USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Manganese, Mn (mg)

Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: Household
Report Run at: February 03, 2016 16:49 EST

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	113.0	4.0 oz	337.870
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	85.0	3.0 oz	278.800
14055	Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, whey powder, 3-2-1 Plan,	26.0	1.0 scoop	69.966
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	200.0	1.0 cup	42.612
14163	Beverages, chocolate drink, milk and soy based, ready to drink, fortified	237.0	8.0 fl oz	35.000
20142	Teff, uncooked	193.0	1.0 cup	17.833
20060	Rice bran, crude	118.0	1.0 cup	16.768
03945	Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA	30.5	1.0 fl oz	15.707
20078	Wheat germ, crude	115.0	1.0 cup	15.296
14654	Beverages, nutritional shake mix, high protein, powder	10.0	1.0 tbsp	12.500
12147	Nuts, pine nuts, dried	135.0	1.0 cup	11.883
12084	Nuts, butternuts, dried	120.0	1.0 cup	7.872
20071	Wheat, hard red spring	192.0	1.0 cup	7.786
20063	Rye flour, dark	128.0	1.0 cup	7.759
20038	Oats	156.0	1.0 cup	7.669
20072	Wheat, hard red winter	192.0	1.0 cup	7.651
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	216.0	1.0 can (6 fl oz)	7.428
33862	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder	9.6	1.0 scoop	7.392
20073	Wheat, soft red winter	168.0	1.0 cup	7.377
09353	Blueberries, wild, canned, heavy syrup, drained	319.0	1.0 cup	7.337
20074	Wheat, hard white	192.0	1.0 cup	7.336
20143	Teff, cooked	252.0	1.0 cup	7.207
20040	Rice, brown, medium-grain, raw	190.0	1.0 cup	7.112
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	7.101
16135	Winged beans, mature seeds, raw	182.0	1.0 cup	6.772
20077	Wheat bran, crude	58.0	1.0 cup	6.670
20001	Amaranth grain, uncooked	193.0	1.0 cup	6.433
20090	Rice flour, brown	158.0	1.0 cup	6.341
20069	Triticale	192.0	1.0 cup	6.163

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
12014	Seeds, pumpkin and squash seed kernels, dried	129.0	1.0 cup	5.860
20076	Wheat, durum	192.0	1.0 cup	5.783
15165	Mollusks, mussel, blue, cooked, moist heat	85.0	3.0 oz	5.780
12175	Nuts, chestnuts, japanese, dried	155.0	1.0 cup	5.752
20075	Wheat, soft white	168.0	1.0 cup	5.722
08084	Cereals ready-to-eat, wheat germ, toasted, plain	28.35	1.0 oz	5.658
12131	Nuts, macadamia nuts, raw	134.0	1.0 cup, whole or halves	5.536
12130	Nuts, hickorynuts, dried	120.0	1.0 cup	5.532
20070	Triticale flour, whole-grain	130.0	1.0 cup	5.440
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	5.298
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	118.0	1.0 cup	5.298
20033	Oat bran, raw	94.0	1.0 cup	5.292
20036	Rice, brown, long-grain, raw	185.0	1.0 cup	5.278
20140	Spelt, uncooked	174.0	1.0 cup	5.190
33872	Infant formula, GERBER, GOOD START 2 SOY, with iron, powder	9.4	1.0 scoop	5.170
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	85.0	3.0 oz	5.156
19304	Molasses	337.0	1.0 cup	5.156
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	5.100
20138	Wheat, KAMUT khorasan, uncooked	186.0	1.0 cup	5.087
19355	Syrups, sorghum	330.0	1.0 cup	5.049
12142	Nuts, pecans	109.0	1.0 cup, chopped	4.905
20080	Wheat flour, whole-grain	120.0	1.0 cup	4.880
08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	4.875
12154	Nuts, walnuts, black, dried	125.0	1.0 cup, chopped	4.870
16108	Soybeans, mature seeds, raw	186.0	1.0 cup	4.682
16119	Soy meal, defatted, raw	122.0	1.0 cup	4.636
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	113.0	4.0 oz	4.582
14056	Beverages, Acai berry drink, fortified	266.0	8.0 fl oz	4.416
20062	Rye grain	169.0	1.0 cup	4.355
16076	Lupins, mature seeds, raw	180.0	1.0 cup	4.288
20012	Bulgur, dry	140.0	1.0 cup	4.267
20132	Oat flour, partially debranned	104.0	1.0 cup	4.180
12144	Nuts, pecans, oil roasted, without salt added	110.0	1.0 cup	4.070
12644	Nuts, pecans, oil roasted, with salt added	110.0	1.0 cup	4.070
09053	Blueberries, wild, frozen	140.0	1.0 cup, frozen	4.018
12632	Nuts, macadamia nuts, dry roasted, with salt added	132.0	1.0 cup, whole or halves	4.008

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12132	Nuts, macadamia nuts, dry roasted, without salt added	132.0	1.0 cup, whole or halves	4.008
12155	Nuts, walnuts, english	117.0	1.0 cup, chopped	3.994
19367	Toppings, nuts in syrup	328.0	1.0 cup	3.959
12565	Nuts, almonds, oil roasted, with salt added	157.0	1.0 cup whole kernels	3.862
12065	Nuts, almonds, oil roasted, without salt added	157.0	1.0 cup whole kernels	3.862
12665	Nuts, almonds, oil roasted, lightly salted	157.0	1.0 cup whole kernels	3.862
16091	Peanuts, spanish, raw	146.0	1.0 cup	3.854
36407	Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	653.0	1.0 serving	3.833
16410	Soybeans, mature seeds, roasted, no salt added	172.0	1.0 cup	3.712
16110	Soybeans, mature seeds, roasted, salted	172.0	1.0 cup	3.712
16101	Pigeon peas (red gram), mature seeds, raw	205.0	1.0 cup	3.672
16049	Beans, white, mature seeds, raw	202.0	1.0 cup	3.628
12121	Nuts, hazelnuts or filberts, blanched	28.35	1.0 oz	3.586
20004	Barley, hulled	184.0	1.0 cup	3.575
16078	Mothbeans, mature seeds, raw	196.0	1.0 cup	3.567
12023	Seeds, sesame seeds, whole, dried	144.0	1.0 cup	3.542
11972	Lemon grass (citronella), raw	67.0	1.0 cup	3.500
16392	Peanuts, spanish, oil-roasted, without salt	147.0	1.0 cup	3.462
16092	Peanuts, spanish, oil-roasted, with salt	147.0	1.0 cup	3.462
20035	Quinoa, uncooked	170.0	1.0 cup	3.456
12141	Nuts, mixed nuts, dry roasted, with peanuts, salt added, CHOSEN ROASTER	132.0	1.0 cup	3.445
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	131.0	1.0 cup	3.419
16001	Beans, adzuki, mature seeds, raw	197.0	1.0 cup	3.408
16074	Lima beans, thin seeded (baby), mature seeds, raw	202.0	1.0 cup	3.406
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	3.336
16067	Hyacinth beans, mature seeds, raw	210.0	1.0 cup	3.303
19165	Cocoa, dry powder, unsweetened	86.0	1.0 cup	3.300
16144	Lentils, pink or red, raw	192.0	1.0 cup	3.295
20031	Millet, raw	200.0	1.0 cup	3.264
12160	Seeds, cottonseed kernels, roasted (glandless)	149.0	1.0 cup	3.250
20105	Macaroni, vegetable, enriched, dry	84.0	1.0 cup spiral shaped	3.231
19166	Cocoa, dry powder, unsweetened, processed with alkali	86.0	1.0 cup	3.214
16117	Soy flour, defatted	105.0	1.0 cup	3.169
16083	Mungo beans, mature seeds, raw	207.0	1.0 cup	3.161
09515	Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	230.0	1.0 cup	3.121
12061	Nuts, almonds	143.0	1.0 cup, whole	3.116

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20067	Sorghum grain	192.0	1.0 cup	3.082
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	3.080
12563	Nuts, almonds, dry roasted, with salt added	138.0	1.0 cup whole kernels	3.080
08144	Cereals, whole wheat hot natural cereal, dry	94.0	1.0 cup	3.008
16071	Lima beans, large, mature seeds, raw	178.0	1.0 cup	2.976
16037	Beans, navy, mature seeds, raw	208.0	1.0 cup	2.949
08120	Cereals, oats, regular and quick, not fortified, dry	81.0	1.0 cup	2.940
16099	Peanut flour, defatted	60.0	1.0 cup	2.940
16093	Peanuts, valencia, raw	146.0	1.0 cup	2.891
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	2.890
12206	Nuts, almonds, honey roasted, unblanched	144.0	1.0 cup whole kernels	2.884
16096	Peanuts, virginia, oil-roasted, with salt	143.0	1.0 cup	2.871
16396	Peanuts, virginia, oil-roasted, without salt	143.0	1.0 cup	2.871
12539	Seeds, sunflower seed kernels, toasted, with salt added	134.0	1.0 cup	2.833
12039	Seeds, sunflower seed kernels, toasted, without salt	134.0	1.0 cup	2.833
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	2.808
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	135.0	1.0 cup	2.808
09268	Pineapple, canned, juice pack, solids and liquids	249.0	1.0 cup, crushed, sliced, or chunks	2.791
08363	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Toasted Wheat Bran	16.0	0.25 cup (1 NLEA serving)	2.781
12145	Nuts, pilinuts, dried	120.0	1.0 cup	2.776
16118	Soy flour, low-fat	88.0	1.0 cup, stirred	2.772
09269	Pineapple, canned, light syrup pack, solids and liquids	252.0	1.0 cup, crushed, sliced, or chunks	2.764
09271	Pineapple, canned, extra heavy syrup pack, solids and liquids	260.0	1.0 cup, crushed, sliced, or chunks	2.761
09267	Pineapple, canned, water pack, solids and liquids	246.0	1.0 cup, crushed, sliced, or chunks	2.758
16045	Beans, small white, mature seeds, raw	215.0	1.0 cup	2.748
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup, crushed, sliced, or chunks	2.743
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	134.0	1.0 cup	2.734
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	134.0	1.0 cup	2.734
20124	Pasta, whole-wheat, dry	91.0	1.0 cup spaghetti	2.715
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	128.0	1.0 cup	2.701
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	128.0	1.0 cup	2.701
12037	Seeds, sunflower seed kernels, dry roasted, without salt	128.0	1.0 cup	2.701
16069	Lentils, raw	192.0	1.0 cup	2.675
16113	Natto	175.0	1.0 cup	2.674
08366	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Wheat Germ, Regular	14.0	2.0 tbsp (1 NLEA serving)	2.671
12062	Nuts, almonds, blanched	145.0	1.0 cup whole kernels	2.661

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16389	Peanuts, all types, oil-roasted, without salt	144.0	1.0 cup,	2.657
16089	Peanuts, all types, oil-roasted, with salt	144.0	1.0 cup, chopped	2.657
16133	Yardlong beans, mature seeds, raw	167.0	1.0 cup	2.655
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	137.0	1.0 cup	2.654
20009	Buckwheat groats, roasted, dry	164.0	1.0 cup	2.654
20005	Barley, pearled, raw	200.0	1.0 cup	2.644
09429	Pineapple, raw, traditional varieties	165.0	1.0 cup, chunks	2.628
09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	250.0	1.0 cup	2.622
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	2.608
16024	Beans, great northern, mature seeds, raw	183.0	1.0 cup	2.604
09272	Pineapple, frozen, chunks, sweetened	245.0	1.0 cup, chunks	2.602
12136	Nuts, mixed nuts, dry roasted, with peanuts, salt added, PLANTERS pistachio blend	147.0	1.0 cup	2.602
16060	Cowpeas, catjang, mature seeds, raw	167.0	1.0 cup	2.578
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	167.0	1.0 cup	2.552
16100	Peanut flour, low fat	60.0	1.0 cup	2.539
16047	Beans, yellow, mature seeds, raw	196.0	1.0 cup	2.521
11514	Sweet potato, canned, mashed	255.0	1.0 cup	2.519
16094	Peanuts, valencia, oil-roasted, with salt	144.0	1.0 cup	2.478
16394	Peanuts, valencia, oil-roasted, without salt	144.0	1.0 cup	2.478
16095	Peanuts, virginia, raw	146.0	1.0 cup	2.476
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	590.0	1.0 serving	2.472
20064	Rye flour, medium	102.0	1.0 cup	2.460
16052	Broadbeans (fava beans), mature seeds, raw	150.0	1.0 cup	2.439
20011	Buckwheat flour, whole-groat	120.0	1.0 cup	2.436
16085	Peas, green, split, mature seeds, raw	197.0	1.0 cup	2.403
19086	Candies, confectioner's coating, peanut butter	168.0	1.0 cup chips	2.352
20656	Pasta, gluten-free, rice flour and rice bran extract, cooked, DE BOLES	121.0	1.0 cup spaghetti	2.347
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93.0	1.0 cup, shredded	2.302
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	31.0	0.5 cup (1 NLEA serving)	2.297
31035	Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	269.0	1.0 cup	2.281
08231	Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry	40.0	0.5 cup (1 NLEA serving)	2.280
12012	Seeds, hemp seed, hulled	30.0	3.0 tbsp	2.280
11215	Garlic, raw	136.0	1.0 cup	2.274
12140	Nuts, formulated, wheat-based, unflavored, with salt added	28.35	1.0 oz	2.245
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	200.0	1.0 cup	2.242
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	144.0	1.0 cup	2.228

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12138	Nuts, mixed nuts, oil roasted, without peanuts, without salt added	144.0	1.0 cup	2.228
08085	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ	14.0	2.0 tbsp (1 NLEA serving)	2.223
16042	Beans, pinto, mature seeds, raw	193.0	1.0 cup	2.216
20008	Buckwheat	170.0	1.0 cup	2.210
16022	Beans, french, mature seeds, raw	184.0	1.0 cup	2.208
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	240.0	1.0 cup	2.198
08216	Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps	57.0	1.25 cup (1 NLEA serving)	2.194
08191	Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size	52.0	1.0 cup (1 NLEA serving)	2.183
12201	Seeds, sesame seed kernels, dried (decorticated)	150.0	1.0 cup	2.160
16114	Tempeh	166.0	1.0 cup	2.158
12086	Nuts, cashew nuts, oil roasted, without salt added	129.0	1.0 cup, whole	2.152
12586	Nuts, cashew nuts, oil roasted, with salt added	129.0	1.0 cup, whole	2.152
20050	Rice, white, medium-grain, raw, enriched	195.0	1.0 cup	2.145
20450	Rice, white, medium-grain, raw, unenriched	195.0	1.0 cup	2.145
16080	Mung beans, mature seeds, raw	207.0	1.0 cup	2.142
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	253.0	1.0 can drained	2.140
20041	Rice, brown, medium-grain, cooked	195.0	1.0 cup	2.139
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	170.0	1.0 cup	2.128
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	2.128
11667	Seaweed, spirulina, dried	112.0	1.0 cup	2.128
20088	Wild rice, raw	160.0	1.0 cup	2.126
20141	Spelt, cooked	194.0	1.0 cup	2.117
20034	Oat bran, cooked	219.0	1.0 cup	2.111
20127	Spaghetti, spinach, cooked	140.0	1.0 cup	2.106
08142	Cereals, WHEATENA, dry	40.0	0.33 cup (1 NLEA serving)	2.105
06026	Soup, chili beef, canned, condensed	263.0	1.0 cup (8 fl oz)	2.104
20002	Amaranth grain, cooked	246.0	1.0 cup	2.101
20052	Rice, white, short-grain, enriched, uncooked	200.0	1.0 cup	2.074
20452	Rice, white, short-grain, raw, unenriched	200.0	1.0 cup	2.074
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	169.0	1.0 cup spaghetti not packed	2.074
16436	Winged beans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	2.062
16136	Winged beans, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	2.062
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	2.056
16032	Beans, kidney, red, mature seeds, raw	184.0	1.0 cup	2.044
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	461.0	1.0 serving	2.042
16035	Beans, kidney, royal red, mature seeds, raw	184.0	1.0 cup	2.041

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20135	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, dry	91.0	1.0 cup spaghetti	2.040
11961	Hearts of palm, canned	146.0	1.0 cup	2.035
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	254.0	1.0 can drained, rinsed	2.032
16111	Soybeans, mature seeds, dry roasted	93.0	1.0 cup	2.031
12007	Seeds, cottonseed flour, partially defatted (glandless)	94.0	1.0 cup	2.014
20044	Rice, white, long-grain, regular, raw, enriched	185.0	1.0 cup	2.013
20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	2.013
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	58.0	7.0 biscuit (1 NLEA serving)	2.010
20087	Wheat, sprouted	108.0	1.0 cup	2.007
43299	Soybean, curd cheese	225.0	1.0 cup	2.000
08143	Cereals, WHEATENA, cooked with water	243.0	1.0 cup	1.997
08435	Cereals ready-to-eat, UNCLE SAM CEREAL	55.0	0.75 cup (1 NLEA serving)	1.985
08182	Cereals, WHEATENA, cooked with water, with salt	243.0	1.0 cup	1.985
43128	Chicken, meatless	168.0	1.0 cup	1.977
12200	Nuts, formulated, wheat-based, all flavors except macadamia, without salt	28.35	1.0 oz	1.970
20037	Rice, brown, long-grain, cooked	202.0	1.0 cup	1.967
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	240.0	1.0 cup	1.963
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	1.963
12176	Nuts, coconut milk, frozen (liquid expressed from grated meat and water)	240.0	1.0 cup	1.942
20131	Barley malt flour	162.0	1.0 cup	1.933
20653	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry	91.0	1.0 cup spaghetti	1.920
20446	Rice, white, long-grain, parboiled, unenriched, dry	185.0	1.0 cup	1.915
20046	Rice, white, long-grain, parboiled, enriched, dry	185.0	1.0 cup	1.915
16115	Soy flour, full-fat, raw	84.0	1.0 cup, stirred	1.911
20061	Rice flour, white, unenriched	158.0	1.0 cup	1.896
11031	Lima beans, immature seeds, raw	156.0	1.0 cup	1.895
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	1.894
16027	Beans, kidney, all types, mature seeds, raw	184.0	1.0 cup	1.879
08038	Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	58.0	0.5 cup (1 NLEA serving)	1.877
09048	Blackberries, frozen, unsweetened	151.0	1.0 cup, unthawed	1.847
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	47.0	0.75 cup (1 NLEA serving)	1.843
16016	Beans, black turtle, mature seeds, raw	184.0	1.0 cup	1.840
16030	Beans, kidney, california red, mature seeds, raw	184.0	1.0 cup	1.840
19911	Syrup, maple, Canadian	80.0	60.0 milliliter	1.840
09167	Loganberries, frozen	147.0	1.0 cup, unthawed	1.833
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	128.0	1.0 cup	1.827

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12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	128.0	1.0 cup	1.827
08560	Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax	53.0	0.67 Cup (1 NLEA serving)	1.804
20054	Rice, white, glutinous, unenriched, uncooked	185.0	1.0 cup	1.802
16019	Beans, cranberry (roman), mature seeds, raw	195.0	1.0 cup	1.794
09046	Blackberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	1.784
36625	Restaurant, Chinese, vegetable lo mein, without meat	741.0	1.0 order	1.778
20139	Wheat, KAMUT khorasan, cooked	172.0	1.0 cup	1.772
20651	Rice, brown, parboiled, cooked, UNCLE BENS	155.0	1.0 cup	1.767
16116	Soy flour, full-fat, roasted	85.0	1.0 cup, stirred	1.765
08591	Cereals ready-to-eat, KASHI ORGANIC PROMISE, ISLAND VANILLA	55.0	27.0 biscuits (1 NLEA serving)	1.760
12174	Seeds, watermelon seed kernels, dried	108.0	1.0 cup	1.743
21601	School Lunch, pizza, cheese topping, thick crust, whole grain, frozen, cooked	124.0	1.0 slice per 1/10 pizza	1.742
08005	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS	30.0	0.333 cup (1 NLEA serving)	1.737
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	248.0	1.0 cup	1.736
12118	Nuts, coconut milk, canned (liquid expressed from grated meat and water)	226.0	1.0 cup	1.736
08402	Cereals, QUAKER, Quick Oats, Dry	40.0	0.5 cup	1.720
11497	Succotash, (corn and limas), canned, with cream style corn	266.0	1.0 cup	1.716
08214	Cereals ready-to-eat, QUAKER, Oatmeal Squares	56.0	1.0 cup (1 NLEA serving)	1.703
36022	APPLEBEE'S, crunchy onion rings	350.0	1.0 serving	1.701
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164.0	1.0 cup	1.689
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	164.0	1.0 cup	1.689
12167	Nuts, chestnuts, european, roasted	143.0	1.0 cup	1.687
11458	Spinach, cooked, boiled, drained, without salt	180.0	1.0 cup	1.683
11854	Spinach, cooked, boiled, drained, with salt	180.0	1.0 cup	1.683
12110	Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned	77.0	1.0 cup	1.672
12078	Nuts, brazilnuts, dried, unblanched	133.0	1.0 cup, whole	1.627
09306	Raspberries, frozen, red, sweetened	250.0	1.0 cup, thawed	1.625
16007	Beans, baked, canned, with beef	266.0	1.0 cup	1.596
11212	Edamame, frozen, prepared	155.0	1.0 cup	1.587
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	59.0	1.0 cup (1 NLEA serving)	1.580
06006	Soup, bean with frankfurters, canned, condensed	263.0	1.0 cup (8 fl oz)	1.578
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	28.35	1.0 oz	1.573
36032	DENNY'S, spaghetti and meatballs	565.0	1.0 serving	1.565
19361	Syrups, table blends, cane and 15% maple	315.0	1.0 cup	1.559
19059	Snacks, trail mix, regular	150.0	1.0 cup	1.551
19821	Snacks, trail mix, regular, unsalted	150.0	1.0 cup	1.551

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146.0	1.0 cup	1.551
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	146.0	1.0 cup	1.551
36619	Restaurant, Chinese, kung pao chicken	604.0	1.0 order	1.546
20125	Pasta, whole-wheat, cooked	117.0	1.0 cup spaghetti not packed	1.546
08129	Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water	240.0	1.0 cup	1.543
11985	Fireweed, leaves, raw	23.0	1.0 cup, chopped	1.542
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	29.0	0.75 cup (1 NLEA serving)	1.536
20130	Barley flour or meal	148.0	1.0 cup	1.530
09266	Pineapple, raw, all varieties	165.0	1.0 cup, chunks	1.530
12152	Nuts, pistachio nuts, dry roasted, without salt added	123.0	1.0 cup	1.529
12652	Nuts, pistachio nuts, dry roasted, with salt added	123.0	1.0 cup	1.529
20648	Sorghum flour, whole-grain	121.0	1.0 cup	1.522
20126	Spaghetti, spinach, dry	57.0	2.0 oz	1.508
16003	Beans, adzuki, mature seeds, canned, sweetened	296.0	1.0 cup	1.492
16426	Tofu, raw, firm, prepared with calcium sulfate	126.0	0.5 cup	1.488
28287	Bread, naan, whole wheat, commercially prepared, refrigerated	106.0	1.0 piece	1.484
11496	Succotash, (corn and limas), cooked, boiled, drained, without salt	192.0	1.0 cup	1.476
11871	Succotash, (corn and limas), cooked, boiled, drained, with salt	192.0	1.0 cup	1.476
12151	Nuts, pistachio nuts, raw	123.0	1.0 cup	1.476
16157	Chickpea flour (besan)	92.0	1.0 cup	1.472
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	1.463
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	180.0	1.0 cup	1.463
25051	Snacks, CLIF BAR, mixed flavors	68.0	1.0 bar	1.459
43495	Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY	50.0	1.0 cup (1 NLEA serving)	1.452
28322	Bagels, multigrain	81.0	1.0 piece bagel	1.450
08393	Cereals ready-to-eat, KASHI GOLEAN	52.0	1.0 cup (1 NLEA serving)	1.450
20042	Rice, brown, parboiled, dry, UNCLE BEN'S	48.0	0.25 cup	1.428
16109	Soybeans, mature cooked, boiled, without salt	172.0	1.0 cup	1.417
16409	Soybeans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	1.417
08183	Cereals, whole wheat hot natural cereal, cooked with water, with salt	242.0	1.0 cup	1.411
11195	Cowpeas (blackeyes), immature seeds, frozen, unprepared	160.0	1.0 cup	1.410
19126	Candies, milk chocolate coated peanuts	149.0	1.0 cup	1.408
18968	Bagels, wheat	98.0	1.0 bagel	1.401
11450	Soybeans, green, raw	256.0	1.0 cup	1.400
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	57.0	1.0 cup (1 NLEA serving)	1.395
36026	CRACKER BARREL, onion rings, thick-cut	261.0	1.0 serving	1.386

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
12097	Nuts, chestnuts, european, raw, unpeeled	145.0	1.0 cup	1.380
21270	TACO BELL, Taco Salad	533.0	1.0 item	1.364
25045	Formulated bar, high fiber, chewy, oats and chocolate	40.0	1.0 bar	1.363
43245	Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits	55.0	1.0 cup (1 NLEA serving)	1.361
19701	Candies, semisweet chocolate, made with butter	170.0	1.0 cup chips (6 oz package)	1.360
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234.0	1.0 cup	1.357
08180	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt	234.0	1.0 cup	1.357
19061	Snacks, trail mix, tropical	140.0	1.0 cup	1.352
09430	Pineapple, raw, extra sweet variety	165.0	1.0 cup, chunks	1.350
20028	Couscous, dry	173.0	1.0 cup	1.349
16051	Beans, white, mature seeds, canned	262.0	1.0 cup	1.349
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	1.345
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	1.345
20106	Macaroni, vegetable, enriched, cooked	134.0	1.0 cup spiral shaped	1.321
16002	Beans, adzuki, mature seeds, cooked, boiled, without salt	230.0	1.0 cup	1.318
16302	Beans, adzuki, mature seed, cooked, boiled, with salt	230.0	1.0 cup	1.318
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	234.0	1.0 cup, cooked	1.306
43528	Beverages, ABBOTT, ENSURE PLUS, ready-to-drink	252.0	1.0 cup	1.300
35203	Rose Hips, wild (Northern Plains Indians)	127.0	1.0 cup	1.295
28313	Rolls, hamburger or hot dog, whole wheat	56.0	1.0 roll	1.294
19240	Frostings, chocolate, creamy, dry mix	388.0	1.0 package	1.292
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	51.0	0.5 cup (1 NLEA serving)	1.286
06002	Soup, black bean, canned, condensed	257.0	1.0 cup (8 fl oz)	1.285
16160	Tofu, hard, prepared with nigari	122.0	0.25 block	1.283
11461	Spinach, canned, regular pack, drained solids	214.0	1.0 cup	1.278
15204	Fish, pike, walleye, cooked, dry heat	124.0	1.0 fillet	1.272
12041	Seeds, sunflower seed flour, partially defatted	64.0	1.0 cup	1.264
02011	Spices, cloves, ground	2.1	1.0 tsp	1.263
09273	Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	250.0	1.0 cup	1.260
09510	Pineapple juice, canned, not from concentrate, unsweetened, with added vitamins A, C and E	250.0	1.0 cup	1.260
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	250.0	1.0 cup	1.260
25041	Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors	40.0	2.0 bar	1.255
20082	Wheat flour, white, all-purpose, self-rising, enriched	125.0	1.0 cup	1.250

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	48.0	1.0 bar	1.243
12149	Nuts, pine nuts, pinyon, dried	28.35	1.0 oz	1.228
36060	ON THE BORDER, soft taco with ground beef, cheese and lettuce	324.0	1.0 serving varied from 2-3 tacos per serving	1.221
36036	Restaurant, family style, onion rings	259.0	1.0 serving	1.220
19078	Baking chocolate, unsweetened, squares	29.0	1.0 oz square Bakers	1.208
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	1.205
12104	Nuts, coconut meat, raw	80.0	1.0 cup, shredded	1.200
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	43.0	1.0 packet (1 NLEA serving)	1.200
28304	Waffles, whole wheat, lowfat, frozen, ready-to-heat	70.0	1.0 serving 2 waffles	1.198
20136	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, cooked	116.0	1.0 cup spaghetti not packed	1.197
20647	Millet flour	119.0	1.0 cup	1.192
11211	Edamame, frozen, unprepared	118.0	1.0 cup	1.192
16121	Soy protein concentrate, produced by alcohol extraction	28.35	1.0 oz	1.188
16420	Soy protein concentrate, produced by acid wash	28.35	1.0 oz	1.188
20065	Rye flour, light	102.0	1.0 cup	1.185
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	47.0	2.0 biscuits (1 NLEA serving)	1.184
36630	Restaurant, Italian, spaghetti with meat sauce	554.0	1.0 serving	1.174
11516	Sweet potato, frozen, unprepared	176.0	1.0 cup, cubes	1.170
11517	Sweet potato, frozen, cooked, baked, without salt	176.0	1.0 cup, cubes	1.170
11877	Sweet potato, frozen, cooked, baked, with salt	176.0	1.0 cup, cubes	1.170
20137	Quinoa, cooked	185.0	1.0 cup	1.167
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	45.0	1.0 packet	1.161
36631	OLIVE GARDEN, spaghetti with meat sauce	525.0	1.0 serving	1.160
11512	Sweet potato, canned, vacuum pack	255.0	1.0 cup, mashed	1.160
11645	Sweet potato, canned, syrup pack, solids and liquids	228.0	1.0 cup	1.156
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	1.154
11855	Spinach, canned, no salt added, solids and liquids	234.0	1.0 cup	1.154
11039	Lima beans, immature seeds, frozen, baby, unprepared	164.0	1.0 cup	1.151
21153	Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato	413.0	12.0 inch sub	1.148
20652	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, cooked	116.0	1.0 cup spaghetti not packed	1.144
16350	Beans, white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	1.138
16050	Beans, white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	1.138
11700	Amaranth leaves, cooked, boiled, drained, with salt	132.0	1.0 cup	1.137
11004	Amaranth leaves, cooked, boiled, drained, without salt	132.0	1.0 cup	1.137
12085	Nuts, cashew nuts, dry roasted, without salt added	137.0	1.0 cup, halves and whole	1.132
12585	Nuts, cashew nuts, dry roasted, with salt added	137.0	1.0 cup, halves and whole	1.132

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
14649	Beverages, tea, hibiscus, brewed	237.0	8.0 fl oz	1.130
19348	Syrups, chocolate, fudge-type	304.0	1.0 cup	1.128
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	170.0	1.0 cup, chopped	1.127
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170.0	1.0 cup, chopped	1.127
16377	Lupins, mature seeds, cooked, boiled, with salt	166.0	1.0 cup	1.122
16077	Lupins, mature seeds, cooked, boiled, without salt	166.0	1.0 cup	1.122
12193	Seeds, sisymbrium sp. seeds, whole, dried	74.0	1.0 cup	1.119
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	240.0	1.0 cup	1.118
12143	Nuts, pecans, dry roasted, without salt added	28.35	1.0 oz	1.115
12643	Nuts, pecans, dry roasted, with salt added	28.35	1.0 oz	1.115
18042	Bread, pita, whole-wheat	64.0	1.0 pita, large (6-1/2" dia)	1.114
20013	Bulgur, cooked	182.0	1.0 cup	1.108
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	170.0	1.0 cup	1.102
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170.0	1.0 cup	1.102
11463	Spinach, frozen, chopped or leaf, unprepared	156.0	1.0 cup	1.098
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	510.0	1.0 serving	1.096
25017	Formulated bar, POWER BAR, chocolate	68.0	1.0 bar	1.095
11618	Eppaw, raw	100.0	1.0 cup	1.094
16008	Beans, baked, canned, with franks	259.0	1.0 cup	1.088
20129	Wheat flours, bread, unenriched	137.0	1.0 cup unsifted, dipped	1.085
20083	Wheat flour, white, bread, enriched	137.0	1.0 cup	1.085
11426	Pumpkin pie mix, canned	270.0	1.0 cup	1.083
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	202.0	1.0 pie crust (average weight)	1.077
09352	Blueberries, canned, light syrup, drained	244.0	1.0 cup	1.074
36621	Restaurant, Chinese, sweet and sour chicken	706.0	1.0 order	1.073
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	225.0	1.0 pie crust (average weight)	1.071
16026	Beans, great northern, mature seeds, canned	262.0	1.0 cup	1.069
16326	Beans, great northern, mature seeds, canned, low sodium	262.0	1.0 cup	1.069
16075	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	182.0	1.0 cup	1.065
16375	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	182.0	1.0 cup	1.065
16146	Beans, pinto, canned, drained solids	277.0	1.0 can drained solids	1.061
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	80.0	1.0 bar	1.058
36622	Restaurant, Chinese, sweet and sour pork	609.0	1.0 order	1.054
11579	Vegetables, mixed, canned, solids and liquids	245.0	1.0 cup	1.046
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30.0	0.75 cup (1 NLEA serving)	1.034

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
20066	Semolina, enriched	167.0	1.0 cup	1.034
20466	Semolina, unenriched	167.0	1.0 cup	1.034
06426	Soup, chili beef, canned, prepared with equal volume water	261.0	1.0 cup	1.023
16145	Beans, kidney, red, mature seeds, canned, drained solids	266.0	1.0 can drained solids	1.021
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	478.0	1.0 serving	1.018
35197	Lambsquarters, steamed (Northern Plains Indians)	65.0	1.0 cup	1.014
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	1.011
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	489.0	1.0 serving	1.007
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	29.0	1.0 serving (NLEA serving size = 0.75 cup)	1.005
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	537.0	1.0 serving	1.004
08290	Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes	31.0	0.75 cup (1 NLEA serving)	1.001
20095	Pasta, fresh-refrigerated, spinach, as purchased	128.0	4.5 oz	1.000
14058	Beverages, Whey protein powder isolate	86.0	3.0 scoop	0.998
11955	Tomatoes, sun-dried	54.0	1.0 cup	0.997
11508	Sweet potato, cooked, baked in skin, flesh, without salt	200.0	1.0 cup	0.994
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	28.0	1.0 cup (1 NLEA serving)	0.993
21403	McDONALD'S, Premium Crispy Chicken Classic Sandwich	230.0	1.0 item	0.989
08680	Cereals, oats, instant, fortified, maple and brown sugar, dry	43.0	1.0 packet	0.988
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	27.0	0.75 cup (1 NLEA serving)	0.987
08584	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight	31.0	0.75 cup (1 NLEA serving)	0.983
16039	Beans, navy, mature seeds, canned	262.0	1.0 cup	0.982
16370	Lentils, mature seeds, cooked, boiled, with salt	198.0	1.0 cup	0.978
16070	Lentils, mature seeds, cooked, boiled, without salt	198.0	1.0 cup	0.978
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	200.0	1.0 cup	0.976
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188.0	1.0 cup	0.970
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	188.0	1.0 cup	0.970
11162	Collards, cooked, boiled, drained, without salt	190.0	1.0 cup, chopped	0.969
11768	Collards, cooked, boiled, drained, with salt	190.0	1.0 cup, chopped	0.969
08130	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry	43.0	1.0 packet	0.966
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182.0	1.0 cup	0.959
16338	Beans, navy, mature seeds, cooked, boiled, with salt	182.0	1.0 cup	0.959
15217	Fish, sucker, white, cooked, dry heat	124.0	1.0 fillet	0.954
36620	Restaurant, Chinese, shrimp and vegetables	601.0	1.0 order	0.950
08122	Cereals, oats, instant, fortified, plain, dry	28.0	1.0 packet	0.948
11277	New Zealand spinach, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	0.947
11802	New zealand spinach, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	0.947

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
08389	Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs	30.0	1.0 cup (1 NLEA serving)	0.945
11245	Lambsquarters, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	0.945
11794	Lambsquarters, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	0.945
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	165.0	1.0 cup	0.944
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	0.944
16065	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	240.0	1.0 cup	0.941
09518	Raspberries, frozen, unsweetened	140.0	1.0 cup, unthawed	0.938
11050	Beans, shellie, canned, solids and liquids	245.0	1.0 cup	0.936
20048	Rice, white, long-grain, precooked or instant, enriched, dry	95.0	1.0 cup	0.936
16068	Hyacinth beans, mature seeds, cooked, boiled, without salt	194.0	1.0 cup	0.935
16368	Hyacinth beans, mature seeds, cooked, boiled, with salt	194.0	1.0 cup	0.935
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	255.0	1.0 cup	0.933
16379	Mothbeans, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.933
16079	Mothbeans, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.933
14366	Beverages, tea, instant, unsweetened, powder	0.7	1.0 serving 1 tsp	0.931
14353	Beverages, tea, instant, decaffeinated, unsweetened	0.7	1.0 serving 2 tsp	0.931
09042	Blackberries, raw	144.0	1.0 cup	0.930
09452	Orange Pineapple Juice Blend	246.0	8.0 fl oz	0.930
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	60.0	1.0 bar	0.928
16341	Beans, pink, mature seeds, cooked, boiled, with salt	169.0	1.0 cup	0.926
16041	Beans, pink, mature seeds, cooked, boiled, without salt	169.0	1.0 cup	0.926
11581	Vegetables, mixed, canned, drained solids	163.0	1.0 cup	0.926
16325	Beans, great northern, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.917
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.917
16009	Beans, baked, canned, with pork	253.0	1.0 cup	0.913
16346	Beans, small white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	0.913
16046	Beans, small white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	0.913
07057	Pepperoni, beef and pork, sliced	85.0	3.0 oz	0.913
11318	Peas and carrots, canned, regular pack, solids and liquids	255.0	1.0 cup	0.910
11816	Peas and carrots, canned, no salt added, solids and liquids	255.0	1.0 cup	0.910
11853	Soybeans, green, cooked, boiled, drained, with salt	180.0	1.0 cup	0.904
11451	Soybeans, green, cooked, boiled, drained, without salt	180.0	1.0 cup	0.904
16010	Beans, baked, canned, with pork and sweet sauce	249.0	1.0 cup	0.901
12036	Seeds, sunflower seed kernels, dried	46.0	1.0 cup, with hulls, edible yield	0.897
21157	SUBWAY, meatball marinara sub on white bread (no toppings)	209.0	6.0 inch sub	0.890
21158	Fast foods, submarine sandwich, meatball marinara on white bread	209.0	6.0 inch sub	0.890

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
11349	Poi	240.0	1.0 cup	0.888
11344	Pigeonpeas, immature seeds, raw	154.0	1.0 cup	0.884
08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	43.0	1.0 packet (1 NLEA serving)	0.878
20024	Cornmeal, yellow, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	0.877
16073	Lima beans, large, mature seeds, canned	241.0	1.0 cup	0.875
08132	Cereals, oats, instant, fortified, with raisins and spice, dry	44.0	1.0 packet	0.873
36626	Restaurant, Chinese, chicken and vegetables	693.0	1.0 order	0.873
11510	Sweet potato, cooked, boiled, without skin	328.0	1.0 cup, mashed	0.872
11876	Sweet potato, cooked, boiled, without skin, with salt	328.0	1.0 cup, mashed	0.872
36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	777.0	1.0 order	0.870
20084	Wheat flour, white, cake, enriched	137.0	1.0 cup unsifted, dipped	0.869
21060	Fast foods, burrito, with beans	217.0	2.0 pieces	0.868
11033	Lima beans, immature seeds, canned, regular pack, solids and liquids	124.0	0.5 cup	0.868
21479	DIGIORNO Pizza, supreme topping, rising crust, frozen, baked	227.0	1.0 slice 1/4 of pie	0.867
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	55.0	0.666 cup (1 NLEA serving)	0.855
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	125.0	1.0 cup	0.852
20081	Wheat flour, white, all-purpose, enriched, bleached	125.0	1.0 cup	0.852
20581	Wheat flour, white, all-purpose, enriched, unbleached	125.0	1.0 cup	0.852
20481	Wheat flour, white, all-purpose, unenriched	125.0	1.0 cup	0.852
28306	Bread, chapati or roti, plain, commercially prepared	68.0	1.0 piece	0.851
15159	Mollusks, clam, mixed species, cooked, moist heat	85.0	3.0 oz	0.850
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.844
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.844
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.844
36603	Restaurant, Chinese, beef and vegetables	574.0	1.0 order	0.844
21061	Fast foods, burrito, with beans and cheese	185.0	1.0 each burrito	0.844
21264	TACO BELL, Bean Burrito	185.0	1.0 each burrito	0.844
16402	Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	168.0	1.0 cup	0.842
16102	Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	168.0	1.0 cup	0.842
11305	Peas, green, cooked, boiled, drained, without salt	160.0	1.0 cup	0.840
11811	Peas, green, cooked, boiled, drained, with salt	160.0	1.0 cup	0.840
20420	Pasta, dry, unenriched	91.0	1.0 cup spaghetti	0.834
20120	Pasta, dry, enriched	91.0	1.0 cup spaghetti	0.834
08225	Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry	35.0	1.0 packet	0.833
11973	Beans, fava, in pod, raw	126.0	1.0 cup	0.833
16134	Yardlong beans, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.833

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
16434	Yardlong beans, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.833
28286	Bread, paratha, whole wheat, commercially prepared, frozen	79.0	1.0 piece	0.833
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	0.829
36611	DENNY'S, mozzarella cheese sticks	228.0	1.0 serving	0.828
11683	Carrot, dehydrated	74.0	1.0 cup	0.826
09302	Raspberries, raw	123.0	1.0 cup	0.824
08228	Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry	37.0	1.0 packet	0.823
32010	Pasta mix, Italian lasagna, unprepared	141.0	1.0 package	0.821
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	454.0	1.0 serving varied from 7-9 ravioli per serving	0.817
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	0.815
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.812
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.812
11191	Cowpeas (blackeyes), immature seeds, raw	145.0	1.0 cup	0.812
15006	Fish, burbot, raw	116.0	1.0 fillet	0.812
21477	DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked	207.0	1.0 slice 1/4 of pie	0.811
16361	Cowpeas, catjang, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.809
16061	Cowpeas, catjang, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.809
15190	Fish, burbot, cooked, dry heat	90.0	1.0 fillet	0.807
32008	Pasta mix, classic cheeseburger macaroni, unprepared	123.0	1.0 package	0.806
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.805
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.805
20014	Corn grain, yellow	166.0	1.0 cup	0.805
20314	Corn grain, white	166.0	1.0 cup	0.805
32017	Pasta mix, Italian four cheese lasagna, unprepared	117.0	1.0 package	0.805
16171	Refried beans, canned, vegetarian	242.0	1.0 cup	0.803
08602	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan	30.0	0.75 cup (1 NLEA serving)	0.802
36413	Restaurant, Latino, black bean soup	246.0	1.0 cup	0.802
32009	Pasta mix, classic beef, unprepared	122.0	1.0 package	0.802
36055	Restaurant, Italian, cheese ravioli with marinara sauce	427.0	1.0 serving serving size varied by diameter and count of raviloi	0.798
21259	BURGER KING, Original Chicken Sandwich	199.0	1.0 sandwich	0.798
12114	Nuts, coconut meat, dried (desiccated), toasted	28.35	1.0 oz	0.794
11134	Cassava, raw	206.0	1.0 cup	0.791
08531	Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt	32.0	0.75 cup (1 NLEA serving)	0.790
09422	Durian, raw or frozen	243.0	1.0 cup, chopped or diced	0.790
12177	Nuts, coconut meat, dried (desiccated), creamed	28.35	1.0 oz	0.789

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
11278	Okra, raw	100.0	1.0 cup	0.788
06406	Soup, bean with frankfurters, canned, prepared with equal volume water	250.0	1.0 cup (8 fl oz)	0.788
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	126.0	0.5 cup	0.788
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	53.0	1.0 cup (1 NLEA serving)	0.786
06483	Soup, cream of chicken, dry, mix, prepared with water	261.0	1.0 cup 8 fl oz	0.783
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	0.779
12108	Nuts, coconut meat, dried (desiccated), not sweetened	28.35	1.0 oz	0.778
18446	Pie crust, standard-type, frozen, ready-to-bake, unenriched	142.0	1.0 crust, single 9"	0.777
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	0.776
11804	Okra, frozen, cooked, boiled, drained, with salt	92.0	0.5 cup slices	0.776
16386	Peas, split, mature seeds, cooked, boiled, with salt	196.0	1.0 cup	0.776
16086	Peas, split, mature seeds, cooked, boiled, without salt	196.0	1.0 cup	0.776
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.775
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.775
12006	Seeds, chia seeds, dried	28.35	1.0 oz	0.772
15100	Fish, smelt, rainbow, cooked, dry heat	85.0	3.0 oz	0.765
16315	Beans, black, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0.764
16015	Beans, black, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	0.764
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	0.763
16044	Beans, pinto, mature seeds, canned, solids and liquids	240.0	1.0 cup	0.763
15195	Fish, drum, freshwater, cooked, dry heat	85.0	3.0 oz	0.762
18226	Crackers, rye, wafers, plain	14.2	0.5 oz	0.762
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.761
09094	Figs, dried, uncooked	149.0	1.0 cup	0.760
15178	Mollusks, whelk, unspecified, cooked, moist heat	85.0	3.0 oz	0.757
08074	Cereals ready-to-eat, RALSTON TASTEEOS	28.0	1.0 cup (1 NLEA serving)	0.756
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	281.0	1.0 serving varied from 1 to 3 tacos per serving	0.756
18284	Muffins, wheat bran, dry mix	28.35	1.0 oz	0.756
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	28.35	1.0 oz	0.755
16172	Refried beans, canned, fat-free	231.0	1.0 cup	0.753
08388	Cereals ready-to-eat, KASHI 7 Whole Grain Puffs	19.0	1.0 cup (1 NLEA serving)	0.753
28285	Bread, chapati or roti, whole wheat, commercially prepared, frozen	43.0	1.0 piece	0.751
16427	Tofu, raw, regular, prepared with calcium sulfate	124.0	0.5 cup	0.750
21389	Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	374.0	1.0 item	0.748
21254	BURGER KING, DOUBLE WHOPPER, no cheese	374.0	1.0 item	0.748
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32.0	0.75 cup (1 NLEA serving)	0.747

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
25062	Snack, Mixed Berry Bar	38.0	1.0 bar	0.746
20445	Rice, white, long-grain, regular, unenriched, cooked without salt	158.0	1.0 cup	0.746
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	158.0	1.0 cup	0.746
20045	Rice, white, long-grain, regular, enriched, cooked	158.0	1.0 cup	0.746
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	158.0	1.0 cup	0.746
18283	Muffins, oat bran	28.35	1.0 oz	0.746
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256.0	1.0 cup	0.745
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	256.0	1.0 cup	0.745
11298	Parsnips, raw	133.0	1.0 cup slices	0.745
28373	UDI'S, Gluten Free, Whole Grain Dinner Rolls	44.0	1.0 roll	0.744
28343	Rolls, gluten-free, whole grain, made with tapioca starch and brown rice flour	44.0	1.0 roll	0.744
16011	Beans, baked, canned, with pork and tomato sauce	246.0	1.0 cup	0.743
12013	Seeds, lotus seeds, dried	32.0	1.0 cup	0.742
16384	Mungo beans, mature seeds, cooked, boiled, with salt	180.0	1.0 cup	0.742
16084	Mungo beans, mature seeds, cooked, boiled, without salt	180.0	1.0 cup	0.742
11087	Beet greens, cooked, boiled, drained, without salt	144.0	1.0 cup (1" pieces)	0.740
11736	Beet greens, cooked, boiled, drained, with salt	144.0	1.0 cup (1" pieces)	0.740
11553	Tomato products, canned, sauce, with onions	245.0	1.0 cup	0.737
12094	Nuts, chestnuts, chinese, dried	28.35	1.0 oz	0.737
16054	Broadbeans (fava beans), mature seeds, canned	256.0	1.0 cup	0.737
20114	Noodles, japanese, soba, dry	57.0	2.0 oz	0.736
21521	Fast foods, strawberry banana smoothie made with ice and low-fat yogurt	347.0	12.0 fl oz	0.736
22999	Rice and vermicelli mix, chicken flavor, prepared with 80% margarine	233.0	1.0 cup	0.734
20453	Rice, white, short-grain, cooked, unenriched	205.0	1.0 cup	0.732
09057	Boysenberries, frozen, unsweetened	132.0	1.0 cup, unthawed	0.722
18076	Bread, whole-wheat, commercially prepared, toasted	28.35	1.0 oz	0.722
36012	Restaurant, family style, fried mozzarella sticks	245.0	1.0 serving	0.720
06039	Soup, minestrone, canned, chunky, ready-to-serve	240.0	1.0 cup	0.720
21265	TACO BELL, BURRITO SUPREME with beef	241.0	1.0 burrito	0.718
21064	Fast foods, burrito, with beans, cheese, and beef	241.0	1.0 burrito	0.718
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	170.0	1.0 cup	0.716
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	170.0	1.0 cup	0.716
06121	Gravy, mushroom, canned	238.0	1.0 cup	0.714
21402	McDONALD'S, Premium Grilled Chicken Classic Sandwich	200.0	1.0 item 7 oz	0.714
12024	Seeds, sesame seeds, whole, roasted and toasted	28.35	1.0 oz	0.708
15187	Fish, bass, freshwater, mixed species, cooked, dry heat	62.0	1.0 fillet	0.707

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
06007	Soup, bean with ham, canned, chunky, ready-to-serve	243.0	1.0 cup (8 fl oz)	0.705
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	340.0	1.0 bowl	0.704
15003	Fish, bass, fresh water, mixed species, raw	79.0	1.0 fillet	0.702
20051	Rice, white, medium-grain, enriched, cooked	186.0	1.0 cup	0.701
20451	Rice, white, medium-grain, cooked, unenriched	186.0	1.0 cup	0.701
20093	Pasta, fresh-refrigerated, plain, as purchased	128.0	4.5 oz	0.700
18075	Bread, whole-wheat, commercially prepared	32.0	1.0 slice	0.696
21213	SUBWAY, cold cut sub on white bread with lettuce and tomato	196.0	6.0 inch sub	0.694
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	196.0	6.0 inch sub	0.694
35205	Stinging Nettles, blanched (Northern Plains Indians)	89.0	1.0 cup	0.693
20650	Sorghum flour, refined, unenriched	161.0	1.0 cup	0.692
11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	153.0	1.0 cup	0.690
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	153.0	1.0 cup	0.690
16103	Refried beans, canned, traditional style (includes USDA commodity)	238.0	1.0 cup	0.688
16403	Refried beans, canned, traditional, reduced sodium	238.0	1.0 cup	0.688
16173	Frijoles rojos volteados (Refried beans, red, canned)	233.0	1.0 cup	0.687
43441	Rolls, pumpernickel	36.0	1.0 medium (2-1/2" dia)	0.687
32003	Rice and vermicelli mix, rice pilaf flavor, prepared with 80% margarine	238.0	1.0 cup	0.683
14548	Beverages, tea, instant, lemon, with added ascorbic acid	23.0	1.0 serving (3 heaping tsp)	0.682
14357	Beverages, tea, instant, decaffeinated, lemon, sweetened	23.0	1.0 serving (3 heaping tsp)	0.682
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	0.682
20086	Wheat flour, white, tortilla mix, enriched	111.0	1.0 cup	0.682
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	95.0	0.5 cup	0.681
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	95.0	0.5 cup	0.681
15064	Fish, pike, walleye, raw	85.0	3.0 oz	0.680
21267	TACO BELL, BURRITO SUPREME with steak	248.0	1.0 item	0.680
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240.0	1.0 cup	0.679
36043	CARRABBA'S ITALIAN GRILL, lasagne	437.0	1.0 serving	0.677
20010	Buckwheat groats, roasted, cooked	168.0	1.0 cup	0.677
14639	Beverages, rice milk, unsweetened	240.0	8.0 fl oz (approximate weight, 1 serving)	0.677
15219	Fish, trout, mixed species, cooked, dry heat	62.0	1.0 fillet	0.676
16023	Beans, french, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.676
16323	Beans, french, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.676
09085	Currants, zante, dried	144.0	1.0 cup	0.675
06051	Soup, pea, split with ham, canned, condensed	135.0	0.5 cup (4 fl oz)	0.675
15114	Fish, trout, mixed species, raw	79.0	1.0 fillet	0.672

