oz)	4.00	--	42.57
28320	English muffins, whole grain white	57.0	1.0 muffin 1 serving	4.00	--	28.60
12157	Nuts, walnuts, dry roasted, with salt added	28.0	1.0 oz	4.00	--	5.00
42237	Cereals ready-to-eat, WEETABIX whole grain cereal	35.0	2.0 biscuits (1 NLEA serving)	4.00	--	28.52
28350	Cookies, chocolate cream covered biscuit sticks	40.0	1.0 serving	4.00	--	20.43
18971	Bread, potato	32.0	1.0 slice	4.00	0.026	15.06
01061	Cheese, American, nonfat or fat free	19.0	1.0 serving	4.00	--	2.00
28321	Rolls, hamburger, whole grain white, calcium-fortified	43.0	1.0 piece roll	4.00	--	20.00
28319	Bagels, whole grain white	43.0	0.5 piece bagel 1 serving	4.00	--	23.44
08598	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, HONEY CLUSTERS	52.0	1.0 cup (1 NLEA serving)	4.00	--	43.63
28318	Bread, french or vienna, whole wheat	48.0	1.0 slice 1 serving	4.00	--	23.57
01242	Ice cream sandwich, vanilla, light, no sugar added	70.0	1.0 serving	4.00	--	30.00
16203	PACE, Salsa Refried Beans	120.0	0.5 cup	4.00	--	14.00
18139	Cake, white, prepared from recipe without frosting	74.0	1.0 piece (1/12 of 9" dia)	4.00	0.050	42.33
06587	CAMPBELL'S Soup on the Go, Chicken with Mini Noodles Soup	305.0	1.0 container	4.00	--	11.01
16257	SILK Blueberry soy yogurt	170.0	1.0 container	4.00	--	29.00
16254	SILK Raspberry soy yogurt	170.0	1.0 container	4.00	--	30.00
16258	SILK Key Lime soy yogurt	170.0	1.0 container	4.00	--	30.00
16255	SILK Peach soy yogurt	170.0	1.0 container	4.00	--	31.99
16259	SILK Banana-Strawberry soy yogurt	170.0	1.0 container	4.00	--	29.00
16256	SILK Black Cherry soy yogurt	170.0	1.0 container	4.00	--	29.00
16253	SILK Strawberry soy yogurt	170.0	1.0 container	4.00	--	31.01
06030	Soup, clam chowder, new england, canned, condensed	126.0	0.5 cup	3.99	--	13.00
06367	CAMPBELL'S Red and White, New England Clam Chowder, condensed	126.0	1.0 serving 1/2 cup	3.99	--	13.00
06145	CAMPBELL'S Red and White, Beef Noodle Soup, condensed	126.0	1.0 serving 1/2 cup	3.99	--	8.00
27014	CAMPBELL'S Red and White, Italian Style Wedding Soup, condensed	126.0	0.5 cup	3.99	--	12.00
06374	CAMPBELL'S Red and White, Vegetable Soup, condensed	126.0	1.0 serving 1/2 cup	3.99	--	21.00
06366	CAMPBELL'S Red and White, Minestrone Soup, condensed	126.0	1.0 serving 1/2 cup	3.99	--	17.00
06992	HEALTHY REQUEST, Vegetable Soup, condensed	126.0	1.0 serving 1/2 cup	3.99	--	20.00
27013	CAMPBELL'S Red and White, Chicken Barley with Mushrooms Soup, condensed	126.0	0.5 cup	3.99	--	16.00
06408	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Vegetable Soup	245.0	1.0 cup	3.99	--	24.01

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
06497	CAMPBELL'S Red and White - Microwaveable Bowls, Chicken Noodle Soup	245.0	1.0 cup	3.99	--	10.00
06544	CAMPBELL'S Homestyle Minestrone Soup	245.0	1.0 cup	3.99	--	18.01
21139	Fast foods, potato, mashed	242.0	1.0 cup	3.99	--	35.45
09110	Goji berries, dried	28.0	5.0 tbsp	3.99	--	21.58
10112	Pork, fresh, variety meats and by-products, lungs, raw	28.35	1.0 oz	3.99	0.035	0.00
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	210.0	1.0 cup	3.99	0.040	31.54
28281	SUNSHINE, CHEEZ-IT, Reduced Fat Crackers	30.0	29.0 crackers	3.99	--	20.10
01160	Egg, yolk, raw, frozen, salted, pasteurized	28.35	1.0 oz	3.99	0.054	0.50
18075	Bread, whole-wheat, commercially prepared	32.0	1.0 slice	3.98	--	13.67
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	3.98	0.037	1.19
08680	Cereals, oats, instant, fortified, maple and brown sugar, dry	43.0	1.0 packet	3.98	--	32.97
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	3.98	0.038	42.76
07091	New england brand sausage, pork, beef	23.0	1.0 slice (4" dia x 1/8" thick)	3.97	0.044	1.11
19331	Puddings, lemon, dry mix, instant, prepared with whole milk	147.0	0.5 cup	3.97	0.053	29.55
08489	Cereals, MALT-O-MEAL, Maple & Brown Sugar Hot Wheat Cereal, dry	45.0	0.25 cup (1 NLEA serving)	3.97	--	36.23
03007	Babyfood, meat, pork, strained	28.35	1.0 oz	3.97	0.039	0.00
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	3.97	0.054	5.37
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	121.0	1.0 cup sliced	3.97	0.057	5.37
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz	3.97	0.036	0.23
01188	KRAFT CHEEZ WHIZ Pasteurized Process Cheese Sauce	33.0	2.0 tbsp	3.96	--	3.04
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	13.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	3.96	0.046	0.00
08130	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry	43.0	1.0 packet	3.96	--	33.07
11812	Peas, green, canned, no salt added, solids and liquids	124.0	0.5 cup	3.96	0.027	12.09
08688	Cereals, QUAKER, Instant Oatmeal, Cinnamon Swirl, high fiber	45.0	1.0 packet (1 NLEA serving)	3.96	--	34.05
03048	Babyfood, macaroni and cheese, toddler	113.0	1.0 container	3.96	--	12.66
32007	Taquitos, frozen, beef and cheese, oven-heated	42.0	1.0 piece	3.95	0.042	14.05
11521	Taro leaves, cooked, steamed, without salt	145.0	1.0 cup	3.94	0.038	5.83
11879	Taro, leaves, cooked, steamed, with salt	145.0	1.0 cup	3.94	0.038	5.64
21248	WENDY'S, Frosty Dairy Dessert	113.0	1.0 junior 6 oz. cup	3.94	0.045	26.69
10001	Pork, fresh, carcass, separable lean and fat, raw	28.35	1.0 oz	3.94	0.045	0.00

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
18977	KASHI, TLC, Toasted Asiago Crackers	31.0	15.0 crackers	3.94	--	20.58
15012	Fish, caviar, black and red, granular	16.0	1.0 tbsp	3.94	0.052	0.64
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	48.0	1.0 tortilla	3.94	0.031	23.70
11324	Peas and onions, canned, solids and liquids	120.0	1.0 cup	3.94	0.029	10.28
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	3.93	0.054	3.10
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	3.93	0.041	7.85
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	3.92	0.040	24.14
14183	Beverages, coffee, ready to drink, iced, mocha, milk based	265.0	1.0 cup	3.92	--	30.26
19207	Puddings, vanilla, dry mix, regular, prepared with whole milk	140.0	0.5 cup	3.92	--	26.49
12140	Nuts, formulated, wheat-based, unflavored, with salt added	28.35	1.0 oz	3.92	0.046	6.71
08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	43.0	1.0 packet (1 NLEA serving)	3.92	--	32.54
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	3.92	0.039	26.31
16399	Peanut butter with omega-3, creamy	16.0	1.0 tbsp	3.92	--	2.72
11962	Peppers, hot chile, sun-dried	37.0	1.0 cup	3.91	0.050	25.85
10998	Canadian bacon, cooked, pan-fried	13.8	1.0 slice	3.91	0.046	0.25
11934	Potatoes, mashed, home-prepared, whole milk and butter added	210.0	1.0 cup	3.91	0.069	35.30
43245	Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits	55.0	1.0 cup (1 NLEA serving)	3.90	--	41.91
16585	GARDENBURGER Sun-Dried Tomato Basil Burger, frozen, unprepared	71.0	1.0 patty	3.90	--	16.83
43543	Milk, imitation, non-soy	244.0	1.0 cup	3.90	--	12.93
06465	Soup, turkey noodle, canned, prepared with equal volume water	244.0	1.0 cup	3.90	0.037	8.64
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	11.5	1.0 slice	3.90	0.047	0.20
21024	Fast foods, french toast sticks	65.0	3.0 pieces	3.90	--	26.79
28354	ANDREA'S, Gluten Free Soft Dinner Roll	69.0	1.0 roll	3.90	--	27.77
28342	Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and sorghum flour	69.0	1.0 roll	3.90	--	27.77
21142	Fast food, biscuit	55.0	1.0 biscuit	3.89	--	23.55
09041	Bananas, dehydrated, or banana powder	100.0	1.0 cup	3.89	--	88.28
16219	Vitasoy USA, Vitasoy Light Vanilla Soymilk	243.0	1.0 cup	3.89	--	9.96
43441	Rolls, pumpernickel	36.0	1.0 medium (2-1/2" dia)	3.89	0.038	18.67
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	58.0	1.0 serving 1 biscuit	3.89	0.048	25.35
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	33.0	3.0 tablespoon (1 serving)	3.88	0.038	23.97
12121	Nuts, hazelnuts or filberts, blanched	28.35	1.0 oz	3.88	0.050	4.82
18954	Bread, pound cake type, pan de torta salvadoran	55.0	1.0 serving	3.88	0.050	28.21
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	3.88	0.036	0.77

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
07034	Headcheese, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	3.87	--	0.00
08700	Cereals ready-to-eat, KELLOGG RAISIN BRAN with Omega-3 from flaxseed	53.0	1.0 Cup (1 NLEA serving)	3.87	--	43.83
32006	Taquitos, frozen, chicken and cheese, oven-heated	42.0	1.0 piece	3.87	0.042	14.12
11263	Mushrooms, white, stir-fried	108.0	1.0 cup sliced	3.87	0.040	4.36
12176	Nuts, coconut milk, frozen (liquid expressed from grated meat and water)	240.0	1.0 cup	3.86	0.046	13.39
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	3.86	0.037	26.87
19162	Candies, WHATCHAMACALLIT Candy Bar	48.0	1.0 bar 1.7 oz	3.86	--	30.35
28024	KELLOGG'S, EGGO, Waffles, Strawberry	70.0	2.0 waffles	3.85	--	29.12
28009	KELLOGG'S, EGGO, Waffles, Blueberry	70.0	2.0 waffles	3.85	--	29.19
28022	KELLOGG'S, EGGO Seasons, Waffles, Pumpkin Spice	70.0	2.0 waffles	3.85	--	28.98
07063	Pork sausage, link/patty, unprepared	25.0	1.0 link	3.85	0.039	0.23
06430	Soup, clam chowder, new england, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	3.84	--	12.52
42291	Peanut butter, reduced sodium	16.0	1.0 tbsp	3.84	--	3.49
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	142.0	0.5 cup	3.83	0.051	27.97
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	33.0	3.0 tablespoon (1 NLEA serving)	3.83	0.025	23.69
08639	Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar	34.0	1.0 packet (1 NLEA serving)	3.83	--	23.61
08590	Cereals ready-to-eat, KASHI HEART TO HEART, Warm Cinnamon	33.0	0.75 cup (1 NLEA serving)	3.83	--	25.90
11553	Tomato products, canned, sauce, with onions	245.0	1.0 cup	3.82	0.039	24.35
21333	McDONALD'S, Vanilla Reduced Fat Ice Cream Cone	90.0	1.0 item (3.2 oz)	3.82	--	23.72
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	95.0	0.5 cup	3.81	0.096	4.56
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	95.0	0.5 cup	3.81	0.096	4.56
15030	Fish, gefiltefish, commercial, sweet recipe	42.0	1.0 piece	3.81	0.036	3.11
07032	Ham and cheese loaf or roll	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	3.81	0.058	1.12
19236	Candies, HERSHEY'S MILK CHOCOLATE WITH ALMOND BITES	39.0	17.0 pieces	3.81	--	20.17
36417	Restaurant, Mexican, spanish rice	116.0	1.0 cup	3.80	0.051	36.15
11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	3.80	0.034	24.70
28008	KELLOGG'S, EGGO, Wafflers, Strawberry Strudel	76.0	2.0 waffles	3.80	--	38.00
11827	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	165.0	1.0 cup	3.79	--	5.12
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	165.0	1.0 cup	3.79	--	5.12
09291	Plums, dried (prunes), uncooked	174.0	1.0 cup, pitted	3.79	0.044	111.15
28397	Bread, multi-grain (includes whole-grain)	28.35	1.0 oz	3.79	0.035	12.29
18079	Bread crumbs, dry, grated, plain	28.35	1.0 oz	3.78	0.046	20.41
19105	Candies, NESTLE, GOOBERS Chocolate Covered Peanuts	39.0	1.0 package 1.375 oz	3.78	--	20.67
18055	Bread, reduced-calorie, wheat	28.35	1.0 oz	3.78	--	12.04

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
14538	Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A	15.0	1.0 envelope Swiss Miss (.53 oz)	3.76	--	8.70
06045	Soup, onion, canned, condensed	123.0	0.5 cup (4 fl oz)	3.76	--	8.22
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	3.76	0.052	23.72
08387	Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat	33.0	0.75 cup (1 NLEA serving)	3.76	--	25.97
11813	Peas, green, canned, no salt added, drained solids	85.0	0.5 cup	3.76	0.026	10.69
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	164.0	1.0 cup	3.76	0.034	23.52
08318	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Strong Heart Antioxidants Cereal	50.0	1.0 cup (1 NLEA serving)	3.75	--	43.40
19089	Ice creams, vanilla, rich	107.0	0.5 cup	3.74	0.044	23.85
18383	Bread, protein, (includes gluten), toasted	28.35	1.0 oz	3.74	0.046	13.64
19085	Candies, confectioner's coating, butterscotch	170.0	1.0 cup chips	3.74	--	114.07
05105	Chicken, broilers or fryers, wing, meat only, raw	17.0	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	3.73	0.044	0.00
11306	Peas, green, canned, regular pack, solids and liquids	124.0	0.5 cup	3.73	0.026	13.14
42183	Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars	51.0	2.0 cookie 2011 label	3.72	--	28.56
06195	CAMPBELL'S, HEALTHY REQUEST, cream of chicken soup, condensed	124.0	0.5 cup condensed	3.72	--	9.30
08132	Cereals, oats, instant, fortified, with raisins and spice, dry	44.0	1.0 packet	3.72	--	33.59
08085	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ	14.0	2.0 tbsp (1 NLEA serving)	3.72	--	8.14
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	3.72	0.057	22.83
12200	Nuts, formulated, wheat-based, all flavors except macadamia, without salt	28.35	1.0 oz	3.72	0.049	5.89
43285	Eggs, scrambled, frozen mixture	28.35	1.0 oz	3.71	--	2.13
08177	Cereals, MALT-O-MEAL, chocolate, dry	35.0	3.0 tbsp (1 NLEA serving)	3.71	--	27.84
08124	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry	43.0	1.0 packet (1 NLEA serving)	3.71	--	33.00
11736	Beet greens, cooked, boiled, drained, with salt	144.0	1.0 cup (1" pieces)	3.70	0.058	7.86
11087	Beet greens, cooked, boiled, drained, without salt	144.0	1.0 cup (1" pieces)	3.70	0.058	7.86
18958	Pan Dulce, LA RICURA, Salpora de Arroz con Azucar, cookie-like, contains wheat flour and rice flour	42.0	1.0 piece (1 serving)	3.70	--	27.84
11674	Potatoes, baked, flesh and skin, without salt	148.0	1.0 NLEA serving	3.70	0.037	31.30
01215	Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D	21.0	1.0 slice 3/4 oz	3.70	--	2.23
11791	Kale, frozen, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	3.69	0.046	6.80
11236	Kale, frozen, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	3.69	0.046	6.80
19132	Candies, milk chocolate, with almonds	41.0	1.0 bar (1.45 oz)	3.69	--	21.89

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
19209	Puddings, tapioca, dry mix, prepared with 2% milk	128.0	0.5 cup	3.69	0.052	25.04
11852	Salsify, cooked, boiled, drained, with salt	135.0	1.0 cup slices	3.69	--	20.74
11438	Salsify, cooked, boiled, drained, without salt	135.0	1.0 cup, sliced	3.69	--	20.74
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	3.69	0.038	17.56
20092	Pasta, gluten-free, corn, cooked	140.0	1.0 cup	3.68	0.027	39.07
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55.0	1.0 cup (1 NLEA serving)	3.68	--	43.50
11961	Hearts of palm, canned	146.0	1.0 cup	3.68	0.034	6.75
06625	SMART SOUP, Vietnamese Carrot Lemongrass	283.0	10.0 oz 1 pouch	3.68	--	23.21
09095	Figs, dried, stewed	259.0	1.0 cup	3.68	0.023	71.41
08417	Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry	41.0	1.0 packet (1 NLEA serving)	3.68	--	31.04
21419	KFC, biscuit	49.0	1.0 biscuit	3.68	0.050	21.34
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	245.0	1.0 cup	3.68	--	65.27
18065	Bread, wheat, toasted	28.35	1.0 oz	3.67	0.026	15.81
05169	Turkey, skin from whole, (light and dark), raw	28.35	1.0 oz	3.67	0.018	0.05
08512	Cereals, MALT-O-MEAL, chocolate, prepared with water, without salt	268.0	1.0 serving (3 T dry cereal plus 1 cup water)	3.67	--	24.71
08488	Cereals, MALT-O-MEAL, Farina Hot Wheat Cereal, dry	35.0	3.0 tbsp (1 NLEA serving)	3.67	--	27.02
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	251.0	1.0 cup (1 serving)	3.66	0.050	26.76
03245	Babyfood, dessert, custard pudding, vanilla, strained	229.0	1.0 cup	3.66	--	36.64
08352	Cereals ready-to-eat, QUAKER, MOTHER'S Toasted Oat Bran cereal	32.0	0.75 cup (1 NLEA serving)	3.66	--	24.13
06212	CAMPBELL'S, 25% Less Sodium Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	3.65	--	7.94
19193	Puddings, rice, ready-to-eat	113.0	1.0 serving 4 oz pudding cup	3.65	--	20.78
28007	KELLOGG'S, EGGO, Wafflers, Brown Sugar Cinnamon Roll	76.0	2.0 waffles	3.65	--	39.67
20042	Rice, brown, parboiled, dry, UNCLE BEN'S	48.0	0.25 cup	3.65	--	37.77
11272	Mustard greens, frozen, unprepared	146.0	1.0 cup, chopped	3.64	0.039	4.98
19199	Puddings, tapioca, dry mix, prepared with whole milk	128.0	0.5 cup	3.64	0.051	24.87
19088	Ice creams, vanilla, light	76.0	1.0 serving 1/2 cup	3.63	--	22.39
18299	Pancakes, whole-wheat, dry mix, incomplete	28.35	1.0 oz	3.63	0.053	20.13
10146	Pork, cured, ham, patties, unheated	28.35	1.0 oz	3.62	0.042	0.48
15172	Mollusks, scallop, mixed species, raw	30.0	1.0 unit 2 large or 5 small	3.62	0.031	0.95
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	12.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	3.62	0.042	0.00
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251.0	1.0 cup (1 serving)	3.61	0.050	26.41
08316	Cereals, QUAKER, hominy grits, white, regular, dry	41.0	0.25 cup (1 NLEA serving)	3.61	--	32.47

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
19893	Ice creams, BREYERS, All Natural Light French Chocolate	68.0	1.0 serving 1/2 cup	3.60	--	20.18
18146	Cake, yellow, prepared from recipe without frosting	68.0	1.0 piece (1/12 of 8" dia)	3.60	0.045	36.04
09087	Dates, deglet noor	147.0	1.0 cup, chopped	3.60	0.018	110.29
21415	POPEYES, biscuit	60.0	1.0 biscuit	3.60	0.044	24.57
18981	KASHI, TLC, Fire Roasted Vegetable Crackers	30.0	15.0 crackers	3.60	--	19.38
11374	Potatoes, canned, solids and liquids	300.0	1.0 cup, whole	3.60	0.054	29.67
42205	Cheese, pasteurized process, cheddar or American, fat-free	16.0	1.0 cubic inch	3.60	--	2.14
15251	USDA Commodity, salmon nuggets, breaded, frozen, heated	28.35	1.0 oz	3.60	--	3.96
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165.0	1.0 cup	3.60	0.050	44.15
01124	Egg, white, raw, fresh	33.0	1.0 large	3.60	0.041	0.24
18963	Garlic bread, frozen	43.0	1.0 slice presliced	3.59	0.029	17.94
11100	Brussels sprouts, frozen, unprepared	95.0	0.33 package (10 oz)	3.59	0.040	7.47
06969	Potato soup, instant, dry mix	39.0	1.0 serving 1/3 cup	3.59	--	29.69
11271	Mustard greens, cooked, boiled, drained, without salt	140.0	1.0 cup, chopped	3.58	--	6.31
11799	Mustard greens, cooked, boiled, drained, with salt	140.0	1.0 cup, chopped	3.58	--	6.31
28026	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Original	55.0	1.0 waffle	3.58	--	20.57
08192	Cereals ready-to-eat, POST SELECTS Blueberry Morning	55.0	1.25 cup (1 NLEA serving)	3.58	--	44.88
19093	Candies, SYMPHONY Milk Chocolate Bar	42.0	1.0 bar 1.5 oz	3.57	--	24.36
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	30.0	0.75 cup (1 NLEA serving)	3.57	--	22.58
16279	HOUSE FOODS Premium Soft Tofu	56.0	2.0 oz	3.57	--	1.23
43572	Popcorn, microwave, low fat and sodium	28.35	1.0 oz	3.57	--	20.81
25001	Snacks, popcorn, microwave, low fat	28.35	1.0 oz	3.57	--	20.41
09422	Durian, raw or frozen	243.0	1.0 cup, chopped or diced	3.57	--	65.83
06025	Soup, chicken vegetable, canned, condensed	121.0	0.5 cup	3.56	0.030	8.48
11551	Tomato products, canned, sauce, with mushrooms	245.0	1.0 cup	3.55	0.042	20.65
10861	Pork, cured, bacon, cooked, microwaved	9.1	1.0 slice cooked	3.55	0.042	0.04
12129	Nuts, ginkgo nuts, canned	155.0	1.0 cup (78 kernels)	3.55	0.059	34.26
20006	Barley, pearled, cooked	157.0	1.0 cup	3.55	0.060	44.31
07045	Luncheon meat, pork, canned	28.35	1.0 oz	3.54	0.035	0.60
19117	Candies, halavah, plain	28.35	1.0 oz	3.54	--	17.15
07090	Luncheon sausage, pork and beef	23.0	1.0 slice (4" dia x 1/8" thick)	3.54	0.037	0.36
10123	Pork, cured, bacon, unprepared	28.0	1.0 slice raw	3.53	0.042	0.36
18567	KRAFT, STOVE TOP Stuffing Mix Chicken Flavor	28.0	1.0 NLEA serving (makes 1/2 cup prepared)	3.53	--	20.47
01236	Ice cream, soft serve, chocolate	86.0	0.5 cup	3.53	0.041	19.09

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19090	Ice creams, french vanilla, soft-serve	86.0	0.5 cup (4 fl oz)	3.53	0.041	19.09
06423	Soup, chicken with rice, canned, prepared with equal volume water	243.0	1.0 serving 1 cup	3.52	--	7.10
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	3.52	0.046	0.00
20055	Rice, white, glutinous, unenriched, cooked	174.0	1.0 cup	3.51	0.040	36.70
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	0.034	28.65
11649	Tomato products, canned, sauce, spanish style	244.0	1.0 cup	3.51	0.024	17.67
21509	BURGER KING, Onion Rings	91.0	1.0 small	3.51	--	39.66
07004	Sausage, Berliner, pork, beef	23.0	1.0 slice	3.51	0.025	0.60
12097	Nuts, chestnuts, european, raw, unpeeled	145.0	1.0 cup	3.51	0.039	66.03
21381	McDONALD'S, Fruit 'n Yogurt Parfait (without granola)	142.0	1.0 item	3.51	--	25.09
43278	Cheese, american cheddar, imitation	21.0	1.0 slice	3.51	--	2.44
25046	Snacks, bagel chips, plain	28.35	1.0 oz	3.50	0.041	18.81
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	3.49	0.050	15.25
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	3.49	0.050	15.25
08380	Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH	53.0	1.0 cup (1 NLEA serving)	3.49	--	45.00
18988	AUSTIN, Peanut Butter on Cheese Crackers, sandwich-type, reduced fat	36.0	1.0 package	3.49	--	23.87
11525	Taro, tahitian, raw	125.0	1.0 cup slices	3.49	--	8.64
05698	Turkey, skin from whole (light and dark), with added solution, raw	28.35	1.0 oz	3.48	0.018	0.06
19321	Puddings, banana, dry mix, regular, prepared with whole milk	127.0	0.5 cup	3.48	0.081	23.42
11579	Vegetables, mixed, canned, solids and liquids	245.0	1.0 cup	3.48	0.037	17.47
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0 cracker 1 cracker = 6.5g	3.48	0.043	22.92
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	28.35	1.0 oz	3.48	0.017	0.28
18641	INTERSTATE BRANDS CORP, WONDER Hamburger Rolls	43.0	1.0 serving	3.47	--	21.86
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	120.0	1.0 artichoke, medium	3.47	--	13.67
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120.0	1.0 artichoke, medium	3.47	--	14.34
07025	Frankfurter, turkey	28.35	1.0 oz	3.47	0.032	1.08
08599	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS	55.0	1.0 cup (1 NLEA serving)	3.46	--	45.87
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	51.0	1.0 biscuit	3.46	--	25.02
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	219.0	1.0 cup	3.46	0.024	34.93
21078	Fast foods, nachos, with cheese	80.0	1.0 serving	3.46	0.034	27.93
21268	TACO BELL, Nachos	80.0	1.0 serving	3.46	0.034	27.93
13337	Beef, variety meats and by-products, thymus, raw	28.35	1.0 oz	3.45	0.027	0.00

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
01171	Egg, whole, raw, frozen, pasteurized	28.0	1.0 oz	3.45	0.054	0.28
09290	Prunes, dehydrated (low-moisture), stewed	280.0	1.0 cup	3.44	--	83.16
06416	Soup, cream of chicken, canned, prepared with equal volume water	244.0	1.0 cup	3.44	0.041	9.27
19250	Candies, HERSHEY, KIT KAT BIG KAT Bar	55.0	1.0 bar 1.94 oz	3.43	--	35.00
18043	Bread, protein (includes gluten)	28.35	1.0 oz	3.43	0.042	12.42
19077	Baking chocolate, unsweetened, liquid	28.35	1.0 oz	3.43	0.052	10.26
13341	Beef, variety meats and by-products, tripe, raw	28.35	1.0 oz	3.42	--	0.00
07061	Mother's loaf, pork	28.35	1.0 oz	3.42	0.048	2.13
18989	AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type, reduced fat	36.0	1.0 package	3.42	--	24.19
28280	SUNSHINE, CHEEZ-IT, Original Crackers	30.0	27.0 crackers	3.42	--	17.22
28236	SUNSHINE, CHEEZ-IT, BIG Crackers	30.0	13.0 crackers	3.42	--	17.22
11412	Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated	133.0	10.0 strip	3.42	--	35.88
07971	Bologna, meat and poultry	33.0	1.0 slice	3.41	0.037	2.08
03003	Babyfood, meat, beef, junior	28.35	1.0 oz	3.41	--	0.69
28020	KASHI, TLC, Pita Crisps, Zesty Salsa	31.0	11.0 crisps	3.41	--	22.20
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	3.41	0.079	3.29
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	150.0	1.0 cup, chopped or diced	3.40	0.038	4.66
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	150.0	1.0 cup, chopped	3.40	0.038	4.66
06989	CAMPBELL'S HEALTHY REQUEST, Homestyle Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	3.40	--	9.83
14048	Beverages, FUZE, orange mango, fortified with vitamins A, C, E, B6	500.0	1.0 bottle	3.40	--	46.00
19114	Ice creams, chocolate, light	68.0	1.0 serving	3.40	--	17.48
11741	Broccoli, stalks, raw	114.0	1.0 stalk	3.40	0.033	5.97
03948	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), powder, with ARA and DHA	30.5	1.0 fl oz	3.39	--	16.98
15252	USDA Commodity, salmon nuggets, cooked as purchased, unheated	28.35	1.0 oz	3.39	--	3.36
20133	Rice noodles, dry	57.0	2.0 oz	3.39	0.041	45.70
11797	Mushrooms, white, cooked, boiled, drained, with salt	156.0	1.0 cup pieces	3.39	0.037	8.25
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	28.0	1.0 cup (1 NLEA serving)	3.39	0.047	20.50
11261	Mushrooms, white, cooked, boiled, drained, without salt	156.0	1.0 cup pieces	3.39	0.037	8.25
28285	Bread, chapati or roti, whole wheat, commercially prepared, frozen	43.0	1.0 piece	3.38	--	19.84
09259	Pears, dried, sulfured, uncooked	180.0	1.0 cup, halves	3.37	--	125.46
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	3.36	0.030	27.77
09322	Tamarinds, raw	120.0	1.0 cup, pulp	3.36	0.022	75.00

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
03120	Babyfood, vegetables, corn, creamed, junior	240.0	1.0 cup	3.36	0.036	39.00
12195	Nuts, almond butter, plain, without salt added	16.0	1.0 tbsp	3.35	0.025	3.01
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	3.35	0.025	3.01
09046	Blackberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	3.35	--	59.14
08641	Cereals, QUAKER, Instant Oatmeal, fruit and cream, variety of flavors, reduced sugar	33.0	1.0 packet	3.35	--	23.62
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	153.0	10.0 strip	3.35	0.029	35.97
03213	Babyfood, cookies	28.35	1.0 oz	3.35	--	19.02
25037	Snacks, pita chips, salted	28.35	1.0 oz	3.34	0.041	19.35
08122	Cereals, oats, instant, fortified, plain, dry	28.0	1.0 packet	3.34	0.050	19.47
19319	Puddings, banana, dry mix, instant, prepared with whole milk	127.0	0.5 cup	3.33	0.077	25.10
42161	Bologna, beef, low fat	28.0	1.0 slice	3.30	--	1.46
07051	Olive loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	3.30	0.029	2.58
11274	Mustard spinach, (tendergreen), raw	150.0	1.0 cup, chopped	3.30	--	5.85
10132	Pork, cured, feet, pickled	28.35	1.0 oz	3.30	0.007	0.00
11896	Winged bean, immature seeds, cooked, boiled, drained, with salt	62.0	1.0 cup	3.29	--	1.99
11596	Winged beans, immature seeds, cooked, boiled, drained, without salt	62.0	1.0 cup	3.29	--	1.99
19875	Ice creams, BREYERS, All Natural Light Vanilla	68.0	1.0 serving 1/2 cup	3.29	--	17.20
28012	KELLOGG'S, EGGO, FIBERPLUS Waffles, Buttermilk	70.0	2.0 waffles	3.29	--	29.26
11765	Chard, swiss, cooked, boiled, drained, with salt	175.0	1.0 cup, chopped	3.29	0.032	7.23
11148	Chard, swiss, cooked, boiled, drained, without salt	175.0	1.0 cup, chopped	3.29	0.032	7.23
18949	Crackers, whole-wheat, reduced fat	29.0	1.0 serving	3.29	0.047	21.90
19154	Candies, sesame crunch	28.35	1.0 oz	3.29	--	14.26
12149	Nuts, pine nuts, pinyon, dried	28.35	1.0 oz	3.28	0.041	5.47
19876	Ice creams, BREYERS, All Natural Light French Vanilla	68.0	1.0 serving 1/2 cup	3.28	--	17.70
07937	Bologna, pork, turkey and beef	28.35	1.0 oz	3.28	0.036	1.89
28051	KEEBLER, Cheese on Wheat Sandwich Crackers	39.0	1.0 package	3.28	--	23.32
28050	KEEBLER, Club & Cheddar Sandwich Crackers	39.0	1.0 package	3.28	--	23.91
07068	Salami, cooked, beef	26.0	1.0 slice	3.28	0.036	0.49
07003	Beerwurst, beer salami, pork	23.0	1.0 slice (4" dia x 1/8" thick)	3.28	0.026	0.47
07007	Bologna, beef	30.0	1.0 slice	3.27	0.037	1.29
28252	SUNSHINE, CHEEZ-IT, Scrabble Jr. Crackers	30.0	26.0 crackers	3.27	--	20.37
28191	KELLOGG'S, SPECIAL K, Savory Herb Crackers	30.0	24.0 crackers	3.27	--	22.14
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	150.0	1.0 cup drained, rinsed	3.27	0.030	19.53

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
19022	Snacks, granola bars, soft, uncoated, raisin	43.0	1.0 bar (1.5 oz)	3.27	0.046	28.55
19074	Candies, caramels	71.0	1.0 package (2.5 oz)	3.27	0.043	54.67
06183	Soup, chicken broth, less/reduced sodium, ready to serve	240.0	1.0 cup	3.26	--	0.91
08228	Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry	37.0	1.0 packet	3.26	--	26.79
10994	Bacon, pre-sliced, reduced/low sodium, unprepared	26.0	1.0 slice	3.26	0.039	0.22
08314	Cereals, QUAKER, hominy grits, white, quick, dry	37.0	0.25 cup	3.26	--	29.45
11097	Broccoli raab, cooked	85.0	1.0 NLEA serving	3.26	0.044	2.65
28017	KASHI, TLC, Pita Crisps, Sea Salt	31.0	11.0 crisps	3.26	--	22.44
14164	Beverages, chocolate malt powder, prepared with 1% milk, fortified	98.0	1.0 cup dry mix	3.25	--	8.63
06127	Gravy, unspecified type, dry	25.0	1.0 cup (8 fl oz)	3.25	--	14.50
19111	Candies, NESTLE, BABY RUTH Bar	60.0	1.0 serving 2.1 oz bar	3.24	--	38.88
19069	Candies, NESTLE, BUTTERFINGER Bar	60.0	1.0 serving 2.1 oz bar	3.24	--	43.74
18038	Bread, oat bran, toasted	28.35	1.0 oz	3.23	0.041	12.39
19886	Frozen novelties, KLONDIKE, SLIM-A-BEAR Chocolate Cone	79.0	1.0 serving 1 cone	3.23	--	35.80
19359	Candies, MARS SNACKFOOD US, SNICKERS CRUNCHER	47.0	1.0 serving 1.66 oz bar	3.22	--	29.54
18487	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, S'mores	52.0	1.0 pastry	3.22	--	36.19
35236	Stew, pinto bean and hominy, badufsuki (Hopi)	227.0	8.0 oz	3.22	--	12.21
11559	Tomato products, canned, sauce, with tomato tidbits	244.0	1.0 cup	3.22	0.022	17.30
28245	SUNSHINE, CHEEZ-IT, Crackers (made with Whole Grain)	30.0	27.0 crackers	3.21	--	17.46
23296	Beef, Australian, imported, grass-fed, external fat, raw	28.35	1.0 oz	3.21	--	0.11
03009	Babyfood, meat, ham, junior	28.35	1.0 oz	3.20	0.042	1.05
18615	MARTHA WHITE FOODS, Martha White's Buttermilk Biscuit Mix, dry	41.0	1.0 serving	3.20	--	24.36
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	3.20	0.021	6.34
11789	Jute, potherb, cooked, boiled, drained, with salt	87.0	1.0 cup	3.20	0.021	6.34
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	35.0	1.0 bar	3.20	0.037	21.40
07011	Bologna, turkey	28.0	0.99 oz 1 serving	3.20	0.036	1.31
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32.0	0.75 cup (1 NLEA serving)	3.19	--	24.88
28025	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Brown Sugar	55.0	1.0 waffle	3.19	--	24.48
43497	Jellyfish, dried, salted	58.0	1.0 cup	3.19	--	0.00
08642	Cereals, QUAKER, Instant Oatmeal, Apple and Cinnamon, reduced sugar	31.0	1.0 packet (1 NLEA serving)	3.19	--	22.37
19874	Frozen novelties, KLONDIKE, SLIM-A-BEAR Fudge Bar, 98% fat free, no sugar added	74.0	1.0 serving 3.5 fl oz bar	3.19	--	22.25
19878	Ice creams, BREYERS, All Natural Light Vanilla Chocolate Strawberry	68.0	1.0 serving 1/2 cup	3.19	--	17.72
19879	Ice creams, BREYERS, All Natural Light Mint Chocolate Chip	68.0	1.0 serving 1/2 cup	3.19	--	19.31

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	25.0	1.0 serving (3.5 oz)	3.18	0.037	11.66
18979	KASHI, H2H Woven Wheat Cracker, Original	30.0	7.0 cracker	3.18	--	22.02
11392	Potatoes, hash brown, frozen, with butter sauce, unprepared	170.0	1.0 package (6 oz)	3.18	--	31.08
07959	Bologna, chicken, pork, beef	28.0	1.0 serving	3.17	--	1.57
05085	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, batter	16.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	3.17	0.034	1.39
11583	Vegetables, mixed, frozen, unprepared	95.0	0.33 package (10 oz)	3.16	0.032	12.80
06044	Soup, mushroom with beef stock, canned, condensed	126.0	0.5 cup (4 fl oz)	3.16	--	9.34
11043	Mung beans, mature seeds, sprouted, raw	104.0	1.0 cup	3.16	0.038	6.18
09034	Apricots, dried, sulfured, stewed, with added sugar	270.0	1.0 cup, halves	3.16	0.057	79.00
28049	KEEBLER, Cheese & Cheddar Sandwich Crackers	39.0	1.0 package	3.16	--	23.20
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	137.0	0.167 package (5.5 oz) yields	3.15	--	17.59
20134	Rice noodles, cooked	176.0	1.0 cup	3.15	0.039	42.26
18982	KASHI, H2H Woven Wheat Cracker, Roasted Garlic	30.0	7.0 cracker	3.15	--	21.96
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	28.35	1.0 oz	3.15	0.016	0.00
06966	Soup, chicken noodle, low sodium, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	3.15	--	7.32
06444	Soup, mushroom with beef stock, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	3.15	--	9.30
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	28.35	1.0 oz	3.15	0.049	23.05
06032	Soup, beef broth bouillon and consomme, canned, condensed	124.0	0.5 cup	3.12	--	0.40
15072	Fish, roe, mixed species, raw	14.0	1.0 tbsp	3.12	0.041	0.21
19433	Tortilla chips, low fat, baked without fat	28.35	1.0 oz	3.12	--	22.68
19833	Snacks, tortilla chips, low fat, unsalted	28.35	1.0 oz	3.12	--	22.71
18081	Bread stuffing, bread, dry mix	28.35	1.0 oz	3.12	0.039	21.60
11197	Cowpeas, young pods with seeds, raw	94.0	1.0 cup	3.10	--	8.93
01164	Cheese sauce, prepared from recipe	30.0	2.0 tbsp	3.10	0.037	1.64
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	3.10	0.030	0.16
03010	Babyfood, meat, lamb, strained	22.0	1.0 tbsp	3.10	--	0.19
18064	Bread, wheat	29.0	1.0 slice	3.09	--	13.79
07201	OSCAR MAYER, Bologna (beef)	28.0	1.0 serving (1 slice)	3.09	--	0.69
19418	Snacks, sesame sticks, wheat-based, salted	28.35	1.0 oz	3.09	0.041	13.18
19820	Snacks, sesame sticks, wheat-based, unsalted	28.35	1.0 oz	3.09	0.041	13.18
18295	Pancakes, buckwheat, dry mix, incomplete	28.35	1.0 oz	3.09	0.045	20.21
36030	DENNY'S, hash browns	124.0	1.0 serving	3.09	--	32.97
06466	Soup, turkey vegetable, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	3.08	0.027	8.63
19871	Frozen novelties, No Sugar Added, FUDGSICLE pops	84.0	1.0 serving	3.08	--	19.41

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
18986	AUSTIN, Grilled Cheese on Wafer Crackers, sandwich-type	39.0	1.0 package	3.08	--	24.18
18983	AUSTIN, Cheddar Cheese on Wheat Crackers, sandwich-type	39.0	1.0 package	3.08	--	23.95
13318	Beef, variety meats and by-products, brain, raw	28.35	1.0 oz	3.08	--	0.30
01255	Egg, whole, raw, frozen, salted, pasteurized	28.0	1.0 oz	3.07	0.063	0.23
11267	Mushrooms, shiitake, stir-fried	89.0	1.0 cup whole	3.07	0.010	6.84
22978	Chicken tenders, breaded, frozen, prepared	21.0	1.0 piece	3.07	0.031	3.12
03215	Babyfood, pretzels	28.35	1.0 oz	3.06	--	23.30
01210	Egg Mix, USDA Commodity	8.6	1.0 tbsp	3.06	0.034	2.06
11801	Mustard spinach, (tendergreen), cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	3.06	--	5.04
19881	Ice creams, BREYERS, No Sugar Added, French Vanilla	68.0	1.0 serving 1/2 cup	3.06	--	14.11
11275	Mustard spinach, (tendergreen), cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	3.06	--	5.04
11595	Winged beans, immature seeds, raw	44.0	1.0 cup slices	3.06	--	1.90
21059	Fast foods, shrimp, breaded and fried	39.0	3.0 pieces shrimp	3.06	--	10.92
01252	Cheese product, pasteurized process, American, vitamin D fortified	19.0	1.0 slice (2/3 oz)	3.06	--	1.68
19134	Candies, milk chocolate, with rice cereal	40.0	1.0 bar (1.4 oz)	3.06	--	23.87
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	61.0	0.167 loaf 1/6 of the loaf	3.05	0.025	32.72
06627	Sauce, pesto, ready-to-serve, shelf stable	61.0	0.25 cup	3.05	--	3.75
18088	Cake, angelfood, dry mix, prepared	50.0	1.0 piece (1/12 of 10" dia)	3.05	0.038	29.35
18029	Bread, french or vienna (includes sourdough)	28.35	1.0 oz	3.05	--	14.71
28258	AUSTIN, Cheddar Cheese on Wafer Crackers, sandwich-type	39.0	1.0 package	3.04	--	24.41
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28.0	1.0 roll (1 oz)	3.04	0.023	14.57
25000	Snacks, popcorn, microwave, 94% fat free	28.35	1.0 oz	3.04	0.022	21.56
06182	Soup, cream of mushroom, canned, condensed, reduced sodium	251.0	1.0 cup	3.04	--	20.33
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	3.03	0.020	18.67
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	0.020	18.67
01239	Ice cream cookie sandwich	82.0	1.0 serving	3.03	--	32.47
28323	Pancakes, plain, low fat, dry mix, incomplete (includes buttermilk)	41.0	0.33 cup 1 serving	3.03	--	30.62
18385	Bread, wheat germ, toasted	28.35	1.0 oz	3.03	0.036	15.39
06986	CAMPBELL'S HEALTHY REQUEST, Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	3.02	--	8.20
06736	Soup, cream of chicken, canned, condensed, single brand	126.0	1.0 serving	3.02	--	9.70
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	3.02	0.043	20.78
13020	Beef, retail cuts, separable fat, cooked	28.35	1.0 oz	3.02	0.020	0.00
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	153.0	5.0 fl oz	3.01	--	10.24
28348	Rolls, dinner, sweet	30.0	1.0 roll	3.01	0.027	16.07

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
25038	Snacks, granola bars, soft, almond, confectioners coating	35.0	1.0 bar	3.01	--	21.05
28013	KELLOGG'S, EGGO, FIBERPLUS Waffles, Chocolate Chip	70.0	2.0 waffles	3.01	--	31.08
06470	CAMPBELL'S Low Sodium Soups, Chicken Broth	298.0	1.0 serving 1 container	3.01	--	1.01
06487	CAMPBELL'S Low Sodium Soups, Cream of Mushroom Soup	298.0	1.0 serving 1 container	3.01	--	19.01
20097	Pasta, homemade, made with egg, cooked	57.0	2.0 oz	3.01	0.038	13.42
11877	Sweet potato, frozen, cooked, baked, with salt	176.0	1.0 cup, cubes	3.01	0.037	41.18
11517	Sweet potato, frozen, cooked, baked, without salt	176.0	1.0 cup, cubes	3.01	0.037	41.18
11516	Sweet potato, frozen, unprepared	176.0	1.0 cup, cubes	3.01	0.037	39.11
18175	Cookies, ladyfingers, with lemon juice and rind	28.35	1.0 oz	3.01	0.038	16.92
18423	Cookies, ladyfingers, without lemon juice and rind	28.35	1.0 oz	3.01	0.038	16.92
18003	Bagels, egg	28.35	1.0 oz	3.01	0.035	15.03
08450	Cereals, QUAKER, Instant Grits, Ham 'n' Cheese flavor, dry	28.0	1.0 packet (1 NLEA serving)	3.00	--	19.90
18940	Muffin, blueberry, commercially prepared, low-fat	71.0	1.0 muffin small	3.00	0.034	35.54
06236	PREGO Pasta, Roasted Garlic Parmesan Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	3.00	--	13.00
18985	AUSTIN, Chocolatey Peanut Butter Crackers, sandwich-type	39.0	1.0 package	3.00	--	25.82
01241	Ice cream sandwich, made with light ice cream, vanilla	70.0	1.0 serving	3.00	--	27.75
01238	Ice cream sandwich	70.0	1.0 serving	3.00	--	26.00
19867	Ice creams, vanilla, fat free	67.0	0.5 cup	3.00	--	20.14
25048	Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	32.0	1.0 bar	3.00	--	21.35
14088	Beverages, V8 SPLASH Smoothies, Tropical Colada	246.0	1.0 serving 8 oz	3.00	--	21.01
16246	SILK Nog, soymilk	122.0	0.5 cup	3.00	--	15.01
14311	Beverages, Malted drink mix, natural, powder, dairy based.	21.0	1.0 serving (3 heaping tsp or 1 envelope)	3.00	--	14.95
06342	CAMPBELL'S Red and White, Cream of Shrimp Soup, condensed	124.0	1.0 serving 1/ 2 cup	3.00	--	8.00
06353	CAMPBELL'S Red and White, Fiesta Nacho Cheese Soup, condensed	124.0	1.0 serving 1/2 cup	3.00	--	9.99
06091	CAMPBELL'S Red and White, Beef Broth, condensed	124.0	1.0 serving 1/2 cup	3.00	--	1.00
06226	PREGO Pasta, Italian Sausage and Garlic Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	3.00	--	13.00
11226	Jerusalem-artichokes, raw	150.0	1.0 cup slices	3.00	--	26.16
06234	PREGO Pasta, Heart Smart- Ricotta Parmesan Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	3.00	--	13.00
19119	Candies, NESTLE, CHUNKY Bar	40.0	1.0 serving 1.4 oz bar	3.00	--	24.00
18965	Crackers, cheese, reduced fat	30.0	1.0 serving	3.00	0.032	20.46
06231	PREGO Pasta, Mushroom and Parmesan Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	3.00	--	22.00
08002	Cereals ready-to-eat, POST, ALPHA-BITS	30.0	1.0 cup (1 NLEA serving for adults)	3.00	--	24.09
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	3.00	0.015	55.38
08389	Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs	30.0	1.0 cup (1 NLEA serving)	3.00	--	23.70

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
09037	Avocados, raw, all commercial varieties	150.0	1.0 cup, cubes	3.00	0.038	12.80
19268	Candies, dark chocolate coated coffee beans	40.0	1.0 serving 28 pieces	3.00	--	23.98
06350	CAMPBELL'S Red and White, DOUBLE NOODLE in Chicken Broth Soup, condensed	126.0	1.0 serving 1/ 2 cup	3.00	--	20.00
06311	CAMPBELL'S Red and White, Chicken Won Ton Soup, condensed	126.0	1.0 serving 1/2 cup	3.00	--	8.00
06082	CAMPBELL'S Red and White, Chicken NOODLEO's Soup, condensed	126.0	1.0 serving 1/2 cup	3.00	--	14.99
06016	Soup, cream of chicken, canned, condensed	126.0	0.5 cup (4 fl oz)	3.00	0.043	9.02
06084	CAMPBELL'S Red and White, Chicken Vegetable Soup, condensed	126.0	1.0 serving 1/2 cup	3.00	--	14.99
06121	Gravy, mushroom, canned	238.0	1.0 cup	3.00	--	13.02
06373	CAMPBELL'S Red and White, Vegetarian Vegetable Soup, condensed	126.0	1.0 serving 1/2 cup	3.00	--	18.01
01243	Fat free ice cream, no sugar added, flavors other than chocolate	68.0	0.5 cup	3.00	--	19.00
06365	CAMPBELL'S Red and White, Mega Noodle in Chicken Broth, condensed	126.0	1.0 serving 1/2 cup	3.00	--	14.99
06357	CAMPBELL'S Red and White, GOLDFISH Pasta with Chicken in Chicken Broth, condensed	126.0	1.0 serving 1/2 cup	3.00	--	12.00
27015	CAMPBELL'S Red and White, PHINEAS and FERB Soup, condensed	126.0	0.5 cup serving	3.00	--	11.00
06349	CAMPBELL'S Red and White, SCOOBY-DOO Soup, condensed	126.0	1.0 serving 1/2 cup	3.00	--	11.00
08074	Cereals ready-to-eat, RALSTON TASTEEOS	28.0	1.0 cup (1 NLEA serving)	3.00	0.041	21.14
06054	CAMPBELL'S Red and White, Chicken Alphabet Soup, condensed	126.0	0.5 cup	3.00	--	12.00
01244	Milk dessert bar, frozen, made from lowfat milk	68.0	1.0 bar	3.00	--	22.50
06047	CAMPBELL'S Red and White, Chicken and Stars Soup, condensed	126.0	1.0 serving 1/2 cup	3.00	--	11.00
06003	CAMPBELL'S Red and White, Beefy Mushroom Soup, condensed	126.0	1.0 serving 1/2 cup	3.00	--	6.00
06041	CAMPBELL'S Red and White, Chicken and Dumplings Soup, condensed	126.0	1.0 serving 1/2 cup	3.00	--	10.00
28314	Crackers, sandwich-type, peanut butter filled, reduced fat	36.0	1.0 package	3.00	--	22.86
28301	Cookies, peanut butter, commercially prepared, sugar free	29.0	1.0 serving 3 cookies	3.00	--	14.65
09247	Peaches, dried, sulfured, stewed, without added sugar	258.0	1.0 cup	2.99	0.008	50.80
01235	Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener	68.0	0.5 cup	2.99	--	13.40
27022	CAMPBELL'S Soup on the GO, HEALTHY REQUEST Chicken with Mini Noodles Soup	305.0	1.0 container	2.99	--	7.99
06592	CAMPBELL'S Soup on the Go, Creamy Tomato Soup	305.0	1.0 container	2.99	--	30.01
06588	CAMPBELL'S Soup on the Go, Classic Tomato Soup	305.0	1.0 container	2.99	--	30.99
06447	CAMPBELL'S CHUNKY Soups, Savory Vegetable Soup	245.0	1.0 cup	2.99	--	22.00
06580	CAMPBELL'S Homestyle Vegetable Medley Soup	245.0	1.0 cup	2.99	--	18.01
06503	CAMPBELL'S Red and White - Microwaveable Bowls, Creamy Tomato Soup	245.0	1.0 cup	2.99	--	24.99
27023	CAMPBELL'S Soup on the Go, HEALTHY REQUEST Classic Tomato Soup	305.0	1.0 container	2.99	--	28.00
14086	Beverages, V8 SPLASH Smoothies, Peach Mango	245.0	1.0 serving 8 oz	2.99	--	19.01