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
06451	Soup, pea, split with ham, canned, prepared with equal volume water	253.0	1.0 cup (8 fl oz)	0.670
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	183.0	1.0 slice 1/4 of pie	0.670
21266	TACO BELL, BURRITO SUPREME with chicken	248.0	1.0 item	0.670
11350	Pokeberry shoots, (poke), raw	160.0	1.0 cup	0.669
22917	Burrito, beef and bean, frozen	139.0	1.0 burrito frozen	0.669
36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	365.0	1.0 serving varied from 8 to 10 ravioli per serving	0.668
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	94.0	1.0 cup	0.667
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	0.667
28288	Bread, roll, Mexican, bollilo	98.0	1.0 piece	0.666
16147	Veggie burgers or soyburgers, unprepared	70.0	1.0 pattie	0.666
19439	Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar	37.0	1.0 bar	0.665
20053	Rice, white, short-grain, enriched, cooked	186.0	1.0 cup	0.664
18949	Crackers, whole-wheat, reduced fat	29.0	1.0 serving	0.663
22911	Chili, no beans, canned entree	240.0	1.0 cup	0.662
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	0.661
06249	Soup, pea, green, canned, prepared with equal volume milk	254.0	1.0 cup (8 fl oz)	0.660
36031	DENNY'S, onion rings	166.0	1.0 serving	0.659
22915	Lasagna with meat & sauce, low-fat, frozen entree	309.0	1.0 package	0.658
11759	Carrots, canned, no salt added, drained solids	146.0	1.0 cup, sliced	0.657
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	0.657
19216	Candies, praline, prepared-from-recipe	39.0	1.0 piece	0.656
16320	Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.655
16020	Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.655
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	163.0	1.0 cup	0.652
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	0.652
06404	Soup, bean with pork, canned, prepared with equal volume water	266.0	1.0 serving 1 cup	0.652
06004	Soup, bean with pork, canned, condensed	130.0	0.5 cup	0.650
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	0.646
16005	Beans, baked, home prepared	253.0	1.0 cup	0.645
32001	Rice and vermicelli mix, beef flavor, prepared with 80% margarine	247.0	1.0 cup	0.645
16088	Peanuts, all types, cooked, boiled, with salt	63.0	1.0 cup in shell, edible yield	0.644
18348	Rolls, dinner, whole-wheat	28.0	1.0 roll (1 oz)	0.643
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	0.643
21150	SUBWAY, sweet onion chicken teriyaki sub on white bread with lettuce, tomato and sweet onion sauce	228.0	6.0 inch sub	0.643
35204	Chokecherries, raw, pitted (Northern Plains Indians)	154.0	1.0 cup	0.642

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
09318	Strawberries, frozen, unsweetened	221.0	1.0 cup, thawed	0.641
12011	Seeds, cottonseed meal, partially defatted (glandless)	28.35	1.0 oz	0.641
06049	Soup, pea, green, canned, condensed	128.0	0.5 cup	0.640
09056	Boysenberries, canned, heavy syrup	256.0	1.0 cup	0.640
14041	Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	237.0	1.0 bottle	0.638
09320	Strawberries, frozen, sweetened, sliced	255.0	1.0 cup, thawed	0.638
03091	Babyfood, vegetables, green beans, strained	240.0	1.0 cup	0.636
36041	Restaurant, Italian, lasagna with meat	457.0	1.0 serving	0.635
09319	Strawberries, frozen, sweetened, whole	255.0	1.0 cup, thawed	0.635
06449	Soup, pea, green, canned, prepared with equal volume water	259.0	1.0 serving 1 cup	0.635
18299	Pancakes, whole-wheat, dry mix, incomplete	28.35	1.0 oz	0.634
01263	Ice cream, light, soft serve, chocolate	298.0	1.0 medium	0.632
28312	Rolls, hamburger or hot dog, wheat/cracked wheat	51.0	1.0 roll	0.628
16428	Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	17.0	1.0 piece	0.627
16128	Tofu, dried-frozen (koyadofu)	17.0	1.0 piece	0.627
08239	Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry	27.0	0.75 cup (1 NLEA serving)	0.626
16345	Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water	169.0	1.0 cup	0.625
11432	Radishes, oriental, dried	116.0	1.0 cup	0.625
18036	Bread, multi-grain, toasted (includes whole-grain)	28.35	1.0 oz	0.624
06402	Soup, black bean, canned, prepared with equal volume water	247.0	1.0 cup	0.618
18950	Crackers, wheat, reduced fat	29.0	1.0 serving	0.617
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	268.0	1.0 cup	0.616
22928	Burrito, beef and bean, microwaved	116.0	1.0 burrito cooked	0.616
16149	Peanut spread, reduced sugar	31.0	2.0 tbsp	0.613
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	28.0	0.75 cup (1 NLEA serving)	0.613
11274	Mustard spinach, (tendergreen), raw	150.0	1.0 cup, chopped	0.610
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	0.610
11310	Peas, green, canned, seasoned, solids and liquids	227.0	1.0 cup	0.608
36605	CRACKER BARREL, country fried shrimp platter	149.0	1.0 serving	0.608
11964	Nopales, cooked, without salt	149.0	1.0 cup	0.608
20320	Cornmeal, whole-grain, white	122.0	1.0 cup	0.608
20023	Cornmeal, yellow, self-rising, bolted, plain, enriched	122.0	1.0 cup	0.608
20020	Cornmeal, whole-grain, yellow	122.0	1.0 cup	0.608
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	28.35	1.0 oz	0.608
09040	Bananas, raw	225.0	1.0 cup, mashed	0.608
16159	Tofu, extra firm, prepared with nigari	91.0	0.2 block	0.606

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	0.605
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	185.0	1.0 cup	0.605
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	253.0	1.0 cup	0.605
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253.0	1.0 cup	0.605
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	253.0	1.0 cup	0.605
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	385.0	1.0 serving	0.604
12008	Seeds, cottonseed flour, low fat (glandless)	28.35	1.0 oz	0.604
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	158.0	1.0 cup cup rinsed solids	0.604
22401	Spaghetti with meat sauce, frozen entree	283.0	1.0 serving	0.603
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	0.603
18235	Crackers, whole-wheat	28.0	1.0 serving	0.603
16081	Mung beans, mature seeds, cooked, boiled, without salt	202.0	1.0 cup	0.602
16381	Mung beans, mature seeds, cooked, boiled, with salt	202.0	1.0 cup	0.602
20003	Arrowroot flour	128.0	1.0 cup	0.602
11163	Collards, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.601
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	240.0	1.0 cup	0.600
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	68.0	0.333 cup	0.600
02021	Spices, ginger, ground	1.8	1.0 tsp	0.599
36623	Restaurant, Chinese, chicken chow mein	604.0	1.0 order	0.598
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	256.0	1.0 cup	0.596
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	0.596
21476	DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked	179.0	1.0 slice 1/4 of pie	0.596
11601	Yam, raw	150.0	1.0 cup, cubes	0.596
21063	Fast foods, burrito, with beans and beef	241.0	1.0 item	0.595
15024	Fish, drum, freshwater, raw	85.0	3.0 oz	0.595
15099	Fish, smelt, rainbow, raw	85.0	3.0 oz	0.595
21225	Pizza, cheese topping, rising crust, frozen, cooked	139.0	1.0 serving 6 servings per 29.25 oz package	0.595
11304	Peas, green, raw	145.0	1.0 cup	0.594
02043	Spices, turmeric, ground	3.0	1.0 tsp	0.594
36602	Restaurant, Chinese, fried rice, without meat	137.0	1.0 cup	0.593
11735	Beets, canned, no salt added, solids and liquids	246.0	1.0 cup	0.593
11605	Beets, harvard, canned, solids and liquids	246.0	1.0 cup slices	0.593
11878	Taro, cooked, with salt	132.0	1.0 cup slices	0.593
11519	Taro, cooked, without salt	132.0	1.0 cup, sliced	0.593
08087	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain CHEERIOS	29.0	1.0 cup (1 NLEA serving)	0.592
20058	Rice, white, steamed, Chinese restaurant	132.0	1.0 cup, loosely packed	0.591

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
09508	Fruit juice smoothie, NAKED JUICE, GREEN MACHINE	275.0	1.0 cup	0.591
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)	0.590
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	202.0	1.0 potato (2-1/3" x 4-3/4")	0.590
09259	Pears, dried, sulfured, uncooked	180.0	1.0 cup, halves	0.589
09316	Strawberries, raw	152.0	1.0 cup, halves	0.587
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	27.0	0.75 cup (1 NLEA serving)	0.587
18078	Bread, whole-wheat, prepared from recipe, toasted	28.35	1.0 oz	0.586
12204	Nuts, chestnuts, japanese, roasted	28.35	1.0 oz	0.585
11236	Kale, frozen, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.585
11791	Kale, frozen, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.585
11148	Chard, swiss, cooked, boiled, drained, without salt	175.0	1.0 cup, chopped	0.584
11765	Chard, swiss, cooked, boiled, drained, with salt	175.0	1.0 cup, chopped	0.584
20523	Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	140.0	1.0 cup	0.584
19720	Syrups, table blends, pancake, with 2% maple, with added potassium	315.0	1.0 cup	0.583
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	55.0	1.0 bar	0.582
19353	Syrups, maple	20.0	1.0 tbsp	0.582
21105	Fast foods, fish sandwich, with tartar sauce	220.0	1.0 sandwich	0.581
21258	BURGER KING, Premium Fish Sandwich	220.0	1.0 sandwich	0.581
32000	Rice and vermicelli mix, beef flavor, unprepared	61.0	0.333 cup	0.581
36001	APPLEBEE'S, Double Crunch Shrimp	206.0	1.0 serving	0.579
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	0.578
25025	Snacks, soy chips or crisps, salted	28.35	1.0 oz	0.578
11214	Escarole, cooked, boiled, drained, no salt added	150.0	1.0 cup	0.578
16097	Peanut butter, chunk style, with salt	32.0	2.0 tbsp	0.576
16397	Peanut butter, chunk style, without salt	32.0	2.0 tbsp	0.576
21152	SUBWAY, SUBWAY CLUB sub on white bread with lettuce and tomato	207.0	6.0 inch sub	0.575
28397	Bread, multi-grain (includes whole-grain)	28.35	1.0 oz	0.574
09041	Bananas, dehydrated, or banana powder	100.0	1.0 cup	0.574
36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	339.0	1.0 serving	0.573
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	31.0	0.75 cup (1 NLEA serving)	0.573
36052	Restaurant, Mexican, cheese quesadilla	205.0	1.0 serving serving size varied on diameter and count of quesadila	0.572
32019	Lasagna, cheese, frozen, unprepared	237.0	1.0 cup 1 serving	0.571
12021	Seeds, safflower seed kernels, dried	28.35	1.0 oz	0.571
11311	Peas, green, canned, drained solids, rinsed in tap water	257.0	1.0 can	0.571
09095	Figs, dried, stewed	259.0	1.0 cup	0.570

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
21253	BURGER KING, WHOPPER, with cheese	316.0	1.0 item	0.569
11369	Potatoes, microwaved, cooked in skin, skin, without salt	58.0	1.0 skin	0.568
11836	Potatoes, microwaved, cooked, in skin, skin with salt	58.0	1.0 skin	0.568
11875	Sweet potato, cooked, baked in skin, flesh, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	0.567
12022	Seeds, safflower seed meal, partially defatted	28.35	1.0 oz	0.566
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165.0	1.0 cup	0.566
11357	Potatoes, white, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia)	0.565
22906	Chicken pot pie, frozen entree, prepared	302.0	1.0 pie	0.565
22998	Rice and vermicelli mix, chicken flavor, unprepared	56.0	0.333 cup	0.564
36629	Restaurant, Chinese, orange chicken	648.0	1.0 order	0.564
16331	Beans, kidney, california red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.563
16031	Beans, kidney, california red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.563
21160	Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato	201.0	6.0 inch sub	0.563
21159	SUBWAY, steak & cheese sub on white bread with American cheese, lettuce and tomato	201.0	6.0 inch sub	0.563
21603	School Lunch, pizza, pepperoni topping, thick crust, whole grain, frozen, cooked	124.0	1.0 slice per 1/10 pizza	0.562
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	0.562
02006	Spices, cardamom	2.0	1.0 tsp, ground	0.560
20047	Rice, white, long-grain, parboiled, enriched, cooked	158.0	1.0 cup	0.559
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	237.0	1.0 cup	0.559
20447	Rice, white, long-grain, parboiled, unenriched, cooked	158.0	1.0 cup	0.559
16316	Beans, black, mature seeds, canned, low sodium	240.0	1.0 cup	0.559
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	0.559
21255	BURGER KING, DOUBLE WHOPPER, with cheese	399.0	1.0 item	0.559
06190	Soup, bean & ham, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	0.559
21154	Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato	198.0	6.0 inch sub	0.558
21211	SUBWAY, oven roasted chicken sub on white bread with lettuce and tomato	198.0	6.0 inch sub	0.558
18940	Muffin, blueberry, commercially prepared, low-fat	71.0	1.0 muffin small	0.557
21161	SUBWAY, B.L.T. sub on white bread with bacon, lettuce and tomato	148.0	6.0 inch sub	0.556
21162	Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread	148.0	6.0 inch sub	0.556
19817	Snacks, rice cakes, brown rice, buckwheat, unsalted	9.0	1.0 cake	0.556
19052	Snacks, rice cakes, brown rice, buckwheat	9.0	1.0 cake	0.556
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	245.0	1.0 cup	0.556
21209	SUBWAY, black forest ham sub on white bread with lettuce and tomato	184.0	6.0 inch sub	0.556
21156	Fast foods, submarine sandwich, ham on white bread with lettuce and tomato	184.0	6.0 inch sub	0.556
22529	Beef Pot Pie, frozen entree, prepared	268.0	1.0 pie, cooked (average weight)	0.555
36617	Restaurant, Chinese, lemon chicken	623.0	1.0 order	0.554

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
11827	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	165.0	1.0 cup	0.554
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	165.0	1.0 cup	0.554
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	0.554
11126	Carrots, canned, regular pack, solids and liquids	123.0	0.5 cup slices	0.554
32018	Spanish rice mix, dry mix, unprepared	70.0	0.5 cup	0.553
19904	Chocolate, dark, 70-85% cacao solids	28.35	1.0 oz	0.552
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	0.552
18267	English muffins, whole-wheat, toasted	28.35	1.0 oz	0.552
21227	Pizza, meat and vegetable topping, rising crust, frozen, cooked	170.0	1.0 serving 6 servings per 34.98 oz package	0.549
16087	Peanuts, all types, raw	28.35	1.0 oz	0.548
03269	Babyfood, juice, apple, with calcium	189.0	1.0 serving	0.548
22247	Macaroni and Cheese, canned entree	244.0	1.0 serving	0.547
21207	SUBWAY, turkey breast sub on white bread with lettuce and tomato	184.0	6.0 inch sub	0.546
21155	Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato	184.0	6.0 inch sub	0.546
11988	Fungi, Cloud ears, dried	28.0	1.0 cup	0.546
21363	McDONALD'S, Deluxe Breakfast, with syrup and margarine	420.0	1.0 item 14.8 oz	0.546
11481	Squash, summer, zucchini, italian style, canned	227.0	1.0 cup	0.545
36418	Restaurant, Mexican, refried beans	148.0	1.0 cup	0.543
19404	Snacks, granola bars, soft, uncoated, chocolate chip	43.0	1.0 bar (1.5 oz)	0.543
11792	Kale, scotch, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.542
11623	Kale, scotch, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.542
16120	Soymilk, original and vanilla, unfortified	243.0	1.0 cup	0.542
19022	Snacks, granola bars, soft, uncoated, raisin	43.0	1.0 bar (1.5 oz)	0.542
14090	Beverages, Coconut water, ready-to-drink, unsweetened	245.0	1.0 cup	0.541
11234	Kale, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.541
11790	Kale, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.541
36045	ON THE BORDER, refried beans	135.0	1.0 cup	0.540
36023	APPLEBEE'S, chicken tenders platter	209.0	1.0 serving	0.539
20016	Corn flour, whole-grain, yellow	117.0	1.0 cup	0.538
20316	Corn flour, whole-grain, white	117.0	1.0 cup	0.538
11879	Taro, leaves, cooked, steamed, with salt	145.0	1.0 cup	0.538
11521	Taro leaves, cooked, steamed, without salt	145.0	1.0 cup	0.538
11559	Tomato products, canned, sauce, with tomato tidbits	244.0	1.0 cup	0.537
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	99.0	1.0 bagel	0.534
18077	Bread, whole-wheat, prepared from recipe	28.35	1.0 oz	0.533
16098	Peanut butter, smooth style, with salt	32.0	2.0 tbsp	0.533

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
16398	Peanut butter, smooth style, without salt	32.0	2.0 tbsp	0.533
19188	Puddings, chocolate, dry mix, regular	99.0	1.0 package (3.5 oz)	0.532
16150	Peanut butter, smooth, reduced fat	36.0	2.0 tablespoon	0.531
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	152.0	1.0 sandwich	0.530
21244	WENDY'S, Homestyle Chicken Fillet Sandwich	230.0	1.0 item	0.529
06982	Soup, ramen noodle, beef flavor, dry	82.0	1.0 package without flavor packet	0.528
35143	Tortilla, includes plain and from mutton sandwich (Navajo)	197.0	1.0 serving	0.528
11649	Tomato products, canned, sauce, spanish style	244.0	1.0 cup	0.527
18232	Crackers, wheat, regular	34.0	16.0 crackers 1 serving	0.527
22918	Burrito, bean and cheese, frozen	129.0	1.0 burrito	0.526
11316	Peas, mature seeds, sprouted, raw	120.0	1.0 cup	0.526
21252	BURGER KING, WHOPPER, no cheese	291.0	1.0 item	0.524
16055	Carob flour	103.0	1.0 cup	0.523
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	231.0	1.0 cup	0.522
25034	Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	47.0	1.0 bar	0.521
09291	Plums, dried (prunes), uncooked	174.0	1.0 cup, pitted	0.520
16021	Beans, cranberry (roman), mature seeds, canned	260.0	1.0 cup	0.520
09052	Blueberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	0.520
20622	Spaghetti, protein-fortified, dry, enriched (n x 6.25)	57.0	2.0 oz	0.519
21008	Fast foods, biscuit, with ham	162.0	1.0 biscuit	0.518
36020	T.G.I. FRIDAY'S, chicken fingers	225.0	1.0 serving	0.518
11358	Potatoes, red, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	0.517
19151	Candies, REESE'S PIECES Candy	47.0	0.25 cup	0.517
09301	Rambutan, canned, syrup pack	150.0	1.0 cup, drained	0.515
21473	DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked	164.0	1.0 slice 1/4 of pie	0.513
11048	Beans, pinto, immature seeds, frozen, unprepared	94.0	0.333 package (10 oz)	0.513
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	223.0	1.0 cup	0.513
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	223.0	1.0 cup	0.513
11956	Tomatoes, sun-dried, packed in oil, drained	110.0	1.0 cup	0.513
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	27.0	0.75 cup (1 NLEA serving)	0.512
06583	Soup, ramen noodle, any flavor, dry	81.0	1.0 package without flavor packet	0.510
15107	Fish, sucker, white, raw	85.0	3.0 oz	0.510
35234	Piki bread, made from blue cornmeal (Hopi)	28.0	1.0 piece	0.510
19161	Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars	54.0	1.0 package (1.89 oz, 2 bars)	0.509
11990	Wasabi, root, raw	130.0	1.0 cup, sliced	0.508
09297	Raisins, golden seedless	165.0	1.0 cup, packed	0.508

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
09317	Strawberries, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup	0.508
18266	English muffins, whole-wheat	28.35	1.0 oz	0.507
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	190.0	6.0 inch sub	0.507
21210	SUBWAY, roast beef sub on white bread with lettuce and tomato	190.0	6.0 inch sub	0.507
20112	Noodles, egg, spinach, enriched, cooked	160.0	1.0 cup	0.507
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	28.35	1.0 oz	0.507
19812	Snacks, pretzels, hard, plain, made with unenriched flour, salted	28.35	1.0 oz	0.507
19813	Snacks, pretzels, hard, plain, made with unenriched flour, unsalted	28.35	1.0 oz	0.507
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	237.0	6.0 inch sub	0.507
21214	SUBWAY, tuna sub on white bread with lettuce and tomato	237.0	6.0 inch sub	0.507
20091	Pasta, gluten-free, corn, dry	105.0	1.0 cup	0.507
15152	Crustaceans, shrimp, mixed species, canned	128.0	1.0 cup	0.507
16090	Peanuts, all types, dry-roasted, with salt	28.35	1.0 oz	0.506
06983	Soup, ramen noodle, chicken flavor, dry	81.0	1.0 package without flavor packet	0.506
06192	Split pea soup, canned, reduced sodium, prepared with water or ready-to serve	253.0	1.0 cup	0.506
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	192.0	1.0 cup slices	0.505
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	0.505
17201	Lamb, variety meats and by-products, liver, cooked, pan-fried	85.0	3.0 oz	0.505
11897	Yam, cooked, boiled, drained, or baked, with salt	136.0	1.0 cup, cubes	0.505
11602	Yam, cooked, boiled, drained, or baked, without salt	136.0	1.0 cup, cubes	0.505
20510	Noodles, egg, cooked, unenriched, with added salt	160.0	1.0 cup	0.504
20410	Noodles, egg, unenriched, cooked, without added salt	160.0	1.0 cup	0.504
20110	Noodles, egg, enriched, cooked	160.0	1.0 cup	0.504
20310	Noodles, egg, cooked, enriched, with added salt	160.0	1.0 cup	0.504
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	0.502
11781	Cress, garden, cooked, boiled, drained, with salt	135.0	1.0 cup	0.502
11204	Cress, garden, cooked, boiled, drained, without salt	135.0	1.0 cup	0.502
06061	Soup, tomato beef with noodle, canned, condensed	251.0	1.0 cup (8 fl oz)	0.502
36016	Restaurant, family style, shrimp, breaded and fried	169.0	1.0 serving	0.502
11413	Potato flour	160.0	1.0 cup	0.501
22969	Chili with beans, microwavable bowls	244.0	1.0 cup	0.500
11609	Beets, pickled, canned, solids and liquids	227.0	1.0 cup slices	0.499
36051	ON THE BORDER, cheese quesadilla	203.0	1.0 serving 1 quesadilla	0.499
09050	Blueberries, raw	148.0	1.0 cup	0.497
18219	Crackers, matzo, whole-wheat	14.2	0.5 oz	0.497
22904	Chili con carne with beans, canned entree	242.0	1.0 cup	0.496

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
11864	Squash, winter, acorn, cooked, baked, with salt	205.0	1.0 cup, cubes	0.496
11483	Squash, winter, acorn, cooked, baked, without salt	205.0	1.0 cup, cubes	0.496
11272	Mustard greens, frozen, unprepared	146.0	1.0 cup, chopped	0.495
12060	Nuts, acorn flour, full fat	28.35	1.0 oz	0.494
09298	Raisins, seedless	165.0	1.0 cup, packed	0.493
16130	Okara	122.0	1.0 cup	0.493
36034	Restaurant, family style, chicken tenders	201.0	1.0 serving	0.492
11054	Beans, snap, green, canned, regular pack, solids and liquids	240.0	1.0 cup	0.492
06547	Soup, beef mushroom, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.488
09246	Peaches, dried, sulfured, uncooked	160.0	1.0 cup, halves	0.488
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	70.0	1.0 serving (makes about 1 cup prepared)	0.487
21399	Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	355.0	1.0 item	0.486
11275	Mustard spinach, (tendergreen), cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	0.486
11801	Mustard spinach, (tendergreen), cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	0.486
14356	Beverages, tea, instant, decaffeinated, lemon, diet	1.6	2.0 tsp	0.486
14375	Beverages, tea, instant, sweetened with sodium saccharin, lemon-flavored, powder	1.6	2.0 tsp	0.486
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	0.485
11891	Turnip greens, cooked, boiled, drained, with salt	144.0	1.0 cup, chopped	0.485
21480	DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked	155.0	1.0 slice 1/4 of pie	0.485
06193	Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	0.485
12005	Seeds, breadnut tree seeds, dried	160.0	1.0 cup	0.485
12096	Nuts, chestnuts, chinese, roasted	28.35	1.0 oz	0.484
19322	Puddings, coconut cream, dry mix, instant	99.0	1.0 package (3.5 oz)	0.484
21605	School Lunch, pizza, sausage topping, thick crust, whole grain, frozen, cooked	129.0	1.0 slice per 1/10 pizza	0.484
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	205.0	1.0 item	0.482
11698	Chrysanthemum leaves, raw	51.0	1.0 cup, chopped	0.481
21297	PIZZA HUT 14" Pepperoni Pizza, Pan Crust	113.0	1.0 slice	0.480
09244	Peaches, dehydrated (low-moisture), sulfured, uncooked	116.0	1.0 cup	0.479
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	0.479
21488	Fast foods, quesadilla, with chicken	180.0	1.0 each quesadilla	0.479
35202	Raspberries, wild (Northern Plains Indians)	130.0	1.0 cup	0.478
21411	Fast foods, bagel, with breakfast steak, egg, cheese, and condiments	254.0	1.0 item	0.478
36042	OLIVE GARDEN, lasagna classico	422.0	1.0 serving	0.477
19182	Desserts, mousse, chocolate, prepared-from-recipe	808.0	1.0 recipe yield	0.477
36007	T.G.I. FRIDAY'S, french fries	184.0	1.0 serving	0.477
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	0.476

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
06125	Gravy, turkey, canned, ready-to-serve	238.0	1.0 cup	0.476
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	0.476
09410	Apple juice, frozen concentrate, unsweetened, undiluted, with added ascorbic acid	211.0	1.0 can (6 fl oz)	0.475
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	211.0	1.0 can (6 fl oz)	0.475
20032	Millet, cooked	174.0	1.0 cup	0.473
09447	Plantains, yellow, fried, Latino restaurant	169.0	1.0 cup	0.473
18066	Bread, wheat bran	28.35	1.0 oz	0.473
09264	Persimmons, japanese, dried	34.0	1.0 fruit without refuse	0.473
06068	Soup, vegetarian vegetable, canned, condensed	126.0	0.5 cup	0.472
21096	Fast foods, cheeseburger; single, large patty; plain	182.0	1.0 sandwich	0.471
36056	Restaurant, Mexican, cheese tamales	302.0	1.0 serving serving size varied from 1 to 3 tamales	0.471
08113	Cereals, farina, enriched, cooked with water, without salt	240.0	1.0 cup	0.470
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	240.0	1.0 cup	0.470
19818	Snacks, rice cakes, brown rice, multigrain, unsalted	9.0	1.0 cake	0.470
19414	Snacks, rice cakes, brown rice, multigrain	9.0	1.0 cake	0.470
18295	Pancakes, buckwheat, dry mix, incomplete	28.35	1.0 oz	0.469
12087	Nuts, cashew nuts, raw	28.35	1.0 oz	0.469
21355	McDONALD'S, McCHICKEN Sandwich	131.0	1.0 sandwich	0.469
21498	PIZZA HUT 14" Sausage Pizza, Pan Crust	125.0	1.0 slice	0.469
22919	Macaroni and Cheese, canned, microwavable	213.0	7.5 oz 1 serving	0.469
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	269.0	1.0 serving	0.468
36613	DENNY'S, macaroni & cheese, from kid's menu	180.0	1.0 serving	0.468
19077	Baking chocolate, unsweetened, liquid	28.35	1.0 oz	0.468
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	198.0	1.0 cup	0.467
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")	0.467
06116	Gravy, beef, canned, ready-to-serve	233.0	1.0 cup	0.466
11730	Beans, snap, yellow, frozen, all styles, unprepared	121.0	1.0 cup	0.466
08100	Cereals, CREAM OF RICE, dry	45.0	0.25 cup (1 NLEA serving)	0.465
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	219.0	1.0 item	0.464
11616	Dock, raw	133.0	1.0 cup, chopped	0.464
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	0.464
11049	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt	94.0	0.333 package (10 oz) yields	0.463
11720	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt	94.0	0.333 package (10 oz) yields	0.463
28342	Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and sorghum flour	69.0	1.0 roll	0.463
28354	ANDREA'S, Gluten Free Soft Dinner Roll	69.0	1.0 roll	0.463

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
28307	Bread, naan, plain, commercially prepared, refrigerated	90.0	1.0 piece	0.463
20089	Wild rice, cooked	164.0	1.0 cup	0.462
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	143.0	1.0 serving 5 servings per 24.2 oz package	0.462
25048	Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	32.0	1.0 bar	0.461
03053	Babyfood, dinner, vegetables and beef, strained	256.0	1.0 cup	0.461
11551	Tomato products, canned, sauce, with mushrooms	245.0	1.0 cup	0.461
11501	Succotash, (corn and limas), frozen, unprepared	156.0	1.0 cup	0.460
21490	Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread	230.0	1.0 sandwich	0.460
21296	PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust	110.0	1.0 slice	0.460
15158	Mollusks, clam, mixed species, cooked, breaded and fried	85.0	3.0 oz	0.459
06630	Sauce, pesto, MEZZETTA, NAPA VALLEY BISTRO, basil pesto, ready-to-serve	60.0	0.25 cup	0.459
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	244.0	1.0 cup	0.459
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	168.0	1.0 cup	0.459
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	168.0	1.0 cup	0.459
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	0.459
36024	CRACKER BARREL, chicken tenderloin platter, fried	175.0	1.0 serving	0.458
19413	Snacks, rice cakes, brown rice, corn	9.0	1.0 cake	0.457
08173	Cereals, farina, enriched, cooked with water, with salt	233.0	1.0 cup	0.457
19154	Candies, sesame crunch	28.35	1.0 oz	0.456
20055	Rice, white, glutinous, unenriched, cooked	174.0	1.0 cup	0.456
11122	Cardoon, raw	178.0	1.0 cup, shredded	0.456
11366	Potatoes, boiled, cooked in skin, skin, without salt	34.0	1.0 skin	0.455
11832	Potatoes, boiled, cooked in skin, skin, with salt	34.0	1.0 skin	0.455
02010	Spices, cinnamon, ground	2.6	1.0 tsp	0.454
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	138.0	1.0 piece (1/12 of a cake)	0.454
36633	Restaurant, Chinese, sesame chicken	547.0	1.0 order	0.454
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	35.0	1.0 bar	0.454
12093	Nuts, chestnuts, chinese, raw	28.35	1.0 oz	0.454
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241.0	1.0 cup	0.453
36417	Restaurant, Mexican, spanish rice	116.0	1.0 cup	0.452
09516	Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	233.0	1.0 cup	0.452
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	247.0	1.0 item	0.452
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30.0	1.0 cup (1 NLEA serving)	0.452
35142	Frybread, made with lard (Navajo)	152.0	1.0 piece	0.451
16036	Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.451
16336	Beans, kidney, royal red, mature seeds, cooked, boiled with salt	177.0	1.0 cup	0.451

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
21237	McDONALD'S, BIG MAC	219.0	1.0 item 7.6 oz	0.451
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	33.0	3.0 tablespoon (1 NLEA serving)	0.451
12202	Nuts, chestnuts, japanese, raw	28.35	1.0 oz	0.451
14278	Beverages, tea, green, brewed, regular	245.0	1.0 cup	0.451
11084	Beets, canned, drained solids	157.0	1.0 cup, diced	0.451
35015	Blackberries, wild, raw (Alaska Native)	157.0	1.0 cup	0.451
11312	Peas, green, frozen, unprepared	134.0	1.0 cup	0.450
22903	Pizza, pepperoni topping, regular crust, frozen, cooked	127.0	0.25 pizza 12" diameter	0.450
18059	Bread, rice bran	28.35	1.0 oz	0.449
36059	Restaurant, Italian, chicken parmesan without pasta	301.0	1.0 serving	0.448
21269	TACO BELL, Nachos Supreme	222.0	1.0 serving	0.448
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	222.0	1.0 serving	0.448
19403	Snacks, crisped rice bar, almond	28.0	1.0 bar (1 oz)	0.448
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	160.0	1.0 cup	0.448
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160.0	1.0 cup	0.448
11080	Beets, raw	136.0	1.0 cup	0.447
11060	Beans, snap, green, frozen, all styles, unprepared	121.0	1.0 cup	0.446
09109	Gooseberries, canned, light syrup pack, solids and liquids	252.0	1.0 cup	0.446
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	33.0	3.0 tablespoon (1 serving)	0.445
28374	VAN'S, Gluten Free, Totally Original Pancakes	48.0	1.0 pancake	0.444
28347	Pancakes, gluten-free, frozen, ready-to-heat	48.0	1.0 pancake	0.444
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	85.0	3.0 oz	0.444
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245.0	1.0 cup (unprepared)	0.443
22910	Lasagna, cheese, frozen, prepared	225.0	1.0 cup 1 serving	0.443
42148	Candies, MARS SNACKFOOD US, M&M's Peanut Butter Chocolate Candies	46.0	1.0 serving 1.63 oz singles bag	0.443
21294	PIZZA HUT 14" Cheese Pizza, Pan Crust	112.0	1.0 slice	0.442
36027	DENNY'S, chicken strips	194.0	1.0 serving	0.442
19400	Snacks, banana chips	28.35	1.0 oz	0.442
21478	DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked	145.0	1.0 slice 1/4 of pie	0.442
17200	Lamb, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	0.442
20117	Noodles, japanese, somen, cooked	176.0	1.0 cup	0.442
36006	T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	175.0	1.0 serving	0.441
21245	WENDY'S, Ultimate Chicken Grill Sandwich	225.0	1.0 item	0.441
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	150.0	1.0 cup, chopped or diced	0.441
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	150.0	1.0 cup, chopped	0.441
18172	Cookies, gingersnaps	28.35	1.0 oz	0.441

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
03077	Babyfood, dinner, pasta with vegetables	113.0	1.0 jar, Gerber (4 oz)	0.441
09299	Raisins, seeded	165.0	1.0 cup, packed	0.441
36002	APPLEBEE'S, french fries	164.0	1.0 serving	0.440
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	119.0	1.0 cup	0.439
25032	Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	78.0	1.0 bar	0.438
18300	Pancakes, whole-wheat, dry mix, incomplete, prepared	28.35	1.0 oz	0.438
32021	Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine)	198.0	1.0 cup	0.438
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135.0	1.0 cup	0.436
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0.436
21350	McDONALD'S, BIG MAC (without Big Mac Sauce)	200.0	1.0 item	0.436
16167	USDA Commodity, Peanut Butter, smooth	32.0	2.0 tbsp	0.436
11622	Kale, scotch, raw	67.0	1.0 cup, chopped	0.434
22956	Lasagna, Vegetable, frozen, baked	227.0	1.0 serving	0.434
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	126.0	1.0 piece	0.433
21497	PIZZA HUT 14" Sausage Pizza, Hand-Tossed Crust	119.0	1.0 slice	0.432
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	127.0	1.0 hot pocket (1 NLEA serving)	0.432
14279	Beverages, tea, black, ready-to-drink, peach, diet	268.0	1.0 cup	0.431
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	153.0	1.0 slice	0.431
18384	Bread, rice bran, toasted	28.35	1.0 oz	0.431
16029	Beans, kidney, all types, mature seeds, canned	256.0	1.0 cup	0.430
14368	Beverages, tea, instant, lemon, unsweetened	1.4	1.0 tsp, rounded	0.429
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33.0	1.25 cup (1 NLEA serving)	0.429
20017	Corn flour, masa, enriched, white	114.0	1.0 cup	0.429
20317	Corn flour, yellow, masa, enriched	114.0	1.0 cup	0.429
36401	Restaurant, Latino, chicken and rice, entree, prepared	141.0	1.0 cup	0.429
20019	Corn flour, masa, unenriched, white	114.0	1.0 cup	0.429
19020	Snacks, granola bars, soft, uncoated, plain	28.0	1.0 bar (1 oz)	0.428
11246	Leeks, (bulb and lower leaf-portion), raw	89.0	1.0 cup	0.428
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	123.0	1.0 slice	0.428
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	111.0	1.0 slice	0.427
19017	Snacks, granola bars, hard, chocolate chip	28.35	1.0 oz	0.427
20115	Noodles, japanese, soba, cooked	114.0	1.0 cup	0.426
21303	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	118.0	1.0 slice	0.426
22899	Ravioli, cheese-filled, canned	242.0	1.0 cup	0.426
21602	School Lunch, pizza, pepperoni topping, thin crust, whole grain, frozen, cooked	127.0	1.0 piece 4"x6"	0.425
11046	Beans, navy, mature seeds, sprouted, raw	104.0	1.0 cup	0.424

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
21098	Fast foods, cheeseburger; single, large patty; with condiments and vegetables	233.0	1.0 sandwich	0.424
16129	Tofu, fried	28.35	1.0 oz	0.424
32005	Macaroni and cheese, box mix with cheese sauce, prepared	189.0	1.0 cup prepared	0.423
16122	Soy protein isolate	28.35	1.0 oz	0.423
16422	Soy protein isolate, potassium type	28.35	1.0 oz	0.423
25031	Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors	50.0	1.0 bar	0.423
09261	Pears, dried, sulfured, stewed, with added sugar	280.0	1.0 cup, halves	0.423
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	0.422
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	0.422
12170	Seeds, sesame flour, high-fat	28.35	1.0 oz	0.422
15060	Fish, perch, mixed species, raw	60.0	1.0 fillet	0.420
03994	Babyfood, fruit, banana and strawberry, junior	140.0	1.0 bottle	0.420
09530	Fruit juice smoothie, ODWALLA, strawberry banana	233.0	1.0 cup	0.419
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	0.418
18043	Bread, protein (includes gluten)	28.35	1.0 oz	0.417
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85.0	3.0 oz	0.416
11235	Kale, frozen, unprepared	94.0	0.333 package (10 oz)	0.416
28375	VAN'S, Gluten Free, Totally Original Waffles	47.0	1.0 waffle	0.416
21293	PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust	105.0	1.0 slice	0.416
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240.0	1.0 cup, mashed	0.415
11867	Squash, winter, butternut, frozen, cooked, boiled, with salt	240.0	1.0 cup, mashed	0.415
18948	Pie crust, refrigerated, regular, unbaked	229.0	1.0 pie crust (average weight)	0.414
15061	Fish, perch, mixed species, cooked, dry heat	46.0	1.0 fillet	0.414
18946	Pie crust, refrigerated, regular, baked	198.0	1.0 pie crust	0.414
21243	WENDY'S, CLASSIC DOUBLE, with cheese	310.0	1.0 item	0.412
09289	Prunes, dehydrated (low-moisture), uncooked	132.0	1.0 cup	0.412
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	127.0	1.0 slice	0.411
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	242.0	1.0 cup	0.411
11015	Asparagus, canned, drained solids	242.0	1.0 cup	0.411
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	117.0	1.0 slice 1/8 pizza	0.411
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	117.0	1.0 slice	0.411
09531	Fruit juice smoothie, NAKED JUICE, strawberry banana	228.0	1.0 cup	0.410
11259	Mountain yam, hawaii, cooked, steamed, without salt	145.0	1.0 cup, cubes	0.410
11927	Mountain yam, hawaii, cooked, steamed, with salt	145.0	1.0 cup, cubes	0.410
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	0.410
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	184.0	1.0 cup	0.410

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
21482	Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	127.0	1.0 slice	0.410
21526	CHICK-FIL-A, chicken sandwich	187.0	1.0 sandwich	0.410
21102	Fast foods, chicken fillet sandwich, plain with pickles	187.0	1.0 sandwich	0.410
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	55.0	1.0 bar	0.409
21484	Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	116.0	1.0 slice	0.408
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	0.408
22914	Pasta with tomato sauce, no meat, canned	252.0	1.0 serving (1 NLEA serving)	0.408
21600	School Lunch, pizza, cheese topping, thin crust, whole grain, frozen, cooked	130.0	1.0 piece 4"x6"	0.408
18010	Biscuits, plain or buttermilk, dry mix	120.0	1.0 cup, purchased	0.408
21239	WENDY'S, CLASSIC SINGLE Hamburger, no cheese	218.0	1.0 item	0.408
19896	Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar	56.0	1.0 serving 1 bar	0.407
11844	Potatoes, scalloped, home-prepared with margarine	245.0	1.0 cup	0.407
11372	Potatoes, scalloped, home-prepared with butter	245.0	1.0 cup	0.407
20006	Barley, pearled, cooked	157.0	1.0 cup	0.407
19324	Puddings, coconut cream, dry mix, regular	88.0	1.0 package (3.12 oz)	0.407
18045	Bread, pumpernickel, toasted	28.35	1.0 oz	0.407
12169	Seeds, sesame butter, paste	16.0	1.0 tbsp	0.406
11400	Potatoes, frozen, whole, unprepared	182.0	1.0 cup	0.406
21356	McDONALD'S, McCHICKEN Sandwich (without mayonnaise)	138.0	1.0 item	0.406
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	0.405
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	35.0	1.0 bar	0.405
12034	Seeds, sesame meal, partially defatted	28.35	1.0 oz	0.405
19902	Chocolate, dark, 45- 59% cacao solids	28.35	1.0 oz	0.402
11726	Beans, snap, green, canned, no salt added, solids and liquids	120.0	0.5 cup	0.402
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	120.0	0.5 cup	0.402
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	120.0	0.5 cup	0.402
36618	Restaurant, Chinese, general tso's chicken	535.0	1.0 order	0.401
21130	Fast foods, onion rings, breaded and fried	117.0	1.0 package (18 onion rings)	0.400
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	215.0	1.0 sandwich	0.400
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	215.0	1.0 sandwich	0.400
11974	Grape leaves, raw	14.0	1.0 cup	0.400
36014	Restaurant, family style, french fries	170.0	1.0 serving	0.399
20421	Pasta, cooked, unenriched, without added salt	124.0	1.0 cup spaghetti not packed	0.399
20521	Pasta, cooked, unenriched, with added salt	124.0	1.0 cup spaghetti not packed	0.399
20121	Pasta, cooked, enriched, without added salt	124.0	1.0 cup spaghetti not packed	0.399

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
20321	Pasta, cooked, enriched, with added salt	124.0	1.0 cup spaghetti not packed	0.399
36044	ON THE BORDER, Mexican rice	114.0	1.0 cup	0.399
11518	Taro, raw	104.0	1.0 cup, sliced	0.398
28321	Rolls, hamburger, whole grain white, calcium-fortified	43.0	1.0 piece roll	0.398
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	113.0	1.0 slice	0.398
12032	Seeds, sesame flour, partially defatted	28.35	1.0 oz	0.398
11221	Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt	178.0	1.0 cup (1" pieces)	0.397
11785	Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt	178.0	1.0 cup (1" pieces)	0.397
12033	Seeds, sesame flour, low-fat	28.35	1.0 oz	0.396
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	0.396
21283	PAPA JOHN'S 14" Cheese Pizza, Original Crust	117.0	1.0 slice	0.395
11373	Potatoes, au gratin, home-prepared from recipe using butter	245.0	1.0 cup	0.394
11843	Potatoes, au gratin, home-prepared from recipe using margarine	245.0	1.0 cup	0.394
27043	Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve	519.0	1.0 can	0.394
11963	Nopales, raw	86.0	1.0 cup, sliced	0.393
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	151.0	1.0 slice	0.393
36058	OLIVE GARDEN, chicken parmigiana without pasta	304.0	1.0 serving	0.392
21410	Fast foods, bagel, with egg, sausage patty, cheese, and condiments	219.0	1.0 item	0.392
19021	Snacks, granola bars, soft, uncoated, peanut butter	28.0	1.0 bar (1 oz)	0.392
18065	Bread, wheat, toasted	28.35	1.0 oz	0.390
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	0.390
11248	Lentils, sprouted, raw	77.0	1.0 cup	0.390
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	0.389
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	0.389
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0.389
18025	Bread, cracked-wheat	28.35	1.0 oz	0.389
21494	DOMINO'S 14" Sausage Pizza, Classic Hand-Tossed Crust	114.0	1.0 slice	0.388
20111	Noodles, egg, spinach, enriched, dry	38.0	1.0 cup	0.388
11240	Mushrooms, morel, raw	66.0	1.0 cup	0.387
06063	Soup, tomato rice, canned, condensed	129.0	0.5 cup (4 fl oz)	0.387
19016	Snacks, granola bars, hard, almond	28.35	1.0 oz	0.387
19053	Snacks, rice cakes, brown rice, sesame seed	9.0	1.0 cake	0.387
19819	Snacks, rice cakes, brown rice, sesame seed, unsalted	9.0	1.0 cake	0.387
09294	Prune juice, canned	256.0	1.0 cup	0.387
12059	Nuts, acorns, dried	28.35	1.0 oz	0.386
06627	Sauce, pesto, ready-to-serve, shelf stable	61.0	0.25 cup	0.386

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
21251	BURGER KING, Cheeseburger	133.0	1.0 item	0.386
11370	Potatoes, hash brown, home-prepared	156.0	1.0 cup	0.385
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	115.0	1.0 slice	0.385
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	107.0	1.0 slice	0.385
09087	Dates, deglet noor	147.0	1.0 cup, chopped	0.385
11063	Beans, snap, green, microwaved	116.0	1.0 cup 1/2" pieces	0.385
06256	Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk	253.0	1.0 cup (8 fl oz)	0.385
03073	Babyfood, dinner, vegetables chicken, strained	256.0	1.0 cup	0.384
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	30.0	0.75 cup (1 NLEA serving)	0.383
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0.383
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.383
11644	Squash, winter, all varieties, cooked, baked, without salt	205.0	1.0 cup, cubes	0.383
11863	Squash, winter, all varieties, cooked, baked, with salt	205.0	1.0 cup, cubes	0.383
32020	Chicken, thighs, frozen, breaded, reheated	133.0	1.0 thigh with bone and breading	0.383
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1.0 oz	0.383
11563	Tree fern, cooked, without salt	71.0	0.5 cup, chopped	0.383
15170	Mollusks, oyster, eastern, canned	85.0	3.0 oz	0.382
25012	Snacks, sweet potato chips, unsalted	28.35	1.0 oz	0.382
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	236.0	1.0 item	0.382
42227	Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies	37.0	1.0 serving 1.31 oz bag	0.381
12077	Nuts, beechnuts, dried	28.35	1.0 oz	0.380
15177	Mollusks, whelk, unspecified, raw	85.0	3.0 oz	0.380
06216	Soup, cream of chicken, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.379
06201	Soup, cream of asparagus, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.379
06253	Soup, cream of potato, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.379
12058	Nuts, acorns, raw	28.35	1.0 oz	0.379
43387	Turnip greens, canned, no salt added	144.0	1.0 cup	0.379
19027	Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip	28.0	1.0 bar (1 oz)	0.378
06023	Soup, chicken with rice, canned, condensed	126.0	0.5 cup	0.378
06044	Soup, mushroom with beef stock, canned, condensed	126.0	0.5 cup (4 fl oz)	0.378
03184	Babyfood, cereal, whole wheat, with apples, dry fortified	15.0	0.5 oz	0.378
06028	Soup, clam chowder, manhattan, canned, condensed	126.0	0.5 cup (4 fl oz)	0.378
06056	Soup, cream of shrimp, canned, condensed	126.0	0.5 cup	0.378
06147	Soup, beef mushroom, canned, condensed	126.0	0.5 cup (4 fl oz)	0.378
06001	Soup, cream of asparagus, canned, condensed	126.0	0.5 cup (4 fl oz)	0.378
21365	McDONALD'S, Hotcakes (with 2 pats margarine & syrup)	221.0	1.0 item	0.378

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	262.0	1.0 cup	0.377
22975	Chicken, nuggets, white meat, precooked, frozen, not reheated	82.0	1.0 serving	0.377
21321	McDONALD'S, Hotcakes (plain)	149.0	3.0 hotcakes 5.3 oz	0.377
09103	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids	249.0	1.0 cup	0.376
06416	Soup, cream of chicken, canned, prepared with equal volume water	244.0	1.0 cup	0.376
06444	Soup, mushroom with beef stock, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.376
06401	Soup, cream of asparagus, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.376
06453	Soup, cream of potato, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.376
19903	Chocolate, dark, 60-69% cacao solids	28.35	1.0 oz	0.376
14035	Beverages, ABBOTT, EAS soy protein powder	44.0	1.0 scoop	0.374
21099	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and ham	254.0	1.0 sandwich	0.373
19015	Snacks, granola bars, hard, plain	21.0	1.0 bar	0.373
09104	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, light syrup, solids and liquids	252.0	1.0 cup	0.373
17369	Lamb, New Zealand, imported, liver, raw	113.0	4.0 oz	0.373
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	175.0	1.0 cup	0.373
21345	McDONALD'S, DOUBLE QUARTER POUNDER with Cheese	280.0	1.0 item	0.372
21396	Fast foods, cheeseburger; double, large patty; with condiments	280.0	1.0 item	0.372
06053	Soup, cream of potato, canned, condensed	124.0	0.5 cup	0.372
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	28.35	1.0 oz	0.371
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	136.0	1.0 slice	0.371
36038	Restaurant, family style, spaghetti and meatballs	134.0	1.0 cup	0.371
06463	Soup, tomato rice, canned, prepared with equal volume water	247.0	1.0 cup	0.370
09106	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, extra heavy syrup, solids and liquids	259.0	1.0 cup	0.370
18044	Bread, pumpernickel	28.35	1.0 oz	0.370
06248	Soup, oyster stew, canned, prepared with equal volume milk	245.0	1.0 cup (8 fl oz)	0.370
09102	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	245.0	1.0 cup	0.370
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	35.0	1.0 bar	0.370
22963	Lean Pockets, Meatballs & Mozzarella	128.0	1.0 each	0.370
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	255.0	1.0 cup	0.370
06628	Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated	63.0	0.25 cup	0.369
06626	Sauce, pesto, ready-to-serve, refrigerated	63.0	0.25 cup	0.369
06048	Soup, oyster stew, canned, condensed	123.0	0.5 cup (4 fl oz)	0.369

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
06040	Soup, minestrone, canned, condensed	123.0	0.5 cup (4 fl oz)	0.369
22902	Pizza, meat topping, thick crust, frozen, cooked	103.0	1.0 slice 1/8 of 12" pizza	0.369
12099	Nuts, chestnuts, european, dried, unpeeled	28.35	1.0 oz	0.369
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125.0	1.0 cup	0.368
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	125.0	1.0 cup	0.368
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	123.0	1.0 slice	0.367
06440	Soup, minestrone, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.366
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.366
06448	Soup, oyster stew, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.366
11062	Beans, snap, green, frozen, all styles, microwaved	111.0	1.0 cup	0.366
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	249.0	1.0 serving 1 cup	0.366
06456	Soup, cream of shrimp, canned, prepared with equal volume water	244.0	1.0 cup	0.366
11658	Spinach souffle	136.0	1.0 cup	0.366
35145	Stew, hominy with mutton (Navajo)	411.0	1.0 serving	0.366
21475	DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked	161.0	1.0 slice 1/4 of pie	0.365
36404	Restaurant, Latino, arroz con leche (rice pudding)	283.0	1.0 serving	0.365
11424	Pumpkin, canned, without salt	245.0	1.0 cup	0.365
11846	Pumpkin, canned, with salt	245.0	1.0 cup	0.365
18942	Pie Crust, Cookie-type, Graham Cracker, Ready Crust	28.35	1.0 oz	0.365
11786	Drumstick leaves, cooked, boiled, drained, with salt	42.0	1.0 cup, chopped	0.365
11223	Drumstick leaves, cooked, boiled, drained, without salt	42.0	1.0 cup, chopped	0.365
06423	Soup, chicken with rice, canned, prepared with equal volume water	243.0	1.0 serving 1 cup	0.364
19184	Puddings, chocolate, dry mix, instant	99.0	1.0 package (3.5 oz)	0.363
22962	LEAN POCKETS, Ham N Cheddar	127.0	1.0 hot pocket (1 NLEA serving)	0.363
08025	Cereals ready-to-eat, RALSTON CRISP RICE	33.0	1.25 cup (1 NLEA serving)	0.363
06025	Soup, chicken vegetable, canned, condensed	121.0	0.5 cup	0.363
11045	Mung beans, mature seeds, sprouted, cooked, stir-fried	124.0	1.0 cup	0.362
15246	Mollusks, oyster, eastern, farmed, cooked, dry heat	85.0	3.0 oz	0.361
21101	Fast foods, cheeseburger; triple, regular patty; plain	249.0	1.0 item	0.361
09031	Apricots, dehydrated (low-moisture), sulfured, stewed	249.0	1.0 cup	0.361
19031	Snacks, oriental mix, rice-based	28.35	1.0 oz	0.361
36607	CRACKER BARREL, steak fries	198.0	1.0 serving	0.360
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	54.0	1.0 serving 1 singles bag	0.359
03061	Babyfood, dinner, vegetables and ham, strained	256.0	1.0 cup	0.358
03084	Babyfood, dinner, vegetables and turkey, strained	256.0	1.0 cup	0.358
19405	Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow	28.0	1.0 bar (1 oz)	0.358

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
03059	Babyfood, dinner, vegetables and bacon, strained	256.0	1.0 cup	0.358
11276	New Zealand spinach, raw	56.0	1.0 cup, chopped	0.358
21523	McDONALD'S, RANCH SNACK WRAP, Crispy	133.0	1.0 wrap	0.358
21517	Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce	133.0	1.0 item	0.358
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	245.0	1.0 cup, mashed	0.358
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	0.358
11830	Potatoes, baked, skin only, with salt	58.0	1.0 skin	0.357
11364	Potatoes, baked, skin, without salt	58.0	1.0 skin	0.357
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248.0	1.0 cup	0.357
43143	Cabbage, japanese style, fresh, pickled	150.0	1.0 cup	0.357
09314	Sapote, mamey, raw	175.0	1.0 cup 1" pieces	0.357
18385	Bread, wheat germ, toasted	28.35	1.0 oz	0.357
11437	Salsify, (vegetable oyster), raw	133.0	1.0 cup slices	0.356
18177	Cookies, molasses	28.35	1.0 oz	0.356
11723	Beans, snap, green, cooked, boiled, drained, with salt	125.0	1.0 cup	0.356
11053	Beans, snap, green, cooked, boiled, drained, without salt	125.0	1.0 cup	0.356
18289	Pancakes, plain, dry mix, complete (includes buttermilk)	52.0	0.333 cup	0.356
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	242.0	1.0 cup	0.356
11058	Beans, snap, canned, all styles, seasoned, solids and liquids	114.0	0.5 cup	0.356
09096	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	237.0	1.0 cup	0.356
36411	Restaurant, Latino, tamale, corn	166.0	1.0 piece	0.355
11767	Chrysanthemum, garland, cooked, boiled, drained, with salt	100.0	1.0 cup (1" pieces)	0.355
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	100.0	1.0 cup (1" pieces)	0.355
22912	Spaghetti, with meatballs in tomato sauce, canned	246.0	1.0 cup	0.354
11849	Purslane, cooked, boiled, drained, with salt	115.0	1.0 cup	0.353
11428	Purslane, cooked, boiled, drained, without salt	115.0	1.0 cup	0.353
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	31.0	1.0 bar	0.353
11866	Squash, winter, butternut, cooked, baked, with salt	205.0	1.0 cup, cubes	0.353
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	0.353
19147	Candies, peanut bar	28.35	1.0 oz	0.352
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22.0	1.0 serving	0.352
28346	Waffles, gluten-free, frozen, ready-to-heat	45.0	1.0 waffle	0.351
18216	Crackers, crispbread, rye	14.2	0.5 oz	0.351

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
08101	Cereals, CREAM OF RICE, cooked with water, without salt	244.0	1.0 cup	0.351
08168	Cereals, CREAM OF RICE, cooked with water, with salt	244.0	1.0 cup	0.351
21232	McDONALD'S, FILET-O-FISH	134.0	1.0 sandwich	0.351
21106	Fast foods, fish sandwich, with tartar sauce and cheese	134.0	1.0 sandwich	0.351
21495	DOMINO'S 14" Sausage Pizza, Ultimate Deep Dish Crust	129.0	1.0 slice	0.351
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	123.0	1.0 slice	0.351
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	96.0	1.0 slice	0.350
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	211.0	1.0 item	0.350
21277	DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	108.0	1.0 slice	0.350
11088	Broadbeans, immature seeds, raw	109.0	1.0 cup	0.349
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218.0	1.0 sandwich	0.349
18180	Cookies, oatmeal, dry mix	28.35	1.0 oz	0.349
21121	Fast foods, roast beef sandwich, plain	149.0	1.0 sandwich	0.349
21527	ARBY'S, roast beef sandwich, classic	149.0	1.0 sandwich	0.349
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	0.349
11490	Squash, winter, hubbard, baked, without salt	205.0	1.0 cup, cubes	0.349
03995	Babyfood, banana with mixed berries, strained	99.0	1.0 packet	0.347
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	96.0	1.0 slice	0.347
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	0.346
21235	McDONALD'S, QUARTER POUNDER with Cheese	199.0	1.0 item 7.1 oz	0.346
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237.0	1.0 cup	0.346
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	91.0	0.5 cup	0.345
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	91.0	0.5 cup	0.345
21491	PIZZA HUT 14" Pepperoni Pizza, THIN 'N CRISPY Crust	80.0	1.0 slice	0.345
35239	Tortilla, blue corn, Sakwavikaviki (Hopi)	57.0	1.0 piece	0.344
11507	Sweet potato, raw, unprepared	133.0	1.0 cup, cubes	0.343
16059	Chili with beans, canned	256.0	1.0 cup	0.343
18055	Bread, reduced-calorie, wheat	28.35	1.0 oz	0.343
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	0.343
09038	Avocados, raw, California	230.0	1.0 cup, pureed	0.343
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	166.0	1.0 cup spaghetti packed	0.342
25030	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	28.35	1.0 oz	0.342
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31.0	0.75 cup (1 NLEA serving)	0.341
12195	Nuts, almond butter, plain, without salt added	16.0	1.0 tbsp	0.341
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	0.341

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
12119	Nuts, coconut water (liquid from coconuts)	240.0	1.0 cup	0.341
21234	McDONALD'S, QUARTER POUNDER	171.0	1.0 item	0.340
21506	BURGER KING, Double Cheeseburger	162.0	1.0 sandwich	0.340
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30.0	1.25 cup (1 NLEA serving)	0.339
11302	Peas, edible-podded, frozen, unprepared	144.0	1.0 cup	0.338
06072	Soup, vegetable with beef broth, canned, condensed	123.0	0.5 cup	0.338
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	0.338
11747	Burdock root, cooked, boiled, drained, with salt	125.0	1.0 cup (1" pieces)	0.338
18227	Crackers, rye, wafers, seasoned	14.2	0.5 oz	0.337
21384	BURGER KING, CROISSAN'WICH with Sausage and Cheese	131.0	1.0 item	0.337
09008	Apples, canned, sweetened, sliced, drained, heated	204.0	1.0 cup slices	0.337
25036	Snacks, granola bites, mixed flavors	20.0	1.0 package	0.336
19406	Snacks, granola bars, soft, uncoated, nut and raisin	28.0	1.0 bar (1 oz)	0.336
15108	Fish, sunfish, pumpkin seed, raw	48.0	1.0 fillet	0.336
19816	Snacks, rice cakes, brown rice, plain, unsalted	9.0	1.0 cake	0.336
25059	Snacks, brown rice chips	9.0	1.0 cake	0.336
19051	Snacks, rice cracker brown rice, plain	9.0	1.0 cake	0.336
12100	Nuts, chestnuts, european, dried, peeled	28.35	1.0 oz	0.335
15245	Mollusks, oyster, eastern, farmed, raw	85.0	3.0 oz	0.335
11029	Beans, kidney, mature seeds, sprouted, raw	184.0	1.0 cup	0.335
18064	Bread, wheat	28.35	1.0 oz	0.334
25052	Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar	24.0	1.0 bar	0.333
06472	Soup, vegetable with beef broth, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.333
19352	Syrups, malt	332.0	1.0 cup	0.332
15218	Fish, sunfish, pumpkin seed, cooked, dry heat	37.0	1.0 fillet	0.332
12540	Seeds, sunflower seed butter, with salt added	16.0	1.0 tbsp	0.332
12040	Seeds, sunflower seed butter, without salt	16.0	1.0 tbsp	0.332
21083	Fast foods, taco salad	198.0	1.5 cup	0.331
21202	Fast foods, hamburger, large, single patty, with condiments	171.0	1.0 item	0.330
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	28.35	1.0 oz	0.330
21241	WENDY'S, Jr. Hamburger, without cheese	117.0	1.0 item	0.329
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	104.0	1.0 slice	0.329
19349	Syrups, corn, dark	328.0	1.0 cup	0.328
11007	Artichokes, (globe or french), raw	128.0	1.0 artichoke, medium	0.328
21508	WEND'YS, Crispy Chicken Sandwich	126.0	1.0 sandwich	0.328
11812	Peas, green, canned, no salt added, solids and liquids	124.0	0.5 cup	0.327

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
25038	Snacks, granola bars, soft, almond, confectioners coating	35.0	1.0 bar	0.327
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	257.0	1.0 serving	0.326
21496	PIZZA HUT 14" Sausage Pizza, THIN 'N CRISPY Crust	92.0	1.0 slice	0.326
19024	Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip	35.0	1.0 bar (1.25 oz)	0.326
22522	Pasta with Sliced Franks in Tomato Sauce, canned entree	252.0	1.0 serving (1 cup)	0.325
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	0.325
20109	Noodles, egg, dry, enriched	38.0	1.0 cup	0.325
09292	Plums, dried (prunes), stewed, without added sugar	248.0	1.0 cup, pitted	0.325
21111	Fast foods, hamburger; double, regular patty; with condiments	215.0	1.0 item	0.325
44158	Pie fillings, blueberry, canned	151.0	1.0 serving	0.325
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	118.0	1.0 slice	0.324
21398	Fast foods, cheeseburger; single, large patty; with condiments	199.0	1.0 item	0.324
14370	Beverages, tea, instant, lemon, sweetened, powder	23.0	1.0 serving (3 heaping tsp)	0.324
11674	Potatoes, baked, flesh and skin, without salt	148.0	1.0 NLEA serving	0.324
11570	Turnip greens, canned, solids and liquids	117.0	0.5 cup	0.324
21250	BURGER KING, Hamburger	99.0	1.0 sandwich	0.324
35147	Tamales (Navajo)	186.0	1.0 piece	0.324
36029	DENNY'S, fish fillet, battered or breaded, fried	201.0	1.0 serving	0.324
22954	Egg rolls, chicken, refrigerated, heated	80.0	1.0 roll	0.323
11097	Broccoli raab, cooked	85.0	1.0 NLEA serving	0.323
14190	Beverages, tea, green, ready-to-drink, diet	269.0	1.0 cup	0.323
21090	Fast foods, cheeseburger; single, regular patty, with condiments	127.0	1.0 item	0.323
36049	ON THE BORDER, cheese enchilada	250.0	1.0 serving serving size varied from 1 to 3 enchiladas	0.322
05021	Chicken, broilers or fryers, giblets, cooked, fried	145.0	1.0 cup, chopped or diced	0.322
15171	Mollusks, oyster, Pacific, raw	50.0	1.0 medium	0.322
11283	Onions, cooked, boiled, drained, without salt	210.0	1.0 cup	0.321
11805	Onions, cooked, boiled, drained, with salt	210.0	1.0 cup	0.321
14371	Beverages, tea, instant, lemon, sweetened, prepared with water	259.0	1.0 cup (8 fl oz)	0.321
19125	Chocolate-flavored hazelnut spread	37.0	1.0 serving 2 TBSP	0.321
21341	McDONALD'S, BIG BREAKFAST	269.0	1.0 item 9.5 oz	0.320
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	144.0	1.0 piece (1/12 of a cake)	0.320
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155.0	1.0 cup	0.319
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	155.0	1.0 cup	0.319
18429	Crackers, whole-wheat, low salt	14.2	0.5 oz	0.319
11537	Tomatoes, red, ripe, canned, with green chilies	241.0	1.0 cup	0.318
21522	McDONALD'S, Southern Style Chicken Biscuit	132.0	1.0 biscuit regular size biscuit	0.318

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
21010	Fast foods, biscuit, with crispy chicken fillet	132.0	1.0 item	0.318
19194	Puddings, rice, dry mix	106.0	1.0 package	0.318
18265	English muffins, wheat, toasted	28.35	1.0 oz	0.318
12663	Seeds, pumpkin and squash seeds, whole, roasted, with salt added	64.0	1.0 cup	0.317
12163	Seeds, pumpkin and squash seeds, whole, roasted, without salt	64.0	1.0 cup	0.317
21100	Fast foods, cheeseburger; double, large patty, with condiments and vegetables	258.0	1.0 sandwich	0.317
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	102.0	1.0 slice	0.317
21022	Fast foods, english muffin, with egg, cheese, and sausage	165.0	1.0 item	0.317
03096	Babyfood, vegetable, green beans and potatoes	113.0	1.0 jar, Gerber (4 oz)	0.316
06967	Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	253.0	1.0 cup	0.316
21486	Fast foods, taco with beef, cheese and lettuce, soft	102.0	1.0 each taco	0.316
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	102.0	1.0 each taco	0.316
06217	Soup, vegetable, canned, low sodium, condensed	126.0	0.5 cup	0.315
06071	Soup, vegetable beef, canned, condensed	126.0	0.5 cup	0.315
36003	APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	124.0	1.0 cup	0.315
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	0.315
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	171.0	1.0 sandwich	0.315
11392	Potatoes, hash brown, frozen, with butter sauce, unprepared	170.0	1.0 package (6 oz)	0.314
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	85.0	3.0 oz	0.314
21108	Fast foods, hamburger; single, regular patty; with condiments	97.0	1.0 sandwich	0.313
28300	Cookies, oatmeal sandwich, with creme filling	38.0	1.0 cookie 1 serving	0.313
21344	McDONALD'S, Double Cheeseburger	155.0	1.0 sandwich	0.313
21242	WENDY'S, Jr. Hamburger, with cheese	129.0	1.0 item	0.312
18049	Bread, reduced-calorie, oat bran	28.35	1.0 oz	0.312
09007	Apples, canned, sweetened, sliced, drained, unheated	204.0	1.0 cup slices	0.312
14188	Beverages, tea, green, ready to drink, ginseng and honey, sweetened	260.0	1.0 cup	0.312
07029	Ham, sliced, regular (approximately 11% fat)	56.0	56.0 grams 1 serving	0.312
21359	McDONALD'S, Sausage McMUFFIN with Egg	165.0	1.0 item 5.8 oz	0.312
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.311
21509	BURGER KING, Onion Rings	91.0	1.0 small	0.311
12095	Nuts, chestnuts, chinese, boiled and steamed	28.35	1.0 oz	0.311
11023	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	58.0	1.0 cup	0.311
11710	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt	58.0	1.0 cup	0.311
11613	Borage, raw	89.0	1.0 cup (1" pieces)	0.311
08546	Rice and Wheat cereal bar	22.0	1.0 bar	0.310
25000	Snacks, popcorn, microwave, 94% fat free	28.35	1.0 oz	0.308

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	240.0	1.0 cup, mashed	0.307
21395	Fast foods, cheeseburger; double, regular patty; with condiments	155.0	1.0 sandwich	0.307
21094	Fast foods, cheeseburger, double, regular patty and bun, with condiments	155.0	1.0 sandwich	0.307
11655	Carrot juice, canned	236.0	1.0 cup	0.307
21020	Fast foods, english muffin, with cheese and sausage	108.0	1.0 item	0.307
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	124.0	1.0 leek	0.306
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	0.306
14199	Beverages, tea, black, ready-to-drink, lemon, sweetened	271.0	1.0 cup	0.306
11932	Beans, snap, yellow, canned, regular pack, drained solids	153.0	1.0 cup	0.306
11933	Beans, snap, yellow, canned, no salt added, drained solids	153.0	1.0 cup	0.306
11324	Peas and onions, canned, solids and liquids	120.0	1.0 cup	0.306
21228	McDONALD'S, Hamburger	95.0	1.0 sandwich	0.306
15231	Mollusks, oyster, Pacific, cooked, moist heat	25.0	1.0 medium	0.306
09032	Apricots, dried, sulfured, uncooked	130.0	1.0 cup, halves	0.306
21438	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading	212.0	1.0 breast, with skin	0.305
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	0.305
06471	Soup, vegetable beef, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.305
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	100.0	1.0 slice	0.305
19118	Candies, NESTLE, OH HENRY! Bar	57.0	1.0 bar 2 oz	0.305
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	115.0	1.0 slice	0.305
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	90.0	1.0 slice	0.304
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	262.0	1.0 cup	0.304
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	0.304
11962	Peppers, hot chile, sun-dried	37.0	1.0 cup	0.304
11574	Turnip greens, frozen, unprepared	82.0	0.5 cup, chopped or diced	0.303
21380	McDONALD'S, Fruit 'n Yogurt Parfait	149.0	1.0 item 5.2 oz	0.302
18346	Rolls, dinner, rye	43.0	1.0 large (approx 3-1/2" to 4" dia)	0.302
21434	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading	212.0	1.0 breast, with skin	0.301
21295	PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust	79.0	1.0 slice	0.301
18377	Cookies, oatmeal, prepared from recipe, without raisins	28.35	1.0 oz	0.301
09015	Apples, frozen, unsweetened, heated	206.0	1.0 cup slices	0.301
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	92.0	0.5 cup	0.299
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	92.0	0.5 cup	0.299
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0.299
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	0.299
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166.0	1.0 sandwich	0.299

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
19440	Snacks, M&M MARS, KUDOS Whole Grain Bar, chocolate chip	28.0	1.0 bar	0.299
06037	Soup, lentil with ham, canned, ready-to-serve	248.0	1.0 cup (8 fl oz)	0.298
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	0.297
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	0.297
06018	Soup, chunky chicken noodle, canned, ready-to-serve	530.0	1.0 can	0.297
11098	Brussels sprouts, raw	88.0	1.0 cup	0.297
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	126.0	1.0 sandwich	0.296
21357	McDONALD'S, Egg McMUFFIN	126.0	1.0 sandwich	0.296
16399	Peanut butter with omega-3, creamy	16.0	1.0 tbsp	0.296
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	28.0	1.0 cup (1 NLEA serving)	0.296
22970	Macaroni and cheese, frozen entree	137.0	1.0 cup	0.296
11269	Mushrooms, shiitake, cooked, without salt	145.0	1.0 cup pieces	0.296
11798	Mushrooms, shiitake, cooked, with salt	145.0	1.0 cup pieces	0.296
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	96.0	1.0 slice	0.296
11100	Brussels sprouts, frozen, unprepared	95.0	0.33 package (10 oz)	0.295
36610	DENNY'S, french fries	165.0	1.0 serving	0.295
16104	Bacon, meatless	144.0	1.0 cup	0.295
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	5.0	0.25 cup	0.294
19069	Candies, NESTLE, BUTTERFINGER Bar	60.0	1.0 serving 2.1 oz bar	0.294
09078	Cranberries, raw	110.0	1.0 cup, chopped	0.294
02030	Spices, pepper, black	2.3	1.0 tsp, ground	0.293
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	159.0	1.0 cup	0.293
31022	Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	130.0	1.0 cup prepared	0.292
09014	Apples, frozen, unsweetened, unheated	173.0	1.0 cup slices	0.292
21358	McDONALD'S, Sausage McMUFFIN	115.0	1.0 item 4 oz	0.292
36033	Restaurant, family style, fish fillet, battered or breaded, fried	226.0	1.0 serving	0.292
19351	Syrups, corn, high-fructose	310.0	1.0 cup	0.291
09290	Prunes, dehydrated (low-moisture), stewed	280.0	1.0 cup	0.291
18955	Bread, pan dulce, sweet yeast bread	63.0	1.0 slice (average weight of 1 slice)	0.290
18040	Bread, oatmeal, toasted	28.35	1.0 oz	0.290
36015	Restaurant, family style, chicken fingers, from kid's menu	114.0	1.0 serving	0.290
11197	Cowpeas, young pods with seeds, raw	94.0	1.0 cup	0.290
21004	Fast foods, biscuit, with egg and ham	182.0	1.0 biscuit	0.289
18021	Bread, boston brown, canned	28.35	1.0 oz	0.289
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	28.35	1.0 oz	0.289
18041	Bread, pita, white, enriched	60.0	1.0 pita, large (6-1/2" dia)	0.289

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145.0	1.0 cup chopped or dice	0.289
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	81.0	1.0 slice	0.288
28370	UDI'S, Gluten Free, Classic French Dinner Rolls	36.0	1.0 roll	0.288
28340	Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and potato starch	36.0	1.0 roll	0.288
36050	Restaurant, Mexican, cheese enchilada	244.0	1.0 serving serving size varied from 1 to 3 enchiladas	0.288
19047	Snacks, pretzels, hard, plain, salted	28.35	1.0 oz	0.288
18351	Rolls, hamburger or hotdog, mixed-grain	28.35	1.0 oz	0.288
21089	Fast foods, cheeseburger; single, regular patty; plain	91.0	1.0 sandwich	0.288
20094	Pasta, fresh-refrigerated, plain, cooked	128.0	2.0 oz	0.287
09083	Currants, european black, raw	112.0	1.0 cup	0.287
18347	Rolls, dinner, wheat	28.0	1.0 roll (1 oz)	0.286
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	89.0	1.0 slice	0.286
18050	Bread, reduced-calorie, oat bran, toasted	28.35	1.0 oz	0.285
21382	McDONALD'S, FILET-O-FISH (without tartar sauce)	124.0	1.0 item	0.285
22955	Egg rolls, vegetable, frozen, prepared	68.0	1.0 egg roll	0.285
21305	Fast foods, griddle cake sandwich, egg, cheese, and sausage	199.0	1.0 item	0.285
21329	McDONALD'S, Sausage, Egg & Cheese McGRIDDLES	199.0	1.0 item 7 oz	0.285
11621	Drumstick pods, cooked, boiled, drained, without salt	118.0	1.0 cup slices	0.284
11787	Drumstick pods, cooked, boiled, drained, with salt	118.0	1.0 cup slices	0.284
21364	McDONALD'S, Hotcakes and Sausage	192.0	1.0 item	0.284
20133	Rice noodles, dry	57.0	2.0 oz	0.284
18264	English muffins, wheat	28.35	1.0 oz	0.284
11852	Salsify, cooked, boiled, drained, with salt	135.0	1.0 cup slices	0.284
11438	Salsify, cooked, boiled, drained, without salt	135.0	1.0 cup, sliced	0.284
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	128.0	1.0 cup	0.283
11485	Squash, winter, butternut, raw	140.0	1.0 cup, cubes	0.283
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.283
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0.283
09076	Cherries, sweet, frozen, sweetened	259.0	1.0 cup, thawed	0.282
22953	Egg rolls, pork, refrigerated, heated	85.0	1.0 roll	0.282
03274	Babyfood, dinner, vegetables and chicken, junior	256.0	1.0 cup	0.282
21485	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	79.0	1.0 slice	0.280
11487	Squash, winter, butternut, frozen, unprepared	113.0	0.33 package (12 oz)	0.280
18184	Cookies, oatmeal, prepared from recipe, with raisins	28.35	1.0 oz	0.280
19010	Snacks, crisped rice bar, chocolate chip	28.0	1.0 bar (1 oz)	0.280

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
21263	TACO BELL, Soft Taco with steak	127.0	1.0 item	0.279
43144	Cabbage, mustard, salted	128.0	1.0 cup	0.279
21003	Fast foods, biscuit, with egg and bacon	150.0	1.0 biscuit	0.279
18376	Bread crumbs, dry, grated, seasoned	28.35	1.0 oz	0.279
21107	Fast foods, hamburger; single, regular patty; plain	78.0	1.0 sandwich	0.278
05138	Chicken, capons, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	0.278
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	115.0	1.0 sandwich	0.278
19362	Syrups, table blends, corn, refiner, and sugar	316.0	1.0 cup	0.278
09449	Nance, frozen, unsweetened	112.0	1.0 cup without pits, thawed	0.278
11734	Beets, cooked, boiled. drained, with salt	85.0	0.5 cup slices	0.277
11081	Beets, cooked, boiled, drained	85.0	0.5 cup slices	0.277
16006	Beans, baked, canned, plain or vegetarian	254.0	1.0 cup	0.277
11549	Tomato products, canned, sauce	245.0	1.0 cup	0.277
43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	0.277
11203	Cress, garden, raw	50.0	1.0 cup	0.276
11230	Pepeao, dried	24.0	1.0 cup	0.276
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	0.276
18951	Waffles, chocolate chip, frozen, ready-to-heat	70.0	2.0 waffles	0.275
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	103.0	1.0 serving	0.274
11104	Burdock root, raw	118.0	1.0 cup (1" pieces)	0.274
36416	Restaurant, Latino, bunuelos (fried yeast bread)	70.0	1.0 piece	0.274
21233	McDONALD'S, Cheeseburger	119.0	1.0 item 4 oz	0.274
21095	Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables	228.0	1.0 sandwich	0.274
20322	Cornmeal, degermed, enriched, white	157.0	1.0 cup	0.273
20022	Cornmeal, degermed, enriched, yellow	157.0	1.0 cup	0.273
20422	Cornmeal, degermed, unenriched, yellow	157.0	1.0 cup	0.273
20522	Cornmeal, degermed, unenriched, white	157.0	1.0 cup	0.273
20116	Noodles, japanese, somen, dry	57.0	2.0 oz	0.273
25033	Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors	35.0	1.0 bar	0.273
06009	Soup, beef noodle, canned, condensed	125.0	0.5 cup	0.272
32032	Sausage, egg and cheese breakfast biscuit	126.0	1.0 biscuit	0.272
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	24.0	1.0 bar	0.272
03054	Babyfood, dinner, vegetables and beef, junior	256.0	1.0 cup	0.271
19296	Honey	339.0	1.0 cup	0.271
11150	Chayote, fruit, cooked, boiled, drained, without salt	160.0	1.0 cup (1" pieces)	0.270
11766	Chayote, fruit, cooked, boiled, drained, with salt	160.0	1.0 cup (1" pieces)	0.270

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
18962	Crackers, cream, LA MODERNA RIKIS CREAM CRACKERS	32.0	10.0 crackers (1 NLEA serving)	0.270
18183	Cookies, oatmeal, refrigerated dough, baked	28.35	1.0 oz	0.270
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup (1" pieces)	0.270
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup (1" pieces)	0.270
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	120.0	1.0 artichoke, medium	0.270
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120.0	1.0 artichoke, medium	0.270
35235	Wocas, tuber, cooked, Oregon, yellow pond lily (Klamath)	28.35	1.0 oz	0.270
21092	Fast foods, cheeseburger; double, regular patty; plain	149.0	1.0 item	0.270
02035	Spices, pumpkin pie spice	1.7	1.0 tsp	0.269
11457	Spinach, raw	30.0	1.0 cup	0.269
11809	Peas, edible-podded, cooked, boiled, drained, with salt	160.0	1.0 cup	0.269
11301	Peas, edible-podded, boiled, drained, without salt	160.0	1.0 cup	0.269
19416	Snacks, rice cakes, brown rice, rye	9.0	1.0 cake	0.268
18236	Cracker meal	28.35	1.0 oz	0.268
21328	McDONALD'S, Sausage McGRIDDLES	135.0	1.0 item	0.267
21306	Fast foods, griddle cake sandwich, sausage	135.0	1.0 item	0.267
01238	Ice cream sandwich	70.0	1.0 serving	0.267
18039	Bread, oatmeal	28.35	1.0 oz	0.266
27050	Sauce, sweet and sour, ready-to-serve	35.0	2.0 Tbsp	0.266
18101	Cake, chocolate, prepared from recipe without frosting	95.0	1.0 piece (1/12 of 9" dia)	0.266
06409	Soup, beef noodle, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.266
35232	Wocas, dried seeds, Oregon, yellow pond lily (Klamath)	28.35	1.0 oz	0.266
21483	Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	88.0	1.0 slice	0.265
36412	Restaurant, Latino, tamale, pork	142.0	1.0 piece	0.264
36017	Restaurant, family style, macaroni & cheese, from kids' menu	136.0	1.0 cup	0.264
35146	Stew, mutton, corn, squash (Navajo)	303.0	1.0 serving	0.264
13325	Beef, variety meats and by-products, liver, raw	85.0	3.0 oz	0.264
15063	Fish, pike, northern, cooked, dry heat	85.0	3.0 oz	0.264
11306	Peas, green, canned, regular pack, solids and liquids	124.0	0.5 cup	0.262
19420	Snacks, granola bars, hard, peanut butter	28.35	1.0 oz	0.261
21002	Fast foods, biscuit, with egg	136.0	1.0 biscuit	0.261
11741	Broccoli, stalks, raw	114.0	1.0 stalk	0.261
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	0.261
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	0.261
18079	Bread crumbs, dry, grated, plain	28.35	1.0 oz	0.261
21110	Fast foods, hamburger; double, regular, patty; plain	120.0	1.0 item	0.260

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
11620	Drumstick pods, raw	100.0	1.0 cup slices	0.259
21611	School Lunch, chicken nuggets, whole grain breaded	88.0	5.0 pieces	0.259
18190	Cookies, peanut butter sandwich, regular	28.35	1.0 oz	0.259
06358	Soup, tomato bisque, canned, prepared with equal volume milk	251.0	1.0 cup (8 fl oz)	0.259
06211	Soup, cheese, canned, prepared with equal volume milk	251.0	1.0 cup	0.259
21440	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading	152.0	1.0 thigh, with skin	0.258
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	48.0	1.0 tortilla	0.258
06158	Soup, tomato bisque, canned, condensed	129.0	0.5 cup (4 fl oz)	0.258
11106	Butterbur, (fuki), raw	94.0	1.0 cup	0.258
11813	Peas, green, canned, no salt added, drained solids	85.0	0.5 cup	0.258
21524	McDONALD'S, RANCH SNACK WRAP, Grilled	123.0	1.0 wrap	0.257
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	123.0	1.0 item	0.257
09143	Guava sauce, cooked	238.0	1.0 cup	0.257
06558	Soup, tomato bisque, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	0.257
06411	Soup, cheese, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	0.257
11446	Seaweed, laver, raw	26.0	10.0 sheets	0.257
05128	Chicken, stewing, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	0.257
18061	Bread, rye, toasted	28.35	1.0 oz	0.257
11568	Turnip greens, raw	55.0	1.0 cup, chopped	0.256
19418	Snacks, sesame sticks, wheat-based, salted	28.35	1.0 oz	0.256
19820	Snacks, sesame sticks, wheat-based, unsalted	28.35	1.0 oz	0.256
18080	Bread sticks, plain	46.0	1.0 cup, small pieces	0.256
43541	Ice creams, chocolate, rich	148.0	1.0 cup	0.256
19132	Candies, milk chocolate, with almonds	41.0	1.0 bar (1.45 oz)	0.256
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.256
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	165.0	1.0 cup	0.256
19227	Frostings, coconut-nut, ready-to-eat	38.0	0.083 package	0.256
12220	Seeds, flaxseed	10.3	1.0 tbsp, whole	0.256
06410	Soup, cream of celery, canned, prepared with equal volume water	248.0	1.0 cup	0.255
35183	Corn, dried, yellow (Northern Plains Indians)	28.35	1.0 oz	0.255
10111	Pork, fresh, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	0.255
11295	Onion rings, breaded, par fried, frozen, unprepared	85.0	6.0 rings	0.254
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	0.254
21024	Fast foods, french toast sticks	65.0	3.0 pieces	0.254
19238	Candies, REESE'S BITES	39.0	16.0 pieces	0.254
18969	Cream puff, eclair, custard or cream filled, iced	113.0	4.0 oz	0.253

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
21109	Fast foods, hamburger; single, regular patty; with condiments and vegetables	110.0	1.0 item	0.253
06210	Soup, cream of celery, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.253
18428	Crackers, wheat, low salt	14.2	0.5 oz	0.253
09247	Peaches, dried, sulfured, stewed, without added sugar	258.0	1.0 cup	0.253
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	0.253
21507	WENDY'S, Double Stack, with cheese	146.0	1.0 sandwich	0.253
11414	Potato salad, home-prepared	250.0	1.0 cup	0.252
11419	Pumpkin leaves, cooked, boiled, drained, without salt	71.0	1.0 cup	0.252
11848	Pumpkin leaves, cooked, boiled, drained, with salt	71.0	1.0 cup	0.252
06046	Soup, cream of onion, canned, condensed	126.0	0.5 cup	0.252
06010	Soup, cream of celery, canned, condensed	126.0	0.5 cup	0.252
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0.252
06017	Soup, chicken gumbo, canned, condensed	126.0	0.5 cup (4 fl oz)	0.252
06013	Soup, chicken broth, canned, condensed	126.0	0.5 cup (4 fl oz)	0.252
11709	Asparagus, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	0.252
11530	Tomatoes, red, ripe, cooked	240.0	1.0 cup	0.252
11884	Tomatoes, red, ripe, cooked, with salt	240.0	1.0 cup	0.252
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	0.252
11412	Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated	133.0	10.0 strip	0.251
06465	Soup, turkey noodle, canned, prepared with equal volume water	244.0	1.0 cup	0.251
06417	Soup, chicken gumbo, canned, prepared with equal volume water	244.0	1.0 cup	0.251
11991	Yautia (tannier), raw	135.0	1.0 cup, sliced	0.251
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	28.35	1.0 oz	0.251
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	51.0	1.0 biscuit	0.250
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	0.250
21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	110.0	1.0 item	0.250
11149	Chayote, fruit, raw	132.0	1.0 cup (1" pieces)	0.249
11729	Beans, snap, green, canned, no salt added, drained solids	153.0	1.0 cup	0.249
06413	Soup, chicken broth, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.249
15167	Mollusks, oyster, eastern, wild, raw	84.0	6.0 medium	0.249
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226.0	1.0 sandwich	0.249
06011	Soup, cheese, canned, condensed	124.0	0.5 cup	0.248
06246	Soup, cream of onion, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.248
11003	Amaranth leaves, raw	28.0	1.0 cup	0.248
09139	Guavas, common, raw	165.0	1.0 cup	0.248
19117	Candies, halavah, plain	28.35	1.0 oz	0.247

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
11141	Celeriac, raw	156.0	1.0 cup	0.246
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	153.0	10.0 strip	0.246
22974	Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	87.0	1.0 serving	0.246
06045	Soup, onion, canned, condensed	123.0	0.5 cup (4 fl oz)	0.246
06466	Soup, turkey vegetable, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.246
11452	Soybeans, mature seeds, sprouted, raw	35.0	0.5 cup	0.246
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	51.0	12.0 fries	0.245
06070	Soup, chunky beef, canned, ready-to-serve	245.0	1.0 cup	0.245
06015	Soup, chicken, canned, chunky, ready-to-serve	245.0	1.0 cup	0.245
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	0.245
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	0.245
21610	School Lunch, chicken patty, whole grain breaded	86.0	1.0 patty	0.244
21006	Fast foods, biscuit with egg and steak	148.0	1.0 biscuit	0.244
06461	Soup, tomato beef with noodle, canned, prepared with equal volume water	244.0	1.0 cup	0.244
06446	Soup, cream of onion, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.244
06549	Soup, chicken mushroom, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.244
21112	Fast foods, hamburger; single, large patty; plain	137.0	1.0 sandwich	0.244
11760	Carrots, frozen, cooked, boiled, drained, with salt	146.0	1.0 cup slices	0.244
11131	Carrots, frozen, cooked, boiled, drained, without salt	146.0	1.0 cup, sliced	0.244
11094	Broccoli, frozen, spears, unprepared	95.0	0.33 package (10 oz)	0.243
12071	Nuts, almond paste	28.35	1.0 oz	0.243
36018	APPLEBEE'S, fish, hand battered	250.0	1.0 serving	0.242
12101	Nuts, chestnuts, european, boiled and steamed	28.35	1.0 oz	0.242
13326	Beef, variety meats and by-products, liver, cooked, braised	68.0	1.0 slice	0.242
11782	Dandelion greens, cooked, boiled, drained, with salt	105.0	1.0 cup, chopped	0.242
11208	Dandelion greens, cooked, boiled, drained, without salt	105.0	1.0 cup, chopped	0.242
09006	Apples, raw, without skin, cooked, microwave	170.0	1.0 cup slices	0.241
18961	Crackers, cream, GAMESA SABROSAS	31.0	11.0 crackers (1 NLEA serving)	0.241
36025	CRACKER BARREL, coleslaw	167.0	1.0 serving	0.240
09248	Peaches, dried, sulfured, stewed, with added sugar	270.0	1.0 cup	0.240
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)	0.240
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	98.0	1.0 each taco	0.240
21487	Fast foods, taco with chicken, lettuce and cheese, soft	98.0	1.0 each taco	0.240
06027	Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	240.0	1.0 cup (8 fl oz)	0.240
06022	Soup, chicken rice, canned, chunky, ready-to-serve	240.0	1.0 cup	0.240
07972	Meatballs, frozen, Italian style	85.0	3.0 oz	0.240

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	28.35	1.0 oz	0.240
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	210.0	1.0 cup	0.239
11934	Potatoes, mashed, home-prepared, whole milk and butter added	210.0	1.0 cup	0.239
09307	Rhubarb, raw	122.0	1.0 cup, diced	0.239
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	0.239
22916	Lasagna with meat & sauce, frozen entree	134.0	1.0 piece side	0.239
16106	Meat extender	88.0	1.0 cup	0.238
19366	Toppings, pineapple	340.0	1.0 cup	0.238
23501	USDA Commodity, beef patties with VPP, frozen, cooked	68.0	1.0 patty	0.238
18178	Cookies, oatmeal, commercially prepared, regular	28.35	1.0 oz	0.238
36403	Restaurant, Latino, empanadas, beef, prepared	89.0	1.0 piece	0.238
21340	McDONALD'S, Sausage Burrito	109.0	1.0 burrito	0.238
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	109.0	1.0 burrito	0.238
09034	Apricots, dried, sulfured, stewed, with added sugar	270.0	1.0 cup, halves	0.238
22977	Lasagna with meat sauce, frozen, prepared	123.0	1.0 piece side	0.237
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	0.237
21139	Fast foods, potato, mashed	242.0	1.0 cup	0.237
11161	Collards, raw	36.0	1.0 cup, chopped	0.237
01076	Milk substitutes, fluid, with lauric acid oil	244.0	1.0 cup	0.237
09442	Pomegranate juice, bottled	249.0	1.0 cup	0.237
11167	Corn, sweet, yellow, raw	145.0	1.0 cup	0.236
06064	Soup, turkey, chunky, canned, ready-to-serve	236.0	1.0 cup (8 fl oz)	0.236
11157	Chrysanthemum, garland, raw	25.0	1.0 cup (1" pieces)	0.236
21224	Pizza, cheese topping, regular crust, frozen, cooked	81.0	1.0 serving 9 servings per 24 oz package	0.236
11803	Okra, cooked, boiled, drained, with salt	80.0	0.5 cup slices	0.235
11279	Okra, cooked, boiled, drained, without salt	80.0	0.5 cup slices	0.235
11671	Potatoes, o'brien, home-prepared	194.0	1.0 cup	0.235
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	0.234
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	0.234
11793	Kohlrabi, cooked, boiled, drained, with salt	165.0	1.0 cup slices	0.234
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	0.234
11242	Kohlrabi, cooked, boiled, drained, without salt	165.0	1.0 cup slices	0.234
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	0.234
11482	Squash, winter, acorn, raw	140.0	1.0 cup, cubes	0.234
18060	Bread, rye	28.35	1.0 oz	0.234
21469	Fast Foods, Fried Chicken, Breast, meat and skin and breading	203.0	1.0 breast, with skin	0.233

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
18261	English muffins, mixed-grain, toasted (includes granola)	28.35	1.0 oz	0.233
21115	Fast foods, hamburger, large, triple patty, with condiments	259.0	1.0 sandwich	0.233
11969	Broccoli, chinese, cooked	88.0	1.0 cup	0.232
21301	Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	76.0	1.0 slice	0.232
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	95.0	0.33 package (10 oz)	0.232
11583	Vegetables, mixed, frozen, unprepared	95.0	0.33 package (10 oz)	0.232
05177	Turkey, liver, all classes, raw	78.0	1.0 raw liver	0.231
32036	JIMMY DEAN, Sausage, Egg, and Cheese Breakfast Biscuit, frozen, unprepared	128.0	1.0 biscuit	0.230
11881	Taro, tahitian, cooked, with salt	137.0	1.0 cup slices	0.230
11526	Taro, tahitian, cooked, without salt	137.0	1.0 cup slices	0.230
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	27.0	0.75 cup (1 NLEA serving)	0.230
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	129.0	1.0 cup	0.230
06629	Sauce, pesto, CLASSICO, basil pesto, ready-to-serve	62.0	0.25 cup	0.229
11555	Tomato products, canned, sauce, with herbs and cheese	122.0	0.5 cup	0.229
09288	Prunes, canned, heavy syrup pack, solids and liquids	234.0	1.0 cup	0.229
11299	Parsnips, cooked, boiled, drained, without salt	78.0	0.5 cup slices	0.229
11808	Parsnips, cooked, boiled, drained, with salt	78.0	0.5 cup slices	0.229
06029	CAMPBELL'S, HEALTHY REQUEST, chicken with rice, condensed	126.0	0.5 cup	0.229
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	29.0	1.0 cup	0.229
11362	Potatoes, raw, skin	38.0	1.0 skin	0.229
09293	Plums, dried (prunes), stewed, with added sugar	248.0	1.0 cup, pitted	0.228
18959	Pastry, Pastelitos de Guava (guava pastries)	86.0	1.0 piece	0.228
09054	Blueberries, frozen, unsweetened	155.0	1.0 cup, unthawed	0.228
18005	Bagels, cinnamon-raisin	26.0	1.0 mini bagel (2-1/2" dia)	0.228
18383	Bread, protein, (includes gluten), toasted	28.35	1.0 oz	0.228
36040	CRACKER BARREL, macaroni n' cheese	175.0	1.0 serving	0.228
28356	GLUTINO, Gluten Free Cookies, Chocolate Vanilla Creme	44.0	3.0 cookies	0.227
28332	Cookies, gluten-free, chocolate sandwich, with creme filling	44.0	3.0 cookies	0.227
19866	Candies, soft fruit and nut squares	42.0	3.0 pieces	0.226
21505	Pizza, cheese topping, thin crust, frozen, cooked	69.0	1.0 slice	0.226
14207	Beverages, tea, ready-to-drink, lemon, diet	266.0	1.0 cup	0.226
21011	Fast foods, croissant, with egg and cheese	127.0	1.0 croissant	0.226
18350	Rolls, hamburger or hotdog, plain	44.0	1.0 roll 1 serving	0.225
21013	Fast foods, croissant, with egg, cheese, and ham	155.0	1.0 item	0.225
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	170.0	1.0 cup	0.224
18007	Bagels, oat bran	26.0	1.0 mini bagel (2-1/2" dia)	0.224

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
22972	Pulled pork in barbecue sauce	249.0	1.0 cup	0.224
11335	Peppers, sweet, green, canned, solids and liquids	140.0	1.0 cup, halves	0.224
11916	Peppers, sweet, red, canned, solids and liquids	140.0	1.0 cup, halves	0.224
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	0.224
11222	Drumstick leaves, raw	21.0	1.0 cup, chopped	0.223
11313	Peas, green, frozen, cooked, boiled, drained, without salt	80.0	0.5 cup	0.223
19268	Candies, dark chocolate coated coffee beans	40.0	1.0 serving 28 pieces	0.223
11814	Peas, green, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0.223
31021	Potatoes, hash brown, refrigerated, unprepared	159.0	1.0 cup unprepared	0.223
09446	Plantains, green, fried	118.0	1.0 cup	0.222
11693	Tomatoes, crushed, canned	121.0	0.5 cup	0.221
11970	Cabbage, napa, cooked	109.0	1.0 cup	0.221
18037	Bread, oat bran	28.35	1.0 oz	0.221
09174	Loquats, raw	149.0	1.0 cup, cubed	0.221
21492	DOMINO'S 14" Pepperoni Pizza, Crunchy Thin Crust	79.0	1.0 slice	0.220
11115	Cabbage, savoy, cooked, boiled, drained, without salt	145.0	1.0 cup, shredded	0.220
11753	Cabbage, savoy, cooked, boiled, drained, with salt	145.0	1.0 cup, shredded	0.220
01250	Nutritional supplement for people with diabetes, liquid	227.0	1.0 can	0.220
21012	Fast foods, croissant, with egg, cheese, and bacon	128.0	1.0 item	0.220
11056	Beans, snap, green, canned, regular pack, drained solids	135.0	1.0 cup	0.220
11477	Squash, summer, zucchini, includes skin, raw	124.0	1.0 cup, chopped	0.219
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1.0 oz	0.219
19804	Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour	28.35	1.0 oz	0.219
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.219
12198	Seeds, sesame butter, tahini, from raw and stone ground kernels	15.0	1.0 tbsp	0.219
09039	Avocados, raw, Florida	230.0	1.0 cup, pureed	0.219
11467	Squash, summer, crookneck and straightneck, raw	127.0	1.0 cup sliced	0.218
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15.0	1.0 tbsp	0.218
11202	Cowpeas, leafy tips, cooked, boiled, drained, without salt	53.0	1.0 cup, chopped	0.218
11780	Cowpeas, leafy tips, cooked, boiled, drained, with salt	53.0	1.0 cup, chopped	0.218
19423	Snacks, potato chips, fat-free, made with olestra	28.35	1.0 oz	0.218
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	0.218
11845	Pumpkin, cooked, boiled, drained, with salt	245.0	1.0 cup, mashed	0.218
36601	Restaurant, Chinese, egg rolls, assorted	89.0	1.0 piece	0.218
11423	Pumpkin, cooked, boiled, drained, without salt	245.0	1.0 cup, mashed	0.218
11967	Cauliflower, green, cooked, no salt added	90.0	0.2 head	0.218

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
11951	Peppers, sweet, yellow, raw	186.0	1.0 pepper, large (3-3/4" long, 3" dia)	0.218
09092	Figs, canned, heavy syrup pack, solids and liquids	259.0	1.0 cup	0.218
11978	Peppers, ancho, dried	17.0	1.0 pepper	0.217
21436	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	135.0	1.0 thigh, with skin	0.217
18182	Cookies, oatmeal, refrigerated dough	28.35	1.0 oz	0.217
09091	Figs, canned, light syrup pack, solids and liquids	252.0	1.0 cup	0.217
09093	Figs, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	0.217
19038	Snacks, popcorn, caramel-coated, with peanuts	28.35	1.0 oz (approx 2/3 cup)	0.217
11112	Cabbage, red, raw	89.0	1.0 cup, chopped	0.216
11052	Beans, snap, green, raw	100.0	1.0 cup 1/2" pieces	0.216
17203	Veal, variety meats and by-products, liver, cooked, braised	80.0	1.0 slice	0.216
09107	Gooseberries, raw	150.0	1.0 cup	0.216
43311	Potatoes, canned, drained solids, no salt added	180.0	1.0 cup	0.216
25063	Snacks, potato chips, made from dried potatoes (preformed), multigrain	28.35	1.0 oz	0.216
18038	Bread, oat bran, toasted	28.35	1.0 oz	0.215
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	250.0	8.0 fl oz	0.215
11439	Sauerkraut, canned, solids and liquids	142.0	1.0 cup	0.214
23506	USDA Commodity, beef patties with VPP, frozen, raw	85.0	1.0 serving	0.214
20092	Pasta, gluten-free, corn, cooked	140.0	1.0 cup	0.214
11722	Beans, snap, yellow, raw	100.0	1.0 cup 1/2" pieces	0.214
18345	Rolls, dinner, oat bran	28.35	1.0 oz	0.214
27060	Soup, chunky vegetable, reduced sodium, canned, ready-to-serve	240.0	1.0 cup	0.214
19129	Syrups, table blends, pancake	314.0	1.0 cup	0.214
21142	Fast food, biscuit	55.0	1.0 biscuit	0.213
05116	Chicken, roasting, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	0.213
09037	Avocados, raw, all commercial varieties	150.0	1.0 cup, cubes	0.213
11374	Potatoes, canned, solids and liquids	300.0	1.0 cup, whole	0.213
14318	Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.212
21362	McDONALD'S, Sausage Biscuit with Egg	163.0	1.0 item 5.7 oz	0.212
11011	Asparagus, raw	134.0	1.0 cup	0.212
21456	POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading	194.0	1.0 breast, with skin	0.211
11254	Lotus root, raw	81.0	10.0 slices (2-1/2" dia)	0.211
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	130.0	1.0 cup slices	0.211
08157	Cereals ready-to-eat, wheat, puffed, fortified	12.0	1.0 cup	0.211
19111	Candies, NESTLE, BABY RUTH Bar	60.0	1.0 serving 2.1 oz bar	0.211
18447	Popovers, dry mix, unenriched	28.35	1.0 oz	0.210