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
06546	CAMPBELL'S Homestyle Potato Broccoli Cheese Soup	245.0	1.0 cup	2.99	--	17.00
06586	CAMPBELL'S Soup on the Go, Chicken & Stars Soup	305.0	1.0 container	2.99	--	10.00
06504	CAMPBELL'S Red and White - Microwaveable Bowls, Tomato Soup	245.0	1.0 cup	2.99	--	24.01
14087	Beverages, V8 SPLASH Smoothies, Strawberry Banana	245.0	1.0 serving 8 oz	2.99	--	19.99
06595	CAMPBELL'S Soup on the Go, Vegetable Beef Soup	305.0	1.0 container	2.99	--	10.00
06590	CAMPBELL'S Soup on the Go, Creamy Chicken Soup	305.0	1.0 container	2.99	--	10.00
08549	Cereals ready-to-eat, QUAKER, QUAKER Honey Graham LIFE Cereal	32.0	0.75 cup (1 NLEA serving)	2.99	--	25.14
18967	Bread, white wheat	28.0	1.0 slice	2.98	--	12.29
21521	Fast foods, strawberry banana smoothie made with ice and low-fat yogurt	347.0	12.0 fl oz	2.98	--	52.22
08710	Cereals ready-to-eat, KELLOGG'S, SPECIAL K gluten free, touch of brown sugar	49.0	1.0 Cup (1 NLEA serving)	2.98	--	42.38
28303	Crackers, cheese, whole grain	31.0	1.0 serving 55 pieces	2.98	--	17.76
09076	Cherries, sweet, frozen, sweetened	259.0	1.0 cup, thawed	2.98	--	57.91
18406	Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	2.98	0.035	15.14
18407	Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	2.98	0.035	15.14
18028	Bread, egg, toasted	28.35	1.0 oz	2.98	0.035	14.91
18408	Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)	28.35	1.0 oz	2.98	0.035	15.14
06072	Soup, vegetable with beef broth, canned, condensed	123.0	0.5 cup	2.98	0.021	13.16
11098	Brussels sprouts, raw	88.0	1.0 cup	2.97	0.033	7.88
06363	CAMPBELL'S, Homestyle Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	2.97	--	9.49
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	0.020	19.32
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	0.020	19.32
11242	Kohlrabi, cooked, boiled, drained, without salt	165.0	1.0 cup slices	2.97	0.018	11.04
08029	Cereals ready-to-eat, POST Bran Flakes	30.0	0.75 cup (1 NLEA serving)	2.97	--	24.15
11793	Kohlrabi, cooked, boiled, drained, with salt	165.0	1.0 cup slices	2.97	0.018	11.04
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	53.0	1.0 cup (1 NLEA serving)	2.97	--	40.70
18990	AUSTIN, PB & J Crackers, sandwich-type	39.0	1.0 package	2.96	--	25.62
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	8.0	1.0 slice cooked	2.96	0.025	0.11
18235	Crackers, whole-wheat	28.0	1.0 serving	2.96	0.039	19.47
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	29.0	1.0 serving (NLEA serving size = 0.75 cup)	2.96	0.040	23.13
19439	Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar	37.0	1.0 bar	2.96	--	28.86

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08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	29.0	0.75 cup (1 NLEA serving)	2.96	--	23.66
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240.0	1.0 cup, mashed	2.95	0.041	24.12
11867	Squash, winter, butternut, frozen, cooked, boiled, with salt	240.0	1.0 cup, mashed	2.95	0.041	24.10
18339	Popovers, dry mix, enriched	28.35	1.0 oz	2.95	0.035	20.13
18037	Bread, oat bran	28.35	1.0 oz	2.95	0.037	11.28
17185	Lamb, variety meats and by-products, brain, raw	28.35	1.0 oz	2.95	0.030	0.00
18447	Popovers, dry mix, unenriched	28.35	1.0 oz	2.95	0.035	20.13
11011	Asparagus, raw	134.0	1.0 cup	2.95	0.036	5.20
14196	Beverages, Cocoa mix, no sugar added, powder	19.0	1.0 envelope Alba (.675 oz)	2.94	--	13.67
11426	Pumpkin pie mix, canned	270.0	1.0 cup	2.94	0.035	71.25
19021	Snacks, granola bars, soft, uncoated, peanut butter	28.0	1.0 bar (1 oz)	2.94	0.031	18.03
43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	2.94	0.022	13.01
11549	Tomato products, canned, sauce	245.0	1.0 cup	2.94	0.024	13.01
18976	KASHI, TLC, Country Cheddar Crackers	30.0	18.0 cracker	2.94	--	20.40
06019	Soup, chicken noodle, canned, condensed	124.0	0.5 cup	2.94	--	7.53
08628	Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal	32.0	0.75 cup (1 NLEA serving)	2.93	--	25.24
12128	Nuts, ginkgo nuts, dried	28.35	1.0 oz	2.93	0.048	20.54
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	2.93	0.036	14.93
17188	Veal, variety meats and by-products, brain, raw	28.35	1.0 oz	2.93	0.029	0.00
18984	AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type	39.0	1.0 package	2.92	--	23.40
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32.0	0.75 cup (1 NLEA serving)	2.92	--	25.29
11264	Mushrooms, canned, drained solids	156.0	1.0 cup	2.92	0.033	7.94
06472	Soup, vegetable with beef broth, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	2.92	--	12.89
06062	CAMPBELL'S, Red and White, Chicken Noodle Soup, condensed	123.0	0.5 cup	2.92	--	7.34
10096	Pork, fresh, variety meats and by-products, brain, raw	28.35	1.0 oz	2.91	0.037	0.00
03098	Babyfood, vegetables, beets, strained	224.0	1.0 cup	2.91	0.027	17.25
16586	GARDENBURGER Veggie Medley Burger, frozen, unprepared	71.0	1.0 patty	2.91	--	17.04
28239	SUNSHINE, CHEEZ-IT, Duoz Sharp Cheddar Parmesan Crackers	30.0	25.0 crackers	2.91	--	18.15
28249	SUNSHINE, CHEEZ-IT, White Cheddar, Reduced Fat Crackers	30.0	25.0 crackers	2.91	--	21.60
11094	Broccoli, frozen, spears, unprepared	95.0	0.33 package (10 oz)	2.91	0.030	5.08
08225	Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry	35.0	1.0 packet	2.90	--	26.40
08596	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Caramel Delight	50.0	1.0 cup (1 NLEA serving)	2.90	--	41.34
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup (1" pieces)	2.90	0.038	6.75

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11762	Cauliflower, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup (1" pieces)	2.90	0.038	5.69
10860	Pork, cured, bacon, cooked, baked	8.1	1.0 slice cooked	2.89	0.024	0.11
12169	Seeds, sesame butter, paste	16.0	1.0 tbsp	2.89	0.063	3.85
18964	Cinnamon buns, frosted (includes honey buns)	65.0	1.0 bun	2.89	0.044	31.59
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1.0 oz	2.89	0.035	15.14
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	2.89	0.058	13.70
07960	Bologna, chicken, pork	28.0	1.0 serving	2.89	0.023	1.17
20096	Pasta, fresh-refrigerated, spinach, cooked	57.0	2.0 oz	2.88	0.038	14.27
03091	Babyfood, vegetables, green beans, strained	240.0	1.0 cup	2.88	0.036	15.10
19293	Frozen yogurts, vanilla, soft-serve	72.0	0.5 cup	2.88	0.038	17.42
19393	Frozen yogurts, chocolate, soft-serve	72.0	0.5 cup (4 fl oz)	2.88	0.040	17.93
03092	Babyfood, vegetables, green beans, junior	240.0	1.0 cup	2.88	0.034	13.92
06419	Soup, chicken noodle, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	2.88	--	7.37
28340	Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and potato starch	36.0	1.0 roll	2.88	--	19.84
28370	UDI'S, Gluten Free, Classic French Dinner Rolls	36.0	1.0 roll	2.88	--	19.84
06734	Soup, chicken with star-shaped pasta, canned, condensed, single brand	125.0	1.0 serving	2.88	--	8.88
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	2.87	0.023	32.29
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	233.0	1.0 cup	2.87	0.023	32.29
28238	SUNSHINE, CHEEZ-IT, Colby Crackers	30.0	25.0 crackers	2.86	--	17.78
03217	Zwieback	28.35	1.0 oz	2.86	--	21.04
19194	Puddings, rice, dry mix	106.0	1.0 package	2.86	--	96.67
09248	Peaches, dried, sulfured, stewed, with added sugar	270.0	1.0 cup	2.86	0.008	71.82
18956	Keikitos (muffins), Latino bakery item	42.0	1.0 piece	2.86	--	22.33
11283	Onions, cooked, boiled, drained, without salt	210.0	1.0 cup	2.86	0.042	21.32
11805	Onions, cooked, boiled, drained, with salt	210.0	1.0 cup	2.86	0.042	20.08
06990	HEALTHY REQUEST, Minestrone Soup, condensed	120.0	1.0 serving 1/2 cup	2.86	--	14.28
01172	Egg, white, raw, frozen, pasteurized	28.0	1.0 oz	2.86	0.049	0.29
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	92.0	0.5 cup	2.85	0.029	4.93
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	92.0	0.5 cup	2.85	0.029	4.92
11546	Tomato products, canned, paste, without salt added	66.0	0.25 cup	2.85	0.020	12.48
28237	SUNSHINE, CHEEZ-IT, Cheddar Jack Crackers	30.0	25.0 crackers	2.85	--	17.28
19047	Snacks, pretzels, hard, plain, salted	28.35	1.0 oz	2.85	0.027	22.79

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18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	2.84	0.035	58.35
06208	Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve	245.0	1.0 cup	2.84	--	12.74
09144	Jackfruit, raw	165.0	1.0 cup, sliced	2.84	0.056	38.36
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	28.35	1.0 oz	2.84	0.032	20.87
18084	Bread stuffing, cornbread, dry mix	28.35	1.0 oz	2.84	0.030	21.74
08100	Cereals, CREAM OF RICE, dry	45.0	0.25 cup (1 NLEA serving)	2.84	0.041	37.08
18201	Cookies, peanut butter sandwich, special dietary	28.35	1.0 oz	2.84	0.031	14.40
01186	Cheese, cream, fat free	18.0	1.0 tbsp	2.82	0.033	1.38
01259	Cheese spread, American or Cheddar cheese base, reduced fat	21.0	1.0 piece	2.82	--	2.25
28208	MOTHER'S, Peanut Butter Gauchos Cookies	38.0	2.0 cookies	2.81	--	24.97
12088	Nuts, cashew butter, plain, without salt added	16.0	1.0 tbsp	2.81	0.044	4.41
08363	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Toasted Wheat Bran	16.0	0.25 cup (1 NLEA serving)	2.81	--	9.52
18987	AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type, reduced fat	36.0	1.0 package	2.81	--	24.48
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	216.0	1.0 can (6 fl oz)	2.81	--	95.69
18261	English muffins, mixed-grain, toasted (includes granola)	28.35	1.0 oz	2.81	0.036	14.26
18353	Rolls, hard (includes kaiser)	28.35	1.0 oz	2.81	0.033	14.94
11134	Cassava, raw	206.0	1.0 cup	2.80	0.039	78.40
19160	Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars	57.0	1.0 package (2 oz)	2.80	--	36.94
06056	Soup, cream of shrimp, canned, condensed	126.0	0.5 cup	2.80	--	8.23
27000	Soup, egg drop, Chinese restaurant	241.0	1.0 cup	2.80	0.060	10.34
28251	SUNSHINE, CHEEZ-IT, 100 Calorie Right Bites, Reduced Fat	21.0	1.0 package	2.79	--	14.07
19049	Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel	28.35	1.0 oz	2.79	--	18.85
19306	Candies, MARS SNACKFOOD US, POP'ABLES SNICKERS Brand Bite Size Candies	39.0	1.0 serving 13 pieces	2.79	--	23.82
42227	Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies	37.0	1.0 serving 1.31 oz bag	2.79	--	22.38
11004	Amaranth leaves, cooked, boiled, drained, without salt	132.0	1.0 cup	2.79	0.036	5.43
11700	Amaranth leaves, cooked, boiled, drained, with salt	132.0	1.0 cup	2.79	0.036	5.43
27060	Soup, chunky vegetable, reduced sodium, canned, ready-to-serve	240.0	1.0 cup	2.78	--	24.67
06967	Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	253.0	1.0 cup	2.78	--	15.33
31021	Potatoes, hash brown, refrigerated, unprepared	159.0	1.0 cup unprepared	2.78	--	30.46
18007	Bagels, oat bran	26.0	1.0 mini bagel (2-1/2" dia)	2.78	0.036	13.86
08096	Cereals, QUAKER, Instant Grits, Country Bacon flavor, dry	28.0	1.0 packet (1 NLEA serving)	2.78	--	21.11
18368	Wonton wrappers (includes egg roll wrappers)	28.35	1.0 oz	2.78	0.032	16.41
19420	Snacks, granola bars, hard, peanut butter	28.35	1.0 oz	2.78	0.037	17.66

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17154	Veal, Australian, separable fat, raw	28.0	1.0 oz	2.77	--	0.00
06217	Soup, vegetable, canned, low sodium, condensed	126.0	0.5 cup	2.77	--	15.26
06046	Soup, cream of onion, canned, condensed	126.0	0.5 cup	2.77	--	13.10
07952	Bologna, chicken, turkey, pork	28.0	1.0 serving	2.77	--	1.58
12040	Seeds, sunflower seed butter, without salt	16.0	1.0 tbsp	2.76	0.046	3.73
12540	Seeds, sunflower seed butter, with salt added	16.0	1.0 tbsp	2.76	0.046	3.73
06446	Soup, cream of onion, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	2.76	--	12.69
28225	MURRAY, SUGAR FREE, Peanut Butter Cookies	29.0	3.0 cookies	2.76	--	16.18
08444	Cereals, QUAKER, Instant Grits, Redeye Gravy & Country Ham flavor, dry	28.0	1.0 packet (1 NLEA serving)	2.75	--	21.24
08706	Cereals ready-to-eat, KELLOGG SCOOBY-DOO! cereal	32.0	1.0 Cup (1 NLEA serving)	2.75	--	26.88
28241	SUNSHINE, GRIPZ, Cheez-It Crackers	25.0	1.0 package	2.75	--	15.25
18384	Bread, rice bran, toasted	28.35	1.0 oz	2.75	0.033	13.41
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	2.75	0.048	4.08
11326	Peas and onions, frozen, unprepared	69.0	0.5 cup	2.75	0.020	9.32
19027	Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip	28.0	1.0 bar (1 oz)	2.74	0.028	17.42
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	2.74	0.026	7.40
11967	Cauliflower, green, cooked, no salt added	90.0	0.2 head	2.74	0.036	5.65
06008	Soup, beef broth or bouillon canned, ready-to-serve	240.0	1.0 cup	2.74	--	0.10
01021	Cheese, gjetost	28.35	1.0 oz	2.74	0.038	12.09
19109	Candies, KIT KAT Wafer Bar	42.0	1.0 bar (1.5 oz)	2.73	0.038	27.13
19437	Snacks, potato chips, fat free, salted	28.35	1.0 oz	2.73	--	23.75
08670	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS, MEDLEY CRUNCH	30.0	0.75 cup (1 NLEA serving)	2.73	--	23.85
43483	Millet, puffed	21.0	1.0 cup	2.73	--	16.80
08039	Cereals ready-to-eat, POST, GRAPE-NUTS Flakes	29.0	0.75 cup (1 NLEA serving)	2.73	--	23.78
18267	English muffins, whole-wheat, toasted	28.35	1.0 oz	2.72	0.040	12.50
42139	Granola bar, soft, milk chocolate coated, peanut butter	28.35	1.0 oz	2.72	--	15.34
18351	Rolls, hamburger or hotdog, mixed-grain	28.35	1.0 oz	2.72	0.034	12.64
23297	Beef, Australian, imported, grass-fed, seam fat, raw	28.35	1.0 oz	2.72	--	0.30
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	2.72	0.013	0.22
19110	Candies, KRACKEL Chocolate Bar	41.0	1.0 bar 1.45 oz	2.71	--	26.22
19880	Ice creams, BREYERS, No Sugar Added, Butter Pecan	68.0	1.0 serving 1/2 cup	2.71	--	14.48
18950	Crackers, wheat, reduced fat	29.0	1.0 serving	2.71	0.032	20.74
06456	Soup, cream of shrimp, canned, prepared with equal volume water	244.0	1.0 cup	2.71	--	7.98

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09293	Plums, dried (prunes), stewed, with added sugar	248.0	1.0 cup, pitted	2.70	--	81.54
28101	KEEBLER, Cinnamon Toast Grahams	37.0	1.0 package	2.70	--	27.34
18478	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Brown sugar cinnamon	50.0	1.0 pastry	2.70	--	32.20
28190	KELLOGG'S, SPECIAL K, Multigrain Crackers	30.0	24.0 crackers	2.70	--	22.62
28242	SUNSHINE, GRIPZ, Cheez-It Mixx and Cheesy Pizza Crackers	25.0	1.0 pouch	2.70	--	15.92
19302	Candies, MARS SNACKFOOD US, SNICKERS Almond bar	50.0	1.0 serving 1.76 oz bar	2.70	--	32.34
28240	SUNSHINE, CHEEZ-IT, Duoz Smoked Cheddar Monterey Jack Crackers	30.0	25.0 crackers	2.70	--	18.24
28253	SUNSHINE, CHEEZ-IT, Snack Mix	30.0	0.5 cup	2.70	--	20.01
19260	Ice creams, vanilla, light, no sugar added	68.0	1.0 serving 1/2 cup	2.70	--	14.57
01125	Egg, yolk, raw, fresh	17.0	1.0 large	2.70	0.030	0.61
11846	Pumpkin, canned, with salt	245.0	1.0 cup	2.70	0.032	19.82
11424	Pumpkin, canned, without salt	245.0	1.0 cup	2.70	0.032	19.82
18344	Rolls, dinner, egg	28.35	1.0 oz	2.69	0.031	14.74
18045	Bread, pumpernickel, toasted	28.35	1.0 oz	2.69	0.030	14.80
18050	Bread, reduced-calorie, oat bran, toasted	28.35	1.0 oz	2.69	0.035	13.95
18027	Bread, egg	28.35	1.0 oz	2.69	0.032	13.55
18345	Rolls, dinner, oat bran	28.35	1.0 oz	2.69	0.034	11.40
12143	Nuts, pecans, dry roasted, without salt added	28.35	1.0 oz	2.69	0.027	3.84
12643	Nuts, pecans, dry roasted, with salt added	28.35	1.0 oz	2.69	0.027	3.84
07069	Salami, cooked, beef and pork	12.3	1.0 slice round	2.69	0.014	0.30
11063	Beans, snap, green, microwaved	116.0	1.0 cup 1/2" pieces	2.68	--	7.44
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93.0	1.0 cup, shredded	2.68	0.032	44.33
11295	Onion rings, breaded, par fried, frozen, unprepared	85.0	6.0 rings	2.68	0.036	25.95
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	24.0	1.0 mini bagel (2-1/2" dia)	2.67	0.033	13.77
12198	Seeds, sesame butter, tahini, from raw and stone ground kernels	15.0	1.0 tbsp	2.67	0.058	3.93
08005	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS	30.0	0.333 cup (1 NLEA serving)	2.67	--	24.30
17270	Veal, breast, separable fat, cooked	28.35	1.0 oz	2.66	0.027	0.00
18265	English muffins, wheat, toasted	28.35	1.0 oz	2.66	0.035	13.81
18061	Bread, rye, toasted	28.35	1.0 oz	2.66	0.030	15.05
12104	Nuts, coconut meat, raw	80.0	1.0 cup, shredded	2.66	0.031	12.18
19897	Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Covered Almonds	28.0	1.0 serving 1oz pack	2.66	--	14.06
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	2.66	0.017	44.07

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
09138	Groundcherries, (cape-gooseberries or poha), raw	140.0	1.0 cup	2.66	--	15.68
11616	Dock, raw	133.0	1.0 cup, chopped	2.66	--	4.26
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	2.65	0.026	3.03
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	2.65	0.026	3.03
21247	WENDY'S, french fries	71.0	1.0 kid's meal Serving	2.65	--	28.21
10005	Pork, fresh, belly, raw	28.35	1.0 oz	2.65	--	0.00
06017	Soup, chicken gumbo, canned, condensed	126.0	0.5 cup (4 fl oz)	2.65	0.023	8.40
19894	Ice creams, BREYERS, 98% Fat Free Chocolate	68.0	1.0 serving 1/2 cup	2.65	--	20.52
05086	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, flour	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.64	0.028	0.47
28248	SUNSHINE, CHEEZ-IT, Pepper Jack Crackers	30.0	25.0 crackers	2.64	--	18.57
35197	Lambsquarters, steamed (Northern Plains Indians)	65.0	1.0 cup	2.64	--	4.86
18236	Cracker meal	28.35	1.0 oz	2.64	0.030	22.94
06417	Soup, chicken gumbo, canned, prepared with equal volume water	244.0	1.0 cup	2.64	0.022	8.37
11200	Yardlong bean, cooked, boiled, drained, without salt	104.0	1.0 cup slices	2.63	0.030	9.55
11899	Yardlong bean, cooked, boiled, drained, with salt	104.0	1.0 cup slices	2.63	0.030	9.54
10942	Pork, fresh, composite of separable fat, with added solution, raw	28.35	1.0 oz	2.63	0.028	0.00
10006	Pork, fresh, separable fat, raw	28.35	1.0 oz	2.62	0.031	0.00
06067	Soup, chunky vegetable, canned, ready-to-serve	230.0	1.0 cup	2.62	--	18.17
09428	Rowal, raw	114.0	0.5 cup	2.62	--	27.25
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	2.61	0.010	26.44
11747	Burdock root, cooked, boiled, drained, with salt	125.0	1.0 cup (1" pieces)	2.61	0.010	26.44
11115	Cabbage, savoy, cooked, boiled, drained, without salt	145.0	1.0 cup, shredded	2.61	0.026	7.84
11753	Cabbage, savoy, cooked, boiled, drained, with salt	145.0	1.0 cup, shredded	2.61	0.026	7.84
18974	KASHI, TLC, Honey Sesame Crackers	30.0	15.0 cracker	2.61	--	21.66
12698	Seeds, sesame butter, tahini, type of kernels unspecified	15.0	1.0 tbsp	2.61	--	3.22
28014	KELLOGG'S, EGGO, Waffles, French Toast	45.0	1.0 waffle	2.61	--	19.53
28234	SUNSHINE, CHEEZ-IT, Asiago Crackers	30.0	25.0 crackers	2.61	--	18.78
18078	Bread, whole-wheat, prepared from recipe, toasted	28.35	1.0 oz	2.61	0.038	15.99
18241	Croissants, cheese	28.35	1.0 oz	2.61	0.031	13.32
18040	Bread, oatmeal, toasted	28.35	1.0 oz	2.61	0.036	14.94
28341	Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch	78.0	1.0 roll	2.61	--	39.37
28368	SCHAR, Gluten-Free, Classic White Rolls	78.0	1.0 roll	2.61	--	39.37
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	2.60	0.037	3.55
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	91.0	0.5 cup	2.60	0.026	11.91

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11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	91.0	0.5 cup	2.60	0.026	11.91
03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	152.0	5.0 fl oz	2.60	--	10.49
11555	Tomato products, canned, sauce, with herbs and cheese	122.0	0.5 cup	2.60	0.026	12.49
18640	HEINZ, WEIGHT WATCHER, Chocolate Eclair, frozen	59.0	1.0 eclair, frozen	2.60	--	23.78
43297	Pork, oriental style, dehydrated	22.0	1.0 cup	2.60	0.023	0.31
01031	Cheese, neufchatel	28.35	1.0 oz	2.59	0.030	1.02
11988	Fungi, Cloud ears, dried	28.0	1.0 cup	2.59	--	20.44
18957	Cake, pound, BIMBO Bakeries USA, Panque Casero, home baked style	39.0	1.0 slice	2.58	--	19.09
28235	SUNSHINE, CHEEZ-IT, Baby Swiss Crackers	30.0	25.0 crackers	2.58	--	18.93
28160	KELLOGG'S, ALL-BRAN, Garlic and Herb Crackers	30.0	18.0 crackers	2.58	--	19.05
28246	SUNSHINE, CHEEZ-IT, Mozzarella Crackers	30.0	25.0 crackers	2.58	--	19.23
28161	KELLOGG'S, ALL-BRAN, Multigrain Crackers	30.0	18.0 crackers	2.58	--	19.71
08491	Cereals ready-to-eat, MOM'S BEST, Honey Nut TOASTY O'S	30.0	1.0 cup (1 NLEA serving)	2.58	--	23.95
18053	Bread, reduced-calorie, rye	28.35	1.0 oz	2.58	0.031	11.48
19812	Snacks, pretzels, hard, plain, made with unenriched flour, salted	28.35	1.0 oz	2.58	0.031	22.45
18413	Bread, pita, white, unenriched	28.35	1.0 oz	2.58	0.030	15.79
19813	Snacks, pretzels, hard, plain, made with unenriched flour, unsalted	28.35	1.0 oz	2.58	0.031	22.45
18188	Cookies, peanut butter, refrigerated dough, baked	28.35	1.0 oz	2.58	0.031	16.24
18260	English muffins, mixed-grain (includes granola)	28.35	1.0 oz	2.58	0.033	13.13
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	28.35	1.0 oz	2.58	0.031	22.45
12110	Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned	77.0	1.0 cup	2.58	0.030	31.50
06629	Sauce, pesto, CLASSICO, basil pesto, ready-to-serve	62.0	0.25 cup	2.58	--	4.30
08676	Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS	30.0	1.0 cup (1 NLEA serving)	2.58	--	23.89
19188	Puddings, chocolate, dry mix, regular	99.0	1.0 package (3.5 oz)	2.57	--	88.41
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	87.0	1.0 cup	2.57	--	8.00
11788	Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	87.0	1.0 cup	2.57	--	8.00
18069	Bread, white, commercially prepared (includes soft bread crumbs)	29.0	1.0 slice	2.57	--	14.33
11090	Broccoli, raw	91.0	1.0 cup chopped	2.57	0.030	6.04
18932	Waffles, buttermilk, frozen, ready-to-heat	39.0	1.0 waffle, square	2.57	0.029	16.01
28254	SUNSHINE, CHEEZ-IT, Snack Mix, White Cheddar	30.0	0.5 cup 25 crackers	2.56	--	19.71
11781	Cress, garden, cooked, boiled, drained, with salt	135.0	1.0 cup	2.56	--	5.13
11204	Cress, garden, cooked, boiled, drained, without salt	135.0	1.0 cup	2.56	--	5.13
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	223.0	1.0 cup	2.56	0.022	7.94

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11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	223.0	1.0 cup	2.56	0.022	6.62
06611	Soup, SWANSON, beef broth, lower sodium	213.0	1.0 cup	2.56	--	0.45
11163	Collards, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	2.56	0.033	6.14
12071	Nuts, almond paste	28.35	1.0 oz	2.55	--	13.55
18189	Cookies, peanut butter, prepared from recipe	28.35	1.0 oz	2.55	0.028	16.70
19401	Snacks, cornnuts, barbecue-flavor	28.35	1.0 oz	2.55	--	20.33
18070	Bread, white, commercially prepared, toasted	28.35	1.0 oz	2.55	0.030	15.45
18432	Bread, white, commercially prepared, toasted, low sodium no salt	28.35	1.0 oz	2.55	0.030	15.42
18237	Cream puff shell, prepared from recipe	28.35	1.0 oz	2.55	0.031	6.46
28247	SUNSHINE, CHEEZ-IT, Parmesan Garlic Crackers	30.0	25.0 crackers	2.55	--	18.60
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30.0	1.0 cup (1 NLEA serving)	2.55	--	25.29
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15.0	1.0 tbsp	2.55	0.056	3.18
19265	Ice creams, chocolate, light, no sugar added	72.0	1.0 serving 1/2 cup	2.55	--	19.29
18005	Bagels, cinnamon-raisin	26.0	1.0 mini bagel (2-1/2" dia)	2.55	0.030	14.35
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52.0	1.0 pastry	2.55	--	36.61
11199	Yardlong bean, raw	91.0	1.0 cup slices	2.55	0.029	7.60
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	182.0	1.0 cup	2.55	--	13.30
11369	Potatoes, microwaved, cooked in skin, skin, without salt	58.0	1.0 skin	2.55	--	17.19
11836	Potatoes, microwaved, cooked, in skin, skin with salt	58.0	1.0 skin	2.55	--	17.19
18006	Bagels, cinnamon-raisin, toasted	24.0	1.0 mini bagel (2-1/2" dia)	2.54	0.029	14.23
19883	Ice creams, BREYERS, No Sugar Added, Vanilla Fudge Twirl	72.0	1.0 serving 1/2 cup	2.54	--	18.45
06584	Soup, broccoli cheese, canned, condensed, commercial	121.0	1.0 serving 1/2 cup	2.54	--	9.32
19882	Ice creams, BREYERS, No Sugar Added, Vanilla	69.0	1.0 serving 1/2 cup	2.54	--	15.12
08634	Cereals ready-to-eat, GENERAL MILLS, PEANUT BUTTER TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	2.54	--	23.62
07041	Liver sausage, liverwurst, pork	18.0	1.0 slice (2-1/2" dia x 1/4" thick)	2.54	0.027	0.40
11376	Potatoes, canned, drained solids	180.0	1.0 cup	2.54	0.040	24.50
09352	Blueberries, canned, light syrup, drained	244.0	1.0 cup	2.54	--	55.29
09314	Sapote, mamey, raw	175.0	1.0 cup 1" pieces	2.54	0.086	56.18
35234	Piki bread, made from blue cornmeal (Hopi)	28.0	1.0 piece	2.54	--	20.22
09056	Boysenberries, canned, heavy syrup	256.0	1.0 cup	2.53	--	57.11
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	2.53	0.031	16.49

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18297	Pancakes, special dietary, dry mix	28.35	1.0 oz	2.52	0.026	20.95
18059	Bread, rice bran	28.35	1.0 oz	2.52	0.030	12.33
19884	Ice creams, BREYERS, No Sugar Added, Vanilla Chocolate Strawberry	68.0	1.0 serving 1/2 cup	2.52	--	14.76
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30.0	0.75 cup (1 NLEA serving)	2.52	--	22.41
28244	SUNSHINE, CHEEZ-IT, Italian Four Cheese Crackers	30.0	25.0 crackers	2.52	--	18.72
28158	KEEBLER, WHEATABLES, Nut Crisp Crackers, Roasted Almond	30.0	16.0 crackers	2.52	--	19.95
43311	Potatoes, canned, drained solids, no salt added	180.0	1.0 cup	2.52	--	24.48
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	2.52	0.035	5.20
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	124.0	1.0 cup	2.52	0.035	4.46
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	28.35	1.0 oz	2.51	0.031	12.52
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	28.35	1.0 oz	2.51	0.029	15.60
08351	Cereals ready-to-eat, QUAKER, MOTHER'S PEANUT BUTTER BUMPERS Cereal	33.0	1.0 cup (1 NLEA serving)	2.51	--	26.29
08094	Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry	28.0	1.0 packet (1 NLEA serving)	2.51	--	20.43
19895	Ice creams, BREYERS, No Sugar Added, Chocolate Caramel	71.0	1.0 serving 1/2 cup	2.51	--	17.87
12171	Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)	14.0	1.0 tbsp	2.51	0.055	2.50
09062	Cherimoya, raw	160.0	1.0 cup, pieces	2.51	0.050	28.34
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	2.51	0.031	49.71
11259	Mountain yam, hawaii, cooked, steamed, without salt	145.0	1.0 cup, cubes	2.51	0.020	29.00
11927	Mountain yam, hawaii, cooked, steamed, with salt	145.0	1.0 cup, cubes	2.51	0.020	28.99
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	28.35	1.0 oz	2.50	--	21.46
11235	Kale, frozen, unprepared	94.0	0.333 package (10 oz)	2.50	0.030	4.61
06188	Soup, beef broth, less/reduced sodium, ready to serve	219.0	1.0 cup	2.50	--	0.44
19887	Frozen novelties, KLONDIKE, SLIM-A-BEAR Vanilla Sandwich	64.0	1.0 serving 1 sandwich	2.50	--	27.36
18033	Bread, italian	28.35	1.0 oz	2.49	0.029	14.20
18190	Cookies, peanut butter sandwich, regular	28.35	1.0 oz	2.49	0.031	18.60
18066	Bread, wheat bran	28.35	1.0 oz	2.49	0.031	13.55
18266	English muffins, whole-wheat	28.35	1.0 oz	2.49	0.037	11.45
09081	Cranberry sauce, canned, sweetened	277.0	1.0 cup	2.49	--	111.91
20098	Pasta, homemade, made without egg, cooked	57.0	2.0 oz	2.49	0.032	14.32
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30.0	0.75 cup (1 NLEA serving)	2.49	--	23.97
28243	SUNSHINE, CHEEZ-IT, Hot & Spicy Crackers	30.0	25.0 crackers	2.49	--	18.36
08684	Cereals ready-to-eat, CASCADIAN FARM, Honey Nut O's	30.0	1.0 cup (1 NLEA serving)	2.49	--	24.93
43131	Luncheon slices, meatless	14.0	1.0 slice, thin	2.49	--	0.62

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11830	Potatoes, baked, skin only, with salt	58.0	1.0 skin	2.49	--	26.71
11364	Potatoes, baked, skin, without salt	58.0	1.0 skin	2.49	--	26.71
03096	Babyfood, vegetable, green beans and potatoes	113.0	1.0 jar, Gerber (4 oz)	2.49	--	10.17
18232	Crackers, wheat, regular	34.0	16.0 crackers 1 serving	2.48	0.036	24.05
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	28.0	0.75 cup (1 NLEA serving)	2.48	--	22.31
11202	Cowpeas, leafy tips, cooked, boiled, drained, without salt	53.0	1.0 cup, chopped	2.48	--	1.48
11780	Cowpeas, leafy tips, cooked, boiled, drained, with salt	53.0	1.0 cup, chopped	2.48	--	1.48
28162	KELLOGG'S, Corn Flakes Crumbs	33.0	6.0 tbsp	2.48	--	27.85
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	240.0	1.0 cup, mashed	2.47	0.022	7.92
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	2.47	0.018	8.10
11790	Kale, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	2.47	0.030	7.32
11234	Kale, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	2.47	0.030	7.32
11623	Kale, scotch, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	2.47	0.030	7.32
11779	Cowpeas, young pods with seeds, cooked, boiled, drained, with salt	95.0	1.0 cup	2.47	--	6.65
08388	Cereals ready-to-eat, KASHI 7 Whole Grain Puffs	19.0	1.0 cup (1 NLEA serving)	2.47	--	14.93
11792	Kale, scotch, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	2.47	0.030	7.31
11198	Cowpeas, young pods with seeds, cooked, boiled, drained, without salt	95.0	1.0 cup	2.47	--	6.65
19186	Desserts, apple crisp, prepared-from-recipe	141.0	0.5 cup	2.47	--	43.48
18264	English muffins, wheat	28.35	1.0 oz	2.47	0.032	12.70
18025	Bread, cracked-wheat	28.35	1.0 oz	2.47	0.032	14.03
03682	Babyfood, cereal, high protein, prepared with whole milk	28.35	1.0 oz	2.47	0.037	3.29
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1.0 oz	2.47	0.020	20.30
18057	Bread, reduced-calorie, white	28.35	1.0 oz	2.47	0.029	12.56
18450	Tortillas, ready-to-bake or -fry, flour, without added calcium	28.35	1.0 oz	2.47	0.030	15.76
18044	Bread, pumpernickel	28.35	1.0 oz	2.47	0.027	13.47
11787	Drumstick pods, cooked, boiled, drained, with salt	118.0	1.0 cup slices	2.47	--	9.65
11621	Drumstick pods, cooked, boiled, drained, without salt	118.0	1.0 cup slices	2.47	--	9.65
06498	Soup, tomato, dry, mix, prepared with water	265.0	1.0 cup 8 fl oz	2.46	--	19.00
03108	Babyfood, vegetables, sweet potatoes strained	224.0	1.0 cup	2.46	0.049	29.57
03109	Babyfood, vegetables, sweet potatoes, junior	224.0	1.0 cup	2.46	0.047	31.36
08449	Cereals, QUAKER, Instant Grits Product with American Cheese Flavor, dry	28.0	1.0 packet (1 NLEA serving)	2.46	--	20.77
42240	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds	32.0	0.75 cup (1 NLEA serving)	2.46	--	25.47
25022	Snacks, FRITOLAY, SUNCHIPS, multigrain, French onion flavor	28.35	1.0 oz	2.46	--	18.57
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	2.46	0.021	10.64

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	192.0	1.0 cup slices	2.46	0.021	10.64
05326	Chicken breast tenders, breaded, cooked, microwaved	15.0	1.0 piece	2.45	0.030	2.63
09040	Bananas, raw	225.0	1.0 cup, mashed	2.45	0.020	51.39
28169	KELLOGG'S, POP-TARTS, Frosted Cookies & Creme Toaster Pastries	50.0	1.0 pastry	2.45	--	34.65
22971	Potato salad with egg	125.0	0.5 cup	2.45	--	20.22
16429	Tofu, fried, prepared with calcium sulfate	13.0	1.0 piece	2.45	0.033	1.15
18488	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Strawberry	52.0	1.0 pastry	2.44	--	36.97
20030	Hominy, canned, white	165.0	1.0 cup	2.44	0.013	23.53
06968	Soup, cream of mushroom, low sodium, ready-to-serve, canned	244.0	1.0 cup	2.44	--	11.05
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	15.0	1.0 cup (1 NLEA serving)	2.44	--	11.46
19152	Candies, ROLO Caramels in Milk Chocolate	48.0	1.0 package 1 package	2.44	--	32.62
18349	Rolls, french	28.35	1.0 oz	2.44	0.028	14.23
18048	Bread, raisin, enriched, toasted	28.35	1.0 oz	2.44	0.026	16.13
18348	Rolls, dinner, whole-wheat	28.0	1.0 roll (1 oz)	2.44	0.038	14.31
21138	Fast foods, potato, french fried in vegetable oil	71.0	1.0 serving small	2.44	--	29.42
18087	Cake, angelfood, dry mix	38.0	1.0 serving	2.43	0.043	32.73
08267	Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS	27.0	0.75 cup (1 NLEA serving)	2.43	--	21.55
28039	KASHI, TLC, Happy Trail Mix Cookies	30.0	1.0 cookie	2.43	--	19.16
19404	Snacks, granola bars, soft, uncoated, chocolate chip	43.0	1.0 bar (1.5 oz)	2.43	0.025	30.19
07033	Ham and cheese spread	15.0	1.0 tbsp	2.43	0.056	0.34
18934	Waffle, buttermilk, frozen, ready-to-heat, microwaved	35.0	1.0 waffle	2.42	--	15.46
21238	McDONALD'S, french fries	71.0	1.0 small serving	2.42	--	30.23
35205	Stinging Nettles, blanched (Northern Plains Indians)	89.0	1.0 cup	2.41	--	6.67
18060	Bread, rye	28.35	1.0 oz	2.41	0.027	13.69
18396	Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	2.41	0.030	15.14
19421	Snacks, potato chips, cheese-flavor	28.35	1.0 oz	2.41	0.021	16.36
18300	Pancakes, whole-wheat, dry mix, incomplete, prepared	28.35	1.0 oz	2.41	0.033	8.33
19009	Snacks, KRAFT, CORNNUTS, plain	28.35	1.0 oz	2.41	--	20.37
19434	Cheese puffs and twists, corn based, baked, low fat	28.35	1.0 oz	2.41	--	20.51
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	2.41	0.034	3.62
18347	Rolls, dinner, wheat	28.0	1.0 roll (1 oz)	2.41	0.033	12.88
09261	Pears, dried, sulfured, stewed, with added sugar	280.0	1.0 cup, halves	2.41	--	103.99
08087	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain CHEERIOS	29.0	1.0 cup (1 NLEA serving)	2.41	--	23.61
43143	Cabbage, japanese style, fresh, pickled	150.0	1.0 cup	2.40	--	8.50

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
09447	Plantains, yellow, fried, Latino restaurant	169.0	1.0 cup	2.40	--	68.90
18939	Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	51.0	1.0 pastry	2.40	--	37.08
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	28.35	1.0 oz	2.39	--	18.49
28000	KELLOGG'S, EGGO, Mini Muffin Tops, Chocolate Chip	46.0	1.0 set	2.39	--	20.70
18476	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Blueberry	52.0	1.0 pastry	2.39	--	35.57
18477	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted blueberry	52.0	1.0 pastry	2.39	--	37.32
21249	BURGER KING, french fries	74.0	1.0 small serving	2.39	0.021	28.64
07973	Turkey bacon, microwaved	8.1	1.0 slice	2.39	--	0.34
11890	Turnips, frozen, cooked, boiled, drained, with salt	156.0	1.0 cup	2.39	0.023	5.82
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	2.39	0.023	6.79
18039	Bread, oatmeal	28.35	1.0 oz	2.38	0.033	13.75
18077	Bread, whole-wheat, prepared from recipe	28.35	1.0 oz	2.38	0.035	14.57
09292	Plums, dried (prunes), stewed, without added sugar	248.0	1.0 cup, pitted	2.38	--	69.64
11322	Peas and carrots, frozen, unprepared	70.0	0.5 cup	2.38	0.017	7.80
08239	Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry	27.0	0.75 cup (1 NLEA serving)	2.38	--	21.74
43506	Frozen novelties, ice cream type, chocolate or caramel covered, with nuts	54.0	1.0 bar	2.38	--	16.69
07081	Turkey breast, sliced, prepackaged	16.0	1.0 slice	2.37	--	0.35
20330	Hominy, canned, yellow	160.0	1.0 cup	2.37	0.013	22.82
21324	McDONALD'S, Baked Apple Pie	77.0	2.7 oz	2.36	--	33.59
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125.0	1.0 cup	2.36	0.025	9.85
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	125.0	1.0 cup	2.36	0.025	9.85
11053	Beans, snap, green, cooked, boiled, drained, without salt	125.0	1.0 cup	2.36	0.025	9.85
11723	Beans, snap, green, cooked, boiled, drained, with salt	125.0	1.0 cup	2.36	0.025	9.85
09059	Breadfruit, raw	220.0	1.0 cup	2.35	--	59.66
18352	Rolls, hamburger or hotdog, reduced-calorie	28.35	1.0 oz	2.35	0.024	11.94
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	2.35	0.018	9.79
08701	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Multi-grain	31.0	1.0 Cup (1 NLEA serving)	2.35	--	26.84
11900	Corn, sweet, white, raw	73.0	1.0 ear, small (5-1/2" to 6-1/2" long)	2.35	0.017	13.88
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	2.35	0.020	21.92
28167	KELLOGG'S, POP-TARTS, Frosted Cinnamon Roll Toaster Pastries	50.0	1.0 pastry	2.35	--	33.90
28171	KELLOGG'S, POP-TARTS, Frosted Pumpkin Pie Toaster Pastries	50.0	1.0 pastry	2.35	--	35.30
18494	Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted brown sugar cinnamon	50.0	1.0 pastry	2.35	--	36.85
36039	Restaurant, family style, hash browns	94.0	1.0 cup	2.34	--	24.99

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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	--	24.72
08543	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond	30.0	0.75 cup (1 NLEA serving)	2.34	--	24.90
08675	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey & almonds	30.0	0.75 cup (1 NLEA serving)	2.34	--	23.18
11277	New Zealand spinach, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	2.34	--	3.83
08610	Cereals ready-to-eat, KASHI Honey Sunshine	30.0	0.75 cup (1 NLEA serving)	2.34	--	24.60
11141	Celeriac, raw	156.0	1.0 cup	2.34	--	14.35
11802	New zealand spinach, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	2.34	--	3.83
11481	Squash, summer, zucchini, italian style, canned	227.0	1.0 cup	2.34	0.020	15.55
11576	Turnip greens and turnips, frozen, unprepared	95.0	0.33 package (10 oz)	2.34	0.035	3.22
09150	Lemons, raw, without peel	212.0	1.0 cup, sections	2.33	--	19.76
01069	Cream substitute, powdered	94.0	1.0 cup	2.33	0.062	55.73
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	31.0	1.0 bar	2.33	0.017	20.14
13019	Beef, retail cuts, separable fat, raw	28.35	1.0 oz	2.33	0.015	0.00
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	58.0	1.0 serving 2.05 oz bar	2.33	--	41.28
18416	Bread, white, commercially prepared, low sodium, no salt	28.35	1.0 oz	2.32	0.027	14.06
18187	Cookies, peanut butter, refrigerated dough	28.35	1.0 oz	2.32	0.028	14.77
18239	Croissants, butter	28.35	1.0 oz	2.32	0.028	12.98
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	2.32	0.018	15.78
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	2.32	--	86.22
11489	Squash, winter, hubbard, raw	116.0	1.0 cup, cubes	2.32	0.032	10.09
06309	CAMPBELL'S, Chicken with Rice Soup, condensed	126.0	0.5 cup condensed	2.32	--	14.21
06023	Soup, chicken with rice, canned, condensed	126.0	0.5 cup	2.32	--	14.58
12156	Nuts, walnuts, glazed	28.0	1.0 oz	2.32	--	13.33
11398	Potato puffs, frozen, unprepared	120.0	1.0 cup	2.32	0.022	29.76
11384	Potatoes, au gratin, dry mix, unprepared	26.0	0.167 package (5.5 oz)	2.31	--	19.32
11585	Vegetable juice cocktail, low sodium, canned	254.0	1.0 cup	2.31	0.018	9.73
19071	Candies, carob, unsweetened	28.35	1.0 oz	2.31	--	15.96
19095	Ice creams, vanilla	66.0	1.0 serving 1/2 cup	2.31	0.030	15.58
28041	KASHI, TLC, Oatmeal Raisin Flax Cookies	30.0	1.0 cookie	2.31	--	20.10
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30.0	1.25 cup (1 NLEA serving)	2.31	0.019	24.85
18962	Crackers, cream, LA MODERNA RIKIS CREAM CRACKERS	32.0	10.0 crackers (1 NLEA serving)	2.30	--	20.76
18999	KELLOGG'S, EGGO, Mini Muffin Tops, Blueberry	46.0	1.0 set	2.30	--	21.07
18479	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted brown sugar cinnamon	50.0	1.0 pastry	2.30	--	34.50

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1.0 oz	2.30	0.033	14.60
12059	Nuts, acorns, dried	28.35	1.0 oz	2.30	0.028	15.21
18271	Ice cream cones, cake or wafer-type	28.35	1.0 oz	2.30	0.027	22.40
11483	Squash, winter, acorn, cooked, baked, without salt	205.0	1.0 cup, cubes	2.30	0.033	29.89
11864	Squash, winter, acorn, cooked, baked, with salt	205.0	1.0 cup, cubes	2.30	0.033	29.89
31031	Potatoes, french fried, cross cut, frozen, unprepared	85.0	3.0 oz	2.30	--	19.51
11241	Kohlrabi, raw	135.0	1.0 cup	2.30	0.014	8.37
11601	Yam, raw	150.0	1.0 cup, cubes	2.30	0.018	41.82
08637	Cereals ready-to-eat, GENERAL MILLS, Oat Cluster CHEERIOS Crunch	27.0	0.75 cup (1 NLEA serving)	2.30	--	21.79
03055	Babyfood, dinner, beef with vegetables	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	2.29	--	7.19
06401	Soup, cream of asparagus, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	2.29	0.029	10.69
06001	Soup, cream of asparagus, canned, condensed	126.0	0.5 cup (4 fl oz)	2.29	0.029	10.74
11875	Sweet potato, cooked, baked in skin, flesh, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	2.29	0.046	23.61
25023	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, Harvest Cheddar flavor	28.35	1.0 oz	2.29	--	18.34
28159	KEEBLER, WHEATABLES, Nut Crisp Crackers, Toasted Pecan	30.0	16.0 crackers	2.28	--	19.71
28157	KEEBLER, WHEATABLES, Honey Wheat Crackers	30.0	17.0 crackers	2.28	--	20.10
11884	Tomatoes, red, ripe, cooked, with salt	240.0	1.0 cup	2.28	0.019	9.62
11530	Tomatoes, red, ripe, cooked	240.0	1.0 cup	2.28	0.019	9.62
19184	Puddings, chocolate, dry mix, instant	99.0	1.0 package (3.5 oz)	2.28	--	87.02
09072	Cherries, sweet, canned, juice pack, solids and liquids	250.0	1.0 cup, pitted	2.28	--	34.52
08221	Cereals, QUAKER, Instant Grits, Butter flavor, dry	28.0	1.0 packet (1 NLEA serving)	2.27	--	20.95
06558	Soup, tomato bisque, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	2.27	0.022	23.71
28212	MURRAY, COOKIE JAR CLASSICS, Coconut Bars Cookies	32.0	6.0 cookies	2.27	--	23.65
08531	Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt	32.0	0.75 cup (1 NLEA serving)	2.27	--	27.30
19164	Candies, SPECIAL DARK Chocolate Bar	41.0	1.0 bar 1.45 oz	2.27	--	24.80
20113	Noodles, chinese, chow mein	28.0	0.5 cup dry	2.27	--	20.38
06158	Soup, tomato bisque, canned, condensed	129.0	0.5 cup (4 fl oz)	2.27	0.023	23.83
18049	Bread, reduced-calorie, oat bran	28.35	1.0 oz	2.27	0.029	11.71
18245	Danish pastry, cheese	28.35	1.0 oz	2.27	0.025	10.55
06624	SMART SOUP, Thai Coconut Curry	283.0	10.0 oz 1 pouch	2.26	--	18.40
08699	Cereals ready-to-eat, KELLOGG'S KRAVE Smores	31.0	0.75 Cup (1 NLEA serving)	2.26	--	23.68
16138	Falafel, home-prepared	17.0	1.0 patty (approx 2-1/4" dia)	2.26	0.023	5.41
11798	Mushrooms, shiitake, cooked, with salt	145.0	1.0 cup pieces	2.26	0.006	20.87
11269	Mushrooms, shiitake, cooked, without salt	145.0	1.0 cup pieces	2.26	0.006	20.87
08613	Cereals ready-to-eat, KELLOGG'S SPECIAL K Multigrain Oats and Honey	29.0	0.666 cup (1 NLEA serving)	2.26	--	24.65