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
18339	Popovers, dry mix, enriched	28.35	1.0 oz	0.210
08156	Cereals ready-to-eat, rice, puffed, fortified	14.0	1.0 cup	0.210
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	0.210
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	256.0	1.0 cup	0.210
21525	PIZZA HUT, breadstick, parmesan garlic	43.0	1.0 breadstick	0.210
21520	Fast foods, breadstick, soft, prepared with garlic and parmesan cheese	43.0	1.0 breadstick	0.210
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.210
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	165.0	1.0 cup	0.210
21023	Fast foods, french toast with butter	135.0	2.0 slices	0.209
18966	Crackers, saltines, whole wheat (includes multi-grain)	14.0	1.0 serving	0.209
11899	Yardlong bean, cooked, boiled, drained, with salt	104.0	1.0 cup slices	0.209
11200	Yardlong bean, cooked, boiled, drained, without salt	104.0	1.0 cup slices	0.209
11576	Turnip greens and turnips, frozen, unprepared	95.0	0.33 package (10 oz)	0.209
11697	Arrowroot, raw	120.0	1.0 cup, sliced	0.209
10107	Pork, fresh, variety meats and by-products, kidneys, cooked, braised	140.0	1.0 cup	0.209
31036	Potatoes, mashed, ready-to-eat	229.0	1.0 cup	0.208
36030	DENNY'S, hash browns	124.0	1.0 serving	0.208
09084	Currants, red and white, raw	112.0	1.0 cup	0.208
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	245.0	1.0 cup	0.208
11779	Cowpeas, young pods with seeds, cooked, boiled, drained, with salt	95.0	1.0 cup	0.208
11198	Cowpeas, young pods with seeds, cooked, boiled, drained, without salt	95.0	1.0 cup	0.208
06030	Soup, clam chowder, new england, canned, condensed	126.0	0.5 cup	0.208
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	165.0	1.0 cup	0.208
11489	Squash, winter, hubbard, raw	116.0	1.0 cup, cubes	0.208
18272	Ice cream cones, sugar, rolled-type	28.35	1.0 oz	0.208
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	0.208
18973	Focaccia, Italian flatbread, plain	57.0	1.0 piece	0.207
09427	Abiyuch, raw	114.0	0.5 cup	0.207
21419	KFC, biscuit	49.0	1.0 biscuit	0.207
11282	Onions, raw	160.0	1.0 cup, chopped	0.206
08032	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES	30.0	0.75 cup (1 NLEA serving)	0.206
11028	Bamboo shoots, canned, drained solids	131.0	1.0 cup (1/8" slices)	0.206
11588	Waterchestnuts, chinese, (matai), raw	62.0	0.5 cup slices	0.205
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	69.0	1.0 slice	0.205
06159	Soup, tomato, canned, condensed	148.0	1.0 cup	0.204
09334	Feijoa, raw	243.0	1.0 cup, pureed	0.204

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	28.35	1.0 oz	0.204
11009	Artichokes, (globe or french), frozen, unprepared	84.0	0.33 package	0.204
11475	Squash, summer, scallop, raw	130.0	1.0 cup slices	0.204
14191	Beverages, tea, green, ready-to-drink, citrus, diet, fortified with vitamin C	265.0	1.0 cup	0.204
14211	Beverages, tea, black, ready-to-drink, lemon, diet	265.0	1.0 cup	0.204
15062	Fish, pike, northern, raw	85.0	3.0 oz	0.204
12171	Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)	14.0	1.0 tbsp	0.204
19018	Fruit syrup	334.0	1.0 cup	0.204
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	210.0	1.0 cup, diced	0.204
21361	McDONALD'S, Sausage Biscuit	117.0	1.0 item 4.1 oz	0.204
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	35.0	2.0 tbsp	0.203
21471	Fast Foods, Fried Chicken, Thigh, meat and skin and breading	136.0	1.0 thigh with skin	0.203
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	0.202
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	67.0	1.0 slice	0.202
09081	Cranberry sauce, canned, sweetened	277.0	1.0 cup	0.202
18325	Pie, pecan, prepared from recipe	28.35	1.0 oz	0.202
09005	Apples, raw, without skin, cooked, boiled	171.0	1.0 cup slices	0.202
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27.0	0.75 cup (1 NLEA serving)	0.202
18324	Pie, pecan, commercially prepared	28.35	1.0 oz	0.201
11190	Cornsalad, raw	56.0	1.0 cup	0.201
06430	Soup, clam chowder, new england, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.201
11585	Vegetable juice cocktail, low sodium, canned	254.0	1.0 cup	0.201
20134	Rice noodles, cooked	176.0	1.0 cup	0.201
06067	Soup, chunky vegetable, canned, ready-to-serve	230.0	1.0 cup	0.200
11520	Taro leaves, raw	28.0	1.0 cup	0.200
09177	Mangosteen, canned, syrup pack	196.0	1.0 cup, drained	0.200
18201	Cookies, peanut butter sandwich, special dietary	28.35	1.0 oz	0.200
07969	Kielbasa, fully cooked, pan-fried	370.0	1.0 link	0.200
17213	Veal, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0.200
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	57.0	1.0 bar (2 oz)	0.199
11546	Tomato products, canned, paste, without salt added	66.0	0.25 cup	0.199
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	0.199
02037	Spices, saffron	0.7	1.0 tsp	0.199
21009	Fast foods, biscuit, with sausage	111.0	1.0 item	0.199
11267	Mushrooms, shiitake, stir-fried	89.0	1.0 cup whole	0.198
22908	Beef, corned beef hash, with potato, canned	236.0	1.0 cup	0.198

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
28376	VAN'S, The Perfect 10, Crispy Six Whole Grain + Four Seed Baked Crackers, Gluten Free	8.4	3.0 crackers	0.198
27001	Soup, hot and sour, Chinese restaurant	233.0	1.0 cup	0.198
06415	CAMPBELL'S CHUNKY Soups, Hearty Beef Barley Soup	206.0	1.0 cup	0.198
11641	Squash, summer, all varieties, raw	113.0	1.0 cup, sliced	0.198
11656	Corn pudding, home prepared	250.0	1.0 cup	0.198
18157	Cookies, chocolate wafers	28.35	1.0 oz	0.197
21007	Fast foods, biscuit, with egg, cheese, and bacon	145.0	1.0 item	0.197
35144	Stew, dumpling with mutton (Navajo)	308.0	1.0 serving	0.197
14206	Beverages, tea, green, ready-to-drink, sweetened	270.0	1.0 cup	0.197
06142	Sauce, sofrito, prepared from recipe	103.0	0.5 cup	0.197
42196	Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar	50.0	1.0 serving 1.76 oz bar	0.196
11977	Peppers, serrano, raw	105.0	1.0 cup, chopped	0.196
11525	Taro, tahitian, raw	125.0	1.0 cup slices	0.196
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	15.0	1.0 tbsp	0.196
11043	Mung beans, mature seeds, sprouted, raw	104.0	1.0 cup	0.196
11660	Tomatoes, red, ripe, cooked, stewed	101.0	1.0 cup	0.195
21127	Fast foods, coleslaw	191.0	1.0 cup	0.195
43544	Babyfood, cereal, rice with pears and apple, dry, instant fortified	15.0	1.0 serving	0.195
06545	CAMPBELL'S Homestyle New England Clam Chowder	256.0	1.0 cup	0.195
21360	McDONALD'S, Bacon Egg & Cheese Biscuit	142.0	1.0 item 4.9 oz	0.195
36009	T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	144.0	1.0 cup	0.194
16429	Tofu, fried, prepared with calcium sulfate	13.0	1.0 piece	0.194
09519	Guava nectar, with sucralose, canned	335.0	11.3 fl oz	0.194
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	122.0	1.0 piece	0.194
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0 cracker 1 cracker = 6.5g	0.194
18116	Cake, gingerbread, prepared from recipe	28.35	1.0 oz	0.194
21493	DOMINO'S 14" Sausage Pizza, Crunchy Thin Crust	78.0	1.0 slice	0.193
18310	Pie, chocolate creme, commercially prepared	120.0	1.0 serving .167 pie	0.193
21120	Fast foods, hotdog, with corn flour coating (corndog)	175.0	1.0 sandwich	0.192
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	0.192
21247	WENDY'S, french fries	71.0	1.0 kid's meal Serving	0.192
15145	Crustaceans, crayfish, mixed species, wild, raw	85.0	3.0 oz	0.192
05172	Turkey, whole, giblets, cooked, simmered	95.0	1.0 giblets	0.192
21458	POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	138.0	1.0 thigh with skin	0.192
09402	Applesauce, canned, sweetened, with salt	255.0	1.0 cup	0.191
11090	Broccoli, raw	91.0	1.0 cup chopped	0.191

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
19134	Candies, milk chocolate, with rice cereal	40.0	1.0 bar (1.4 oz)	0.191
25046	Snacks, bagel chips, plain	28.35	1.0 oz	0.191
11901	Corn, sweet, white, cooked, boiled, drained, without salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.190
11902	Corn, sweet, white, cooked, boiled, drained, with salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.190
11209	Eggplant, raw	82.0	1.0 cup, cubes	0.190
18964	Cinnamon buns, frosted (includes honey buns)	65.0	1.0 bun	0.190
18963	Garlic bread, frozen	43.0	1.0 slice presliced	0.190
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	29.0	1.0 cup (1 NLEA serving)	0.189
11643	Squash, winter, all varieties, raw	116.0	1.0 cup, cubes	0.189
11326	Peas and onions, frozen, unprepared	69.0	0.5 cup	0.189
11207	Dandelion greens, raw	55.0	1.0 cup, chopped	0.188
18378	Cookies, chocolate chip, prepared from recipe, made with butter	28.35	1.0 oz	0.188
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	28.35	1.0 oz	0.188
02033	Spices, poppy seed	2.8	1.0 tsp	0.188
11241	Kohlrabi, raw	135.0	1.0 cup	0.188
18960	Crackers, snack, GOYA CRACKERS	30.0	1.0 serving (1 NLEA serving - about 4 crackers)	0.188
05137	Chicken, capons, giblets, raw	115.0	1.0 giblets	0.187
18017	Biscuits, mixed grain, refrigerated dough	28.35	1.0 oz	0.187
11199	Yardlong bean, raw	91.0	1.0 cup slices	0.187
28360	MARY'S GONE CRACKERS, Original Crackers, Organic Gluten Free	7.4	3.0 crackers	0.186
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.186
01240	Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	96.0	1.0 unit	0.186
25037	Snacks, pita chips, salted	28.35	1.0 oz	0.186
11013	Asparagus, canned, regular pack, solids and liquids	122.0	0.5 cup	0.185
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244.0	1.0 cup	0.185
11707	Asparagus, canned, no salt added, solids and liquids	122.0	0.5 cup	0.185
09101	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra heavy syrup, solids and liquids	130.0	0.5 cup	0.185
01239	Ice cream cookie sandwich	82.0	1.0 serving	0.184
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.184
15243	Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	85.0	3.0 oz	0.184
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	256.0	1.0 cup	0.184
09065	Cherries, sour, red, canned, light syrup pack, solids and liquids	252.0	1.0 cup	0.184
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248.0	1.0 cup	0.184
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	248.0	1.0 cup	0.184

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
14084	Alcoholic beverage, wine, table, all	148.0	1.0 serving (5 fl oz)	0.184
19115	Candies, MARS SNACKFOOD US, MARS Almond Bar	50.0	1.0 bar (1.76 oz)	0.184
11435	Rutabagas, raw	140.0	1.0 cup, cubes	0.183
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	89.0	1.0 cup	0.183
19186	Desserts, apple crisp, prepared-from-recipe	141.0	0.5 cup	0.183
11201	Cowpeas, leafy tips, raw	36.0	1.0 cup, chopped	0.183
11124	Carrots, raw	128.0	1.0 cup chopped	0.183
27062	Soup, beef barley, ready to serve	208.0	1.0 cup	0.183
09067	Cherries, sour, red, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	0.183
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	87.0	1.0 slice	0.183
11788	Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	87.0	1.0 cup	0.183
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	87.0	1.0 cup	0.183
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	0.182
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	119.0	1.0 cup, shredded	0.182
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119.0	1.0 cup, shredded	0.182
11523	Taro shoots, cooked, without salt	140.0	1.0 cup slices	0.182
11880	Taro, shoots, cooked, with salt	140.0	1.0 cup slices	0.182
11182	Corn, yellow, whole kernel, frozen, microwaved	141.0	1.0 cup	0.182
11333	Peppers, sweet, green, raw	149.0	1.0 cup, chopped	0.182
18200	Cookies, oatmeal, commercially prepared, special dietary	28.35	1.0 oz	0.181
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	28.35	1.0 oz	0.181
16107	Sausage, meatless	25.0	1.0 link	0.181
18368	Wonton wrappers (includes egg roll wrappers)	28.35	1.0 oz	0.181
09098	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	123.0	0.5 cup	0.181
35237	Tamales, masa and pork filling (Hopi)	113.0	4.0 oz	0.181
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.180
19142	Candies, MOUNDS Candy Bar	19.0	1.0 bar snack size	0.180
20096	Pasta, fresh-refrigerated, spinach, cooked	57.0	2.0 oz	0.180
21415	POPEYES, biscuit	60.0	1.0 biscuit	0.180
11527	Tomatoes, green, raw	180.0	1.0 cup	0.180
16227	Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D	243.0	1.0 cup	0.180
11261	Mushrooms, white, cooked, boiled, drained, without salt	156.0	1.0 cup pieces	0.179
11797	Mushrooms, white, cooked, boiled, drained, with salt	156.0	1.0 cup pieces	0.179
03062	Babyfood, dinner, vegetables and ham, junior	256.0	1.0 cup	0.179

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0.179
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.178
11989	Mushrooms, straw, canned, drained solids	182.0	1.0 cup	0.178
43369	Beverages, Chocolate-flavored drink, whey and milk based	244.0	1.0 cup	0.178
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	137.0	0.167 package (5.5 oz) yields	0.178
15229	Mollusks, cuttlefish, mixed species, cooked, moist heat	85.0	3.0 oz	0.178
18967	Bread, white wheat	28.0	1.0 slice	0.178
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	25.0	0.25 cup	0.178
13332	Beef, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0.177
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.177
21238	McDONALD'S, french fries	71.0	1.0 small serving	0.177
09428	Rowal, raw	114.0	0.5 cup	0.177
14264	Beverages, fruit punch drink, without added nutrients, canned	210.0	6.75 fl oz	0.176
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	0.176
12205	Seeds, lotus seeds, raw	28.35	1.0 oz	0.176
18972	Bread, cheese	48.0	1.0 slice	0.176
05178	Turkey, liver, all classes, cooked, simmered	53.0	1.0 liver cooked	0.175
21138	Fast foods, potato, french fried in vegetable oil	71.0	1.0 serving small	0.175
06976	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	128.0	1.0 serving 1/2 cup	0.175
09310	Rhubarb, frozen, cooked, with sugar	240.0	1.0 cup	0.175
18193	Cookies, shortbread, commercially prepared, pecan	28.35	1.0 oz	0.175
11376	Potatoes, canned, drained solids	180.0	1.0 cup	0.175
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	58.0	1.0 serving 1 biscuit	0.175
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.174
11564	Turnips, raw	130.0	1.0 cup, cubes	0.174
11174	Corn, sweet, yellow, canned, cream style, regular pack	256.0	1.0 cup	0.174
11906	Corn, sweet, white, canned, cream style, regular pack	256.0	1.0 cup	0.174
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	124.0	1.0 cup	0.174
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	0.174
09063	Cherries, sour, red, raw	155.0	1.0 cup, without pits	0.174
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.173
21381	McDONALD'S, Fruit 'n Yogurt Parfait (without granola)	142.0	1.0 item	0.173
06431	CAMPBELL'S CHUNKY, New England Clam Chowder	251.0	1.0 cup	0.173

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
06434	CAMPBELL'S CHUNKY Soups, Old Fashioned Vegetable Beef Soup	247.0	1.0 cup	0.173
09513	Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	227.0	1.0 cup	0.173
19083	Candies, sweet chocolate coated fondant	43.0	1.0 patty, large	0.172
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	69.0	1.0 each taco	0.172
21260	TACO BELL, Original Taco with beef, cheese and lettuce	69.0	1.0 each taco	0.172
18260	English muffins, mixed-grain (includes granola)	28.35	1.0 oz	0.171
06377	CAMPBELL'S, Tomato Soup, condensed	124.0	0.5 cup condensed	0.171
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	53.0	1.0 piece	0.171
28290	Cookie, with peanut butter filling, chocolate-coated	25.0	2.0 cookies	0.170
08501	Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES	27.0	0.75 cup	0.170
14177	Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	0.170
11529	Tomatoes, red, ripe, raw, year round average	149.0	1.0 cup cherry tomatoes	0.170
18939	Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	51.0	1.0 pastry	0.169
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	155.0	1.0 cup	0.169
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	155.0	1.0 cup	0.169
18081	Bread stuffing, bread, dry mix	28.35	1.0 oz	0.168
10116	Pork, fresh, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0.168
21034	Fast foods, sundae, strawberry	153.0	1.0 sundae	0.168
19148	Candies, peanut brittle, prepared-from-recipe	28.35	1.0 oz	0.168
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	132.0	1.0 serving 1/2 cup	0.168
06167	Sauce, homemade, white, thick	250.0	1.0 cup	0.168
06749	Soup, beef and vegetables, canned, ready-to-serve	250.0	1.0 cup	0.168
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	0.167
11987	Mushrooms, oyster, raw	148.0	1.0 large	0.167
20068	Tapioca, pearl, dry	152.0	1.0 cup	0.167
11928	Tree fern, cooked, with salt	31.0	1.0 frond (6-1/2" long)	0.167
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	48.0	1.0 cup	0.167
11821	Peppers, sweet, red, raw	149.0	1.0 cup, chopped	0.167
11696	Tomatoes, yellow, raw	139.0	1.0 cup, chopped	0.167
18154	Cookies, brownies, prepared from recipe	28.35	1.0 oz	0.166
11957	Fennel, bulb, raw	87.0	1.0 cup, sliced	0.166
06559	Soup, tomato, canned, prepared with equal volume water, commercial	248.0	1.0 serving 1 cup	0.166
02015	Spices, curry powder	2.0	1.0 tsp	0.166
06748	Soup, PROGRESSO, beef barley, traditional, ready to serve	210.0	1.0 cup	0.166
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	0.166
14017	Alcoholic beverage, pina colada, prepared-from-recipe	31.4	1.0 fl oz	0.166

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	0.165
11540	Tomato juice, canned, with salt added	243.0	1.0 cup	0.165
05661	Chicken, liver, all classes, cooked, pan-fried	44.0	1.0 liver	0.165
14558	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk	266.0	1.0 serving	0.165
11436	Rutabagas, cooked, boiled, drained, without salt	170.0	1.0 cup, cubes	0.165
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	0.165
11322	Peas and carrots, frozen, unprepared	70.0	0.5 cup	0.164
11224	Hyacinth-beans, immature seeds, raw	80.0	1.0 cup	0.164
18297	Pancakes, special dietary, dry mix	28.35	1.0 oz	0.164
18029	Bread, french or vienna (includes sourdough)	28.35	1.0 oz	0.164
20118	Noodles, flat, crunchy, Chinese restaurant	45.0	1.0 cup	0.163
19419	Snacks, corn cakes	9.0	1.0 cake	0.163
19800	Snacks, corn cakes, very low sodium	9.0	1.0 cake	0.163
12203	Nuts, chestnuts, japanese, boiled and steamed	28.35	1.0 oz	0.163
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	0.163
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	240.0	1.0 cup	0.163
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	28.35	1.0 oz	0.163
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28.0	1.0 roll (1 oz)	0.163
16123	Soy sauce made from soy and wheat (shoyu)	16.0	1.0 tbsp	0.163
14284	Beverages, Cranberry juice cocktail	271.0	1.0 cup	0.163
11740	Broccoli, flower clusters, raw	71.0	1.0 cup flowerets	0.163
32006	Taquitos, frozen, chicken and cheese, oven-heated	42.0	1.0 piece	0.163
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	0.162
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	0.162
18271	Ice cream cones, cake or wafer-type	28.35	1.0 oz	0.162
11386	Potatoes, scalloped, dry mix, unprepared	26.0	0.167 package (5.5 oz)	0.162
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0.162
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	28.35	1.0 oz	0.162
18189	Cookies, peanut butter, prepared from recipe	28.35	1.0 oz	0.162
05171	Turkey, whole, giblets, raw	85.0	3.0 oz	0.161
28341	Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch	78.0	1.0 roll	0.161
28368	SCHAR, Gluten-Free, Classic White Rolls	78.0	1.0 roll	0.161
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	149.0	1.0 cup, drained	0.161
18220	Crackers, melba toast, plain	14.2	0.5 oz	0.160
18424	Crackers, melba toast, plain, without salt	14.2	0.5 oz	0.160

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	70.0	1.0 slice	0.160
21338	McDONALD'S, McFLURRY with M&M'S CANDIES	348.0	1.0 regular (12 fl oz)	0.160
21412	Light Ice Cream, soft serve, blended with milk chocolate candies	348.0	12.0 fl oz cup	0.160
11291	Onions, spring or scallions (includes tops and bulb), raw	100.0	1.0 cup, chopped	0.160
36035	Restaurant, family style, coleslaw	108.0	1.0 serving	0.160
19387	Frozen novelties, ice type, pineapple-coconut	99.0	0.5 cup (4 fl oz)	0.159
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	28.35	1.0 oz	0.159
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	0.159
11764	Celery, cooked, boiled, drained, with salt	150.0	1.0 cup, diced	0.159
18349	Rolls, french	28.35	1.0 oz	0.158
19162	Candies, WHATCHAMACALLIT Candy Bar	48.0	1.0 bar 1.7 oz	0.158
11965	Cauliflower, green, raw	64.0	1.0 cup	0.158
11096	Broccoli raab, raw	40.0	1.0 cup chopped	0.158
05028	Chicken, liver, all classes, cooked, simmered	44.0	1.0 liver	0.158
36039	Restaurant, family style, hash browns	94.0	1.0 cup	0.158
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	48.0	1.0 package (1.69 oz)	0.158
18114	Cake, gingerbread, dry mix	28.35	1.0 oz	0.158
21249	BURGER KING, french fries	74.0	1.0 small serving	0.158
13324	Beef, variety meats and by-products, kidneys, cooked, simmered	85.0	3.0 oz	0.157
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	0.156
05324	Chicken patty, frozen, cooked	60.0	1.0 patty	0.156
11889	Turnips, cooked, boiled, drained, with salt	156.0	1.0 cup, cubes	0.156
11890	Turnips, frozen, cooked, boiled, drained, with salt	156.0	1.0 cup	0.156
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0.156
18028	Bread, egg, toasted	28.35	1.0 oz	0.156
07006	Bockwurst, pork, veal, raw	91.0	1.0 sausage	0.156
19160	Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars	57.0	1.0 package (2 oz)	0.156
14557	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients	22.0	1.0 serving	0.156
14423	Beverages, dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice	243.0	1.0 serving	0.156
18069	Bread, white, commercially prepared (includes soft bread crumbs)	29.0	1.0 slice	0.155
11841	Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated	74.0	10.0 strip	0.155
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	135.0	1.0 cup, strips	0.155
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0.155
05026	Chicken, heart, all classes, cooked, simmered	145.0	1.0 cup, chopped or diced	0.155
18965	Crackers, cheese, reduced fat	30.0	1.0 serving	0.155

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
14182	Beverages, chocolate syrup, prepared with whole milk	282.0	1.0 cup (8 fl oz)	0.155
11632	Peppers, jalapeno, canned, solids and liquids	136.0	1.0 cup, chopped	0.155
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	0.155
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	250.0	1.0 cup	0.155
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	0.155
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.155
18048	Bread, raisin, enriched, toasted	28.35	1.0 oz	0.155
11239	Mushrooms, Chanterelle, raw	54.0	1.0 cup	0.154
18233	Crackers, wheat, sandwich, with cheese filling	14.2	0.5 oz	0.154
09071	Cherries, sweet, canned, water pack, solids and liquids	248.0	1.0 cup, pitted	0.154
11110	Cabbage, cooked, boiled, drained, without salt	75.0	0.5 cup, shredded	0.154
11751	Cabbage, common, cooked, boiled, drained, with salt	75.0	0.5 cup, shredded	0.154
03085	Babyfood, dinner, vegetables and turkey, junior	256.0	1.0 cup	0.154
11384	Potatoes, au gratin, dry mix, unprepared	26.0	0.167 package (5.5 oz)	0.153
14422	Beverages, Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder	21.0	1.0 packet (.75 oz)	0.153
11390	Potatoes, hash brown, frozen, plain, unprepared	105.0	0.5 cup	0.153
18408	Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)	28.35	1.0 oz	0.153
18406	Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	0.153
18407	Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	0.153
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.153
18051	Bread, reduced-calorie, oatmeal	28.35	1.0 oz	0.153
09072	Cherries, sweet, canned, juice pack, solids and liquids	250.0	1.0 cup, pitted	0.152
05323	Chicken patty, frozen, uncooked	60.0	1.0 patty	0.152
27042	Soup, clam chowder, new england, canned, ready-to-serve	254.0	1.0 cup	0.152
32007	Taquitos, frozen, beef and cheese, oven-heated	42.0	1.0 piece	0.152
11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	50.0	10.0 strips	0.152
11407	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	50.0	10.0 strips	0.152
19279	Candies, milk chocolate coated coffee beans	28.35	1.0 oz	0.152
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	0.152
18361	Toaster pastries, brown-sugar-cinnamon	28.35	1.0 oz	0.151
09075	Cherries, sweet, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	0.151
02007	Spices, celery seed	2.0	1.0 tsp	0.151
11091	Broccoli, cooked, boiled, drained, without salt	78.0	0.5 cup, chopped	0.151
11742	Broccoli, cooked, boiled, drained, with salt	78.0	0.5 cup, chopped	0.151
09073	Cherries, sweet, canned, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	0.151
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	69.0	10.0 strip	0.151

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
18222	Crackers, melba toast, wheat	14.2	0.5 oz	0.151
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	243.0	1.0 cup	0.151
09411	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added ascorbic acid	239.0	1.0 cup	0.151
09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	239.0	1.0 cup	0.151
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	0.150
11968	Cauliflower, green, cooked, with salt	62.0	0.5 cup (1" pieces)	0.150
18084	Bread stuffing, cornbread, dry mix	28.35	1.0 oz	0.150
18092	Cake, pudding-type, carrot, dry mix	28.35	1.0 oz	0.150
21268	TACO BELL, Nachos	80.0	1.0 serving	0.150
21078	Fast foods, nachos, with cheese	80.0	1.0 serving	0.150
28345	Crackers, gluten-free, multi-seeded and multigrain	6.1	3.0 crackers	0.150
18344	Rolls, dinner, egg	28.35	1.0 oz	0.149
14181	Beverages, chocolate syrup	39.0	1.0 serving 2 tbsp	0.149
11763	Celeriac, cooked, boiled, drained, with salt	155.0	1.0 cup pieces	0.149
11142	Celeriac, cooked, boiled, drained, without salt	155.0	1.0 cup pieces	0.149
06183	Soup, chicken broth, less/reduced sodium, ready to serve	240.0	1.0 cup	0.149
09062	Cherimoya, raw	160.0	1.0 cup, pieces	0.149
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.149
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0.149
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0.149
11086	Beet greens, raw	38.0	1.0 cup	0.149
03205	Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified	5.3	1.0 tbsp	0.148
06182	Soup, cream of mushroom, canned, condensed, reduced sodium	251.0	1.0 cup	0.148
11408	Potatoes, frozen, french fried, par fried, extruded, unprepared	65.0	10.0 strips	0.148
11506	Sweet potato leaves, cooked, steamed, without salt	64.0	1.0 cup	0.147
11874	Sweet potato leaves, cooked, steamed, with salt	64.0	1.0 cup	0.147
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	117.0	1.0 piece	0.146
16112	Miso	17.0	1.0 tbsp	0.146
18139	Cake, white, prepared from recipe without frosting	74.0	1.0 piece (1/12 of 9" dia)	0.146
09435	Guava nectar, canned, with added ascorbic acid	251.0	1.0 cup	0.146
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.145
11422	Pumpkin, raw	116.0	1.0 cup (1" cubes)	0.145
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207.0	1.0 can (6 fl oz)	0.145
20025	Cornmeal, yellow, self-rising, degermed, enriched	138.0	1.0 cup	0.145
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.145
35195	Cattail, Narrow Leaf Shoots (Northern Plains Indians)	19.0	1.0 shoot	0.144

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	0.144
06101	Soup, cream of vegetable, dry, powder	18.0	1.0 packet	0.144
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	96.0	6.0 pieces	0.144
06964	Soup, tomato, low sodium, with water	248.0	1.0 serving 1 cup	0.144
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	28.35	1.0 oz	0.143
16424	Soy sauce made from soy and wheat (shoyu), low sodium	14.2	1.0 tbsp	0.143
14316	Beverages, Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.143
18954	Bread, pound cake type, pan de torta salvadoran	55.0	1.0 serving	0.143
06024	Soup, chicken and vegetable, canned, ready-to-serve	255.0	1.0 cup	0.143
14651	Beverages, fruit juice drink, greater than 3% juice, high vitamin C	238.0	1.0 cup (8 fl oz)	0.143
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	11.0	1.0 tbsp	0.143
03279	Babyfood, dinner, mixed vegetable, junior	99.0	1.0 serving	0.143
11409	Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	50.0	10.0 strips	0.142
08580	Incaparina, dry mix (corn and soy flours), unprepared	8.9	1.0 tbsp	0.142
11109	Cabbage, raw	89.0	1.0 cup, chopped	0.142
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	67.0	1.0 serving 4 pieces in serving	0.142
18047	Bread, raisin, enriched	28.35	1.0 oz	0.142
18414	Bread, raisin, unenriched	28.35	1.0 oz	0.142
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.142
18027	Bread, egg	28.35	1.0 oz	0.142
27046	Sauce, duck, ready-to-serve	33.0	2.0 Tbsp	0.142
21339	McDONALD'S, McFLURRY with OREO cookies	337.0	1.0 regular (12 fl oz)	0.142
21413	Light Ice Cream, soft serve, blended with cookie pieces	337.0	12.0 fl oz cup	0.142
06395	CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup	243.0	1.0 cup	0.141
18168	Cookies, chocolate sandwich, with extra creme filling	28.35	1.0 oz	0.141
11908	Corn, sweet, white, canned, vacuum pack, regular pack	210.0	1.0 cup	0.141
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	0.141
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	210.0	1.0 cup	0.141
11909	Corn, sweet, white, canned, vacuum pack, no salt added	210.0	1.0 cup	0.141
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	89.0	10.0 strip	0.141
18211	Puff pastry, frozen, ready-to-bake, baked	28.35	1.0 oz	0.140
21388	Fast foods, miniature cinnamon rolls	25.0	1.0 each	0.140
05354	USDA Commodity, turkey taco meat, frozen, cooked	85.0	3.0 oz	0.140
11504	Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt	98.0	1.0 cup, chopped	0.140
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	98.0	1.0 cup, chopped	0.140
19081	Candies, sweet chocolate	28.35	1.0 oz	0.140

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
22971	Potato salad with egg	125.0	0.5 cup	0.140
21337	McDONALD'S, Peanuts (for Sundaes)	7.0	0.3 oz	0.140
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	140.0	1.0 cup	0.140
11669	Seaweed, wakame, raw	10.0	2.0 tbsp (1/8 cup)	0.140
11154	Chicory roots, raw	60.0	1.0 root	0.140
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	28.0	1.0 cup (1 NLEA serving)	0.140
06152	Sauce, pizza, canned, ready-to-serve	63.0	0.25 cup	0.139
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	65.0	10.0 strips	0.139
11695	Tomatoes, orange, raw	158.0	1.0 cup, chopped	0.139
09420	Jackfruit, canned, syrup pack	178.0	1.0 cup, drained	0.139
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	0.139
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	0.139
11418	Pumpkin leaves, raw	39.0	1.0 cup	0.138
18337	Puff pastry, frozen, ready-to-bake	28.35	1.0 oz	0.138
19401	Snacks, cornnuts, barbecue-flavor	28.35	1.0 oz	0.138
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.138
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	142.0	0.5 cup	0.138
18127	Cake, snack cakes, creme-filled, chocolate with frosting	28.35	1.0 oz	0.137
36028	DENNY'S, coleslaw	91.0	1.0 serving	0.137
28308	Crackers, standard snack-type, with whole wheat	15.0	5.0 crackers 1 serving	0.137
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	29.0	0.75 cup (1 NLEA serving)	0.137
18413	Bread, pita, white, unenriched	28.35	1.0 oz	0.136
07957	Pork and turkey sausage, pre-cooked	57.0	1.0 serving	0.136
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	30.0	1.0 piece (1/8 of 9" crust)	0.136
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	0.136
11027	Bamboo shoots, cooked, boiled, drained, without salt	120.0	1.0 cup (1/2" slices)	0.136
11712	Bamboo shoots, cooked, boiled, drained, with salt	120.0	1.0 cup (1/2" slices)	0.136
03114	Babyfood, vegetable, butternut squash and corn	113.0	1.0 jar, Gerber (4 oz)	0.136
21324	McDONALD'S, Baked Apple Pie	77.0	2.7 oz	0.136
21420	KFC, Coleslaw	112.0	1.0 package	0.136
18338	Phyllo dough	28.35	1.0 oz	0.135
15115	Fish, trout, rainbow, wild, raw	85.0	3.0 oz	0.134
11264	Mushrooms, canned, drained solids	156.0	1.0 cup	0.134
18164	Cookies, chocolate chip, refrigerated dough, baked	28.35	1.0 oz	0.134
09522	Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium	200.0	6.75 fl oz	0.134
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	34.0	1.0 serving 3 cookies	0.134

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
35236	Stew, pinto bean and hominy, badufsuki (Hopi)	227.0	8.0 oz	0.134
25064	Snacks, potato chips, lightly salted	28.0	23.0 pieces	0.134
11828	Potatoes, baked, flesh and skin, with salt	61.0	0.5 cup	0.134
36606	CRACKER BARREL, farm raised catfish platter	178.0	1.0 serving	0.134
22973	Corn dogs, frozen, prepared	78.0	1.0 corndog	0.133
18386	Muffins, blueberry, toaster-type, toasted	28.35	1.0 oz	0.133
19301	Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe	28.35	1.0 oz	0.133
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	40.0	1.0 donut	0.133
11398	Potato puffs, frozen, unprepared	120.0	1.0 cup	0.133
09309	Rhubarb, frozen, uncooked	137.0	1.0 cup, diced	0.133
27021	CAMPBELL'S Homestyle HEALTHY REQUEST Chicken with Whole Grain Pasta Soup	246.0	1.0 cup	0.133
19340	Sugars, maple	3.0	1.0 tsp	0.133
11368	Potatoes, microwaved, cooked in skin, flesh, without salt	78.0	0.5 cup	0.133
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	78.0	0.5 cup	0.133
20657	Pasta, gluten-free, corn and rice flour, cooked	141.0	1.0 cup spaghetti	0.133
19104	Candies, fudge, vanilla with nuts	28.35	1.0 oz	0.132
11255	Lotus root, cooked, boiled, drained, without salt	60.0	0.5 cup	0.132
09059	Breadfruit, raw	220.0	1.0 cup	0.132
11796	Lotus root, cooked, boiled, drained, with salt	60.0	0.5 cup	0.132
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	0.132
20029	Couscous, cooked	157.0	1.0 cup, cooked	0.132
11147	Chard, swiss, raw	36.0	1.0 cup	0.132
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	85.0	3.0 oz	0.132
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	0.132
09028	Apricots, canned, heavy syrup pack, without skin, solids and liquids	258.0	1.0 cup, whole, without pits	0.132
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	253.0	1.0 cup, halves	0.132
18033	Bread, italian	28.35	1.0 oz	0.132
18450	Tortillas, ready-to-bake or -fry, flour, without added calcium	28.35	1.0 oz	0.131
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0.131
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	0.131
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	0.131
18188	Cookies, peanut butter, refrigerated dough, baked	28.35	1.0 oz	0.131
02018	Spices, fennel seed	2.0	1.0 tsp, whole	0.131
18353	Rolls, hard (includes kaiser)	28.35	1.0 oz	0.130
18071	Bread, white, prepared from recipe, made with nonfat dry milk	28.35	1.0 oz	0.130
12088	Nuts, cashew butter, plain, without salt added	16.0	1.0 tbsp	0.130

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
11427	Purslane, raw	43.0	1.0 cup	0.130
11137	Cauliflower, frozen, unprepared	66.0	0.5 cup (1" pieces)	0.130
32034	HUNGRY MAN, Salisbury Steak With Gravy, frozen, unprepared	64.0	1.0 patty	0.130
27044	Soup, chicken noodle, reduced sodium, canned, ready-to-serve	245.0	1.0 cup	0.130
14334	Beverages, pineapple and grapefruit juice drink, canned	31.3	1.0 fl oz	0.129
21246	WENDY'S, Chicken Nuggets	68.0	5.0 pieces	0.129
18146	Cake, yellow, prepared from recipe without frosting	68.0	1.0 piece (1/12 of 8" dia)	0.129
16132	Tofu, salted and fermented (fuyu)	11.0	1.0 block	0.129
16432	Tofu, salted and fermented (fuyu), prepared with calcium sulfate	11.0	1.0 block	0.129
19009	Snacks, KRAFT, CORNNUTS, plain	28.35	1.0 oz	0.129
09022	Apricots, canned, water pack, with skin, solids and liquids	243.0	1.0 cup, halves	0.129
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	82.0	10.0 strip	0.129
21441	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading	68.0	1.0 wing, with skin	0.129
09025	Apricots, canned, extra light syrup pack, with skin, solids and liquids	247.0	1.0 cup, halves	0.128
18053	Bread, reduced-calorie, rye	28.35	1.0 oz	0.128
36414	Restaurant, Latino, tripe soup	200.0	1.0 cup	0.128
18417	Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	28.35	1.0 oz	0.128
08047	Cereals ready-to-eat, QUAKER, KING VITAMAN	31.0	1.5 cup (1 NLEA serving)	0.128
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	28.35	1.0 oz	0.128
01134	Egg, whole, dried, stabilized, glucose reduced	85.0	1.0 cup, sifted	0.128
15139	Crustaceans, crab, blue, raw	85.0	3.0 oz	0.128
18422	Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched	28.35	1.0 oz	0.127
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	28.35	1.0 oz	0.127
18352	Rolls, hamburger or hotdog, reduced-calorie	28.35	1.0 oz	0.127
19263	Frozen novelties, fruit and juice bars	77.0	1.0 bar (2.5 fl oz)	0.127
19049	Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel	28.35	1.0 oz	0.127
09024	Apricots, canned, juice pack, with skin, solids and liquids	244.0	1.0 cup, halves	0.127
25060	Snack, Pretzel, hard chocolate coated	28.0	1.0 serving	0.127
09077	Crabapples, raw	110.0	1.0 cup slices	0.126
06966	Soup, chicken noodle, low sodium, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.126
19421	Snacks, potato chips, cheese-flavor	28.35	1.0 oz	0.126
21033	Fast foods, sundae, hot fudge	158.0	1.0 sundae	0.126
21334	McDONALD'S, Strawberry Sundae	178.0	1.0 item (6.3 oz)	0.126
14196	Beverages, Cocoa mix, no sugar added, powder	19.0	1.0 envelope Alba (.675 oz)	0.126
19001	Candies, TOBLERONE, milk chocolate with honey and almond nougat	35.0	1.0 bar	0.126
28339	Bread, gluten-free, whole grain, made with tapioca starch and brown rice flour	25.0	1.0 slice	0.126

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
11492	Squash, winter, spaghetti, raw	101.0	1.0 cup, cubes	0.126
28372	UDI'S, Gluten Free, Soft & Hearty Whole Grain Bread	25.0	1.0 slice	0.126
06042	Soup, mushroom barley, canned, condensed	126.0	0.5 cup (4 fl oz)	0.126
19871	Frozen novelties, No Sugar Added, FUDGSICLE pops	84.0	1.0 serving	0.126
11114	Cabbage, savoy, raw	70.0	1.0 cup, shredded	0.126
07207	OSCAR MAYER, Braunschweiger Liver Sausage (sliced)	85.0	3.0 oz	0.126
19063	Snacks, tortilla chips, taco-flavor	28.35	1.0 oz	0.125
18174	Cookies, graham crackers, chocolate-coated	27.0	3.0 pieces	0.125
14268	Beverages, Fruit punch drink, frozen concentrate	34.8	1.0 fl oz	0.125
19811	Snacks, potato chips, plain, unsalted	28.35	1.0 oz	0.125
19809	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted	28.35	1.0 oz	0.125
19422	Snacks, potato chips, reduced fat	28.35	1.0 oz	0.125
19810	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted	28.35	1.0 oz	0.125
03189	Babyfood, cereal, oatmeal, dry fortified	3.2	1.0 tbsp	0.125
32035	BANQUET, Salisbury Steak With Gravy, family size, frozen, unprepared	72.0	1.0 patty	0.125
11152	Chicory greens, raw	29.0	1.0 cup, chopped	0.124
18313	Pie, coconut creme, commercially prepared	28.35	1.0 oz	0.124
15242	Crustaceans, crayfish, mixed species, farmed, raw	85.0	3.0 oz	0.124
11976	Pepper, banana, raw	124.0	1.0 cup	0.124
06149	Soup, chicken mushroom, canned, condensed	124.0	0.5 cup	0.124
01137	Egg, yolk, dried	67.0	1.0 cup, sifted	0.124
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1.0 oz	0.124
11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	87.0	1.0 cup whole	0.124
11266	Mushrooms, brown, italian, or crimini, raw	87.0	1.0 cup whole	0.124
18448	Taco shells, baked, without added salt	28.35	1.0 oz	0.123
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	113.0	4.0 oz	0.123
05016	Chicken, broilers or fryers, skin only, cooked, fried, batter	114.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.123
18163	Cookies, chocolate chip, refrigerated dough	33.0	1.0 serving	0.123
09029	Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	246.0	1.0 cup, whole, without pits	0.123
06062	CAMPBELL'S, Red and White, Chicken Noodle Soup, condensed	123.0	0.5 cup	0.123
28338	Bread, gluten-free, white, made with tapioca starch and brown rice flour	28.0	1.0 slice	0.123
28371	UDI'S, Gluten Free, Soft & Delicious White Sandwich Bread	28.0	1.0 slice	0.123
27068	Dip, FRITO'S, bean, original flavor	36.0	2.0 tbsp	0.123
27065	Dip, bean, original flavor	36.0	2.0 tbsp	0.123
18388	Muffins, wheat bran, toaster-type with raisins, toasted	28.35	1.0 oz	0.123
17196	Lamb, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	0.122

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
35206	Plums, wild (Northern Plains Indians)	161.0	1.0 cup	0.122
06442	Soup, mushroom barley, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.122
18186	Cookies, peanut butter, commercially prepared, soft-type	28.35	1.0 oz	0.122
11921	Peppers, sweet, red, sauteed	106.0	1.0 cup chopped	0.122
06019	Soup, chicken noodle, canned, condensed	124.0	0.5 cup	0.122
11108	Butterbur, canned	124.0	1.0 cup, chopped	0.122
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	253.0	1.0 cup	0.121
21421	KFC, Crispy Chicken Strips	47.0	1.0 strip	0.121
06174	Soup, stock, fish, home-prepared	233.0	1.0 cup	0.121
09035	Apricots, frozen, sweetened	242.0	1.0 cup	0.121
19411	Snacks, potato chips, plain, salted	28.0	1.0 oz	0.120
09023	Apricots, canned, water pack, without skin, solids and liquids	227.0	1.0 cup, whole, without pits	0.120
07069	Salami, cooked, beef and pork	12.3	1.0 slice round	0.120
09238	Peaches, canned, juice pack, solids and liquids	250.0	1.0 cup	0.120
19415	Snacks, potato sticks	28.35	1.0 oz	0.120
28399	Cookies, animal crackers (includes arrowroot, tea biscuits)	28.35	1.0 oz	0.120
18432	Bread, white, commercially prepared, toasted, low sodium no salt	28.35	1.0 oz	0.119
18070	Bread, white, commercially prepared, toasted	28.35	1.0 oz	0.119
18179	Cookies, oatmeal, commercially prepared, soft-type	28.35	1.0 oz	0.119
09021	Apricots, raw	155.0	1.0 cup, halves	0.119
28348	Rolls, dinner, sweet	30.0	1.0 roll	0.119
06419	Soup, chicken noodle, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.119
15160	Mollusks, clam, mixed species, canned, drained solids	85.0	3.0 oz	0.119
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	14.2	0.5 oz	0.119
19917	Candies, M&M MARS Pretzel Chocolate Candies	40.0	0.25 cup	0.119
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	0.119
18275	Muffins, blueberry, dry mix	43.0	1.0 serving	0.119
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	28.35	1.0 oz	0.119
09129	Grapes, muscadine, raw	6.0	1.0 grape	0.118
21336	McDONALD'S, Hot Fudge Sundae	179.0	1.0 item (6.3 oz)	0.118
06114	Gravy, au jus, canned	59.0	0.25 cup	0.118
18073	Bread, white, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.118
09241	Peaches, canned, heavy syrup pack, solids and liquids	262.0	1.0 cup	0.118
11353	Potatoes, russet, flesh and skin, raw	75.0	0.5 cup, diced	0.118
11018	Asparagus, frozen, unprepared	58.0	4.0 spears	0.118
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	53.0	1.0 strip	0.118

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
18357	Sweet rolls, cinnamon, refrigerated dough with frosting	28.35	1.0 oz	0.118
27045	Soup, beef and vegetables, reduced sodium, canned, ready-to-serve	245.0	1.0 cup	0.118
11900	Corn, sweet, white, raw	73.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.118
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	25.0	1.0 serving (3.5 oz)	0.118
16138	Falafel, home-prepared	17.0	1.0 patty (approx 2-1/4" dia)	0.117
21439	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading	81.0	1.0 drumstick, with skin	0.117
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	0.117
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	76.0	10.0 fries	0.117
31033	Ginger root, pickled, canned, with artificial sweetener	25.0	2.0 tablespoon	0.117
18215	Crackers, cheese, sandwich-type with peanut butter filling	14.2	0.5 oz	0.117
18107	Coffeecake, cinnamon with crumb topping, dry mix	28.35	1.0 oz	0.117
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	85.0	3.0 oz	0.116
18400	Crackers, matzo, egg and onion	14.2	0.5 oz	0.116
14367	Beverages, tea, instant, unsweetened, prepared with water	29.7	1.0 fl oz	0.116
11851	Rutabagas, cooked, boiled, drained, with salt	120.0	0.5 cup, mashed	0.116
18003	Bagels, egg	28.35	1.0 oz	0.116
09239	Peaches, canned, extra light syrup, solids and liquids	247.0	1.0 cup, halves or slices	0.116
19080	Candies, semisweet chocolate	14.5	1.0 serving	0.116
16158	Hummus, commercial	15.0	1.0 tbsp	0.116
19914	Candies, M&M MARS 3 MUSKETEERS Truffle Crisp	31.0	1.0 serving	0.116
19857	Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	28.35	1.0 oz	0.116
22905	Beef stew, canned entree	196.0	1.0 cup (1 serving)	0.116
20030	Hominy, canned, white	165.0	1.0 cup	0.116
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	0.115
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	262.0	1.0 cup, halves or slices	0.115
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0.115
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1.0 oz	0.115
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1.0 oz	0.115
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	85.0	3.0 oz	0.115
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	0.115
18199	Cookies, chocolate sandwich, with creme filling, special dietary	28.35	1.0 oz	0.114
36019	APPLEBEE'S, chili	136.0	1.0 cup	0.114
36037	Restaurant, family style, chili with meat and beans	136.0	1.0 cup	0.114
03112	Babyfood, potatoes, toddler	163.0	1.0 cup	0.114
15142	Crustaceans, crab, blue, crab cakes, home recipe	60.0	1.0 cake	0.114
21119	Fast foods, hotdog, with chili	114.0	1.0 sandwich	0.114

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
18449	Tortillas, ready-to-bake or -fry, corn, without added salt	28.35	1.0 oz	0.114
18396	Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.114
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	98.0	1.0 piece	0.114
05143	Duck, domesticated, liver, raw	44.0	1.0 liver	0.114
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	0.113
14341	Beverages, pineapple and orange juice drink, canned	31.3	1.0 fl oz	0.113
11590	Waterchestnuts, chinese, canned, solids and liquids	70.0	0.5 cup slices	0.113
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	0.112
36021	APPLEBEE'S, coleslaw	76.0	1.0 serving	0.112
05027	Chicken, liver, all classes, raw	44.0	1.0 liver	0.112
11986	Malabar spinach, cooked	44.0	1.0 cup	0.112
14632	Beverages, Meal supplement drink, canned, peanut flavor	158.0	1.0 cup	0.112
20330	Hominy, canned, yellow	160.0	1.0 cup	0.112
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	28.35	1.0 oz	0.112
11783	Eggplant, cooked, boiled, drained, with salt	99.0	1.0 cup (1" cubes)	0.112
11210	Eggplant, cooked, boiled, drained, without salt	99.0	1.0 cup (1" cubes)	0.112
21417	POPEYES, Mild Chicken Strips, analyzed 2006	54.0	1.0 strip	0.112
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	28.35	1.0 oz	0.112
18192	Cookies, shortbread, commercially prepared, plain	28.35	1.0 oz	0.111
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	0.111
11116	Cabbage, chinese (pak-choi), raw	70.0	1.0 cup, shredded	0.111
11917	Peppers, sweet, red, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.111
28357	GLUTINO, Gluten Free Cookies, Vanilla Creme	45.0	3.0 cookies	0.111
11337	Peppers, sweet, green, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.111
18009	Biscuits, plain or buttermilk, frozen, baked	28.35	1.0 oz	0.111
18057	Bread, reduced-calorie, white	28.35	1.0 oz	0.111
35198	Prickly pears, raw (Northern Plains Indians)	19.0	1.0 pad peeled	0.111
11565	Turnips, cooked, boiled, drained, without salt	156.0	1.0 cup, cubes	0.111
11982	Peppers, pasilla, dried	7.0	1.0 pepper	0.111
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	0.110
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.110
01203	Yogurt, fruit, lowfat, with low calorie sweetener	170.0	1.0 container (6 oz)	0.110
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.110
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.110
14091	Beverages, almond milk, unsweetened, shelf stable	262.0	1.0 cup	0.110
20098	Pasta, homemade, made without egg, cooked	57.0	2.0 oz	0.110

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
19056	Snacks, tortilla chips, plain, white corn, salted	28.35	1.0 oz	0.110
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	164.0	1.0 cup	0.110
32031	Salisbury steak with gravy, frozen	63.0	1.0 patty	0.110
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	33.0	1.25 cup (1 NLEA serving)	0.110
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	0.109
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	0.109
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	0.109
19042	Snacks, potato chips, barbecue-flavor	28.35	1.0 oz	0.109
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.109
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.109
11354	Potatoes, white, flesh and skin, raw	75.0	0.5 cup, diced	0.109
18416	Bread, white, commercially prepared, low sodium, no salt	28.35	1.0 oz	0.109
11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	0.108
17198	Veal, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	0.108
11831	Potatoes, boiled, cooked in skin, flesh, with salt	78.0	0.5 cup	0.108
11365	Potatoes, boiled, cooked in skin, flesh, without salt	78.0	0.5 cup	0.108
06166	Sauce, homemade, white, medium	250.0	1.0 cup	0.108
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	219.0	1.0 cup	0.107
05024	Chicken, gizzard, all classes, cooked, simmered	145.0	1.0 cup chopped or dice	0.107
09132	Grapes, red or green (European type, such as Thompson seedless), raw	151.0	1.0 cup	0.107
18016	Biscuits, plain or buttermilk, prepared from recipe	28.35	1.0 oz	0.107
11789	Jute, potherb, cooked, boiled, drained, with salt	87.0	1.0 cup	0.107
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	0.107
11670	Peppers, hot chili, green, raw	45.0	1.0 pepper	0.107
11711	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt	124.0	1.0 cup (1/2" pieces)	0.107
11025	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	124.0	1.0 cup (1/2" pieces)	0.107
20015	Corn bran, crude	76.0	1.0 cup	0.106
10104	Pork, fresh, variety meats and by-products, heart, cooked, braised	145.0	1.0 cup	0.106
11355	Potatoes, red, flesh and skin, raw	75.0	0.5 cup, diced	0.106
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	28.35	1.0 oz	0.105
11233	Kale, raw	16.0	1.0 cup 1" pieces, loosely packed	0.105
12129	Nuts, ginkgo nuts, canned	155.0	1.0 cup (78 kernels)	0.105
07940	Macaroni and cheese loaf, chicken, pork and beef	38.0	1.0 slice	0.105
21437	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	60.0	1.0 wing, with skin	0.105
11213	Endive, raw	25.0	0.5 cup, chopped	0.105

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
18251	Doughnuts, cake-type, chocolate, sugared or glazed	28.35	1.0 oz	0.105
18221	Crackers, melba toast, rye (includes pumpernickel)	14.2	0.5 oz	0.105
09164	Litchis, raw	190.0	1.0 cup	0.104
18277	Muffins, blueberry, toaster-type	28.35	1.0 oz	0.104
20097	Pasta, homemade, made with egg, cooked	57.0	2.0 oz	0.104
11143	Celery, raw	101.0	1.0 cup chopped	0.104
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	160.0	1.0 cup, chopped	0.104
14015	Alcoholic beverage, pina colada, canned	32.6	1.0 fl oz	0.104
09176	Mangos, raw	165.0	1.0 cup pieces	0.104
43135	Sandwich spread, meatless	15.0	1.0 tbsp	0.104
15027	Fish, fish sticks, frozen, prepared	57.0	1.0 piece (4" x 2" x 1/2")	0.104
09286	Pomegranates, raw	87.0	0.5 cup arils (seed/juice sacs)	0.104
19058	Snacks, tortilla chips, ranch-flavor	28.35	1.0 oz	0.103
18198	Cookies, chocolate chip, commercially prepared, special dietary	28.35	1.0 oz	0.103
02032	Spices, pepper, white	2.4	1.0 tsp, ground	0.103
18161	Cookies, chocolate chip, dry mix	28.35	1.0 oz	0.103
02034	Spices, poultry seasoning	1.5	1.0 tsp	0.103
11842	Potatoes, french fried, all types, salt not added in processing, frozen, as purchased	65.0	10.0 strips	0.103
18430	Danish pastry, cinnamon, unenriched	28.35	1.0 oz	0.103
18244	Danish pastry, cinnamon, enriched	28.35	1.0 oz	0.103
09443	Juice, apple and grape blend, with added ascorbic acid	250.0	8.0 fl oz	0.102
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1.0 oz	0.102
18228	Crackers, saltines (includes oyster, soda, soup)	14.9	5.0 crackers	0.102
18205	Cookies, sugar, refrigerated dough	33.0	1.0 serving	0.102
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	48.0	1.0 slice	0.101
21435	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	0.101
25028	Tortilla chips, yellow, plain, salted	28.35	1.0 oz	0.101
18438	English muffins, plain, unenriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0.101
18439	English muffins, plain, unenriched, without calcium propionate (includes sourdough)	28.35	1.0 oz	0.101
18437	English muffins, plain, enriched, without calcium propionate(includes sourdough)	28.35	1.0 oz	0.101
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	73.0	1.0 pepper	0.101
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	73.0	1.0 pepper	0.101
18032	Bread, irish soda, prepared from recipe	28.35	1.0 oz	0.101
18279	Muffins, corn, commercially prepared	28.35	1.0 oz	0.101
11399	Potato puffs, frozen, oven-heated	79.0	10.0 puffs	0.100
21256	BURGER KING, Chicken Strips	36.0	1.0 strip	0.100

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
06127	Gravy, unspecified type, dry	25.0	1.0 cup (8 fl oz)	0.100
11228	Jew's ear, (pepeao), raw	99.0	1.0 cup slices	0.100
15141	Crustaceans, crab, blue, canned	135.0	1.0 cup	0.100
11772	Corn, sweet, yellow, canned, cream style, no salt added	256.0	1.0 cup	0.100
11907	Corn, sweet, white, canned, cream style, no salt added	256.0	1.0 cup	0.100
21472	Fast Foods, Fried Chicken, Wing, meat and skin and breading	58.0	1.0 wing, with skin	0.100
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)	0.100
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	27.0	0.75 cup (1 NLEA serving)	0.100
21416	POPEYES, Coleslaw	120.0	1.0 package	0.100
18234	Crackers, wheat, sandwich, with peanut butter filling	14.2	0.5 oz	0.100
18152	Cookies, brownies, dry mix, regular	28.35	1.0 oz	0.100
18245	Danish pastry, cheese	28.35	1.0 oz	0.100
28335	Cookies, gluten-free, vanilla sandwich, with creme filling	44.0	3.0 cookies	0.099
18119	Cake, pineapple upside-down, prepared from recipe	28.35	1.0 oz	0.099
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	28.35	1.0 oz	0.099
09362	Cherries, sour, canned, water pack, drained	168.0	1.0 cup	0.099
18336	Pie crust, standard-type, prepared from recipe, baked	23.0	1.0 piece (1/8 of 9" crust)	0.099
11676	Radish seeds, sprouted, raw	38.0	1.0 cup	0.099
36008	T.G.I. FRIDAY'S, fried mozzarella	35.0	1.0 piece	0.099
18426	Crackers, saltines, unsalted tops (includes oyster, soda, soup)	14.2	0.5 oz	0.099
03213	Babyfood, cookies	28.35	1.0 oz	0.099
19036	Snacks, popcorn, cakes	10.0	1.0 cake	0.098
11250	Lettuce, butterhead (includes boston and bibb types), raw	55.0	1.0 cup, shredded or chopped	0.098
19226	Frostings, chocolate, creamy, ready-to-eat	41.0	2.0 tbsp creamy	0.098
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	113.0	4.0 oz	0.098
11829	Potatoes, baked, flesh, with salt	61.0	0.5 cup	0.098
11363	Potatoes, baked, flesh, without salt	61.0	0.5 cup	0.098
14310	Beverages, Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.098
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	175.0	1.0 cup, cubes	0.098
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	175.0	1.0 cup, cubes	0.098
11596	Winged beans, immature seeds, cooked, boiled, drained, without salt	62.0	1.0 cup	0.098
11896	Winged bean, immature seeds, cooked, boiled, drained, with salt	62.0	1.0 cup	0.098
11184	Corn with red and green peppers, canned, solids and liquids	227.0	1.0 cup	0.098
10110	Pork, fresh, variety meats and by-products, liver, raw	28.35	1.0 oz	0.098
21470	Fast Foods, Fried Chicken, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	0.098

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
19345	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	35.0	2.0 tbsp	0.097
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	256.0	1.0 cup	0.097
18170	Cookies, fig bars	28.35	1.0 oz	0.097
11206	Cucumber, peeled, raw	133.0	1.0 cup, pared, chopped	0.097
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	27.0	0.75 cup (1 NLEA serving)	0.097
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	41.0	1.0 piece	0.097
01070	Dessert topping, powdered	43.0	1.5 oz	0.097
19807	Snacks, popcorn, oil-popped, white popcorn, salt added	11.0	1.0 cup	0.097
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	0.097
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	0.097
18241	Croissants, cheese	28.35	1.0 oz	0.096
11219	Gourd, white-flowered (calabash), cooked, boiled, drained, without salt	146.0	1.0 cup (1" cubes)	0.096
11784	Gourd, white-flowered (calabash), cooked, boiled, drained, with salt	146.0	1.0 cup (1" cubes)	0.096
06123	Gravy, onion, dry, mix	24.0	1.0 cup (8 fl oz)	0.096
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	60.0	1.0 serving 2.13 oz bar	0.096
11297	Parsley, fresh	60.0	1.0 cup chopped	0.096
11595	Winged beans, immature seeds, raw	44.0	1.0 cup slices	0.096
15132	Fish, whiting, mixed species, raw	92.0	1.0 fillet	0.096
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	0.096
18457	Crackers, saltines, fat-free, low-sodium	15.0	3.0 saltines	0.096
06498	Soup, tomato, dry, mix, prepared with water	265.0	1.0 cup 8 fl oz	0.095
12098	Nuts, chestnuts, european, raw, peeled	28.35	1.0 oz	0.095
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	170.0	1.0 container	0.095
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 cup	0.095
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	0.095
17367	Lamb, New Zealand, imported, kidney, raw	113.0	4.0 oz	0.095
18250	Doughnuts, cake-type, plain, sugared or glazed	28.35	1.0 oz	0.095
28359	GLUTINO, Gluten Free Wafers, Milk Chocolate	23.0	3.0 cookies	0.095
28333	Cookies, gluten-free, chocolate wafer	23.0	3.0 cookies	0.095
28355	CRUNCHMASTER, Multi-Grain Crisps, Snack Crackers, Gluten-Free	3.9	3.0 crackers	0.094
15148	Crustaceans, lobster, northern, cooked, moist heat	145.0	1.0 cup	0.094
09236	Peaches, yellow, raw	154.0	1.0 cup slices	0.094
01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	0.094
14631	Beverages, Horchata, dry mix, unprepared, variety of brands, all with morro seeds	7.8	1.0 tbsp	0.094
15133	Fish, whiting, mixed species, cooked, dry heat	72.0	1.0 fillet	0.094
18126	Cake, shortcake, biscuit-type, prepared from recipe	28.35	1.0 oz	0.094

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
18239	Croissants, butter	28.35	1.0 oz	0.094
19057	Snacks, tortilla chips, nacho cheese	28.35	1.0 oz	0.094
15163	Mollusks, cuttlefish, mixed species, raw	85.0	3.0 oz	0.094
19003	Snacks, corn-based, extruded, chips, plain	28.0	1.0 oz	0.093
21032	Fast foods, sundae, caramel	155.0	1.0 sundae	0.093
07072	Salami, dry or hard, pork, beef	9.8	1.0 slice	0.093
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.093
18187	Cookies, peanut butter, refrigerated dough	28.35	1.0 oz	0.092
18363	Tortillas, ready-to-bake or -fry, corn	28.35	1.0 oz	0.092
18217	Crackers, matzo, plain	14.2	0.5 oz	0.092
09223	Tangerine juice, canned, sweetened	249.0	1.0 cup	0.092
21457	POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading	76.0	1.0 drumstick, with skin	0.092
18402	Pie crust, standard-type, prepared from recipe, unbaked	24.0	1.0 piece (1/8 of 9" crust)	0.092
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	28.35	1.0 oz	0.092
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.092
08017	Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP	26.0	0.75 cup (1 NLEA serving)	0.092
09221	Tangerine juice, raw	247.0	1.0 cup	0.091
18156	Cookies, fudge, cake-type (includes trolley cakes)	28.35	1.0 oz	0.091
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	125.0	1.0 cup	0.091
21118	Fast foods, hotdog, plain	98.0	1.0 sandwich	0.091
36005	APPLEBEE'S, chicken tenders, from kids' menu	35.0	1.0 piece	0.091
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.091
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.091
09451	Horned melon (Kiwano)	233.0	1.0 cup	0.091
28367	SAGE VALLEY, Gluten Free Vanilla Sandwich Cookies	44.0	3.0 cookies	0.091
21129	Fast foods, hush puppies	22.0	1.0 piece	0.090
18225	Crackers, rye, sandwich-type with cheese filling	14.2	0.5 oz	0.090
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.090
11005	Arrowhead, raw	25.0	1.0 large	0.090
11252	Lettuce, iceberg (includes crisphead types), raw	72.0	1.0 cup shredded	0.090
11226	Jerusalem-artichokes, raw	150.0	1.0 cup slices	0.090
11253	Lettuce, green leaf, raw	36.0	1.0 cup shredded	0.090
16124	Soy sauce made from soy (tamari)	18.0	1.0 tbsp	0.090
19124	Baking chocolate, mexican, squares	20.0	1.0 tablet	0.090

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
14262	Beverages, citrus fruit juice drink, frozen concentrate	35.2	1.0 fl oz	0.090
21309	McDONALD'S, Chicken McNUGGETS	64.0	4.0 pieces	0.090
11503	Swamp cabbage, (skunk cabbage), raw	56.0	1.0 cup, chopped	0.090
18208	Cookies, sugar, prepared from recipe, made with margarine	28.35	1.0 oz	0.090
18434	Crackers, cheese, low sodium	14.2	0.5 oz	0.089
18412	Bread, cornbread, dry mix, unenriched (includes corn muffin mix)	28.35	1.0 oz	0.089
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	28.35	1.0 oz	0.089
18332	Pie crust, standard-type, dry mix	28.35	1.0 oz	0.089
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	85.0	3.0 oz	0.089
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.089
19034	Snacks, popcorn, air-popped	8.0	1.0 cup	0.089
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	32.0	0.75 cup (1 NLEA serving)	0.089
27051	Sauce, cocktail, ready-to-serve	60.0	0.25 cup	0.089
11286	Onions, yellow, sauteed	87.0	1.0 cup chopped	0.089
19225	Desserts, rennin, tablets, unsweetened	9.9	1.0 package (0.35 oz)	0.089
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.088
09068	Cherries, sour, red, frozen, unsweetened	155.0	1.0 cup, unthawed	0.088
21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	57.0	1.0 wing, with skin	0.088
19235	Puddings, chocolate, ready-to-eat, fat free	113.0	1.0 serving 4 oz	0.088
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	142.0	0.5 cup From 19211	0.088
08059	Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP	27.0	1.0 cup (1 NLEA serving)	0.088
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	0.088
44258	Puddings, chocolate flavor, low calorie, regular, dry mix	9.9	1.0 serving	0.088
03964	Babyfood, fortified cereal bar, fruit filling	19.0	1.0 bar	0.088
23640	Beef, variety meats and by-products, tripe, cooked, simmered	85.0	1.0 serving	0.088
11220	Gourd, dishcloth (towelgourd), raw	95.0	1.0 cup (1" pieces)	0.087
15140	Crustaceans, crab, blue, cooked, moist heat	118.0	1.0 cup, flaked and pieces	0.087
11979	Peppers, jalapeno, raw	90.0	1.0 cup, sliced	0.087
19393	Frozen yogurts, chocolate, soft-serve	72.0	0.5 cup (4 fl oz)	0.087
27059	Sauce, peanut, made from peanut butter, water, soy sauce	18.0	1.0 tbsp	0.087
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	0.087
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	28.35	1.0 oz	0.087
19193	Puddings, rice, ready-to-eat	113.0	1.0 serving 4 oz pudding cup	0.087
43027	Jellies, no sugar (with sodium saccharin), any flavors	300.0	1.0 cup	0.087
18213	Cookies, vanilla wafers, higher fat	30.0	8.0 wafers	0.087
18956	Keikitos (muffins), Latino bakery item	42.0	1.0 piece	0.087

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
07931	Beerwurst, pork and beef	56.0	1.0 serving 2 oz	0.087
07936	Bologna, pork and turkey, lite	56.0	1.0 serving 2 oz	0.087
07002	Beerwurst, beer salami, pork and beef	56.0	2.0 oz	0.087
18191	Cookies, raisin, soft-type	28.35	1.0 oz	0.086
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	0.086
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	0.086
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	233.0	1.0 cup	0.086
09367	Cherries, sweet, canned, pitted, heavy syrup, drained	179.0	1.0 cup	0.086
35140	Bread, kneel down (Navajo)	28.35	1.0 oz	0.086
09279	Plums, raw	165.0	1.0 cup, sliced	0.086
06016	Soup, cream of chicken, canned, condensed	126.0	0.5 cup (4 fl oz)	0.086
43142	Radishes, hawaiian style, pickled	150.0	1.0 cup	0.086
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	33.0	2.0 tablespoon	0.085
02039	Spices, savory, ground	1.4	1.0 tsp	0.085
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	58.0	1.0 serving 2.05 oz bar	0.085
07911	Liverwurst spread	55.0	0.25 cup	0.085
18218	Crackers, matzo, egg	14.2	0.5 oz	0.085
09257	Pears, canned, heavy syrup pack, solids and liquids	266.0	1.0 cup	0.085
09258	Pears, canned, extra heavy syrup pack, solids and liquids	266.0	1.0 cup, halves	0.085
18356	Sweet rolls, cinnamon, commercially prepared with raisins	28.35	1.0 oz	0.085
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	28.35	1.0 oz	0.085
18306	Pie, blueberry, prepared from recipe	28.35	1.0 oz	0.085
16137	Hummus, home prepared	15.0	1.0 tablespoon	0.085
01204	Cheese, parmesan, dry grated, reduced fat	100.0	1.0 cup	0.085
06618	Sauce, peanut, made from coconut, water, sugar, peanuts	17.0	1.0 tbsp	0.085
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85.0	3.0 oz	0.085
18403	Waffles, plain, frozen, ready -to-heat, toasted	28.35	1.0 oz	0.085
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	256.0	1.0 cup	0.084
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	256.0	1.0 cup	0.084
09254	Pears, canned, juice pack, solids and liquids	248.0	1.0 cup, halves	0.084
13338	Beef, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	0.084
11819	Peppers, hot chili, red, raw	45.0	1.0 pepper	0.084
15147	Crustaceans, lobster, northern, raw	150.0	1.0 lobster	0.084
06122	Gravy, mushroom, dry, powder	21.0	1.0 cup (8 fl oz)	0.084
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	210.0	1.0 cup	0.084
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	150.0	1.0 cup drained, rinsed	0.084

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	0.084
18273	Muffins, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.084
18932	Waffles, buttermilk, frozen, ready-to-heat	39.0	1.0 waffle, square	0.084
15197	Fish, herring, Pacific, cooked, dry heat	144.0	1.0 fillet	0.084
09282	Plums, canned, purple, juice pack, solids and liquids	252.0	1.0 cup, pitted	0.083
09253	Pears, canned, water pack, solids and liquids	244.0	1.0 cup, halves	0.083
11591	Watercress, raw	34.0	1.0 cup, chopped	0.083
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	0.083
18210	Cookies, vanilla sandwich with creme filling	28.35	1.0 oz	0.083
11024	Balsam-pear (bitter gourd), pods, raw	93.0	1.0 cup (1/2" pieces)	0.083
15226	Crustaceans, crab, dungeness, cooked, moist heat	85.0	3.0 oz	0.082
18934	Waffle, buttermilk, frozen, ready-to-heat, microwaved	35.0	1.0 waffle	0.082
09281	Plums, canned, purple, water pack, solids and liquids	249.0	1.0 cup, pitted	0.082
18144	Cake, yellow, enriched, dry mix	43.0	1.0 serving	0.082
18206	Cookies, sugar, refrigerated dough, baked	28.35	1.0 oz	0.082
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	0.082
21386	BURGER KING, french toast sticks	21.0	1.0 stick	0.082
11136	Cauliflower, cooked, boiled, drained, without salt	62.0	0.5 cup (1" pieces)	0.082
11761	Cauliflower, cooked, boiled, drained, with salt	62.0	0.5 cup (1" pieces)	0.082
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.082
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.082
14217	Beverages, OCEAN SPRAY, Cran Grape	240.0	8.0 fl oz	0.082
09255	Pears, canned, extra light syrup pack, solids and liquids	247.0	1.0 cup, halves	0.082
19899	Ice creams, regular, low carbohydrate, chocolate	58.0	1.0 individual (3.5 fl oz)	0.081
19270	Ice creams, chocolate	58.0	1.0 individual (3.5 fl oz)	0.081
21319	McDONALD'S, Hash Brown	53.0	1.0 serving 1 patty	0.081
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	121.0	1.0 cup sliced	0.081
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	0.081
18971	Bread, potato	32.0	1.0 slice	0.081
09285	Plums, canned, purple, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	0.081
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	28.35	1.0 oz	0.081
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	28.35	1.0 oz	0.081
09283	Plums, canned, purple, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	0.081
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252.0	1.0 cup	0.081
09450	Naranjilla (lulo) pulp, frozen, unsweetened	120.0	1.0 cup thawed	0.080
09036	Apricot nectar, canned, without added ascorbic acid	251.0	1.0 cup	0.080

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
09403	Apricot nectar, canned, with added ascorbic acid	251.0	1.0 cup	0.080
11429	Radishes, raw	116.0	1.0 cup slices	0.080
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	0.080
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258.0	1.0 cup, pitted	0.080
25050	Snacks, yucca (cassava) chips, salted	28.35	1.0 oz	0.080
18214	Crackers, cheese, regular	14.2	0.5 oz	0.080
09219	Tangerines, (mandarin oranges), canned, juice pack	249.0	1.0 cup	0.080
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	18.0	1.0 piece (1/8 of 9" crust)	0.080
18142	Cake, pudding-type, yellow, dry mix	28.35	1.0 oz	0.079
18281	Muffins, corn, toaster-type	28.35	1.0 oz	0.079
14180	Beverages, coffee, brewed, breakfast blend	248.0	1.0 cup	0.079
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	240.0	8.0 fl oz	0.079
07071	Salami, dry or hard, pork	113.0	1.0 package (4 oz)	0.079
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.079
18427	Crackers, standard snack-type, regular, low salt	14.2	0.5 oz	0.079
18135	Cake, pudding-type, white, enriched, dry mix	28.35	1.0 oz	0.079
18419	Cake, pudding-type, white, unenriched, dry mix	28.35	1.0 oz	0.079
18006	Bagels, cinnamon-raisin, toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.079
02042	Spices, thyme, dried	1.0	1.0 tsp, leaves	0.079
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	0.079
18102	Cake, white, prepared from recipe with coconut frosting	28.35	1.0 oz	0.079
19040	Snacks, popcorn, cheese-flavor	11.0	1.0 cup	0.078
06528	Soup, chicken noodle, dry, mix, prepared with water	245.0	1.0 cup	0.078
18223	Crackers, milk	14.2	0.5 oz	0.078
25027	Snacks, plantain chips, salted	28.35	1.0 oz	0.078
25040	Snacks, vegetable chips, made from garden vegetables	28.35	1.0 oz	0.078
15215	Fish, shad, american, cooked, dry heat	144.0	1.0 fillet	0.078
09011	Apples, dried, sulfured, uncooked	86.0	1.0 cup	0.077
09191	Nectarines, raw	143.0	1.0 cup slices	0.077
18290	Pancakes, plain, dry mix, complete, prepared	28.35	1.0 oz	0.077
14183	Beverages, coffee, ready to drink, iced, mocha, milk based	265.0	1.0 cup	0.077
09009	Apples, dehydrated (low moisture), sulfured, uncooked	60.0	1.0 cup	0.077
11593	Waxgourd, (chinese preserving melon), raw	132.0	1.0 cup, cubes	0.077
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.076
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	0.076
36004	APPLEBEE'S, mozzarella sticks	32.0	1.0 piece	0.076

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	0.076
27002	Soup, wonton, Chinese restaurant	223.0	1.0 cup	0.076
10099	Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	85.0	3.0 oz	0.076
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	0.076
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	140.0	1.0 cup	0.076
08172	Cereals, farina, unenriched, dry	10.9	1.0 tbsp	0.076
19195	Puddings, rice, dry mix, prepared with whole milk	128.0	0.5 cup	0.076
19806	Snacks, popcorn, air-popped (Unsalted)	8.0	1.0 cup	0.075
14192	Beverages, Cocoa mix, powder	28.0	1.0 serving (3 heaping tsp or 1 envelope)	0.075
18957	Cake, pound, BIMBO Bakeries USA, Panque Casero, home baked style	39.0	1.0 slice	0.075
07937	Bologna, pork, turkey and beef	28.35	1.0 oz	0.075
18367	Waffles, plain, prepared from recipe	28.35	1.0 oz	0.075
14226	Beverages, OCEAN SPRAY, Light Cranberry and Raspberry Flavored Juice	242.0	8.0 fl oz	0.075
09262	Pear nectar, canned, without added ascorbic acid	250.0	1.0 cup	0.075
09408	Pear nectar, canned, with added ascorbic acid	250.0	1.0 cup	0.075
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	250.0	1.0 cup	0.075
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.075
18436	Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	28.35	1.0 oz	0.075
18322	Pie, mince, prepared from recipe	28.35	1.0 oz	0.075
18212	Cookies, vanilla wafers, lower fat	28.35	1.0 oz	0.074
03860	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed	31.0	1.0 fl oz	0.074
19144	Candies, NESTLE, 100 GRAND Bar	43.0	1.0 bar (1.5 oz)	0.074
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.074
17163	Game meat, caribou, cooked, roasted	85.0	3.0 oz	0.074
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.074
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.074
14405	Beverages, fruit punch juice drink, frozen concentrate	35.2	1.0 fl oz	0.074
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	0.074
08204	Cereals ready-to-eat, chocolate-flavored frosted puffed corn	30.0	1.0 cup	0.074
28337	Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca	35.0	1.0 slice	0.074
09154	Lemon juice, frozen, unsweetened, single strength	244.0	1.0 cup	0.073
09340	Pears, asian, raw	122.0	1.0 fruit 2-1/4" high x 2-1/2" dia	0.073
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	0.073
15223	Fish, whitefish, mixed species, cooked, dry heat	85.0	3.0 oz	0.073
18243	Croutons, seasoned	14.2	0.5 oz	0.073
19208	Puddings, rice, dry mix, prepared with 2% milk	128.0	0.5 cup	0.073

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
11251	Lettuce, cos or romaine, raw	47.0	1.0 cup shredded	0.073
19410	Snack, potato chips, made from dried potatoes, plain	28.0	1.0 oz	0.073
09181	Melons, cantaloupe, raw	177.0	1.0 cup, balls	0.073
09250	Peaches, frozen, sliced, sweetened	250.0	1.0 cup, thawed	0.072
14038	Beverages, OCEAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink	250.0	1.0 can	0.072
17202	Veal, variety meats and by-products, liver, raw	28.35	1.0 oz	0.072
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	0.072
15157	Mollusks, clam, mixed species, raw	85.0	3.0 oz	0.072
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	0.072
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.072
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.072
18360	Taco shells, baked	12.9	1.0 shell	0.072
18202	Cookies, sugar wafer, with creme filling, sugar free	28.35	1.0 oz	0.072
11603	Yambean (jicama), raw	120.0	1.0 cup slices	0.072
09079	Cranberries, dried, sweetened	40.0	0.25 cup	0.072
19100	Candies, fudge, chocolate, prepared-from-recipe	17.0	1.0 piece	0.072
18435	Danish pastry, raspberry, unenriched	28.35	1.0 oz	0.072
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	28.35	1.0 oz	0.072
18433	Danish pastry, lemon, unenriched	28.35	1.0 oz	0.072
18431	Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	28.35	1.0 oz	0.072
11237	Kanpyo, (dried gourd strips)	6.3	1.0 strip	0.072
01156	Cheese, goat, hard type	28.35	1.0 oz	0.071
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.071
11339	Peppers, sweet, green, sauteed	115.0	1.0 cup chopped	0.071
21248	WENDY'S, Frosty Dairy Dessert	113.0	1.0 junior 6 oz. cup	0.071
09421	Dates, medjool	24.0	1.0 date, pitted	0.071
01032	Cheese, parmesan, grated	100.0	1.0 cup	0.071
18242	Croutons, plain	14.2	0.5 oz	0.071
09144	Jackfruit, raw	165.0	1.0 cup, sliced	0.071
18011	Biscuits, plain or buttermilk, dry mix, prepared	28.35	1.0 oz	0.071
20018	Corn flour, yellow, degermed, unenriched	126.0	1.0 cup	0.071
09413	Pears, raw, red anjou	126.0	1.0 small	0.071
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.071
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	0.071
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	0.071
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.071

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
21140	Side dishes, potato salad	95.0	0.333 cup	0.070
11287	Onions, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.070
09436	Mango nectar, canned	251.0	1.0 cup	0.070
19137	Toppings, strawberry	42.0	2.0 tbsp	0.070
02014	Spices, cumin seed	2.1	1.0 tsp, whole	0.070
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	0.070
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.070
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.070
15021	Fish, croaker, Atlantic, cooked, breaded and fried	87.0	1.0 fillet	0.070
44061	Puddings, chocolate flavor, low calorie, instant, dry mix	9.9	1.0 serving	0.070
18268	French toast, frozen, ready-to-heat	28.35	1.0 oz	0.069
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	0.069
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	9.9	1.0 bar	0.069
09185	Melon balls, frozen	173.0	1.0 cup, unthawed	0.069
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	11.0	1.0 cup	0.069
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	0.069
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.069
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	0.069
19114	Ice creams, chocolate, light	68.0	1.0 serving	0.069
02003	Spices, basil, dried	0.7	1.0 tsp, leaves	0.069
21401	Fast foods, chicken tenders	30.0	1.0 strip	0.068
06955	Soup, cream of chicken, canned, condensed, reduced sodium	124.0	0.5 cup	0.068
18175	Cookies, ladyfingers, with lemon juice and rind	28.35	1.0 oz	0.068
18423	Cookies, ladyfingers, without lemon juice and rind	28.35	1.0 oz	0.068
18106	Coffeecake, fruit	28.35	1.0 oz	0.068
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	0.068
15143	Crustaceans, crab, dungeness, raw	85.0	3.0 oz	0.068
20027	Cornstarch	128.0	1.0 cup	0.068
03154	Babyfood, fruit and vegetable, apple and sweet potato	113.0	1.0 jar, Gerber (4 oz)	0.068
21430	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed	140.0	1.0 breast, without skin	0.067
09252	Pears, raw	140.0	1.0 cup, slices	0.067
07942	Pate, truffle flavor	56.0	1.0 serving 2 oz	0.067
09415	Pears, raw, green anjou	140.0	1.0 cup, sliced	0.067
03861	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DHA	28.0	3.0 scoop	0.067
18294	Pancakes, blueberry, prepared from recipe	28.35	1.0 oz	0.067

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
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	0.067
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	61.0	0.167 loaf 1/6 of the loaf	0.067
21059	Fast foods, shrimp, breaded and fried	39.0	3.0 pieces shrimp	0.067
14256	Beverages, OCEAN SPRAY, Cran Cherry	248.0	8.0 fl oz	0.067
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	30.0	1.0 cup (NLEA serving)	0.067
11566	Turnips, frozen, unprepared	94.0	0.333 package, mashed (10 oz)	0.067
06494	Soup, onion, dry, mix, prepared with water	230.0	1.0 serving 1 cup	0.067
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	0.066
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	0.066
08571	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola	55.0	0.75 cup (1 NLEA serving)	0.066
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	29.0	2.0 cookies	0.066
09414	Pears, raw, bosc	140.0	1.0 cup, sliced	0.066
07036	Sausage, Italian, pork, raw	113.0	1.0 link, 4/lb	0.066
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	0.065
03296	Babyfood, dinner, turkey, rice, and vegetables, toddler	28.35	1.0 oz	0.065
22978	Chicken tenders, breaded, frozen, prepared	21.0	1.0 piece	0.065
14544	Beverages, tea, black, brewed, prepared with distilled water	29.6	1.0 fl oz	0.065
14355	Beverages, tea, black, brewed, prepared with tap water	29.6	1.0 fl oz	0.065
14352	Beverages, tea, black, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.065
18453	Cake, yellow, light, dry mix	28.35	1.0 oz	0.065
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	0.065
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	0.065
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	140.0	1.0 cup	0.064
18326	Pie, pumpkin, commercially prepared	28.35	1.0 oz	0.064
11285	Onions, canned, solids and liquids	63.0	1.0 onion	0.064
14227	Beverages, OCEAN SPRAY, White Cranberry Strawberry Flavored Juice Drink	247.0	8.0 fl oz	0.064
14250	Beverages, AMBER, hard cider	355.0	12.0 fl oz	0.064
21425	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	152.0	1.0 breast without skin	0.064
02025	Spices, nutmeg, ground	2.2	1.0 tsp	0.064
18365	Waffles, plain, frozen, ready-to-heat	28.35	1.0 oz	0.064
18254	Doughnuts, yeast-leavened, with creme filling	28.35	1.0 oz	0.064
17217	Veal, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0.064
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	0.064

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
13334	Beef, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0.064
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.064
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	0.064
18141	Cake, yellow, commercially prepared, with vanilla frosting	67.0	1.0 serving	0.064
09150	Lemons, raw, without peel	212.0	1.0 cup, sections	0.064
18444	Pie, fried pies, cherry	28.35	1.0 oz	0.064
18445	Pie, fried pies, lemon	28.35	1.0 oz	0.064
18319	Pie, fried pies, fruit	28.35	1.0 oz	0.064
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.063
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	0.063
15162	Mollusks, clam, mixed species, canned, liquid	85.0	3.0 oz	0.063
18280	Muffins, corn, dry mix, prepared	28.35	1.0 oz	0.063
14282	Beverages, grape juice drink, canned	31.3	1.0 fl oz	0.063
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	28.0	1.0 oz	0.062
19039	Snacks, popcorn, caramel-coated, without peanuts	28.35	1.0 oz	0.062
18270	Hush puppies, prepared from recipe	28.35	1.0 oz	0.062
12128	Nuts, ginkgo nuts, dried	28.35	1.0 oz	0.062
18110	Cake, fruitcake, commercially prepared	28.35	1.0 oz	0.062
18224	Crackers, rusk toast	14.2	0.5 oz	0.062
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)	0.062
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	0.062
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	0.062
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	0.062
11001	Alfalfa seeds, sprouted, raw	33.0	1.0 cup	0.062
09517	Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	177.0	6.0 fl oz	0.062
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.062
19924	Syrup, NESTLE, chocolate	20.0	1.0 tablespoon	0.062
21313	McDONALD'S, Hot Mustard Sauce	28.0	1.0 package	0.062
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	0.061
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	0.061
09401	Applesauce, canned, unsweetened, with added ascorbic acid	244.0	1.0 cup	0.061
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244.0	1.0 cup	0.061
18333	Pie crust, standard-type, dry mix, prepared, baked	20.0	1.0 piece (1/8 of 9" crust)	0.061
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	7.9	1.0 cup	0.061
18253	Doughnuts, french crullers, glazed	28.35	1.0 oz	0.061
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	7.9	1.0 cup	0.061

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
42074	Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated	78.0	1.0 bar	0.061
21143	CHICK-FIL-A, Chick-n-Strips	50.0	1.0 strip	0.060
18097	Cake, pudding-type, chocolate, dry mix	28.35	1.0 oz	0.060
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.060
10863	Pork, fresh, variety meats and by-products, stomach, cooked, simmered	85.0	3.0 oz	0.060
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	0.060
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.060
18160	Cookies, chocolate chip, commercially prepared, soft-type	14.2	1.0 cookie	0.060
07056	Peppered loaf, pork, beef	100.0	3.52 slices	0.060
06165	Sauce, homemade, white, thin	250.0	1.0 cup	0.060
42178	Mayonnaise, made with tofu	15.0	1.0 tbsp	0.060
18237	Cream puff shell, prepared from recipe	28.35	1.0 oz	0.060
18316	Pie, coconut custard, commercially prepared	28.35	1.0 oz	0.060
18133	Cake, sponge, commercially prepared	28.35	1.0 oz	0.060
18240	Croissants, apple	28.35	1.0 oz	0.060
18355	Sweet rolls, cheese	28.35	1.0 oz	0.060
43261	Yogurt, fruit variety, nonfat	170.0	1.0 container (6 oz)	0.060
15001	Fish, anchovy, european, raw	85.0	3.0 oz	0.060
09526	Cranberry sauce, jellied, canned, OCEAN SPRAY	70.0	0.25 cup	0.060
09183	Melons, casaba, raw	170.0	1.0 cup, cubes	0.060
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	170.0	1.0 container (6 oz)	0.060
15156	Mollusks, abalone, mixed species, cooked, fried	85.0	3.0 oz	0.060
15176	Mollusks, squid, mixed species, cooked, fried	85.0	3.0 oz	0.060
08092	Cereals, QUAKER, corn grits, instant, plain, dry	29.0	1.0 packet	0.059
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	86.0	1.0 cup diced	0.059
11265	Mushrooms, portabella, raw	86.0	1.0 cup diced	0.059
18019	Bread, banana, prepared from recipe, made with margarine	28.35	1.0 oz	0.059
14252	Beverages, Malt liquor beverage	1184.0	1.0 bottle	0.059
28366	RUDI'S, Gluten-Free Bakery, Original Sandwich Bread	34.0	1.0 slice	0.059
27048	Sauce, steak, tomato based	34.0	2.0 Tbsp	0.059
28336	Bread, gluten-free, white, made with potato extract, rice starch, and rice flour	34.0	1.0 slice	0.059
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	0.059
03997	Babyfood, Baby MUM MUM Rice Biscuits	8.0	4.0 biscuit	0.059
05708	Turkey, retail parts, breast, meat only, with added solution, raw	1171.0	1.0 breast	0.059
09326	Watermelon, raw	154.0	1.0 cup, balls	0.059

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
35009	Whale, beluga, meat, dried (Alaska Native)	45.0	1.0 strip	0.058
18256	Doughnuts, yeast-leavened, with jelly filling	28.35	1.0 oz	0.058
09226	Papayas, raw	145.0	1.0 cup 1" pieces	0.058
19220	Desserts, rennin, chocolate, dry mix	9.0	1.0 tbsp	0.058
14224	Beverages, coffee, instant, mocha, sweetened	13.0	1.0 serving 2 tbsp	0.058
18390	Pancakes, buttermilk, prepared from recipe	28.35	1.0 oz	0.058
02066	Spearmint, dried	0.5	1.0 tsp	0.057
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	140.0	1.0 cup	0.057
09209	Orange juice, chilled, includes from concentrate	249.0	1.0 cup	0.057
14220	Beverages, OCEAN SPRAY, Cranberry-Apple Juice Drink, bottled	249.0	8.0 fl oz	0.057
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	0.057
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	249.0	1.0 cup	0.057
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	0.057
19007	Snacks, corn-based, extruded, onion-flavor	28.35	1.0 oz	0.057
11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.	0.057
15040	Fish, herring, Atlantic, cooked, dry heat	143.0	1.0 fillet	0.057
07913	Salami, pork, beef, less sodium	100.0	3.527 oz	0.057
18196	Cookies, brownies, dry mix, sugar free	28.35	1.0 oz	0.057
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	0.057
15130	Fish, whitefish, mixed species, raw	85.0	3.0 oz	0.057
17187	Lamb, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.057
11257	Lettuce, red leaf, raw	28.0	1.0 cup shredded	0.057
18293	Pancakes, plain, prepared from recipe	28.35	1.0 oz	0.057
18309	Pie, cherry, prepared from recipe	28.35	1.0 oz	0.057
07040	Liver cheese, pork	28.35	1.0 oz	0.057
18327	Pie, pumpkin, prepared from recipe	28.35	1.0 oz	0.056
09013	Apples, dried, sulfured, stewed, with added sugar	280.0	1.0 cup	0.056
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	0.056
02001	Spices, allspice, ground	1.9	1.0 tsp	0.056
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	35.0	0.5 cup, shredded	0.056
14312	Beverages, Malted drink mix, natural, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.056
11750	Cabbage, common (danish, domestic, and pointed types), stored, raw	35.0	0.5 cup, shredded	0.056
11952	Radicchio, raw	40.0	1.0 cup, shredded	0.055
11981	Peppers, hungarian, raw	27.0	1.0 pepper	0.055
35190	Salmon, red (sockeye), filets with skin, smoked (Alaska Native)	108.0	1.0 filet	0.055
11145	Celtuce, raw	8.0	1.0 leaf	0.055

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
01139	Egg, goose, whole, fresh, raw	144.0	1.0 egg	0.055
14233	Beverages, OCEAN SPRAY, Cran Raspberry Juice Drink	248.0	8.0 fl oz	0.055
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	0.054
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	85.0	3.0 oz	0.054
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	0.054
18420	Cake, yellow, unenriched, dry mix	28.35	1.0 oz	0.054
01284	Yogurt, Greek, strawberry, lowfat	150.0	1.0 container (5.3 oz)	0.054
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	30.0	0.75 cup (1 NLEA serving)	0.054
18087	Cake, angelfood, dry mix	38.0	1.0 serving	0.054
18171	Cookies, fortune	28.35	1.0 oz	0.054
18354	Strudel, apple	28.35	1.0 oz	0.054
18105	Coffeecake, creme-filled with chocolate frosting	28.35	1.0 oz	0.054
18314	Pie, coconut cream, prepared from mix, no-bake type	28.35	1.0 oz	0.054
15137	Crustaceans, crab, alaska king, cooked, moist heat	134.0	1.0 leg	0.054
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	0.054
05173	Turkey, gizzard, all classes, raw	63.0	1.0 raw gizzard	0.054
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	0.054
19294	Fruit butters, apple	17.0	1.0 tbsp	0.054
09012	Apples, dried, sulfured, stewed, without added sugar	255.0	1.0 cup	0.054
01136	Egg, white, dried, powder, stabilized, glucose reduced	107.0	1.0 cup, sifted	0.054
18269	French toast, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.053
05300	Turkey sticks, breaded, battered, fried	64.0	1.0 stick (2.25 oz)	0.053
11151	Chicory, witloof, raw	53.0	1.0 head	0.053
15013	Fish, cisco, raw	79.0	1.0 fillet	0.053
18282	Muffins, corn, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.053
17215	Lamb, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0.053
11522	Taro shoots, raw	43.0	0.5 cup slices	0.052
18302	Pie, apple, prepared from recipe	28.35	1.0 oz	0.052
09207	Orange juice, canned, unsweetened	249.0	1.0 cup	0.052
19013	Snacks, fruit leather, pieces	28.35	1.0 oz	0.052
17199	Lamb, variety meats and by-products, liver, raw	28.35	1.0 oz	0.052
09010	Apples, dehydrated (low moisture), sulfured, stewed	193.0	1.0 cup	0.052
11954	Tomatillos, raw	34.0	1.0 medium	0.052
14258	Beverages, OCEAN SPRAY, White Cranberry Peach	247.0	8.0 fl oz	0.052
17194	Veal, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	0.052
06180	Soup, shark fin, restaurant-prepared	216.0	1.0 cup	0.052

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
19325	Puddings, coconut cream, dry mix, regular, prepared with whole milk	140.0	0.5 cup	0.052
09412	Pears, raw, bartlett	140.0	1.0 cup, sliced	0.052
19219	Puddings, coconut cream, dry mix, regular, prepared with 2% milk	140.0	0.5 cup	0.052
14204	Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener	6.4	1.0 tsp dry	0.052
18301	Pie, apple, commercially prepared, enriched flour	28.35	1.0 oz	0.052
18443	Pie, apple, commercially prepared, unenriched flour	28.35	1.0 oz	0.052
08510	Milk and cereal bar	25.0	1.0 bar	0.052
01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	0.051
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)	0.051
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)	0.051
01212	Milk, dry, whole, without added vitamin D	128.0	1.0 cup	0.051
21464	Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	142.0	1.0 breast without skin	0.051
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	138.0	1.0 slice	0.051
01276	Yogurt, Greek, strawberry, DANNON OIKOS	150.0	5.3 oz	0.051
01024	Cheese, limburger	134.0	1.0 cup	0.051
11263	Mushrooms, white, stir-fried	108.0	1.0 cup sliced	0.051
14430	Cranberry juice cocktail, frozen concentrate	36.2	1.0 fl oz	0.051
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	0.051
12004	Seeds, breadnut tree seeds, raw	28.35	1.0 oz (8-14 seeds)	0.050
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	0.050
09437	Tamarind nectar, canned	251.0	1.0 cup	0.050
07024	Frankfurter, chicken	85.0	3.0 oz	0.050
17186	Lamb, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.050
09124	Grapefruit juice, white, canned, sweetened	250.0	1.0 cup	0.050
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	0.050
03169	Babyfood, apple-cranberry juice	31.2	1.0 fl oz	0.050
02027	Spices, oregano, dried	1.0	1.0 tsp, leaves	0.050
18305	Pie, blueberry, commercially prepared	28.35	1.0 oz	0.050
06094	Soup, onion, dry, mix	7.5	1.0 serving 1 tbsp	0.050
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	30.0	1.0 cup (1 NLEA serving)	0.050
14311	Beverages, Malted drink mix, natural, powder, dairy based.	21.0	1.0 serving (3 heaping tsp or 1 envelope)	0.050
01285	Yogurt, Greek, strawberry, nonfat	150.0	1.0 container (5.3 oz)	0.050
01281	Yogurt, Greek, nonfat, strawberry, CHOBANI	150.0	5.3 oz	0.050
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247.0	1.0 cup	0.049
09128	Grapefruit juice, white, raw	247.0	1.0 cup	0.049
09404	Grapefruit juice, pink, raw	247.0	1.0 cup	0.049

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
19244	Frostings, vanilla, creamy, dry mix	411.0	1.0 package	0.049
01133	Egg, whole, dried	85.0	1.0 cup, sifted	0.049
05035	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter	85.0	3.0 oz	0.049
18935	Waffle, plain, frozen, ready-to-heat, microwave	32.0	1.0 waffle, round (4"dia)	0.049
21432	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed	91.0	1.0 thigh, without skin	0.049
11752	Cabbage, red, cooked, boiled, drained, with salt	22.0	1.0 leaf	0.049
11113	Cabbage, red, cooked, boiled, drained, without salt	22.0	1.0 leaf	0.049
02029	Spices, parsley, dried	0.5	1.0 tsp	0.049
02004	Spices, bay leaf	0.6	1.0 tsp, crumbled	0.049
10152	Pork, cured, ham, whole, separable lean only, unheated	140.0	1.0 cup	0.049
14475	Beverages, ARIZONA, tea, ready-to-drink, lemon	30.6	1.0 fl oz	0.049
02024	Spices, mustard seed, ground	2.0	1.0 tsp	0.049
01165	Cheese, mexican, queso anejo	132.0	1.0 cup, crumbled	0.049
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	0.049
18103	Coffeecake, cheese	28.35	1.0 oz	0.049
11431	Radishes, oriental, cooked, boiled, drained, without salt	147.0	1.0 cup, sliced	0.049
11850	Radishes, oriental, cooked, boiled, drained, with salt	147.0	1.0 cup slices	0.049
07968	Kielbasa, fully cooked, grilled	85.0	3.0 oz	0.048
43098	Pie fillings, cherry, low calorie	85.0	1.0 serving	0.048
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	85.0	3.0 oz	0.048
14241	Beverages, cranberry-grape juice drink, bottled	30.6	1.0 fl oz	0.048
02002	Spices, anise seed	2.1	1.0 tsp, whole	0.048
18155	Cookies, butter, commercially prepared, enriched	28.35	1.0 oz	0.048
18421	Cookies, butter, commercially prepared, unenriched	28.35	1.0 oz	0.048
09502	Apples, raw, granny smith, with skin	109.0	1.0 cup, sliced	0.048
09202	Oranges, raw, navels	165.0	1.0 cup sections, without membranes	0.048
02041	Spices, tarragon, dried	0.6	1.0 tsp, leaves	0.048
05161	Squab, (pigeon), meat only, raw	251.0	1.0 unit (yield from 1 lb ready-to-cook squab)	0.048
11745	Brussels sprouts, cooked, boiled, drained, with salt	21.0	1.0 sprout	0.048
11099	Brussels sprouts, cooked, boiled, drained, without salt	21.0	1.0 sprout	0.048
01166	Cheese, mexican, queso asadero	132.0	1.0 cup, diced	0.048
18134	Cake, sponge, prepared from recipe	28.35	1.0 oz	0.047
09407	Peach nectar, canned, with added ascorbic acid	249.0	1.0 cup	0.047
09251	Peach nectar, canned, without added ascorbic acid	249.0	1.0 cup	0.047
21316	McDONALD'S, Tangy Honey Mustard Sauce	43.0	1.5 oz	0.047
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28.0	1.0 cup (1 NLEA serving)	0.047