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03114	Babyfood, vegetable, butternut squash and corn	113.0	1.0 jar, Gerber (4 oz)	2.26	--	10.46
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	28.35	1.0 oz	2.25	0.020	19.07
11028	Bamboo shoots, canned, drained solids	131.0	1.0 cup (1/8" slices)	2.25	0.024	4.22
28173	KELLOGG'S, POP-TARTS, Frosted Sugar Cookie Toaster Pastries	50.0	1.0 pastry	2.25	--	35.10
08608	Cereals ready-to-eat, KASHI Berry Blossom	30.0	0.75 cup (1 NLEA serving)	2.25	--	24.93
42135	Whipped topping, frozen, low fat	75.0	1.0 cup	2.25	--	17.70
08602	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan	30.0	0.75 cup (1 NLEA serving)	2.25	--	24.36
18994	BEAR NAKED, Fruit & Nut Cookies	30.0	1.0 cookie	2.25	--	18.48
09315	Soursop, raw	225.0	1.0 cup, pulp	2.25	0.025	37.89
28165	KELLOGG'S, POP-TARTS, Chocolate Chip Cookie Dough Toaster Pastries	50.0	1.0 pastry	2.25	--	34.70
19877	Ice creams, BREYERS, 98% Fat Free Vanilla	68.0	1.0 serving 1/2 cup	2.24	--	20.75
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	28.35	1.0 oz	2.24	0.026	13.64
11655	Carrot juice, canned	236.0	1.0 cup	2.24	--	21.90
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	27.0	0.75 cup (1 NLEA serving)	2.24	--	22.49
19406	Snacks, granola bars, soft, uncoated, nut and raisin	28.0	1.0 bar (1 oz)	2.24	0.028	17.81
43212	Bacon bits, meatless	7.0	1.0 tbsp	2.24	--	2.00
28043	KEEBLER, ANIMALS, Cookies	40.0	1.0 package 1 serving	2.24	--	30.12
18610	CONTINENTAL MILLS, KRUSTEAZ Almond Poppyseed Muffin Mix, Artificially Flavored, dry	40.0	1.0 serving	2.24	--	30.24
35232	Wocas, dried seeds, Oregon, yellow pond lily (Klamath)	28.35	1.0 oz	2.24	--	22.69
19063	Snacks, tortilla chips, taco-flavor	28.35	1.0 oz	2.24	0.019	17.89
18047	Bread, raisin, enriched	28.35	1.0 oz	2.24	0.024	14.83
18272	Ice cream cones, sugar, rolled-type	28.35	1.0 oz	2.24	0.026	23.84
18367	Waffles, plain, prepared from recipe	28.35	1.0 oz	2.24	0.028	9.33
18073	Bread, white, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	2.24	0.028	14.06
18414	Bread, raisin, unenriched	28.35	1.0 oz	2.24	0.024	14.83
11645	Sweet potato, canned, syrup pack, solids and liquids	228.0	1.0 cup	2.23	0.046	47.72
09167	Loganberries, frozen	147.0	1.0 cup, unthawed	2.23	--	19.14
06219	CAMPBELL'S, 98% Fat Free Cream of Chicken Soup, condensed	124.0	0.5 cup condensed	2.23	--	9.25
06955	Soup, cream of chicken, canned, condensed, reduced sodium	124.0	0.5 cup	2.23	--	11.78
19248	Candies, HERSHEY'S, ALMOND JOY BITES	40.0	18.0 pieces	2.23	--	23.02
07254	Turkey bacon, unprepared	14.0	1.0 serving	2.23	--	0.26
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33.0	1.25 cup (1 NLEA serving)	2.23	0.031	28.07
36612	DENNY'S, golden fried shrimp	16.0	1.0 piece	2.22	0.025	3.35

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11223	Drumstick leaves, cooked, boiled, drained, without salt	42.0	1.0 cup, chopped	2.21	0.034	4.68
11786	Drumstick leaves, cooked, boiled, drained, with salt	42.0	1.0 cup, chopped	2.21	0.034	4.68
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	28.35	1.0 oz	2.21	0.027	14.63
19857	Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	28.35	1.0 oz	2.21	0.019	17.69
18292	Pancakes, plain, dry mix, incomplete, prepared	28.35	1.0 oz	2.21	0.027	8.19
09205	Oranges, raw, with peel	170.0	1.0 cup	2.21	0.020	26.35
05327	Chicken breast tenders, breaded, uncooked	15.0	1.0 piece	2.21	0.028	2.25
11009	Artichokes, (globe or french), frozen, unprepared	84.0	0.33 package	2.21	--	6.51
19904	Chocolate, dark, 70-85% cacao solids	28.35	1.0 oz	2.21	--	13.01
28179	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Ice Creme Sandwich Toaster Pastries	48.0	1.0 pastry	2.21	--	33.31
14056	Beverages, Acai berry drink, fortified	266.0	8.0 fl oz	2.21	--	34.13
08025	Cereals ready-to-eat, RALSTON CRISP RICE	33.0	1.25 cup (1 NLEA serving)	2.21	0.031	28.45
03864	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA	103.0	1.0 serving 100 ml	2.20	--	8.33
19899	Ice creams, regular, low carbohydrate, chocolate	58.0	1.0 individual (3.5 fl oz)	2.20	--	15.54
19270	Ice creams, chocolate	58.0	1.0 individual (3.5 fl oz)	2.20	--	16.36
18608	KEEBLER, KEEBLER Chocolate Graham SELECTS	31.0	1.0 serving	2.20	--	22.26
28095	KEEBLER, FUDGE SHOPPE, Jumbo Fudge Sticks, Peanut Butter	31.0	1.0 cookie	2.20	--	18.79
28163	KELLOGG'S, POP-TARTS, Frosted Apple Strudel Toaster Pastries	50.0	1.0 pastry	2.20	--	35.25
28168	KELLOGG'S, POP-TARTS, Frosted Confetti Cake Toaster Pastries	50.0	1.0 pastry	2.20	--	36.50
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44.0	1.0 bar 1.55 oz	2.20	--	29.48
11062	Beans, snap, green, frozen, all styles, microwaved	111.0	1.0 cup	2.20	0.021	7.75
19254	Candies, MARS SNACKFOOD US, DOVE Milk Chocolate	37.0	1.0 serving 1.30 oz bar	2.20	--	22.12
08101	Cereals, CREAM OF RICE, cooked with water, without salt	244.0	1.0 cup	2.20	0.032	27.82
11707	Asparagus, canned, no salt added, solids and liquids	122.0	0.5 cup	2.20	0.022	3.03
11013	Asparagus, canned, regular pack, solids and liquids	122.0	0.5 cup	2.20	0.022	3.03
08168	Cereals, CREAM OF RICE, cooked with water, with salt	244.0	1.0 cup	2.20	0.032	28.06
19423	Snacks, potato chips, fat-free, made with olestra	28.35	1.0 oz	2.19	--	18.43
06028	Soup, clam chowder, manhattan, canned, condensed	126.0	0.5 cup (4 fl oz)	2.19	--	12.27
07028	Ham, sliced, pre-packaged, deli meat (96%fat free, water added)	13.0	1.0 slice	2.19	--	0.09
11080	Beets, raw	136.0	1.0 cup	2.19	0.026	13.00
03016	Babyfood, meat, turkey, junior	19.0	1.0 tbsp	2.18	--	0.27
18486	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted raspberry	52.0	1.0 pastry	2.18	--	37.24
18481	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted cherry	52.0	1.0 pastry	2.18	--	37.44

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
18438	English muffins, plain, unenriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	2.18	0.026	13.04
18439	English muffins, plain, unenriched, without calcium propionate (includes sourdough)	28.35	1.0 oz	2.18	0.026	13.04
18071	Bread, white, prepared from recipe, made with nonfat dry milk	28.35	1.0 oz	2.18	0.027	15.20
19016	Snacks, granola bars, hard, almond	28.35	1.0 oz	2.18	0.040	17.58
18269	French toast, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	2.18	0.027	7.09
18437	English muffins, plain, enriched, without calcium propionate(includes sourdough)	28.35	1.0 oz	2.18	0.026	13.04
18270	Hush puppies, prepared from recipe	28.35	1.0 oz	2.18	0.023	13.04
19007	Snacks, corn-based, extruded, onion-flavor	28.35	1.0 oz	2.18	0.017	18.46
06336	CAMPBELL'S, Cream of Chicken Soup, condensed	124.0	0.5 cup condensed	2.18	--	7.48
19235	Puddings, chocolate, ready-to-eat, fat free	113.0	1.0 serving 4 oz	2.18	--	23.58
11730	Beans, snap, yellow, frozen, all styles, unprepared	121.0	1.0 cup	2.18	0.023	9.17
31029	Potatoes, french fried, wedge cut, frozen, unprepared	85.0	3.0 oz	2.18	--	18.89
11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	87.0	1.0 cup whole	2.18	--	3.74
11266	Mushrooms, brown, italian, or crimini, raw	87.0	1.0 cup whole	2.18	0.049	3.74
16112	Miso	17.0	1.0 tbsp	2.17	0.026	4.31
18961	Crackers, cream, GAMESA SABROSAS	31.0	11.0 crackers (1 NLEA serving)	2.17	--	20.01
08652	Cereals ready-to-eat, KELLOGG'S KRAVE chocolate cereal	31.0	0.75 cup (1 NLEA serving)	2.17	--	23.59
09021	Apricots, raw	155.0	1.0 cup, halves	2.17	0.023	17.24
06068	Soup, vegetarian vegetable, canned, condensed	126.0	0.5 cup	2.17	0.015	12.32
19075	Candies, CARAMELLO Candy Bar	35.0	1.0 bar 1.25 oz	2.17	--	22.33
10098	Pork, fresh, variety meats and by-products, chitterlings, raw	28.35	1.0 oz	2.17	--	0.00
10167	Pork, cured, separable fat (from ham and arm picnic), roasted	28.35	1.0 oz	2.17	0.007	0.00
11060	Beans, snap, green, frozen, all styles, unprepared	121.0	1.0 cup	2.17	0.023	9.12
11390	Potatoes, hash brown, frozen, plain, unprepared	105.0	0.5 cup	2.16	0.029	18.61
11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices	2.16	0.024	2.28
11938	Mushroom, white, exposed to ultraviolet light, raw	70.0	1.0 cup pieces or slices	2.16	--	2.28
06159	Soup, tomato, canned, condensed	148.0	1.0 cup	2.16	--	22.53
28040	KASHI, TLC, Oatmeal Dark Chocolate Cookies	30.0	1.0 cookie	2.16	--	20.10
11527	Tomatoes, green, raw	180.0	1.0 cup	2.16	0.016	9.18
06123	Gravy, onion, dry, mix	24.0	1.0 cup (8 fl oz)	2.16	--	16.23
28271	MURRAY, COOKIE JAR CLASSICS, Butter Cookies	30.0	8.0 cookies	2.16	--	22.29
28082	KEEBLER, FUDGE SHOPPE, Peanut Creme Filled Cookies	30.0	2.0 cookies	2.16	--	17.28

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	2.16	0.026	3.70
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	2.16	0.026	3.70
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.16	0.022	0.00
03214	Babyfood, cookies, arrowroot	28.35	1.0 oz	2.15	--	21.38
18051	Bread, reduced-calorie, oatmeal	28.35	1.0 oz	2.15	0.027	12.28
18935	Waffle, plain, frozen, ready-to-heat, microwave	32.0	1.0 waffle, round (4"dia)	2.15	--	14.53
19148	Candies, peanut brittle, prepared-from-recipe	28.35	1.0 oz	2.15	--	20.20
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	2.15	0.030	3.16
01153	Milk, canned, evaporated, with added vitamin A	31.5	1.0 fl oz	2.15	0.030	3.16
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	268.0	1.0 cup	2.14	--	18.76
28278	MURRAY, SUGAR FREE, Oatmeal Cookies	32.0	3.0 cookies	2.14	--	21.31
08685	Cereals ready-to-eat, QUAKER WHOLE HEARTS oat cereal	28.0	0.75 cup (1 NLEA serving)	2.14	--	22.43
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	30.0	0.75 cup (1 NLEA serving)	2.14	0.027	24.36
06189	Sauce, teriyaki, ready-to-serve, reduced sodium	36.0	2.0 Tbsp	2.13	--	5.61
18489	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted strawberry	52.0	1.0 pastry	2.13	--	37.28
28211	MURRAY, Chocolatey Chip Thins Cookies	30.0	8.0 cookies	2.13	--	22.08
08665	Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	30.0	0.75 cup (1 NLEA serving)	2.13	--	24.84
08658	Cereals ready-to-eat, KELLOGG'S KRAVE double chocolate cereal	30.0	0.75 cup (1 NLEA serving)	2.13	--	22.77
42236	Cereals ready-to-eat, frosted oat cereal with marshmallows	30.0	0.75 cup (1 NLEA serving)	2.13	--	25.41
28188	KELLOGG'S, SPECIAL K, Cracker Chips, Sour Cream & Onion	30.0	27.0 chips	2.13	--	22.29
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	28.35	1.0 oz	2.13	0.027	20.10
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	53.0	1.0 piece	2.13	0.035	38.07
08707	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolate Almond	28.0	0.67 Cup (1 NLEA serving)	2.13	--	22.82
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	256.0	1.0 cup	2.12	--	59.80
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	40.0	1.0 donut	2.12	--	18.82
12060	Nuts, acorn flour, full fat	28.35	1.0 oz	2.12	0.026	15.49
19015	Snacks, granola bars, hard, plain	21.0	1.0 bar	2.12	0.037	13.52
08092	Cereals, QUAKER, corn grits, instant, plain, dry	29.0	1.0 packet	2.12	--	22.74
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	249.0	1.0 serving 1 cup	2.12	--	11.88
11740	Broccoli, flower clusters, raw	71.0	1.0 cup flowerets	2.12	0.021	3.59
06048	Soup, oyster stew, canned, condensed	123.0	0.5 cup (4 fl oz)	2.12	--	4.08
06063	Soup, tomato rice, canned, condensed	129.0	0.5 cup (4 fl oz)	2.12	--	22.03
14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	26.0	1.0 scoop	2.11	--	19.22

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	33.0	1.25 cup (1 NLEA serving)	2.11	--	27.39
28178	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Hot Fudge Sundae Toaster Pastries	48.0	1.0 pastry	2.11	--	33.50
05084	Chicken, broilers or fryers, neck, meat and skin, raw	15.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.11	0.021	0.00
01070	Dessert topping, powdered	43.0	1.5 oz	2.11	0.029	22.59
08648	Cereals ready-to-eat, KASHI Simply Maize	27.0	0.75 cup (1 NLEA serving)	2.11	--	22.49
11254	Lotus root, raw	81.0	10.0 slices (2-1/2" dia)	2.11	0.016	13.96
19279	Candies, milk chocolate coated coffee beans	28.35	1.0 oz	2.10	--	15.66
21347	McDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing	59.0	2.0 fl oz	2.10	--	4.04
11208	Dandelion greens, cooked, boiled, drained, without salt	105.0	1.0 cup, chopped	2.10	--	6.72
18497	Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted strawberry	50.0	1.0 pastry	2.10	--	37.20
28229	MURRAY, SUGAR FREE, Shortbread Cookies	30.0	8.0 cookies	2.10	--	21.48
11620	Drumstick pods, raw	100.0	1.0 cup slices	2.10	--	8.53
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28.0	1.0 cup (1 NLEA serving)	2.10	0.013	23.55
03013	Babyfood, meat, chicken, junior	15.0	1.0 tbsp	2.10	0.025	0.00
11782	Dandelion greens, cooked, boiled, drained, with salt	105.0	1.0 cup, chopped	2.10	--	6.72
06122	Gravy, mushroom, dry, powder	21.0	1.0 cup (8 fl oz)	2.10	--	13.58
31027	Potatoes, yellow fleshed, french fried, frozen, unprepared	85.0	3.0 oz	2.10	--	21.26
03005	Babyfood, meat, veal, strained	16.0	1.0 tbsp	2.10	--	0.24
18240	Croissants, apple	28.35	1.0 oz	2.10	0.024	10.52
18268	French toast, frozen, ready-to-heat	28.35	1.0 oz	2.10	0.027	9.10
18211	Puff pastry, frozen, ready-to-bake, baked	28.35	1.0 oz	2.10	0.024	12.96
12001	Seeds, breadfruit seeds, raw	28.35	1.0 oz	2.10	0.035	8.29
18280	Muffins, corn, dry mix, prepared	28.35	1.0 oz	2.10	0.023	13.92
06448	Soup, oyster stew, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	2.10	--	4.07
18633	PILLSBURY GRANDS, Buttermilk Biscuits, refrigerated dough	34.0	1.0 biscuit	2.09	--	14.42
01114	Whey, sweet, fluid	246.0	1.0 cup	2.09	0.032	12.64
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	76.0	10.0 fries	2.09	0.018	19.42
11507	Sweet potato, raw, unprepared	133.0	1.0 cup, cubes	2.09	0.041	26.76
11710	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt	58.0	1.0 cup	2.09	--	3.57
11023	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	58.0	1.0 cup	2.09	--	3.87
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	12.0	1.0 slice	2.09	0.023	0.35
19057	Snacks, tortilla chips, nacho cheese	28.35	1.0 oz	2.09	0.019	17.24

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
18507	KELLOGG'S EGGO Lowfat Blueberry Nutri-Grain Waffles	35.0	1.0 waffle, round (4" dia) (include frozen)	2.08	--	14.95
08138	Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS	30.0	1.0 cup	2.08	--	24.83
18490	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted wild berry	52.0	1.0 pastry	2.08	--	37.65
06995	PREGO Pasta, Chunky Garden Tomato, Onion and Garlic Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	2.08	--	13.52
28172	KELLOGG'S, POP-TARTS, Frosted Spring Berry Toaster Pastries	52.0	1.0 pastry	2.08	--	37.60
08647	Cereals ready-to-eat, KASHI INDIGO MORNING	27.0	0.75 cup (1 NLEA serving)	2.08	--	22.36
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	48.0	1.0 package (1.69 oz)	2.08	--	34.17
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	28.0	1.0 oz	2.08	0.023	13.55
08615	Cereals ready-to-eat, KELLOGG'S CRUNCHY NUT Golden Honey Nut flakes	31.0	0.75 cup (1 NLEA serving)	2.08	--	25.82
08662	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with real strawberries	31.0	0.75 cup (1 NLEA serving)	2.08	--	25.82
28129	KEEBLER, SANDIES, Pecan Shortbread Cookies, Reduced Fat	31.0	2.0 cookies	2.08	--	20.80
18459	Breakfast tart, low fat	52.0	1.0 tart	2.07	--	39.94
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241.0	1.0 cup	2.07	--	11.78
19020	Snacks, granola bars, soft, uncoated, plain	28.0	1.0 bar (1 oz)	2.07	0.028	18.84
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	27.0	0.75 cup (1 NLEA serving)	2.07	--	21.84
28098	KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Peanut Butter	30.0	2.0 cookies	2.07	--	17.76
08603	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Blueberry	30.0	0.75 cup (1 NLEA serving)	2.07	--	25.89
18011	Biscuits, plain or buttermilk, dry mix, prepared	28.35	1.0 oz	2.07	0.026	13.72
18134	Cake, sponge, prepared from recipe	28.35	1.0 oz	2.07	0.025	16.36
19017	Snacks, granola bars, hard, chocolate chip	28.35	1.0 oz	2.07	0.038	20.44
18337	Puff pastry, frozen, ready-to-bake	28.35	1.0 oz	2.07	0.024	12.79
11605	Beets, harvard, canned, solids and liquids	246.0	1.0 cup slices	2.07	0.025	44.72
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	2.07	0.015	8.58
11540	Tomato juice, canned, with salt added	243.0	1.0 cup	2.07	--	8.58
07072	Salami, dry or hard, pork, beef	9.8	1.0 slice	2.06	0.025	0.07
11240	Mushrooms, morel, raw	66.0	1.0 cup	2.06	--	3.37
28276	MURRAY, SOUTHERN KITCHEN, Oatmeal Cookies	29.0	2.0 cookies	2.06	--	19.63
28264	KEEBLER, Oatmeal Cookies	29.0	2.0 cookies	2.06	--	19.63
11976	Pepper, banana, raw	124.0	1.0 cup	2.06	--	6.63
06528	Soup, chicken noodle, dry, mix, prepared with water	245.0	1.0 cup	2.06	--	8.99
03012	Babyfood, meat, chicken, strained	15.0	1.0 tbsp	2.06	0.023	0.02

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11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	2.05	0.021	5.32
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	2.05	0.027	26.39
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	2.05	0.011	4.84
28176	KELLOGG'S, POP-TARTS, Frosted Wild Grape Toaster Pastries	50.0	1.0 pastry	2.05	--	35.90
28192	KELLOGG'S, POP-TARTS, Gingerbread Toaster Pastries	50.0	1.0 pastry	2.05	--	35.40
28193	KELLOGG'S, POP-TARTS, Yum-azing Vanilla Milkshake Toaster Pastries	50.0	1.0 pastry	2.05	--	35.10
01237	Ice cream, bar or stick, chocolate covered	50.0	1.0 bar	2.05	--	12.25
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	33.0	1.25 cup (1 NLEA serving)	2.04	--	27.69
18448	Taco shells, baked, without added salt	28.35	1.0 oz	2.04	0.015	17.69
08309	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES	30.0	0.75 cup (1 NLEA serving)	2.04	--	26.10
31030	Potatoes, french fried, steak cut, salt not added in processing, frozen, unprepared	85.0	3.0 oz	2.04	--	20.66
28187	KELLOGG'S, SPECIAL K, Cracker Chips, Sea Salt	30.0	30.0 chips	2.04	--	22.62
11504	Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt	98.0	1.0 cup, chopped	2.04	--	3.63
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	98.0	1.0 cup, chopped	2.04	--	3.63
18403	Waffles, plain, frozen, ready -to-heat, toasted	28.35	1.0 oz	2.04	0.024	13.97
19058	Snacks, tortilla chips, ranch-flavor	28.35	1.0 oz	2.04	0.016	17.79
09288	Prunes, canned, heavy syrup pack, solids and liquids	234.0	1.0 cup	2.04	--	65.05
08674	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey	30.0	0.75 cup (1 NLEA serving)	2.03	--	25.48
35203	Rose Hips, wild (Northern Plains Indians)	127.0	1.0 cup	2.03	--	48.54
19024	Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip	35.0	1.0 bar (1.25 oz)	2.03	0.024	22.33
08655	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches	29.0	0.75 cup (1 NLEA serving)	2.03	--	23.78
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	34.0	1.0 serving 3 cookies	2.03	0.028	22.95
11897	Yam, cooked, boiled, drained, or baked, with salt	136.0	1.0 cup, cubes	2.03	0.016	36.71
11602	Yam, cooked, boiled, drained, or baked, without salt	136.0	1.0 cup, cubes	2.03	0.016	37.37
11574	Turnip greens, frozen, unprepared	82.0	0.5 cup, chopped or diced	2.03	0.035	3.01
43364	Snacks, tortilla chips, unsalted, white corn	26.0	1.0 cup	2.03	--	16.98
06463	Soup, tomato rice, canned, prepared with equal volume water	247.0	1.0 cup	2.03	--	21.09
28290	Cookie, with peanut butter filling, chocolate-coated	25.0	2.0 cookies	2.02	0.021	13.22
28033	GIRL SCOUTS, Tagalongs Cookies	25.0	2.0 cookies	2.02	--	13.05
09117	Grapefruit, raw, white, California	230.0	1.0 cup sections, with juice	2.02	0.021	20.91
19065	Candies, ALMOND JOY Candy Bar	49.0	1.0 package 1.76 oz	2.02	--	29.16
11386	Potatoes, scalloped, dry mix, unprepared	26.0	0.167 package (5.5 oz)	2.02	--	19.22
11978	Peppers, ancho, dried	17.0	1.0 pepper	2.02	0.026	8.74

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08666	Cereals ready-to-eat, GENERAL MILLS, Cinnamon Burst CHEERIOS	32.0	1.0 cup (1 NLEA serving)	2.02	--	26.62
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	32.0	0.75 cup (1 NLEA serving)	2.02	--	27.73
09190	Mulberries, raw	140.0	1.0 cup	2.02	--	13.72
08584	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight	31.0	0.75 cup (1 NLEA serving)	2.02	--	25.17
28198	MOTHER'S, Double Fudge Creme Sandwich Cookies	38.0	2.0 cookies	2.01	--	26.60
06596	CAMPBELL'S Soup on the Go, Cheesy Potato with Bacon Flavor Soup	305.0	1.0 container	2.01	--	16.01
06585	CAMPBELL'S Soup on the Go, Vegetable with Mini Round Noodles Soup	305.0	1.0 container	2.01	--	21.01
06594	CAMPBELL'S Soup on the Go, New England Clam Chowder	305.0	1.0 container	2.01	--	12.99
06589	CAMPBELL'S Soup on the Go, Creamy Broccoli Soup	305.0	1.0 container	2.01	--	12.99
18284	Muffins, wheat bran, dry mix	28.35	1.0 oz	2.01	0.033	20.70
43276	Cheese spread, cream cheese base	28.35	1.0 oz	2.01	--	0.99
18338	Phyllo dough	28.35	1.0 oz	2.01	0.025	14.91
19056	Snacks, tortilla chips, plain, white corn, salted	28.35	1.0 oz	2.01	--	19.22
18282	Muffins, corn, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	2.01	0.022	12.53
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	28.35	1.0 oz	2.01	0.025	12.96
19823	Potato chips, without salt, reduced fat	28.35	1.0 oz	2.01	--	19.22
18355	Sweet rolls, cheese	28.35	1.0 oz	2.01	0.022	12.39
19422	Snacks, potato chips, reduced fat	28.35	1.0 oz	2.01	0.031	18.97
19292	Candies, MARS SNACKFOOD US, M&M's Crispy Chocolate Candies	47.0	1.0 serving 1.6 oz bag	2.01	--	34.03
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	2.01	0.022	8.71
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	2.01	0.022	8.71
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	2.01	0.022	8.71
11964	Nopales, cooked, without salt	149.0	1.0 cup	2.01	0.021	4.89
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135.0	1.0 cup	2.01	0.022	8.71
06502	CAMPBELL'S Red and White - Microwaveable Bowls, Chicken Rice Soup	245.0	1.0 cup	2.01	--	13.99
27019	CAMPBELL'S Homestyle Harvest Tomato with Basil Soup	245.0	1.0 cup	2.01	--	23.01
43260	Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted	5.6	1.0 tbsp	2.00	--	2.30
01264	Ice cream bar, stick or nugget, with crunch coating	95.0	26.0 pieces	2.00	--	35.26
06364	CAMPBELL'S Red and White, Manhattan Clam Chowder, condensed	126.0	1.0 serving 1/2 cup	2.00	--	12.00
06058	CAMPBELL'S Red and White, Chicken Gumbo Soup, condensed	126.0	1.0 serving 1/2 cup	2.00	--	10.00
06379	CAMPBELL'S Red and White, Tomato Bisque, condensed	126.0	1.0 serving 1/2 cup	2.00	--	23.00
06029	CAMPBELL'S, HEALTHY REQUEST, chicken with rice, condensed	126.0	0.5 cup	2.00	--	9.06
06354	CAMPBELL'S Red and White, French Onion Soup, condensed	126.0	1.0 serving 1/2 cup	2.00	--	6.00
18141	Cake, yellow, commercially prepared, with vanilla frosting	67.0	1.0 serving	2.00	0.031	37.65
08348	Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice	33.0	1.25 cup (1 NLEA serving)	2.00	--	28.51

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
28329	Cookies, chocolate, made with rice cereal	62.0	1.0 cookie	2.00	--	39.22
06240	PREGO Pasta, Zesty Mushroom Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	2.00	--	18.00
06222	PREGO Pasta, Diced Onion and Garlic Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	2.00	--	18.00
06994	PREGO Pasta, Chunky Garden Combination Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	2.00	--	13.00
06932	PREGO Pasta, Traditional Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	2.00	--	13.00
27033	PREGO Pasta, Heart Smart- Traditional Sauce, ready-to-serve	130.0	0.5 cup	2.00	--	13.00
06223	PREGO Pasta, Flavored with Meat Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	2.00	--	13.00
06220	PREGO Pasta, Chunky Garden Mushroom and Green Pepper Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	2.00	--	13.00
06224	PREGO Pasta, Fresh Mushroom Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	2.00	--	13.00
06221	PREGO Pasta, Chunky Garden Mushroom Supreme Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	2.00	--	13.00
06235	P REGO Pasta, Roasted Garlic and Herb Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	2.00	--	13.00
06229	PREGO Pasta, Mushroom and Garlic Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	2.00	--	13.00
06225	PREGO Pasta, Garlic Supreme Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	2.00	--	17.00
19125	Chocolate-flavored hazelnut spread	37.0	1.0 serving 2 TBSP	2.00	--	23.00
09042	Blackberries, raw	144.0	1.0 cup	2.00	--	13.84
28352	Cookies, vanilla sandwich with creme filling, reduced fat	48.0	1.0 serving cookie	2.00	--	37.52
10007	Pork, fresh, separable fat, cooked	28.35	1.0 oz	2.00	0.024	0.00
08453	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Chocolatey Strawberry	29.0	0.75 Cup (1 NLEA serving)	2.00	--	24.16
08553	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry	30.0	0.75 cup (1 NLEA serving)	2.00	--	24.52
08657	Cereals ready-to-eat, BARBARA'S PUFFINS, original	27.0	0.75 cup (1 NLEA serving)	2.00	--	22.68
06319	Gravy, CAMPBELL'S, country style sausage	59.0	0.25 cup	2.00	--	3.00
06233	PREGO Pasta, Organic Tomato and Basil Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	2.00	--	13.00
28180	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Rainbow Chip Toaster Pastries	50.0	1.0 pastry	2.00	--	35.40
06237	PREGO Pasta, Heart Smart- Roasted Red Pepper and Garlic Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	2.00	--	13.00
01185	Parmesan cheese topping, fat free	5.0	1.0 tablespoon	2.00	--	--
25045	Formulated bar, high fiber, chewy, oats and chocolate	40.0	1.0 bar	2.00	0.020	27.91
28164	KELLOGG'S, POP-TARTS, Frosted Blueberry Muffin Toaster Pastries	50.0	1.0 pastry	2.00	--	35.45
06239	PREGO Pasta, Tomato, Basil and Garlic Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	2.00	--	12.00
06232	PREGO Pasta, Organic Mushroom Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	2.00	--	13.00
19917	Candies, M&M MARS Pretzel Chocolate Candies	40.0	0.25 cup	2.00	--	29.18

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
08546	Rice and Wheat cereal bar	22.0	1.0 bar	2.00	--	16.00
19233	Puddings, vanilla, ready-to-eat, fat free	99.0	1.0 serving 3.5 oz shelf stable	2.00	--	19.96
28325	Crackers, toast thins, low sodium	31.0	1.0 serving	2.00	--	20.97
07974	Bacon, turkey, low sodium	15.0	1.0 serving	2.00	0.028	0.72
18634	PILLSBURY Golden Layer Buttermilk Biscuits, Artificial Flavor, refrigerated dough	34.0	1.0 serving	2.00	--	14.00
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	35.0	1.0 bar	2.00	0.026	25.29
28302	Cookies, graham crackers, plain or honey, lowfat	35.0	1.0 serving	2.00	--	27.29
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	35.0	1.0 bar	2.00	--	26.00
19001	Candies, TOBLERONE, milk chocolate with honey and almond nougat	35.0	1.0 bar	2.00	--	21.42
06339	CAMPBELL'S, Cream of Mushroom with Roasted Garlic Soup, condensed	124.0	0.5 cup condensed	2.00	--	9.99
06213	CAMPBELL'S Red and White, 25% Less Sodium Tomato Soup, condensed	124.0	1.0 serving 1/2 cup	2.00	--	20.00
06149	Soup, chicken mushroom, canned, condensed	124.0	0.5 cup	2.00	--	14.82
06355	CAMPBELL'S Red and White, Golden Mushroom Soup, condensed	124.0	1.0 serving 1/2 cup	2.00	--	9.99
06312	CAMPBELL'S Red and White, Cream of Asparagus Soup, condensed	124.0	1.0 serving 1/2 cup	2.00	--	9.00
06337	CAMPBELL'S, Cream of Chicken with Herbs Soup, condensed	124.0	0.5 cup condensed	2.00	--	9.00
06214	CAMPBELL'S, 25% Less Sodium Cream of Mushroom Soup, condensed	124.0	0.5 cup condensed	2.00	--	8.00
06333	CAMPBELL'S Red and White, Cream of Broccoli Soup, condensed	124.0	1.0 serving 1/2 cup	2.00	--	12.00
06991	HEALTHY REQUEST, Tomato Soup, condensed	124.0	1.0 serving 1/2 cup	2.00	--	17.00
06014	CAMPBELL'S Red and White, Broccoli Cheese Soup, condensed	124.0	1.0 serving 1/2 cup	2.00	--	12.00
06215	CAMPBELL'S, 98% Fat Free Broccoli Cheese Soup, condensed	124.0	0.5 cup condensed	2.00	--	12.00
06209	CAMPBELL'S, 98% Fat Free Cream of Broccoli Soup, condensed	124.0	0.5 cup condensed	2.00	--	9.99
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	89.0	10.0 strip	1.99	0.018	22.08
31013	CAMPBELL'S, V8 Vegetable Juice, Spicy Hot V8	243.0	8.0 fl oz	1.99	--	10.01
31010	CAMPBELL'S, V8 Vegetable Juice, Essential Antioxidants V8	243.0	8.0 oz	1.99	--	11.01
31006	CAMPBELL'S, Organic Tomato juice	243.0	8.0 fl oz	1.99	--	10.01
31001	CAMPBELL'S, Tomato juice	243.0	8.0 fl oz	1.99	--	10.01
31017	CAMPBELL'S, V8 Vegetable Juice, Low Sodium Spicy Hot	243.0	8.0 fl oz	1.99	--	11.01
31011	CAMPBELL'S, V8 Vegetable Juice, Calcium Enriched V8	243.0	8.0 fl oz	1.99	--	11.01
31007	HEALTHY REQUEST Tomato juice	243.0	8.0 fl oz	1.99	--	11.01
31002	CAMPBELL'S, Tomato juice, low sodium	243.0	8.0 fl oz	1.99	--	10.01
31018	CAMPBELL'S, V8 Vegetable Juice, High Fiber V8	243.0	8.0 fl oz	1.99	--	13.10
31012	CAMPBELL'S, V8 Vegetable Juice, Low Sodium V8	243.0	8.0 fl oz	1.99	--	10.01

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
31008	CAMPBELL'S, V8 100% Vegetable Juice	243.0	8.0 fl oz	1.99	--	10.01
14092	Beverages, chocolate almond milk, unsweetened, shelf-stable, fortified with vitamin D2 and E	240.0	1.0 cup	1.99	--	3.00
11487	Squash, winter, butternut, frozen, unprepared	113.0	0.33 package (12 oz)	1.99	0.028	16.28
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	48.0	1.0 cup	1.99	0.034	16.22
08047	Cereals ready-to-eat, QUAKER, KING VITAMAN	31.0	1.5 cup (1 NLEA serving)	1.99	--	25.99
19914	Candies, M&M MARS 3 MUSKETEERS Truffle Crisp	31.0	1.0 serving	1.99	--	19.58
18412	Bread, cornbread, dry mix, unenriched (includes corn muffin mix)	28.35	1.0 oz	1.98	0.020	19.70
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	28.35	1.0 oz	1.98	0.020	19.70
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1.0 oz	1.98	0.018	15.93
19809	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted	28.35	1.0 oz	1.98	0.031	15.00
18103	Coffeecake, cheese	28.35	1.0 oz	1.98	0.022	12.56
19804	Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour	28.35	1.0 oz	1.98	0.018	15.93
18244	Danish pastry, cinnamon, enriched	28.35	1.0 oz	1.98	0.024	12.64
18430	Danish pastry, cinnamon, unenriched	28.35	1.0 oz	1.98	0.024	12.64
19810	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted	28.35	1.0 oz	1.98	0.031	15.00
18283	Muffins, oat bran	28.35	1.0 oz	1.98	0.030	13.69
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	28.35	1.0 oz	1.98	0.019	14.35
18016	Biscuits, plain or buttermilk, prepared from recipe	28.35	1.0 oz	1.98	0.025	12.64
19811	Snacks, potato chips, plain, unsalted	28.35	1.0 oz	1.98	0.031	15.00
11693	Tomatoes, crushed, canned	121.0	0.5 cup	1.98	0.015	8.82
28057	KEEBLER, CHIPS DELUXE, Oatmeal Chocolate Chip Cookies	31.0	2.0 cookies	1.98	--	20.24
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	31.0	1.0 cup (1 NLEA serving)	1.98	--	26.35
16542	MORNINGSTAR FARMS Breakfast Bacon Strips, frozen, unprepared	16.0	2.0 strips	1.98	--	2.29
16535	WORTHINGTON Stripples, frozen, unprepared	16.0	2.0 strip	1.98	--	2.29
19149	Candies, NESTLE, RAISINETS Chocolate Covered Raisins	45.0	1.0 serving 1.58 oz bag	1.98	--	31.95
28074	KEEBLER, E.L. FUDGE, Butter Flavored Cookies	36.0	2.0 cookies	1.98	--	25.20
18993	BEAR NAKED, Double Chocolate Cookies	30.0	1.0 cookie	1.98	--	20.07
08305	Cereals ready-to-eat, Post, Waffle Crisp	30.0	1.0 cup (1 NLEA serving)	1.98	--	24.90
11660	Tomatoes, red, ripe, cooked, stewed	101.0	1.0 cup	1.98	0.019	13.18
08244	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	30.0	0.5 cup (1 NLEA serving)	1.98	--	25.29
25060	Snack, Pretzel, hard chocolate coated	28.0	1.0 serving	1.97	0.013	19.62
11222	Drumstick leaves, raw	21.0	1.0 cup, chopped	1.97	0.030	1.74

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
28315	Bread, cinnamon	28.0	1.0 slice 1 serving	1.97	--	12.43
28351	Cookies, Marie biscuit	28.0	5.0 cookie	1.97	--	19.75
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	29.0	0.75 cup (1 NLEA serving)	1.97	--	21.92
28100	KEEBLER, FUDGE SHOPPE, Fudge Sticks, Peanut Butter	29.0	3.0 cookies	1.97	--	17.40
11991	Yautia (tannier), raw	135.0	1.0 cup, sliced	1.97	--	31.90
11841	Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated	74.0	10.0 strip	1.97	--	21.25
11735	Beets, canned, no salt added, solids and liquids	246.0	1.0 cup	1.97	0.025	16.16
21337	McDONALD'S, Peanuts (for Sundaes)	7.0	0.3 oz	1.96	--	1.14
17066	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	1.96	0.023	0.00
19403	Snacks, crisped rice bar, almond	28.0	1.0 bar (1 oz)	1.96	0.028	18.09
06964	Soup, tomato, low sodium, with water	248.0	1.0 serving 1 cup	1.96	--	16.29
43387	Turnip greens, canned, no salt added	144.0	1.0 cup	1.96	--	4.05
27068	Dip, FRITO'S, bean, original flavor	36.0	2.0 tbsp	1.96	--	5.72
27065	Dip, bean, original flavor	36.0	2.0 tbsp	1.96	--	5.72
03845	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, ready-to-feed, with ARA and DHA	107.0	1.0 serving 100 ml	1.96	--	7.29
03813	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, ready-to-feed	107.0	1.0 Serving 100 ml	1.96	--	7.29
18617	NABISCO, NABISCO GRAHAMS Crackers	28.0	1.0 serving	1.96	--	21.34
03711	Babyfood, cereal, high protein, with apple and orange, prepared with whole milk	28.35	1.0 oz	1.96	--	3.80
18332	Pie crust, standard-type, dry mix	28.35	1.0 oz	1.96	0.023	14.77
28399	Cookies, animal crackers (includes arrowroot, tea biscuits)	28.35	1.0 oz	1.96	0.028	21.01
18273	Muffins, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	1.96	0.024	11.74
08383	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Red Berries	31.0	1.0 cup (1 NLEA serving)	1.95	--	27.00
28048	KEEBLER, BAKER'S TREASURES, Oatmeal Raisin Cookie, soft	32.0	2.0 cookies	1.95	--	22.11
12108	Nuts, coconut meat, dried (desiccated), not sweetened	28.35	1.0 oz	1.95	0.023	6.70
28170	KELLOGG'S, POP-TARTS, Frosted Orange Cream Toaster Pastries	50.0	1.0 pastry	1.95	--	35.30
08635	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar	30.0	1.0 cup (1 NLEA serving)	1.95	--	24.81
28177	KELLOGG'S, POP-TARTS, Frosted Wild Strawberry Toaster Pastries	50.0	1.0 pastry	1.95	--	36.05
28174	KELLOGG'S, POP-TARTS, Frosted Waffle Cone Toaster Pastries	50.0	1.0 pastry	1.95	--	37.15
28175	KELLOGG'S, POP-TARTS, Frosted Wild Fruit Fusion Toaster Pastries	50.0	1.0 pastry	1.95	--	36.15
06956	Soup, tomato, canned, condensed, reduced sodium	121.0	1.0 serving 1/2 cup	1.95	--	16.23

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
28031	GIRL SCOUTS, Do-si-dos Cookies	24.0	2.0 cookies	1.94	--	15.84
12588	Nuts, cashew butter, plain, with salt added	16.0	1.0 tbsp	1.94	0.026	4.85
08580	Incaparina, dry mix (corn and soy flours), unprepared	8.9	1.0 tbsp	1.94	0.023	5.39
12094	Nuts, chestnuts, chinese, dried	28.35	1.0 oz	1.93	0.023	22.61
11848	Pumpkin leaves, cooked, boiled, drained, with salt	71.0	1.0 cup	1.93	0.025	2.41
11419	Pumpkin leaves, cooked, boiled, drained, without salt	71.0	1.0 cup	1.93	0.025	2.41
11278	Okra, raw	100.0	1.0 cup	1.93	0.017	7.45
18390	Pancakes, buttermilk, prepared from recipe	28.35	1.0 oz	1.93	0.023	8.14
18417	Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	28.35	1.0 oz	1.93	0.023	13.24
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	28.35	1.0 oz	1.93	0.023	13.24
18377	Cookies, oatmeal, prepared from recipe, without raisins	28.35	1.0 oz	1.93	0.025	18.82
09277	Plantains, raw	148.0	1.0 cup, sliced	1.92	0.022	47.20
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	32.0	1.5 cup (1 NLEA serving)	1.92	--	27.72
03077	Babyfood, dinner, pasta with vegetables	113.0	1.0 jar, Gerber (4 oz)	1.92	--	9.49
19255	Candies, MARS SNACKFOOD US, DOVE Dark Chocolate	37.0	1.0 serving 1.3 oz bar	1.92	--	21.98
28186	KELLOGG'S, SPECIAL K, Cracker Chips, Cheddar	30.0	27.0 chips	1.92	--	22.11
43026	Syrups, sugar free	240.0	1.0 cup	1.92	--	29.11
28181	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Strawberry Milkshake Toaster Pastries	48.0	1.0 pastry	1.92	--	33.60
28059	KEEBLER, CHIPS DELUXE, Peanut Butter Cups Cookies	32.0	2.0 cookies	1.92	--	19.46
28221	MURRAY, SUGAR FREE, Chocolate Chip & Pecan Cookies	32.0	3.0 cookies	1.92	--	18.75
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	1.92	0.027	7.49
28182	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Vanilla Milkshake Toaster Pastries	48.0	1.0 pastry	1.92	--	33.65
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	82.0	10.0 strip	1.92	0.017	19.65
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27.0	0.75 cup (1 NLEA serving)	1.92	--	21.24
18224	Crackers, rusk toast	14.2	0.5 oz	1.92	0.024	10.27
18234	Crackers, wheat, sandwich, with peanut butter filling	14.2	0.5 oz	1.92	0.023	7.64
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29.0	1.0 cup (1 NLEA serving)	1.91	--	25.29
09071	Cherries, sweet, canned, water pack, solids and liquids	248.0	1.0 cup, pitted	1.91	--	29.16
18635	PILLSBURY, Cinnamon Rolls with Icing, refrigerated dough	44.0	1.0 serving 1 roll with icing	1.91	--	23.50
08682	Cereals ready-to-eat, GENERAL MILLS, Multi Grain CHEERIOS, Peanut Butter	28.0	0.75 cup (1 NLEA serving)	1.90	--	22.96

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
19415	Snacks, potato sticks	28.35	1.0 oz	1.90	--	15.11
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	1.90	0.019	12.33
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	28.35	1.0 oz	1.90	--	22.02
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	240.0	1.0 cup	1.90	0.019	8.33
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	1.90	0.019	8.33
01146	Cheese, parmesan, shredded	5.0	1.0 tbsp	1.89	0.028	0.17
16124	Soy sauce made from soy (tamari)	18.0	1.0 tbsp	1.89	0.033	1.00
28205	MOTHER'S, Macaroon Cookies	31.0	2.0 cookies	1.89	--	17.27
28124	KEEBLER, SANDIES, Cashew Shortbread Cookies	30.0	2.0 cookies	1.89	--	17.79
18541	ARCHWAY Home Style Cookies, Peanut Butter	21.0	1.0 serving	1.89	--	12.28
06042	Soup, mushroom barley, canned, condensed	126.0	0.5 cup (4 fl oz)	1.89	--	12.10
28226	MURRAY, SUGAR FREE, Pecan Shortbread Cookies	32.0	3.0 cookies	1.89	--	18.34
11965	Cauliflower, green, raw	64.0	1.0 cup	1.89	0.025	3.90
28231	MURRAY, SUGAR FREE, Vanilla Wafer	32.0	9.0 cookies	1.89	--	23.68
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	170.0	1.0 container	1.89	0.026	12.70
11361	Potatoes, roasted, salt added in processing, frozen, unprepared	85.0	3.0 oz	1.89	--	22.23
09183	Melons, casaba, raw	170.0	1.0 cup, cubes	1.89	--	11.19
17005	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	1.89	0.022	0.00
28109	KEEBLER, Iced Oatmeal Cookies	29.0	2.0 cookies	1.88	--	20.16
28219	MURRAY, SOUTHERN KITCHEN, Iced Oatmeal Cookies	29.0	2.0 cookies	1.88	--	20.16
28070	KEEBLER, CLUB Crackers, Snack Sticks, Honey Wheat	29.0	12.0 crackers	1.88	--	19.14
11968	Cauliflower, green, cooked, with salt	62.0	0.5 cup (1" pieces)	1.88	0.025	3.89
12220	Seeds, flaxseed	10.3	1.0 tbsp, whole	1.88	0.031	2.97
19256	Candies, MARS SNACKFOOD US, MILKY WAY Caramels, milk chocolate covered	44.0	1.0 serving 5 pieces	1.88	--	30.14
25064	Snacks, potato chips, lightly salted	28.0	23.0 pieces	1.88	--	14.99
28036	GIRL SCOUTS, Trefoils Cookies	33.0	5.0 cookies	1.88	--	22.44
05089	Chicken, broilers or fryers, neck, meat only, cooked, fried	7.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.88	0.022	0.12
06442	Soup, mushroom barley, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	1.88	--	11.71
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244.0	1.0 cup	1.88	--	21.81
25028	Tortilla chips, yellow, plain, salted	28.35	1.0 oz	1.88	--	19.10
11622	Kale, scotch, raw	67.0	1.0 cup, chopped	1.88	0.023	5.57
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	1.88	0.032	25.56

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
03822	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, prepared from powder	103.0	1.0 serving 100 ml	1.87	--	6.83
11018	Asparagus, frozen, unprepared	58.0	4.0 spears	1.87	0.018	2.38
06053	Soup, cream of potato, canned, condensed	124.0	0.5 cup	1.87	0.025	15.86
06341	CAMPBELL'S, Cream of Potato Soup, condensed	124.0	0.5 cup condensed	1.87	--	16.43
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	180.0	1.0 cup slices	1.87	0.014	6.82
09201	Oranges, raw, California, valencias	180.0	1.0 cup sections, without membranes	1.87	0.018	21.40
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	1.87	0.014	6.82
18157	Cookies, chocolate wafers	28.35	1.0 oz	1.87	0.027	20.61
18032	Bread, irish soda, prepared from recipe	28.35	1.0 oz	1.87	0.020	15.88
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1.0 oz	1.87	0.020	14.54
01112	Whey, acid, fluid	246.0	1.0 cup	1.87	0.039	12.60
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	256.0	1.0 cup	1.87	--	59.57
14192	Beverages, Cocoa mix, powder	28.0	1.0 serving (3 heaping tsp or 1 envelope)	1.87	--	23.44
09065	Cherries, sour, red, canned, light syrup pack, solids and liquids	252.0	1.0 cup	1.86	--	48.64
18219	Crackers, matzo, whole-wheat	14.2	0.5 oz	1.86	0.029	11.20
28189	KELLOGG'S, SPECIAL K, Cracker Chips, Southwest Ranch	30.0	27.0 chips	1.86	--	22.44
28267	KEEBLER, SANDIES, Simply Shortbread Cookies	31.0	2.0 cookies	1.86	--	19.28
11951	Peppers, sweet, yellow, raw	186.0	1.0 pepper, large (3-3/4" long, 3" dia)	1.86	0.024	11.76
28207	MOTHER'S, Old Fashioned Iced Oatmeal Cookies	31.0	2.0 cookies	1.86	--	22.57
11091	Broccoli, cooked, boiled, drained, without salt	78.0	0.5 cup, chopped	1.86	0.027	5.60
11742	Broccoli, cooked, boiled, drained, with salt	78.0	0.5 cup, chopped	1.86	0.027	5.60
19271	Ice creams, strawberry	58.0	1.0 individual (3.5 fl oz)	1.86	--	16.01
23298	Beef, Australian, imported, Wagyu, external fat, Aust. marble score 4/5, raw	28.35	1.0 oz	1.85	--	0.00
09067	Cherries, sour, red, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	1.85	--	76.29
28105	KEEBLER, GRIPZ, Cinnamon Grahams, bite-size	25.0	1.0 pouch	1.85	--	18.90
28104	KEEBLER, GRIPZ, Chocolate Chip Grahams, bite-size	25.0	1.0 pouch	1.85	--	18.90
07055	Pate, liver, not specified, canned	13.0	1.0 tbsp	1.85	0.020	0.20
19042	Snacks, potato chips, barbecue-flavor	28.35	1.0 oz	1.85	--	15.85
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	1.84	0.027	21.50
11866	Squash, winter, butternut, cooked, baked, with salt	205.0	1.0 cup, cubes	1.84	0.027	21.50
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	1.84	0.023	11.54
18184	Cookies, oatmeal, prepared from recipe, with raisins	28.35	1.0 oz	1.84	0.023	19.39