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
27047	Sauce, salsa, verde, ready-to-serve	30.0	2.0 Tbsp	0.047
17192	Lamb, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	0.047
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	0.047
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	30.0	10.0 strip	0.047
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	129.0	0.5 cup condensed	0.046
19379	Candies, fudge, chocolate marshmallow, prepared-from-recipe	20.0	1.0 piece	0.046
28310	Cookies, shortbread, reduced fat	11.8	1.0 cookie	0.046
15131	Fish, whitefish, mixed species, smoked	136.0	1.0 cup, cooked	0.046
12158	Seeds, breadfruit seeds, roasted	28.35	1.0 oz	0.046
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	140.0	1.0 cup	0.046
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	33.0	2.0 tablespoon	0.046
14376	Beverages, tea, instant, lemon, diet	29.8	1.0 fl oz	0.046
09117	Grapefruit, raw, white, California	230.0	1.0 cup sections, with juice	0.046
09113	Grapefruit, raw, pink and red, California and Arizona	230.0	1.0 cup sections, with juice	0.046
07970	Kielbasa, fully cooked, unheated	85.0	3.0 oz	0.046
02009	Spices, chili powder	2.7	1.0 tsp	0.046
09184	Melons, honeydew, raw	170.0	1.0 cup, diced (approx 20 pieces per cup)	0.046
19375	Frostings, glaze, prepared-from-recipe	327.0	1.0 recipe yield	0.046
36011	T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	176.0	1.0 serving	0.046
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	120.0	1.0 item	0.046
02019	Spices, fenugreek seed	3.7	1.0 tsp	0.045
05302	Poultry, mechanically deboned, from backs and necks without skin, raw	227.0	0.5 lb	0.045
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)	0.045
19271	Ice creams, strawberry	58.0	1.0 individual (3.5 fl oz)	0.045
18112	Cake, pudding-type, german chocolate, dry mix	43.0	1.0 serving	0.045
05180	Turkey from whole, neck, meat only, cooked, simmered	85.0	1.0 serving	0.045
09200	Oranges, raw, all commercial varieties	180.0	1.0 cup, sections	0.045
08309	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES	30.0	0.75 cup (1 NLEA serving)	0.045
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	140.0	1.0 cup	0.045
14476	Beverages, LIPTON BRISK, tea, black, ready-to-drink, lemon	30.6	1.0 fl oz	0.045
18952	Tostada shells, corn	12.3	1.0 piece	0.045
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)	0.045
03870	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber	31.0	1.0 fl oz	0.045
14255	Beverages, OCEAN SPRAY, Cran Pomegranate	248.0	8.0 fl oz	0.045
06443	Soup, cream of mushroom, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.045
10076	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.045

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
10115	Pork, fresh, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.045
09203	Oranges, raw, Florida	185.0	1.0 cup sections, without membranes	0.044
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	85.0	3.0 oz	0.044
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	0.044
05174	Turkey, gizzard, all classes, cooked, simmered	45.0	1.0 gizzard cooked	0.044
01109	Milk, sheep, fluid	245.0	1.0 cup	0.044
11430	Radishes, oriental, raw	116.0	1.0 cup slices	0.044
07014	Braunschweiger (a liver sausage), pork	28.35	1.0 oz	0.044
01108	Milk, indian buffalo, fluid	244.0	1.0 cup	0.044
09003	Apples, raw, with skin	125.0	1.0 cup, quartered or chopped	0.044
11238	Mushrooms, shiitake, raw	19.0	1.0 piece whole	0.044
09160	Lime juice, raw	242.0	1.0 cup	0.044
01280	Yogurt, Greek, nonfat, strawberry, DANNON OIKOS	150.0	5.3 oz	0.044
01073	Dessert topping, semi solid, frozen	75.0	1.0 cup	0.044
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	31.0	2.0 large	0.043
04704	Salad dressing, poppyseed, creamy	33.0	2.0 tbsp	0.043
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.043
04686	Salad dressing, honey mustard dressing, reduced calorie	30.0	2.0 tbsp (1 serving)	0.043
05711	Turkey, retail parts, breast, meat only, cooked, roasted	863.0	1.0 breast	0.043
05303	Poultry, mechanically deboned, from mature hens, raw	227.0	0.5 lb	0.043
05301	Poultry, mechanically deboned, from backs and necks with skin, raw	227.0	0.5 lb	0.043
18304	Pie, banana cream, prepared from recipe	28.35	1.0 oz	0.043
18323	Pie, peach	28.35	1.0 oz	0.043
21427	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	86.0	1.0 thigh without skin	0.043
15261	Fish, tilapia, raw	116.0	1.0 fillet	0.043
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)	0.043
17212	Veal, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.043
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)	0.043
43046	Candies, nougat, with almonds	14.0	1.0 piece	0.043
03122	Babyfood, peas, dices, toddler	28.35	1.0 oz	0.043
13331	Beef, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.043
15096	Fish, shark, mixed species, cooked, batter-dipped and fried	85.0	3.0 oz	0.042
05111	Canada Goose, breast meat, skinless, raw	85.0	3.0 oz	0.042
15073	Fish, roughy, orange, raw	85.0	3.0 oz	0.042
15009	Fish, carp, cooked, dry heat	85.0	3.0 oz	0.042

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
11268	Mushrooms, shiitake, dried	3.6	1.0 mushroom	0.042
05127	Chicken, stewing, giblets, raw	28.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.042
07058	Pickle and pimiento loaf, pork	38.0	1.0 slice	0.042
19138	Candies, truffles, prepared-from-recipe	12.0	1.0 piece	0.042
01019	Cheese, feta	150.0	1.0 cup, crumbled	0.042
19109	Candies, KIT KAT Wafer Bar	42.0	1.0 bar (1.5 oz)	0.042
09525	Cranberry sauce, whole, canned, OCEAN SPRAY	70.0	0.25 cup	0.042
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	140.0	1.0 cup	0.042
09217	Orange-grapefruit juice, canned or bottled, unsweetened	247.0	1.0 cup	0.042
14234	Beverages, OCEAN SPRAY, Cran Lemonade	247.0	8.0 fl oz	0.042
06179	Sauce, fish, ready-to-serve	18.0	1.0 tbsp	0.042
43450	Frozen novelties, juice type, juice with cream	71.0	2.5 oz	0.042
09004	Apples, raw, without skin	110.0	1.0 cup slices	0.042
07059	Polish sausage, pork	85.0	3.0 oz	0.042
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	85.0	3.0 oz	0.042
09201	Oranges, raw, California, valencias	180.0	1.0 cup sections, without membranes	0.041
18082	Bread stuffing, bread, dry mix, prepared	28.35	1.0 oz	0.041
21433	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed	44.0	1.0 wing, without skin	0.041
11993	Mushrooms, maitake, raw	70.0	1.0 cup diced	0.041
21018	Fast foods, egg, scrambled	96.0	2.0 eggs	0.041
18230	Crackers, standard snack-type, sandwich, with cheese filling	14.2	0.5 oz	0.041
07910	Bratwurst, veal, cooked	84.0	1.0 serving 2.96 oz	0.041
11205	Cucumber, with peel, raw	52.0	0.5 cup slices	0.041
07075	Sausage, smoked link sausage, pork and beef	85.0	3.0 oz	0.041
06175	Sauce, hoisin, ready-to-serve	16.0	1.0 tbsp	0.041
10140	Pork, cured, ham, regular (approximately 13% fat), canned, roasted	140.0	1.0 cup	0.041
09503	Apples, raw, gala, with skin	109.0	1.0 cup, sliced	0.040
06164	Sauce, salsa, ready-to-serve	36.0	2.0 tbsp	0.040
12001	Seeds, breadfruit seeds, raw	28.35	1.0 oz	0.040
13323	Beef, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.040
14601	Beverages, WENDY'S, tea, ready-to-drink, unsweetened	29.6	1.0 fl oz	0.040
14137	Beverages, NESTEA, tea, black, ready-to-drink, lemon	30.6	1.0 fl oz	0.040
18936	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	28.35	1.0 oz	0.040
17223	Veal, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	0.040
17337	Game meat, bison, top round, separable lean only, 1" steak, raw	85.0	1.0 serving (3 oz)	0.040
05003	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour	85.0	3.0 oz	0.040

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
15230	Mollusks, octopus, common, cooked, moist heat	85.0	3.0 oz	0.040
14253	Alcoholic beverages, wine, rose	30.3	1.0 fl oz	0.040
19071	Candies, carob, unsweetened	28.35	1.0 oz	0.040
18292	Pancakes, plain, dry mix, incomplete, prepared	28.35	1.0 oz	0.040
18308	Pie, cherry, commercially prepared	28.35	1.0 oz	0.040
18147	Cheesecake commercially prepared	28.35	1.0 oz	0.040
21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	132.0	1.0 breast without skin	0.040
36612	DENNY'S, golden fried shrimp	16.0	1.0 piece	0.040
02017	Spices, dill weed, dried	1.0	1.0 tsp	0.040
18117	Cake, pudding-type, marble, dry mix	28.35	1.0 oz	0.039
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	21.0	10.0 strip	0.039
19858	Candies, sugar-coated almonds	3.5	1.0 piece	0.039
14164	Beverages, chocolate malt powder, prepared with 1% milk, fortified	98.0	1.0 cup dry mix	0.039
10150	Pork, cured, ham, whole, separable lean and fat, unheated	140.0	1.0 cup	0.039
05012	Chicken, broilers or fryers, meat only, cooked, fried	140.0	1.0 cup, chopped or diced	0.039
17165	Game meat, deer, cooked, roasted	85.0	3.0 oz	0.039
19370	Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies	62.0	1.0 serving 2.17 oz pack	0.039
01237	Ice cream, bar or stick, chocolate covered	50.0	1.0 bar	0.039
09520	Kiwifruit, ZESPRI SunGold, raw	81.0	1.0 fruit	0.039
18451	Cake, pound, commercially prepared, fat-free	28.35	1.0 oz	0.039
14602	Alcoholic Beverage, wine, table, red, Merlot	29.4	1.0 fl oz	0.039
14096	Alcoholic beverage, wine, table, red	29.4	1.0 fl oz	0.039
19014	Snacks, fruit leather, rolls	21.0	1.0 large	0.039
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	84.0	1.0 thigh without skin	0.039
15233	Fish, catfish, channel, wild, cooked, dry heat	143.0	1.0 fillet	0.039
02016	Spices, dill seed	2.1	1.0 tsp	0.038
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	113.0	4.0 oz	0.038
11218	Gourd, white-flowered (calabash), raw	58.0	0.5 cup (1" pieces)	0.038
14240	Beverages, cranberry-apricot juice drink, bottled	30.6	1.0 fl oz	0.038
15043	Fish, herring, Pacific, raw	85.0	3.0 oz	0.038
10118	Pork, fresh, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0.038
09501	Apples, raw, golden delicious, with skin	109.0	1.0 cup, sliced	0.038
02012	Spices, coriander leaf, dried	0.6	1.0 tsp	0.038
08094	Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry	28.0	1.0 packet (1 NLEA serving)	0.038
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)	0.038

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
12003	Seeds, breadfruit seeds, boiled	28.35	1.0 oz	0.037
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	85.0	3.0 oz	0.037
17190	Veal, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.037
06194	Soup, chicken broth, ready-to-serve	249.0	1.0 cup	0.037
11442	Seaweed, agar, raw	10.0	2.0 tbsp (1/8 cup)	0.037
20315	Corn flour, whole-grain, blue (harina de maiz morado)	6.9	1.0 tbsp	0.037
02048	Vinegar, cider	14.9	1.0 tbsp	0.037
09500	Apples, raw, red delicious, with skin	109.0	1.0 cup, sliced	0.037
09123	Grapefruit juice, white, canned or bottled, unsweetened	247.0	1.0 cup	0.037
09416	Grapefruit juice, white, bottled, unsweetened, OCEAN SPRAY	247.0	1.0 cup	0.037
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)	0.037
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)	0.037
11444	Seaweed, irishmoss, raw	10.0	2.0 tbsp (1/8 cup)	0.037
19360	Syrups, table blends, pancake, with 2% maple	20.0	1.0 tbsp	0.037
07927	Sausage, Italian, turkey, smoked	56.0	1.0 serving 2 oz	0.037
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	0.037
02028	Spices, paprika	2.3	1.0 tsp	0.037
17211	Lamb, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0.037
10185	Pork, cured, ham, extra lean and regular, canned, roasted	140.0	1.0 cup	0.036
05305	Ground turkey, raw	453.6	1.0 lb	0.036
18321	Pie, lemon meringue, prepared from recipe	28.35	1.0 oz	0.036
18328	Pie, vanilla cream, prepared from recipe	28.35	1.0 oz	0.036
18151	Cookies, brownies, commercially prepared	28.35	1.0 oz	0.036
02031	Spices, pepper, red or cayenne	1.8	1.0 tsp	0.036
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)	0.036
17169	Game meat, goat, cooked, roasted	85.0	3.0 oz	0.036
15094	Fish, shad, american, raw	85.0	3.0 oz	0.036
15008	Fish, carp, raw	85.0	3.0 oz	0.036
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	0.036
01009	Cheese, cheddar	132.0	1.0 cup, diced	0.036
42190	Pork sausage rice links, brown and serve, cooked	45.0	2.0 links 1 NLEA serving	0.036
14221	Beverages, OCEAN SPRAY, Diet Cranberry Juice	237.0	8.0 fl oz	0.036

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
18312	Pie, chocolate mousse, prepared from mix, no-bake type	28.35	1.0 oz	0.035
01129	Egg, whole, cooked, hard-boiled	136.0	1.0 cup, chopped	0.035
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	114.0	4.0 oz	0.035
01271	Cheese, mozzarella, low moisture, part-skim, shredded	86.0	1.0 cup	0.035
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	0.035
05326	Chicken breast tenders, breaded, cooked, microwaved	15.0	1.0 piece	0.035
14536	Alcoholic beverage, wine, dessert, dry	29.5	1.0 fl oz	0.035
14057	Alcoholic beverage, wine, dessert, sweet	29.5	1.0 fl oz	0.035
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	0.035
03194	Babyfood, cereal, rice, dry fortified	2.5	1.0 tbsp	0.035
17358	Lamb, New Zealand, imported, brains, raw	113.0	4.0 oz	0.035
19310	Pectin, unsweetened, dry mix	50.0	1.0 package (1.75 oz)	0.035
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	140.0	1.0 cup	0.035
03121	Babyfood, vegetables, peas, strained	16.0	1.0 tbsp	0.035
10106	Pork, fresh, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.035
10079	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted	85.0	3.0 oz	0.035
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	85.0	3.0 oz	0.035
03298	Babyfood, dinner, broccoli and chicken, junior	29.0	1.0 tbsp	0.035
15011	Fish, catfish, channel, cooked, breaded and fried	87.0	1.0 fillet	0.035
08469	Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal	30.0	0.75 cup (1 NLEA serving)	0.035
09206	Orange juice, raw	248.0	1.0 cup	0.035
04706	Dressing, honey mustard, fat-free	30.0	2.0 tbsp (1 NLEA serving)	0.034
11231	Jute, potherb, raw	28.0	1.0 cup	0.034
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	246.0	1.0 cup	0.034
14106	Alcoholic beverage, wine, table, white	29.4	1.0 fl oz	0.034
05327	Chicken breast tenders, breaded, uncooked	15.0	1.0 piece	0.034
05149	Goose, domesticated, meat only, cooked, roasted	143.0	1.0 unit (yield from 1 lb ready-to-cook goose)	0.034
01040	Cheese, swiss	132.0	1.0 cup, diced	0.034
14160	Alcoholic beverage, wine, table, white, Chardonnay	29.3	1.0 fl oz	0.034
05020	Chicken, broilers or fryers, giblets, raw	23.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.034
21333	McDONALD'S, Vanilla Reduced Fat Ice Cream Cone	90.0	1.0 item (3.2 oz)	0.034
11006	Arrowhead, cooked, boiled, drained, without salt	12.0	1.0 medium	0.034
11701	Arrowhead, cooked, boiled, drained, with salt	12.0	1.0 corm, medium	0.034
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	0.034
02013	Spices, coriander seed	1.8	1.0 tsp	0.034

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.034
05304	Turkey, mechanically deboned, from turkey frames, raw	227.0	0.5 lb	0.034
13337	Beef, variety meats and by-products, thymus, raw	28.35	1.0 oz	0.034
18148	Cheesecake prepared from mix, no-bake type	28.35	1.0 oz	0.034
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	0.034
18374	Leavening agents, yeast, baker's, compressed	17.0	1.0 cake (0.6 oz)	0.034
15128	Fish, tuna salad	85.0	3.0 oz	0.034
17114	Veal, rib, separable lean only, cooked, braised	85.0	3.0 oz	0.034
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.034
15155	Mollusks, abalone, mixed species, raw	85.0	3.0 oz	0.034
17141	Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised	85.0	3.0 oz	0.034
17100	Veal, leg (top round), separable lean only, cooked, braised	85.0	3.0 oz	0.034
03864	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA	103.0	1.0 serving 100 ml	0.034
09504	Apples, raw, fuji, with skin	109.0	1.0 cup, sliced	0.034
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	140.0	1.0 cup	0.034
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	0.034
10138	Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted	140.0	1.0 cup	0.034
43404	Beverages, cranberry-apple juice drink, low calorie, with vitamin C added	240.0	1.0 cup (8 fl oz)	0.034
10184	Pork, cured, ham, extra lean and regular, canned, unheated	140.0	1.0 cup	0.034
35200	Prairie Turnips, raw (Northern Plains Indians)	12.6	1.0 bulb peeled	0.034
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.033
19183	Puddings, chocolate, ready-to-eat	28.35	1.0 oz	0.033
17195	Lamb, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.033
15251	USDA Commodity, salmon nuggets, breaded, frozen, heated	28.35	1.0 oz	0.033
36013	Restaurant, family style, sirloin steak	166.0	1.0 serving	0.033
28362	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Explosive Pizza	5.3	10.0 goldfish	0.033
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85.0	3.0 oz	0.033
14236	Beverages, coffee substitute, cereal grain beverage, powder	3.0	1.0 tsp (1 serving)	0.033
19120	Candies, milk chocolate	7.0	1.0 bar, miniature	0.033
11938	Mushroom, white, exposed to ultraviolet light, raw	70.0	1.0 cup pieces or slices	0.033
11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices	0.033
19113	Syrups, table blends, pancake, with butter	73.0	1.0 serving 1/4 cup	0.033
17377	Lamb, New Zealand, imported, testes, raw	113.0	4.0 oz	0.033
05622	Emu, ground, cooked, pan-broiled	109.0	1.0 patty (yield from 135.8 g raw meat)	0.033

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
02023	Spices, marjoram, dried	0.6	1.0 tsp	0.033
01105	Milk, chocolate beverage, hot cocoa, homemade	250.0	1.0 cup	0.032
09229	Papaya nectar, canned	250.0	1.0 cup	0.032
05115	Chicken, roasting, giblets, raw	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.032
18085	Bread stuffing, cornbread, dry mix, prepared	28.35	1.0 oz	0.032
09295	Pummelo, raw	190.0	1.0 cup, sections	0.032
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.032
17126	Veal, shoulder, arm, separable lean only, cooked, braised	85.0	3.0 oz	0.032
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.032
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	0.032
17120	Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	0.032
17111	Veal, rib, separable lean and fat, cooked, braised	85.0	3.0 oz	0.032
17108	Veal, loin, separable lean only, cooked, braised	85.0	3.0 oz	0.032
17189	Veal, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.032
15198	Fish, ling, cooked, dry heat	85.0	3.0 oz	0.032
17138	Veal, sirloin, separable lean only, cooked, braised	85.0	3.0 oz	0.032
17132	Veal, shoulder, blade, separable lean only, cooked, braised	85.0	3.0 oz	0.032
05132	Chicken, stewing, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.032
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.032
05147	Goose, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.032
15262	Fish, tilapia, cooked, dry heat	87.0	1.0 fillet	0.032
27049	Sauce, tartar, ready-to-serve	30.0	2.0 tablespoons	0.032
27057	Sauce, barbecue, KC MASTERPIECE, original	18.0	1.0 tbsp	0.032
12127	Nuts, ginkgo nuts, raw	28.35	1.0 oz	0.032
28344	Crackers, gluten-free, multigrain and vegetable, made with corn starch and white rice flour	10.7	3.0 crackers	0.032
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	0.032
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	0.032
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	145.0	1.0 slice	0.032
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	0.032
14634	Beverages, milk beverage, reduced fat, flavored and sweetened, Ready-to-drink, added calcium, vitamin A and vitamin D	244.0	1.0 cup	0.032
14416	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	29.6	1.0 fl oz	0.032
01161	Cheese substitute, mozzarella	113.0	1.0 cup, shredded	0.032
05621	Emu, ground, raw	117.0	1.0 patty	0.032
15189	Fish, bluefish, cooked, dry heat	117.0	1.0 fillet	0.032

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
14269	Beverages, Fruit punch drink, frozen concentrate, prepared with water	30.9	1.0 fl oz	0.032
15005	Fish, bluefish, raw	150.0	1.0 fillet	0.032
18088	Cake, angelfood, dry mix, prepared	50.0	1.0 piece (1/12 of 10" dia)	0.032
01072	Dessert topping, pressurized	70.0	1.0 cup	0.032
19002	Snacks, beef jerky, chopped and formed	28.35	1.0 oz	0.031
10158	USDA Commodity, pork, canned	85.0	3.0 oz	0.031
15232	Fish, roughy, orange, cooked, dry heat	85.0	3.0 oz	0.031
15227	Crustaceans, crab, queen, cooked, moist heat	85.0	3.0 oz	0.031
14179	Beverages, coffee, ready to drink, milk based, sweetened	262.0	1.0 cup	0.031
11953	Squash, zucchini, baby, raw	16.0	1.0 large	0.031
03956	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified	31.0	1.0 oz	0.031
02026	Spices, onion powder	2.4	1.0 tsp	0.031
01074	Sour cream, imitation, cultured	28.35	1.0 oz	0.031
28361	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Cheddar	5.2	10.0 goldfish	0.031
05126	Chicken, stewing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.031
21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed	83.0	1.0 thigh thigh without skin	0.031
15030	Fish, gefiltefish, commercial, sweet recipe	42.0	1.0 piece	0.031
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	85.0	3.0 oz	0.031
17123	Veal, shoulder, arm, separable lean and fat, cooked, braised	85.0	3.0 oz	0.031
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	0.031
05627	Emu, full rump, cooked, broiled	85.0	1.0 serving (3 oz)	0.031
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	0.031
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	85.0	3.0 oz	0.031
35233	Hazelnuts, beaked (Northern Plains Indians)	0.4	1.0 nut	0.030
19198	Puddings, tapioca, dry mix	92.0	1.0 package (3.5 oz)	0.030
19709	Puddings, tapioca, dry mix, with no added salt	92.0	1.0 package (3.5 oz)	0.030
02020	Spices, garlic powder	3.1	1.0 tsp	0.030
18303	Pie, banana cream, prepared from mix, no-bake type	28.35	1.0 oz	0.030
36608	CRACKER BARREL, grilled sirloin steak	151.0	1.0 steak	0.030
15252	USDA Commodity, salmon nuggets, cooked as purchased, unheated	28.35	1.0 oz	0.030
15116	Fish, trout, rainbow, wild, cooked, dry heat	143.0	1.0 fillet	0.030
15239	Fish, salmon, coho, farmed, cooked, dry heat	143.0	1.0 fillet	0.030
01141	Egg, turkey, whole, fresh, raw	79.0	1.0 egg	0.030
07016	Cheesefurter, cheese smokie, pork, beef	100.0	2.33 links	0.030
09116	Grapefruit, raw, white, all areas	230.0	1.0 cup sections, with juice	0.030
15090	Fish, scup, raw	85.0	3.0 oz	0.030

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
17143	Veal, ground, cooked, broiled	85.0	3.0 oz	0.030
15136	Crustaceans, crab, alaska king, raw	85.0	3.0 oz	0.030
15025	Fish, eel, mixed species, raw	85.0	3.0 oz	0.030
17135	Veal, sirloin, separable lean and fat, cooked, braised	85.0	3.0 oz	0.030
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.030
14119	Beverages, Mixed vegetable and fruit juice drink, with added nutrients	247.0	8.0 fl oz	0.030
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	0.030
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)	0.030
28364	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Parmesan	5.3	10.0 goldfish	0.030
14421	Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk	185.0	6.0 fl oz	0.030
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.029
28331	Crackers, flavored, fish-shaped	5.2	10.0 goldfish	0.029
09152	Lemon juice, raw	244.0	1.0 cup	0.029
35201	Prairie Turnips, boiled (Northern Plains Indians)	14.0	1.0 bulb	0.029
11677	Shallots, raw	10.0	1.0 tbsp chopped	0.029
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	138.0	1.0 rack	0.029
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	0.029
17105	Veal, loin, separable lean and fat, cooked, braised	85.0	3.0 oz	0.029
05629	Emu, inside drums, cooked, broiled	85.0	1.0 serving (3 oz)	0.029
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	0.029
02044	Basil, fresh	2.5	5.0 leaves	0.029
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	0.028
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	114.0	4.0 oz	0.028
14235	Beverages, OCEAN SPRAY, Diet Cran Cherry	237.0	8.0 fl oz	0.028
35211	Caribou, hind quarter, meat, cooked (Alaska Native)	66.0	0.5 cup	0.028
15002	Fish, anchovy, european, canned in oil, drained solids	28.35	1.0 oz, boneless	0.028
01159	Cheese, goat, soft type	28.35	1.0 oz	0.028
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	0.028
01254	Cheese food, pasteurized process, American, without added vitamin D	113.0	1.0 cup	0.028
33873	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, AA LIPIL, powder, not reconstituted	9.4	1.0 scoop	0.028
28365	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza	5.1	10.0 goldfish	0.028
07916	Sausage, Polish, pork and beef, smoked	76.0	1.0 serving 2.67 oz	0.028
03267	Babyfood, juice, fruit punch, with calcium	31.2	1.0 fl oz	0.028
15270	Crustaceans, shrimp, raw (not previously frozen)	85.0	3.0 oz	0.028
15271	Crustaceans, shrimp, cooked (not previously frozen)	85.0	3.0 oz	0.028
17221	Lamb, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	0.028

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
13322	Beef, variety meats and by-products, heart, cooked, simmered	85.0	3.0 oz	0.028
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.028
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	0.028
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	140.0	1.0 cup	0.028
05130	Chicken, stewing, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.028
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.028
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.028
07015	Brotwurst, pork, beef, link	70.0	1.0 link	0.028
19098	Candies, 5TH AVENUE Candy Bar	56.0	1.0 bar 2 oz	0.028
19323	Puddings, coconut cream, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.028
19191	Puddings, coconut cream, dry mix, instant, prepared with 2% milk	147.0	0.5 cup	0.028
07041	Liver sausage, liverwurst, pork	18.0	1.0 slice (2-1/2" dia x 1/4" thick)	0.028
15225	Fish, yellowtail, mixed species, cooked, dry heat	146.0	0.5 fillet	0.028
19300	Jellies	21.0	1.0 serving 1 tbsp	0.028
09111	Grapefruit, raw, pink and red and white, all areas	230.0	1.0 cup sections, with juice	0.028
28363	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original	5.2	10.0 goldfish	0.027
27064	Wasabi	20.0	1.0 tablespoon	0.027
02005	Spices, caraway seed	2.1	1.0 tsp	0.027
17040	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.027
17056	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.027
17178	Game meat, rabbit, domesticated, composite of cuts, cooked, roasted	85.0	3.0 oz	0.027
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	0.027
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	85.0	3.0 oz	0.027
17115	Veal, rib, separable lean only, cooked, roasted	85.0	3.0 oz	0.027
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	85.0	3.0 oz	0.027
13319	Beef, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.027
17175	Game meat, muskrat, cooked, roasted	85.0	3.0 oz	0.027
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.027
17087	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	0.027
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)	0.027
17184	Game meat, squirrel, cooked, roasted	85.0	3.0 oz	0.027
21310	McDONALD'S, Barbeque Sauce	28.0	1.0 package	0.027

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
07922	Bratwurst, beef and pork, smoked	66.0	1.0 serving 2.33 oz	0.027
07915	Sausage, Polish, beef with chicken, hot	55.0	1.0 serving 5 pieces	0.027
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	28.35	1.0 oz	0.027
15274	Fish, trout, brook, raw, New York State	149.0	1.0 filet	0.027
10096	Pork, fresh, variety meats and by-products, brain, raw	28.35	1.0 oz	0.027
05014	Chicken, broilers or fryers, meat only, stewed	140.0	1.0 cup, chopped or diced	0.027
05142	Duck, domesticated, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.027
05120	Chicken, roasting, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.027
08506	Cereals ready-to-eat, RALSTON Corn Flakes	28.0	1.0 cup (1 NLEA serving)	0.027
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.027
01138	Egg, duck, whole, fresh, raw	70.0	1.0 egg	0.027
05140	Duck, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.027
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.027
05013	Chicken, broilers or fryers, meat only, roasted	140.0	1.0 cup, chopped or diced	0.027
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.027
07949	Frankfurter, meat, heated	52.0	1.0 serving (1 hot dog)	0.027
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	102.0	1.0 back	0.027
27000	Soup, egg drop, Chinese restaurant	241.0	1.0 cup	0.027
18418	Cake, pound, commercially prepared, other than all butter, unenriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	0.026
18121	Cake, pound, commercially prepared, other than all butter, enriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	0.026
01157	Cheese, goat, semisoft type	28.35	1.0 oz	0.026
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	85.0	3.0 oz	0.026
15203	Fish, monkfish, cooked, dry heat	85.0	3.0 oz	0.026
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	0.026
05121	Chicken, stewing, meat and skin, and giblets and neck, raw	85.0	3.0 oz	0.026
05134	Chicken, capons, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	0.026
05632	Emu, top loin, cooked, broiled	85.0	1.0 serving (3 oz)	0.026
17103	Veal, leg (top round), separable lean only, cooked, roasted	85.0	3.0 oz	0.026
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	85.0	3.0 oz	0.026
27063	Sauce, enchilada, red, mild, ready to serve	56.0	0.25 cup	0.026
05191	Turkey, all classes, breast, meat and skin, raw	146.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.026
19102	Candies, fudge, peanut butter, prepared-from-recipe	16.0	1.0 piece	0.026
14267	Beverages, Fruit punch drink, with added nutrients, canned	31.0	1.0 fl oz	0.026
15206	Fish, pout, ocean, cooked, dry heat	137.0	0.5 fillet	0.026
05141	Duck, domesticated, meat only, raw	137.0	1.0 unit (yield from 1 lb ready-to-cook duck)	0.026
07077	Smoked link sausage, pork and beef, nonfat dry milk added	68.0	1.0 link (4" long x 1-1/8" dia)	0.026

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
10895	Pork, cured, ham, separable fat, boneless, unheated	117.0	4.0 oz	0.026
15235	Fish, catfish, channel, farmed, cooked, dry heat	143.0	1.0 fillet	0.026
10898	Pork, pickled pork hocks	117.0	3.0 oz	0.026
09149	Kumquats, raw	19.0	1.0 fruit without refuse	0.026
05336	USDA Commodity Chicken, canned, meat only, drained	135.0	1.0 cup drained	0.026
03068	Babyfood, dinner, chicken noodle, strained	16.0	1.0 tbsp	0.026
03089	Babyfood, dinner, macaroni and cheese, strained	28.35	1.0 oz	0.026
15144	Crustaceans, crab, queen, raw	85.0	3.0 oz	0.026
17139	Veal, sirloin, separable lean only, cooked, roasted	85.0	3.0 oz	0.026
17133	Veal, shoulder, blade, separable lean only, cooked, roasted	85.0	3.0 oz	0.026
17130	Veal, shoulder, blade, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.026
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.026
17127	Veal, shoulder, arm, separable lean only, cooked, roasted	85.0	3.0 oz	0.026
17124	Veal, shoulder, arm, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.026
17121	Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted	85.0	3.0 oz	0.026
17118	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.026
02022	Spices, mace, ground	1.7	1.0 tsp	0.026
10128	Pork, cured, breakfast strips, raw or unheated	85.0	3.0 oz	0.026
17112	Veal, rib, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.026
15044	Fish, ling, raw	85.0	3.0 oz	0.026
17109	Veal, loin, separable lean only, cooked, roasted	85.0	3.0 oz	0.026
15182	Fish, salmon, sockeye, canned, without salt, drained solids with bone	85.0	3.0 oz	0.026
15105	Fish, sturgeon, mixed species, cooked, dry heat	85.0	3.0 oz	0.026
09118	Grapefruit, raw, white, Florida	230.0	1.0 cup sections, with juice	0.025
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.025
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.025
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.025
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.025
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.025
09434	Guanabana nectar, canned	251.0	1.0 cup	0.025
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	193.0	1.0 thigh with skin	0.025
06984	Soup, SWANSON Chicken Broth 99% Fat Free	227.0	1.0 serving 1 cup 8 oz	0.025
03167	Babyfood, apple-banana juice	31.2	1.0 fl oz	0.025
17373	Lamb, New Zealand, imported, heart, raw	113.0	4.0 oz	0.025
11984	Epazote, raw	0.8	1.0 tbsp	0.025
01229	Cheese, white, queso blanco	118.0	1.0 cup, crumbled	0.025

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
06118	Gravy, brown, dry	6.0	1.0 tbsp	0.025
19005	Snacks, corn-based, extruded, cones, plain	28.35	1.0 oz	0.025
05001	Chicken, broilers or fryers, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.025
17136	Veal, sirloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.025
15087	Fish, salmon, sockeye, canned, drained solids	85.0	3.0 oz	0.025
05005	Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	85.0	3.0 oz	0.025
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	0.025
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.025
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.025
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	0.025
17106	Veal, loin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.025
90240	Mollusks, scallop, (bay and sea), cooked, steamed	85.0	3.0 oz	0.025
05626	Emu, full rump, raw	85.0	3.0 oz	0.025
17065	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	0.025
05623	Emu, fan fillet, raw	85.0	1.0 serving (3 oz)	0.025
07920	Swisswurst, pork and beef, with swiss cheese, smoked	77.0	1.0 serving 2.7 oz	0.025
07917	Sausage, pork and beef, with cheddar cheese, smoked	77.0	12.0 oz serving 2.7 oz	0.025
03303	Babyfood, dinner, sweet potatoes and chicken, strained	16.0	1.0 tbsp	0.024
05175	Turkey, heart, all classes, raw	24.0	1.0 piece	0.024
19407	Snacks, beef sticks, smoked	28.35	1.0 oz	0.024
27067	Sauce, OLD EL PASO, enchilada, red, mild, ready to serve	58.0	0.25 cup	0.024
06481	Soup, chicken broth cubes, dry, prepared with water	243.0	1.0 cup (8 fl oz)	0.024
05176	Turkey, heart, all classes, cooked, simmered	20.0	1.0 heart	0.024
13341	Beef, variety meats and by-products, tripe, raw	28.35	1.0 oz	0.024
06008	Soup, beef broth or bouillon canned, ready-to-serve	240.0	1.0 cup	0.024
05114	Chicken, roasting, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.024
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.024
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.024
18086	Cake, angelfood, commercially prepared	28.0	1.0 piece (1/12 of 12 oz cake)	0.024
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.024
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.024
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.024
17018	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.024
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.024
17079	Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled	85.0	3.0 oz	0.024

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	85.0	3.0 oz	0.024
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.024
05133	Chicken, capons, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.024
17057	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.024
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	85.0	3.0 oz	0.024
17022	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.024
05628	Emu, inside drum, raw	85.0	3.0 oz	0.024
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.024
05625	Emu, flat fillet, raw	85.0	3.0 oz	0.024
17004	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.024
17049	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.024
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.024
13320	Beef, variety meats and by-products, brain, cooked, simmered	85.0	3.0 oz	0.024
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.024
21428	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	39.0	1.0 wing wing without skin	0.024
06032	Soup, beef broth bouillon and consomme, canned, condensed	124.0	0.5 cup	0.024
15188	Fish, bass, striped, cooked, dry heat	124.0	1.0 fillet	0.024
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	138.0	1.0 rack	0.023
17338	Game meat, elk, ground, raw	102.0	1.0 patty (yield from 102.2 g raw meat)	0.023
07950	Frankfurter, meat	52.0	1.0 serving (1 hot dog)	0.023
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	137.0	1.0 thigh with skin	0.023
05193	Turkey, all classes, leg, meat and skin, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.023
09114	Grapefruit, raw, pink and red, Florida	230.0	1.0 cup sections, with juice	0.023
14636	Beverages, fruit juice drink, reduced sugar, with vitamin E added	209.0	1.0 container	0.023
21431	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed	41.0	1.0 drumstick, bone and skin removed	0.023
05284	Turkey, canned, meat only, with broth	135.0	1.0 cup, drained	0.023
17075	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted	85.0	3.0 oz	0.023
05356	Chicken, broiler, rotisserie, BBQ, skin	85.0	1.0 serving	0.023
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.023
05110	Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	0.023
05631	Emu, oyster, raw	85.0	3.0 oz	0.023
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.023

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
17052	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.023
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.023
05109	Chicken, roasting, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.023
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.023
03246	Babyfood, dessert, custard pudding, vanilla, junior	229.0	1.0 cup	0.023
05043	Chicken, broilers or fryers, dark meat, meat only, raw	109.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.023
14638	Beverages, Horchata, as served in restaurant	228.0	1.0 cup	0.023
17197	Veal, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.023
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	0.023
03093	Babyfood, green beans, dices, toddler	28.35	1.0 oz	0.023
16425	Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	15.0	1.0 tbsp	0.023
11960	Carrots, baby, raw	15.0	1.0 large	0.023
14263	Beverages, citrus fruit juice drink, frozen concentrate, prepared with water	31.0	1.0 fl oz	0.023
15224	Fish, wolffish, Atlantic, cooked, dry heat	119.0	0.5 fillet	0.023
05119	Chicken, roasting, dark meat, meat only, raw	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.023
19205	Egg custards, dry mix, prepared with 2% milk	141.0	0.5 cup	0.023
33870	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Toddler, LIPIL, powder	9.4	1.0 scoop	0.023
15113	Fish, tilefish, cooked, dry heat	150.0	0.5 fillet	0.022
15216	Fish, spot, cooked, dry heat	50.0	1.0 fillet	0.022
15213	Fish, scup, cooked, dry heat	50.0	1.0 fillet	0.022
02036	Spices, rosemary, dried	1.2	1.0 tsp	0.022
21426	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	0.022
15103	Fish, spot, raw	64.0	1.0 fillet	0.022
01043	Cheese, pasteurized process, pimento	140.0	1.0 cup, diced	0.022
10153	Pork, cured, ham, whole, separable lean only, roasted	140.0	1.0 cup	0.022
05192	Turkey, all classes, breast, meat and skin, cooked, roasted	112.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.022
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)	0.022
03929	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted	9.3	1.0 scoop	0.022
19314	Pie fillings, canned, cherry	74.0	0.125 can	0.022
01126	Egg, yolk, raw, frozen, pasteurized	28.35	1.0 oz	0.022
17162	Game meat, caribou, raw	28.35	1.0 oz	0.022
15199	Fish, lingcod, cooked, dry heat	85.0	3.0 oz	0.022
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	0.022
17050	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.022
05624	Emu, fan fillet, cooked, broiled	85.0	1.0 serving (3 oz)	0.022
17233	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.022

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.022
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	0.022
17028	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.022
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	0.022
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.022
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	0.022
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.022
17058	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.022
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.022
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	0.022
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	85.0	3.0 oz	0.022
15202	Fish, milkfish, cooked, dry heat	85.0	3.0 oz	0.022
05131	Chicken, stewing, dark meat, meat only, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.022
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)	0.022
15069	Fish, pompano, florida, cooked, dry heat	88.0	1.0 fillet	0.022
14218	Beverages, coffee, instant, decaffeinated, powder	1.8	1.0 tsp rounded	0.022
36000	APPLEBEE'S, 9 oz house sirloin steak	157.0	1.0 serving	0.022
02038	Spices, sage, ground	0.7	1.0 tsp	0.022
15119	Fish, tuna, light, canned in oil, drained solids	146.0	1.0 cup, solid or chunks	0.022
03998	Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	7.0	18.0 piece	0.022
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)	0.022
27056	Sauce, barbecue, BULL'S-EYE, original	16.0	1.0 tbsp	0.022
11947	Pickles, cucumber, dill, reduced sodium	35.0	1.0 spear, small	0.022
11937	Pickles, cucumber, dill or kosher dill	35.0	1.0 spear, small	0.022
06151	Sauce, plum, ready-to-serve	19.0	1.0 tbsp	0.022
14222	Beverages, coffee, instant, with chicory	1.8	1.0 tsp, rounded	0.022
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.022
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	0.022
11022	Balsam-pear (bitter gourd), leafy tips, raw	4.0	1.0 leaf	0.021
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)	0.021
06150	Sauce, barbecue	17.0	1.0 tbsp	0.021
05277	Chicken, canned, meat only, with broth	142.0	1.0 can (5 oz)	0.021

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
01205	Cream substitute, flavored, liquid	15.0	1.0 tbsp	0.021
19332	Puddings, lemon, dry mix, regular	85.0	1.0 package (3 oz)	0.021
15010	Fish, catfish, channel, wild, raw	85.0	3.0 oz	0.021
05630	Emu, outside drum, raw	85.0	3.0 oz	0.021
17085	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	0.021
19708	Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	85.0	1.0 package (3 oz)	0.021
15104	Fish, sturgeon, mixed species, raw	85.0	3.0 oz	0.021
17016	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.021
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	0.021
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	0.021
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)	0.021
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	0.021
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	0.021
02046	Mustard, prepared, yellow	5.0	1.0 tsp or 1 packet	0.021
07053	Pate, chicken liver, canned	13.0	1.0 tbsp	0.021
18371	Leavening agents, baking powder, low-sodium	5.0	1.0 tsp	0.021
03290	Babyfood, carrots and beef, strained	15.0	1.0 tbsp	0.021
05118	Chicken, roasting, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.021
19408	Snacks, pork skins, barbecue-flavor	28.35	1.0 oz	0.021
02069	Vinegar, balsamic	16.0	1.0 tbsp	0.021
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)	0.021
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	116.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.021
06124	Gravy, pork, dry, powder	6.7	1.0 serving	0.021
03044	Babyfood, dinner, macaroni and tomato and beef, strained	16.0	1.0 tbsp	0.021
03082	Babyfood, dinner, turkey and rice, strained	16.0	1.0 tbsp	0.021
05157	Quail, meat and skin, raw	109.0	1.0 quail	0.021
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	138.0	1.0 rack	0.021
13333	Beef, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.021
15056	Fish, mullet, striped, cooked, dry heat	93.0	1.0 fillet	0.020
10117	Pork, fresh, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.020
17216	Veal, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.020
15253	Salmon, sockeye, canned, total can contents	85.0	3.0 oz	0.020

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
05148	Goose, domesticated, meat only, raw	85.0	3.0 oz	0.020
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	0.020
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	0.020
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.020
17252	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.020
15084	Fish, salmon, pink, canned, total can contents	85.0	3.0 oz	0.020
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	0.020
17227	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.020
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	0.020
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	85.0	3.0 oz	0.020
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	0.020
17257	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.020
17225	Lamb, ground, cooked, broiled	85.0	3.0 oz	0.020
15054	Fish, monkfish, raw	85.0	3.0 oz	0.020
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.020
27055	Sauce, barbecue, SWEET BABY RAY'S, original	18.0	1.0 tbsp	0.020
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	113.0	4.0 oz	0.020
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)	0.020
05337	USDA Commodity, Chicken, canned, meat only, with water	135.0	1.0 cup drained	0.020
05338	USDA Commodity, Chicken, canned, meat only, with broth	135.0	1.0 cup drained	0.020
02051	Vanilla extract, imitation, alcohol	4.2	1.0 tsp	0.020
21443	POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed	44.0	1.0 drumstick, bone and skin removed	0.020
15092	Fish, sea bass, mixed species, cooked, dry heat	101.0	1.0 fillet	0.020
07954	Beef sausage, pre-cooked	48.0	1.0 serving	0.020
06307	Sauce, barbecue, KRAFT, original	16.0	1.0 tbsp	0.020
14239	Alcoholic beverage, malt beer, hard lemonade	335.0	11.2 fl oz	0.020
21465	Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	0.020
11445	Seaweed, kelp, raw	10.0	2.0 tbsp (1/8 cup)	0.020
19312	Pie fillings, apple, canned	74.0	0.125 can	0.020
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	111.0	1.0 thigh without skin	0.020
01135	Egg, white, dried, flakes, stabilized, glucose reduced	28.35	1.0 oz	0.020

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
05017	Chicken, broilers or fryers, skin only, cooked, fried, flour	33.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.020
04703	Salad dressing, honey mustard, regular	30.0	2.0 tbsp	0.020
19280	Frozen novelties, ice type, lime	99.0	0.5 cup (4 fl oz)	0.020
05156	Pheasant, leg, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-eat pheasant)	0.020
21314	McDONALD'S, Spicy Buffalo Sauce	43.0	1.5 oz	0.020
15020	Fish, croaker, Atlantic, raw	79.0	1.0 fillet	0.020
09161	Lime juice, canned or bottled, unsweetened	246.0	1.0 cup	0.020
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	37.0	1.0 wing without skin	0.020
16004	Yokan, prepared from adzuki beans and sugar	14.0	1.0 slice	0.020
07926	Salami, Italian, pork	28.0	1.0 oz	0.020
01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	0.020
19041	Snacks, pork skins, plain	28.35	1.0 oz	0.020
10171	Pork, cured, shoulder, blade roll, separable lean and fat, roasted	85.0	3.0 oz	0.020
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	0.020
17063	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	0.020
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.020
17073	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.020
17237	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.020
05652	Ostrich, oyster, cooked	85.0	1.0 serving (3 oz)	0.020
17045	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.020
17247	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.020
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85.0	3.0 oz	0.020
17235	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.020
07953	Pork sausage, link/patty, fully cooked, microwaved	30.0	1.0 patty	0.020
15034	Fish, haddock, cooked, dry heat	150.0	1.0 fillet	0.020
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149.0	1.0 fillet	0.019
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	149.0	1.0 thigh without skin	0.019
15091	Fish, sea bass, mixed species, raw	129.0	1.0 fillet	0.019
04707	Oil, flaxseed, contains added sliced flaxseed	13.7	1.0 tablespoon	0.019
03047	Babyfood, dinner, beef noodle, strained	16.0	1.0 tbsp	0.019
03083	Babyfood, dinner, turkey and rice, junior	16.0	1.0 tbsp	0.019
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	16.0	1.0 tbsp	0.019
13355	Beef, cured, pastrami	71.0	1.0 package, 2.5 oz	0.019
09448	Nance, canned, syrup, drained	11.1	3.0 fruit without pits	0.019

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
14245	Beverages, Eggnog-flavor mix, powder, prepared with whole milk	272.0	1.0 cup (8 fl oz)	0.019
18095	Cake, cherry fudge with chocolate frosting	28.35	1.0 oz	0.019
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	111.0	1.0 thigh without skin	0.019
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	23.0	1.0 Roll	0.019
21348	McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette	47.0	2.0 fl oz	0.019
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	40.0	1.0 serving 6 pieces	0.019
07061	Mother's loaf, pork	28.35	1.0 oz	0.019
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.019
13317	Beef, ground, patties, frozen, cooked, broiled	85.0	3.0 oz	0.019
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	0.019
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	85.0	1.0 serving (3 oz)	0.019
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.019
17261	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.019
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.019
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.019
13347	Beef, cured, corned beef, brisket, cooked	85.0	3.0 oz	0.019
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.019
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.019
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.019
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.019
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.019
15222	Fish, turbot, european, cooked, dry heat	85.0	3.0 oz	0.019
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.019
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0.019
17249	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted	85.0	3.0 oz	0.019
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.019
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	85.0	3.0 oz	0.019
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.019
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.019
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0.019
17347	Game meat, deer, tenderloin, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	0.019
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.019
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0.019
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.019

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
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	0.019
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.019
17054	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.019
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.019
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	85.0	3.0 oz	0.019
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.019
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.019
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.019
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.019
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	85.0	3.0 oz	0.019
17171	Game meat, horse, cooked, roasted	85.0	3.0 oz	0.019
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.019
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.019
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	85.0	1.0 serving (3 oz)	0.019
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0.019
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.019
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0.019
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.019
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.019
17020	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.019
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85.0	3.0 oz	0.019
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.019
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.019
10894	Pork, cured, ham, separable fat, boneless, heated	85.0	3.0 oz	0.019
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.019
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.019
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0.019
17145	Game meat, antelope, cooked, roasted	85.0	3.0 oz	0.019
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	133.0	1.0 drumstick with skin	0.019
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	116.0	1.0 thigh without skin	0.019
05641	Ostrich, ground, raw	109.0	1.0 patty	0.019
01020	Cheese, fontina	132.0	1.0 cup, diced	0.018
01160	Egg, yolk, raw, frozen, salted, pasteurized	28.35	1.0 oz	0.018
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)	0.018
15022	Fish, cusk, raw	122.0	1.0 fillet	0.018

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	130.0	1.0 drumstick with skin	0.018
19106	Candies, gumdrops, starch jelly pieces	182.0	1.0 cup gumdrops	0.018
36615	DENNY'S, top sirloin steak	107.0	1.0 steak	0.018
05162	Squab, (pigeon), light meat without skin, raw	101.0	1.0 breast, bone removed	0.018
06081	Soup, chicken broth cubes, dry	4.8	1.0 cube	0.018
05363	Ruffed Grouse, breast meat, skinless, raw	113.0	4.0 oz	0.018
07933	Chicken breast, oven-roasted, fat-free, sliced	42.0	1.0 serving 2 slices	0.018
15193	Fish, cusk, cooked, dry heat	95.0	1.0 fillet	0.018
16125	Soy sauce made from hydrolyzed vegetable protein	18.0	1.0 tbsp	0.018
04023	Salad dressing, thousand island dressing, reduced fat	15.0	1.0 tablespoon	0.018
07008	Bologna, beef and pork	100.0	3.527 oz	0.018
05332	Chicken, ground, raw	112.0	4.0 oz crumbled	0.018
10103	Pork, fresh, variety meats and by-products, heart, raw	28.35	1.0 oz	0.018
15209	Fish, salmon, Atlantic, wild, cooked, dry heat	85.0	3.0 oz	0.018
05136	Chicken, capons, meat and skin, cooked, roasted	85.0	3.0 oz	0.018
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.018
05124	Chicken, stewing, meat and skin, cooked, stewed	85.0	3.0 oz	0.018
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.018
15098	Fish, sheepshead, cooked, dry heat	85.0	3.0 oz	0.018
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.018
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.018
17219	Veal, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	0.018
17046	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.018
18621	NABISCO, NABISCO RITZ Crackers	3.3	1.0 cracker	0.018
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	89.0	1.0 thigh	0.018
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254.0	1.0 cup	0.018
31034	Peppers, hot pickled, canned	34.0	0.25 cup drained	0.018
04142	Salad dressing, french dressing, reduced fat, without salt	16.0	1.0 tablespoon	0.018
04020	Salad dressing, french dressing, reduced fat	16.0	1.0 tablespoon	0.018
15047	Fish, mackerel, Atlantic, cooked, dry heat	88.0	1.0 fillet	0.018
03206	Babyfood, cookie, baby, fruit	8.0	1.0 cookie	0.018
15052	Fish, mackerel, spanish, cooked, dry heat	146.0	1.0 fillet	0.018
06120	Gravy, chicken, dry	8.0	1.0 tbsp	0.018
05158	Quail, meat only, raw	92.0	1.0 quail	0.017
17342	Game meat, elk, tenderloin, separable lean only, cooked, broiled	92.0	1.0 steak (yield from 123.5 g raw meat)	0.017
01227	Cheese, dry white, queso seco	97.0	1.0 cup grated	0.017

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
42270	Beverages, Orange juice drink	249.0	1.0 cup	0.017
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	0.017
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	36.3	1.0 fl oz	0.017
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)	0.017
03001	Babyfood, juice treats, fruit medley, toddler	28.0	1.0 packet	0.017
43016	Salad dressing, coleslaw	16.0	1.0 tbsp	0.017
14203	Beverages, coffee, instant, regular, half the caffeine	1.0	1.0 tsp	0.017
14214	Beverages, coffee, instant, regular, powder	1.0	1.0 tsp	0.017
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	95.0	1.0 drumstick without skin	0.017
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	95.0	1.0 drumstick without skin	0.017
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	0.017
01228	Cheese, fresh, queso fresco	122.0	1.0 cup, crumbled	0.017
11941	Pickles, cucumber, sour	155.0	1.0 cup	0.017
11165	Coriander (cilantro) leaves, raw	4.0	0.25 cup	0.017
09433	Clementines, raw	74.0	1.0 fruit	0.017
18317	Pie, egg custard, commercially prepared	28.35	1.0 oz	0.017
18320	Pie, lemon meringue, commercially prepared	28.35	1.0 oz	0.017
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	85.0	3.0 oz	0.017
05135	Chicken, capons, meat and skin, raw	85.0	3.0 oz	0.017
15080	Fish, salmon, chum, canned, drained solids with bone	85.0	3.0 oz	0.017
15045	Fish, lingcod, raw	85.0	3.0 oz	0.017
15180	Fish, salmon, chum, canned, without salt, drained solids with bone	85.0	3.0 oz	0.017
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	85.0	3.0 oz	0.017
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	0.017
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	85.0	3.0 oz	0.017
15017	Fish, cod, Atlantic, canned, solids and liquid	85.0	3.0 oz	0.017
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.017
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	85.0	3.0 oz	0.017
05146	Goose, domesticated, meat and skin, raw	85.0	3.0 oz	0.017
17325	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.017
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0.017
19169	Egg custards, dry mix	85.0	1.0 package (3 oz)	0.017
15053	Fish, milkfish, raw	85.0	3.0 oz	0.017
10201	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	0.017
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.017

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
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)	0.017
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.017
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	0.017
15118	Fish, tuna, fresh, bluefin, cooked, dry heat	85.0	3.0 oz	0.017
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.017
15016	Fish, cod, Atlantic, cooked, dry heat	85.0	3.0 oz	0.017
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	0.017
05117	Chicken, roasting, light meat, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.017
01206	Cream substitute, flavored, powdered	12.0	4.0 tsp	0.017
15046	Fish, mackerel, Atlantic, raw	112.0	1.0 fillet	0.017
14390	Beverages, cocoa mix, with aspartame, powder, prepared with water	32.1	1.0 fl oz	0.017
07044	USDA Commodity, luncheon meat, canned	45.0	1.0 serving	0.017
13166	USDA Commodity, beef, canned	45.0	1.0 serving	0.017
06075	Soup, beef broth or bouillon, powder, dry	3.6	1.0 cube	0.017
11637	Radishes, white icicle, raw	50.0	0.5 cup slices	0.016
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	150.0	1.0 steak	0.016
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	30.0	0.75 cup (1 NLEA serving)	0.016
05054	Chicken, broilers or fryers, back, meat only, cooked, fried	35.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.016
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz	0.016
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	28.35	1.0 oz	0.016
21335	McDONALD'S, Hot Caramel Sundae	182.0	1.0 item (6.4 oz)	0.016
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.016
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)	0.016
44203	Beverages, Cocktail mix, non-alcoholic, concentrated, frozen	36.0	1.0 fl oz	0.016
15247	Fish, salmon, coho, wild, cooked, dry heat	85.0	3.0 oz	0.016
05011	Chicken, broilers or fryers, meat only, raw	85.0	3.0 oz	0.016
05123	Chicken, stewing, meat and skin, raw	85.0	3.0 oz	0.016
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	85.0	3.0 oz	0.016
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.016
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.016
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	85.0	3.0 oz	0.016
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	85.0	3.0 oz	0.016

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
15194	Fish, mahimahi, cooked, dry heat	85.0	3.0 oz	0.016
15126	Fish, tuna, white, canned in water, drained solids	85.0	3.0 oz	0.016
15210	Fish, salmon, chinook, cooked, dry heat	85.0	3.0 oz	0.016
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.016
05649	Ostrich, outside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.016
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	85.0	3.0 oz	0.016
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0.016
05006	Chicken, broilers or fryers, meat and skin, raw	85.0	3.0 oz	0.016
05646	Ostrich, inside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.016
15214	Fish, seatrout, mixed species, cooked, dry heat	85.0	3.0 oz	0.016
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	85.0	3.0 oz	0.016
15211	Fish, salmon, chum, cooked, dry heat	85.0	3.0 oz	0.016
05656	Ostrich, tip trimmed, cooked	85.0	1.0 serving (3 oz)	0.016
05144	Duck, wild, meat and skin, raw	85.0	3.0 oz	0.016
15208	Fish, sablefish, cooked, dry heat	85.0	3.0 oz	0.016
05125	Chicken, stewing, meat only, raw	85.0	3.0 oz	0.016
15205	Fish, pollock, Atlantic, cooked, dry heat	85.0	3.0 oz	0.016
05650	Ostrich, outside strip, cooked	85.0	1.0 serving (3 oz)	0.016
05160	Squab, (pigeon), meat and skin, raw	85.0	3.0 oz	0.016
15186	Fish, tuna, white, canned in water, without salt, drained solids	85.0	3.0 oz	0.016
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)	0.016
05647	Ostrich, inside strip, cooked	85.0	1.0 serving (3 oz)	0.016
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	85.0	3.0 oz	0.016
19128	Syrups, table blends, pancake, reduced-calorie	73.0	1.0 serving 1/4 cup	0.016
05129	Chicken, stewing, light meat, meat only, raw	89.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.016
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	89.0	1.0 thigh	0.016
03069	Babyfood, dinner, chicken noodle, junior	16.0	1.0 tbsp	0.016
03147	Babyfood, fruit, applesauce with banana, junior	16.0	1.0 tbsp	0.016
05215	Turkey, back from whole bird, meat only, raw	114.0	4.0 oz	0.016
05179	Turkey from whole, neck, meat only, raw	28.35	1.0 oz	0.016
01011	Cheese, colby	132.0	1.0 cup, diced	0.016
01005	Cheese, brick	132.0	1.0 cup, diced	0.016
05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.016
05642	Ostrich, ground, cooked, pan-broiled	93.0	1.0 patty	0.016
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)	0.016

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
19247	Frostings, white, fluffy, dry mix, prepared with water	315.0	1.0 package yields	0.016
11946	Pickles, cucumber, sour, low sodium	143.0	1.0 cup, chopped or diced	0.016
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	54.0	1.0 steak	0.016
43406	Yeast extract spread	6.0	1.0 tsp	0.016
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)	0.016
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	142.0	1.0 chop	0.016
05282	Pate de foie gras, canned (goose liver pate), smoked	13.0	1.0 tbsp	0.016
07054	Pate, goose liver, smoked, canned	13.0	1.0 tbsp	0.016
07055	Pate, liver, not specified, canned	13.0	1.0 tbsp	0.016
05023	Chicken, gizzard, all classes, raw	28.35	1.0 oz	0.016
04638	Salad dressing, ranch dressing, fat-free	14.0	1.0 tablespoon	0.016
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	141.0	1.0 steak	0.016
07938	Ham, honey, smoked, cooked	55.0	1.94 oz (1 serving)	0.015
06985	Gravy, HEINZ Home Style, savory beef	57.0	1.0 serving 1/4 cup 2 oz	0.015
14169	Beverages, Carob-flavor beverage mix, powder, prepared with whole milk	256.0	1.0 cup (8 fl oz)	0.015
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)	0.015
06126	Gravy, turkey, dry	7.0	1.0 serving	0.015
19094	Desserts, flan, caramel custard, prepared-from-recipe	153.0	0.5 cup	0.015
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	85.0	3.0 oz	0.015
05644	Ostrich, inside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.015
13436	Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.015
10196	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.015
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	85.0	3.0 oz	0.015
05151	Guinea hen, meat and skin, raw	85.0	3.0 oz	0.015
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.015
05657	Ostrich, top loin, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.015
05113	Chicken, roasting, meat only, raw	85.0	3.0 oz	0.015
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.015
05654	Ostrich, tenderloin, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.015
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.015
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.015
05648	Ostrich, outside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.015
01256	Yogurt, Greek, plain, nonfat	170.0	1.0 container	0.015
05645	Ostrich, inside leg, cooked	85.0	1.0 serving (3 oz)	0.015

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
13438	Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.015
05658	Ostrich, top loin, cooked	85.0	1.0 serving (3 oz)	0.015
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)	0.015
05152	Guinea hen, meat only, raw	85.0	3.0 oz	0.015
13430	Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.015
10173	Pork, fresh, variety meats and by-products, feet, cooked, simmered	85.0	3.0 oz	0.015
05655	Ostrich, tip trimmed, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.015
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.015
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.015
05159	Quail, breast, meat only, raw	85.0	3.0 oz	0.015
15082	Fish, salmon, coho, wild, cooked, moist heat	85.0	3.0 oz	0.015
17263	Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.015
13432	Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.015
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)	0.015
17323	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.015
05112	Chicken, roasting, meat and skin, cooked, roasted	85.0	3.0 oz	0.015
05653	Ostrich, round, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.015
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	0.015
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.015
13340	Beef, variety meats and by-products, tongue, cooked, simmered	85.0	3.0 oz	0.015
19068	Candies, NESTLE, BIT-O'-HONEY Candy Chews	40.0	1.0 serving 6 pieces	0.015
03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	152.0	5.0 fl oz	0.015
14242	Cranberry juice cocktail, bottled	31.6	1.0 fl oz	0.015
21141	BURGER KING, Vanilla Shake	24.8	1.0 fl oz	0.015
01291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	252.0	1.0 cup	0.015
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	252.0	1.0 cup	0.015
07038	Knackwurst, knockwurst, pork, beef	72.0	1.0 link	0.015
11757	Carrots, cooked, boiled, drained, with salt	9.7	1.0 tbsp	0.015
11125	Carrots, cooked, boiled, drained, without salt	9.7	1.0 tbsp	0.015
07901	USDA Commodity, pork, sausage, bulk/links/patties, frozen, cooked	28.35	1.0 oz	0.015
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	107.0	1.0 chop	0.015
14406	Beverages, fruit punch juice drink, frozen concentrate, prepared with water	29.3	1.0 fl oz	0.015
21422	KFC, Popcorn Chicken	6.4	1.0 piece	0.015

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	106.0	1.0 drumstick with skin	0.015
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	0.015
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	114.0	4.0 oz	0.015
07021	Dutch brand loaf, chicken, pork and beef	38.0	1.0 slice	0.015
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	114.0	4.0 oz	0.015
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	114.0	4.0 oz	0.015
14210	Beverages, coffee, brewed, espresso, restaurant-prepared	29.6	1.0 fl oz	0.015
14202	Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated	29.6	1.0 fl oz	0.015
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	113.0	4.0 oz	0.015
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	113.0	4.0 oz	0.015
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	113.0	4.0 oz	0.015
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	122.0	1.0 rack	0.015
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	146.0	1.0 chop	0.015
13353	Beef, cured, luncheon meat, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.015
01169	Cheese, low-sodium, cheddar or colby	132.0	1.0 cup, diced	0.015
01034	Cheese, port de salut	132.0	1.0 cup, diced	0.015
01025	Cheese, monterey	132.0	1.0 cup, diced	0.015
19246	Frostings, white, fluffy, dry mix	207.0	1.0 package	0.014
17214	Lamb, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.014
10098	Pork, fresh, variety meats and by-products, chitterlings, raw	28.35	1.0 oz	0.014
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	85.0	3.0 oz	0.014
13895	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.014
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.014
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.014
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.014
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.014
05295	Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	85.0	3.0 oz	0.014
05651	Ostrich, oyster, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.014
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.014
05139	Duck, domesticated, meat and skin, raw	85.0	3.0 oz	0.014
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	85.0	3.0 oz	0.014
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	0.014
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	0.014
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.014
23507	USDA Commodity, beef, patties (100%), frozen, raw	85.0	3.0 oz	0.014

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
05309	Chicken, cornish game hens, meat only, raw	85.0	3.0 oz	0.014
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	0.014
05170	Turkey, skin from whole (light and dark), roasted	85.0	1.0 serving	0.014
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.014
15129	Fish, turbot, european, raw	85.0	3.0 oz	0.014
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.014
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)	0.014
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	0.014
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.014
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.014
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.014
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	85.0	3.0 oz	0.014
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.014
13372	Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.014
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	0.014
05643	Ostrich, fan, raw	85.0	1.0 serving (cooked from 4oz raw)	0.014
05153	Pheasant, raw, meat and skin	85.0	3.0 oz	0.014
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	0.014
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	85.0	3.0 oz	0.014
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	0.014
05080	Chicken, broilers or fryers, leg, meat only, raw	85.0	3.0 oz	0.014
15102	Fish, snapper, mixed species, cooked, dry heat	85.0	3.0 oz	0.014
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.014
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0.014
17301	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.014
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	85.0	3.0 oz	0.014
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	0.014
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	85.0	3.0 oz	0.014
06475	Soup, beef broth or bouillon, powder, prepared with water	240.0	1.0 serving 1 cup	0.014
06476	Soup, beef broth, cubed, prepared with water	240.0	1.0 serving 1 cup	0.014

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	143.0	1.0 drumstick with skin	0.014
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	130.0	1.0 thigh with skin	0.014
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	130.0	1.0 thigh with skin	0.014
11935	Catsup	17.0	1.0 tbsp	0.014
11949	Catsup, low sodium	17.0	1.0 tbsp	0.014
07932	Chicken breast, fat-free, mesquite flavor, sliced	42.0	1.0 serving 2 slices	0.014
07011	Bologna, turkey	28.0	0.99 oz 1 serving	0.014
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)	0.014
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	142.0	1.0 chop	0.014
15042	Fish, herring, Atlantic, kippered	28.35	1.0 oz, boneless	0.014
03161	Babyfood, peaches, dices, toddler	28.35	1.0 oz	0.014
15018	Fish, cod, Atlantic, dried and salted	28.35	1.0 oz	0.014
18090	Cake, boston cream pie, commercially prepared	28.35	1.0 oz	0.014
19168	Desserts, egg custard, baked, prepared-from-recipe	141.0	0.5 cup	0.014
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)	0.014
08090	Cereals, corn grits, white, regular and quick, enriched, dry	9.7	1.0 tbsp	0.014
01287	Yogurt, Greek, plain, lowfat	200.0	1.0 container (7 oz)	0.014
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	56.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.014
01131	Egg, whole, cooked, poached	50.0	1.0 large	0.014
01123	Egg, whole, raw, fresh	50.0	1.0 large	0.014
15019	Fish, cod, Pacific, raw (may have been previously frozen)	116.0	1.0 fillet	0.014
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	107.0	1.0 chop	0.014
06076	Soup, beef broth, cubed, dry	3.6	1.0 cube	0.014
17220	Lamb, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.014
05145	Duck, wild, breast, meat only, raw	73.0	1.0 unit (yield from 1 lb ready-to-cook duck)	0.014
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	12.0	1.0 tbsp	0.014
01128	Egg, whole, cooked, fried	46.0	1.0 large	0.014
02049	Thyme, fresh	0.8	1.0 tsp	0.014
17340	Game meat, elk, loin, separable lean only, cooked, broiled	114.0	1.0 steak (yield from 148.1 g raw meat)	0.014
07958	Turkey sausage, fresh, cooked	57.0	1.0 serving	0.014
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)	0.014
14285	Beverages, OCEAN SPRAY, Ruby Red cranberry	227.0	8.0 fl oz	0.014
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	28.35	1.0 oz	0.014
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	68.0	1.0 cup	0.014
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.014

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
05188	Turkey, from whole, dark meat, cooked, roasted	85.0	1.0 serving	0.014
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.014
05154	Pheasant, raw, meat only	85.0	3.0 oz	0.014
13389	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.014
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.014
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.014
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.014
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.014
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	85.0	3.0 oz	0.014
13820	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.014
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	0.014
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	0.014
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.014
15124	Fish, tuna, white, canned in oil, drained solids	85.0	3.0 oz	0.014
05216	Turkey, back, from whole bird, meat only, roasted	85.0	3.0 oz	0.014
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.014
05741	Turkey, thigh, from whole bird, meat only, roasted	85.0	3.0 oz	0.014
13396	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.014
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.014
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.014
05075	Chicken, broilers or fryers, leg, meat and skin, raw	85.0	3.0 oz	0.014
13390	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.014
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	0.014
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	85.0	3.0 oz	0.014
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.014
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.014
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	68.0	1.0 cup	0.014
13922	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.014
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.014
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	85.0	3.0 oz	0.014
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	0.014

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.014
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.014
15185	Fish, tuna, white, canned in oil, without salt, drained solids	85.0	3.0 oz	0.014
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.014
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.014
05307	Chicken, cornish game hens, meat and skin, raw	85.0	3.0 oz	0.014
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.014
15076	Fish, salmon, Atlantic, wild, raw	85.0	3.0 oz	0.014
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	85.0	3.0 oz	0.014
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	85.0	3.0 oz	0.014
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	85.0	1.0 package (3 oz)	0.014
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.014
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.014
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.014
05333	Chicken, ground, crumbles, cooked, pan-browned	85.0	3.0 oz crumbled	0.014
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	85.0	3.0 oz	0.014
17206	Lamb, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.014
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.014
04705	Salad dressing, caesar, fat-free	34.0	2.0 tbsp (1 NLEA serving)	0.014
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.014
13395	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.014
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.014
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.014
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	85.0	3.0 oz	0.014
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.014
13158	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled	85.0	3.0 oz	0.014
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	0.014
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	0.014
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	0.014
23438	Beef, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	0.014
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	0.014
06957	Gravy, brown instant, dry	6.7	1.0 serving	0.014
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	135.0	1.0 chop	0.014
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	135.0	1.0 chop	0.014

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
01278	Yogurt, Greek, nonfat, vanilla, DANNON OIKOS	150.0	5.3 oz	0.013
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	90.0	1.0 fillet	0.013
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	96.0	1.0 drumstick without skin	0.013
14034	Alcoholic beverage, creme de menthe, 72 proof	33.6	1.0 fl oz	0.013
01132	Egg, whole, cooked, scrambled	61.0	1.0 large	0.013
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	0.013
35196	Lambsquarters, raw (Northern Plains Indians)	0.9	1.0 leaf	0.013
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)	0.013
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	11.6	1.0 tbsp	0.013
10802	USDA Commodity, pork, cured, ham, boneless, cooked, heated	28.35	1.0 oz boneless	0.013
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	95.0	1.0 drumstick without skin	0.013
03104	Babyfood, vegetables, squash, strained	16.0	1.0 tbsp	0.013
03105	Babyfood, vegetables, squash, junior	16.0	1.0 tbsp	0.013
06700	Soup, vegetable broth, ready to serve	221.0	1.0 cup	0.013
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.013
01035	Cheese, provolone	132.0	1.0 cup, diced	0.013
01208	Cheese, provolone, reduced fat	132.0	1.0 cup, diced	0.013
21315	McDONALD'S, Sweet 'N Sour Sauce	28.0	1.0 package	0.013
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)	0.013
01115	Whey, sweet, dried	145.0	1.0 cup	0.013
17191	Lamb, variety meats and by-products, heart, raw	28.35	1.0 oz	0.013
14381	Beverages, tea, herb, other than chamomile, brewed	29.6	1.0 fl oz	0.013
14545	Beverages, tea, herb, brewed, chamomile	29.6	1.0 fl oz	0.013
14407	Beverages, orange-flavor drink, breakfast type, powder	26.0	1.0 serving 2 tbsp	0.013
14154	Beverages, Energy drink, RED BULL	258.0	1.0 can 8.4 fl oz	0.013
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	129.0	1.0 drumstick with skin	0.013
06999	Gravy, CAMPBELL'S, chicken	56.0	0.25 cup	0.013
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	143.0	1.0 drumstick with skin	0.013
01090	Milk, dry, whole, with added vitamin D	32.0	0.25 cup	0.013
11640	Shallots, freeze-dried	0.9	1.0 tbsp	0.013
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.013
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.013
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	85.0	3.0 oz	0.013
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	0.013
13927	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.013

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	85.0	3.0 oz	0.013
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.013
15183	Fish, tuna, light, canned in oil, without salt, drained solids	85.0	3.0 oz	0.013
15196	Fish, halibut, greenland, cooked, dry heat	85.0	3.0 oz	0.013
15074	Fish, sablefish, raw	85.0	3.0 oz	0.013
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.013
15093	Fish, seatrout, mixed species, raw	85.0	3.0 oz	0.013
15023	Fish, mahimahi, raw	85.0	3.0 oz	0.013
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.013
10113	Pork, fresh, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.013
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.013
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.013
17305	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.013
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	85.0	3.0 oz	0.013
15154	Crustaceans, spiny lobster, mixed species, raw	85.0	3.0 oz	0.013
13867	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.013
15004	Fish, bass, striped, raw	85.0	3.0 oz	0.013
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.013
15065	Fish, pollock, Atlantic, raw	85.0	3.0 oz	0.013
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.013
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	0.013
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.013
15135	Fish, yellowtail, mixed species, raw	85.0	3.0 oz	0.013
10229	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked	85.0	3.0 oz	0.013
05155	Pheasant, breast, meat only, raw	85.0	3.0 oz	0.013
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	85.0	3.0 oz	0.013
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	85.0	3.0 oz	0.013
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.013
15078	Fish, salmon, chinook, raw	85.0	3.0 oz	0.013
17279	Veal, shank (fore and hind), separable lean only, cooked, braised	85.0	3.0 oz	0.013
13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.013
13808	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.013
15059	Fish, pout, ocean, raw	85.0	3.0 oz	0.013

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
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	0.013
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.013
17208	Veal, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.013
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.013
17341	Game meat, elk, round, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	0.013
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.013
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	0.013
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.013
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.013
15268	Fish, cod, Pacific, raw (not previously frozen)	85.0	3.0 oz	0.013
05293	Turkey breast, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	0.013
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	0.013
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.013
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0.013
15117	Fish, tuna, fresh, bluefin, raw	85.0	3.0 oz	0.013
13916	Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.013
15050	Fish, mackerel, Pacific and jack, mixed species, raw	85.0	3.0 oz	0.013
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	85.0	3.0 oz	0.013
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.013
23508	USDA Commodity, beef, ground, bulk/coarse ground, frozen, raw	85.0	1.0 serving	0.013
05310	Chicken, cornish game hens, meat only, cooked, roasted	85.0	3.0 oz	0.013
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.013
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.013
15015	Fish, cod, Atlantic, raw	85.0	3.0 oz	0.013
15079	Fish, salmon, chum, raw	85.0	3.0 oz	0.013
13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0.013
15095	Fish, shark, mixed species, raw	85.0	3.0 oz	0.013
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)	0.013
17277	Veal, shank (fore and hind), separable lean and fat, cooked, braised	85.0	3.0 oz	0.013
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.013
13329	Beef, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.013

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.013
05707	Turkey, whole, meat and skin, with added solution, roasted	85.0	3.0 oz	0.013
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	0.013
15123	Fish, tuna, fresh, skipjack, raw	85.0	3.0 oz	0.013
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.013
05294	Turkey thigh, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	0.013
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz (1serving)	0.013
10130	Canadian bacon, unprepared	85.0	3.0 oz	0.013
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.013
15234	Fish, catfish, channel, farmed, raw	85.0	3.0 oz	0.013
15134	Fish, wolffish, Atlantic, raw	85.0	3.0 oz	0.013
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.013
01057	Eggnog	254.0	1.0 cup	0.013
14194	Beverages, Cocoa mix, powder, prepared with water	34.3	1.0 fl oz	0.013
02045	Dill weed, fresh	1.0	5.0 sprigs	0.013
02008	Spices, chervil, dried	0.6	1.0 tsp	0.013
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)	0.013
07928	Sausage, chicken, beef, pork, skinless, smoked	84.0	1.0 link	0.013
06632	Sauce, hot chile, sriracha, CHA! BY TEXAS PETE	6.9	1.0 tsp	0.013
07039	Lebanon bologna, beef	57.0	1.0 serving 2 slices	0.013
05219	Turkey, breast, from whole bird, meat only, raw	114.0	4.0 oz	0.013
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	114.0	4.0 oz	0.013
07971	Bologna, meat and poultry	33.0	1.0 slice	0.013
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	114.0	4.0 oz	0.013
18375	Leavening agents, yeast, baker's, active dry	4.0	1.0 tsp	0.012
17185	Lamb, variety meats and by-products, brain, raw	28.35	1.0 oz	0.012
06959	Gravy, instant turkey, dry	6.7	1.0 serving	0.012
17422	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	113.0	4.0 oz	0.012
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	113.0	4.0 oz	0.012
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	113.0	4.0 oz	0.012
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	0.012
19234	Puddings, tapioca, ready-to-eat, fat free	112.0	1.0 container refrigerated 4 oz	0.012
07952	Bologna, chicken, turkey, pork	28.0	1.0 serving	0.012
03163	Babyfood, fruit, bananas with apples and pears, strained	15.0	1.0 tbsp	0.012

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	122.0	1.0 rack	0.012
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.012
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.012
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	0.012
07939	Frankfurter, pork	76.0	1.0 link	0.012
17344	Game meat, deer, ground, cooked, pan-broiled	93.0	1.0 patty	0.012
27058	Sauce, barbecue, OPEN PIT, original	17.0	1.0 tbsp	0.012
07959	Bologna, chicken, pork, beef	28.0	1.0 serving	0.012
07007	Bologna, beef	30.0	1.0 slice	0.012
01275	Yogurt, Greek, nonfat, vanilla, CHOBANI	150.0	5.3 oz	0.012
01286	Yogurt, Greek, vanilla, nonfat	150.0	1.0 container (5.3 oz)	0.012
14627	Beverages, Energy Drink, Monster, fortified with vitamins C, B2, B3, B6, B12	240.0	1.0 serving	0.012
01164	Cheese sauce, prepared from recipe	30.0	2.0 tbsp	0.012
07955	Turkey sausage, fresh, raw	57.0	1.0 serving	0.012
07068	Salami, cooked, beef	26.0	1.0 slice	0.012
03814	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, powder, not reconstituted	9.6	1.0 scoop	0.012
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	0.012
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	0.012
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.012
23094	Beef, chuck for stew, separable lean and fat, select, raw	85.0	3.0 oz	0.012
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	0.012
14633	Beverages, Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C	238.0	1.0 serving	0.012
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	0.012
17107	Veal, loin, separable lean only, raw	85.0	3.0 oz	0.012
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.012
05166	Turkey, whole, meat and skin, cooked, roasted	85.0	3.0 oz	0.012
17343	Game meat, deer, ground, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.012
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)	0.012
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85.0	3.0 oz	0.012
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.012
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.012
17321	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.012

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.012
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)	0.012
13393	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.012
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.012
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.012
07013	Bratwurst, pork, cooked	85.0	1.0 link cooked	0.012
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.012
15081	Fish, salmon, coho, wild, raw	85.0	3.0 oz	0.012
13371	Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.012
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.012
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.012
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	0.012
23095	Beef, chuck for stew, separable lean and fat, choice, raw	85.0	3.0 oz	0.012
13925	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.012
13387	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.012
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	0.012
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	0.012
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	0.012
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	0.012
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	85.0	3.0 oz	0.012
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	0.012
13834	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.012
13919	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.012
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	0.012
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	0.012
13831	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.012
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	0.012
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	0.012
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.012

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.012
15031	Fish, grouper, mixed species, raw	85.0	3.0 oz	0.012
17283	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.012
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	0.012
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.012
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.012
17313	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.012
05187	Turkey from whole, dark meat, meat only, raw	85.0	1.0 serving	0.012
17297	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.012
05168	Turkey, whole, meat only, cooked, roasted	85.0	3.0 oz	0.012
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	85.0	3.0 oz	0.012
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	0.012
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	0.012
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	0.012
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.012
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	0.012
05740	Turkey, thigh, from whole bird, meat only, raw	85.0	3.0 oz	0.012
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.012
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.012
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	85.0	3.0 oz	0.012
13832	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.012
15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	0.012
13392	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.012
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	0.012
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.012
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	85.0	3.0 oz	0.012
19364	Toppings, butterscotch or caramel	41.0	2.0 tbsp	0.012
03983	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN AA, ready-to-feed	30.4	1.0 fl oz	0.012
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	131.0	1.0 chop	0.012

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
05100	Chicken, broilers or fryers, wing, meat and skin, raw	107.0	1.0 piece	0.012
07960	Bologna, chicken, pork	28.0	1.0 serving	0.012
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	0.012
01253	Cheese, pasteurized process, American, without added vitamin D	28.35	1.0 oz	0.012
17164	Game meat, deer, raw	28.35	1.0 oz	0.012
11975	Grape leaves, canned	4.0	1.0 leaf	0.012
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	105.0	1.0 piece	0.012
19199	Puddings, tapioca, dry mix, prepared with whole milk	128.0	0.5 cup	0.012
14450	Beverages, drink mix, QUAKER OATS, GATORADE, orange flavor, powder	23.0	1.0 scoop powder	0.012
07060	Luxury loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.011
19706	Puddings, banana, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0.011
19710	Puddings, vanilla, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0.011
19320	Puddings, banana, dry mix, regular	88.0	1.0 package (3.12 oz)	0.011
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.011
23451	Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	114.0	4.0 oz	0.011
05719	Turkey, back, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.011
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	114.0	4.0 oz	0.011
05694	Turkey, dark meat from whole, meat only, with added solution, raw	114.0	4.0 oz	0.011
42171	Salad dressing, french dressing, reduced calorie	16.0	1.0 tbsp	0.011
15026	Fish, eel, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	0.011
17210	Lamb, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.011
07001	Barbecue loaf, pork, beef	28.35	1.0 oz	0.011
03115	Babyfood, apples, dices, toddler	28.35	1.0 oz	0.011
01021	Cheese, gjetost	28.35	1.0 oz	0.011
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.011
07019	Chorizo, pork and beef	28.35	1.0 oz	0.011
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	0.011
23472	Beef, ground, 93% lean meat / 7% fat, raw	113.0	4.0 oz	0.011
23562	Beef, ground, 90% lean meat / 10% fat, raw	113.0	4.0 oz	0.011
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	113.0	4.0 oz	0.011
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	113.0	4.0 oz	0.011
23572	Beef, ground, 80% lean meat / 20% fat, raw	113.0	4.0 oz	0.011
17375	Lamb, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	0.011
10972	Pork, ground, 84% lean / 16% fat, raw	113.0	4.0 oz	0.011
10805	USDA Commodity, pork, ground, fine/coarse, frozen, raw	113.0	1.0 oz crumbles	0.011
23557	Beef, ground, 95% lean meat / 5% fat, raw	113.0	4.0 oz	0.011

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	113.0	4.0 oz	0.011
23477	Beef, ground, 97% lean meat / 3% fat, raw	113.0	4.0 oz	0.011
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	0.011
03954	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, powder, not reconstituted	8.7	1.0 scoop	0.011
03843	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted	8.7	1.0 scoop	0.011
21349	McDONALD'S, NEWMAN'S OWN Ranch Dressing	56.0	2.0 fl oz	0.011
11156	Chives, raw	3.0	1.0 tbsp chopped	0.011
03838	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN LIPIL, with iron, powder, not reconstituted, with ARA and DHA	9.0	1.0 scoop	0.011
14552	Carbonated beverage, chocolate-flavored soda	31.0	1.0 fl oz	0.011
10101	Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered	111.0	1.0 ear (yield after cooking)	0.011
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	0.011
13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.011
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	0.011
17311	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.011
15212	Fish, salmon, pink, cooked, dry heat	85.0	3.0 oz	0.011
13386	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.011
17295	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.011
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	85.0	3.0 oz	0.011
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.011
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.011
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.011
17104	Veal, loin, separable lean and fat, raw	85.0	3.0 oz	0.011
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.011
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.011
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.011
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	85.0	3.0 oz	0.011
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.011
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.011
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.011
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.011
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	0.011
17334	Game meat, bison, chuck, shoulder clod, separable lean only, raw	85.0	1.0 serving (3 oz)	0.011

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
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	0.011
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.011
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.011
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	0.011
15097	Fish, sheepshead, raw	85.0	3.0 oz	0.011
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	0.011
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.011
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.011
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.011
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	0.011
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.011
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.011
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.011
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	85.0	3.0 oz	0.011
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.011
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	0.011
17167	Game meat, elk, cooked, roasted	85.0	3.0 oz	0.011
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	0.011
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.011
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0.011
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85.0	3.0 oz	0.011
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)	0.011
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	3.0 oz	0.011
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	85.0	3.0 oz	0.011
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.011
15101	Fish, snapper, mixed species, raw	85.0	3.0 oz	0.011
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	0.011
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.011
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.011
13828	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.011
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.011
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.011
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0.011

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	85.0	3.0 oz	0.011
15111	Fish, swordfish, cooked, dry heat	85.0	3.0 oz	0.011
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.011
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	0.011
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.011
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.011
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	0.011
17329	Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.011
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	0.011
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.011
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.011
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.011
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	85.0	3.0 oz	0.011
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	0.011
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.011
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0.011
13835	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.011
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz (1 serving)	0.011
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.011
07979	Sausage, pork, turkey, and beef, reduced sodium	85.0	3.0 oz	0.011
15086	Fish, salmon, sockeye, cooked, dry heat	85.0	3.0 oz	0.011
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.011
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.011
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85.0	3.0 oz	0.011
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.011
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.011
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.011
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.011
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.011
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.011
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.011
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.011
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	85.0	3.0 oz	0.011

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.011
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	92.0	1.0 piece	0.011
11943	Pimento, canned	12.0	1.0 tbsp	0.011
06615	Soup, SWANSON, vegetable broth	220.0	1.0 cup	0.011
03852	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE LIPIL, with iron, powder, not reconstituted, with ARA and DHA	8.8	1.0 scoop	0.011
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	122.0	1.0 rack	0.011
06188	Soup, beef broth, less/reduced sodium, ready to serve	219.0	1.0 cup	0.011
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.011
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	60.0	1.0 fillet	0.011
10119	Pork, fresh, variety meats and by-products, stomach, raw	28.35	1.0 oz	0.011
01007	Cheese, camembert	28.35	1.0 oz	0.011
17168	Goat, raw	28.35	1.0 oz	0.011
14153	Beverages, carbonated, pepper-type, contains caffeine	30.7	1.0 fl oz	0.011
19217	Frozen novelties, ice type, fruit, no sugar added	51.0	1.0 bar	0.011
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)	0.011
06611	Soup, SWANSON, beef broth, lower sodium	213.0	1.0 cup	0.011
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	15.0	1.0 tbsp chopped	0.011
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	0.011
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)	0.011
07921	Bacon and beef sticks	28.0	1.0 oz	0.011
07941	Salami, Italian, pork and beef, dry, sliced, 50% less sodium	28.0	1.0 serving 5 slices	0.011
05048	Chicken, broilers or fryers, back, meat and skin, raw	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.011
03815	Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with iron, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.011
03825	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.011
01030	Cheese, muenster	132.0	1.0 cup, diced	0.011
07230	OSCAR MAYER, Salami (hard)	27.0	1.0 serving 3 slices	0.011
07022	Frankfurter, beef, unheated	50.0	1.0 frankfurter	0.010
10149	Pork, cured, ham, steak, boneless, extra lean, unheated	28.35	1.0 oz	0.010
17188	Veal, variety meats and by-products, brain, raw	28.35	1.0 oz	0.010
03003	Babyfood, meat, beef, junior	28.35	1.0 oz	0.010
17339	Game meat, elk, ground, cooked, pan-broiled	95.0	1.0 patty (yield from 104.1 g raw meat)	0.010
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)	0.010
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	115.0	1.0 serving	0.010
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	115.0	1.0 serving	0.010

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	115.0	1.0 serving	0.010
01069	Cream substitute, powdered	94.0	1.0 cup	0.010
06958	Gravy, instant beef, dry	6.7	1.0 serving	0.010
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	9.7	1.0 tbsp	0.010
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	114.0	4.0 oz	0.010
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	114.0	4.0 oz	0.010
17444	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.010
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	114.0	4.0 oz	0.010
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	114.0	4.0 oz	0.010
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified	16.0	1.0 tbsp	0.010
23503	USDA Commodity, beef, patties (100%), frozen, cooked	64.0	1.0 patty	0.010
17193	Veal, variety meats and by-products, heart, raw	28.35	1.0 oz	0.010
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	85.0	3.0 oz	0.010
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.010
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.010
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	0.010
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85.0	3.0 oz	0.010
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.010
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.010
17327	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.010
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.010
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.010
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	85.0	1.0 serving	0.010
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.010
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.010
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.010
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.010
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	85.0	3.0 oz	0.010
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.010
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	85.0	3.0 oz	0.010
15238	Fish, salmon, coho, farmed, raw	85.0	3.0 oz	0.010
13915	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw	85.0	3.0 oz	0.010
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.010
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.010

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	85.0	3.0 oz	0.010
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.010
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	0.010
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.010
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.010
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.010
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.010
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.010
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.010
05167	Turkey, whole, meat only, raw	85.0	3.0 oz	0.010
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	85.0	3.0 oz	0.010
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	85.0	3.0 oz	0.010
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.010
10223	Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	85.0	3.0 oz	0.010
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.010
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.010
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	85.0	3.0 oz	0.010
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.010
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.010
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.010
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.010
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.010
23220	Beef, ground, unspecified fat content, cooked	85.0	3.0 oz	0.010
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.010
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	85.0	3.0 oz	0.010
17131	Veal, shoulder, blade chop, separable lean only, raw	85.0	3.0 oz	0.010
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.010
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	85.0	3.0 oz	0.010
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0.010
17427	Veal, loin, chop, separable lean only, cooked, grilled	85.0	3.0 oz	0.010
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.010
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.010

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
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	0.010
17128	Veal, shoulder, blade chop, separable lean and fat, raw	85.0	3.0 oz	0.010
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.010
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	0.010
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	85.0	3.0 oz	0.010
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.010
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.010
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	85.0	3.0 oz	0.010
17093	Veal, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	0.010
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.010
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.010
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	0.010
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.010
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	85.0	3.0 oz	0.010
13284	Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.010
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.010
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.010
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.010
05165	Turkey, whole, meat and skin, raw	85.0	3.0 oz	0.010
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.010
10024	Pork, fresh, loin, whole, separable lean only, raw	85.0	3.0 oz	0.010
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.010
15038	Fish, halibut, Greenland, raw	85.0	3.0 oz	0.010
10221	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.010
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.010
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.010
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.010
15269	Fish, cod, Pacific, cooked (not previously frozen)	85.0	3.0 oz	0.010
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.010
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.010
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.010
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	85.0	3.0 oz	0.010

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.010
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.010
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.010
15032	Fish, grouper, mixed species, cooked, dry heat	85.0	3.0 oz	0.010
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.010
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	85.0	3.0 oz	0.010
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	113.0	4.0 oz	0.010
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	113.0	4.0 oz	0.010
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	113.0	4.0 oz	0.010
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	113.0	4.0 oz	0.010
23577	Beef, ground, 75% lean meat / 25% fat, raw	113.0	4.0 oz	0.010
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	113.0	4.0 oz	0.010
13498	Beef, ground, 70% lean meat / 30% fat, raw	113.0	4.0 oz	0.010
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	113.0	4.0 oz	0.010
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	145.0	1.0 chop	0.010
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	145.0	1.0 chop	0.010
14165	Beverages, carbonated, limeade, high caffeine	253.0	1.0 cup	0.010
07010	Bologna, pork	28.0	1.0 slice, medium (4-1/2" dia x 1/8" thick) (1 oz)	0.010
03930	Infant formula, MEAD JOHNSON,NEXT STEP PROSOBEE, prepared from powder	30.5	1.0 fl oz	0.010
03842	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid concentrate	31.4	1.0 fl oz	0.010
03952	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, liquid concentrate	31.4	1.0 fl oz	0.010
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	30.4	1.0 fl oz	0.010
03982	Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed	30.4	1.0 fl oz	0.010
07963	Frankfurter, meat and poultry, cooked, boiled	50.0	1.0 frankfurter	0.010
07005	Blood sausage	100.0	4.0 slices	0.010
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	142.0	0.5 cup	0.010
15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	0.010
13321	Beef, variety meats and by-products, heart, raw	28.35	1.0 oz	0.010
15175	Mollusks, squid, mixed species, raw	28.35	1.0 oz, boneless	0.010
07924	Bratwurst, pork, beef and turkey, lite, smoked	66.0	1.0 serving 2.33 oz	0.010
19705	Puddings, banana, dry mix, instant, with added oil	99.0	1.0 package (3.5 oz)	0.010
19318	Puddings, banana, dry mix, instant	99.0	1.0 package (3.5 oz)	0.010
14424	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate. Not manufactured anymore.	35.3	1.0 fl oz	0.010
19170	Egg custards, dry mix, prepared with whole milk	141.0	0.5 cup	0.010
21387	BURGER KING, Hash Brown Rounds	5.6	1.0 piece	0.010

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
07051	Olive loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.010
01230	Milk, buttermilk, fluid, whole	245.0	1.0 cup	0.010
01295	Yogurt, vanilla, non-fat	245.0	1.0 cup (8 fl oz)	0.010
01078	Milk, producer, fluid, 3.7% milkfat	244.0	1.0 cup	0.010
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	244.0	1.0 cup	0.010
01089	Milk, low sodium, fluid	244.0	1.0 cup	0.010
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244.0	1.0 cup	0.010
14187	Beverages, Clam and tomato juice, canned	30.2	1.0 fl oz	0.010
02050	Vanilla extract	4.2	1.0 tsp	0.010
07090	Luncheon sausage, pork and beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.010
01006	Cheese, brie	28.35	1.0 oz	0.010
43019	Salad dressing, sweet and sour	16.0	1.0 tbsp	0.010
07944	Turkey, white, rotisserie, deli cut	48.0	1.69 oz (1 serving)	0.010
07964	Frankfurter, meat and poultry, cooked, grilled	48.0	1.0 frankfurter	0.010
06176	Sauce, oyster, ready-to-serve	18.0	1.0 tbsp	0.010
07935	Oven-roasted chicken breast roll	56.0	1.0 serving 2 oz	0.010
06631	Sauce, hot chile, sriracha	6.5	1.0 tsp	0.009
14431	Cranberry juice cocktail, frozen concentrate, prepared with water	29.6	1.0 fl oz	0.009
21311	McDONALD'S, Creamy Ranch Sauce	43.0	1.5 oz	0.009
04015	Salad dressing, russian dressing	15.0	1.0 tbsp	0.009
07004	Sausage, Berliner, pork, beef	23.0	1.0 slice	0.009
07025	Frankfurter, turkey	28.35	1.0 oz	0.009
35141	Mutton, cooked, roasted (Navajo)	28.35	1.0 oz	0.009
10170	Pork, cured, shoulder, blade roll, separable lean and fat, unheated	28.35	1.0 oz	0.009
01125	Egg, yolk, raw, fresh	17.0	1.0 large	0.009
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.009
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.009
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	85.0	3.0 oz	0.009
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.009
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	85.0	3.0 oz	0.009
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.009
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	85.0	1.0 piece	0.009
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.009
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.009
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.009
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.009

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.009
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.009
05185	Turkey from whole, light meat, raw	85.0	1.0 serving	0.009
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.009
05227	Turkey, wing, from whole bird, meat only, raw	85.0	3.0 oz	0.009
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.009
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.009
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	85.0	3.0 oz	0.009
19172	Gelatin desserts, dry mix	85.0	1.0 package (3 oz)	0.009
10203	Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.009
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	0.009
15036	Fish, halibut, Atlantic and Pacific, raw	85.0	3.0 oz	0.009
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	0.009
15174	Mollusks, scallop, mixed species, imitation, made from surimi	85.0	3.0 oz	0.009
17289	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.009
15267	Fish, pollock, Alaska, cooked (not previously frozen)	85.0	3.0 oz	0.009
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85.0	3.0 oz	0.009
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	0.009
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.009
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	85.0	3.0 oz	0.009
15033	Fish, haddock, raw	85.0	3.0 oz	0.009
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.009
15264	Salmon, sockeye, canned, drained solids, without skin and bones	85.0	3.0 oz	0.009
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.009
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.009
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	85.0	3.0 oz	0.009
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.009
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.009
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.009
15184	Fish, tuna, light, canned in water, without salt, drained solids	85.0	3.0 oz	0.009
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.009
15110	Fish, swordfish, raw	85.0	3.0 oz	0.009
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.009

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.009
05186	Turkey, all classes, light meat, cooked, roasted	85.0	1.0 serving	0.009
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	85.0	3.0 oz	0.009
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	85.0	3.0 oz	0.009
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.009
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	85.0	3.0 oz	0.009
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.009
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.009
05228	Turkey, wing, from whole bird, meat only, roasted	85.0	3.0 oz	0.009
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	0.009
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	85.0	3.0 oz	0.009
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.009
13490	Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.009
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.009
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.009
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.009
10220	Pork, fresh, ground, cooked	85.0	3.0 oz	0.009
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	85.0	3.0 oz	0.009
05739	Turkey, drumstick, from whole bird, meat only, roasted	85.0	3.0 oz	0.009
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.009
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.009
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	85.0	3.0 oz	0.009
15236	Fish, salmon, Atlantic, farmed, raw	85.0	3.0 oz	0.009
10020	Pork, fresh, loin, whole, separable lean and fat, raw	85.0	3.0 oz	0.009
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	0.009
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	85.0	3.0 oz	0.009
17287	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.009
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	85.0	3.0 oz	0.009
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.009
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	85.0	3.0 oz	0.009
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.009
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.009
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	85.0	3.0 oz	0.009

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.009
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	85.0	3.0 oz	0.009
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.009
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	85.0	3.0 oz	0.009
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.009
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	85.0	3.0 oz	0.009
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.009
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.009
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.009
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.009
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.009
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.009
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	85.0	3.0 oz	0.009
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.009
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.009
05220	Turkey, breast, from whole bird, meat only, roasted	85.0	3.0 oz	0.009
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.009
15070	Fish, rockfish, Pacific, mixed species, raw	85.0	3.0 oz	0.009
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.009
05181	Turkey from whole, light meat, meat and skin, raw	85.0	3.0 oz	0.009
15153	Crustaceans, shrimp, mixed species, imitation, made from surimi	85.0	3.0 oz	0.009
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	0.009
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.009
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.009
15266	Fish, pollock, Alaska, raw (not previously frozen)	85.0	3.0 oz	0.009
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.009
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0.009
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.009
15083	Fish, salmon, pink, raw	85.0	3.0 oz	0.009
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.009
01255	Egg, whole, raw, frozen, salted, pasteurized	28.0	1.0 oz	0.009
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	0.009
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	115.0	1.0 serving	0.009
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	115.0	1.0 serving	0.009

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	115.0	1.0 serving	0.009
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	115.0	1.0 serving	0.009
01252	Cheese product, pasteurized process, American, vitamin D fortified	19.0	1.0 slice (2/3 oz)	0.009
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	114.0	4.0 oz	0.009
17454	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.009
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	28.35	1.0 oz	0.009
23427	Beef, New Zealand, imported, manufacturing beef, raw	113.0	4.0 oz	0.009
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	113.0	4.0 oz	0.009
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	113.0	4.0 oz	0.009
23418	Beef, New Zealand, imported, inside, raw	113.0	4.0 oz	0.009
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	113.0	4.0 oz	0.009
23413	Beef, New Zealand, imported, flat, separable lean only, raw	113.0	4.0 oz	0.009
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	113.0	4.0 oz	0.009
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	113.0	4.0 oz	0.009
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	113.0	4.0 oz	0.009
05306	Ground turkey, cooked	82.0	1.0 patty (4 oz, raw) (yield after cooking)	0.009
07241	OSCAR MAYER, Wieners (beef franks)	45.0	1.0 serving	0.009
11292	Onions, young green, tops only	6.0	1.0 tbsp	0.009
21144	CHICK-FIL-A, hash browns	5.5	1.0 piece	0.009
19209	Puddings, tapioca, dry mix, prepared with 2% milk	128.0	0.5 cup	0.009
01171	Egg, whole, raw, frozen, pasteurized	28.0	1.0 oz	0.009
05015	Chicken, broilers or fryers, skin only, raw	47.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.009
19330	Puddings, lemon, dry mix, instant	99.0	1.0 package (3.5 oz)	0.009
14238	Beverages, cranberry-apple juice drink, bottled	30.6	1.0 fl oz	0.009
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)	0.009
10804	USDA Commodity, pork, cured, ham, boneless, cooked, unheated	28.35	1.0 oz boneless	0.009
10142	Pork, cured, ham, center slice, separable lean and fat, unheated	28.35	1.0 oz	0.009
07030	Ham, minced	28.35	1.0 oz	0.009
17331	Game meat, bison, ground, cooked, pan-broiled	87.0	1.0 patty (yield from 112.7 g raw meat)	0.009
21026	Fast foods, potatoes, hash browns, round pieces or patty	5.5	1.0 round piece	0.009
15240	Fish, trout, rainbow, farmed, raw	79.0	1.0 fillet	0.009
07020	Corned beef loaf, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.009
07962	Frankfurter, meat and poultry, unheated	51.0	1.0 frankfurter	0.009
19293	Frozen yogurts, vanilla, soft-serve	72.0	0.5 cup	0.009