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
18180	Cookies, oatmeal, dry mix	28.35	1.0 oz	1.84	0.032	19.08
11408	Potatoes, frozen, french fried, par fried, extruded, unprepared	65.0	10.0 strips	1.84	0.025	19.60
19898	Ice creams, regular, low carbohydrate, vanilla	58.0	1.0 individual (3.5 fl oz)	1.84	0.026	12.89
11027	Bamboo shoots, cooked, boiled, drained, without salt	120.0	1.0 cup (1/2" slices)	1.84	0.019	2.30
11712	Bamboo shoots, cooked, boiled, drained, with salt	120.0	1.0 cup (1/2" slices)	1.84	0.019	1.82
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	132.0	1.0 serving 1/2 cup	1.83	--	9.81
18365	Waffles, plain, frozen, ready-to-heat	28.35	1.0 oz	1.83	0.022	12.18
11695	Tomatoes, orange, raw	158.0	1.0 cup, chopped	1.83	0.013	5.02
18222	Crackers, melba toast, wheat	14.2	0.5 oz	1.83	0.024	10.85
11052	Beans, snap, green, raw	100.0	1.0 cup 1/2" pieces	1.83	0.019	6.97
28126	KEEBLER, SANDIES, Dark Chocolate Almond Shortbread Cookies	30.0	2.0 cookies	1.83	--	17.97
11291	Onions, spring or scallions (includes tops and bulb), raw	100.0	1.0 cup, chopped	1.83	0.020	7.34
28274	MURRAY, Honey Graham	31.0	8.0 crackers	1.83	--	23.47
11977	Peppers, serrano, raw	105.0	1.0 cup, chopped	1.83	--	7.04
11863	Squash, winter, all varieties, cooked, baked, with salt	205.0	1.0 cup, cubes	1.82	0.027	18.14
11644	Squash, winter, all varieties, cooked, baked, without salt	205.0	1.0 cup, cubes	1.82	0.027	18.14
28037	JACKSON'S, Old Fashioned Lemon Jumble Cookies	32.0	3.0 cookies	1.82	--	22.94
28270	MOTHER'S, Vanilla Sandwich Cookies	38.0	2.0 cookies	1.82	--	26.18
28197	MOTHER'S, Coconut Cocadas Cookies	32.0	5.0 cookies	1.82	--	20.83
28072	KEEBLER, Country Style Oatmeal Cookies with Raisins	28.0	2.0 cookies	1.82	--	18.76
11722	Beans, snap, yellow, raw	100.0	1.0 cup 1/2" pieces	1.82	0.019	7.13
11609	Beets, pickled, canned, solids and liquids	227.0	1.0 cup slices	1.82	0.020	36.96
08268	Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY	33.0	1.0 cup (1 NLEA serving)	1.82	--	28.18
08273	Cereals ready-to-eat, GENERAL MILLS, BOO BERRY	33.0	1.0 cup (1 NLEA serving)	1.82	--	28.18
11265	Mushrooms, portabella, raw	86.0	1.0 cup diced	1.81	0.030	3.33
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	86.0	1.0 cup diced	1.81	0.048	3.33
21127	Fast foods, coleslaw	191.0	1.0 cup	1.81	--	28.44
18254	Doughnuts, yeast-leavened, with creme filling	28.35	1.0 oz	1.81	0.022	8.50
18436	Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	28.35	1.0 oz	1.81	0.022	12.56
19038	Snacks, popcorn, caramel-coated, with peanuts	28.35	1.0 oz (approx 2/3 cup)	1.81	0.015	22.88
18293	Pancakes, plain, prepared from recipe	28.35	1.0 oz	1.81	0.023	8.02
03942	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	1.81	--	7.98
28372	UDI'S, Gluten Free, Soft & Hearty Whole Grain Bread	25.0	1.0 slice	1.81	--	12.27

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
28339	Bread, gluten-free, whole grain, made with tapioca starch and brown rice flour	25.0	1.0 slice	1.81	--	12.27
12099	Nuts, chestnuts, european, dried, unpeeled	28.35	1.0 oz	1.81	0.020	21.92
06377	CAMPBELL'S, Tomato Soup, condensed	124.0	0.5 cup condensed	1.81	--	18.87
10105	Pork, fresh, variety meats and by-products, jowl, raw	28.35	1.0 oz	1.81	0.006	0.00
44259	Puddings, all flavors except chocolate, low calorie, regular, dry mix	113.0	1.0 serving	1.81	--	97.23
03070	Babyfood, dinner, chicken soup, strained	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	1.81	--	8.14
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	28.0	1.0 cup (1 NLEA serving)	1.81	0.025	24.09
11104	Burdock root, raw	118.0	1.0 cup (1" pieces)	1.81	0.007	20.46
06976	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	128.0	1.0 serving 1/2 cup	1.80	--	10.32
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	1.80	0.025	17.56
07065	Pork and beef sausage, fresh, cooked	13.0	1.0 link (raw dimensions: 4" long x 7/8" dia), cooked	1.79	0.017	0.35
18112	Cake, pudding-type, german chocolate, dry mix	43.0	1.0 serving	1.79	0.025	34.94
03100	Babyfood, vegetables, carrots, junior	224.0	1.0 cup	1.79	0.025	16.13
03099	Babyfood, vegetables, carrots, strained	224.0	1.0 cup	1.79	0.025	13.44
28277	MURRAY, SUGAR FREE, Chocolate Chip Cookies	32.0	3.0 cookies	1.79	--	20.35
19411	Snacks, potato chips, plain, salted	28.0	1.0 oz	1.79	0.030	15.07
09353	Blueberries, wild, canned, heavy syrup, drained	319.0	1.0 cup	1.79	--	90.34
42136	Cream substitute, powdered, light	94.0	1.0 cup	1.79	--	69.00
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119.0	1.0 cup, shredded	1.78	0.018	2.87
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	119.0	1.0 cup, shredded	1.78	0.018	2.87
28250	SUNSHINE, CHEEZ-IT, 100 Calorie RIGHT BITES, Extra Cheesy Party Mix	21.0	1.0 pouch	1.78	--	13.71
11297	Parsley, fresh	60.0	1.0 cup chopped	1.78	0.027	3.80
09048	Blackberries, frozen, unsweetened	151.0	1.0 cup, unthawed	1.78	--	23.66
17284	Lamb, Australian, imported, fresh, separable fat, raw	28.35	1.0 oz	1.78	0.021	0.00
11409	Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	50.0	10.0 strips	1.78	0.024	19.84
06483	Soup, cream of chicken, dry, mix, prepared with water	261.0	1.0 cup 8 fl oz	1.77	--	13.34
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	1.77	0.018	24.52
28263	KEEBLER, Grahams, Cinnamon Crisp	30.0	8.0 crackers	1.77	--	22.89
09446	Plantains, green, fried	118.0	1.0 cup	1.77	--	58.02
03002	Babyfood, meat, beef, strained	14.7	1.0 tbsp	1.77	--	0.36
28056	KEEBLER, CHIPS DELUXE, Mini Chocolate Chip Cookies	34.0	1.0 pouch	1.77	--	23.12

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
14226	Beverages, OCEAN SPRAY, Light Cranberry and Raspberry Flavored Juice	242.0	8.0 fl oz	1.77	--	13.96
11845	Pumpkin, cooked, boiled, drained, with salt	245.0	1.0 cup, mashed	1.76	0.022	10.56
11423	Pumpkin, cooked, boiled, drained, without salt	245.0	1.0 cup, mashed	1.76	0.022	12.00
08157	Cereals ready-to-eat, wheat, puffed, fortified	12.0	1.0 cup	1.76	0.027	9.55
18215	Crackers, cheese, sandwich-type with peanut butter filling	14.2	0.5 oz	1.76	0.019	8.06
06559	Soup, tomato, canned, prepared with equal volume water, commercial	248.0	1.0 serving 1 cup	1.76	--	18.48
11282	Onions, raw	160.0	1.0 cup, chopped	1.76	0.022	14.94
28052	KEEBLER, CHIPS DELUXE, Chocolate Lovers Cookies	32.0	2.0 cookies	1.76	--	20.16
11933	Beans, snap, yellow, canned, no salt added, drained solids	153.0	1.0 cup	1.76	0.018	6.88
11932	Beans, snap, yellow, canned, regular pack, drained solids	153.0	1.0 cup	1.76	0.018	6.88
18154	Cookies, brownies, prepared from recipe	28.35	1.0 oz	1.76	0.022	14.23
12077	Nuts, beechnuts, dried	28.35	1.0 oz	1.76	0.020	9.50
18009	Biscuits, plain or buttermilk, frozen, baked	28.35	1.0 oz	1.76	0.022	15.27
18356	Sweet rolls, cinnamon, commercially prepared with raisins	28.35	1.0 oz	1.76	0.021	14.43
18178	Cookies, oatmeal, commercially prepared, regular	28.35	1.0 oz	1.76	0.028	19.48
12158	Seeds, breadfruit seeds, roasted	28.35	1.0 oz	1.76	0.029	11.37
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	29.0	1.0 cup	1.76	0.019	25.19
06453	Soup, cream of potato, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	1.76	0.024	11.47
21388	Fast foods, miniature cinnamon rolls	25.0	1.0 each	1.76	0.014	13.34
08671	Cereals ready-to-eat, GENERAL MILLS, Dulce De Leche CHEERIOS	27.0	0.75 cup (1 NLEA serving)	1.76	--	22.14
28269	MOTHER'S, Old Fashioned Oatmeal Cookies	27.0	2.0 cookies	1.76	--	19.22
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	125.0	1.0 cup	1.75	0.024	2.68
09306	Raspberries, frozen, red, sweetened	250.0	1.0 cup, thawed	1.75	--	65.40
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	30.0	1.0 cup (NLEA serving)	1.75	0.009	25.74
07053	Pate, chicken liver, canned	13.0	1.0 tbsp	1.75	0.025	0.85
18218	Crackers, matzo, egg	14.2	0.5 oz	1.75	0.021	11.16
05353	USDA Commodity, chicken fajita strips, frozen	9.4	1.0 strip	1.74	0.019	0.21
12058	Nuts, acorns, raw	28.35	1.0 oz	1.74	0.021	11.55
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	1.74	0.017	22.93
19150	Candies, REESE'S Peanut Butter Cups	17.0	1.0 package 0.6 oz 1 cup	1.74	--	9.41
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	28.35	1.0 oz	1.74	0.012	13.59
28071	KEEBLER, CLUB Crackers, Snack Sticks, Original	29.0	12.0 crackers	1.74	--	18.85
03857	Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	1.74	--	6.48

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
03823	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-feed	106.0	1.0 Serving 100 ml	1.74	--	6.48
09206	Orange juice, raw	248.0	1.0 cup	1.74	0.005	25.79
28125	KEEBLER, SANDIES, Chocolate Chip & Pecan Shortbread Cookies	31.0	2.0 cookies	1.74	--	18.35
19903	Chocolate, dark, 60-69% cacao solids	28.35	1.0 oz	1.74	--	14.86
31028	Potatoes, yellow fleshed, hash brown, shredded, salt added in processing, frozen, unprepared	85.0	3.0 oz	1.73	--	15.28
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	69.0	10.0 strip	1.73	0.015	18.98
07043	Roast beef, deli style, prepackaged, sliced	9.3	1.0 slice oval	1.73	--	0.06
18294	Pancakes, blueberry, prepared from recipe	28.35	1.0 oz	1.73	0.022	8.22
18179	Cookies, oatmeal, commercially prepared, soft-type	28.35	1.0 oz	1.73	0.027	18.63
18017	Biscuits, mixed grain, refrigerated dough	28.35	1.0 oz	1.73	0.022	13.44
18155	Cookies, butter, commercially prepared, enriched	28.35	1.0 oz	1.73	0.024	19.53
18421	Cookies, butter, commercially prepared, unenriched	28.35	1.0 oz	1.73	0.024	19.53
18126	Cake, shortcake, biscuit-type, prepared from recipe	28.35	1.0 oz	1.73	0.022	13.75
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	27.0	1.0 cup (1 NLEA serving)	1.73	--	22.97
28206	MOTHER'S, Old Fashioned Chocolate Chip Cookies	32.0	2.0 cookies	1.73	--	21.12
28151	KEEBLER, TRADITIONS, Iced Oatmeal Cookies	32.0	4.0 cookies	1.73	--	22.72
28203	MOTHER'S, Iced Oatmeal Cookies	32.0	4.0 cookies	1.73	--	22.72
11054	Beans, snap, green, canned, regular pack, solids and liquids	240.0	1.0 cup	1.73	0.019	7.85
12119	Nuts, coconut water (liquid from coconuts)	240.0	1.0 cup	1.73	0.019	8.90
19003	Snacks, corn-based, extruded, chips, plain	28.0	1.0 oz	1.73	0.013	15.93
09022	Apricots, canned, water pack, with skin, solids and liquids	243.0	1.0 cup, halves	1.73	0.032	15.53
09334	Feijoa, raw	243.0	1.0 cup, pureed	1.73	0.017	36.96
03015	Babyfood, meat, turkey, strained	15.0	1.0 tbsp	1.72	0.022	0.21
11214	Escarole, cooked, boiled, drained, no salt added	150.0	1.0 cup	1.72	0.008	4.60
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	29.0	1.0 cup (1 NLEA serving)	1.72	0.019	25.17
11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	50.0	10.0 strips	1.72	0.023	17.02
11407	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	50.0	10.0 strips	1.72	0.023	17.02
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	27.0	0.75 cup (1 NLEA serving)	1.72	--	22.59
18220	Crackers, melba toast, plain	14.2	0.5 oz	1.72	0.020	10.88
18424	Crackers, melba toast, plain, without salt	14.2	0.5 oz	1.72	0.020	10.88
11729	Beans, snap, green, canned, no salt added, drained solids	153.0	1.0 cup	1.71	0.018	6.61
11698	Chrysanthemum leaves, raw	51.0	1.0 cup, chopped	1.71	--	1.54

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
11849	Purslane, cooked, boiled, drained, with salt	115.0	1.0 cup	1.71	0.018	4.08
11428	Purslane, cooked, boiled, drained, without salt	115.0	1.0 cup	1.71	0.018	4.08
28195	MOTHER'S, Chocolate Chip Cookies	30.0	4.0 cookies	1.71	--	20.28
28054	KEEBLER, CHIPS DELUXE, Coconut Cookies	30.0	2.0 cookies	1.71	--	18.45
28222	MURRAY, SUGAR FREE, Fudge Dipped Grahams	30.0	4.0 cookies	1.71	--	18.99
28131	KEEBLER, Sweet Cremes Cookies	38.0	2.0 cookies	1.71	--	26.98
09427	Abiyuch, raw	114.0	0.5 cup	1.71	--	20.06
28199	MOTHER'S, English Tea Sandwich Cookies	38.0	2.0 cookies	1.71	--	26.98
19405	Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow	28.0	1.0 bar (1 oz)	1.71	0.024	19.82
18637	KRAFT FOODS, SHAKE 'N' BAKE ORIGINAL RECIPE, Coating for Pork, dry	28.0	1.0 serving	1.71	--	22.34
08588	Cereals ready-to-eat, KELLOGG, KELLOGG'S CINNABON cereal	30.0	1.0 cup (1 NLEA serving)	1.71	--	24.99
17092	Veal, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	1.71	0.017	0.00
28091	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Oatmeal	31.0	3.0 cookies	1.70	--	20.58
18183	Cookies, oatmeal, refrigerated dough, baked	28.35	1.0 oz	1.70	0.028	18.63
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	1.70	0.013	8.57
23299	Beef, Australian, imported, Wagyu, seam fat, Aust. marble score 4/5, raw	28.35	1.0 oz	1.70	--	0.00
42283	Snacks, potato chips, white, restructured, baked	34.0	1.0 cup	1.70	--	24.28
25010	Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Almond Snack Bar	22.0	1.0 bar	1.70	--	11.37
28047	KEEBLER, BAKER'S TREASURES, Chocolate Chip Cookie, soft	32.0	2.0 cookies	1.70	--	22.37
03008	Babyfood, meat, ham, strained	15.0	1.0 tbsp	1.70	0.021	0.56
09035	Apricots, frozen, sweetened	242.0	1.0 cup	1.69	0.019	60.74
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	1.69	0.005	28.06
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	1.69	0.005	28.06
09207	Orange juice, canned, unsweetened	249.0	1.0 cup	1.69	0.005	27.41
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	249.0	1.0 cup	1.69	0.005	28.73
09209	Orange juice, chilled, includes from concentrate	249.0	1.0 cup	1.69	0.005	28.73
12004	Seeds, breadnut tree seeds, raw	28.35	1.0 oz (8-14 seeds)	1.69	0.046	13.12
09200	Oranges, raw, all commercial varieties	180.0	1.0 cup, sections	1.69	0.016	21.15
31026	Potatoes, yellow fleshed, roasted, salt added in processing, frozen, unprepared	85.0	3.0 oz	1.69	--	19.92
18242	Croutons, plain	14.2	0.5 oz	1.69	0.020	10.44
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	1.69	0.023	24.18

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
06410	Soup, cream of celery, canned, prepared with equal volume water	248.0	1.0 cup	1.69	0.020	8.98
11399	Potato puffs, frozen, oven-heated	79.0	10.0 puffs	1.68	0.016	21.56
28028	FAMOUS AMOS, Chocolate Chip Pecan Cookies	29.0	4.0 cookies	1.68	--	18.50
19258	Candies, MARS SNACKFOOD US, MILKY WAY Caramels. dark chocolate covered	44.0	1.0 serving 5 pieces	1.68	--	29.73
07083	Sausage, Vienna, canned, chicken, beef, pork	16.0	1.0 sausage (7/8" dia x 2" long)	1.68	0.017	0.42
28045	KEEBLER, ANIMALS, Iced Cookies	30.0	6.0 cookies 1 serving	1.68	--	22.26
09518	Raspberries, frozen, unsweetened	140.0	1.0 cup, unthawed	1.68	--	16.72
11224	Hyacinth-beans, immature seeds, raw	80.0	1.0 cup	1.68	--	7.35
28089	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Mini	40.0	1.0 package	1.68	--	27.48
08469	Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal	30.0	0.75 cup (1 NLEA serving)	1.68	--	26.19
18279	Muffins, corn, commercially prepared	28.35	1.0 oz	1.67	0.019	14.46
18208	Cookies, sugar, prepared from recipe, made with margarine	28.35	1.0 oz	1.67	0.021	17.01
18316	Pie, coconut custard, commercially prepared	28.35	1.0 oz	1.67	0.022	8.56
18256	Doughnuts, yeast-leavened, with jelly filling	28.35	1.0 oz	1.67	0.020	11.06
18936	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	28.35	1.0 oz	1.67	--	12.28
28262	FAMOUS AMOS, Vanilla Sandwich Creme Cookies	34.0	3.0 cookies	1.67	--	25.09
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	129.0	0.5 cup condensed	1.66	0.012	8.50
09052	Blueberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	1.66	0.008	56.47
06010	Soup, cream of celery, canned, condensed	126.0	0.5 cup	1.66	0.019	8.86
11537	Tomatoes, red, ripe, canned, with green chilies	241.0	1.0 cup	1.66	--	8.72
09233	Passion-fruit juice, yellow, raw	247.0	1.0 cup	1.65	--	35.69
28218	MURRAY, SOUTHERN KITCHEN, Coconut Cookies	29.0	2.0 cookies	1.65	--	19.00
18086	Cake, angelfood, commercially prepared	28.0	1.0 piece (1/12 of 12 oz cake)	1.65	0.021	16.18
08506	Cereals ready-to-eat, RALSTON Corn Flakes	28.0	1.0 cup (1 NLEA serving)	1.65	0.010	24.64
08661	Cereals ready-to-eat, KELLOGG'S CINNAMON JACKS	28.0	1.0 cup (1 NLEA serving)	1.65	--	23.24
28058	KEEBLER, CHIPS DELUXE, Original Chocolate Chip Cookies	30.0	2.0 cookies	1.65	--	18.81
09508	Fruit juice smoothie, NAKED JUICE, GREEN MACHINE	275.0	1.0 cup	1.65	--	34.46
43142	Radishes, hawaiian style, pickled	150.0	1.0 cup	1.65	--	7.80
28216	MURRAY, Old Fashioned Iced Oatmeal Cookies	33.0	5.0 cookies	1.65	--	23.43
43027	Jellies, no sugar (with sodium saccharin), any flavors	300.0	1.0 cup	1.65	--	88.80
11118	Cabbage, kimchi	150.0	1.0 cup	1.65	--	3.60
18221	Crackers, melba toast, rye (includes pumpernickel)	14.2	0.5 oz	1.65	0.019	10.98
19173	Gelatin desserts, dry mix, prepared with water	135.0	0.5 cup	1.65	0.000	19.16
25007	Snacks, M&M MARS, KUDOS Whole Grain Bars, peanut butter	28.0	1.0 bar	1.65	--	18.11

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
43078	Beverage, milkshake mix, dry, not chocolate	7.0	1.0 tbsp	1.64	--	3.70
19005	Snacks, corn-based, extruded, cones, plain	28.35	1.0 oz	1.64	0.012	17.83
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	31.0	0.75 cup (1 NLEA serving)	1.64	--	26.38
19328	Candies, MARS SNACKFOOD US, COCOAVIA Crispy Chocolate Bar	20.0	1.0 serving 0.7 oz bar	1.64	--	12.41
11891	Turnip greens, cooked, boiled, drained, with salt	144.0	1.0 cup, chopped	1.64	0.029	6.28
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	1.64	0.029	6.28
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	245.0	1.0 cup, mashed	1.64	0.024	21.54
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	1.64	0.024	21.54
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	100.0	1.0 cup (1" pieces)	1.64	--	4.31
11767	Chrysanthemum, garland, cooked, boiled, drained, with salt	100.0	1.0 cup (1" pieces)	1.64	--	4.31
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	1.64	0.014	7.76
09109	Gooseberries, canned, light syrup pack, solids and liquids	252.0	1.0 cup	1.64	--	47.25
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	180.0	1.0 cup slices	1.64	0.014	7.76
11368	Potatoes, microwaved, cooked in skin, flesh, without salt	78.0	0.5 cup	1.64	0.026	18.16
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	78.0	0.5 cup	1.64	0.026	18.16
06443	Soup, cream of mushroom, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	1.64	--	8.26
18642	GENERAL MILLS, BETTY CROCKER SUPERMOIST Yellow Cake Mix, dry	43.0	1.0 serving	1.63	--	34.96
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	28.35	1.0 oz	1.63	0.027	15.34
03112	Babyfood, potatoes, toddler	163.0	1.0 cup	1.63	--	19.12
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	1.63	0.018	8.29
28046	KEEBLER, ANIMALS, Crackers	29.0	8.0 crackers 1 serving	1.62	--	21.84
19891	Frozen novelties, No Sugar Added CREAMSICLE Pops	44.0	1.0 serving 1 pop	1.62	--	5.67
18375	Leavening agents, yeast, baker's, active dry	4.0	1.0 tsp	1.62	0.022	1.65
08510	Milk and cereal bar	25.0	1.0 bar	1.62	--	18.01
28107	KEEBLER, Gingerbread Men Cookies, Holiday	33.0	5.0 cookies	1.62	--	25.71
18378	Cookies, chocolate chip, prepared from recipe, made with butter	28.35	1.0 oz	1.62	0.020	16.50
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	28.35	1.0 oz	1.62	0.020	16.56
18449	Tortillas, ready-to-bake or -fry, corn, without added salt	28.35	1.0 oz	1.62	0.012	13.21
18363	Tortillas, ready-to-bake or -fry, corn	28.35	1.0 oz	1.62	0.012	12.66
19234	Puddings, tapioca, ready-to-eat, fat free	112.0	1.0 container refrigerated 4 oz	1.61	--	23.87
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	28.35	1.0 oz	1.61	0.005	0.03
28075	KEEBLER, E.L. FUDGE, Double Stuffed Cookies	35.0	2.0 cookies	1.61	--	23.66
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	1.61	0.013	6.30
11353	Potatoes, russet, flesh and skin, raw	75.0	0.5 cup, diced	1.60	--	13.55

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
11613	Borage, raw	89.0	1.0 cup (1" pieces)	1.60	--	2.72
11270	Mustard greens, raw	56.0	1.0 cup, chopped	1.60	--	2.62
43214	Butter replacement, without fat, powder	80.0	1.0 cup	1.60	--	71.20
42196	Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar	50.0	1.0 serving 1.76 oz bar	1.60	--	35.61
06988	CAMPBELL'S HEALTHY REQUEST, Cream of Mushroom Soup, condensed	124.0	0.5 cup condensed	1.60	--	10.66
11298	Parsnips, raw	133.0	1.0 cup slices	1.60	--	23.93
06194	Soup, chicken broth, ready-to-serve	249.0	1.0 cup	1.59	--	1.10
11570	Turnip greens, canned, solids and liquids	117.0	0.5 cup	1.59	0.027	2.83
18144	Cake, yellow, enriched, dry mix	43.0	1.0 serving	1.59	0.026	35.23
28374	VAN'S, Gluten Free, Totally Original Pancakes	48.0	1.0 pancake	1.59	--	19.35
28347	Pancakes, gluten-free, frozen, ready-to-heat	48.0	1.0 pancake	1.59	--	19.35
09514	Fruit juice smoothie, BOLTHOUSE FARMS, BERRY BOOST	252.0	1.0 cup	1.59	--	27.47
18172	Cookies, gingersnaps	28.35	1.0 oz	1.59	0.023	21.80
18177	Cookies, molasses	28.35	1.0 oz	1.59	0.023	20.92
09116	Grapefruit, raw, white, all areas	230.0	1.0 cup sections, with juice	1.59	0.016	19.34
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	1.59	0.021	0.10
03119	Babyfood, vegetables, corn, creamed, strained	113.0	1.0 jar	1.58	0.017	15.93
11436	Rutabagas, cooked, boiled, drained, without salt	170.0	1.0 cup, cubes	1.58	--	11.63
28060	KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies	31.0	2.0 cookies	1.58	--	20.15
09278	Plantains, cooked	200.0	1.0 cup, mashed	1.58	0.018	62.30
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	1.58	0.004	26.01
09164	Litchis, raw	190.0	1.0 cup	1.58	0.013	31.41
28115	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Fudge Covered Pretzels	21.0	1.0 package	1.58	--	14.97
09250	Peaches, frozen, sliced, sweetened	250.0	1.0 cup, thawed	1.58	0.005	59.95
18457	Crackers, saltines, fat-free, low-sodium	15.0	3.0 saltines	1.58	0.021	12.34
09238	Peaches, canned, juice pack, solids and liquids	250.0	1.0 cup	1.58	0.005	28.92
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	65.0	10.0 strips	1.57	0.021	15.59
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	32.0	1.0 cup (1 NLEA serving)	1.57	--	27.58
09083	Currants, european black, raw	112.0	1.0 cup	1.57	--	17.23
09084	Currants, red and white, raw	112.0	1.0 cup	1.57	--	15.46
09023	Apricots, canned, water pack, without skin, solids and liquids	227.0	1.0 cup, whole, without pits	1.57	0.027	12.44
08593	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate	27.0	0.75 cup (1 NLEA serving)	1.57	--	22.54

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
08583	Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS	27.0	0.75 cup (1 NLEA serving)	1.57	--	22.73
08513	Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS	28.0	0.75 cup (1 NLEA serving)	1.57	--	23.63
43369	Beverages, Chocolate-flavored drink, whey and milk based	244.0	1.0 cup	1.56	--	26.06
09294	Prune juice, canned	256.0	1.0 cup	1.56	--	44.67
18121	Cake, pound, commercially prepared, other than all butter, enriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	1.56	0.021	15.75
28223	MURRAY, SUGAR FREE, Fudge Dipped Mint Cookies	26.0	4.0 cookies	1.56	--	16.51
11518	Taro, raw	104.0	1.0 cup, sliced	1.56	0.024	27.52
11475	Squash, summer, scallop, raw	130.0	1.0 cup slices	1.56	0.014	4.99
18418	Cake, pound, commercially prepared, other than all butter, unenriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	1.56	0.021	15.75
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	60.0	1.0 serving 2.13 oz bar	1.56	--	46.66
18148	Cheesecake prepared from mix, no-bake type	28.35	1.0 oz	1.56	0.019	10.06
18388	Muffins, wheat bran, toaster-type with raisins, toasted	28.35	1.0 oz	1.56	0.021	15.73
18147	Cheesecake commercially prepared	28.35	1.0 oz	1.56	0.018	7.23
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	1.56	0.019	14.97
18317	Pie, egg custard, commercially prepared	28.35	1.0 oz	1.56	0.020	5.90
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	27.0	0.75 cup (1 NLEA serving)	1.56	0.033	24.22
08679	Cereals ready-to-eat, GENERAL MILLS, FROSTED TOAST CRUNCH	30.0	0.75 cup (1 NLEA serving)	1.56	--	23.58
18214	Crackers, cheese, regular	14.2	0.5 oz	1.55	0.018	8.44
23300	Beef, Australian, imported, Wagyu, external fat, Aust. marble score 9, raw	28.0	1.0 oz	1.55	--	0.27
03819	Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted	9.4	1.0 scoop	1.55	--	5.15
28127	KEEBLER, SANDIES, Pecan Shortbread Cookies	31.0	2.0 cookies	1.55	--	18.29
09063	Cherries, sour, red, raw	155.0	1.0 cup, without pits	1.55	--	18.88
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz, crunchy (about 21 pieces)	1.55	0.020	15.46
14091	Beverages, almond milk, unsweetened, shelf stable	262.0	1.0 cup	1.55	--	1.52
09219	Tangerines, (mandarin oranges), canned, juice pack	249.0	1.0 cup	1.54	0.015	23.83
08592	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut	28.0	0.75 cup (1 NLEA serving)	1.54	--	23.71
28217	MURRAY, SOUTHERN KITCHEN, Chocolate Chip Cookies	28.0	2.0 cookies	1.54	--	18.62
09075	Cherries, sweet, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	1.54	--	68.46
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	27.0	0.75 cup (1 NLEA serving)	1.54	--	23.90
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	1.54	0.016	13.12
09073	Cherries, sweet, canned, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	1.54	--	43.57
09024	Apricots, canned, juice pack, with skin, solids and liquids	244.0	1.0 cup, halves	1.54	0.027	30.11
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	1.54	0.026	25.52
19243	Candies, HEATH BITES	39.0	15.0 pieces	1.54	--	24.72

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
08681	Cereals ready-to-eat, CASCADIAN FARM, Cinnamon Crunch	27.0	0.75 cup (1 NLEA serving)	1.54	--	22.03
08594	Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX	32.0	0.75 cup (1 NLEA serving)	1.54	--	25.95
28215	MURRAY, JACKS Vanilla Wafers	32.0	9.0 cookies	1.54	--	24.99
18243	Croutons, seasoned	14.2	0.5 oz	1.53	0.018	9.02
18422	Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched	28.35	1.0 oz	1.53	0.021	18.94
18133	Cake, sponge, commercially prepared	28.35	1.0 oz	1.53	0.020	17.29
18435	Danish pastry, raspberry, unenriched	28.35	1.0 oz	1.53	0.018	13.55
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	28.35	1.0 oz	1.53	0.018	13.55
18451	Cake, pound, commercially prepared, fat-free	28.35	1.0 oz	1.53	0.020	17.29
18433	Danish pastry, lemon, unenriched	28.35	1.0 oz	1.53	0.018	13.55
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	28.35	1.0 oz	1.53	0.019	15.90
18431	Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	28.35	1.0 oz	1.53	0.018	13.55
18182	Cookies, oatmeal, refrigerated dough	28.35	1.0 oz	1.53	0.025	16.75
28029	GIRL SCOUTS, Caramel Dulce De Leche Cookies	30.0	4.0 cookies	1.53	--	19.44
08659	Cereals ready-to-eat, KELLOGG'S FROSTED FLAKES, CHOCO ZUCARITAS	30.0	0.75 cup (1 NLEA serving)	1.53	--	25.53
28275	MURRAY, Old Fashioned Gingersnaps Cookies	30.0	5.0 cookies	1.53	--	22.17
11828	Potatoes, baked, flesh and skin, with salt	61.0	0.5 cup	1.52	0.015	12.90
18192	Cookies, shortbread, commercially prepared, plain	28.35	1.0 oz	1.52	--	18.08
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	253.0	1.0 cup	1.52	--	53.81
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	1.52	0.020	19.09
09191	Nectarines, raw	143.0	1.0 cup slices	1.52	0.007	15.09
07067	Poultry salad sandwich spread	13.0	1.0 tbsp	1.51	0.017	0.96
28371	UDI'S, Gluten Free, Soft & Delicious White Sandwich Bread	28.0	1.0 slice	1.51	0.022	14.32
11435	Rutabagas, raw	140.0	1.0 cup, cubes	1.51	--	12.07
08586	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIX	28.0	1.0 cup	1.51	--	23.94
28338	Bread, gluten-free, white, made with tapioca starch and brown rice flour	28.0	1.0 slice	1.51	0.022	14.32
28030	GIRL SCOUTS, Chalet Cookies	36.0	3.0 cookies	1.51	--	26.03
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	27.0	0.75 cup (1 NLEA serving)	1.51	--	22.60
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	1.51	0.012	22.51
28085	KEEBLER, FUDGE SHOPPE, Fudge Grahams, 1/2 Dipped, Reduced Fat	27.0	4.0 cookies	1.51	--	19.90
08582	Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLORER	27.0	0.75 cup (1 NLEA serving)	1.51	--	22.36
11446	Seaweed, laver, raw	26.0	10.0 sheets	1.51	0.011	1.33

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
28337	Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca	35.0	1.0 slice	1.51	--	16.02
25040	Snacks, vegetable chips, made from garden vegetables	28.35	1.0 oz	1.51	0.024	17.13
01194	KRAFT BREAKSTONE'S FREE Fat Free Sour Cream	32.0	2.0 tbsp	1.50	--	4.83
12003	Seeds, breadfruit seeds, boiled	28.35	1.0 oz	1.50	0.025	9.07
03051	Babyfood, dinner, spaghetti and tomato and meat, toddler	28.35	1.0 oz	1.50	0.018	3.06
18281	Muffins, corn, toaster-type	28.35	1.0 oz	1.50	0.017	16.41
18186	Cookies, peanut butter, commercially prepared, soft-type	28.35	1.0 oz	1.50	0.018	16.36
12177	Nuts, coconut meat, dried (desiccated), creamed	28.35	1.0 oz	1.50	0.018	6.10
25063	Snacks, potato chips, made from dried potatoes (preformed), multigrain	28.35	1.0 oz	1.50	--	18.52
12114	Nuts, coconut meat, dried (desiccated), toasted	28.35	1.0 oz	1.50	0.018	12.59
09202	Oranges, raw, navels	165.0	1.0 cup sections, without membranes	1.50	0.015	20.69
08349	Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	32.0	1.0 cup (1 NLEA serving)	1.50	--	27.50
11477	Squash, summer, zucchini, includes skin, raw	124.0	1.0 cup, chopped	1.50	0.012	3.86
08595	Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX	30.0	0.75 cup (1 NLEA serving)	1.50	--	24.72
28038	JACKSON'S, Old Fashioned Vanilla Wafers	30.0	8.0 cookies	1.50	--	22.20
28096	KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Original	30.0	2.0 cookies	1.50	--	18.75
11804	Okra, frozen, cooked, boiled, drained, with salt	92.0	0.5 cup slices	1.50	0.013	5.90
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	1.50	0.013	5.90
18275	Muffins, blueberry, dry mix	43.0	1.0 serving	1.50	0.030	26.23
11279	Okra, cooked, boiled, drained, without salt	80.0	0.5 cup slices	1.50	0.013	3.61
11803	Okra, cooked, boiled, drained, with salt	80.0	0.5 cup slices	1.50	0.013	3.61
18562	ARCHWAY Home Style Cookies, Reduced Fat Ginger Snaps	32.0	1.0 serving	1.49	--	24.39
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249.0	1.0 cup	1.49	--	21.91
09212	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium	249.0	1.0 cup	1.49	--	21.09
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	210.0	1.0 cup	1.49	0.021	12.83
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	1.49	0.021	14.07
08493	Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS	33.0	1.0 cup (1 NLEA serving)	1.49	--	28.81
11763	Celeriac, cooked, boiled, drained, with salt	155.0	1.0 cup pieces	1.49	--	9.14
11142	Celeriac, cooked, boiled, drained, without salt	155.0	1.0 cup pieces	1.49	--	9.14
09181	Melons, cantaloupe, raw	177.0	1.0 cup, balls	1.49	0.004	14.44
36025	CRACKER BARREL, coleslaw	167.0	1.0 serving	1.49	0.017	21.73
08073	Cereals ready-to-eat, POST, GOLDEN CRISP	27.0	0.75 cup (1 NLEA serving)	1.48	--	24.33
11207	Dandelion greens, raw	55.0	1.0 cup, chopped	1.48	--	5.06

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
28279	MURRAY, SUGAR FREE, Chocolate Creme Sandwich Cookies	28.0	3.0 cookies	1.48	--	18.45
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	28.35	1.0 oz	1.48	0.015	10.70
05282	Pate de foie gras, canned (goose liver pate), smoked	13.0	1.0 tbsp	1.48	0.021	0.61
07054	Pate, goose liver, smoked, canned	13.0	1.0 tbsp	1.48	0.021	0.61
09025	Apricots, canned, extra light syrup pack, with skin, solids and liquids	247.0	1.0 cup, halves	1.48	0.027	30.88
09217	Orange-grapefruit juice, canned or bottled, unsweetened	247.0	1.0 cup	1.48	--	25.39
09302	Raspberries, raw	123.0	1.0 cup	1.48	--	14.69
11201	Cowpeas, leafy tips, raw	36.0	1.0 cup, chopped	1.48	--	1.74
33870	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Toddler, LIPIL, powder	9.4	1.0 scoop	1.48	--	5.26
11821	Peppers, sweet, red, raw	149.0	1.0 cup, chopped	1.48	0.018	8.98
33871	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with ARA and DHA	9.6	1.0 scoop	1.47	--	5.01
42272	Snacks, granola bar, with coconut, chocolate coated	28.35	1.0 oz	1.47	--	15.65
18106	Coffeecake, fruit	28.35	1.0 oz	1.47	0.016	14.60
18250	Doughnuts, cake-type, plain, sugared or glazed	28.35	1.0 oz	1.47	0.020	14.40
18021	Bread, boston brown, canned	28.35	1.0 oz	1.47	0.021	12.28
18290	Pancakes, plain, dry mix, complete, prepared	28.35	1.0 oz	1.47	0.017	10.40
43205	Beverage, instant breakfast powder, chocolate, not reconstituted	7.4	1.0 tbsp	1.47	--	4.90
18336	Pie crust, standard-type, prepared from recipe, baked	23.0	1.0 piece (1/8 of 9" crust)	1.47	0.018	10.92
08629	Cereals ready-to-eat, QUAKER, Cap'n Crunch's OOPS! All Berries Cereal	32.0	1.0 cup (1 NLEA serving)	1.47	--	27.87
18213	Cookies, vanilla wafers, higher fat	30.0	8.0 wafers	1.47	0.012	21.78
28123	KEEBLER, 100 Calorie RIGHT BITES, White Fudge Dipped Pretzels	21.0	1.0 pouch	1.47	--	14.45
08487	Cereals ready-to-eat, MALT-O-MEAL, Blueberry MUFFIN TOPS Cereal	30.0	0.75 cup (1 NLEA serving)	1.47	--	23.97
21349	McDONALD'S, NEWMAN'S OWN Ranch Dressing	56.0	2.0 fl oz	1.47	--	9.38
03815	Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with iron, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	1.46	--	7.53
03832	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	1.46	--	6.83
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	1.46	0.012	22.09
03825	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	1.46	--	7.61
28261	FAMOUS AMOS, Chocolate Sandwich Creme Cookies	34.0	3.0 cookies	1.46	--	24.58
11417	Pumpkin flowers, cooked, boiled, drained, without salt	134.0	1.0 cup	1.46	--	4.42
11847	Pumpkin, flowers, cooked, boiled, drained, with salt	134.0	1.0 cup	1.46	--	4.26
03014	Babyfood, meat, chicken sticks, junior	10.0	1.0 stick	1.46	0.012	0.15

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
11831	Potatoes, boiled, cooked in skin, flesh, with salt	78.0	0.5 cup	1.46	0.023	15.70
11365	Potatoes, boiled, cooked in skin, flesh, without salt	78.0	0.5 cup	1.46	0.023	15.70
08270	Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA	27.0	0.75 cup (1 NLEA serving)	1.46	--	22.82
18566	Artificial Blueberry Muffin Mix, dry	31.0	1.0 muffin	1.46	--	24.01
28053	KEEBLER, CHIPS DELUXE, Chocolate Malt Chunk Cookies	31.0	2.0 cookies	1.46	--	19.16
11842	Potatoes, french fried, all types, salt not added in processing, frozen, as purchased	65.0	10.0 strips	1.46	--	16.13
35202	Raspberries, wild (Northern Plains Indians)	130.0	1.0 cup	1.46	--	18.00
11503	Swamp cabbage, (skunk cabbage), raw	56.0	1.0 cup, chopped	1.46	--	1.76
08678	Cereals ready-to-eat, GENERAL MILLS, Apple Cinnamon CHEX	31.0	0.75 cup (1 NLEA serving)	1.45	--	25.67
21140	Side dishes, potato salad	95.0	0.333 cup	1.45	0.016	12.85
09185	Melon balls, frozen	173.0	1.0 cup, unthawed	1.45	--	13.74
09286	Pomegranates, raw	87.0	0.5 cup arils (seed/juice sacs)	1.45	--	16.27
09057	Boysenberries, frozen, unsweetened	132.0	1.0 cup, unthawed	1.45	--	16.09
43365	Tomato and vegetable juice, low sodium	242.0	1.0 cup	1.45	--	11.11
18630	PILLSBURY, Chocolate Chip Cookies, refrigerated dough	38.0	1.0 serving 2 cookies	1.45	--	23.08
03929	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted	9.3	1.0 scoop	1.45	--	5.31
28108	KEEBLER, Holiday Jingles Cookies	29.0	6.0 cookies	1.45	--	21.43
09124	Grapefruit juice, white, canned, sweetened	250.0	1.0 cup	1.45	--	27.82
09118	Grapefruit, raw, white, Florida	230.0	1.0 cup sections, with juice	1.45	0.014	18.84
09515	Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	230.0	1.0 cup	1.45	--	29.99
09111	Grapefruit, raw, pink and red and white, all areas	230.0	1.0 cup sections, with juice	1.45	0.014	18.58
11676	Radish seeds, sprouted, raw	38.0	1.0 cup	1.45	--	1.37
18942	Pie Crust, Cookie-type, Graham Cracker, Ready Crust	28.35	1.0 oz	1.45	--	18.23
03052	Babyfood, dinner, beef stew, toddler	28.35	1.0 oz	1.45	0.015	1.56
18092	Cake, pudding-type, carrot, dry mix	28.35	1.0 oz	1.45	0.017	22.45
31024	Sweet Potatoes, french fried, crosscut, frozen, unprepared	85.0	3.0 oz	1.44	--	21.69
23301	Beef, Australian, imported, Wagyu, seam fat, Aust. marble score 9, raw	28.0	1.0 oz	1.44	--	0.00
09295	Pummelo, raw	190.0	1.0 cup, sections	1.44	--	18.28
28209	MOTHER'S, Taffy Sandwich Cookies	38.0	2.0 cookies	1.44	--	26.56
28132	KEEBLER, Toasted Coconut Cookies	38.0	2.0 cookies	1.44	--	26.56
19905	Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	28.35	1.0 oz	1.44	--	17.00
08651	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Honey Squares	30.0	0.75 cup (1 NLEA serving)	1.44	--	25.56

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
18632	PILLSBURY, Traditional Fudge Brownie Mix, dry	30.0	1.0 serving	1.44	--	23.49
28035	GIRL SCOUTS, Thin Mints Cookies	32.0	4.0 cookies	1.44	--	21.54
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	30.0	1.0 cup (1 NLEA serving)	1.44	--	26.91
06101	Soup, cream of vegetable, dry, powder	18.0	1.0 packet	1.44	--	9.38
28294	Cookie, chocolate, with icing or coating	32.0	4.0 cookies	1.44	0.018	21.72
19375	Frostings, glaze, prepared-from-recipe	327.0	1.0 recipe yield	1.44	--	273.54
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	28.35	1.0 oz	1.43	--	15.88
18434	Crackers, cheese, low sodium	14.2	0.5 oz	1.43	0.018	8.26
25036	Snacks, granola bites, mixed flavors	20.0	1.0 package	1.43	0.004	13.25
19157	Candies, MARS SNACKFOOD US, M&M's MINIs Milk Chocolate Candies	30.0	1.0 serving 1.0 oz tube	1.43	--	20.52
43406	Yeast extract spread	6.0	1.0 tsp	1.43	--	1.23
09123	Grapefruit juice, white, canned or bottled, unsweetened	247.0	1.0 cup	1.43	--	19.59
09416	Grapefruit juice, white, bottled, unsweetened, OCEAN SPRAY	247.0	1.0 cup	1.43	--	19.59
10165	Pork, cured, salt pork, raw	28.35	1.0 oz	1.43	0.005	0.00
09513	Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	227.0	1.0 cup	1.43	--	26.13
11084	Beets, canned, drained solids	157.0	1.0 cup, diced	1.43	0.017	11.32
18374	Leavening agents, yeast, baker's, compressed	17.0	1.0 cake (0.6 oz)	1.43	0.018	3.08
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	28.0	1.0 cup (1 NLEA serving)	1.43	0.017	24.70
11734	Beets, cooked, boiled. drained, with salt	85.0	0.5 cup slices	1.43	0.017	8.47
28106	KEEBLER, Almond Crescents Cookies, Holiday	28.0	4.0 cookies	1.43	--	19.63
11081	Beets, cooked, boiled, drained	85.0	0.5 cup slices	1.43	0.017	8.47
19010	Snacks, crisped rice bar, chocolate chip	28.0	1.0 bar (1 oz)	1.43	0.021	20.44
09068	Cherries, sour, red, frozen, unsweetened	155.0	1.0 cup, unthawed	1.43	--	17.08
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31.0	0.75 cup (1 NLEA serving)	1.43	0.025	27.25
08579	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH	28.0	1.0 bowl (3/4 cup) (1 NLEA serving)	1.43	--	21.89
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254.0	1.0 cup	1.42	0.015	39.22
09317	Strawberries, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup	1.42	0.015	59.77
28273	MURRAY, Vanilla Creme Sandwich Cookies	29.0	3.0 cookies	1.42	--	21.43
28213	MURRAY, Duplex Creme Sandwich Cookies	29.0	3.0 cookies	1.42	--	21.05
28272	MURRAY, Chocolate Creme Sandwich Cookies	29.0	3.0 cookies	1.42	--	20.68
12100	Nuts, chestnuts, european, dried, peeled	28.35	1.0 oz	1.42	0.016	22.23
18217	Crackers, matzo, plain	14.2	0.5 oz	1.42	0.016	11.89
18400	Crackers, matzo, egg and onion	14.2	0.5 oz	1.42	0.017	10.95

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
09383	Tangerines, (mandarin oranges), canned, juice pack, drained	189.0	1.0 cup	1.42	--	17.78
03689	Babyfood, cereal, oatmeal, prepared with whole milk	28.35	1.0 oz	1.42	0.019	4.34
18357	Sweet rolls, cinnamon, refrigerated dough with frosting	28.35	1.0 oz	1.42	0.018	14.63
11056	Beans, snap, green, canned, regular pack, drained solids	135.0	1.0 cup	1.42	0.015	5.66
03049	Babyfood, dinner, beef and rice, toddler	28.35	1.0 oz	1.42	0.013	2.49
11355	Potatoes, red, flesh and skin, raw	75.0	0.5 cup, diced	1.42	0.014	11.92
03704	Babyfood, cereal, mixed, with honey, prepared with whole milk	28.35	1.0 oz	1.42	--	4.51
18156	Cookies, fudge, cake-type (includes trolley cakes)	28.35	1.0 oz	1.42	0.016	22.20
18212	Cookies, vanilla wafers, lower fat	28.35	1.0 oz	1.42	0.019	20.87
03693	Babyfood, cereal, oatmeal, with honey, prepared with whole milk	28.35	1.0 oz	1.42	--	4.34
18105	Coffeecake, creme-filled with chocolate frosting	28.35	1.0 oz	1.42	0.016	15.25
09140	Guavas, strawberry, raw	244.0	1.0 cup	1.42	0.012	42.36
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	1.42	0.015	22.33
18228	Crackers, saltines (includes oyster, soda, soup)	14.9	5.0 crackers	1.41	0.017	11.03
43144	Cabbage, mustard, salted	128.0	1.0 cup	1.41	--	7.21
28375	VAN'S, Gluten Free, Totally Original Waffles	47.0	1.0 waffle	1.41	--	19.05
09357	Apricots, canned, heavy syrup, drained	219.0	1.0 cup, halves	1.40	--	46.67
09236	Peaches, yellow, raw	154.0	1.0 cup slices	1.40	0.015	14.69
28128	KEEBLER, SANDIES, Pecan Shortbread Cookies, bite size	28.0	5.0 cookies 28 g package	1.40	--	16.44
11114	Cabbage, savoy, raw	70.0	1.0 cup, shredded	1.40	0.014	4.27
11485	Squash, winter, butternut, raw	140.0	1.0 cup, cubes	1.40	0.020	16.37
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	28.35	1.0 oz	1.40	0.017	14.55
19327	Candies, MARS SNACKFOOD US, COCOAVIA Blueberry and Almond Chocolate Bar	22.0	1.0 serving 0.78 oz bar	1.40	--	13.28
11506	Sweet potato leaves, cooked, steamed, without salt	64.0	1.0 cup	1.40	0.013	4.72
11874	Sweet potato leaves, cooked, steamed, with salt	64.0	1.0 cup	1.40	0.013	4.72
01193	KRAFT BREAKSTONE'S Reduced Fat Sour Cream	31.0	2.0 tbsp	1.40	--	2.02
28153	KEEBLER, Vienna Fingers with Creme Filling	31.0	2.0 cookies	1.40	--	22.69
28154	KEEBLER, Vienna Fingers with Creme Filling, Reduced Fat	31.0	2.0 cookies	1.40	--	24.21
11520	Taro leaves, raw	28.0	1.0 cup	1.39	0.013	1.88
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	29.0	0.75 cup (1 NLEA serving)	1.39	--	24.85
18233	Crackers, wheat, sandwich, with cheese filling	14.2	0.5 oz	1.39	0.018	8.26
08355	Cereals ready-to-eat, QUAKER, MOTHER'S COCOA BUMPERS	33.0	1.0 cup (1 NLEA serving)	1.39	--	29.67
18325	Pie, pecan, prepared from recipe	28.35	1.0 oz	1.39	0.020	14.80
18193	Cookies, shortbread, commercially prepared, pecan	28.35	1.0 oz	1.39	0.023	16.53

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
18386	Muffins, blueberry, toaster-type, toasted	28.35	1.0 oz	1.39	0.019	16.07
18164	Cookies, chocolate chip, refrigerated dough, baked	28.35	1.0 oz	1.39	0.019	19.33
03282	Babyfood, vegetables, mix vegetables junior	99.0	1.0 serving 3.5 oz serving	1.39	0.015	8.12
09276	Pitanga, (surinam-cherry), raw	173.0	1.0 cup	1.38	--	12.96
19902	Chocolate, dark, 45- 59% cacao solids	28.35	1.0 oz	1.38	--	17.34
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	1.38	0.018	25.43
28367	SAGE VALLEY, Gluten Free Vanilla Sandwich Cookies	44.0	3.0 cookies	1.38	--	31.63
28055	KEEBLER, CHIPS DELUXE, Dark Chocolate Chunk Cookies	32.0	2.0 cookies	1.38	--	20.48
06152	Sauce, pizza, canned, ready-to-serve	63.0	0.25 cup	1.37	--	5.46
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	1.37	0.011	8.88
28228	MURRAY, SUGAR FREE, Vanilla Creme Sandwich Cookies	28.0	3.0 cookies	1.37	--	19.60
28227	MURRAY, SUGAR FREE, Lemon Creme Sandwich Cookies	28.0	3.0 cookies	1.37	--	19.12
07951	Scrapple, pork	17.0	1.0 cubic inch	1.37	--	2.39
03017	Babyfood, meat, turkey sticks, junior	10.0	1.0 stick	1.37	0.010	0.14
18537	ARCHWAY Home Style Cookies, Oatmeal	25.0	1.0 serving	1.37	--	17.04
18533	ARCHWAY Home Style Cookies, Iced Oatmeal	28.0	1.0 serving	1.37	--	18.69
18402	Pie crust, standard-type, prepared from recipe, unbaked	24.0	1.0 piece (1/8 of 9" crust)	1.37	0.017	10.15
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	1.37	0.023	55.39
11641	Squash, summer, all varieties, raw	113.0	1.0 cup, sliced	1.37	0.012	3.79
25018	Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Blueberry Snack Bar	22.0	1.0 bar	1.37	--	12.73
28230	MURRAY, SUGAR FREE, Shortbread Bites	21.0	1.0 pouch	1.36	--	15.81
27034	CAMPBELL'S, 98% Fat Free Cream of Mushroom Soup, condensed	124.0	0.5 cup condensed	1.36	--	9.46
18226	Crackers, rye, wafers, plain	14.2	0.5 oz	1.36	--	11.42
03814	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, powder, not reconstituted	9.6	1.0 scoop	1.36	--	5.28
28214	MURRAY, Lemon Creme Sandwich Cookies	29.0	3.0 cookies	1.36	--	21.37
11696	Tomatoes, yellow, raw	139.0	1.0 cup, chopped	1.36	0.010	4.14
18328	Pie, vanilla cream, prepared from recipe	28.35	1.0 oz	1.36	0.017	9.24
18151	Cookies, brownies, commercially prepared	28.35	1.0 oz	1.36	0.018	18.12
18200	Cookies, oatmeal, commercially prepared, special dietary	28.35	1.0 oz	1.36	0.022	19.82
18107	Coffeecake, cinnamon with crumb topping, dry mix	28.35	1.0 oz	1.36	0.016	22.03
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247.0	1.0 cup	1.36	--	24.03
11993	Mushrooms, maitake, raw	70.0	1.0 cup diced	1.36	0.024	4.88

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
21129	Fast foods, hush puppies	22.0	1.0 piece	1.36	--	8.85
09029	Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	246.0	1.0 cup, whole, without pits	1.35	0.025	61.13
09176	Mangos, raw	165.0	1.0 cup pieces	1.35	0.021	24.72
08017	Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP	26.0	0.75 cup (1 NLEA serving)	1.35	--	21.97
09320	Strawberries, frozen, sweetened, sliced	255.0	1.0 cup, thawed	1.35	0.015	66.10
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	14.2	0.5 oz	1.35	0.017	10.56
18538	ARCHWAY Home Style Cookies, Oatmeal Raisin	26.0	1.0 serving	1.34	--	18.01
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	253.0	1.0 cup, halves	1.34	0.023	41.72
03021	Babyfood, meat, meat sticks, junior	10.0	1.0 stick	1.34	0.009	0.11
18333	Pie crust, standard-type, dry mix, prepared, baked	20.0	1.0 piece (1/8 of 9" crust)	1.34	0.015	10.08
08481	Cereals ready-to-eat, MALT-O-MEAL, HONEY GRAHAM SQUARES	30.0	0.75 cup (1 NLEA serving)	1.34	--	22.40
11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.	1.34	0.019	6.12
11246	Leeks, (bulb and lower leaf-portion), raw	89.0	1.0 cup	1.34	0.011	12.59
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	1.33	0.021	15.61
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	1.33	0.021	15.61
28087	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Dark Chocolate	31.0	3.0 cookies	1.33	--	21.73
11005	Arrowhead, raw	25.0	1.0 large	1.33	--	5.06
18206	Cookies, sugar, refrigerated dough, baked	28.35	1.0 oz	1.33	0.019	18.60
18453	Cake, yellow, light, dry mix	28.35	1.0 oz	1.33	0.018	23.84
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	24.0	1.0 bar	1.33	0.004	16.66
08376	Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	1.33	--	25.90
28061	KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite size	28.0	5.0 cookies 1 serving	1.33	--	19.19
43031	Candies, chocolate covered, caramel with nuts	14.0	1.0 piece	1.33	--	8.49
18513	ARCHWAY Home Style Cookies, Sugar Free Oatmeal	24.0	1.0 serving	1.33	--	16.13
28137	KEEBLER, TOASTEDS, Wheat Crackers	16.0	5.0 crackers	1.33	--	10.58
11137	Cauliflower, frozen, unprepared	66.0	0.5 cup (1" pieces)	1.33	0.017	3.09
09319	Strawberries, frozen, sweetened, whole	255.0	1.0 cup, thawed	1.33	0.015	53.55
28102	KEEBLER, GRIPZ, CHIPS DELUXE, Chocolate Chip Cookies, bite-size	25.0	1.0 pouch	1.32	--	17.82
18230	Crackers, standard snack-type, sandwich, with cheese filling	14.2	0.5 oz	1.32	0.017	8.76
09107	Gooseberries, raw	150.0	1.0 cup	1.32	--	15.27
18205	Cookies, sugar, refrigerated dough	33.0	1.0 serving	1.32	0.019	20.20
35015	Blackberries, wild, raw (Alaska Native)	157.0	1.0 cup	1.32	--	15.45
31035	Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	269.0	1.0 cup	1.32	--	21.87
08409	Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes	31.0	0.75 cup (1 NLEA serving)	1.32	--	27.96

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
11001	Alfalfa seeds, sprouted, raw	33.0	1.0 cup	1.32	--	0.69
33873	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, AA LIPIL, powder, not reconstituted	9.4	1.0 scoop	1.32	--	4.79
09028	Apricots, canned, heavy syrup pack, without skin, solids and liquids	258.0	1.0 cup, whole, without pits	1.32	0.023	55.34
21319	McDONALD'S, Hash Brown	53.0	1.0 serving 1 patty	1.31	--	15.14
18163	Cookies, chocolate chip, refrigerated dough	33.0	1.0 serving	1.31	0.019	20.14
11529	Tomatoes, red, ripe, raw, year round average	149.0	1.0 cup cherry tomatoes	1.31	0.009	5.80
11986	Malabar spinach, cooked	44.0	1.0 cup	1.31	--	1.19
09367	Cherries, sweet, canned, pitted, heavy syrup, drained	179.0	1.0 cup	1.31	--	37.72
18426	Crackers, saltines, unsalted tops (includes oyster, soda, soup)	14.2	0.5 oz	1.31	0.017	10.15
18225	Crackers, rye, sandwich-type with cheese filling	14.2	0.5 oz	1.31	0.016	8.63
28150	KEEBLER, TRADITIONS, Iced Lemonade Cookies	29.0	4.0 cookies	1.30	--	19.23
28202	MOTHER'S, Iced Lemonade Cookies	29.0	4.0 cookies	1.30	--	19.23
28027	FAMOUS AMOS, Chocolate Chip Cookies	29.0	4.0 cookies	1.30	--	19.63
42281	Gums, seed gums (includes locust bean, guar)	28.35	1.0 oz	1.30	--	21.91
18161	Cookies, chocolate chip, dry mix	28.35	1.0 oz	1.30	0.018	18.74
18097	Cake, pudding-type, chocolate, dry mix	28.35	1.0 oz	1.30	0.019	22.73
18277	Muffins, blueberry, toaster-type	28.35	1.0 oz	1.30	0.018	15.11
16123	Soy sauce made from soy and wheat (shoyu)	16.0	1.0 tbsp	1.30	0.015	0.79
11231	Jute, potherb, raw	28.0	1.0 cup	1.30	0.008	1.62
28062	KEEBLER, CHIPS DELUXE, Soft 'n Chewy Chocolate Chip Cookies	31.0	2.0 cookies	1.30	--	20.89
07031	Ham salad spread	15.0	1.0 tbsp	1.30	0.013	1.60
11203	Cress, garden, raw	50.0	1.0 cup	1.30	--	2.75
01225	Dulce de Leche	19.0	1.0 tbsp	1.30	--	10.52
09203	Oranges, raw, Florida	185.0	1.0 cup sections, without membranes	1.30	0.013	21.35
19410	Snack, potato chips, made from dried potatoes, plain	28.0	1.0 oz	1.29	0.013	15.51
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1.0 oz	1.29	0.012	18.36
11439	Sauerkraut, canned, solids and liquids	142.0	1.0 cup	1.29	0.011	6.08
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30.0	0.75 cup (1 NLEA serving)	1.29	--	25.68
08032	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES	30.0	0.75 cup (1 NLEA serving)	1.29	--	27.39
28282	SUNSHINE, KRISPY, Soup & Oyster Crackers (large)	15.0	16.0 crackers	1.29	--	11.42
19216	Candies, praline, prepared-from-recipe	39.0	1.0 piece	1.29	--	23.24
19307	Candies, MARS SNACKFOOD US, POP'ABLES MILKY WAY Brand Bite Size Candies	39.0	1.0 serving 13 pieces	1.29	--	28.02

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
09282	Plums, canned, purple, juice pack, solids and liquids	252.0	1.0 cup, pitted	1.29	--	38.18
16424	Soy sauce made from soy and wheat (shoyu), low sodium	14.2	1.0 tbsp	1.29	0.000	0.79
11467	Squash, summer, crookneck and straightneck, raw	127.0	1.0 cup sliced	1.28	0.010	4.93
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	1.28	0.015	4.47
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	1.28	0.016	4.47
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	1.28	0.015	4.47
11333	Peppers, sweet, green, raw	149.0	1.0 cup, chopped	1.28	0.018	6.91
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	210.0	1.0 cup, diced	1.28	0.010	6.22
19326	Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Bar	22.0	1.0 serving 0.78 oz bar	1.28	--	13.86
18227	Crackers, rye, wafers, seasoned	14.2	0.5 oz	1.28	--	10.48
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	11.0	1.0 tbsp	1.28	0.012	8.05
18210	Cookies, vanilla sandwich with creme filling	28.35	1.0 oz	1.28	0.018	20.44
18199	Cookies, chocolate sandwich, with creme filling, special dietary	28.35	1.0 oz	1.28	0.019	19.28
18251	Doughnuts, cake-type, chocolate, sugared or glazed	28.35	1.0 oz	1.28	0.016	16.27
18327	Pie, pumpkin, prepared from recipe	28.35	1.0 oz	1.28	0.017	7.48
18324	Pie, pecan, commercially prepared	28.35	1.0 oz	1.28	0.014	16.90
08354	Cereals ready-to-eat, QUAKER, MOTHER'S GRAHAM BUMPERS	28.0	0.75 cup (1 NLEA serving)	1.27	--	24.89
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	28.35	1.0 oz	1.27	0.019	15.03
11112	Cabbage, red, raw	89.0	1.0 cup, chopped	1.27	0.011	6.56
28293	Cookie, butter or sugar, with chocolate icing or filling	31.0	3.0 cookies	1.27	0.016	21.34
28092	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Original	31.0	3.0 cookies	1.27	--	21.27
28088	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Holiday/Spiderman	31.0	3.0 cookies	1.27	--	21.33
12096	Nuts, chestnuts, chinese, roasted	28.35	1.0 oz	1.27	0.015	14.84
09103	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids	249.0	1.0 cup	1.27	--	32.49
11096	Broccoli raab, raw	40.0	1.0 cup chopped	1.27	0.017	1.14
09114	Grapefruit, raw, pink and red, Florida	230.0	1.0 cup sections, with juice	1.27	0.014	17.25
16125	Soy sauce made from hydrolyzed vegetable protein	18.0	1.0 tbsp	1.26	--	1.41
21386	BURGER KING, french toast sticks	21.0	1.0 stick	1.26	0.010	8.65
11354	Potatoes, white, flesh and skin, raw	75.0	0.5 cup, diced	1.26	0.013	11.78
28284	KEEBLER, ZESTA, Saltines with Whole Wheat	15.0	5.0 crackers	1.26	--	11.26
08347	Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	1.26	--	25.96
19440	Snacks, M&M MARS, KUDOS Whole Grain Bar, chocolate chip	28.0	1.0 bar	1.25	--	20.25

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
11632	Peppers, jalapeno, canned, solids and liquids	136.0	1.0 cup, chopped	1.25	0.016	6.45
03838	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN LIPIL, with iron, powder, not reconstituted, with ARA and DHA	9.0	1.0 scoop	1.25	--	4.59
18429	Crackers, whole-wheat, low salt	14.2	0.5 oz	1.25	0.019	9.74
18102	Cake, white, prepared from recipe with coconut frosting	28.35	1.0 oz	1.25	0.015	17.92
18420	Cake, yellow, unenriched, dry mix	28.35	1.0 oz	1.25	0.017	22.14
43595	Breakfast bar, corn flake crust with fruit	28.35	1.0 oz	1.25	--	20.67
18304	Pie, banana cream, prepared from recipe	28.35	1.0 oz	1.25	0.016	9.33
18114	Cake, gingerbread, dry mix	28.35	1.0 oz	1.25	0.018	21.15
08034	Cereals ready-to-eat, POST, FRUITY PEBBLES	27.0	0.75 cup (1 NLEA serving)	1.25	--	23.25
11122	Cardoon, raw	178.0	1.0 cup, shredded	1.25	--	7.24
09223	Tangerine juice, canned, sweetened	249.0	1.0 cup	1.24	0.002	29.88
11764	Celery, cooked, boiled, drained, with salt	150.0	1.0 cup, diced	1.24	0.016	6.00
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	1.24	0.016	6.00
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	135.0	1.0 cup, strips	1.24	0.016	9.04
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	1.24	0.016	9.04
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	28.35	1.0 oz	1.24	--	19.26
09528	Ruby Red grapefruit juice blend (grapefruit, grape, apple), OCEAN SPRAY, bottled, with added vitamin C	248.0	8.0 fl oz	1.24	--	26.11
33866	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, LIPIL, powder	9.6	1.0 scoop	1.24	--	4.99
18614	MARTHA WHITE FOODS, Martha White's Chewy Fudge Brownie Mix, dry	28.0	1.0 serving	1.24	--	23.40
09128	Grapefruit juice, white, raw	247.0	1.0 cup	1.24	--	22.72
09404	Grapefruit juice, pink, raw	247.0	1.0 cup	1.24	--	22.72
09221	Tangerine juice, raw	247.0	1.0 cup	1.24	0.002	24.95
19244	Frostings, vanilla, creamy, dry mix	411.0	1.0 package	1.23	0.004	385.52
03821	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, not reconstituted	8.8	1.0 scoop	1.23	--	4.65
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	262.0	1.0 cup, halves or slices	1.23	0.003	68.28
28283	KEEBLER, ZESTA, Saltines, Original	15.0	5.0 crackers	1.23	--	11.42
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	30.0	1.0 piece (1/8 of 9" crust)	1.23	0.016	19.17
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	256.0	1.0 cup	1.23	0.005	50.30
11418	Pumpkin leaves, raw	39.0	1.0 cup	1.23	0.016	0.91
16425	Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	15.0	1.0 tbsp	1.23	--	2.17
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	5.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.23	0.014	0.00

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
18168	Cookies, chocolate sandwich, with extra creme filling	28.35	1.0 oz	1.23	--	19.33
06984	Soup, SWANSON Chicken Broth 99% Fat Free	227.0	1.0 serving 1 cup 8 oz	1.23	0.016	0.32
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	1.22	0.005	25.24
12127	Nuts, ginkgo nuts, raw	28.35	1.0 oz	1.22	0.020	10.66
28346	Waffles, gluten-free, frozen, ready-to-heat	45.0	1.0 waffle	1.22	--	19.37
43146	Eggplant, pickled	136.0	1.0 cup	1.22	--	13.29
18428	Crackers, wheat, low salt	14.2	0.5 oz	1.22	0.018	9.22
19136	Candies, HERSHEY'S SKOR Toffee Bar	39.0	1.0 bar 1.4 oz	1.22	--	24.85
11972	Lemon grass (citronella), raw	67.0	1.0 cup	1.22	--	16.96
18019	Bread, banana, prepared from recipe, made with margarine	28.35	1.0 oz	1.22	0.015	15.48
08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	1.22	0.017	8.68
08059	Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP	27.0	1.0 cup (1 NLEA serving)	1.22	--	22.96
03957	Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA	8.7	1.0 scoop	1.22	--	4.52
35140	Bread, kneel down (Navajo)	28.35	1.0 oz	1.22	--	11.19
07236	OSCAR MAYER, Smokies Sausage Little Cheese (pork, turkey)	9.0	1.0 link	1.22	--	0.15
18991	BARBARA DEE, Winter Mints Cookies	31.0	4.0 cookies	1.21	--	20.80
08660	Cereals ready-to-eat, KELLOGG'S APPLE JACKS with marshmallows	28.0	1.0 cup (1 NLEA serving)	1.20	--	25.09
08495	Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYNO-BITES	29.0	0.75 cup (1 NLEA serving)	1.20	--	25.50
28233	MURRAY, Vanilla Wafer	30.0	8.0 cookies	1.20	--	21.87
18609	KEEBLER, Vanilla Wafers	30.0	8.0 cookies	1.20	--	21.93
09127	Grapefruit juice, pink or red, with added calcium	240.0	8.0 fl oz	1.20	--	20.86
28139	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Cheese	15.0	5.0 crackers	1.20	--	9.20
43135	Sandwich spread, meatless	15.0	1.0 tbsp	1.20	--	1.35
28152	KEEBLER, Vanilla Wafers Minis, Rainbow	30.0	18.0 cookies	1.20	--	21.69
28149	KEEBLER, TOWN HOUSE, FLATBREAD CRISPS, Sea Salt and Olive Oil Crackers	15.0	8.0 crackers	1.20	--	10.92
11970	Cabbage, napa, cooked	109.0	1.0 cup	1.20	--	2.43
11363	Potatoes, baked, flesh, without salt	61.0	0.5 cup	1.20	0.018	13.15
11829	Potatoes, baked, flesh, with salt	61.0	0.5 cup	1.20	0.018	13.15
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	28.35	1.0 oz	1.19	--	19.94
12093	Nuts, chestnuts, chinese, raw	28.35	1.0 oz	1.19	0.014	13.91
03043	Babyfood, dinner, beef lasagna, toddler	28.35	1.0 oz	1.19	0.013	2.84
18171	Cookies, fortune	28.35	1.0 oz	1.19	0.017	23.81
11124	Carrots, raw	128.0	1.0 cup chopped	1.19	0.015	12.26

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
19067	Candies, TWIZZLERS CHERRY BITES	40.0	18.0 pieces	1.19	--	31.75
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	30.0	0.75 cup (1 NLEA serving)	1.19	0.008	26.76
14154	Beverages, Energy drink, RED BULL	258.0	1.0 can 8.4 fl oz	1.19	--	26.39
11448	Sesbania flower, cooked, steamed, without salt	104.0	1.0 cup	1.19	0.018	5.44
11922	Sesbania flower, cooked, steamed, with salt	104.0	1.0 cup	1.19	0.018	5.30
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27.0	0.75 cup (1 NLEA serving)	1.19	--	23.09
16158	Hummus, commercial	15.0	1.0 tbsp	1.18	--	2.14
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	1.18	0.013	11.17
03941	Infant formula, PBM PRODUCTS, store brand, soy, powder	8.7	1.0 scoop	1.18	--	4.54
09241	Peaches, canned, heavy syrup pack, solids and liquids	262.0	1.0 cup	1.18	0.003	52.24
43274	Cheese, cream, low fat	15.0	1.0 tbsp	1.18	0.014	1.22
21416	POPEYES, Coleslaw	120.0	1.0 package	1.18	0.008	16.94
03867	Infant formula, NESTLE, GOOD START SOY, with ARA and DHA, powder	9.4	1.0 scoop	1.18	--	5.23
33872	Infant formula, GERBER, GOOD START 2 SOY, with iron, powder	9.4	1.0 scoop	1.18	--	5.23
28103	KEEBLER, GRIPZ, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite-size	25.0	1.0 pouch	1.18	--	18.58
03849	Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, with iron, powder, with ARA and DHA	9.4	1.0 scoop	1.18	--	5.26
11785	Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt	178.0	1.0 cup (1" pieces)	1.17	--	24.48
11221	Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt	178.0	1.0 cup (1" pieces)	1.17	--	25.53
01140	Egg, quail, whole, fresh, raw	9.0	1.0 egg	1.17	0.019	0.04
03685	Babyfood, cereal, mixed, prepared with whole milk	28.35	1.0 oz	1.17	0.018	3.49
12205	Seeds, lotus seeds, raw	28.35	1.0 oz	1.17	0.017	4.90
25030	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	28.35	1.0 oz	1.17	--	16.43
28335	Cookies, gluten-free, vanilla sandwich, with creme filling	44.0	3.0 cookies	1.17	--	32.83
11564	Turnips, raw	130.0	1.0 cup, cubes	1.17	0.012	8.36
28138	KEEBLER, TOWN HOUSE, Bistro Multigrain Crackers	16.0	2.0 crackers	1.17	--	10.72
18527	ARCHWAY Home Style Cookies, Date Filled Oatmeal	25.0	1.0 serving	1.17	--	17.04
09530	Fruit juice smoothie, ODWALLA, strawberry banana	233.0	1.0 cup	1.16	--	25.75
18191	Cookies, raisin, soft-type	28.35	1.0 oz	1.16	0.015	19.28
11422	Pumpkin, raw	116.0	1.0 cup (1" cubes)	1.16	0.014	7.54
28093	KEEBLER, FUDGE SHOPPE, Grasshopper Cookies, Fudge Mint	29.0	4.0 cookies	1.16	--	19.81
09362	Cherries, sour, canned, water pack, drained	168.0	1.0 cup	1.16	--	17.56
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26.0	0.75 cup (1 NLEA serving)	1.16	--	22.34
11230	Pepeao, dried	24.0	1.0 cup	1.16	--	19.45

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
44048	Cheese food, pasteurized process, American, imitation, without added vitamin D	28.35	1.0 oz	1.16	--	4.59
31025	Sweet Potato puffs, frozen, unprepared	85.0	3.0 oz	1.16	--	26.11
08172	Cereals, farina, unenriched, dry	10.9	1.0 tbsp	1.16	0.015	8.50
09279	Plums, raw	165.0	1.0 cup, sliced	1.15	0.015	18.84
08550	Cereals ready-to-eat, QUAKER, Christmas Crunch	26.0	0.75 cup (1 NLEA serving)	1.15	--	22.34
09370	Peaches, canned, heavy syrup, drained	222.0	1.0 cup	1.15	0.011	40.91
19112	Candies, TWIZZLERS Strawberry Twists Candy	45.0	4.0 pieces 1.6oz	1.15	--	35.62
28130	KEEBLER, SOFT BATCH, Chocolate Chip Cookies	32.0	2.0 cookies	1.15	--	21.18
18361	Toaster pastries, brown-sugar-cinnamon	28.35	1.0 oz	1.15	--	20.59
28184	KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Chocolate Baked Bites	23.0	1.0 pouch	1.15	--	18.15
09113	Grapefruit, raw, pink and red, California and Arizona	230.0	1.0 cup sections, with juice	1.15	0.012	22.29
28034	GIRL SCOUTS, Thank U Berry Munch Cookies	25.0	2.0 cookies	1.15	--	17.50
07073	Sandwich spread, pork, beef	15.0	1.0 tbsp	1.15	0.012	1.79
03913	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, powder	9.4	1.0 scoop	1.15	--	5.85
18529	ARCHWAY Home Style Cookies, Frosty Lemon	26.0	1.0 serving	1.15	--	16.84
08625	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S Halloween Crunch	26.0	0.75 cup (1 NLEA serving)	1.15	--	22.14
03967	Toddler formula, MEAD JOHNSON, ENFAGROW, PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), powder	8.8	1.0 scoop	1.14	--	4.93
28076	KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Dark Chocolate	26.0	3.0 cookies	1.14	--	16.82
19272	Snacks, FARLEY CANDY, FARLEY Fruit Snacks, with vitamins A, C, and E	26.0	1.0 pouch	1.14	--	21.03
11761	Cauliflower, cooked, boiled, drained, with salt	62.0	0.5 cup (1" pieces)	1.14	0.015	2.55
11136	Cauliflower, cooked, boiled, drained, without salt	62.0	0.5 cup (1" pieces)	1.14	0.015	2.55
11220	Gourd, dishcloth (towelgourd), raw	95.0	1.0 cup (1" pieces)	1.14	--	4.13
11109	Cabbage, raw	89.0	1.0 cup, chopped	1.14	0.010	5.16
27059	Sauce, peanut, made from peanut butter, water, soy sauce	18.0	1.0 tbsp	1.14	--	3.96
11963	Nopales, raw	86.0	1.0 cup, sliced	1.14	0.012	2.86
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	28.35	1.0 oz	1.13	0.010	19.19
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252.0	1.0 cup	1.13	0.010	40.80
18152	Cookies, brownies, dry mix, regular	28.35	1.0 oz	1.13	0.016	21.72
18142	Cake, pudding-type, yellow, dry mix	28.35	1.0 oz	1.13	0.016	22.68
21422	KFC, Popcorn Chicken	6.4	1.0 piece	1.13	0.015	1.36
03940	Infant formula, PBM PRODUCTS, store brand, soy, liquid concentrate, not reconstituted	31.4	1.0 fl oz	1.13	--	3.82
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	1.13	0.003	36.52

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
14627	Beverages, Energy Drink, Monster, fortified with vitamins C, B2, B3, B6, B12	240.0	1.0 serving	1.13	--	27.07
09154	Lemon juice, frozen, unsweetened, single strength	244.0	1.0 cup	1.12	--	15.86
18216	Crackers, crispbread, rye	14.2	0.5 oz	1.12	0.013	11.67
11190	Cornsalad, raw	56.0	1.0 cup	1.12	0.015	2.02
11916	Peppers, sweet, red, canned, solids and liquids	140.0	1.0 cup, halves	1.12	0.014	5.46
11335	Peppers, sweet, green, canned, solids and liquids	140.0	1.0 cup, halves	1.12	0.014	5.46
11482	Squash, winter, acorn, raw	140.0	1.0 cup, cubes	1.12	0.015	14.59
28078	KEEBLER, FUDGE SHOPPE, Mint Creme Middles, Chocolate Graham Cookies	26.0	3.0 cookies	1.12	--	17.00
28083	KEEBLER, FUDGE SHOPPE, Triple Fudge Filled Cookies	31.0	2.0 cookies	1.12	--	19.90
11851	Rutabagas, cooked, boiled, drained, with salt	120.0	0.5 cup, mashed	1.12	--	8.21
03844	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA	31.6	1.0 fl oz	1.12	--	4.15
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	10.6	1.0 tbsp	1.11	0.015	8.11
03816	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, liquid concentrate, not reconstituted	31.5	1.0 fl oz	1.11	--	4.13
18539	ARCHWAY Home Style Cookies, Old Fashioned Molasses	26.0	1.0 serving	1.11	--	18.34
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	18.0	1.0 piece (1/8 of 9" crust)	1.11	0.010	8.75
11565	Turnips, cooked, boiled, drained, without salt	156.0	1.0 cup, cubes	1.11	0.011	7.89
11889	Turnips, cooked, boiled, drained, with salt	156.0	1.0 cup, cubes	1.11	0.011	7.89
03943	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, powder, with ARA and DHA	8.7	1.0 scoop	1.11	--	4.87
18419	Cake, pudding-type, white, unenriched, dry mix	28.35	1.0 oz	1.11	0.016	22.96
18116	Cake, gingerbread, prepared from recipe	28.35	1.0 oz	1.11	0.013	13.95
03696	Babyfood, cereal, rice, with honey, prepared with whole milk	28.35	1.0 oz	1.11	--	4.85
18326	Pie, pumpkin, commercially prepared	28.35	1.0 oz	1.11	0.014	9.87
03122	Babyfood, peas, dices, toddler	28.35	1.0 oz	1.11	--	2.92
18135	Cake, pudding-type, white, enriched, dry mix	28.35	1.0 oz	1.11	0.016	22.94
19081	Candies, sweet chocolate	28.35	1.0 oz	1.11	0.016	17.12
18198	Cookies, chocolate chip, commercially prepared, special dietary	28.35	1.0 oz	1.11	0.016	20.81
18535	ARCHWAY Home Style Cookies, Molasses	26.0	1.0 serving	1.10	--	18.05
28183	KELLOGG'S, POP-TARTS MINI CRISPS, Cinnamon Brown Sugar Baked Bites	23.0	1.0 pouch	1.10	--	18.17
11921	Peppers, sweet, red, sauteed	106.0	1.0 cup chopped	1.10	0.013	6.96
28196	MOTHER'S, Circus Animal Cookies	29.0	6.0 cookies	1.10	--	19.81

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
11643	Squash, winter, all varieties, raw	116.0	1.0 cup, cubes	1.10	0.024	9.96
28200	MOTHER'S, Halloween Circus Animals Cookies	29.0	6.0 cookies	1.10	--	19.75
28194	MOTHER'S, 4th of July Circus Animal Cookies	29.0	6.0 cookies	1.10	--	19.81
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	95.0	0.33 package (10 oz)	1.10	0.010	3.40
28204	MOTHER'S, Jungle Animal Cookies	29.0	6.0 cookies	1.10	--	19.81
28201	MOTHER'S, Holiday Circus Animal Cookies	29.0	6.0 cookies	1.10	--	19.81
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	51.0	12.0 fries	1.10	--	18.15
03826	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, with iron, powder, not reconstituted	8.8	1.0 scoop	1.10	--	4.78
03852	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE LIPIL, with iron, powder, not reconstituted, with ARA and DHA	8.8	1.0 scoop	1.10	--	4.66
09307	Rhubarb, raw	122.0	1.0 cup, diced	1.10	--	5.54
01111	Milk shakes, thick vanilla	28.4	1.0 fl oz	1.10	0.015	5.04
03954	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, powder, not reconstituted	8.7	1.0 scoop	1.10	--	4.66
03843	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted	8.7	1.0 scoop	1.10	--	4.66
19892	Frozen novelties, Sugar Free, CREAMSICLE Pops	80.0	1.0 serving 2 pops	1.10	--	9.56
09050	Blueberries, raw	148.0	1.0 cup	1.10	0.004	21.45
28066	KEEBLER, CLUB, Minis Multigrain Crackers	15.0	17.0 crackers	1.10	--	10.11
14638	Beverages, Horchata, as served in restaurant	228.0	1.0 cup	1.09	--	26.27
09531	Fruit juice smoothie, NAKED JUICE, strawberry banana	228.0	1.0 cup	1.09	--	26.58
28308	Crackers, standard snack-type, with whole wheat	15.0	5.0 crackers 1 serving	1.09	--	10.26
28232	MURRAY, Vanilla Sugar Wafer	28.0	5.0 cookies	1.09	--	19.60
28122	KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies	21.0	1.0 pouch	1.09	--	15.52
08346	Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	1.09	--	24.48
28120	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Mints Grasshopper Cookies	21.0	1.0 pouch	1.09	--	15.75
28077	KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Original Graham Cookies	26.0	3.0 cookies	1.09	--	17.03
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237.0	1.0 cup	1.09	--	28.11
09287	Prickly pears, raw	149.0	1.0 cup	1.09	--	14.26
18544	ARCHWAY Home Style Cookies, Raspberry Filled	25.0	1.0 serving	1.09	--	16.48
18547	ARCHWAY Home Style Cookies, Strawberry Filled	25.0	1.0 serving	1.09	--	16.48
09132	Grapes, red or green (European type, such as Thompson seedless), raw	151.0	1.0 cup	1.09	0.017	27.33

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
11161	Collards, raw	36.0	1.0 cup, chopped	1.09	0.011	1.95
28309	Cookies, coconut macaroon	36.0	2.0 cookie 1 serving	1.09	--	22.04
01106	Milk, goat, fluid, with added vitamin D	30.5	1.0 fl oz	1.09	0.013	1.36
11985	Fireweed, leaves, raw	23.0	1.0 cup, chopped	1.08	--	4.42
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	28.35	1.0 oz	1.08	0.023	2.84
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	28.35	1.0 oz	1.08	0.023	2.84
11149	Chayote, fruit, raw	132.0	1.0 cup (1" pieces)	1.08	0.015	5.95
18528	ARCHWAY Home Style Cookies, Dutch Cocoa	24.0	1.0 serving	1.08	--	16.67
18174	Cookies, graham crackers, chocolate-coated	27.0	3.0 pieces	1.08	0.013	18.03
28080	KEEBLER, FUDGE SHOPPE, Deluxe Grahams Cookies	27.0	3.0 pieces	1.08	--	17.98
18223	Crackers, milk	14.2	0.5 oz	1.08	0.014	10.19
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	130.0	1.0 cup slices	1.08	0.009	6.24
11957	Fennel, bulb, raw	87.0	1.0 cup, sliced	1.08	--	6.35
03296	Babyfood, dinner, turkey, rice, and vegetables, toddler	28.35	1.0 oz	1.08	--	2.13
18321	Pie, lemon meringue, prepared from recipe	28.35	1.0 oz	1.08	0.013	11.08
19039	Snacks, popcorn, caramel-coated, without peanuts	28.35	1.0 oz	1.08	0.013	22.42
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	211.0	1.0 can (6 fl oz)	1.08	--	86.51
09410	Apple juice, frozen concentrate, unsweetened, undiluted, with added ascorbic acid	211.0	1.0 can (6 fl oz)	1.08	--	86.51
19144	Candies, NESTLE, 100 GRAND Bar	43.0	1.0 bar (1.5 oz)	1.08	--	30.52
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	1.07	0.002	14.91
28111	KEEBLER, READY CRUST, Chocolate Pie Crust	21.0	0.125 crust 1 serving (from 9" shell)	1.07	--	14.22
14317	Beverages, malted drink mix, chocolate, powder	21.0	1.0 serving (3 heaping tsp or 1 envelope)	1.07	--	18.26
06112	Sauce, teriyaki, ready-to-serve	18.0	1.0 tbsp	1.07	--	2.80
28336	Bread, gluten-free, white, made with potato extract, rice starch, and rice flour	34.0	1.0 slice	1.06	--	17.96
28366	RUDI'S, Gluten-Free Bakery, Original Sandwich Bread	34.0	1.0 slice	1.06	--	17.96
28147	KEEBLER, TOWN HOUSE, TOPPERS, Original Crackers	14.0	3.0 crackers	1.06	--	9.35
28146	KEEBLER, TOWN HOUSE, TOPPERS, Multigrain Crackers	14.0	3.0 crackers	1.06	--	9.58
03928	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, powder	8.5	1.0 scoop	1.06	--	4.73
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	1.06	0.013	9.81
33867	Infant formula, GERBER, GOOD START, PROTECT PLUS, powder	9.4	1.0 scoop	1.06	--	5.36
19308	Candies, MARS SNACKFOOD US, POP'ABLES 3 MUSKETEERS Brand Bite Size Candies	41.0	1.0 serving 15 pieces	1.06	--	31.14

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
09313	Sapodilla, raw	241.0	1.0 cup, pulp	1.06	0.012	48.10
08211	Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S	27.0	0.75 cup (1 NLEA serving)	1.06	--	22.59
09267	Pineapple, canned, water pack, solids and liquids	246.0	1.0 cup, crushed, sliced, or chunks	1.06	0.015	20.42
03681	Babyfood, cereal, barley, prepared with whole milk	28.35	1.0 oz	1.06	0.017	2.82
28136	KEEBLER, TOASTEDS, Sesame Crackers	16.0	5.0 crackers	1.06	--	10.02
03956	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified	31.0	1.0 oz	1.05	--	4.10
28224	MURRAY, SUGAR FREE, Fudge Dipped Wafers	31.0	4.0 cookies	1.05	--	18.97
09325	Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids	257.0	1.0 cup	1.05	--	57.47
05088	Chicken, broilers or fryers, neck, meat only, raw	6.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.05	0.012	0.00
08501	Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES	27.0	0.75 cup	1.05	--	24.33
18427	Crackers, standard snack-type, regular, low salt	14.2	0.5 oz	1.05	0.013	8.66
08672	Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS	30.0	0.75 cup (1 NLEA serving)	1.05	--	26.45
11116	Cabbage, chinese (pak-choi), raw	70.0	1.0 cup, shredded	1.05	0.010	1.53
18170	Cookies, fig bars	28.35	1.0 oz	1.05	0.013	20.10
21346	McDONALD'S, NEWMAN'S OWN Cobb Dressing	62.0	2.0 fl oz	1.05	--	9.60
09268	Pineapple, canned, juice pack, solids and liquids	249.0	1.0 cup, crushed, sliced, or chunks	1.05	0.012	39.09
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	9.5	1.0 scoop	1.04	--	5.22
33869	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, powder	9.4	1.0 scoop	1.04	--	5.29
11711	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt	124.0	1.0 cup (1/2" pieces)	1.04	--	5.36
11025	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	124.0	1.0 cup (1/2" pieces)	1.04	--	5.36
03298	Babyfood, dinner, broccoli and chicken, junior	29.0	1.0 tbsp	1.04	--	1.84
28134	KEEBLER, TOASTEDS, Party Pack Cracker Assortment	16.0	5.0 crackers	1.04	--	10.30
33862	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder	9.6	1.0 scoop	1.04	--	5.47
03901	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, liquid concentrate, not reconstituted	31.9	1.0 fl oz	1.04	--	5.26
19034	Snacks, popcorn, air-popped	8.0	1.0 cup	1.04	0.007	6.22
18540	ARCHWAY Home Style Cookies, Old Fashioned Windmill Cookies	20.0	1.0 serving	1.03	--	14.45
03820	Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder	31.0	1.0 fl oz	1.03	--	2.66
03964	Babyfood, fortified cereal bar, fruit filling	19.0	1.0 bar	1.03	--	13.04
11299	Parsnips, cooked, boiled, drained, without salt	78.0	0.5 cup slices	1.03	--	13.27

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
11808	Parsnips, cooked, boiled, drained, with salt	78.0	0.5 cup slices	1.03	--	13.27
08083	Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS	31.0	1.0 cup (1 NLEA serving)	1.03	--	28.08
18127	Cake, snack cakes, creme-filled, chocolate with frosting	28.35	1.0 oz	1.03	0.016	17.10
28266	KEEBLER, READY CRUST, Graham Pie Crust (10"), Reduced Fat	21.0	0.125 crust	1.03	--	15.44
18522	ARCHWAY Home Style Cookies, Chocolate Chip Ice Box	24.0	1.0 serving	1.03	--	15.60
03980	Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder	8.7	1.0 scoop	1.03	--	4.87
11917	Peppers, sweet, red, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	1.03	0.013	4.23
11337	Peppers, sweet, green, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	1.03	0.013	4.23
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	90.0	0.5 cup slices	1.03	0.005	2.42
09516	Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	233.0	1.0 cup	1.03	--	28.82
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	155.0	1.0 cup	1.02	0.014	10.01
19040	Snacks, popcorn, cheese-flavor	11.0	1.0 cup	1.02	0.010	5.68
08206	Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS	30.0	0.75 cup (1 NLEA serving)	1.02	--	26.02
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	155.0	1.0 cup	1.02	0.014	10.01
11523	Taro shoots, cooked, without salt	140.0	1.0 cup slices	1.02	--	4.48
11880	Taro, shoots, cooked, with salt	140.0	1.0 cup slices	1.02	--	4.47
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	28.35	1.0 oz	1.02	0.016	18.82
21420	KFC, Coleslaw	112.0	1.0 package	1.02	0.009	17.53
09316	Strawberries, raw	152.0	1.0 cup, halves	1.02	0.012	11.67
19296	Honey	339.0	1.0 cup	1.02	0.014	279.34
09160	Lime juice, raw	242.0	1.0 cup	1.02	0.005	20.38
33868	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder	9.4	1.0 scoop	1.02	--	5.37
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	29.0	2.0 cookies	1.02	0.008	18.59
28032	GIRL SCOUTS, Samoas Cookies	29.0	2.0 cookies	1.02	--	18.59
28073	KEEBLER, Danish Wedding Cookies	26.0	4.0 cookies	1.01	--	17.76
18202	Cookies, sugar wafer, with creme filling, sugar free	28.35	1.0 oz	1.01	0.012	18.78
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	28.35	1.0 oz	1.01	0.022	2.97
14621	Beverages, V8 V-FUSION Juices, Strawberry Banana	246.0	1.0 serving 8 oz	1.01	--	29.00
14622	Beverages, V8 V-FUSION Juices, Tropical	246.0	1.0 serving 8 oz	1.01	--	27.99
09452	Orange Pineapple Juice Blend	246.0	8.0 fl oz	1.01	--	30.01
14620	Beverages, V8 V-FUSION Juices, Peach Mango	246.0	1.0 serving 8 oz	1.01	--	27.99
03938	Infant formula, PBM PRODUCTS, store brand, powder	8.4	1.0 scoop	1.01	--	4.70
19860	Cocoa, dry powder, hi-fat or breakfast, processed with alkali	6.0	1.0 tablespoon Ghirardelli label 2011	1.01	--	2.98
09511	Fruit juice smoothie, NAKED JUICE, BLUE MACHINE	240.0	8.0 fl oz	1.01	--	40.01
09507	Fruit juice smoothie, NAKED JUICE, MIGHTY MANGO	240.0	8.0 fl oz	1.01	--	36.00

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
14060	Beverages, Energy Drink with carbonated water and high fructose corn syrup	240.0	8.0 fl oz	1.01	--	36.00
28144	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Reduced Fat	14.0	5.0 crackers	1.01	--	9.86
14061	Beverages, Energy Drink, sugar free	240.0	8.0 fl oz	1.01	--	--
28148	KEEBLER, TOWN HOUSE, Wheat Crackers	16.0	5.0 crackers	1.01	--	10.11
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	240.0	8.0 fl oz	1.01	--	15.82
09351	Fruit cocktail, canned, heavy syrup, drained	214.0	1.0 cup	1.01	--	40.23
09519	Guava nectar, with sucralose, canned	335.0	11.3 fl oz	1.00	--	44.56
28349	Cookies, oatmeal, reduced fat	25.0	1.0 cookie	1.00	--	16.16
03926	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	1.00	--	4.43
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	35.0	2.0 tbsp	1.00	0.015	4.97
06987	HEALTHY REQUEST, Cream of Celery Soup, condensed	124.0	1.0 serving 1/2 cup	1.00	--	12.00
06057	CAMPBELL'S Red and White, Chicken Broth, condensed	124.0	1.0 serving 1/2 cup	1.00	--	--
06340	CAMPBELL'S Red and White, Cream of Onion Soup, condensed	124.0	1.0 serving 1/2 cup	1.00	--	9.99
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	124.0	1.0 leek	1.00	0.007	9.45
06218	CAMPBELL'S, 98% Fat Free Cream of Celery Soup, condensed	124.0	0.5 cup condensed	1.00	--	9.00
06334	CAMPBELL'S Red and White, Cream of Celery Soup, condensed	124.0	1.0 serving 1/2 cup	1.00	--	9.00
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	1.00	0.007	9.45
11969	Broccoli, chinese, cooked	88.0	1.0 cup	1.00	--	3.35
19175	Gelatin desserts, dry mix, reduced calorie, with aspartame	6.4	1.0 serving	1.00	--	5.13
06599	PACE, Enchilada Sauce	60.0	0.25 cup	1.00	--	5.00
08204	Cereals ready-to-eat, chocolate-flavored frosted puffed corn	30.0	1.0 cup	1.00	--	26.16
06332	Gravy, CAMPBELL'S, turkey, microwavable	60.0	0.25 cup	1.00	--	3.00
06323	Gravy, CAMPBELL'S, turkey, fat free	60.0	0.25 cup	1.00	--	4.00
28296	Cake, snack cakes, creme-filled, chocolate with frosting, low-fat, with added fiber	27.0	1.0 cake 1 serving	1.00	--	18.73
28297	Cake, snack cakes, not chocolate, with icing or filling, low-fat, with added fiber	27.0	1.0 cake 1 serving	1.00	--	20.06
27030	PACE, Triple Pepper Salsa	32.0	1.0 serving	1.00	--	3.00
43450	Frozen novelties, juice type, juice with cream	71.0	2.5 oz	1.00	--	17.12
28330	Cookies, marshmallow, with rice cereal and chocolate chips	22.0	1.0 bar	1.00	--	13.92
14557	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients	22.0	1.0 serving	1.00	--	19.86
25052	Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar	24.0	1.0 bar	1.00	--	19.00
11980	Peppers, chili, green, canned	139.0	1.0 cup	1.00	0.014	6.39

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
28311	Cookies, sugar wafer, chocolate-covered	29.0	3.0 cookie	1.00	--	19.14
08476	Cereals ready-to-eat, MALT-O-MEAL, Honey BUZZERS	29.0	1.333 cup	1.00	--	26.00
03190	Babyfood, cereal, oatmeal, with bananas, dry	15.0	1.0 serving	1.00	0.024	11.71
03302	Babyfood, snack, GERBER, GRADUATES, YOGURT MELTS	7.0	1.0 serving	1.00	0.011	5.03
03997	Babyfood, Baby MUM MUM Rice Biscuits	8.0	4.0 biscuit	1.00	0.007	6.66
09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	250.0	1.0 cup	1.00	--	31.68
19171	Cocoa, dry powder, unsweetened, HERSHEY'S European Style Cocoa	5.0	1.0 tbsp	1.00	--	3.00
09163	Blueberries, dried, sweetened	40.0	0.25 cup	1.00	--	32.00
01267	Cheese, mexican, queso cotija	5.0	2.0 tsp	1.00	--	0.20
14063	Beverages, chocolate powder, no sugar added	11.0	2.0 tbsp	1.00	--	7.00
03995	Babyfood, banana with mixed berries, strained	99.0	1.0 packet	1.00	0.006	21.10
03279	Babyfood, dinner, mixed vegetable, junior	99.0	1.0 serving	1.00	--	7.80
28327	Crackers, water biscuits	14.0	4.0 cracker 1 serving	1.00	--	10.19
28299	Cookies, chocolate sandwich, with creme filling, reduced fat	34.0	1.0 serving	1.00	--	25.90
28328	Cookies, chocolate chip sandwich, with creme filling	34.0	1.0 cookie	1.00	--	21.60
08370	Cereals ready-to-eat, GENERAL MILLS, RICE CRUNCHINS	21.0	1.0 bowl (3/4 cup) (1 NLEA serving)	1.00	--	17.00
18966	Crackers, saltines, whole wheat (includes multi-grain)	14.0	1.0 serving	1.00	--	9.56
03854	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, LIPIL, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	1.00	--	4.25
44258	Puddings, chocolate flavor, low calorie, regular, dry mix	9.9	1.0 serving	1.00	--	7.37
28298	Cookies, brownies, commercially prepared, reduced fat, with added fiber	36.0	1.0 brownie 1 serving	1.00	--	22.17
06328	Gravy, FRANCO-AMERICAN, chicken, slow roast, fat free	59.0	0.25 cup	1.00	--	4.00
06997	Gravy, CAMPBELL'S, beef	59.0	0.25 cup	1.00	--	3.00
06329	Gravy, FRANCO-AMERICAN, beef, slow roast	59.0	0.25 cup	1.00	--	3.00
06326	Gravy, CAMPBELL'S, turkey	59.0	0.25 cup	1.00	--	3.00
06320	Gravy, CAMPBELL'S, chicken, fat free	59.0	0.25 cup	1.00	--	3.00
06317	Gravy, CAMPBELL'S, beef, fat free	59.0	0.25 cup	1.00	--	3.00
06330	Gravy, FRANCO-AMERICAN, chicken, slow roast	59.0	0.25 cup	1.00	--	3.00
06327	Gravy, FRANCO-AMERICAN, beef, slow roast, fat free	59.0	0.25 cup	1.00	--	3.00
06324	Gravy, CAMPBELL'S, beef, microwavable	59.0	0.25 cup	1.00	--	3.00
06996	Gravy, CAMPBELL'S, au jus	59.0	0.25 cup	1.00	--	0.00
06321	Gravy, CAMPBELL'S, golden pork	59.0	0.25 cup	1.00	--	3.00
06318	Gravy, CAMPBELL'S, country style cream	59.0	0.25 cup	1.00	--	3.00
06331	Gravy, FRANCO-AMERICAN, turkey, slow roast	59.0	0.25 cup	1.00	--	4.00

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
31016	CAMPBELL'S, V8 60% Vegetable Juice, V8 V-Lite	243.0	8.0 fl oz	1.00	--	7.00
31005	CAMPBELL'S, V8 Vegetable Juice, Organic V8	243.0	8.0 fl oz	1.00	--	11.01
08494	Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS	30.0	0.75 cup (1 NLEA serving)	1.00	--	23.50
06351	CAMPBELL'S Red and White, Old Fashioned Tomato Rice Soup, condensed	126.0	1.0 serving 1/2 cup	1.00	--	23.00
09096	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	237.0	1.0 cup	1.00	--	20.17
28292	Crackers, multigrain	14.0	4.0 crackers	0.99	0.012	9.46
03994	Babyfood, fruit, banana and strawberry, junior	140.0	1.0 bottle	0.99	0.013	36.09
28067	KEEBLER, CLUB, Multigrain Crackers	14.0	4.0 crackers	0.99	--	9.23
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	28.35	1.0 oz	0.99	0.010	3.39
18312	Pie, chocolate mousse, prepared from mix, no-bake type	28.35	1.0 oz	0.99	0.014	8.39
18119	Cake, pineapple upside-down, prepared from recipe	28.35	1.0 oz	0.99	0.012	14.32
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	242.0	1.0 cup, whole	0.99	0.002	48.59
06038	CAMPBELL'S, Cheddar Cheese Soup, condensed	124.0	0.5 cup condensed	0.99	--	14.19
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	0.99	0.007	34.70
06011	Soup, cheese, canned, condensed	124.0	0.5 cup	0.99	--	14.01
11150	Chayote, fruit, cooked, boiled, drained, without salt	160.0	1.0 cup (1" pieces)	0.99	0.013	8.14
11766	Chayote, fruit, cooked, boiled, drained, with salt	160.0	1.0 cup (1" pieces)	0.99	0.013	7.20
09093	Figs, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	0.99	0.008	72.71
03837	Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not reconstituted	8.7	1.0 scoop	0.99	--	4.78
28300	Cookies, oatmeal sandwich, with creme filling	38.0	1.0 cookie 1 serving	0.99	--	21.14
28143	KEEBLER, TOWN HOUSE, Reduced Fat Crackers	15.0	6.0 crackers	0.99	--	11.56
19807	Snacks, popcorn, oil-popped, white popcorn, salt added	11.0	1.0 cup	0.99	0.007	6.29
03184	Babyfood, cereal, whole wheat, with apples, dry fortified	15.0	0.5 oz	0.99	--	12.48
43544	Babyfood, cereal, rice with pears and apple, dry, instant fortified	15.0	1.0 serving	0.99	--	13.28
28141	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Original	15.0	5.0 crackers	0.99	--	9.64
09239	Peaches, canned, extra light syrup, solids and liquids	247.0	1.0 cup, halves or slices	0.99	0.002	27.42
08669	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Chocolate Squares	30.0	0.75 cup (1 NLEA serving)	0.99	--	25.20
28113	KEEBLER, 100 Calorie RIGHT BITES, CHIPS DELUXE, Chocolate Chip Cookies	21.0	1.0 pouch	0.99	--	16.32
43382	Cranberry juice, unsweetened	253.0	1.0 cup	0.99	--	30.87
28357	GLUTINO, Gluten Free Cookies, Vanilla Creme	45.0	3.0 cookies	0.99	--	34.80
11850	Radishes, oriental, cooked, boiled, drained, with salt	147.0	1.0 cup slices	0.98	0.006	5.04
11431	Radishes, oriental, cooked, boiled, drained, without salt	147.0	1.0 cup, sliced	0.98	0.006	5.04

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
09092	Figs, canned, heavy syrup pack, solids and liquids	259.0	1.0 cup	0.98	0.008	59.31
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	0.98	0.011	18.15
03802	Infant formula, NESTLE, GOOD START SUPREME, with iron, powder	8.7	1.0 scoop	0.98	--	4.99
03842	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid concentrate	31.4	1.0 fl oz	0.98	--	4.15
03952	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, liquid concentrate	31.4	1.0 fl oz	0.98	--	4.15
09091	Figs, canned, light syrup pack, solids and liquids	252.0	1.0 cup	0.98	0.008	45.23
03824	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, liquid concentrate, not reconstituted	30.8	1.0 fl oz	0.98	--	4.18
08066	Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice	14.0	0.75 cup (1 NLEA serving)	0.98	--	12.29
16132	Tofu, salted and fermented (fuyu)	11.0	1.0 block	0.98	0.014	0.48
09272	Pineapple, frozen, chunks, sweetened	245.0	1.0 cup, chunks	0.98	0.012	54.39
28079	KEEBLER, FUDGE SHOPPE, Coconut Dreams Cookies	28.0	2.0 cookies	0.98	--	17.19
18532	ARCHWAY Home Style Cookies, Iced Molasses	28.0	1.0 serving	0.98	--	19.35
03694	Babyfood, cereal, rice, prepared with whole milk	28.35	1.0 oz	0.98	0.021	2.92
11566	Turnips, frozen, unprepared	94.0	0.333 package, mashed (10 oz)	0.98	0.009	2.76
11362	Potatoes, raw, skin	38.0	1.0 skin	0.98	--	4.73
28069	KEEBLER, CLUB, Reduced Fat Crackers	16.0	5.0 crackers	0.98	--	11.70
28140	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Garlic Herb	15.0	5.0 crackers	0.98	--	9.45
09301	Rambutan, canned, syrup pack	150.0	1.0 cup, drained	0.98	--	31.30
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	0.97	0.017	31.23
02076	Seasoning mix, dry, chili, original	9.0	1.33 tbsp	0.97	--	5.09
11366	Potatoes, boiled, cooked in skin, skin, without salt	34.0	1.0 skin	0.97	--	5.85
11832	Potatoes, boiled, cooked in skin, skin, with salt	34.0	1.0 skin	0.97	--	5.85
09145	Java-plum, (jambolan), raw	135.0	1.0 cup	0.97	--	21.01
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117.0	0.5 cup	0.97	--	4.94
09281	Plums, canned, purple, water pack, solids and liquids	249.0	1.0 cup, pitted	0.97	--	27.46
19866	Candies, soft fruit and nut squares	42.0	3.0 pieces	0.97	--	31.00
19036	Snacks, popcorn, cakes	10.0	1.0 cake	0.97	0.009	8.01
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	242.0	1.0 cup	0.97	--	36.13
09002	Acerola juice, raw	242.0	1.0 cup	0.97	--	11.62
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248.0	1.0 cup	0.97	--	46.90

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
03966	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, liquid concentrate	29.2	1.0 fl oz	0.97	--	4.30
18303	Pie, banana cream, prepared from mix, no-bake type	28.35	1.0 oz	0.96	0.013	8.96
18117	Cake, pudding-type, marble, dry mix	28.35	1.0 oz	0.96	0.014	22.54
28332	Cookies, gluten-free, chocolate sandwich, with creme filling	44.0	3.0 cookies	0.96	--	33.45
28356	GLUTINO, Gluten Free Cookies, Chocolate Vanilla Creme	44.0	3.0 cookies	0.96	--	33.45
09232	Passion-fruit juice, purple, raw	247.0	1.0 cup	0.96	--	33.59
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	120.0	0.5 cup	0.96	0.010	4.20
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	120.0	0.5 cup	0.96	0.010	4.20
19806	Snacks, popcorn, air-popped (Unsalted)	8.0	1.0 cup	0.96	0.007	6.23
11726	Beans, snap, green, canned, no salt added, solids and liquids	120.0	0.5 cup	0.96	0.010	4.20
09088	Elderberries, raw	145.0	1.0 cup	0.96	0.019	26.68
11751	Cabbage, common, cooked, boiled, drained, with salt	75.0	0.5 cup, shredded	0.95	0.008	4.13
11110	Cabbage, cooked, boiled, drained, without salt	75.0	0.5 cup, shredded	0.95	0.008	4.13
28064	KEEBLER, CLUB, Dash of Salt Crackers	14.0	4.0 crackers	0.95	--	9.28
36035	Restaurant, family style, coleslaw	108.0	1.0 serving	0.95	--	13.34
09318	Strawberries, frozen, unsweetened	221.0	1.0 cup, thawed	0.95	0.011	20.18
28268	KEEBLER, Sugar Cones	13.0	1.0 cone	0.95	--	10.14
05025	Chicken, heart, all classes, raw	6.1	1.0 heart	0.95	0.012	0.04
11255	Lotus root, cooked, boiled, drained, without salt	60.0	0.5 cup	0.95	0.007	9.61
11796	Lotus root, cooked, boiled, drained, with salt	60.0	0.5 cup	0.95	0.007	9.61
06481	Soup, chicken broth cubes, dry, prepared with water	243.0	1.0 cup (8 fl oz)	0.95	--	1.51
11058	Beans, snap, canned, all styles, seasoned, solids and liquids	114.0	0.5 cup	0.95	0.010	3.98
19083	Candies, sweet chocolate coated fondant	43.0	1.0 patty, large	0.95	--	34.57
01049	Cream, fluid, half and half	30.2	1.0 fl oz	0.95	0.022	1.43
28117	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Brownies	21.0	1.0 package	0.94	--	13.67
28114	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Dark Chocolate Fudge Stripes Cookies	21.0	1.0 pouch	0.94	--	14.95
03858	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted	8.7	1.0 scoop	0.94	--	4.77
27052	Dip, salsa con queso, cheese and salsa- medium	30.0	2.0 tbsp	0.94	--	3.34
19091	Candies, YORK Peppermint Pattie	43.0	1.0 patty 1.5 oz	0.94	--	34.83
33863	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder	8.7	1.0 scoop	0.94	--	4.96
33877	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, powder	8.7	1.0 scoop	0.94	--	4.96
09285	Plums, canned, purple, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	0.94	--	68.67

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
09326	Watermelon, raw	154.0	1.0 cup, balls	0.94	0.011	11.63
01073	Dessert topping, semi solid, frozen	75.0	1.0 cup	0.94	0.013	17.29
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253.0	1.0 cup	0.94	--	37.37
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	253.0	1.0 cup	0.94	--	37.37
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	253.0	1.0 cup	0.94	--	37.37
09310	Rhubarb, frozen, cooked, with sugar	240.0	1.0 cup	0.94	--	74.88
18354	Strudel, apple	28.35	1.0 oz	0.94	0.011	11.65
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	0.93	0.018	33.73
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	0.93	0.012	8.09
11759	Carrots, canned, no salt added, drained solids	146.0	1.0 cup, sliced	0.93	0.010	8.09
28359	GLUTINO, Gluten Free Wafers, Milk Chocolate	23.0	3.0 cookies	0.93	--	14.45
28333	Cookies, gluten-free, chocolate wafer	23.0	3.0 cookies	0.93	--	14.45
09283	Plums, canned, purple, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	0.93	--	41.03
11024	Balsam-pear (bitter gourd), pods, raw	93.0	1.0 cup (1/2" pieces)	0.93	--	3.44
28291	Cookies, animal, with frosting or icing	31.0	8.0 cookies 1 serving	0.93	0.013	21.73
28044	KEEBLER, ANIMALS, Frosted Cookies	31.0	8.0 cookies 1 serving	0.93	--	21.70
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258.0	1.0 cup, pitted	0.93	--	59.96
09403	Apricot nectar, canned, with added ascorbic acid	251.0	1.0 cup	0.93	--	36.12
09036	Apricot nectar, canned, without added ascorbic acid	251.0	1.0 cup	0.93	--	36.12
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	160.0	1.0 cup, chopped	0.93	0.016	33.84
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0.93	0.008	2.97
03827	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	0.93	--	4.79
03950	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted	8.5	1.0 scoop	0.93	--	4.65
03853	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted	8.5	1.0 scoop	0.93	--	4.65
28112	KEEBLER, READY CRUST, Shortbread Pie Crust	21.0	0.125 crust 9" crust	0.92	--	14.51
19263	Frozen novelties, fruit and juice bars	77.0	1.0 bar (2.5 fl oz)	0.92	--	15.55
09354	Pineapple, canned, juice pack, drained	181.0	1.0 cup, chunks	0.92	--	28.16
03869	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, with iron, powder, not reconstituted	8.5	1.0 scoop	0.92	--	4.84
19092	Candies, TWIZZLERS NIBS CHERRY BITS	40.0	27.0 pieces	0.92	--	31.75
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	0.92	0.005	50.48
19301	Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe	28.35	1.0 oz	0.92	--	19.19

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
09184	Melons, honeydew, raw	170.0	1.0 cup, diced (approx 20 pieces per cup)	0.92	0.008	15.45
03808	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	0.92	--	4.78
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	0.91	0.009	2.45
28135	KEEBLER, TOASTEDS, Onion Crackers	16.0	5.0 crackers	0.91	--	10.83
11349	Poi	240.0	1.0 cup	0.91	--	65.35
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	0.91	0.007	11.08
06179	Sauce, fish, ready-to-serve	18.0	1.0 tbsp	0.91	--	0.66
03937	Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.91	--	4.36
09429	Pineapple, raw, traditional varieties	165.0	1.0 cup, chunks	0.91	--	19.50
19859	Cocoa, dry powder, hi-fat or breakfast, plain	5.4	1.0 tbsp	0.91	--	2.78
09269	Pineapple, canned, light syrup pack, solids and liquids	252.0	1.0 cup, crushed, sliced, or chunks	0.91	0.013	33.89
25009	Snacks, M&M MARS, KUDOS Whole Grain Bar, M&M's milk chocolate	24.0	1.0 bar	0.91	--	17.52
06120	Gravy, chicken, dry	8.0	1.0 tbsp	0.90	--	4.97
28065	KEEBLER, CLUB, Minis Original Crackers	15.0	17.0 crackers	0.90	--	9.96
28118	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Fudge Grahams Cookies	20.0	1.0 pouch	0.90	--	14.64
09273	Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	250.0	1.0 cup	0.90	--	32.18
11670	Peppers, hot chili, green, raw	45.0	1.0 pepper	0.90	0.012	4.26
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	250.0	1.0 cup	0.90	--	32.18
19116	Candies, marshmallows	50.0	1.0 cup of miniature	0.90	0.000	40.65
09510	Pineapple juice, canned, not from concentrate, unsweetened, with added vitamins A, C and E	250.0	1.0 cup	0.90	--	30.45
11339	Peppers, sweet, green, sauteed	115.0	1.0 cup chopped	0.90	0.013	4.85
16432	Tofu, salted and fermented (fuyu), prepared with calcium sulfate	11.0	1.0 block	0.90	0.013	0.57
03809	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, powder, not reconstituted	8.3	1.0 scoop	0.90	--	4.66
03805	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, powder	8.3	1.0 scoop	0.90	--	4.66
21379	McDONALD'S, Side Salad	87.0	1.0 item 3.1 oz	0.90	--	3.74
28145	KEEBLER, TOWN HOUSE, TOPPERS, Garlic Herb Crackers	14.0	3.0 crackers	0.90	--	10.02
28210	MURRAY, SUGAR FREE, Vanilla Sugar Wafer	28.0	4.0 cookies	0.90	--	19.18
14259	Beverages, OCEAN SPRAY, Light Cranberry, Concord Grape	248.0	8.0 fl oz	0.89	--	14.33
42178	Mayonnaise, made with tofu	15.0	1.0 tbsp	0.89	--	0.46

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
28360	MARY'S GONE CRACKERS, Original Crackers, Organic Gluten Free	7.4	3.0 crackers	0.89	--	4.76
01017	Cheese, cream	14.5	1.0 tbsp	0.89	0.010	0.80
09266	Pineapple, raw, all varieties	165.0	1.0 cup, chunks	0.89	0.008	21.65
19322	Puddings, coconut cream, dry mix, instant	99.0	1.0 package (3.5 oz)	0.89	--	82.66
03089	Babyfood, dinner, macaroni and cheese, strained	28.35	1.0 oz	0.89	--	2.54
14248	Alcoholic beverage, beer, light, higher alcohol	356.0	12.0 fl oz	0.89	--	2.74
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup, crushed, sliced, or chunks	0.89	0.013	51.31
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	0.89	0.021	0.85
03860	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed	31.0	1.0 fl oz	0.89	--	3.46
09271	Pineapple, canned, extra heavy syrup pack, solids and liquids	260.0	1.0 cup, crushed, sliced, or chunks	0.88	0.013	55.90
36028	DENNY'S, coleslaw	91.0	1.0 serving	0.88	0.009	9.90
08156	Cereals ready-to-eat, rice, puffed, fortified	14.0	1.0 cup	0.88	0.013	12.57
19324	Puddings, coconut cream, dry mix, regular	88.0	1.0 package (3.12 oz)	0.88	--	72.02
28133	KEEBLER, TOASTEDS, Buttercrisps Crackers	16.0	5.0 crackers	0.88	--	10.40
18253	Doughnuts, french crullers, glazed	28.35	1.0 oz	0.88	0.013	16.87
03801	Infant formula, NESTLE, GOOD START SUPREME, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.88	--	4.46
27054	Dip, TOSTITOS, salsa con queso, medium	30.0	2.0 tbsp	0.88	--	3.52
11784	Gourd, white-flowered (calabash), cooked, boiled, drained, with salt	146.0	1.0 cup (1" cubes)	0.88	0.004	4.53
11219	Gourd, white-flowered (calabash), cooked, boiled, drained, without salt	146.0	1.0 cup (1" cubes)	0.88	0.004	5.39
09430	Pineapple, raw, extra sweet variety	165.0	1.0 cup, chunks	0.87	--	22.28
19142	Candies, MOUNDS Candy Bar	19.0	1.0 bar snack size	0.87	--	11.13
11427	Purslane, raw	43.0	1.0 cup	0.87	--	1.46
11505	Sweet potato leaves, raw	35.0	1.0 cup, chopped	0.87	0.012	3.09
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	31.1	1.0 fl oz	0.87	0.012	6.50
28081	KEEBLER, FUDGE SHOPPE, Caramel Filled Cookies	30.0	2.0 cookies	0.87	--	20.01
11588	Waterchestnuts, chinese, (matai), raw	62.0	0.5 cup slices	0.87	--	14.84
03870	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber	31.0	1.0 fl oz	0.87	--	3.50
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	255.0	1.0 cup	0.87	--	48.73
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	0.87	0.012	6.01
11982	Peppers, pasilla, dried	7.0	1.0 pepper	0.86	--	3.58
27053	Dip, OLD EL PASO, Cheese 'n Salsa, medium	32.0	2.0 tbsp	0.86	--	3.41
11603	Yambean (jicama), raw	120.0	1.0 cup slices	0.86	--	10.58

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
03812	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	0.86	--	4.49
03818	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	0.86	--	4.46
28121	KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies, Fudge Dipped	21.0	1.0 package	0.86	--	15.20
11457	Spinach, raw	30.0	1.0 cup	0.86	0.012	1.09
09102	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	245.0	1.0 cup	0.86	--	19.28
33864	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.86	--	4.53
09104	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, light syrup, solids and liquids	252.0	1.0 cup	0.86	--	38.15
09106	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, extra heavy syrup, solids and liquids	259.0	1.0 cup	0.85	--	58.97
33865	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.85	--	4.50
09152	Lemon juice, raw	244.0	1.0 cup	0.85	--	16.84
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	9.7	1.0 tbsp	0.85	0.006	7.72
02019	Spices, fenugreek seed	3.7	1.0 tsp	0.85	0.014	2.16
18319	Pie, fried pies, fruit	28.35	1.0 oz	0.85	0.012	12.08
18445	Pie, fried pies, lemon	28.35	1.0 oz	0.85	0.012	12.08
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	28.35	1.0 oz	0.85	0.012	22.57
19104	Candies, fudge, vanilla with nuts	28.35	1.0 oz	0.85	--	21.15
18444	Pie, fried pies, cherry	28.35	1.0 oz	0.85	0.012	12.08
11131	Carrots, frozen, cooked, boiled, drained, without salt	146.0	1.0 cup, sliced	0.85	0.010	11.29
11760	Carrots, frozen, cooked, boiled, drained, with salt	146.0	1.0 cup slices	0.85	0.010	11.29
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	0.85	0.012	8.03
09254	Pears, canned, juice pack, solids and liquids	248.0	1.0 cup, halves	0.84	--	32.09
12204	Nuts, chestnuts, japanese, roasted	28.35	1.0 oz	0.84	0.012	12.79
11819	Peppers, hot chili, red, raw	45.0	1.0 pepper	0.84	0.012	3.96
11154	Chicory roots, raw	60.0	1.0 root	0.84	--	10.51
11276	New Zealand spinach, raw	56.0	1.0 cup, chopped	0.84	--	1.40
28119	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Fudge Stripes Cookies	21.0	1.0 pouch	0.84	--	15.60
11157	Chrysanthemum, garland, raw	25.0	1.0 cup (1" pieces)	0.84	--	0.76
01178	Sour cream, reduced fat	12.0	1.0 tablespoon	0.84	--	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
03830	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, LIPIL, with iron, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	0.84	--	4.51
11086	Beet greens, raw	38.0	1.0 cup	0.84	0.013	1.65
25012	Snacks, sweet potato chips, unsalted	28.35	1.0 oz	0.83	0.028	16.11
03947	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA	30.5	1.0 fl oz	0.83	--	4.16
03072	Babyfood, dinner, chicken stew, toddler	16.0	1.0 tbsp	0.83	0.009	1.02
03951	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.83	--	4.25
03851	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.83	--	4.32
03856	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.83	--	4.32
10004	Pork, fresh, backfat, raw	28.35	1.0 oz	0.83	0.010	0.00
18360	Taco shells, baked	12.9	1.0 shell	0.83	0.005	8.19
11286	Onions, yellow, sauteed	87.0	1.0 cup chopped	0.83	0.012	6.84
09520	Kiwifruit, ZESPRI SunGold, raw	81.0	1.0 fruit	0.83	--	12.79
19333	Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water	127.0	0.5 cup	0.83	--	30.73
11568	Turnip greens, raw	55.0	1.0 cup, chopped	0.82	0.014	3.92
09082	Cranberry-orange relish, canned	275.0	1.0 cup	0.82	--	127.05
18110	Cake, fruitcake, commercially prepared	28.35	1.0 oz	0.82	0.012	17.46
18196	Cookies, brownies, dry mix, sugar free	28.35	1.0 oz	0.82	0.012	22.79
18085	Bread stuffing, cornbread, dry mix, prepared	28.35	1.0 oz	0.82	0.009	6.21
11210	Eggplant, cooked, boiled, drained, without salt	99.0	1.0 cup (1" cubes)	0.82	0.008	8.64
11783	Eggplant, cooked, boiled, drained, with salt	99.0	1.0 cup (1" cubes)	0.82	0.008	8.06
14181	Beverages, chocolate syrup	39.0	1.0 serving 2 tbsp	0.82	--	25.39
11979	Peppers, jalapeno, raw	90.0	1.0 cup, sliced	0.82	--	5.85
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	6.0	1.0 medium	0.82	0.009	0.05
12095	Nuts, chestnuts, chinese, boiled and steamed	28.35	1.0 oz	0.82	0.010	9.54
27051	Sauce, cocktail, ready-to-serve	60.0	0.25 cup	0.82	--	16.93
28142	KEEBLER, TOWN HOUSE, Original Crackers	16.0	5.0 crackers	0.82	--	9.57
19097	Sherbet, orange	74.0	0.5 cup (4 fl oz)	0.81	--	22.50
19817	Snacks, rice cakes, brown rice, buckwheat, unsalted	9.0	1.0 cake	0.81	0.011	7.21
19052	Snacks, rice cakes, brown rice, buckwheat	9.0	1.0 cake	0.81	0.011	7.21
09379	Plums, canned, heavy syrup, drained	183.0	1.0 cup, with pits, yields	0.81	--	42.31
11239	Mushrooms, Chanterelle, raw	54.0	1.0 cup	0.80	--	3.70

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
11209	Eggplant, raw	82.0	1.0 cup, cubes	0.80	0.007	4.82
09177	Mangosteen, canned, syrup pack	196.0	1.0 cup, drained	0.80	--	35.10
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	11.0	1.0 cup	0.80	0.007	4.96
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16.0	1.0 serving	0.80	--	11.88
19068	Candies, NESTLE, BIT-O'-HONEY Candy Chews	40.0	1.0 serving 6 pieces	0.80	--	32.36
28116	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Cookies 'N Creme	20.0	1.0 pouch	0.80	--	14.44
09011	Apples, dried, sulfured, uncooked	86.0	1.0 cup	0.80	0.008	56.67
14428	Beverages, shake, fast food, strawberry	23.5	1.0 fl oz	0.80	0.011	4.44
18314	Pie, coconut cream, prepared from mix, no-bake type	28.35	1.0 oz	0.79	0.010	8.08
18309	Pie, cherry, prepared from recipe	28.35	1.0 oz	0.79	0.009	10.91
09009	Apples, dehydrated (low moisture), sulfured, uncooked	60.0	1.0 cup	0.79	0.007	56.12
21141	BURGER KING, Vanilla Shake	24.8	1.0 fl oz	0.79	--	4.72
11429	Radishes, raw	116.0	1.0 cup slices	0.79	0.010	3.94
42119	Babyfood, banana juice with low fat yogurt	31.5	1.0 fl oz	0.79	--	5.53
06959	Gravy, instant turkey, dry	6.7	1.0 serving	0.79	--	3.86
11206	Cucumber, peeled, raw	133.0	1.0 cup, pared, chopped	0.78	0.009	2.87
28255	KEEBLER, ZESTA, Export Sodas Crackers	14.0	3.0 crackers	0.78	--	10.36
11974	Grape leaves, raw	14.0	1.0 cup	0.78	--	2.42
11591	Watercress, raw	34.0	1.0 cup, chopped	0.78	0.010	0.44
28156	KEEBLER, Waffle Cones	12.0	1.0 cone	0.78	--	10.52
28155	KEEBLER, Waffle Bowls	12.0	1.0 waffle	0.78	--	10.52
18082	Bread stuffing, bread, dry mix, prepared	28.35	1.0 oz	0.77	0.010	5.34
28068	KEEBLER, CLUB, Original Crackers	14.0	4.0 crackers	0.77	--	9.27
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	5.0	0.25 cup	0.77	0.008	2.31
18306	Pie, blueberry, prepared from recipe	28.35	1.0 oz	0.77	0.008	9.50
19414	Snacks, rice cakes, brown rice, multigrain	9.0	1.0 cake	0.76	0.010	7.21
43020	Salad dressing, blue or roquefort cheese, low calorie	15.0	1.0 tbsp	0.76	--	0.44
19818	Snacks, rice cakes, brown rice, multigrain, unsalted	9.0	1.0 cake	0.76	0.010	7.21
09143	Guava sauce, cooked	238.0	1.0 cup	0.76	0.007	22.56
18952	Tostada shells, corn	12.3	1.0 piece	0.76	--	7.92
19413	Snacks, rice cakes, brown rice, corn	9.0	1.0 cake	0.76	0.008	7.31
09423	Prune puree	36.0	2.0 tbsp	0.76	--	23.44
42120	Babyfood, mixed fruit juice with low fat yogurt	31.5	1.0 fl oz	0.76	--	4.62
01199	Cream, half and half, fat free	29.0	2.0 tbsp	0.75	--	2.61

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
28086	KEEBLER, FUDGE SHOPPE, Fudge Sticks	29.0	3.0 cookies	0.75	--	19.95
28097	KEEBLER, FUDGE SHOPPE, Merry Mint Patties, Holiday	26.0	2.0 cookies	0.75	--	17.34
09309	Rhubarb, frozen, uncooked	137.0	1.0 cup, diced	0.75	--	6.99
11287	Onions, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.75	0.010	6.48
09043	Blackberry juice, canned	250.0	1.0 cup	0.75	--	19.50
09061	Carissa, (natal-plum), raw	150.0	1.0 cup slices	0.75	--	20.45
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22.0	1.0 serving	0.75	--	17.71
19138	Candies, truffles, prepared-from-recipe	12.0	1.0 piece	0.75	--	5.39
28094	KEEBLER, FUDGE SHOPPE, Jumbo Fudge Sticks, Vanilla	31.0	1.0 cookie	0.74	--	21.27
14180	Beverages, coffee, brewed, breakfast blend	248.0	1.0 cup	0.74	--	0.57
11250	Lettuce, butterhead (includes boston and bibb types), raw	55.0	1.0 cup, shredded or chopped	0.74	0.007	1.23
08090	Cereals, corn grits, white, regular and quick, enriched, dry	9.7	1.0 tbsp	0.74	0.006	7.67
09255	Pears, canned, extra light syrup pack, solids and liquids	247.0	1.0 cup, halves	0.74	--	30.13
09449	Nance, frozen, unsweetened	112.0	1.0 cup without pits, thawed	0.74	--	19.01
19816	Snacks, rice cakes, brown rice, plain, unsalted	9.0	1.0 cake	0.74	0.009	7.34
14635	Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E	246.0	1.0 serving 8 oz	0.74	--	27.43
19051	Snacks, rice cracker brown rice, plain	9.0	1.0 cake	0.74	0.009	7.34
25059	Snacks, brown rice chips	9.0	1.0 cake	0.74	0.009	7.34
18322	Pie, mince, prepared from recipe	28.35	1.0 oz	0.74	0.008	13.61
03090	Babyfood, dinner, macaroni and cheese, junior	28.35	1.0 oz	0.74	0.009	2.32
06494	Soup, onion, dry, mix, prepared with water	230.0	1.0 serving 1 cup	0.74	--	6.37
33879	Babyfood, finger snacks, GERBER, GRADUATES, LIL CRUNCHIES - MILD CHEDDAR	8.9	0.5 cup	0.74	--	5.13
09526	Cranberry sauce, jellied, canned, OCEAN SPRAY	70.0	0.25 cup	0.74	--	28.43
06126	Gravy, turkey, dry	7.0	1.0 serving	0.73	--	4.56
16137	Hummus, home prepared	15.0	1.0 tablespoon	0.73	0.009	3.02
19416	Snacks, rice cakes, brown rice, rye	9.0	1.0 cake	0.73	0.009	7.19
19419	Snacks, corn cakes	9.0	1.0 cake	0.73	0.007	7.51
19800	Snacks, corn cakes, very low sodium	9.0	1.0 cake	0.73	0.007	7.51
19124	Baking chocolate, mexican, squares	20.0	1.0 tablet	0.73	--	15.48
21313	McDONALD'S, Hot Mustard Sauce	28.0	1.0 package	0.73	--	8.14
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	0.73	0.010	6.59
14220	Beverages, OCEAN SPRAY, Cranberry-Apple Juice Drink, bottled	249.0	8.0 fl oz	0.72	--	34.06
42259	Snacks, popcorn, home-prepared, oil-popped, unsalted	8.0	1.0 cup	0.72	--	4.65

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
43268	Whipped cream substitute, dietetic, made from powdered mix	80.0	1.0 cup	0.72	--	8.48
11126	Carrots, canned, regular pack, solids and liquids	123.0	0.5 cup slices	0.71	0.007	6.61
03201	Babyfood, cereal, egg yolks and bacon, junior	28.35	1.0 oz	0.71	--	1.76
06114	Gravy, au jus, canned	59.0	0.25 cup	0.71	--	1.48
19153	Candies, NESTLE, AFTER EIGHT Mints	42.0	1.0 serving 5 mints	0.70	--	33.40
14347	Shake, fast food, vanilla	20.8	1.0 fl oz	0.70	0.012	4.07
06081	Soup, chicken broth cubes, dry	4.8	1.0 cube	0.70	--	1.13
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	175.0	1.0 cup, cubes	0.70	0.004	5.32
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	175.0	1.0 cup, cubes	0.70	0.004	4.29
43098	Pie fillings, cherry, low calorie	85.0	1.0 serving	0.70	--	10.18
11143	Celery, raw	101.0	1.0 cup chopped	0.70	0.009	3.00
11430	Radishes, oriental, raw	116.0	1.0 cup slices	0.70	0.003	4.76
14233	Beverages, OCEAN SPRAY, Cran Raspberry Juice Drink	248.0	8.0 fl oz	0.69	--	29.66
43432	Babyfood, dinner, macaroni, beef and tomato sauce, toddler	16.0	1.0 tbsp	0.69	--	1.84
19181	Candies, YORK BITES	39.0	15.0 pieces	0.69	--	31.84
35206	Plums, wild (Northern Plains Indians)	161.0	1.0 cup	0.69	--	35.34
11003	Amaranth leaves, raw	28.0	1.0 cup	0.69	0.009	1.13
14224	Beverages, coffee, instant, mocha, sweetened	13.0	1.0 serving 2 tbsp	0.69	--	9.63
11878	Taro, cooked, with salt	132.0	1.0 cup slices	0.69	0.011	45.67
11519	Taro, cooked, without salt	132.0	1.0 cup, sliced	0.69	0.011	45.67
28345	Crackers, gluten-free, multi-seeded and multigrain	6.1	3.0 crackers	0.69	--	4.04
01072	Dessert topping, pressurized	70.0	1.0 cup	0.69	0.010	11.25
11233	Kale, raw	16.0	1.0 cup 1" pieces, loosely packed	0.68	--	1.40
19053	Snacks, rice cakes, brown rice, sesame seed	9.0	1.0 cake	0.68	0.009	7.34
19819	Snacks, rice cakes, brown rice, sesame seed, unsalted	9.0	1.0 cake	0.68	0.009	7.34
09226	Papayas, raw	145.0	1.0 cup 1" pieces	0.68	0.012	15.69
18302	Pie, apple, prepared from recipe	28.35	1.0 oz	0.68	0.008	10.52
18090	Cake, boston cream pie, commercially prepared	28.35	1.0 oz	0.68	0.010	12.16
01074	Sour cream, imitation, cultured	28.35	1.0 oz	0.68	0.009	1.88
18095	Cake, cherry fudge with chocolate frosting	28.35	1.0 oz	0.68	0.009	10.77
06480	Soup, chicken broth or bouillon, dry, prepared with water	241.0	1.0 cup 8 fl oz	0.67	--	0.72
09251	Peach nectar, canned, without added ascorbic acid	249.0	1.0 cup	0.67	--	34.66
09407	Peach nectar, canned, with added ascorbic acid	249.0	1.0 cup	0.67	--	34.66
43028	Jams and preserves, no sugar (with sodium saccharin), any flavor	224.0	1.0 cup	0.67	--	119.66

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
14639	Beverages, rice milk, unsweetened	240.0	8.0 fl oz (approximate weight, 1 serving)	0.67	--	22.01
19146	Baking chocolate, MARS SNACKFOOD US, M&M's Milk Chocolate Mini Baking Bits	14.0	1.0 serving 0.5 oz, about 1 tbsp	0.67	--	9.58
06080	Soup, chicken broth or bouillon, dry	4.0	1.0 cube	0.67	--	0.72
18524	ARCHWAY Home Style Cookies, Coconut Macaroon	22.0	1.0 serving	0.66	--	13.47
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	7.9	1.0 cup	0.66	0.005	4.52
03982	Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed	30.4	1.0 fl oz	0.66	--	2.32
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	0.66	0.010	8.43
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	73.0	1.0 pepper	0.66	0.009	3.72
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	73.0	1.0 pepper	0.66	0.009	3.72
06958	Gravy, instant beef, dry	6.7	1.0 serving	0.66	--	4.09
03930	Infant formula, MEAD JOHNSON,NEXT STEP PROSOBEE, prepared from powder	30.5	1.0 fl oz	0.65	--	2.46
19524	Snacks, taro chips	28.35	1.0 oz	0.65	0.010	19.31
19400	Snacks, banana chips	28.35	1.0 oz	0.65	0.008	16.56
03283	Babyfood, vegetables, garden vegetable, strained	28.35	1.0 oz	0.65	0.008	1.93
09054	Blueberries, frozen, unsweetened	155.0	1.0 cup, unthawed	0.65	0.003	18.86
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	30.0	10.0 strip	0.65	0.006	7.68
11147	Chard, swiss, raw	36.0	1.0 cup	0.65	0.006	1.35
11252	Lettuce, iceberg (includes crisphead types), raw	72.0	1.0 cup shredded	0.65	0.006	2.14
03839	Infant formula, ABBOTT NUTRITION, SIMILAC, NATURAL CARE, ADVANCE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0.65	--	2.50
11492	Squash, winter, spaghetti, raw	101.0	1.0 cup, cubes	0.65	0.009	6.98
25027	Snacks, plantain chips, salted	28.35	1.0 oz	0.65	--	18.10
06118	Gravy, brown, dry	6.0	1.0 tbsp	0.64	--	3.56
28376	VAN'S, The Perfect 10, Crispy Six Whole Grain + Four Seed Baked Crackers, Gluten Free	8.4	3.0 crackers	0.64	--	5.68
09420	Jackfruit, canned, syrup pack	178.0	1.0 cup, drained	0.64	--	42.61
09174	Loquats, raw	149.0	1.0 cup, cubed	0.64	0.007	18.09
12202	Nuts, chestnuts, japanese, raw	28.35	1.0 oz	0.64	0.009	9.90
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	40.0	1.0 serving 6 pieces	0.64	0.076	35.09
28310	Cookies, shortbread, reduced fat	11.8	1.0 cookie	0.63	--	8.97
09433	Clementines, raw	74.0	1.0 fruit	0.63	--	8.89

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
14156	Beverages, Energy drink, RED BULL, sugar free, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12	250.0	1.0 serving 8.3 fl oz can	0.62	--	1.75
03199	Babyfood, cereal, with eggs, strained	28.35	1.0 oz	0.62	--	2.27
06076	Soup, beef broth, cubed, dry	3.6	1.0 cube	0.62	--	0.58
19139	Baking chocolate, MARS SNACKFOOD US, M&M's Semisweet Chocolate Mini Baking Bits	14.0	1.0 serving 0.5 oz, about 1 tbsp	0.62	--	9.23
06985	Gravy, HEINZ Home Style, savory beef	57.0	1.0 serving 1/4 cup 2 oz	0.62	0.004	3.56
44158	Pie fillings, blueberry, canned	151.0	1.0 serving	0.62	--	67.01
03955	Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, ready-to-feed, with ARA and DHA	30.8	1.0 fl oz	0.62	--	2.28
09415	Pears, raw, green anjou	140.0	1.0 cup, sliced	0.62	0.003	22.11
11590	Waterchestnuts, chinese, canned, solids and liquids	70.0	0.5 cup slices	0.62	--	8.61
14641	Beverages, Energy drink, VAULT Zero, sugar-free, citrus flavor	246.0	1.0 serving (8 fl oz)	0.62	--	1.72
09161	Lime juice, canned or bottled, unsweetened	246.0	1.0 cup	0.62	--	16.46
03297	Babyfood, dinner, apples and chicken, strained	28.35	1.0 oz	0.61	--	3.08
09340	Pears, asian, raw	122.0	1.0 fruit 2-1/4" high x 2-1/2" dia	0.61	0.006	12.99
03211	Babyfood, cereal, high protein, with apple and orange, dry	2.4	1.0 tbsp	0.61	--	1.38
19080	Candies, semisweet chocolate	14.5	1.0 serving	0.61	0.009	9.27
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	21.0	10.0 strip	0.61	0.005	6.65
28361	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Cheddar	5.2	10.0 goldfish	0.61	--	3.44
43373	Babyfood, dinner, chicken and noodle with vegetables, toddler	16.0	1.0 tbsp	0.61	--	1.42
19102	Candies, fudge, peanut butter, prepared-from-recipe	16.0	1.0 piece	0.60	--	12.44
20315	Corn flour, whole-grain, blue (harina de maiz morado)	6.9	1.0 tbsp	0.60	--	5.10
36021	APPLEBEE'S, coleslaw	76.0	1.0 serving	0.60	0.005	10.01
14625	Beverages, Energy drink, AMP	240.0	1.0 serving	0.60	--	28.99
14626	Beverages, Energy drink, FULL THROTTLE	240.0	1.0 serving 8 fluid oz	0.60	--	28.99
14630	Beverages, Energy drink, ROCKSTAR, sugar free	240.0	8.0 fl oz	0.60	--	1.68
14197	Cocoa mix, NESTLE, Rich Chocolate Hot Cocoa Mix	20.0	1.0 serving 1 envelope	0.60	--	15.00
03984	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed	30.4	1.0 fl oz	0.60	--	2.19
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	30.4	1.0 fl oz	0.60	--	2.19
33874	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed Low iron	30.4	1.0 fl oz	0.60	--	2.19
09015	Apples, frozen, unsweetened, heated	206.0	1.0 cup slices	0.60	0.006	24.72

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
03042	Babyfood, dinner, vegetables and dumplings and beef, junior	28.35	1.0 oz	0.60	--	2.27
03067	Babyfood, dinner, vegetables and lamb, junior	28.35	1.0 oz	0.60	0.007	2.01
18313	Pie, coconut creme, commercially prepared	28.35	1.0 oz	0.60	0.008	10.57
19183	Puddings, chocolate, ready-to-eat	28.35	1.0 oz	0.59	--	6.52
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	7.9	1.0 cup	0.59	0.004	4.36
28364	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Parmesan	5.3	10.0 goldfish	0.59	--	3.43
33875	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calories ready-to-feed Low iron	30.0	5.0 fl oz	0.59	--	2.16
06124	Gravy, pork, dry, powder	6.7	1.0 serving	0.59	--	4.26
03944	Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0.59	--	2.12
14631	Beverages, Horchata, dry mix, unprepared, variety of brands, all with morro seeds	7.8	1.0 tbsp	0.58	--	6.17
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	0.58	0.003	15.78
11251	Lettuce, cos or romaine, raw	47.0	1.0 cup shredded	0.58	0.005	1.55
14204	Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener	6.4	1.0 tsp dry	0.58	--	4.57
03046	Babyfood, ravioli, cheese filled, with tomato sauce	16.0	1.0 tbsp	0.58	--	2.61
06075	Soup, beef broth or bouillon, powder, dry	3.6	1.0 cube	0.57	--	0.63
42286	Babyfood, green beans and turkey, strained	14.0	1.0 tbsp	0.57	--	0.75
11952	Radicchio, raw	40.0	1.0 cup, shredded	0.57	0.010	1.79
06957	Gravy, brown instant, dry	6.7	1.0 serving	0.57	--	4.01
19227	Frostings, coconut-nut, ready-to-eat	38.0	0.083 package	0.57	--	20.03
21316	McDONALD'S, Tangy Honey Mustard Sauce	43.0	1.5 oz	0.57	--	12.39
12101	Nuts, chestnuts, european, boiled and steamed	28.35	1.0 oz	0.57	0.006	7.87
19436	Popcorn, sugar syrup/caramel, fat-free	28.35	1.0 oz	0.57	--	25.53
18308	Pie, cherry, commercially prepared	28.35	1.0 oz	0.57	0.008	11.28
03075	Babyfood, dinner, vegetables, noodles and chicken, strained	28.35	1.0 oz	0.57	--	2.24
03041	Babyfood, dinner, vegetables and dumplings and beef, strained	28.35	1.0 oz	0.57	--	2.18
06094	Soup, onion, dry, mix	7.5	1.0 serving 1 tbsp	0.56	--	4.88
09012	Apples, dried, sulfured, stewed, without added sugar	255.0	1.0 cup	0.56	0.005	39.07
14195	Beverages, Cocoa mix, NESTLE, Hot Cocoa Mix Rich Chocolate With Marshmallows	20.0	1.0 serving 1 envelope	0.56	--	15.00
09013	Apples, dried, sulfured, stewed, with added sugar	280.0	1.0 cup	0.56	0.006	58.04

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
03983	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN AA, ready-to-feed	30.4	1.0 fl oz	0.56	--	2.06
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	30.4	1.0 fl oz	0.56	--	2.17
03205	Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified	5.3	1.0 tbsp	0.56	--	3.93
03840	Infant formula, ABBOTT NUTRITION, SIMILAC, SPECIAL CARE, ADVANCE 24, with iron, ready-to-feed, with ARA and DHA	30.8	1.0 fl oz	0.55	--	2.69
19218	Puddings, tapioca, ready-to-eat	28.35	1.0 oz	0.55	--	6.15
11637	Radishes, white icicle, raw	50.0	0.5 cup slices	0.55	0.003	1.32
03935	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0.55	--	2.06
03846	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed	30.5	1.0 fl oz	0.55	--	2.06
06164	Sauce, salsa, ready-to-serve	36.0	2.0 tbsp	0.55	--	2.39
03939	Infant formula, PBM PRODUCTS, store brand, soy, ready-to-feed	30.4	1.0 fl oz	0.55	--	1.85
09311	Roselle, raw	57.0	1.0 cup, without refuse	0.55	--	6.45
09412	Pears, raw, bartlett	140.0	1.0 cup, sliced	0.55	0.003	21.01
14257	Beverages, OCEAN SPRAY, Light Cranberry	248.0	8.0 fl oz	0.55	--	11.71
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	15.0	1.0 tbsp	0.54	0.006	1.00
03206	Babyfood, cookie, baby, fruit	8.0	1.0 cookie	0.54	--	5.90
14227	Beverages, OCEAN SPRAY, White Cranberry Strawberry Flavored Juice Drink	247.0	8.0 fl oz	0.54	--	29.59
11237	Kanpyo, (dried gourd strips)	6.3	1.0 strip	0.54	--	4.10
09010	Apples, dehydrated (low moisture), sulfured, stewed	193.0	1.0 cup	0.54	0.006	38.43
09522	Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium	200.0	6.75 fl oz	0.54	--	21.82
14090	Beverages, Coconut water, ready-to-drink, unsweetened	245.0	1.0 cup	0.54	--	10.39
14278	Beverages, tea, green, brewed, regular	245.0	1.0 cup	0.54	--	0.00
11006	Arrowhead, cooked, boiled, drained, without salt	12.0	1.0 medium	0.54	--	1.94
11701	Arrowhead, cooked, boiled, drained, with salt	12.0	1.0 corm, medium	0.54	--	1.94
03198	Babyfood, cereal, with egg yolks, junior	28.35	1.0 oz	0.54	0.008	2.01
18323	Pie, peach	28.35	1.0 oz	0.54	0.006	9.33
18443	Pie, apple, commercially prepared, unenriched flour	28.35	1.0 oz	0.54	0.007	9.64
18301	Pie, apple, commercially prepared, enriched flour	28.35	1.0 oz	0.54	0.007	9.64
03197	Babyfood, cereal, with egg yolks, strained	28.35	1.0 oz	0.54	0.008	1.98
19120	Candies, milk chocolate	7.0	1.0 bar, miniature	0.54	--	4.16
11099	Brussels sprouts, cooked, boiled, drained, without salt	21.0	1.0 sprout	0.54	0.006	1.49
11745	Brussels sprouts, cooked, boiled, drained, with salt	21.0	1.0 sprout	0.54	0.006	1.49

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
11285	Onions, canned, solids and liquids	63.0	1.0 onion	0.54	0.008	2.53
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	30.4	1.0 fl oz	0.54	--	2.03
09192	Oheloberries, raw	140.0	1.0 cup	0.53	--	9.58
09257	Pears, canned, heavy syrup pack, solids and liquids	266.0	1.0 cup	0.53	--	50.99
06700	Soup, vegetable broth, ready to serve	221.0	1.0 cup	0.53	--	2.06
06175	Sauce, hoisin, ready-to-serve	16.0	1.0 tbsp	0.53	--	7.05
28331	Crackers, flavored, fish-shaped	5.2	10.0 goldfish	0.53	--	3.41
11593	Waxgourd, (chinese preserving melon), raw	132.0	1.0 cup, cubes	0.53	0.003	3.96
09450	Naranjilla (lulo) pulp, frozen, unsweetened	120.0	1.0 cup thawed	0.53	--	7.08
18619	NABISCO, NABISCO OREO CRUNCHIES, Cookie Crumb Topping	11.0	1.0 serving	0.53	--	7.73
09525	Cranberry sauce, whole, canned, OCEAN SPRAY	70.0	0.25 cup	0.52	--	28.28
44061	Puddings, chocolate flavor, low calorie, instant, dry mix	9.9	1.0 serving	0.52	--	7.74
03121	Babyfood, vegetables, peas, strained	16.0	1.0 tbsp	0.52	--	1.34
02024	Spices, mustard seed, ground	2.0	1.0 tsp	0.52	0.005	0.56
03968	Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), ready-to-feed	29.2	1.0 fl oz	0.52	--	2.10
03900	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, ready-to-feed	30.5	1.0 fl oz	0.52	--	2.60
18160	Cookies, chocolate chip, commercially prepared, soft-type	14.2	1.0 cookie	0.52	0.007	9.34
02020	Spices, garlic powder	3.1	1.0 tsp	0.51	0.004	2.25
11941	Pickles, cucumber, sour	155.0	1.0 cup	0.51	0.005	3.50
03081	Babyfood, dinner, vegetables and noodles and turkey, junior	28.35	1.0 oz	0.51	--	2.15
18305	Pie, blueberry, commercially prepared	28.35	1.0 oz	0.51	0.007	9.89
03290	Babyfood, carrots and beef, strained	15.0	1.0 tbsp	0.51	--	0.86
09101	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra heavy syrup, solids and liquids	130.0	0.5 cup	0.51	--	29.76
28362	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Explosive Pizza	5.3	10.0 goldfish	0.51	--	3.56
09078	Cranberries, raw	110.0	1.0 cup, chopped	0.51	0.003	13.17
06615	Soup, SWANSON, vegetable broth	220.0	1.0 cup	0.51	--	2.24
09258	Pears, canned, extra heavy syrup pack, solids and liquids	266.0	1.0 cup, halves	0.51	--	67.16
06475	Soup, beef broth or bouillon, powder, prepared with water	240.0	1.0 serving 1 cup	0.50	--	0.60
09414	Pears, raw, bosc	140.0	1.0 cup, sliced	0.50	0.003	22.54
14217	Beverages, OCEAN SPRAY, Cran Grape	240.0	8.0 fl oz	0.50	--	31.58
14171	Beverages, coconut milk, sweetened, fortified with calcium, vitamins A, B12, D2	240.0	1.0 cup	0.50	--	7.01

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
06476	Soup, beef broth, cubed, prepared with water	240.0	1.0 serving 1 cup	0.50	--	0.60
14064	Beverages, Orange juice, light, No pulp	240.0	8.0 fl oz	0.50	--	13.01
09252	Pears, raw	140.0	1.0 cup, slices	0.50	0.003	21.32
02033	Spices, poppy seed	2.8	1.0 tsp	0.50	0.005	0.79
09044	Cherries, tart, dried, sweetened	40.0	0.25 cup	0.50	--	32.18
04705	Salad dressing, caesar, fat-free	34.0	2.0 tbsp (1 NLEA serving)	0.50	--	10.45
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	0.50	0.007	5.06
10109	Pork, fresh, variety meats and by-products, leaf fat, raw	28.35	1.0 oz	0.50	0.002	0.00
42270	Beverages, Orange juice drink	249.0	1.0 cup	0.50	--	33.39
14235	Beverages, OCEAN SPRAY, Diet Cran Cherry	237.0	8.0 fl oz	0.50	--	1.66
03925	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed	30.5	1.0 fl oz	0.50	--	2.19
19364	Toppings, butterscotch or caramel	41.0	2.0 tbsp	0.50	--	23.37
28365	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza	5.1	10.0 goldfish	0.49	--	3.32
11152	Chicory greens, raw	29.0	1.0 cup, chopped	0.49	0.009	1.36
09098	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	123.0	0.5 cup	0.49	--	14.30
03953	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, ready-to-feed	30.5	1.0 fl oz	0.49	--	2.04
03841	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed	30.5	1.0 fl oz	0.49	--	2.04
19345	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	35.0	2.0 tbsp	0.49	--	12.10
28363	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original	5.2	10.0 goldfish	0.49	--	3.42
11253	Lettuce, green leaf, raw	36.0	1.0 cup shredded	0.49	0.003	1.03
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified	16.0	1.0 tbsp	0.49	--	2.08
09014	Apples, frozen, unsweetened, unheated	173.0	1.0 cup slices	0.48	0.005	21.30
09374	Pears, canned, heavy syrup, drained	201.0	1.0 cup	0.48	--	38.35
03076	Babyfood, dinner, vegetables, noodles and chicken, junior	28.35	1.0 oz	0.48	--	2.58
28084	KEEBLER, FUDGE SHOPPE, Fudge-Dipped Ice Cream Cups	8.0	1.0 cup	0.48	--	5.85
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	0.48	0.004	12.28
09502	Apples, raw, granny smith, with skin	109.0	1.0 cup, sliced	0.48	--	14.83
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	0.48	0.004	0.00
21311	McDONALD'S, Creamy Ranch Sauce	43.0	1.5 oz	0.48	--	1.50
11151	Chicory, witloof, raw	53.0	1.0 head	0.48	0.008	2.12
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	0.48	--	38.08

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
09006	Apples, raw, without skin, cooked, microwave	170.0	1.0 cup slices	0.48	0.005	24.50
11228	Jew's ear, (pepeao), raw	99.0	1.0 cup slices	0.48	--	6.68
11946	Pickles, cucumber, sour, low sodium	143.0	1.0 cup, chopped or diced	0.47	0.004	3.23
14256	Beverages, OCEAN SPRAY, Cran Cherry	248.0	8.0 fl oz	0.47	--	31.64
28185	KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Strawberry Baked Bites	10.0	1.0 pouch	0.47	--	7.91
09264	Persimmons, japanese, dried	34.0	1.0 fruit without refuse	0.47	0.008	24.97
09159	Limes, raw	67.0	1.0 fruit (2" dia)	0.47	0.002	7.06
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	33.0	2.0 tablespoon	0.47	--	23.82
43046	Candies, nougat, with almonds	14.0	1.0 piece	0.47	--	12.93
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	25.0	0.25 cup	0.46	0.005	1.40
04016	Salad dressing, sesame seed dressing, regular	15.0	1.0 tablespoon	0.46	0.007	1.29
03859	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed	29.0	1.0 oz	0.46	--	2.07
03963	Infant Formula, MEAD JOHNSON, ENFAMIL GENTLEASE LIPIL, with iron, prepared from powder	30.5	1.0 fl oz	0.46	--	1.95
09253	Pears, canned, water pack, solids and liquids	244.0	1.0 cup, halves	0.46	--	19.06
12098	Nuts, chestnuts, european, raw, peeled	28.35	1.0 oz	0.46	0.005	12.52
04602	Butter, light, stick, without salt	14.0	1.0 tablespoon	0.46	--	0.00
04601	Butter, light, stick, with salt	14.0	1.0 tablespoon	0.46	--	0.00
16004	Yokan, prepared from adzuki beans and sugar	14.0	1.0 slice	0.46	0.004	8.50
09402	Applesauce, canned, sweetened, with salt	255.0	1.0 cup	0.46	0.005	50.77
03961	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, prepared from liquid concentrate	31.4	1.0 fl oz	0.46	--	2.32
19379	Candies, fudge, chocolate marshmallow, prepared-from-recipe	20.0	1.0 piece	0.45	--	14.27
03946	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0.45	--	2.26
19226	Frostings, chocolate, creamy, ready-to-eat	41.0	2.0 tbsp creamy	0.45	0.007	25.91
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	0.45	0.006	4.16
27064	Wasabi	20.0	1.0 tablespoon	0.45	--	9.23
09005	Apples, raw, without skin, cooked, boiled	171.0	1.0 cup slices	0.44	--	23.32
06999	Gravy, CAMPBELL'S, chicken	56.0	0.25 cup	0.44	--	3.29
03960	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, ready-to-feed	30.5	1.0 fl oz	0.44	--	2.25
03800	Infant formula, NESTLE, GOOD START SUPREME, with iron, ready-to-feed	30.5	1.0 fl oz	0.44	--	2.25

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
01055	Cream, sour, reduced fat, cultured	15.0	1.0 tbsp	0.44	0.006	0.64
09077	Crabapples, raw	110.0	1.0 cup slices	0.44	0.004	21.94
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	0.44	--	2.25
03988	Infant formula, GERBER, GOOD START, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	0.44	--	2.18
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	30.4	1.0 fl oz	0.44	--	2.31
09421	Dates, medjool	24.0	1.0 date, pitted	0.43	0.002	17.99
06981	Soup, bouillon cubes and granules, low sodium, dry	2.6	1.0 tsp	0.43	--	1.69
21310	McDONALD'S, Barbeque Sauce	28.0	1.0 package	0.43	--	10.34
11953	Squash, zucchini, baby, raw	16.0	1.0 large	0.43	0.004	0.50
03068	Babyfood, dinner, chicken noodle, strained	16.0	1.0 tbsp	0.43	--	1.45
11238	Mushrooms, shiitake, raw	19.0	1.0 piece whole	0.43	0.002	1.29
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	30.4	1.0 fl oz	0.43	--	2.19
03936	Infant formula, PBM PRODUCTS, store brand, ready-to-feed	30.4	1.0 fl oz	0.43	--	1.94
28355	CRUNCHMASTER, Multi-Grain Crisps, Snack Crackers, Gluten-Free	3.9	3.0 crackers	0.43	--	2.62
18320	Pie, lemon meringue, commercially prepared	28.35	1.0 oz	0.43	0.005	13.38
13335	Beef, variety meats and by-products, suet, raw	28.35	1.0 oz	0.43	0.003	0.00
09229	Papaya nectar, canned	250.0	1.0 cup	0.42	--	36.28
27048	Sauce, steak, tomato based	34.0	2.0 Tbsp	0.42	--	7.49
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	250.0	8.0 fl oz	0.42	--	32.40
11750	Cabbage, common (danish, domestic, and pointed types), stored, raw	35.0	0.5 cup, shredded	0.42	0.004	1.88
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	35.0	0.5 cup, shredded	0.42	0.004	1.88
14262	Beverages, citrus fruit juice drink, frozen concentrate	35.2	1.0 fl oz	0.42	--	14.15
03855	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, ready-to-feed	31.0	1.0 fl oz	0.42	--	2.15
03986	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, ready-to-feed	30.5	1.0 fl oz	0.42	--	2.25
03806	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, ready-to-feed	30.5	1.0 fl oz	0.42	--	2.19
03868	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, ready-to-feed	30.5	1.0 fl oz	0.42	--	2.19
33876	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, ready-to-feed	30.5	1.0 fl oz	0.42	--	2.25
03803	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, ready-to-feed	30.5	1.0 fl oz	0.42	--	2.20
01179	Sour cream, light	12.0	1.0 tablespoon	0.42	--	0.85
09413	Pears, raw, red anjou	126.0	1.0 small	0.42	0.001	18.82
02005	Spices, caraway seed	2.1	1.0 tsp	0.42	0.005	1.05
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244.0	1.0 cup	0.41	0.005	27.50

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
09401	Applesauce, canned, unsweetened, with added ascorbic acid	244.0	1.0 cup	0.41	0.005	27.50
03949	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, ready-to-feed	30.4	1.0 fl oz	0.41	--	2.06
03850	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, ready-to-feed	30.4	1.0 fl oz	0.41	--	2.10
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	16.0	1.0 tbsp	0.41	--	1.83
19201	Puddings, vanilla, ready-to-eat	28.35	1.0 oz	0.41	--	6.41
14341	Beverages, pineapple and orange juice drink, canned	31.3	1.0 fl oz	0.41	--	3.69
19100	Candies, fudge, chocolate, prepared-from-recipe	17.0	1.0 piece	0.41	--	12.99
06119	Gravy, chicken, canned or bottled, ready-to-serve	57.0	0.25 cup	0.40	--	3.02
03303	Babyfood, dinner, sweet potatoes and chicken, strained	16.0	1.0 tbsp	0.40	--	1.77
03045	Babyfood, dinner, macaroni and tomato and beef, junior	16.0	1.0 tbsp	0.40	0.004	1.50
09443	Juice, apple and grape blend, with added ascorbic acid	250.0	8.0 fl oz	0.40	--	31.15
03287	Babyfood, dinner, beef noodle, junior	16.0	1.0 tbsp	0.40	0.004	1.17
21343	McDONALD'S, Low Fat Caramel Sauce	21.0	0.8 oz	0.40	--	15.02
19280	Frozen novelties, ice type, lime	99.0	0.5 cup (4 fl oz)	0.40	--	32.27
11522	Taro shoots, raw	43.0	0.5 cup slices	0.40	--	1.00
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	0.39	0.005	43.03
09001	Acerola, (west indian cherry), raw	98.0	1.0 cup	0.39	--	7.54
03047	Babyfood, dinner, beef noodle, strained	16.0	1.0 tbsp	0.39	--	1.31
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12.0	1.0 tbsp	0.39	0.005	0.56
03289	Babyfood, apples with ham, strained	15.0	1.0 tbsp	0.39	--	1.64
27061	Gravy, HEINZ Home Style, classic chicken	58.0	0.25 cup	0.39	--	2.91
14390	Beverages, cocoa mix, with aspartame, powder, prepared with water	32.1	1.0 fl oz	0.39	--	1.80
20003	Arrowroot flour	128.0	1.0 cup	0.38	0.005	112.83
25050	Snacks, yucca (cassava) chips, salted	28.35	1.0 oz	0.38	--	19.63
03069	Babyfood, dinner, chicken noodle, junior	16.0	1.0 tbsp	0.38	--	1.41
03083	Babyfood, dinner, turkey and rice, junior	16.0	1.0 tbsp	0.38	--	1.53
03044	Babyfood, dinner, macaroni and tomato and beef, strained	16.0	1.0 tbsp	0.38	--	1.51
02014	Spices, cumin seed	2.1	1.0 tsp, whole	0.37	--	0.93
09442	Pomegranate juice, bottled	249.0	1.0 cup	0.37	--	32.69
11257	Lettuce, red leaf, raw	28.0	1.0 cup shredded	0.37	0.006	0.63
01180	Sour cream, fat free	12.0	1.0 tablespoon	0.37	--	1.87
02002	Spices, anise seed	2.1	1.0 tsp, whole	0.37	--	1.05
09296	Quinces, raw	92.0	1.0 fruit without refuse	0.37	--	14.08
09007	Apples, canned, sweetened, sliced, drained, unheated	204.0	1.0 cup slices	0.37	0.004	34.07

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
09008	Apples, canned, sweetened, sliced, drained, heated	204.0	1.0 cup slices	0.37	0.004	34.35
11106	Butterbur, (fuki), raw	94.0	1.0 cup	0.37	--	3.39
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	33.0	2.0 tablespoon	0.37	0.006	23.69
02009	Spices, chili powder	2.7	1.0 tsp	0.36	0.002	1.34
03082	Babyfood, dinner, turkey and rice, strained	16.0	1.0 tbsp	0.36	--	1.27
19372	Frostings, chocolate, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	0.36	0.006	23.44
02007	Spices, celery seed	2.0	1.0 tsp	0.36	--	0.83
11218	Gourd, white-flowered (calabash), raw	58.0	0.5 cup (1" pieces)	0.36	0.002	1.97
03934	Babyfood, corn and sweet potatoes, strained	28.35	1.0 oz	0.36	0.005	4.32
09149	Kumquats, raw	19.0	1.0 fruit without refuse	0.36	--	3.02
03189	Babyfood, cereal, oatmeal, dry fortified	3.2	1.0 tbsp	0.35	--	2.35
14231	Beverages, KRAFT, coffee, instant, French Vanilla Cafe	14.0	1.0 NLEA Serving	0.35	--	10.44
19858	Candies, sugar-coated almonds	3.5	1.0 piece	0.35	--	2.39
27063	Sauce, enchilada, red, mild, ready to serve	56.0	0.25 cup	0.35	--	2.73
11268	Mushrooms, shiitake, dried	3.6	1.0 mushroom	0.34	0.001	2.71
06618	Sauce, peanut, made from coconut, water, sugar, peanuts	17.0	1.0 tbsp	0.34	--	4.84
27067	Sauce, OLD EL PASO, enchilada, red, mild, ready to serve	58.0	0.25 cup	0.34	--	2.92
03278	Babyfood, dinner, mixed vegetable, strained	28.35	1.0 oz	0.34	--	2.69
03079	Babyfood, dinner, vegetables and noodles and turkey, strained	28.35	1.0 oz	0.34	--	1.93
03093	Babyfood, green beans, dices, toddler	28.35	1.0 oz	0.34	--	1.62
19366	Toppings, pineapple	340.0	1.0 cup	0.34	--	225.76
15162	Mollusks, clam, mixed species, canned, liquid	85.0	3.0 oz	0.34	--	0.08
11416	Pumpkin flowers, raw	33.0	1.0 cup	0.34	--	1.08
03154	Babyfood, fruit and vegetable, apple and sweet potato	113.0	1.0 jar, Gerber (4 oz)	0.34	--	17.29
27047	Sauce, salsa, verde, ready-to-serve	30.0	2.0 Tbsp	0.34	--	1.91
11205	Cucumber, with peel, raw	52.0	0.5 cup slices	0.34	0.003	1.89
42153	Salad dressing, blue or roquefort cheese dressing, light	16.0	1.0 tbsp	0.34	--	2.11
02016	Spices, dill seed	2.1	1.0 tsp	0.34	--	1.16
09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	239.0	1.0 cup	0.33	--	27.58
09411	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added ascorbic acid	239.0	1.0 cup	0.33	--	27.58
20027	Cornstarch	128.0	1.0 cup	0.33	0.001	116.83
11113	Cabbage, red, cooked, boiled, drained, without salt	22.0	1.0 leaf	0.33	0.003	1.53
11752	Cabbage, red, cooked, boiled, drained, with salt	22.0	1.0 leaf	0.33	0.003	1.53

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
35200	Prairie Turnips, raw (Northern Plains Indians)	12.6	1.0 bulb peeled	0.33	--	4.49
11954	Tomatillos, raw	34.0	1.0 medium	0.33	--	1.99
02028	Spices, paprika	2.3	1.0 tsp	0.33	0.002	1.24
09003	Apples, raw, with skin	125.0	1.0 cup, quartered or chopped	0.32	0.001	17.26
03193	Babyfood, cereal, oatmeal, with honey, dry	2.4	1.0 tbsp	0.32	--	1.66
42285	Babyfood, cereal, brown rice, dry, instant	3.7	1.0 tbsp	0.32	--	3.18
14258	Beverages, OCEAN SPRAY, White Cranberry Peach	247.0	8.0 fl oz	0.32	--	29.34
04706	Dressing, honey mustard, fat-free	30.0	2.0 tbsp (1 NLEA serving)	0.32	--	11.53
43015	Salad dressing, caesar dressing, regular	14.7	1.0 tbsp	0.32	--	0.49
01107	Milk, human, mature, fluid	30.8	1.0 fl oz	0.32	0.005	2.12
03181	Babyfood, cereal, barley, dry fortified	2.4	1.0 tbsp	0.32	--	1.67
02018	Spices, fennel seed	2.0	1.0 tsp, whole	0.32	0.005	1.05
14194	Beverages, Cocoa mix, powder, prepared with water	34.3	1.0 fl oz	0.32	--	3.96
04028	Salad dressing, mayonnaise, imitation, milk cream	15.0	1.0 tablespoon	0.32	0.004	1.66
11213	Endive, raw	25.0	0.5 cup, chopped	0.31	0.001	0.84
03293	Babyfood, plums, bananas and rice, strained	28.35	1.0 oz	0.31	--	3.60
03226	Babyfood, dessert, fruit pudding, orange, strained	28.35	1.0 oz	0.31	--	5.02
14651	Beverages, fruit juice drink, greater than 3% juice, high vitamin C	238.0	1.0 cup (8 fl oz)	0.31	--	27.01
14648	Beverages, fruit juice drink, greater than 3% fruit juice, high vitamin C and added thiamin	237.0	8.0 fl oz	0.31	--	31.19
09501	Apples, raw, golden delicious, with skin	109.0	1.0 cup, sliced	0.31	0.001	14.82
04704	Salad dressing, poppyseed, creamy	33.0	2.0 tbsp	0.30	--	7.83
11669	Seaweed, wakame, raw	10.0	2.0 tbsp (1/8 cup)	0.30	0.004	0.91
27049	Sauce, tartar, ready-to-serve	30.0	2.0 tablespoons	0.30	--	3.99
42204	Rice cake, cracker (include hain mini rice cakes)	4.2	1.0 cubic inch	0.30	--	3.41
19103	Candies, fudge, vanilla, prepared-from-recipe	28.35	1.0 oz	0.30	--	23.29
09004	Apples, raw, without skin	110.0	1.0 cup slices	0.30	0.001	14.04
09500	Apples, raw, red delicious, with skin	109.0	1.0 cup, sliced	0.29	0.001	15.33
04686	Salad dressing, honey mustard dressing, reduced calorie	30.0	2.0 tbsp (1 serving)	0.29	--	8.48
01056	Cream, sour, cultured	12.0	1.0 tbsp	0.29	0.005	0.56
02043	Spices, turmeric, ground	3.0	1.0 tsp	0.29	0.005	2.01
20068	Tapioca, pearl, dry	152.0	1.0 cup	0.29	0.005	134.81
02015	Spices, curry powder	2.0	1.0 tsp	0.29	0.002	1.12
43017	Salad dressing, green goddess, regular	15.0	1.0 tbsp	0.28	--	1.10
03286	Babyfood, vegetables, mix vegetables strained	28.35	1.0 oz	0.28	0.004	2.34

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
19013	Snacks, fruit leather, pieces	28.35	1.0 oz	0.28	--	23.48
04627	Margarine-like spread with yogurt, approximately 40% fat, tub, with salt	14.0	1.0 tablespoon	0.28	--	--
09436	Mango nectar, canned	251.0	1.0 cup	0.28	--	32.93
09434	Guanabana nectar, canned	251.0	1.0 cup	0.28	--	37.47
06115	Gravy, au jus, dry	3.0	1.0 tsp	0.28	--	1.42
14251	Alcoholic beverages, beer, higher alcohol	30.6	1.0 fl oz	0.28	--	0.08
09262	Pear nectar, canned, without added ascorbic acid	250.0	1.0 cup	0.28	--	39.40
09408	Pear nectar, canned, with added ascorbic acid	250.0	1.0 cup	0.28	--	39.40
19314	Pie fillings, canned, cherry	74.0	0.125 can	0.27	0.001	20.72
09503	Apples, raw, gala, with skin	109.0	1.0 cup, sliced	0.27	--	14.91
31034	Peppers, hot pickled, canned	34.0	0.25 cup drained	0.27	--	1.55
43331	Salad dressing, bacon and tomato	15.0	1.0 tbsp	0.27	--	0.30
28344	Crackers, gluten-free, multigrain and vegetable, made with corn starch and white rice flour	10.7	3.0 crackers	0.27	--	8.23
03186	Babyfood, cereal, mixed, with bananas, dry	2.5	1.0 tbsp	0.27	0.003	1.93
04665	Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated), for flaky pastries	14.0	1.0 tbsp	0.27	--	0.00
19710	Puddings, vanilla, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0.26	0.001	81.31
19206	Puddings, vanilla, dry mix, regular	88.0	1.0 package (3.12 oz)	0.26	0.001	82.28
04703	Salad dressing, honey mustard, regular	30.0	2.0 tbsp	0.26	--	7.00
42192	Salad dressing, blue or roquefort cheese dressing, fat-free	17.0	1.0 tbsp	0.26	--	4.35
02075	Seasoning mix, dry, taco, original	5.7	2.0 tsp	0.26	--	3.31
43008	Babyfood, dinner, chicken and rice	16.0	1.0 tbsp	0.26	--	1.47
19217	Frozen novelties, ice type, fruit, no sugar added	51.0	1.0 bar	0.26	--	3.16
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	28.35	1.0 oz	0.25	0.005	4.43
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior, fortified	28.35	1.0 oz	0.25	0.005	4.54
11677	Shallots, raw	10.0	1.0 tbsp chopped	0.25	0.003	1.68
02026	Spices, onion powder	2.4	1.0 tsp	0.25	0.001	1.90
03175	Babyfood, juice, orange and apricot	31.2	1.0 fl oz	0.25	--	3.40
02032	Spices, pepper, white	2.4	1.0 tsp, ground	0.25	--	1.65
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	248.0	1.0 cup	0.25	--	28.02
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248.0	1.0 cup	0.25	--	28.02
06176	Sauce, oyster, ready-to-serve	18.0	1.0 tbsp	0.24	--	1.97
43404	Beverages, cranberry-apple juice drink, low calorie, with vitamin C added	240.0	1.0 cup (8 fl oz)	0.24	--	11.28
42141	Cream substitute, liquid, light	30.0	1.0 fl oz	0.24	--	2.73

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
02030	Spices, pepper, black	2.3	1.0 tsp, ground	0.24	0.001	1.47
18621	NABISCO, NABISCO RITZ Crackers	3.3	1.0 cracker	0.24	--	2.10
42157	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free	17.0	1.0 tbsp	0.24	--	3.40
12203	Nuts, chestnuts, japanese, boiled and steamed	28.35	1.0 oz	0.23	0.003	3.58
21314	McDONALD'S, Spicy Buffalo Sauce	43.0	1.5 oz	0.23	--	0.78
19315	Candies, MARS SNACKFOOD US, STARBURST Sour Fruit Chews	59.0	1.0 serving 2.07 oz pack	0.23	--	47.04
35201	Prairie Turnips, boiled (Northern Plains Indians)	14.0	1.0 bulb	0.23	--	4.20
19365	Toppings, marshmallow cream	28.35	1.0 oz	0.23	--	22.40
09435	Guava nectar, canned, with added ascorbic acid	251.0	1.0 cup	0.23	--	40.79
09437	Tamarind nectar, canned	251.0	1.0 cup	0.23	--	36.97
11944	Pickle relish, hot dog	15.0	1.0 tbsp	0.22	0.003	3.50
42116	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie	15.0	1.0 tbsp	0.22	--	1.05
04624	Margarine-like, vegetable oil spread, fat free, liquid, with salt	15.0	1.0 tbsp	0.22	--	0.38
35195	Cattail, Narrow Leaf Shoots (Northern Plains Indians)	19.0	1.0 shoot	0.22	--	0.98
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	140.0	1.0 cup	0.22	0.003	120.53
02013	Spices, coriander seed	1.8	1.0 tsp	0.22	--	0.99
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	0.22	0.002	10.11
19204	Puddings, lemon, dry mix, instant, prepared with 2% milk	8.0	1.0 serving	0.22	0.003	1.62
03176	Babyfood, juice, orange and banana	31.2	1.0 fl oz	0.22	--	3.71
09504	Apples, raw, fuji, with skin	109.0	1.0 cup, sliced	0.22	--	16.59
03212	Babyfood, cereal, rice, with bananas, dry	2.5	1.0 tbsp	0.22	0.004	2.00
02031	Spices, pepper, red or cayenne	1.8	1.0 tsp	0.22	--	1.02
11981	Peppers, hungarian, raw	27.0	1.0 pepper	0.22	0.003	1.81
14168	Beverages, Carob-flavor beverage mix, powder	12.0	1.0 tbsp	0.22	--	11.20
19220	Desserts, rennin, chocolate, dry mix	9.0	1.0 tbsp	0.22	0.003	8.24
02006	Spices, cardamom	2.0	1.0 tsp, ground	0.22	--	1.37
04689	Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light	14.0	1.0 tbsp (1 NLEA serving)	0.21	--	1.31
09517	Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	177.0	6.0 fl oz	0.21	--	20.34
11022	Balsam-pear (bitter gourd), leafy tips, raw	4.0	1.0 leaf	0.21	--	0.13
14218	Beverages, coffee, instant, decaffeinated, powder	1.8	1.0 tsp rounded	0.21	0.001	1.37
11563	Tree fern, cooked, without salt	71.0	0.5 cup, chopped	0.21	--	7.80
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.0	1.0 tbsp	0.21	--	0.72

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
02054	Capers, canned	8.6	1.0 tbsp, drained	0.20	--	0.42
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	28.35	1.0 oz	0.20	0.004	5.21
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior, fortified	28.35	1.0 oz	0.20	0.004	5.33
09265	Persimmons, native, raw	25.0	1.0 fruit without refuse	0.20	0.004	8.38
02017	Spices, dill weed, dried	1.0	1.0 tsp	0.20	--	0.56
04639	Salad dressing, ranch dressing, regular	15.0	1.0 tablespoon	0.20	--	0.88
35235	Wocas, tuber, cooked, Oregon, yellow pond lily (Klamath)	28.35	1.0 oz	0.20	--	2.00
14015	Alcoholic beverage, pina colada, canned	32.6	1.0 fl oz	0.20	--	9.00
03233	Babyfood, dessert, fruit pudding, pineapple, strained	15.0	1.0 tbsp	0.20	--	3.04
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	16.0	1.0 tbsp	0.19	0.002	2.74
43215	Salad dressing, buttermilk, lite	15.0	1.0 tablespoon	0.19	--	3.20
04640	Salad dressing, ranch dressing, reduced fat	15.0	1.0 tablespoon	0.19	--	3.20
03178	Babyfood, juice, prune and orange	31.2	1.0 fl oz	0.19	--	5.24
03172	Babyfood, juice, orange	31.2	1.0 fl oz	0.19	--	3.18
02046	Mustard, prepared, yellow	5.0	1.0 tsp or 1 packet	0.19	0.000	0.29
21315	McDONALD'S, Sweet 'N Sour Sauce	28.0	1.0 package	0.18	--	11.03
14187	Beverages, Clam and tomato juice, canned	30.2	1.0 fl oz	0.18	0.001	3.31
14400	Beverages, carbonated, cola, fast-food cola	258.0	1.0 serving child 12 fl oz, without ice	0.18	--	24.66
14236	Beverages, coffee substitute, cereal grain beverage, powder	3.0	1.0 tsp (1 serving)	0.18	--	2.35
27057	Sauce, barbecue, KC MASTERPIECE, original	18.0	1.0 tbsp	0.18	--	6.83
11935	Catsup	17.0	1.0 tbsp	0.18	0.001	4.66
11949	Catsup, low sodium	17.0	1.0 tbsp	0.18	0.001	4.66
11947	Pickles, cucumber, dill, reduced sodium	35.0	1.0 spear, small	0.18	0.002	0.84
11937	Pickles, cucumber, dill or kosher dill	35.0	1.0 spear, small	0.18	0.002	0.84
04017	Salad dressing, thousand island, commercial, regular	16.0	1.0 tbsp	0.17	0.000	2.34
14255	Beverages, OCEAN SPRAY, Cran Pomegranate	248.0	8.0 fl oz	0.17	--	31.15
14234	Beverages, OCEAN SPRAY, Cran Lemonade	247.0	8.0 fl oz	0.17	--	27.47
27055	Sauce, barbecue, SWEET BABY RAY'S, original	18.0	1.0 tbsp	0.17	--	8.29
11975	Grape leaves, canned	4.0	1.0 leaf	0.17	--	0.47
42316	Babyfood, carrots, toddler	28.35	1.0 oz	0.17	--	1.48
03137	Babyfood, fruit, prunes with tapioca, without ascorbic acid, junior	28.35	1.0 oz	0.17	--	5.30
06151	Sauce, plum, ready-to-serve	19.0	1.0 tbsp	0.17	--	8.13
11445	Seaweed, kelp, raw	10.0	2.0 tbsp (1/8 cup)	0.17	0.005	0.96
43529	Babyfood, rice and apples, dry	2.5	1.0 tbsp	0.17	--	2.17
14222	Beverages, coffee, instant, with chicory	1.8	1.0 tsp, rounded	0.17	0.000	1.42

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
03185	Babyfood, cereal, mixed, dry fortified	2.5	1.0 tbsp	0.17	0.004	1.96
03194	Babyfood, cereal, Rice, dry, fortified	2.5	1.0 tbsp	0.17	0.002	2.08
14221	Beverages, OCEAN SPRAY, Diet Cranberry Juice	237.0	8.0 fl oz	0.17	--	1.90
21144	CHICK-FIL-A, hash browns	5.5	1.0 piece	0.16	--	1.68
43539	Babyfood, dessert, banana yogurt, strained	15.0	1.0 tbsp	0.16	--	2.60
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	40.0	1.0 serving fun size (8 chews)	0.16	--	33.03
19313	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Tropical fruits	40.0	1.0 serving fun size (8 chews)	0.16	--	33.10
19309	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Fruit and Creme	40.0	1.0 serving fun size (8 chews)	0.16	--	32.97
02021	Spices, ginger, ground	1.8	1.0 tsp	0.16	0.003	1.29
02003	Spices, basil, dried	0.7	1.0 tsp, leaves	0.16	0.002	0.33
42137	Salad dressing, peppercorn dressing, commercial, regular	13.4	1.0 tbsp	0.16	--	0.47
03131	Babyfood, fruit, peaches, junior	17.0	1.0 tbsp	0.16	--	2.46
03130	Babyfood, fruit, peaches, strained	17.0	1.0 tbsp	0.16	--	2.46
14285	Beverages, OCEAN SPRAY, Ruby Red cranberry	227.0	8.0 fl oz	0.16	--	26.29
21387	BURGER KING, Hash Brown Rounds	5.6	1.0 piece	0.16	0.002	1.64
03177	Babyfood, juice, orange and pineapple	31.2	1.0 fl oz	0.16	--	3.65
42267	Babyfood, juice, orange-carrot	30.8	1.0 fl oz	0.15	--	3.05
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	13.8	1.0 tablespoon	0.15	0.002	0.37
04145	Salad dressing, mayonnaise, soybean oil, without salt	13.8	1.0 tablespoon	0.15	--	0.37
11444	Seaweed, irishmoss, raw	10.0	2.0 tbsp (1/8 cup)	0.15	--	1.23
03139	Babyfood, prunes, without vitamin c, strained	15.0	1.0 tbsp	0.15	--	3.53
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15.0	1.0 container, individual	0.15	0.002	1.71
43546	Babyfood, banana no tapioca, strained	15.0	1.0 tbsp	0.15	--	3.20
43004	Babyfood, dessert, banana pudding, strained	15.0	1.0 tbsp	0.15	--	2.12
06972	Sauce, tomato chili sauce, bottled, with salt	6.0	1.0 packet	0.15	--	1.19
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	15.0	1.0 container, individual	0.15	0.002	1.71
19310	Pectin, unsweetened, dry mix	50.0	1.0 package (1.75 oz)	0.15	--	45.20
42158	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	15.0	1.0 tbsp	0.15	--	2.40
43346	Frozen novelties, juice type, orange	29.8	1.0 fl oz	0.15	--	6.90
27056	Sauce, barbecue, BULL'S-EYE, original	16.0	1.0 tbsp	0.15	--	6.39
43479	Alcoholic beverage, rice (sake)	29.1	1.0 fl oz	0.15	--	1.46
09194	Olives, ripe, canned (jumbo-super colossal)	15.0	1.0 super colossal	0.15	--	0.84

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
19384	Candies, divinity, prepared-from-recipe	11.0	1.0 piece	0.15	--	9.80
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	36.3	1.0 fl oz	0.15	0.000	14.16
14553	Beverages, Wine, non-alcoholic	29.0	1.0 fl oz	0.14	--	0.32
14203	Beverages, coffee, instant, regular, half the caffeine	1.0	1.0 tsp	0.14	--	0.73
43016	Salad dressing, coleslaw	16.0	1.0 tbsp	0.14	--	3.81
02034	Spices, poultry seasoning	1.5	1.0 tsp	0.14	--	0.98
21026	Fast foods, potatoes, hash browns, round pieces or patty	5.5	1.0 round piece	0.14	--	1.59
03161	Babyfood, peaches, dices, toddler	28.35	1.0 oz	0.14	--	3.35
14353	Beverages, tea, instant, decaffeinated, unsweetened	0.7	1.0 serving 2 tsp	0.14	--	0.41
14366	Beverages, tea, instant, unsweetened, powder	0.7	1.0 serving 1 tsp	0.14	--	0.41
42309	Margarine-like, vegetable oil-butter spread, reduced calorie, tub, with salt	14.0	1.0 tablespoon	0.14	--	--
43114	Vermicelli, made from soy	140.0	1.0 cup	0.14	--	115.25
04600	Margarine-like, vegetable oil-butter spread, tub, with salt	14.0	1.0 tablespoon	0.14	--	--
19719	Jams and preserves, apricot	20.0	1.0 tbsp	0.14	--	12.88
06150	Sauce, barbecue	17.0	1.0 tbsp	0.14	--	6.93
06632	Sauce, hot chile, sriracha, CHA! BY TEXAS PETE	6.9	1.0 tsp	0.14	--	1.57
02008	Spices, chervil, dried	0.6	1.0 tsp	0.14	--	0.29
14548	Beverages, tea, instant, lemon, with added ascorbic acid	23.0	1.0 serving (3 heaping tsp)	0.14	0.001	22.45
14003	Alcoholic beverage, beer, regular, all	29.7	1.0 fl oz	0.14	0.000	1.05
02041	Spices, tarragon, dried	0.6	1.0 tsp, leaves	0.14	--	0.30
11108	Butterbur, canned	124.0	1.0 cup, chopped	0.14	--	0.47
04636	Salad dressing, italian dressing, fat-free	14.0	1.0 tbsp	0.14	--	1.22
06961	Sauce, peppers, hot, chili, mature red, canned	15.0	1.0 tbsp	0.14	--	0.58
43536	Babyfood, dessert, peach yogurt	15.0	1.0 tbsp	0.14	--	2.64
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	15.0	1.0 tablespoon	0.14	0.002	3.36
03163	Babyfood, fruit, bananas with apples and pears, strained	15.0	1.0 tbsp	0.14	--	2.90
02029	Spices, parsley, dried	0.5	1.0 tsp	0.13	0.002	0.25
11950	Mushrooms, enoki, raw	5.0	1.0 large	0.13	0.002	0.39
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	0.13	0.002	0.08
11943	Pimento, canned	12.0	1.0 tbsp	0.13	0.002	0.61
14017	Alcoholic beverage, pina colada, prepared-from-recipe	31.4	1.0 fl oz	0.13	--	7.12
02012	Spices, coriander leaf, dried	0.6	1.0 tsp	0.13	--	0.31
42138	Mayonnaise, reduced-calorie or diet, cholesterol-free	14.6	1.0 tbsp	0.13	--	0.98
43329	Salad dressing, mayonnaise and mayonnaise-type, low calorie	14.5	1.0 tbsp	0.13	--	3.47

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
03104	Babyfood, vegetables, squash, strained	16.0	1.0 tbsp	0.13	--	0.92
03105	Babyfood, vegetables, squash, junior	16.0	1.0 tbsp	0.13	--	0.92
02025	Spices, nutmeg, ground	2.2	1.0 tsp	0.13	--	1.08
19383	Candies, toffee, prepared-from-recipe	12.0	1.0 piece	0.13	--	7.77
19273	Snacks, SUNKIST, SUNKIST Fruit Roll, strawberry, with vitamins A, C, and E	21.0	1.0 roll	0.13	--	17.37
42307	Margarine-like, butter-margarine blend, 80% fat, stick, without salt	14.0	1.0 tablespoon	0.13	--	0.08
06631	Sauce, hot chile, sriracha	6.5	1.0 tsp	0.13	--	1.25
02011	Spices, cloves, ground	2.1	1.0 tsp	0.13	0.001	1.38
11625	Parsley, freeze-dried	0.4	1.0 tbsp	0.13	0.002	0.17
03173	Babyfood, juice, orange and apple	31.2	1.0 fl oz	0.12	--	3.15
03174	Babyfood, juice, orange and apple and banana	31.2	1.0 fl oz	0.12	--	3.59
04023	Salad dressing, thousand island dressing, reduced fat	15.0	1.0 tablespoon	0.12	0.000	3.61
04120	Salad dressing, french dressing, commercial, regular	16.0	1.0 tbsp	0.12	0.001	2.49
14214	Beverages, coffee, instant, regular, powder	1.0	1.0 tsp	0.12	0.000	0.75
43523	Babyfood, mixed fruit yogurt, strained	15.0	1.0 tbsp	0.12	--	2.43
42150	Babyfood, apple yogurt dessert, strained	15.0	1.0 tbsp	0.12	--	2.92
01200	Reddi Wip Fat Free Whipped Topping	4.0	1.0 tablespoon	0.12	--	1.00
27046	Sauce, duck, ready-to-serve	33.0	2.0 Tbsp	0.12	--	20.00
14644	Beverages, PEPSICO QUAKER, Gatorade G2, low calorie	237.0	8.0 fl oz	0.12	--	4.60
06307	Sauce, barbecue, KRAFT, original	16.0	1.0 tbsp	0.12	--	6.52
19363	Candies, MARS SNACKFOOD US, SKITTLES Wild Berry Bite Size Candies	62.0	1.0 serving 2.1 oz bag	0.12	--	56.27
19370	Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies	62.0	1.0 serving 2.17 oz pack	0.12	--	56.28
19368	Candies, MARS SNACKFOOD US, SKITTLES Tropical Bite Size Candies	62.0	1.0 serving 2.1 oz bag	0.12	--	56.28
02001	Spices, allspice, ground	1.9	1.0 tsp	0.12	--	1.37
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	15.0	1.0 tbsp chopped	0.12	0.002	0.90
04141	Salad dressing, french dressing, commercial, regular, without salt	15.0	1.0 tablespoon	0.12	--	2.34
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	0.12	0.002	0.99
06633	Sauce, hot chile, sriracha, TUONG OT SRIRACHA	6.2	1.0 tsp	0.12	--	0.98
02022	Spices, mace, ground	1.7	1.0 tsp	0.11	--	0.86
03269	Babyfood, juice, apple, with calcium	189.0	1.0 serving	0.11	--	20.98
19371	Frostings, vanilla, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	0.11	0.001	24.51
11640	Shallots, freeze-dried	0.9	1.0 tbsp	0.11	0.001	0.73
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	12.0	1.0 tbsp	0.11	0.001	0.73

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
14253	Alcoholic beverages, wine, rose	30.3	1.0 fl oz	0.11	--	1.15
42284	Babyfood, baked product, finger snacks cereal fortified	1.7	1.0 cookie	0.11	--	1.30
14004	Alcoholic beverage, beer, regular, BUDWEISER	29.8	1.0 fl oz	0.11	--	0.89
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	11.6	1.0 tbsp	0.11	0.001	0.71
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	23.0	1.0 Roll	0.11	--	17.17
14405	Beverages, fruit punch juice drink, frozen concentrate	35.2	1.0 fl oz	0.11	--	15.17
14263	Beverages, citrus fruit juice drink, frozen concentrate, prepared with water	31.0	1.0 fl oz	0.11	--	3.54
14629	Beverages, Energy drink, ROCKSTAR	31.0	1.0 fl oz	0.11	--	3.94
06962	Sauce, chili, peppers, hot, immature green, canned	15.0	1.0 tbsp	0.10	--	0.75
19076	Candies, caramels, chocolate-flavor roll	6.6	1.0 piece	0.10	--	5.79
02010	Spices, cinnamon, ground	2.6	1.0 tsp	0.10	0.001	2.10
14084	Alcoholic beverage, wine, table, all	148.0	1.0 serving (5 fl oz)	0.10	--	4.03
14368	Beverages, tea, instant, lemon, unsweetened	1.4	1.0 tsp, rounded	0.10	--	1.10
01205	Cream substitute, flavored, liquid	15.0	1.0 tbsp	0.10	0.002	5.26
04015	Salad dressing, russian dressing	15.0	1.0 tbsp	0.10	--	4.78
14024	Beverages, Whiskey sour mix, powder	17.0	1.0 packet	0.10	--	16.54
02066	Spearmint, dried	0.5	1.0 tsp	0.10	0.002	0.26
19225	Desserts, rennin, tablets, unsweetened	9.9	1.0 package (0.35 oz)	0.10	--	1.96
14119	Beverages, Mixed vegetable and fruit juice drink, with added nutrients	247.0	8.0 fl oz	0.10	--	18.45
11156	Chives, raw	3.0	1.0 tbsp chopped	0.10	0.001	0.13
02035	Spices, pumpkin pie spice	1.7	1.0 tsp	0.10	--	1.18
11960	Carrots, baby, raw	15.0	1.0 large	0.10	0.001	1.24
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	0.10	0.001	2.17
09165	Litchis, dried	2.5	1.0 fruit	0.10	0.001	1.77
27050	Sauce, sweet and sour, ready-to-serve	35.0	2.0 Tbsp	0.09	--	13.38
11958	Pickle relish, hamburger	15.0	1.0 tbsp	0.09	0.001	5.17
02039	Spices, savory, ground	1.4	1.0 tsp	0.09	--	0.96
14327	Beverages, orange and apricot juice drink, canned	31.2	1.0 fl oz	0.09	--	3.96
14019	Alcoholic beverage, tequila sunrise, canned	31.1	1.0 fl oz	0.09	--	3.51
04142	Salad dressing, french dressing, reduced fat, without salt	16.0	1.0 tablespoon	0.09	--	4.68
04020	Salad dressing, french dressing, reduced fat	16.0	1.0 tablespoon	0.09	0.000	5.00
42266	Babyfood, juice, apple-sweet potato	30.8	1.0 fl oz	0.09	--	3.51
19709	Puddings, tapioca, dry mix, with no added salt	92.0	1.0 package (3.5 oz)	0.09	0.002	86.76
19198	Puddings, tapioca, dry mix	92.0	1.0 package (3.5 oz)	0.09	0.002	86.76
19369	Candies, MARS SNACKFOOD US, SKITTLES Sours Original	51.0	1.0 serving 1.80 oz bag	0.09	--	46.42

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
02042	Spices, thyme, dried	1.0	1.0 tsp, leaves	0.09	0.002	0.64
09216	Orange peel, raw	6.0	1.0 tbsp	0.09	--	1.50
09156	Lemon peel, raw	6.0	1.0 tbsp	0.09	--	0.96
04011	Salad dressing, KRAFT Mayo Light Mayonnaise	15.0	1.0 tbsp	0.09	--	1.28
02027	Spices, oregano, dried	1.0	1.0 tsp, leaves	0.09	0.002	0.69
14409	Beverages, Orange-flavor drink, breakfast type, low calorie, powder	2.5	1.0 portion, amount of dry mix to make 8 fl oz prepared	0.09	--	2.15
03136	Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	0.09	--	2.78
11928	Tree fern, cooked, with salt	31.0	1.0 frond (6-1/2" long)	0.09	--	3.34
21348	McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette	47.0	2.0 fl oz	0.09	--	11.59
04635	Salad dressing, thousand island dressing, fat-free	16.0	1.0 tbsp	0.09	--	4.68
35139	Squash, Indian, cooked, boiled (Navajo)	28.35	1.0 oz	0.09	--	0.91
04614	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	14.3	1.0 tbsp	0.09	--	0.00
11165	Coriander (cilantro) leaves, raw	4.0	0.25 cup	0.09	--	0.15
03222	Babyfood, cherry cobbler, junior	28.35	1.0 oz	0.09	--	5.44
03230	Babyfood, dessert, peach melba, junior	28.35	1.0 oz	0.09	--	4.65
03141	Babyfood, pears, dices, toddler	28.35	1.0 oz	0.09	--	3.86
19332	Puddings, lemon, dry mix, regular	85.0	1.0 package (3 oz)	0.08	0.000	78.03
19708	Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	85.0	1.0 package (3 oz)	0.08	0.000	76.76
19137	Toppings, strawberry	42.0	2.0 tbsp	0.08	--	27.85
04695	Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D	14.0	1.0 tbsp	0.08	--	0.00
09173	Longans, dried	1.7	1.0 fruit	0.08	--	1.26
31033	Ginger root, pickled, canned, with artificial sweetener	25.0	2.0 tablespoon	0.08	--	1.21
01206	Cream substitute, flavored, powdered	12.0	4.0 tsp	0.08	0.001	9.05
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	9.9	1.0 bar	0.08	0.000	7.58
14292	Lemonade, frozen concentrate, white	36.5	1.0 fl oz	0.08	--	18.21
14542	Lemonade, frozen concentrate, pink	36.4	1.0 fl oz	0.08	--	17.79
02037	Spices, saffron	0.7	1.0 tsp	0.08	--	0.46
04022	Salad dressing, russian dressing, low calorie	16.0	1.0 tablespoon	0.08	0.001	4.42
02044	Basil, fresh	2.5	5.0 leaves	0.08	0.001	0.07
02069	Vinegar, balsamic	16.0	1.0 tbsp	0.08	--	2.72
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	14.9	1.0 tbsp	0.08	0.001	0.10
04690	Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	14.9	1.0 tbsp	0.08	--	0.10

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
02023	Spices, marjoram, dried	0.6	1.0 tsp	0.08	--	0.36
19337	Sweeteners, tabletop, aspartame, EQUAL, packets	3.5	1.0 tsp	0.08	0.000	3.12
43585	Babyfood, fruit supreme dessert	15.0	1.0 tbsp	0.08	--	2.58
43537	Babyfood, dessert, blueberry yogurt, strained	15.0	1.0 tbsp	0.08	--	2.56
27058	Sauce, barbecue, OPEN PIT, original	17.0	1.0 tbsp	0.07	--	5.01
02038	Spices, sage, ground	0.7	1.0 tsp	0.07	--	0.43
19312	Pie fillings, apple, canned	74.0	0.125 can	0.07	--	19.31
19297	Jams and preserves	20.0	1.0 tbsp	0.07	0.002	13.77
14007	Alcoholic beverage, beer, light, BUD LIGHT	29.5	1.0 fl oz	0.07	--	0.38
11757	Carrots, cooked, boiled, drained, with salt	9.7	1.0 tbsp	0.07	0.001	0.80
11125	Carrots, cooked, boiled, drained, without salt	9.7	1.0 tbsp	0.07	0.001	0.80
11931	Peppers, sweet, red, freeze-dried	0.4	1.0 tbsp	0.07	0.001	0.27
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	0.07	0.001	0.27
14006	Alcoholic beverage, beer, light	29.5	1.0 fl oz	0.07	0.000	0.48
09193	Olives, ripe, canned (small-extra large)	8.4	1.0 tbsp	0.07	--	0.53
04144	Salad dressing, italian dressing, reduced fat, without salt	15.0	1.0 tablespoon	0.07	--	0.69
09524	Lemon juice from concentrate, bottled, REAL LEMON	15.0	1.0 tbsp	0.07	--	0.85
14268	Beverages, Fruit punch drink, frozen concentrate	34.8	1.0 fl oz	0.07	--	14.41
09079	Cranberries, dried, sweetened	40.0	0.25 cup	0.07	--	33.12
11145	Celtuce, raw	8.0	1.0 leaf	0.07	0.000	0.29
09153	Lemon juice from concentrate, canned or bottled	15.0	1.0 tbsp	0.07	--	0.84
19294	Fruit butters, apple	17.0	1.0 tbsp	0.07	--	7.22
14601	Beverages, WENDY'S, tea, ready-to-drink, unsweetened	29.6	1.0 fl oz	0.07	--	0.00
44260	Puddings, all flavors except chocolate, low calorie, instant, dry mix	8.0	1.0 serving	0.06	--	6.77
42171	Salad dressing, french dressing, reduced calorie	16.0	1.0 tbsp	0.06	--	4.32
14334	Beverages, pineapple and grapefruit juice drink, canned	31.3	1.0 fl oz	0.06	--	3.63
03171	Babyfood, juice, apple and prune	31.2	1.0 fl oz	0.06	--	5.65
03168	Babyfood, juice, apple and peach	31.2	1.0 fl oz	0.06	--	3.28
03267	Babyfood, juice, fruit punch, with calcium	31.2	1.0 fl oz	0.06	--	3.96
03167	Babyfood, apple-banana juice	31.2	1.0 fl oz	0.06	--	3.84
43535	Babyfood, juice, apple - cherry	31.2	1.0 fl oz	0.06	--	3.49
14305	Malt beverage, includes non-alcoholic beer	29.6	1.0 fl oz	0.06	--	2.38
09448	Nance, canned, syrup, drained	11.1	3.0 fruit without pits	0.06	--	2.53
14241	Beverages, cranberry-grape juice drink, bottled	30.6	1.0 fl oz	0.06	--	4.28
14240	Beverages, cranberry-apricot juice drink, bottled	30.6	1.0 fl oz	0.06	--	4.96

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
27066	Sauce, horseradish	5.6	1.0 tsp	0.06	--	0.56
06169	Sauce, ready-to-serve, pepper, TABASCO	4.7	1.0 tsp	0.06	0.001	0.04
04114	Salad dressing, italian dressing, commercial, regular	14.7	1.0 tbsp	0.06	0.001	1.78
43007	Babyfood, fruit, tutti frutti, junior	15.0	1.0 tbsp	0.06	--	2.40
03280	Babyfood, fruit, bananas with tapioca, junior	15.0	1.0 tbsp	0.06	--	2.67
03129	Babyfood, fruit, bananas with tapioca, strained	15.0	1.0 tbsp	0.06	--	2.30
09523	Lemon juice from concentrate, bottled, CONCORD	15.0	1.0 tbsp	0.06	--	0.81
43006	Babyfood, fruit, tutti frutti, strained	15.0	1.0 tbsp	0.06	--	2.32
19303	Marmalade, orange	20.0	1.0 tbsp	0.06	0.001	13.26
35233	Hazelnuts, beaked (Northern Plains Indians)	0.4	1.0 nut	0.06	--	0.09
10864	Pork, bacon, rendered fat, cooked	85.0	3.0 oz	0.06	--	0.00
03147	Babyfood, fruit, applesauce with banana, junior	16.0	1.0 tbsp	0.06	--	2.59
14057	Alcoholic beverage, wine, dessert, sweet	29.5	1.0 fl oz	0.06	--	4.04
14005	Alcoholic beverage, beer, light, BUDWEISER SELECT	29.5	1.0 fl oz	0.06	--	0.26
14536	Alcoholic beverage, wine, dessert, dry	29.5	1.0 fl oz	0.06	--	3.44
02055	Horseradish, prepared	5.0	1.0 tsp	0.06	--	0.56
03209	Babyfood, crackers, vegetable	0.7	1.0 cracker	0.06	--	0.47
02036	Spices, rosemary, dried	1.2	1.0 tsp	0.06	--	0.77
04021	Salad dressing, italian dressing, commercial, reduced fat	15.0	1.0 tablespoon	0.06	0.001	1.50
11292	Onions, young green, tops only	6.0	1.0 tbsp	0.06	--	0.34
04684	Margarine, 80% fat, tub, CANOLA HARVEST Soft Spread (canola, palm and palm kernel oils)	14.0	1.0 tablespoon (1 NLEA serving)	0.06	--	0.19
44110	Jellies, reduced sugar, home preserved	19.0	1.0 tbsp	0.06	--	8.76
03220	Babyfood, dessert, dutch apple, strained	28.35	1.0 oz	0.06	--	5.60
03238	Babyfood, dessert, tropical fruit, junior	28.35	1.0 oz	0.06	--	4.65
03165	Babyfood, fruit, apple and blueberry, junior	28.35	1.0 oz	0.06	--	4.71
03162	Babyfood, fruit, papaya and applesauce with tapioca, strained	28.35	1.0 oz	0.06	--	5.36
03225	Babyfood, dessert, cherry vanilla pudding, junior	28.35	1.0 oz	0.06	--	5.22
03115	Babyfood, apples, dices, toddler	28.35	1.0 oz	0.06	--	3.43
03221	Babyfood, dessert, dutch apple, junior	28.35	1.0 oz	0.06	0.001	5.44
03152	Babyfood, fruit, apple and raspberry, strained	28.35	1.0 oz	0.06	--	4.42
03229	Babyfood, dessert, peach melba, strained	28.35	1.0 oz	0.06	--	4.68
03160	Babyfood, fruit, guava and papaya with tapioca, strained	28.35	1.0 oz	0.06	--	4.82
03153	Babyfood, fruit, apple and raspberry, junior	28.35	1.0 oz	0.06	--	4.37
03164	Babyfood, fruit, apple and blueberry, strained	28.35	1.0 oz	0.06	--	4.62

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
03224	Babyfood, dessert, cherry vanilla pudding, strained	28.35	1.0 oz	0.06	--	5.05
04143	Salad dressing, italian dressing, commercial, regular, without salt	14.7	1.0 tablespoon	0.06	--	1.53
04641	Salad dressing, mayonnaise, light	15.0	1.0 tablespoon	0.06	0.001	1.38
04708	Mayonnaise, reduced fat, with olive oil	15.0	1.0 tbsp	0.06	--	0.00
11945	Pickle relish, sweet	15.0	1.0 tbsp	0.06	0.001	5.26
09228	Papaya, canned, heavy syrup, drained	39.0	1.0 piece	0.05	--	21.77
11442	Seaweed, agar, raw	10.0	2.0 tbsp (1/8 cup)	0.05	--	0.68
14356	Beverages, tea, instant, decaffeinated, lemon, diet	1.6	2.0 tsp	0.05	--	1.37
14375	Beverages, tea, instant, sweetened with sodium saccharin, lemon-flavored, powder	1.6	2.0 tsp	0.05	--	1.37
11959	Arugula, raw	2.0	1.0 leaf	0.05	--	0.07
04707	Oil, flaxseed, contains added sliced flaxseed	13.7	1.0 tablespoon	0.05	--	0.05
14013	Alcoholic beverage, beer, light, low carb	29.5	1.0 fl oz	0.05	--	0.22
09129	Grapes, muscadine, raw	6.0	1.0 grape	0.05	--	0.84
03159	Babyfood, fruit, pears and pineapple, junior	16.0	1.0 tbsp	0.05	--	1.82
03132	Babyfood, fruit, pears, strained	16.0	1.0 tbsp	0.05	--	1.73
03133	Babyfood, fruit, pears, junior	16.0	1.0 tbsp	0.05	--	1.86
03158	Babyfood, fruit, pears and pineapple, strained	16.0	1.0 tbsp	0.05	--	1.74
02004	Spices, bay leaf	0.6	1.0 tsp, crumbled	0.05	--	0.45
03128	Babyfood, fruit, apricot with tapioca, junior	15.0	1.0 tbsp	0.04	--	2.60
03228	Babyfood, dessert, peach cobbler, junior	15.0	1.0 tbsp	0.04	--	2.74
03118	Babyfood, fruit, apricot with tapioca, strained	15.0	1.0 tbsp	0.04	--	2.44
03235	Babyfood, dessert, fruit dessert, without ascorbic acid, strained	15.0	1.0 tbsp	0.04	--	2.40
04027	Salad dressing, mayonnaise, imitation, soybean	15.0	1.0 tbsp	0.04	0.000	2.40
03140	Babyfood, fruit dessert, mango with tapioca	15.0	1.0 tbsp	0.04	--	2.85
03236	Babyfood, dessert, fruit dessert, without ascorbic acid, junior	15.0	1.0 tbsp	0.04	--	2.58
43550	Babyfood, banana apple dessert, strained	15.0	1.0 tbsp	0.04	--	2.44
03227	Babyfood, dessert, peach cobbler, strained	15.0	1.0 tbsp	0.04	--	2.67
43021	Salad dressing, caesar, low calorie	15.0	1.0 tbsp	0.04	--	2.79
02049	Thyme, fresh	0.8	1.0 tsp	0.04	0.001	0.20
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.1	1.0 tbsp	0.04	--	0.11
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	0.04	0.001	0.00
01145	Butter, without salt	5.0	1.0 pat (1" sq, 1/3" high)	0.04	0.001	0.00
11615	Chives, freeze-dried	0.2	1.0 tbsp	0.04	0.000	0.13
04073	Margarine, regular, hard, soybean (hydrogenated)	4.7	1.0 tsp	0.04	0.001	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
04626	Margarine-like spread with yogurt, 70% fat, stick, with salt	14.0	1.0 tablespoon	0.04	--	0.07
43355	Mayonnaise, low sodium, low calorie or diet	14.0	1.0 tbsp	0.04	--	2.24
42140	Salad dressing, italian dressing, reduced calorie	14.0	1.0 tbsp	0.04	--	0.94
09172	Longans, raw	3.2	1.0 fruit without refuse	0.04	--	0.48
11447	Sesbania flower, raw	3.0	1.0 flower	0.04	0.001	0.20
35196	Lambsquarters, raw (Northern Plains Indians)	0.9	1.0 leaf	0.04	--	0.06
14427	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water	31.3	1.0 fl oz	0.04	--	3.54
04629	Margarine, margarine-type vegetable oil spread, 70% fat, soybean and partially hydrogenated soybean, stick	14.0	1.0 tbsp (1 NLEA serving)	0.04	--	0.21
11216	Ginger root, raw	2.0	1.0 tsp	0.04	0.000	0.36
42055	Beverages, fruit-flavored drink, dry powdered mix, low calorie, with aspartame	8.0	1.0 tsp	0.04	--	6.99
14219	Beverages, coffee, instant, decaffeinated, prepared with water	29.9	1.0 fl oz	0.04	--	0.13
01003	Butter oil, anhydrous	12.8	1.0 tbsp	0.04	0.001	0.00
14209	Beverages, coffee, brewed, prepared with tap water	29.6	1.0 fl oz	0.04	--	0.00
14146	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine	29.6	1.0 fl oz	0.04	--	--
14210	Beverages, coffee, brewed, espresso, restaurant-prepared	29.6	1.0 fl oz	0.04	--	0.49
14424	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate. Not manufactured anymore.	35.3	1.0 fl oz	0.04	--	15.14
19919	Candies, fruit snacks, with high vitamin C	44.0	1.0 serving	0.04	--	38.71
04638	Salad dressing, ranch dressing, fat-free	14.0	1.0 tablespoon	0.04	--	3.71
14414	Alcoholic beverage, liqueur, coffee, 53 proof	34.8	1.0 fl oz	0.03	--	16.29
14534	Alcoholic beverage, liqueur, coffee, 63 proof	34.8	1.0 fl oz	0.03	--	11.21
02045	Dill weed, fresh	1.0	5.0 sprigs	0.03	0.000	0.07
43401	Beverages, coffee, instant, with whitener, reduced calorie	1.7	1.0 tsp dry	0.03	--	1.02
19228	Frostings, cream cheese-flavor, ready-to-eat	33.0	2.0 tbsp creamy	0.03	0.000	22.22
14416	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	29.6	1.0 fl oz	0.03	--	0.09
14028	Beverages, Whiskey sour mix, bottled	32.3	1.0 fl oz	0.03	--	6.91
14530	Whiskey sour mix, bottled, with added potassium and sodium	32.3	1.0 fl oz	0.03	--	6.91
04014	Salad dressing, KRAFT MIRACLE WHIP FREE Nonfat Dressing	16.0	1.0 tbsp	0.03	--	2.48
42193	Salad Dressing, mayonnaise-like, fat-free	16.0	1.0 tbsp	0.03	--	2.48
03142	Babyfood, fruit, applesauce and apricots, strained	16.0	1.0 tbsp	0.03	--	1.86
03143	Babyfood, fruit, applesauce and apricots, junior	16.0	1.0 tbsp	0.03	--	1.98

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
03116	Babyfood, fruit, applesauce, strained	16.0	1.0 tbsp	0.03	--	1.73
04013	Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	16.0	1.0 tbsp	0.03	--	2.53
04367	Salad dressing, french dressing, fat-free	16.0	1.0 tablespoon	0.03	--	5.14
19300	Jellies	21.0	1.0 serving 1 tbsp	0.03	--	14.69
04618	Margarine, regular, 80% fat, composite, tub, without salt	14.2	1.0 tbsp	0.03	--	0.11
04611	Margarine, regular, 80% fat, composite, tub, with salt	14.2	1.0 tbsp	0.03	--	0.11
03265	Babyfood, juice, apple and grape	31.2	1.0 fl oz	0.03	--	3.54
03179	Babyfood, juice, mixed fruit	31.2	1.0 fl oz	0.03	--	3.65
03268	Babyfood, juice, apple and cherry	31.2	1.0 fl oz	0.03	--	3.09
03170	Babyfood, juice, apple and plum	31.2	1.0 fl oz	0.03	--	3.84
04692	Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D	14.0	1.0 tbsp	0.03	--	0.10
11624	Leeks, (bulb and lower-leaf portion), freeze-dried	0.2	1.0 tbsp	0.03	0.000	0.15
14237	Beverages, coffee substitute, cereal grain beverage, prepared with water	30.1	1.0 fl oz	0.03	--	0.39
03156	Babyfood, fruit, bananas and pineapple with tapioca, junior	15.0	1.0 tbsp	0.03	--	2.76
03157	Babyfood, fruit, bananas and pineapple with tapioca, strained	15.0	1.0 tbsp	0.03	--	2.67
14215	Beverages, coffee, instant, regular, prepared with water	29.8	1.0 fl oz	0.03	--	0.10
14151	Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine	29.6	1.0 fl oz	0.03	--	0.00
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.03	--	0.00
14143	Beverages, carbonated, low calorie, other than cola or pepper, without caffeine	29.6	1.0 fl oz	0.03	--	0.00
14202	Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated	29.6	1.0 fl oz	0.03	--	0.50
14025	Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix	29.4	1.0 fl oz	0.03	--	4.66
35199	Prickly pears, broiled (Northern Plains Indians)	7.5	1.0 pad	0.03	--	1.62
44203	Beverages, Cocktail mix, non-alcoholic, concentrated, frozen	36.0	1.0 fl oz	0.03	--	25.78
03151	Babyfood, fruit, applesauce and pineapple, junior	28.35	1.0 oz	0.03	--	2.98
03150	Babyfood, fruit, applesauce and pineapple, strained	28.35	1.0 oz	0.03	--	2.86
04630	Margarine Spread, approximately 48% fat, tub	14.0	1.0 tbsp	0.03	--	0.12
19269	Snacks, GENERAL MILLS, BETTY CROCKER Fruit Roll Ups, berry flavored, with vitamin C	28.0	2.0 rolls	0.03	--	23.86
09195	Olives, pickled, canned or bottled, green	2.7	1.0 olive	0.03	--	0.10
14144	Beverages, carbonated, lemon-lime soda, no caffeine	30.8	1.0 fl oz	0.03	--	3.21
14357	Beverages, tea, instant, decaffeinated, lemon, sweetened	23.0	1.0 serving (3 heaping tsp)	0.03	--	22.67
14370	Beverages, tea, instant, lemon, sweetened, powder	23.0	1.0 serving (3 heaping tsp)	0.03	--	22.67
14223	Beverages, coffee, instant, chicory	29.9	1.0 fl oz	0.03	--	0.22

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
14371	Beverages, tea, instant, lemon, sweetened, prepared with water	259.0	1.0 cup (8 fl oz)	0.03	--	22.30
04668	Margarine, industrial, soy and partially hydrogenated soy oil, use for baking, sauces and candy	14.0	1.0 tbsp	0.03	--	0.10
43154	Alcoholic beverage, wine, cooking	4.9	1.0 tsp	0.02	--	0.31
06168	Sauce, ready-to-serve, pepper or hot	4.7	1.0 tsp	0.02	0.000	0.08
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	14.0	1.0 tbsp	0.02	--	0.12
04620	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt	14.0	1.0 tbsp	0.02	--	0.12
04694	Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D	14.0	1.0 tbsp	0.02	--	0.12
04697	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt, with added vitamin D	14.0	1.0 tbsp	0.02	--	0.12
02063	Rosemary, fresh	0.7	1.0 tsp	0.02	0.000	0.14
35198	Prickly pears, raw (Northern Plains Indians)	19.0	1.0 pad peeled	0.02	--	1.93
04617	Margarine, regular, 80% fat, composite, stick, without salt	14.2	1.0 tbsp	0.02	--	0.10
04691	Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D	14.0	1.0 tablespoon	0.02	--	0.10
04610	Margarine, regular, 80% fat, composite, stick, with salt	14.0	1.0 tbsp	0.02	--	0.10
04696	Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D	14.0	1.0 tbsp	0.02	--	0.10
04628	Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils	14.0	1.0 tbsp	0.02	--	0.10
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	6.0	1.0 slice	0.02	0.000	2.02
14350	Strawberry-flavor beverage mix, powder	22.0	1.0 serving (2-3 heaping tsp)	0.02	--	21.80
14293	Lemonade, frozen concentrate, white, prepared with water	30.9	1.0 fl oz	0.02	--	3.22
14135	Alcoholic beverage, wine, table, white, late harvest	30.8	1.0 fl oz	0.02	--	4.12
14125	Alcoholic beverage, wine, table, white, late harvest, Gewurztraminer	30.5	1.0 fl oz	0.02	--	3.47
14140	Alcoholic beverage, wine, table, white, Muscat	30.0	1.0 fl oz	0.02	--	1.57
19274	Snacks, fruit leather, pieces, with vitamin C	21.0	1.0 serving	0.02	--	17.89
19014	Snacks, fruit leather, rolls	21.0	1.0 large	0.02	--	18.02
14132	Alcoholic beverage, wine, table, white, Riesling	29.6	1.0 fl oz	0.02	--	1.11
14124	Alcoholic beverage, wine, table, white, Gewurztraminer	29.5	1.0 fl oz	0.02	--	0.77
14103	Alcoholic Beverage, wine, table, red, Petite Sirah	29.5	1.0 fl oz	0.02	--	0.79
14120	Alcoholic beverage, wine, table, white, Muller Thurgau	29.5	1.0 fl oz	0.02	--	1.03
14116	Alcoholic beverage, wine, table, white, Chenin Blanc	29.5	1.0 fl oz	0.02	--	0.98
14152	Alcoholic Beverage, wine, table, red, Burgundy	29.5	1.0 fl oz	0.02	--	1.09
14126	Alcoholic beverage, wine, table, white, Semillon	29.5	1.0 fl oz	0.02	--	0.92
43155	Alcoholic beverage, wine, light	29.5	1.0 fl oz	0.02	--	0.35

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
14099	Alcoholic Beverage, wine, table, red, Pinot Noir	29.4	1.0 fl oz	0.02	--	0.68
14096	Alcoholic beverage, wine, table, red	29.4	1.0 fl oz	0.02	--	0.77
14107	Alcoholic Beverage, wine, table, red, Lemberger	29.4	1.0 fl oz	0.02	--	0.72
14100	Alcoholic Beverage, wine, table, red, Syrah	29.4	1.0 fl oz	0.02	--	0.76
14097	Alcoholic Beverage, wine, table, red, Cabernet Sauvignon	29.4	1.0 fl oz	0.02	--	0.76
14158	Alcoholic Beverage, wine, table, red, Gamay	29.4	1.0 fl oz	0.02	--	0.70
14108	Alcoholic Beverage, wine, table, red, Sangiovese	29.4	1.0 fl oz	0.02	--	0.77
14105	Alcoholic Beverage, wine, table, red, Claret	29.4	1.0 fl oz	0.02	--	0.88
14101	Alcoholic Beverage, wine, table, red, Barbera	29.4	1.0 fl oz	0.02	--	0.82
14098	Alcoholic Beverage, wine, table, red, Cabernet Franc	29.4	1.0 fl oz	0.02	--	0.72
14159	Alcoholic Beverage, wine, table, red, Mouvedre	29.4	1.0 fl oz	0.02	--	0.78
14109	Alcoholic Beverage, wine, table, red, Carignane	29.4	1.0 fl oz	0.02	--	0.71
14602	Alcoholic Beverage, wine, table, red, Merlot	29.4	1.0 fl oz	0.02	--	0.74
14106	Alcoholic beverage, wine, table, white	29.4	1.0 fl oz	0.02	--	0.76
14102	Alcoholic Beverage, wine, table, red, Zinfandel	29.4	1.0 fl oz	0.02	--	0.84
14160	Alcoholic beverage, wine, table, white, Chardonnay	29.3	1.0 fl oz	0.02	--	0.63
14113	Alcoholic beverage, wine, table, white, Pinot Gris (Grigio)	29.3	1.0 fl oz	0.02	--	0.60
14134	Alcoholic beverage, wine, table, white, Sauvignon Blanc	29.3	1.0 fl oz	0.02	--	0.60
14406	Beverages, fruit punch juice drink, frozen concentrate, prepared with water	29.3	1.0 fl oz	0.02	--	3.34
14117	Alcoholic beverage, wine, table, white, Fume Blanc	29.3	1.0 fl oz	0.02	--	0.67
14138	Alcoholic beverage, wine, table, white, Pinot Blanc	29.3	1.0 fl oz	0.02	--	0.57
04673	Margarine-like spread, SMART BALANCE Regular Buttery Spread with flax oil	14.0	1.0 tablespoon	0.02	--	--
01002	Butter, whipped, with salt	3.8	1.0 pat (1" sq, 1/3" high)	0.02	0.000	0.11
14269	Beverages, Fruit punch drink, frozen concentrate, prepared with water	30.9	1.0 fl oz	0.02	--	3.60
14029	Alcoholic beverage, whiskey sour, prepared from item 14028	30.4	1.0 fl oz	0.02	--	3.90
04677	Margarine-like spread, SMART BALANCE Omega Plus Spread (with plant sterols & fish oil)	14.0	1.0 tablespoon	0.02	--	0.02
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	30.2	1.0 fl oz	0.02	--	2.10
14430	Cranberry juice cocktail, frozen concentrate	36.2	1.0 fl oz	0.02	--	18.62
14367	Beverages, tea, instant, unsweetened, prepared with water	29.7	1.0 fl oz	0.02	--	0.05
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	14.3	1.0 tbsp	0.02	--	0.10
04693	Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D	14.0	1.0 tbsp	0.02	--	0.10
43019	Salad dressing, sweet and sour	16.0	1.0 tbsp	0.02	--	0.59

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
14543	Beverages, lemonade, frozen concentrate, pink, prepared with water	30.9	1.0 fl oz	0.02	--	3.34
14145	Beverages, carbonated, SPRITE, lemon-lime, without caffeine	30.8	1.0 fl oz	0.02	--	3.12
03134	Babyfood, fruit, plums with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	0.02	--	2.96
03135	Babyfood, fruit, plums with tapioca, without ascorbic acid, junior	15.0	1.0 tbsp	0.02	--	3.08
42231	Oil, flaxseed, cold pressed	13.6	1.0 tbsp	0.01	--	0.00
04631	Margarine-like, vegetable oil spread, fat-free, tub	14.6	1.0 tbsp	0.01	--	0.63
04029	Salad dressing, mayonnaise, imitation, soybean without cholesterol	14.1	1.0 tablespoon	0.01	0.000	2.23
04133	Salad dressing, french, home recipe	14.0	1.0 tablespoon	0.01	0.000	0.48
04146	Salad dressing, french, cottonseed, oil, home recipe	14.0	1.0 tablespoon	0.01	--	0.48
04688	Salad dressing, spray-style dressing, assorted flavors	8.0	1.0 serving (approximately 10 sprays)	0.01	--	1.33
09328	Maraschino cherries, canned, drained	5.0	1.0 cherry (NLEA serving)	0.01	--	2.10
19909	Sweeteners, sugar substitute, granulated, brown	0.5	1.0 tsp	0.01	--	0.42
02065	Spearmint, fresh	0.3	2.0 leaves	0.01	0.000	0.03
04683	Margarine, margarine-like vegetable oil spread, 67-70% fat, tub	14.0	1.0 tbsp (1 NLEA serving)	0.01	--	0.08
43158	Sweeteners, tabletop, saccharin (sodium saccharin)	1.0	1.0 serving 1 packet	0.01	--	0.89
14425	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water	31.0	1.0 fl oz	0.01	--	3.79
19281	Frozen novelties, ice type, italian, restaurant-prepared	29.0	1.0 fl oz	0.01	--	3.92
19070	Candies, butterscotch	28.35	1.0 oz	0.01	--	25.63
19353	Syrups, maple	20.0	1.0 tbsp	0.01	--	13.41
28393	PEPPERIDGE FARM, White Hoagie Roll	69.0	1.0 serving	0.01	--	34.98
19912	Sweetener, syrup, agave	6.9	1.0 tsp	0.01	--	5.27
02068	Vinegar, red wine	14.9	1.0 tbsp	0.01	--	0.04
14376	Beverages, tea, instant, lemon, diet	29.8	1.0 fl oz	0.01	--	0.13
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	29.6	1.0 fl oz	0.01	0.000	1.36
28390	PEPPERIDGE FARM, Light Style Wheat Bread	57.0	1.0 serving	0.01	--	25.99
28387	PEPPERIDGE FARM, Hamburger Buns w/Sesame	53.0	1.0 serving	0.01	--	26.45
28377	PEPPERIDGE FARM, 100% Whole Wheat Hamburger Buns	51.0	1.0 serving	0.01	--	22.03
28394	PEPPERIDGE FARM, Hamburger Bun	51.0	1.0 serving	0.01	--	25.50
43345	Beverages, fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie	2.0	1.0 tsp	0.00	--	1.82
18371	Leavening agents, baking powder, low-sodium	5.0	1.0 tsp	0.00	--	2.34
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1.0 tsp	0.00	--	1.11
28389	PEPPERIDGE FARM, White Bread	45.0	1.0 serving	0.00	--	22.59

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
19382	Candies, taffy, prepared-from-recipe	15.0	1.0 piece	0.00	--	13.73
28380	PEPPERIDGE FARM, Whole Grain 15 Grain Bread	43.0	1.0 serving	0.00	--	19.69
28381	PEPPERIDGE FARM, Farmhouse Hearty White Bread	43.0	1.0 serving	0.00	--	25.87
28395	PEPPERIDGE FARM, Whole Grain Honey Whole Wheat Bread	43.0	1.0 serving	0.00	--	20.51
28392	PEPPERIDGE FARM, Farmhouse 100% Whole Wheat Bread	43.0	1.0 serving	0.00	--	19.82
28382	PEPPERIDGE FARM, Farmhouse Oatmeal Bread	43.0	1.0 serving	0.00	--	21.80
28396	PEPPERIDGE FARM, Whole Grain Oatmeal Bread	43.0	1.0 serving	0.00	--	20.00
28384	PEPPERIDGE FARM, Farmhouse Sourdough Bread	43.0	1.0 serving	0.00	--	21.63
02064	Peppermint, fresh	0.1	2.0 leaves	0.00	0.000	0.01
19334	Sugars, brown	3.0	1.0 tsp unpacked	0.00	--	2.94
28391	PEPPERIDGE FARM, Seeded Jewish Rye Bread	32.0	1.0 serving	0.00	--	15.49
28388	PEPPERIDGE FARM, Deli Swirl Bread	32.0	1.0 serving	0.00	--	14.30
28385	PEPPERIDGE FARM, Jewish Rye Bread (Seedless)	32.0	1.0 serving	0.00	--	14.40
28386	PEPPERIDGE FARM, Pumpernickel Bread	32.0	1.0 serving	0.00	--	15.01
19340	Sugars, maple	3.0	1.0 tsp	0.00	--	2.73
14431	Cranberry juice cocktail, frozen concentrate, prepared with water	29.6	1.0 fl oz	0.00	--	3.50
28378	PEPPERIDGE FARM, Cinnamon Swirl Bread	28.0	1.0 serving	0.00	--	14.81
04674	Margarine-like spread, SMART BALANCE Light Buttery Spread	14.0	1.0 tbsp	0.00	--	0.28
28379	PEPPERIDGE FARM, Raisin Cinnamon Swirl Bread	28.0	1.0 serving	0.00	--	14.59
11984	Epazote, raw	0.8	1.0 tbsp	0.00	--	0.06
02050	Vanilla extract	4.2	1.0 tsp	0.00	--	0.53
02051	Vanilla extract, imitation, alcohol	4.2	1.0 tsp	0.00	--	0.10
02052	Vanilla extract, imitation, no alcohol	4.2	1.0 tsp	0.00	--	0.60
04679	Oil, PAM cooking spray, original	0.3	1.0 spray , about 1/3 second (1 NLEA serving)	0.00	--	0.06
43514	Frozen novelties, ice type, pop, with low calorie sweetener	55.0	1.0 serving 1.75 fl oz pop	0.00	--	3.26
14407	Beverages, orange-flavor drink, breakfast type, powder	26.0	1.0 serving 2 tbsp	0.00	--	25.72
04550	Shortening frying (heavy duty), beef tallow and cottonseed	12.8	1.0 tbsp	0.00	--	--
14076	Beverages, ICELANDIC, Glacial Natural spring water	100.0	1.0 serving	0.00	--	--
04670	USDA Commodity Food, oil, vegetable, low saturated fat	13.6	1.0 tbsp	0.00	--	--
14190	Beverages, tea, green, ready-to-drink, diet	269.0	1.0 cup	0.00	--	--
14030	Beverages, THE COCA-COLA COMPANY, NOS energy drink, Original, grape, loaded cherry, charged citrus, fortified with vitamins B6 and B12	480.0	16.0 fl oz	0.00	--	54.00
14147	Beverages, carbonated, cola, without caffeine	30.7	1.0 fl oz	0.00	--	3.25
14555	Water, bottled, generic	29.6	1.0 fl oz	0.00	--	--

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
19128	Syrups, table blends, pancake, reduced-calorie	73.0	1.0 serving 1/4 cup	0.00	--	32.52
19873	Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops	55.0	1.0 serving 1.75 fl oz pop	0.00	--	2.83
14429	Beverages, water, tap, municipal	29.6	1.0 fl oz	0.00	--	--
16260	SILK Original Creamer	15.0	1.0 tbsp	0.00	--	1.00
14649	Beverages, tea, hibiscus, brewed	237.0	8.0 fl oz	0.00	--	--
14211	Beverages, tea, black, ready-to-drink, lemon, diet	265.0	1.0 cup	0.00	--	0.58
06605	PACE, Thick & Chunky Salsa	32.0	1.0 serving	0.00	--	2.00
19187	Flan, caramel custard, dry mix	85.0	1.0 package (3 oz)	0.00	--	77.86
14052	Alcoholic beverage, distilled, whiskey, 86 proof	27.8	1.0 fl oz	0.00	--	0.03
19320	Puddings, banana, dry mix, regular	88.0	1.0 package (3.12 oz)	0.00	--	81.84
14614	Beverages, V8 SPLASH Juice Drinks, Mango Peach	243.0	1.0 serving 8 oz	0.00	--	20.00
04528	Oil, walnut	13.6	1.0 tbsp	0.00	--	--
14276	Beverages, Tropical Punch, ready-to-drink	210.0	1.0 NLEA Serving	0.00	--	5.25
04654	Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening	13.6	1.0 tbsp	0.00	--	--
14279	Beverages, tea, black, ready-to-drink, peach, diet	268.0	1.0 cup	0.00	--	0.67
14532	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof	27.8	1.0 fl oz	0.00	--	--
04042	Oil, peanut, salad or cooking	13.5	1.0 tbsp	0.00	--	--
27028	PACE, Salsa Verde	32.0	1.0 serving	0.00	--	2.00
14628	Beverages, Energy drink, AMP, sugar free	240.0	8.0 fl oz	0.00	--	2.47
04546	Shortening bread, soybean (hydrogenated) and cottonseed	12.8	1.0 tablespoon	0.00	--	--
14073	Beverages, ZEVIA, cola	355.0	1.0 can	0.00	--	4.01
19907	Sweeteners, for baking, contains sugar and sucralose	14.5	1.0 tbsp	0.00	--	14.43
04667	Shortening, industrial, soy (partially hydrogenated) for baking and confections	12.8	1.0 tbsp	0.00	--	--
19163	Chewing gum	3.0	1.0 stick	0.00	--	2.90
14027	Alcoholic beverage, whiskey sour, canned	30.8	1.0 fl oz	0.00	--	4.13
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	27.8	1.0 fl oz	0.00	--	--
04633	Margarine-like, vegetable oil spread, 20% fat, with salt	15.0	1.0 tbsp	0.00	--	0.06
02073	PACE, Dry Taco Seasoning Mix	5.3	2.0 tbsp (1 serving)	0.00	--	2.98
04002	Lard	12.8	1.0 tbsp	0.00	--	--
42256	Margarine-like, vegetable oil spread, stick or tub, sweetened	14.0	1.0 tablespoon	0.00	--	2.34
19362	Syrups, table blends, corn, refiner, and sugar	316.0	1.0 cup	0.00	--	265.12
14646	Beverages, Fruit flavored drink containing less than 3% fruit juice, with high vitamin C	238.0	1.0 cup (8 fl oz)	0.00	--	15.87

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
04582	Oil, canola	14.0	1.0 tbsp	0.00	--	--
14207	Beverages, tea, ready-to-drink, lemon, diet	266.0	1.0 cup	0.00	--	1.09
06602	PACE, Organic Picante Sauce	32.0	1.0 serving	0.00	--	2.00
14049	Alcoholic beverage, distilled, gin, 90 proof	27.8	1.0 fl oz	0.00	--	--
14352	Beverages, tea, black, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.00	--	0.09
14611	Beverages, V8 SPLASH Juice Drinks, Berry Blend	243.0	1.0 serving 8 oz	0.00	--	18.01
04517	Oil, grapeseed	13.6	1.0 tablespoon	0.00	--	--
04651	Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor	13.6	1.0 tbsp	0.00	--	--
14461	Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	30.5	1.0 fl oz	0.00	--	2.39
44005	Oil, corn, peanut, and olive	14.0	1.0 tablespoon	0.00	--	--
06325	Gravy, CAMPBELL'S, chicken, microwavable	60.0	0.25 cup	0.00	--	3.00
14476	Beverages, LIPTON BRISK, tea, black, ready-to-drink, lemon	30.6	1.0 fl oz	0.00	--	2.70
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1.0 tbsp	0.00	--	--
19108	Candies, jellybeans	11.0	10.0 small	0.00	--	10.29
04664	Oil, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings	13.6	1.0 tbsp	0.00	--	--
14296	Beverages, lemonade-flavor drink, powder	18.0	1.0 serving	0.00	--	17.62
14545	Beverages, tea, herb, brewed, chamomile	29.6	1.0 fl oz	0.00	--	0.06
04575	Fat, turkey	12.8	1.0 tbsp	0.00	--	--
42040	Syrups, grenadine	20.0	1.0 tbsp	0.00	--	13.38
04685	Oil, cooking and salad, ENOVA, 80% diglycerides	14.0	1.0 tbsp (1 NLEA serving)	0.00	--	--
14157	Beverages, carbonated, root beer	30.8	1.0 fl oz	0.00	--	3.26
14608	Beverages, V8 SPLASH Juice Drinks, Diet Fruit Medley	238.0	1.0 serving 8 oz	0.00	--	3.00
04514	Oil, poppyseed	13.6	1.0 tablespoon	0.00	--	--
04648	Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables	13.6	1.0 tbsp	0.00	--	--
14440	Beverages, water, bottled, non-carbonated, DANNON Fluoride To Go	29.6	1.0 fl oz	0.00	--	0.01
03145	Babyfood, fruit, applesauce and cherries, junior	28.35	1.0 oz	0.00	--	4.00
06322	Gravy, CAMPBELL'S, mushroom	59.0	0.25 cup	0.00	--	3.00
19387	Frozen novelties, ice type, pineapple-coconut	99.0	0.5 cup (4 fl oz)	0.00	--	23.66
14384	Beverages, water, bottled, PERRIER	29.6	1.0 fl oz	0.00	--	--
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1.0 tablespoon	0.00	--	--
14288	Lemonade, powder, prepared with water	33.0	1.0 fl oz	0.00	--	1.18
14136	Beverages, carbonated, ginger ale	30.5	1.0 fl oz	0.00	--	2.67

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
19720	Syrups, table blends, pancake, with 2% maple, with added potassium	315.0	1.0 cup	0.00	--	219.24
04572	Oil, nutmeg butter	13.6	1.0 tbsp	0.00	--	--
19918	Sweetener, herbal extract powder from Stevia leaf	1.0	1.0 package	0.00	--	1.00
14199	Beverages, tea, black, ready-to-drink, lemon, sweetened	271.0	1.0 cup	0.00	--	29.27
14038	Beverages, OCEAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink	250.0	1.0 can	0.00	--	9.38
14604	Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener	29.6	1.0 fl oz	0.00	--	0.04
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	13.6	1.0 tbsp	0.00	--	--
14260	Beverages, tea, green, brewed, decaffeinated	240.0	240.0 ml	0.00	--	--
04644	Oil, industrial, canola for salads, woks and light frying	13.6	1.0 tablespoon	0.00	--	--
14437	Beverages, water, bottled, non-carbonated, CALISTOGA	29.6	1.0 fl oz	0.00	--	--
04592	Fish oil, menhaden, fully hydrogenated	12.5	1.0 tbsp	0.00	--	--
04595	Shortening, multipurpose, soybean (hydrogenated) and palm (hydrogenated)	12.8	1.0 tbsp	0.00	--	--
43057	Candies, gum drops, no sugar or low calorie (sorbitol)	182.0	1.0 cup	0.00	--	160.34
04701	Oil, industrial, soy, fully hydrogenated	13.6	1.0 tablespoon	0.00	--	--
04661	Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners	13.6	1.0 tbsp	0.00	--	--
06971	Sauce, worcestershire	17.0	1.0 tbsp	0.00	--	3.31
14537	Carbonated beverage, low calorie, other than cola or pepper, with sodium saccharin, without caffeine	29.6	1.0 fl oz	0.00	--	0.03
04055	Oil, palm	13.6	1.0 tbsp	0.00	--	--
14238	Beverages, cranberry-apple juice drink, bottled	30.6	1.0 fl oz	0.00	--	4.85
02053	Vinegar, distilled	14.9	1.0 tbsp	0.00	--	0.01
14412	Beverages, water, tap, well	29.6	1.0 fl oz	0.00	--	--
19349	Syrups, corn, dark	328.0	1.0 cup	0.00	--	254.50
28334	Cookies, gluten-free, lemon wafer	30.0	3.0 cookies	0.00	--	22.32
04559	Shortening household soybean (hydrogenated) and palm	12.8	1.0 tbsp	0.00	--	--
04676	Margarine-like spread, SMART BEAT Smart Squeeze	14.0	1.0 tablespoon	0.00	--	0.99
18372	Leavening agents, baking soda	4.6	1.0 tsp	0.00	--	--
19304	Molasses	337.0	1.0 cup	0.00	--	251.84
14599	Beverages, Powerade Zero Ion4, calorie-free, assorted flavors	237.0	8.0 fl oz	0.00	--	--
04501	Oil, cocoa butter	13.6	1.0 tablespoon	0.00	--	--
14433	Beverages, water, bottled, non-carbonated, PEPSI, AQUAFINA	29.6	1.0 fl oz	0.00	--	--
04589	Fish oil, cod liver	4.5	1.0 tsp	0.00	--	--
19099	Candies, fondant, prepared-from-recipe	28.35	1.0 oz	0.00	--	26.42

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
04698	Oil, industrial, canola, high oleic	14.0	1.0 tablespoon	0.00	--	--
14167	Beverages, POWERADE, Zero, Mixed Berry	360.0	12.0 fl oz	0.00	--	0.50
14618	Beverages, V8 SPLASH Juice Drinks, Strawberry Kiwi	243.0	1.0 serving 8 oz	0.00	--	18.01
04532	Oil, hazelnut	13.6	1.0 tablespoon	0.00	--	--
19030	Syrup, fruit flavored	20.0	1.0 serving	0.00	--	13.02
04658	Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product	13.6	1.0 tbsp	0.00	--	--
14284	Beverages, Cranberry juice cocktail	271.0	1.0 cup	0.00	--	33.20
25043	Snacks, candy bits, yogurt covered with vitamin C	20.0	1.0 package	0.00	--	17.38
14408	Beverages, orange-flavor drink, breakfast type, powder, prepared with water	33.9	1.0 fl oz	0.00	--	4.29
04551	Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)	12.8	1.0 tbsp	0.00	--	--
14079	Beverages, yellow green colored citrus soft drink with caffeine	473.0	16.0 fl oz	0.00	--	60.69
19911	Syrup, maple, Canadian	80.0	60.0 milliliter	0.00	--	53.90
14191	Beverages, tea, green, ready-to-drink, citrus, diet, fortified with vitamin C	265.0	1.0 cup	0.00	--	0.82
14031	Beverages, water, bottled, yumberry, pomegranate with anti-oxidants, zero calories	240.0	8.0 fl oz	0.00	--	3.00
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1.0 tsp	0.00	--	1.27
14148	Beverages, carbonated, cola, regular	30.7	1.0 fl oz	0.00	--	3.18
19129	Syrups, table blends, pancake	314.0	1.0 cup	0.00	--	193.02
03001	Babyfood, juice treats, fruit medley, toddler	28.0	1.0 packet	0.00	--	24.27
16261	SILK French Vanilla Creamer	15.0	1.0 tbsp	0.00	--	3.00
04586	Shortening, special purpose for cakes and frostings, soybean (hydrogenated)	12.8	1.0 tbsp	0.00	--	--
06609	SWANSON BROTH, Certified Organic Vegetable Broth	235.0	1.0 cup	0.00	--	3.01
14615	Beverages, V8 SPLASH Juice Drinks, Orange Pineapple	243.0	1.0 serving 8 oz	0.00	--	18.01
04529	Oil, almond	13.6	1.0 tablespoon	0.00	--	--
14277	Beverages, grape drink, canned	31.3	1.0 fl oz	0.00	--	4.92
04655	Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries	14.0	1.0 tbsp	0.00	--	--
14009	Alcoholic beverage, daiquiri, canned	30.5	1.0 fl oz	0.00	--	4.79
14280	Beverages, tea, black, ready to drink, decaffeinated, diet	240.0	1.0 cup	0.00	--	1.99
14533	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof	27.8	1.0 fl oz	0.00	--	--
02047	Salt, table	6.0	1.0 tsp	0.00	--	--
04044	Oil, soybean, salad or cooking	13.6	1.0 tbsp	0.00	--	--
19705	Puddings, banana, dry mix, instant, with added oil	99.0	1.0 package (3.5 oz)	0.00	--	88.11
43408	Babyfood, juice, pear	31.2	1.0 fl oz	0.00	--	3.70

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
27029	PACE, Tequila Lime Salsa	32.0	1.0 serving	0.00	--	3.00
19335	Sugars, granulated	2.8	1.0 serving packet	0.00	--	2.80
04548	Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)	12.8	1.0 tbsp	0.00	--	--
14074	Beverages, ZEVIA, cola, caffeine free	355.0	1.0 can	0.00	--	4.01
19908	Sugar, turbinado	4.6	1.0 tsp	0.00	--	4.59
14188	Beverages, tea, green, ready to drink, ginseng and honey, sweetened	260.0	1.0 cup	0.00	--	18.62
14309	Beverages, OVALTINE, Classic Malt powder	21.0	1.0 serving (4 tbsp or 1 envelope)	0.00	--	19.60
03169	Babyfood, apple-cranberry juice	31.2	1.0 fl oz	0.00	--	3.58
14552	Carbonated beverage, chocolate-flavored soda	31.0	1.0 fl oz	0.00	--	3.32
19868	Sweeteners, tabletop, sucralose, SPLENDA packets	1.0	1.0 serving 1 packet	0.00	--	0.91
14250	Beverages, AMBER, hard cider	355.0	12.0 fl oz	0.00	--	21.02
04634	Margarine-like, vegetable oil spread, 20% fat, without salt	12.8	1.0 tbsp	0.00	--	0.05
02074	Seasoning mix, dry, sazon, coriander & annatto	1.0	0.25 tsp	0.00	--	--
19230	Frostings, vanilla, creamy, ready-to-eat	38.0	0.083 package	0.00	--	25.80
42289	Oil, corn and canola	14.0	1.0 tbsp	0.00	--	--
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	--	16.01
04583	Oil, mustard	14.0	1.0 tbsp	0.00	--	--
06603	PACE, Picante Sauce	32.0	1.0 serving	0.00	--	2.00
14050	Alcoholic beverage, distilled, rum, 80 proof	27.8	1.0 fl oz	0.00	--	--
19318	Puddings, banana, dry mix, instant	99.0	1.0 package (3.5 oz)	0.00	--	91.77
14161	Beverages, Kiwi Strawberry Juice Drink	473.0	16.0 fl oz	0.00	--	57.99
14612	Beverages, V8 SPLASH Juice Drinks, Fruit Medley	243.0	1.0 serving 8 oz	0.00	--	19.00
04518	Oil, corn, industrial and retail, all purpose salad or cooking	13.6	1.0 tbsp	0.00	--	--
31014	PACE, Jalapenos Nacho Sliced Peppers	30.0	1.0 oz	0.00	--	1.00
04652	Oil, industrial, soy (partially hydrogenated), all purpose	13.6	1.0 tbsp	0.00	--	--
04037	Oil, rice bran	13.6	1.0 tablespoon	0.00	--	--
04544	Shortening, household, lard and vegetable oil	12.8	1.0 tablespoon	0.00	--	--
14297	Beverages, lemonade-flavor drink, powder, prepared with water	31.8	1.0 fl oz	0.00	--	2.19
03166	Babyfood, juice, apple	31.7	1.0 fl oz	0.00	--	3.71
03998	Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	7.0	18.0 piece	0.00	--	4.31
14142	Beverages, carbonated, grape soda	31.0	1.0 fl oz	0.00	--	3.47
14246	Beverages, tea, green, instant, decaffeinated, lemon, unsweetened, fortified with vitamin C	4.5	2.0 tbsp	0.00	--	4.25

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
42230	Salad Dressing, coleslaw dressing, reduced fat	17.0	1.0 tbsp	0.00	--	6.80
19360	Syrups, table blends, pancake, with 2% maple	20.0	1.0 tbsp	0.00	--	13.92
04576	Fat, goose	12.8	1.0 tbsp	0.00	--	--
14093	Beverages, The COCA-COLA company, Glaceau Vitamin Water, Revive Fruit Punch, fortified	591.0	20.0 fl oz	0.00	--	--
06600	PACE, Green Taco Sauce	16.0	1.0 serving	0.00	--	1.00
06998	Gravy, CAMPBELL'S, brown with onions	59.0	0.25 cup	0.00	--	4.00
14609	Beverages, V8 SPLASH Juice Drinks, Diet Strawberry Kiwi	238.0	1.0 serving	0.00	--	3.00
04515	Oil, tomatoseed	13.6	1.0 tablespoon	0.00	--	--
14264	Beverages, fruit punch drink, without added nutrients, canned	210.0	6.75 fl oz	0.00	--	25.14
04649	Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening	13.6	1.0 tbsp	0.00	--	--
14450	Beverages, drink mix, QUAKER OATS, GATORADE, orange flavor, powder	23.0	1.0 scoop powder	0.00	--	21.65
28358	GLUTINO, Gluten Free Wafers, Lemon Flavored	30.0	3.0 cookies	0.00	--	22.32
14462	Beverages, Propel Zero, fruit-flavored, non-carbonated	29.6	1.0 fl oz	0.00	--	0.34
19106	Candies, gumdrops, starch jelly pieces	182.0	1.0 cup gumdrops	0.00	--	180.00
04606	Meat drippings (lard, beef tallow, mutton tallow)	12.8	1.0 tablespoon	0.00	--	--
19202	Puddings, vanilla, dry mix, instant	99.0	1.0 package (3.5 oz)	0.00	--	91.97
14385	Beverages, water, bottled, POLAND SPRING	29.6	1.0 fl oz	0.00	--	--
14021	Beverages, Energy drink, Citrus	240.0	8.0 fl oz	0.00	--	27.05
14137	Beverages, NESTEA, tea, black, ready-to-drink, lemon	30.6	1.0 fl oz	0.00	--	2.78
19856	Frozen novelties, juice type, POPSICLE SCRIBBLERS	33.0	1.0 serving 1.2 fl oz pop	0.00	--	6.49
14242	Cranberry juice cocktail, bottled	31.6	1.0 fl oz	0.00	--	4.27
04573	Oil, ucuhuba butter	13.6	1.0 tbsp	0.00	--	--
06597	PACE, Chipotle Chunky Salsa	32.0	1.0 serving	0.00	--	2.00
14155	Beverages, carbonated, tonic water	30.5	1.0 fl oz	0.00	--	2.68
14605	Beverages, Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors	237.0	8.0 fl oz (1 NLEA serving)	0.00	--	13.01
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	13.6	1.0 tablespoon	0.00	--	--
14261	Beverages, tea, green, ready to drink, unsweetened	473.0	16.0 fl oz	0.00	--	--
04645	Oil, industrial, canola (partially hydrogenated) oil for deep fat frying	13.6	1.0 tablespoon	0.00	--	--
14438	Beverages, water, bottled, non-carbonated, CRYSTAL GEYSER	29.6	1.0 fl oz	0.00	--	--
04593	Fish oil, salmon	13.6	1.0 tbsp	0.00	--	--
43058	Candies, hard, dietetic or low calorie (sorbitol)	3.0	1.0 piece	0.00	--	2.96

NDB_No	Description	Weight(g)	Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure	Carbohydrate, by difference(g) Per Measure
04702	Oil, industrial, cottonseed, fully hydrogenated	13.6	1.0 tablespoon	0.00	--	--
04541	Oil, cupu assu	13.6	1.0 tablespoon	0.00	--	--
04662	Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)	13.6	1.0 tbsp	0.00	--	--
04058	Oil, sesame, salad or cooking	13.6	1.0 tablespoon	0.00	--	--
14239	Alcoholic beverage, malt beer, hard lemonade	335.0	11.2 fl oz	0.00	--	33.73
19350	Syrups, corn, light	341.0	1.0 cup	0.00	--	261.85
14636	Beverages, fruit juice drink, reduced sugar, with vitamin E added	209.0	1.0 container	0.00	--	20.90
04560	Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)	12.8	1.0 tbsp	0.00	--	--
18373	Leavening agents, cream of tartar	3.0	1.0 tsp	0.00	--	1.84
04502	Oil, cottonseed, salad or cooking	13.6	1.0 tablespoon	0.00	--	--
04642	Oil, industrial, mid-oleic, sunflower	13.6	1.0 tablespoon	0.00	--	--
14434	Beverages, The COCA-COLA company, DASANI, water, bottled, non-carbonated	29.6	1.0 fl oz	0.00	--	--
04590	Fish oil, herring	13.6	1.0 tbsp	0.00	--	--
04699	Oil, industrial, soy, low linolenic	14.0	1.0 tablespoon	0.00	--	--
14619	Beverages, V8 SPLASH Juice Drinks, Tropical Blend	243.0	1.0 serving 8 oz	0.00	--	18.01
04534	Oil, babassu	13.6	1.0 tbsp	0.00	--	--
04659	Oil, industrial, coconut, confection fat, typical basis for ice cream coatings	13.6	1.0 tbsp	0.00	--	--
19113	Syrups, table blends, pancake, with butter	73.0	1.0 serving 1/4 cup	0.00	--	52.87
19706	Puddings, banana, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0.00	--	77.79
04615	Shortening, vegetable, household, composite	12.8	1.0 tbsp	0.00	--	--
44018	Sweeteners, tabletop, fructose, liquid	0.1	1.0 serving	0.00	--	0.08
14633	Beverages, Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C	238.0	1.0 serving	0.00	--	2.62
04554	Shortening industrial, soybean (hydrogenated) and cottonseed	12.8	1.0 tbsp	0.00	--	--
14080	Beverages, rich chocolate, powder	11.0	2.0 tbsp	0.00	--	10.23
14315	Beverages, OVALTINE, chocolate malt powder	78.0	1.0 cup	0.00	--	72.51
14149	Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners	29.6	1.0 fl oz	0.00	--	1.53
04587	Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed	12.8	1.0 tbsp	0.00	--	--