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
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)	0.009
06119	Gravy, chicken, canned or bottled, ready-to-serve	57.0	0.25 cup	0.009
01113	Whey, acid, dried	57.0	1.0 cup	0.009
19906	Sweeteners, for baking, brown, contains sugar and sucralose	12.9	1.0 tbsp	0.009
07088	Honey roll sausage, beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.009
15106	Fish, sturgeon, mixed species, smoked	28.35	1.0 oz	0.009
03141	Babyfood, pears, dices, toddler	28.35	1.0 oz	0.009
01039	Cheese, roquefort	28.35	1.0 oz	0.009
07050	Mortadella, beef, pork	28.35	1.0 oz	0.009
03297	Babyfood, dinner, apples and chicken, strained	28.35	1.0 oz	0.009
15035	Fish, haddock, smoked	28.35	1.0 oz, boneless	0.009
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	85.0	3.0 oz	0.008
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.008
15112	Fish, tilefish, raw	85.0	3.0 oz	0.008
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.008
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	0.008
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.008
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	85.0	3.0 oz	0.008
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.008
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.008
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	85.0	3.0 oz	0.008
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	85.0	3.0 oz	0.008
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.008
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.008
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	85.0	3.0 oz	0.008
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.008
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.008
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	85.0	3.0 oz	0.008
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.008
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	85.0	1.0 serving	0.008
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.008
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.008
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.008

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	0.008
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.008
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.008
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.008
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.008
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.008
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.008
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.008
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	85.0	3.0 oz	0.008
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.008
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.008
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	0.008
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.008
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	85.0	3.0 oz	0.008
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	85.0	3.0 oz	0.008
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	0.008
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	85.0	3.0 oz	0.008
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	85.0	1.0 serving	0.008
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.008
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	0.008
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.008
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	0.008
13047	Beef, grass-fed, ground, raw	85.0	1.0 serving	0.008
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.008
10198	Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.008
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.008
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.008
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	85.0	3.0 oz	0.008
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	0.008
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.008
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.008
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.008

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
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	0.008
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.008
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.008
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.008
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.008
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.008
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.008
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	85.0	1.0 serving	0.008
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.008
23567	Beef, ground, 85% lean meat / 15% fat, raw	85.0	3.0 oz	0.008
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	0.008
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.008
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)	0.008
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.008
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	85.0	3.0 oz	0.008
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.008
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.008
17435	Veal, shank, separable lean and fat, raw	85.0	3.0 oz	0.008
23452	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	85.0	3.0 oz	0.008
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85.0	3.0 oz	0.008
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	85.0	3.0 oz	0.008
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	85.0	3.0 oz	0.008
10088	Pork, fresh, spareribs, separable lean and fat, raw	85.0	3.0 oz	0.008
17428	Veal, shank, separable lean only, raw	85.0	3.0 oz	0.008
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	85.0	3.0 oz	0.008
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	85.0	1.0 serving	0.008
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.008
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.008
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	0.008
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.008
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.008
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.008
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.008

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
17285	Lamb, Australian, imported, fresh, separable fat, cooked	85.0	3.0 oz	0.008
10122	Pork, fresh, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	0.008
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.008
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	77.0	1.0 fillet	0.008
14277	Beverages, grape drink, canned	31.3	1.0 fl oz	0.008
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.008
07091	New england brand sausage, pork, beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.008
17094	Veal, leg (top round), separable lean and fat, raw	28.35	1.0 oz	0.008
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	28.35	1.0 oz	0.008
17140	Veal, cubed for stew (leg and shoulder), separable lean only, raw	28.35	1.0 oz	0.008
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	28.35	1.0 oz	0.008
17137	Veal, sirloin, separable lean only, raw	28.35	1.0 oz	0.008
17099	Veal, leg (top round), separable lean only, raw	28.35	1.0 oz	0.008
17125	Veal, shoulder, arm, separable lean only, raw	28.35	1.0 oz	0.008
17090	Veal, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0.008
17119	Veal, shoulder, whole (arm and blade), separable lean only, raw	28.35	1.0 oz	0.008
17113	Veal, rib, separable lean only, raw	28.35	1.0 oz	0.008
02053	Vinegar, distilled	14.9	1.0 tbsp	0.008
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	91.0	1.0 drumstick without skin	0.008
07945	Frankfurter, beef, heated	48.0	1.0 frankfurter	0.008
03010	Babyfood, meat, lamb, strained	22.0	1.0 tbsp	0.008
19097	Sherbet, orange	74.0	0.5 cup (4 fl oz)	0.008
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)	0.008
13358	Beef, cured, smoked, chopped beef	28.0	1.0 slice (1 oz)	0.008
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	115.0	1.0 serving	0.008
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	115.0	1.0 serving	0.008
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	115.0	1.0 serving	0.008
06115	Gravy, au jus, dry	3.0	1.0 tsp	0.008
01107	Milk, human, mature, fluid	30.8	1.0 fl oz	0.008
19297	Jams and preserves	20.0	1.0 tbsp	0.008
19719	Jams and preserves, apricot	20.0	1.0 tbsp	0.008
15012	Fish, caviar, black and red, granular	16.0	1.0 tbsp	0.008
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.008
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	114.0	4.0 oz	0.008
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	114.0	4.0 oz	0.008
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.008

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	114.0	4.0 oz	0.008
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	0.008
05696	Turkey from whole, light meat, meat only, with added solution, raw	114.0	4.0 oz	0.008
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	114.0	4.0 oz	0.008
43215	Salad dressing, buttermilk, lite	15.0	1.0 tablespoon	0.008
04640	Salad dressing, ranch dressing, reduced fat	15.0	1.0 tablespoon	0.008
17088	Veal, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0.008
17122	Veal, shoulder, arm, separable lean and fat, raw	28.35	1.0 oz	0.008
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	28.35	1.0 oz	0.008
01168	Cheese, low fat, cheddar or colby	132.0	1.0 cup, diced	0.008
01144	Egg substitute, powder	9.9	0.35 oz	0.008
05019	Chicken, broilers or fryers, skin only, cooked, stewed	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.008
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	44.0	1.0 medallion	0.008
17371	Lamb, New Zealand, imported, ground lamb, raw	113.0	4.0 oz	0.008
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	113.0	4.0 oz	0.008
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	113.0	4.0 oz	0.008
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	113.0	4.0 oz	0.008
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	113.0	4.0 oz	0.008
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	113.0	4.0 oz	0.008
07062	Picnic loaf, pork, beef	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.008
19074	Candies, caramels	71.0	1.0 package (2.5 oz)	0.008
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	41.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.008
17110	Veal, rib, separable lean and fat, raw	28.35	1.0 oz	0.008
17134	Veal, sirloin, separable lean and fat, raw	28.35	1.0 oz	0.008
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	85.0	3.0 oz	0.008
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.008
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	0.008
17330	Game meat , bison, ground, raw	85.0	1.0 serving (3 oz)	0.008
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	0.008
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.008
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.008
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.008
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	0.008

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.008
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	0.008
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.008
17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	85.0	1.0 serving	0.008
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	0.008
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.008
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.008
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	0.008
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.008
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.008
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.008
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.008
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	0.008
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	85.0	3.0 oz	0.008
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.008
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.008
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	0.008
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	85.0	3.0 oz	0.008
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	0.008
17173	Game meat, moose, cooked, roasted	85.0	3.0 oz	0.008
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.008
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.008
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.008
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.008
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.008
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.008
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.008
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.008
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	85.0	3.0 oz	0.008
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	85.0	3.0 oz	0.008
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.008
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.008

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
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	0.008
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.008
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.008
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	85.0	3.0 oz	0.008
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.008
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	0.008
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.008
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	85.0	3.0 oz	0.008
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.008
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.008
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	85.0	3.0 oz	0.008
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	85.0	3.0 oz	0.008
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.008
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	85.0	3.0 oz	0.008
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.008
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.008
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.008
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.008
17424	Veal, ground, cooked, pan-fried	85.0	3.0 oz	0.008
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.008
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.008
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.008
10195	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.008
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.008
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.008
13000	Beef, grass-fed, strip steaks, lean only, raw	85.0	3.0 oz	0.008
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.008
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	85.0	3.0 oz	0.008
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.008
05668	Ground turkey, 85% lean, 15% fat, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.008
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.008
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.008
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	0.008

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.008
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.008
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.008
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.008
19321	Puddings, banana, dry mix, regular, prepared with whole milk	127.0	0.5 cup	0.008
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	0.008
11931	Peppers, sweet, red, freeze-dried	0.4	1.0 tbsp	0.008
14168	Beverages, Carob-flavor beverage mix, powder	12.0	1.0 tbsp	0.008
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	0.008
05018	Chicken, broilers or fryers, skin only, cooked, roasted	34.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.007
07074	Smoked link sausage, pork	68.0	1.0 link (4" long x 1-1/8" dia)	0.007
01036	Cheese, ricotta, whole milk	124.0	0.5 cup	0.007
07052	Pastrami, turkey	57.0	2.0 slices	0.007
07925	Pastrami, beef, 98% fat-free	57.0	1.0 serving 6 slices	0.007
17177	Game meat, rabbit, domesticated, composite of cuts, raw	28.35	1.0 oz	0.007
13318	Beef, variety meats and by-products, brain, raw	28.35	1.0 oz	0.007
13339	Beef, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.007
44048	Cheese food, pasteurized process, American, imitation, without added vitamin D	28.35	1.0 oz	0.007
07003	Beerwurst, beer salami, pork	23.0	1.0 slice (4" dia x 1/8" thick)	0.007
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.007
19177	Gelatins, dry powder, unsweetened	7.0	1.0 envelope (1 tbsp)	0.007
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.007
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	244.0	1.0 cup	0.007
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.007
14347	Shake, fast food, vanilla	20.8	1.0 fl oz	0.007
33867	Infant formula, GERBER, GOOD START, PROTECT PLUS, powder	9.4	1.0 scoop	0.007
33869	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, powder	9.4	1.0 scoop	0.007
06480	Soup, chicken broth or bouillon, dry, prepared with water	241.0	1.0 cup 8 fl oz	0.007
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	0.007
33866	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, LIPIL, powder	9.6	1.0 scoop	0.007
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	34.0	1.0 medallion	0.007
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	28.35	1.0 oz	0.007
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.007
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	28.35	1.0 oz	0.007

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
07026	Ham, chopped, canned	28.35	1.0 oz	0.007
19206	Puddings, vanilla, dry mix, regular	88.0	1.0 package (3.12 oz)	0.007
19096	Ice creams, vanilla, light, soft-serve	88.0	1.0 serving 1/2 cup	0.007
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	32.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.007
03016	Babyfood, meat, turkey, junior	19.0	1.0 tbsp	0.007
03948	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), powder, with ARA and DHA	30.5	1.0 fl oz	0.007
19207	Puddings, vanilla, dry mix, regular, prepared with whole milk	140.0	0.5 cup	0.007
27061	Gravy, HEINZ Home Style, classic chicken	58.0	0.25 cup	0.007
33868	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder	9.4	1.0 scoop	0.007
01094	Milk, buttermilk, dried	30.0	0.25 cup	0.007
06633	Sauce, hot chile, sriracha, TUONG OT SRIRACHA	6.2	1.0 tsp	0.007
02068	Vinegar, red wine	14.9	1.0 tbsp	0.007
17443	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.007
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	0.007
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	0.007
17460	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.007
05236	Turkey, young hen, skin only, cooked, roasted	31.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.007
14209	Beverages, coffee, brewed, prepared with tap water	29.6	1.0 fl oz	0.007
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	0.007
17021	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.007
17047	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.007
17009	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.007
17003	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.007
17064	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0.007
17032	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.007
17013	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.007
17026	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.007
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.007
17055	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.007
07045	Luncheon meat, pork, canned	28.35	1.0 oz	0.007
17017	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.007
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	85.0	3.0 oz	0.007

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.007
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.007
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.007
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	85.0	3.0 oz	0.007
17142	Veal, ground, raw	85.0	3.0 oz	0.007
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.007
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.007
17275	Veal, breast, whole, boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.007
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	85.0	3.0 oz	0.007
17272	Veal, breast, whole, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.007
13344	Beef, cured, breakfast strips, raw or unheated	68.0	3.0 slices	0.007
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.007
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.007
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.007
19087	Candies, white chocolate	85.0	1.0 bar (3 oz)	0.007
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.007
05706	Turkey, whole, meat and skin, with added solution, raw	85.0	3.0 oz	0.007
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.007
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	0.007
17273	Veal, breast, plate half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.007
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	85.0	3.0 oz	0.007
01231	Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener	170.0	1.0 container	0.007
17157	Game meat, bison, separable lean only, cooked, roasted	85.0	3.0 oz	0.007
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.007
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.007
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.007
10192	Pork, fresh, backribs, separable lean and fat, raw	85.0	3.0 oz	0.007
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	85.0	3.0 oz	0.007
17274	Veal, breast, point half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.007
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	85.0	3.0 oz	0.007
05704	Turkey, whole, meat only, with added solution, raw	85.0	3.0 oz	0.007
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.007
23411	Beef, New Zealand, imported, flank, separable lean only, raw	113.0	4.0 oz	0.007
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	113.0	4.0 oz	0.007
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	113.0	4.0 oz	0.007
23431	Beef, New Zealand, imported, ribs prepared, raw	113.0	4.0 oz	0.007

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
03055	Babyfood, dinner, beef with vegetables	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	0.007
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	113.0	4.0 oz	0.007
43021	Salad dressing, caesar, low calorie	15.0	1.0 tbsp	0.007
14251	Alcoholic beverages, beer, higher alcohol	30.6	1.0 fl oz	0.007
07018	Chicken spread	56.0	1.0 serving (1 serving)	0.007
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)	0.007
02063	Rosemary, fresh	0.7	1.0 tsp	0.007
02054	Capers, canned	8.6	1.0 tbsp, drained	0.007
33863	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder	8.7	1.0 scoop	0.007
33877	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, powder	8.7	1.0 scoop	0.007
03980	Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder	8.7	1.0 scoop	0.007
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	41.0	1.0 medallion	0.007
21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	16.0	1.0 wing without skin, bone and breading	0.007
10146	Pork, cured, ham, patties, unheated	28.35	1.0 oz	0.007
17222	Veal, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.007
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	28.35	1.0 oz	0.007
01260	Cheese, cheddar, reduced fat	21.0	1.0 slice	0.007
05053	Chicken, broilers or fryers, back, meat only, raw	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.007
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	0.007
19265	Ice creams, chocolate, light, no sugar added	72.0	1.0 serving 1/2 cup	0.006
11959	Arugula, raw	2.0	1.0 leaf	0.006
04017	Salad dressing, thousand island, commercial, regular	16.0	1.0 tbsp	0.006
19319	Puddings, banana, dry mix, instant, prepared with whole milk	127.0	0.5 cup	0.006
19333	Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water	127.0	0.5 cup	0.006
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	210.0	1.0 cup	0.006
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	210.0	1.0 cup	0.006
06930	Sauce, cheese, ready-to-serve	63.0	0.25 cup	0.006
02055	Horseradish, prepared	5.0	1.0 tsp	0.006
03130	Babyfood, fruit, peaches, strained	17.0	1.0 tbsp	0.006
03131	Babyfood, fruit, peaches, junior	17.0	1.0 tbsp	0.006
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.006
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.006
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.006
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.006

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
10132	Pork, cured, feet, pickled	28.35	1.0 oz	0.006
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.006
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.006
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.006
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	0.006
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.006
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.006
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.006
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.006
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.006
17232	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.006
05353	USDA Commodity, chicken fajita strips, frozen	9.4	1.0 strip	0.006
19919	Candies, fruit snacks, with high vitamin C	44.0	1.0 serving	0.006
01251	Cheese, Mexican blend	28.0	0.25 cup shredded	0.006
18373	Leavening agents, cream of tartar	3.0	1.0 tsp	0.006
02047	Salt, table	6.0	1.0 tsp	0.006
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	30.0	0.25 cup	0.006
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	15.0	1.0 container, individual	0.006
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	40.0	1.0 serving fun size (8 chews)	0.006
06080	Soup, chicken broth or bouillon, dry	4.0	1.0 cube	0.006
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	30.0	0.25 cup	0.006
33864	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.006
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	0.006
17015	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.006
17230	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.006
15014	Fish, cisco, smoked	28.35	1.0 oz	0.006
01008	Cheese, caraway	28.35	1.0 oz	0.006
17228	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.006
17007	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.006
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.006
17442	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.006
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.006
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.006

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.006
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	0.006
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.006
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	85.0	3.0 oz	0.006
10000	Pork, fresh, composite of separable fat, with added solution, cooked	85.0	3.0 oz	0.006
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.006
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.006
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	0.006
17459	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.006
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.006
19187	Flan, caramel custard, dry mix	85.0	1.0 package (3 oz)	0.006
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.006
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.006
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.006
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.006
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.006
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0.006
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	85.0	3.0 oz	0.006
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.006
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.006
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.006
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.006
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	85.0	3.0 oz	0.006
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.006
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.006
05734	Turkey, retail parts, wing, meat and skin, raw	85.0	3.0 oz	0.006
07064	Pork sausage, link/patty, cooked, pan-fried	27.0	1.0 patty	0.006
03005	Babyfood, meat, veal, strained	16.0	1.0 tbsp	0.006
14534	Alcoholic beverage, liqueur, coffee, 63 proof	34.8	1.0 fl oz	0.006
07914	Sausage, Italian, sweet, links	84.0	1.0 link 3 oz	0.006
09165	Litchis, dried	2.5	1.0 fruit	0.006
19281	Frozen novelties, ice type, italian, restaurant-prepared	29.0	1.0 fl oz	0.006
13345	Beef, cured, breakfast strips, cooked	34.0	3.0 slices	0.006

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
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)	0.006
14237	Beverages, coffee substitute, cereal grain beverage, prepared with water	30.1	1.0 fl oz	0.006
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	0.006
17446	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.006
27054	Dip, TOSTITOS, salsa con queso, medium	30.0	2.0 tbsp	0.006
27052	Dip, salsa con queso, cheese and salsa- medium	30.0	2.0 tbsp	0.006
28358	GLUTINO, Gluten Free Wafers, Lemon Flavored	30.0	3.0 cookies	0.006
28334	Cookies, gluten-free, lemon wafer	30.0	3.0 cookies	0.006
19122	Puddings, banana, dry mix, regular, prepared with 2% milk	142.0	0.5 cup From 19211	0.006
17011	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.006
01038	Cheese, romano	28.35	1.0 oz	0.006
03222	Babyfood, cherry cobbler, junior	28.35	1.0 oz	0.006
17226	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.006
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	28.35	1.0 oz	0.006
17242	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.006
17246	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.006
17256	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.006
15075	Fish, sablefish, smoked	28.35	1.0 oz	0.006
01033	Cheese, parmesan, hard	28.35	1.0 oz	0.006
17051	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.006
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.006
17144	Game meat, antelope, raw	28.35	1.0 oz	0.006
03221	Babyfood, dessert, dutch apple, junior	28.35	1.0 oz	0.006
13346	Beef, cured, corned beef, brisket, raw	28.35	1.0 oz	0.006
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	0.006
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	113.0	4.0 oz	0.006
05195	Turkey, all classes, wing, meat and skin, raw	33.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.006
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	40.0	1.0 medallion	0.006
07070	Salami, cooked, turkey	28.0	1.0 serving	0.006
43015	Salad dressing, caesar dressing, regular	14.7	1.0 tbsp	0.006
03015	Babyfood, meat, turkey, strained	15.0	1.0 tbsp	0.006
01106	Milk, goat, fluid, with added vitamin D	30.5	1.0 fl oz	0.005

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
01259	Cheese spread, American or Cheddar cheese base, reduced fat	21.0	1.0 piece	0.005
03002	Babyfood, meat, beef, strained	14.7	1.0 tbsp	0.005
05025	Chicken, heart, all classes, raw	6.1	1.0 heart	0.005
07033	Ham and cheese spread	15.0	1.0 tbsp	0.005
03302	Babyfood, snack, GERBER GRADUATE YOGURT MELTS	7.0	1.0 serving	0.005
03209	Babyfood, crackers, vegetable	0.7	1.0 cracker	0.005
17043	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.005
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	0.005
17236	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.005
17170	Game meat, horse, raw	28.35	1.0 oz	0.005
17224	Lamb, ground, raw	28.35	1.0 oz	0.005
13328	Beef, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.005
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.005
15121	Fish, tuna, light, canned in water, drained solids	28.35	1.0 oz	0.005
17019	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.005
17205	Lamb, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.005
17234	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.005
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	0.005
17001	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.005
09159	Limes, raw	67.0	1.0 fruit (2" dia)	0.005
11625	Parsley, freeze-dried	0.4	1.0 tbsp	0.005
14351	Beverages, Strawberry-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	0.005
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)	0.005
19095	Ice creams, vanilla	66.0	1.0 serving 1/2 cup	0.005
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.005
11624	Leeks, (bulb and lower-leaf portion), freeze-dried	0.2	1.0 tbsp	0.005
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.005
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	26.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.005
14400	Beverages, carbonated, cola, fast-food cola	258.0	1.0 serving child 12 fl oz, without ice	0.005
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	0.005
17207	Veal, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.005
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	28.35	1.0 oz	0.005
05673	Chicken, skin (drumsticks and thighs), cooked, braised	28.35	1.0 oz	0.005

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
17218	Veal, variety meats and by-products, thymus, raw	28.35	1.0 oz	0.005
17260	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.005
17023	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.005
17062	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0.005
05662	Ground turkey, fat free, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.005
10175	Pork, fresh, variety meats and by-products, tail, cooked, simmered	85.0	3.0 oz	0.005
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.005
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.005
17449	Lamb, Australian, imported, fresh, external fat, cooked	85.0	3.0 oz	0.005
05663	Ground turkey, fat free, pan-broiled crumbles	85.0	3.0 oz	0.005
15200	Fish, mackerel, king, cooked, dry heat	85.0	3.0 oz	0.005
05732	Turkey, retail parts, breast, meat and skin, raw	85.0	3.0 oz	0.005
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	85.0	3.0 oz	0.005
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.005
05742	Turkey, retail parts, thigh, meat and skin, raw	85.0	3.0 oz	0.005
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	85.0	3.0 oz	0.005
19079	Candies, confectioner's coating, yogurt	170.0	1.0 cup chips	0.005
15172	Mollusks, scallop, mixed species, raw	30.0	1.0 unit 2 large or 5 small	0.005
05736	Turkey, retail parts, drumstick, meat and skin, raw	85.0	3.0 oz	0.005
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	0.005
05716	Turkey, retail parts, drumstick, meat only, raw	85.0	3.0 oz	0.005
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	85.0	3.0 oz	0.005
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	51.0	1.0 wing	0.005
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	85.0	3.0 oz	0.005
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	0.005
05710	Turkey, retail parts, breast, meat only, raw	85.0	3.0 oz	0.005
10864	Pork, bacon, rendered fat, cooked	85.0	3.0 oz	0.005
05717	Turkey, retail parts, thigh, meat only, raw	85.0	3.0 oz	0.005
14542	Lemonade, frozen concentrate, pink	36.4	1.0 fl oz	0.005
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.005
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	28.0	1.0 slice	0.005
07907	USDA Commodity, pork sausage, bulk/links/patties, frozen, raw	28.0	1.0 link	0.005
14143	Beverages, carbonated, low calorie, other than cola or pepper, without caffeine	29.6	1.0 fl oz	0.005
14537	Carbonated beverage, low calorie, other than cola or pepper, with sodium saccharin, without caffeine	29.6	1.0 fl oz	0.005
14151	Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine	29.6	1.0 fl oz	0.005
06169	Sauce, ready-to-serve, pepper, TABASCO	4.7	1.0 tsp	0.005

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	27.8	1.0 fl oz	0.005
14532	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof	27.8	1.0 fl oz	0.005
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	27.8	1.0 fl oz	0.005
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	27.8	1.0 fl oz	0.005
14533	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof	27.8	1.0 fl oz	0.005
14050	Alcoholic beverage, distilled, rum, 80 proof	27.8	1.0 fl oz	0.005
05084	Chicken, broilers or fryers, neck, meat and skin, raw	15.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.005
04639	Salad dressing, ranch dressing, regular	15.0	1.0 tablespoon	0.005
01112	Whey, acid, fluid	246.0	1.0 cup	0.005
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	246.0	1.0 cup	0.005
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	0.005
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	0.005
01152	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A	245.0	1.0 cup	0.005
01088	Milk, buttermilk, fluid, cultured, lowfat	245.0	1.0 cup	0.005
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.005
01083	Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D	245.0	1.0 cup	0.005
01080	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D	245.0	1.0 cup	0.005
03841	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed	30.5	1.0 fl oz	0.005
01059	Milk, filled, fluid, with blend of hydrogenated vegetable oils	244.0	1.0 cup	0.005
01060	Milk, filled, fluid, with lauric acid oil	244.0	1.0 cup	0.005
03953	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, ready-to-feed	30.5	1.0 fl oz	0.005
14414	Alcoholic beverage, liqueur, coffee, 53 proof	34.8	1.0 fl oz	0.005
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	30.4	1.0 fl oz	0.005
15077	Fish, salmon, chinook, smoked	28.35	1.0 oz, boneless	0.005
17239	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.005
01023	Cheese, gruyere	28.35	1.0 oz	0.005
17262	Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.005
17300	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.005
15179	Fish, salmon, chinook, smoked, (lox), regular	28.35	1.0 oz	0.005
10112	Pork, fresh, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.005
01210	Egg Mix, USDA Commodity	8.6	1.0 tbsp	0.005
07065	Pork and beef sausage, fresh, cooked	13.0	1.0 link (raw dimensions: 4" long x 7/8" dia), cooked	0.005
15007	Fish, butterfish, raw	32.0	1.0 fillet	0.005
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.005

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
19336	Sugars, powdered	120.0	1.0 cup unsifted	0.005
13350	Beef, cured, dried	28.0	10.0 slices	0.005
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	95.0	1.0 thigh	0.005
15191	Fish, butterfish, cooked, dry heat	25.0	1.0 fillet	0.005
14292	Lemonade, frozen concentrate, white	36.5	1.0 fl oz	0.005
19898	Ice creams, regular, low carbohydrate, vanilla	58.0	1.0 individual (3.5 fl oz)	0.005
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	153.0	5.0 fl oz	0.005
11216	Ginger root, raw	2.0	1.0 tsp	0.005
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	0.005
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	114.0	4.0 oz	0.005
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	0.005
01270	Cheese, cheddar, sharp, sliced	19.0	1.0 slice (2/3 oz)	0.005
04114	Salad dressing, italian dressing, commercial, regular	14.7	1.0 tbsp	0.005
17308	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.005
15055	Fish, mullet, striped, raw	28.35	1.0 oz	0.005
23502	USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked	28.35	1.0 oz	0.005
17029	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.005
17304	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.005
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	28.35	1.0 oz	0.005
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	30.2	1.0 fl oz	0.005
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	113.0	4.0 oz	0.005
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	113.0	4.0 oz	0.005
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	0.004
27053	Dip, OLD EL PASO, Cheese 'n Salsa, medium	32.0	2.0 tbsp	0.004
04636	Salad dressing, italian dressing, fat-free	14.0	1.0 tbsp	0.004
14215	Beverages, coffee, instant, regular, prepared with water	29.8	1.0 fl oz	0.004
19703	Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C	9.0	1.0 tbsp	0.004
19121	Puddings, banana, dry mix, instant, prepared with 2% milk	147.0	0.5 cup From 19191	0.004
19704	Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium	9.0	1.0 tbsp	0.004
19331	Puddings, lemon, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.004

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
14427	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water	31.3	1.0 fl oz	0.004
14019	Alcoholic beverage, tequila sunrise, canned	31.1	1.0 fl oz	0.004
04021	Salad dressing, italian dressing, commercial, reduced fat	15.0	1.0 tablespoon	0.004
19090	Ice creams, french vanilla, soft-serve	86.0	0.5 cup (4 fl oz)	0.004
01236	Ice cream, soft serve, chocolate	86.0	0.5 cup	0.004
19228	Frostings, cream cheese-flavor, ready-to-eat	33.0	2.0 tbsp creamy	0.004
19089	Ice creams, vanilla, rich	107.0	0.5 cup	0.004
17324	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.004
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.004
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	0.004
17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.004
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.004
07063	Pork sausage, link/patty, unprepared	25.0	1.0 link	0.004
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	85.0	3.0 oz	0.004
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.004
05286	Turkey and gravy, frozen	85.0	3.0 oz	0.004
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.004
15049	Fish, mackerel, king, raw	85.0	3.0 oz	0.004
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	0.004
23419	Beef, New Zealand, imported, intermuscular fat, cooked	85.0	3.0 oz	0.004
17453	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.004
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.004
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.004
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.004
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.004
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.004
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	0.004
09173	Longans, dried	1.7	1.0 fruit	0.004
25043	Snacks, candy bits, yogurt covered with vitamin C	20.0	1.0 package	0.004

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	138.0	1.0 rack	0.004
14436	Beverages, orange breakfast drink, ready-to-drink, with added nutrients	31.6	1.0 fl oz	0.004
19260	Ice creams, vanilla, light, no sugar added	68.0	1.0 serving 1/2 cup	0.004
14150	Beverages, carbonated, orange	31.0	1.0 fl oz	0.004
14142	Beverages, carbonated, grape soda	31.0	1.0 fl oz	0.004
14130	Carbonated beverage, cream soda	30.9	1.0 fl oz	0.004
14157	Beverages, carbonated, root beer	30.8	1.0 fl oz	0.004
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	0.004
19303	Marmalade, orange	20.0	1.0 tbsp	0.004
19116	Candies, marshmallows	50.0	1.0 cup of miniature	0.004
01111	Milk shakes, thick vanilla	28.4	1.0 fl oz	0.004
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.004
13149	Beef, rib, shortribs, separable lean only, choice, raw	28.35	1.0 oz	0.004
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.004
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.004
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.004
17302	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.004
17269	Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.004
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	0.004
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.004
13023	Beef, brisket, whole, separable lean only, all grades, raw	28.35	1.0 oz	0.004
17312	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.004
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.004
13348	Beef, cured, corned beef, canned	28.35	1.0 oz	0.004
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.004
05183	Turkey, dark meat, meat and skin, raw	28.35	1.0 oz	0.004
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.004
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.004
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	0.004
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.004
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.004
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	0.004
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.004
13097	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.004

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.004
13227	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.004
13901	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.004
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.004
14460	Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.	30.5	1.0 fl oz	0.004
14136	Beverages, carbonated, ginger ale	30.5	1.0 fl oz	0.004
19233	Puddings, vanilla, ready-to-eat, fat free	99.0	1.0 serving 3.5 oz shelf stable	0.004
05705	Turkey, whole, meat only, with added solution, roasted	28.0	3.0 oz	0.004
09228	Papaya, canned, heavy syrup, drained	39.0	1.0 piece	0.004
19236	Candies, HERSHEY'S MILK CHOCOLATE WITH ALMOND BITES	39.0	17.0 pieces	0.004
07073	Sandwich spread, pork, beef	15.0	1.0 tbsp	0.004
13357	Beef, cured, sausage, cooked, smoked	43.0	1.0 sausage	0.004
19108	Candies, jellybeans	11.0	10.0 small	0.004
14305	Malt beverage, includes non-alcoholic beer	29.6	1.0 fl oz	0.004
04367	Salad dressing, french dressing, fat-free	16.0	1.0 tablespoon	0.004
19088	Ice creams, vanilla, light	76.0	1.0 serving 1/2 cup	0.004
11950	Mushrooms, enoki, raw	5.0	1.0 large	0.004
03017	Babyfood, meat, turkey sticks, junior	10.0	1.0 stick	0.004
17298	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.004
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.004
13001	Beef, carcass, separable lean and fat, choice, raw	28.35	1.0 oz	0.004
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.004
17292	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.004
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.004
15068	Fish, pompano, florida, raw	28.35	1.0 oz, boneless	0.004
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.004
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.004
13883	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.004
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.004
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.004
17282	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.004
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.004
13002	Beef, carcass, separable lean and fat, select, raw	28.35	1.0 oz	0.004

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.004
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.004
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.004
15207	Fish, roe, mixed species, cooked, dry heat	28.35	1.0 oz	0.004
13887	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.004
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.004
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	28.35	1.0 oz	0.004
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.004
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.004
17310	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.004
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.004
13819	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.004
13803	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.004
13866	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.004
17320	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.004
13885	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.004
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.004
05285	Turkey, diced, light and dark meat, seasoned	28.35	1.0 oz	0.004
17268	Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.004
01041	Cheese, tilsit	28.35	1.0 oz	0.004
01124	Egg, white, raw, fresh	33.0	1.0 large	0.004
01226	Egg substitute, liquid or frozen, fat free	60.0	0.25 cup	0.004
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	0.004
14219	Beverages, coffee, instant, decaffeinated, prepared with water	29.9	1.0 fl oz	0.004
14223	Beverages, coffee, instant, chicory	29.9	1.0 fl oz	0.004
14428	Beverages, shake, fast food, strawberry	23.5	1.0 fl oz	0.004
42193	Salad Dressing, mayonnaise-like, fat-free	16.0	1.0 tbsp	0.004
05089	Chicken, broilers or fryers, neck, meat only, cooked, fried	7.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.004
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	114.0	4.0 oz	0.003
01140	Egg, quail, whole, fresh, raw	9.0	1.0 egg	0.003
14323	Beverages, orange drink, canned, with added vitamin C	31.0	1.0 fl oz	0.003
10228	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw	28.35	1.0 oz	0.003
13844	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.003
05169	Turkey, skin from whole, (light and dark), raw	28.35	1.0 oz	0.003
13330	Beef, variety meats and by-products, mechanically separated beef, raw	28.35	1.0 oz	0.003

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
13807	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.003
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.003
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	0.003
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.003
13095	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.003
17166	Game meat, elk, raw	28.35	1.0 oz	0.003
13817	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.003
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.003
01010	Cheese, cheshire	28.35	1.0 oz	0.003
13830	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.003
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.003
13827	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.003
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.003
10100	Pork, fresh, variety meats and by-products, ears, frozen, raw	28.35	1.0 oz	0.003
13824	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.003
17328	Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.003
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.003
17296	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.003
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.003
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.003
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.003
17322	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.003
13815	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.003
13859	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.003
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.003
13926	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.003
17209	Lamb, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	0.003
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.003
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.003
10072	Pork, fresh, shoulder, whole, separable lean only, raw	28.35	1.0 oz	0.003
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.003
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	0.003
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.003
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.003
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.003

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.003
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.003
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	0.003
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	0.003
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	0.003
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.003
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.003
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.003
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	0.003
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.003
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.003
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.003
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.003
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.003
17067	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	0.003
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	0.003
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.003
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	0.003
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	0.003
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	0.003
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.003
05713	Turkey, retail parts, wing, meat only, cooked, roasted	85.0	3.0 oz	0.003
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	0.003
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	85.0	3.0 oz	0.003
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.003
19085	Candies, confectioner's coating, butterscotch	170.0	1.0 cup chips	0.003
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	0.003
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	85.0	3.0 oz	0.003
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.003

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.003
01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	0.003
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	0.003
03955	Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, ready-to-feed, with ARA and DHA	30.8	1.0 fl oz	0.003
04120	Salad dressing, french dressing, commercial, regular	16.0	1.0 tbsp	0.003
04635	Salad dressing, thousand island dressing, fat-free	16.0	1.0 tbsp	0.003
02065	Spearmint, fresh	0.3	2.0 leaves	0.003
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	30.0	1.0 medallion	0.003
44260	Puddings, all flavors except chocolate, low calorie, instant, dry mix	8.0	1.0 serving	0.003
04141	Salad dressing, french dressing, commercial, regular, without salt	15.0	1.0 tablespoon	0.003
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.003
01022	Cheese, gouda	28.35	1.0 oz	0.003
15109	Fish, surimi	28.35	1.0 oz	0.003
13841	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.003
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.003
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	28.35	1.0 oz	0.003
13833	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.003
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.003
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	28.35	1.0 oz	0.003
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.003
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	28.35	1.0 oz	0.003
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.003
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.003
13147	Beef, rib, shortribs, separable lean and fat, choice, raw	28.35	1.0 oz	0.003
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.003
10114	Pork, fresh, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	0.003
19218	Puddings, tapioca, ready-to-eat	28.35	1.0 oz	0.003
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	0.003
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.003
15085	Fish, salmon, sockeye, raw	28.35	1.0 oz, boneless	0.003
10121	Pork, fresh, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.003
10001	Pork, fresh, carcass, separable lean and fat, raw	28.35	1.0 oz	0.003
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.003

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
19201	Puddings, vanilla, ready-to-eat	28.35	1.0 oz	0.003
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.003
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	0.003
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	0.003
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.003
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.003
10174	Pork, fresh, variety meats and by-products, tail, raw	28.35	1.0 oz	0.003
01018	Cheese, edam	28.35	1.0 oz	0.003
15127	Fish, tuna, fresh, yellowfin, raw	28.35	1.0 oz, boneless	0.003
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.003
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	0.003
10187	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw	28.35	1.0 oz	0.003
01031	Cheese, neufchatel	28.35	1.0 oz	0.003
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.003
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.003
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	28.35	1.0 oz	0.003
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0.003
13847	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.003
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	28.35	1.0 oz	0.003
19076	Candies, caramels, chocolate-flavor roll	6.6	1.0 piece	0.003
10123	Pork, cured, bacon, unprepared	28.0	1.0 slice raw	0.003
01186	Cheese, cream, fat free	18.0	1.0 tbsp	0.003
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)	0.003
03963	Infant Formula, MEAD JOHNSON, ENFAMIL GENTLEASE LIPIL, with iron, prepared from powder	30.5	1.0 fl oz	0.003
03806	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, ready-to-feed	30.5	1.0 fl oz	0.003
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	30.4	1.0 fl oz	0.003
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	0.003
03988	Infant formula, GERBER, GOOD START, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	0.003
09194	Olives, ripe, canned (jumbo-super colossal)	15.0	1.0 super colossal	0.003
03289	Babyfood, apples with ham, strained	15.0	1.0 tbsp	0.003
14287	Beverages, Lemonade, powder	18.0	1.0 serving	0.003
10994	Bacon, pre-sliced, reduced/low sodium, unprepared	26.0	1.0 slice	0.003
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	71.0	1.0 drumstick	0.003

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	28.35	1.0 oz	0.003
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0.003
01045	Cheese food, cold pack, American	28.35	1.0 oz	0.003
10219	Pork, fresh, ground, raw	28.35	1.0 oz	0.003
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	0.003
17092	Veal, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	0.003
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	28.35	1.0 oz	0.003
19107	Candies, hard	28.35	1.0 oz	0.003
17270	Veal, breast, separable fat, cooked	28.35	1.0 oz	0.003
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0.003
17326	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.003
17294	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.003
01047	Cheese food, pasteurized process, swiss	28.35	1.0 oz	0.003
17271	Veal, breast, whole, boneless, separable lean and fat, raw	28.35	1.0 oz	0.003
01028	Cheese, mozzarella, part skim milk	28.35	1.0 oz	0.003
17288	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.003
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	0.003
10803	USDA Commodity, pork, ground, fine/coarse, frozen, cooked	28.35	1.0 oz grilled patties	0.003
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.003
14327	Beverages, orange and apricot juice drink, canned	31.2	1.0 fl oz	0.003
42140	Salad dressing, italian dressing, reduced calorie	14.0	1.0 tbsp	0.003
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	0.003
07973	Turkey bacon, microwaved	8.1	1.0 slice	0.003
03986	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, ready-to-feed	30.5	1.0 fl oz	0.003
03839	Infant formula, ABBOTT NUTRITION, SIMILAC, NATURAL CARE, ADVANCE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0.003
33876	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, ready-to-feed	30.5	1.0 fl oz	0.003
19173	Gelatin desserts, dry mix, prepared with water	135.0	0.5 cup	0.003
11615	Chives, freeze-dried	0.2	1.0 tbsp	0.003
14004	Alcoholic beverage, beer, regular, BUDWEISER	29.8	1.0 fl oz	0.003
14166	Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine	29.6	1.0 fl oz	0.003
07254	Turkey bacon, unprepared	14.0	1.0 serving	0.003
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	28.35	1.0 oz	0.003
17278	Veal, shank (fore and hind), separable lean only, raw	28.35	1.0 oz	0.003

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
17286	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.003
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	28.35	1.0 oz	0.003
01004	Cheese, blue	28.35	1.0 oz	0.003
17276	Veal, shank (fore and hind), separable lean and fat, raw	28.35	1.0 oz	0.003
01027	Cheese, mozzarella, whole milk, low moisture	28.35	1.0 oz	0.003
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0.003
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	0.003
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	85.0	3.0 oz	0.003
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.003
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	0.003
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	0.003
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.003
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.003
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.003
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.003
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.003
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	0.003
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.003
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.003
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.003
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.003
09523	Lemon juice from concentrate, bottled, CONCORD	15.0	1.0 tbsp	0.003
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.003
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.003
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	85.0	3.0 oz	0.003
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.003
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	0.003
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.003
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.003
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.003
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.003
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.003

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.003
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	0.003
07028	Ham, sliced, packaged (96% fat free, water added)	23.0	1.0 slice	0.003
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	11.5	1.0 slice	0.003
27066	Sauce, horseradish	5.6	1.0 tsp	0.003
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	251.0	1.0 cup (1 serving)	0.003
04143	Salad dressing, italian dressing, commercial, regular, without salt	14.7	1.0 tablespoon	0.002
33871	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with ARA and DHA	9.6	1.0 scoop	0.002
14425	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water	31.0	1.0 fl oz	0.002
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	9.5	1.0 scoop	0.002
01114	Whey, sweet, fluid	246.0	1.0 cup	0.002
09153	Lemon juice from concentrate, canned or bottled	15.0	1.0 tbsp	0.002
09524	Lemon juice from concentrate, bottled, REAL LEMON	15.0	1.0 tbsp	0.002
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	5.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.002
43346	Frozen novelties, juice type, orange	29.8	1.0 fl oz	0.002
14003	Alcoholic beverage, beer, regular, all	29.7	1.0 fl oz	0.002
14408	Beverages, orange-flavor drink, breakfast type, powder, prepared with water	33.9	1.0 fl oz	0.002
21343	McDONALD'S, Low Fat Caramel Sauce	21.0	0.8 oz	0.002
06168	Sauce, ready-to-serve, pepper or hot	4.7	1.0 tsp	0.002
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	0.002
17172	Game meat, moose, raw	28.35	1.0 oz	0.002
05698	Turkey, skin from whole (light and dark), with added solution, raw	28.35	1.0 oz	0.002
01093	Milk, dry, nonfat, calcium reduced	28.35	1.0 oz	0.002
05665	Ground turkey, 93% lean, 7% fat, raw	28.35	1.0 oz	0.002
19365	Toppings, marshmallow cream	28.35	1.0 oz	0.002
03858	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted	8.7	1.0 scoop	0.002
03837	Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not reconstituted	8.7	1.0 scoop	0.002
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	113.0	4.0 oz	0.002
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	113.0	4.0 oz	0.002
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	0.002
23420	Beef, New Zealand, imported, intermuscular fat, raw	113.0	4.0 oz	0.002
23436	Beef, New Zealand, imported, subcutaneous fat, raw	113.0	4.0 oz	0.002
11945	Pickle relish, sweet	15.0	1.0 tbsp	0.002
11958	Pickle relish, hamburger	15.0	1.0 tbsp	0.002
11944	Pickle relish, hot dog	15.0	1.0 tbsp	0.002

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
14052	Alcoholic beverage, distilled, whiskey, 86 proof	27.8	1.0 fl oz	0.002
03853	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted	8.5	1.0 scoop	0.002
03950	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted	8.5	1.0 scoop	0.002
10998	Canadian bacon, cooked, pan-fried	13.8	1.0 slice	0.002
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	0.002
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	12.0	1.0 slice	0.002
14029	Alcoholic beverage, whiskey sour, prepared from item 14028	30.4	1.0 fl oz	0.002
19908	Sugar, turbinado	4.6	1.0 tsp	0.002
05088	Chicken, broilers or fryers, neck, meat only, raw	6.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.002
10861	Pork, cured, bacon, cooked, microwaved	9.1	1.0 slice cooked	0.002
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	13.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.002
14005	Alcoholic beverage, beer, light, BUDWEISER SELECT	29.5	1.0 fl oz	0.002
14025	Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix	29.4	1.0 fl oz	0.002
17156	Game meat, bison, separable lean only, raw	28.35	1.0 oz	0.002
10167	Pork, cured, separable fat (from ham and arm picnic), roasted	28.35	1.0 oz	0.002
14296	Beverages, lemonade-flavor drink, powder	18.0	1.0 serving	0.002
01172	Egg, white, raw, frozen, pasteurized	28.0	1.0 oz	0.002
01173	Egg, white, dried	28.0	1.0 oz	0.002
04629	Margarine, margarine-type vegetable oil spread, 70% fat, soybean and partially hydrogenated soybean, stick	14.0	1.0 tbsp (1 NLEA serving)	0.002
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	28.0	3.0 oz	0.002
07031	Ham salad spread	15.0	1.0 tbsp	0.002
19334	Sugars, brown	3.0	1.0 tsp unpacked	0.002
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	12.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.002
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	0.002
01153	Milk, canned, evaporated, with added vitamin A	31.5	1.0 fl oz	0.002
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	0.002
03951	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.002
03851	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.002
03856	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.002
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	31.1	1.0 fl oz	0.002
14027	Alcoholic beverage, whiskey sour, canned	30.8	1.0 fl oz	0.002
03944	Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0.002
03846	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed	30.5	1.0 fl oz	0.002

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
03935	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0.002
03947	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA	30.5	1.0 fl oz	0.002
14531	Alcoholic beverage, whiskey sour	30.4	1.0 fl oz	0.002
04689	Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light	14.0	1.0 tbsp (1 NLEA serving)	0.002
01056	Cream, sour, cultured	12.0	1.0 tbsp	0.002
07081	Turkey breast, sliced, prepackaged	15.0	1.0 slice	0.002
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	0.002
10860	Pork, cured, bacon, cooked, baked	8.1	1.0 slice cooked	0.002
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	29.6	1.0 fl oz	0.002
14006	Alcoholic beverage, beer, light	29.5	1.0 fl oz	0.002
14007	Alcoholic beverage, beer, light, BUD LIGHT	29.5	1.0 fl oz	0.002
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	8.0	1.0 slice cooked	0.002
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	6.0	1.0 medium	0.002
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	28.35	1.0 oz	0.002
10942	Pork, fresh, composite of separable fat, with added solution, raw	28.35	1.0 oz	0.002
10005	Pork, fresh, belly, raw	28.35	1.0 oz	0.002
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.002
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.002
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.002
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.002
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	0.002
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.002
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.002
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.002
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.002
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.002
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	0.002
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	0.002
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.002
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.002
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.002
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.002

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
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	0.002
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.002
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	0.002
42192	Salad dressing, blue or roquefort cheese dressing, fat-free	17.0	1.0 tbsp	0.002
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.002
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.002
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.002
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	85.0	3.0 oz	0.002
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.002
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	85.0	3.0 oz	0.002
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.002
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.002
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.002
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.002
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.002
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	85.0	3.0 oz	0.002
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	0.002
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.002
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.002
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.002
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.002
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.002
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.002
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	0.002
09193	Olives, ripe, canned (small-extra large)	8.4	1.0 tbsp	0.002
09172	Longans, raw	3.2	1.0 fruit without refuse	0.002
43274	Cheese, cream, low fat	15.0	1.0 tbsp	0.002
07974	Bacon, turkey, low sodium	15.0	1.0 serving	0.002
01017	Cheese, cream	14.5	1.0 tbsp	0.002
14293	Lemonade, frozen concentrate, white, prepared with water	30.9	1.0 fl oz	0.002
14009	Alcoholic beverage, daiquiri, canned	30.5	1.0 fl oz	0.002
01049	Cream, fluid, half and half	30.2	1.0 fl oz	0.002
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	0.002

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
14013	Alcoholic beverage, beer, light, low carb	29.5	1.0 fl oz	0.001
10165	Pork, cured, salt pork, raw	28.35	1.0 oz	0.001
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	28.35	1.0 oz	0.001
10105	Pork, fresh, variety meats and by-products, jowl, raw	28.35	1.0 oz	0.001
05712	Turkey, retail parts, wing, meat only, raw	28.0	3.0 oz	0.001
15072	Fish, roe, mixed species, raw	14.0	1.0 tbsp	0.001
07043	Roast beef, deli style, prepackaged, sliced	9.3	1.0 slice oval	0.001
33874	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed Low iron	30.4	1.0 fl oz	0.001
03984	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed	30.4	1.0 fl oz	0.001
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	30.4	1.0 fl oz	0.001
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	0.001
33875	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calories ready-to-feed Low iron	30.0	5.0 fl oz	0.001
02064	Peppermint, fresh	0.1	2.0 leaves	0.001
07067	Poultry salad sandwich spread	13.0	1.0 tbsp	0.001
01146	Cheese, parmesan, shredded	5.0	1.0 tbsp	0.001
03685	Babyfood, cereal, mixed, prepared with whole milk	28.35	1.0 oz	0.001
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	28.35	1.0 oz	0.001
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	28.35	1.0 oz	0.001
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	28.35	1.0 oz	0.001
03681	Babyfood, cereal, barley, prepared with whole milk	28.35	1.0 oz	0.001
03694	Babyfood, cereal, rice, prepared with whole milk	28.35	1.0 oz	0.001
04641	Salad dressing, mayonnaise, light	15.0	1.0 tablespoon	0.001
04708	Mayonnaise, reduced fat, with olive oil	15.0	1.0 tbsp	0.001
14541	Beverages, fruit punch-flavor drink, powder, without added sodium, prepared with water	32.7	1.0 fl oz	0.001
19222	Desserts, rennin, vanilla, dry mix	10.8	1.0 tbsp	0.001
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	0.001
03855	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, ready-to-feed	31.0	1.0 fl oz	0.001
14543	Beverages, lemonade, frozen concentrate, pink, prepared with water	30.9	1.0 fl oz	0.001
14148	Beverages, carbonated, cola, regular	30.7	1.0 fl oz	0.001
03946	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0.001
03850	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, ready-to-feed	30.4	1.0 fl oz	0.001
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	30.4	1.0 fl oz	0.001
03949	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, ready-to-feed	30.4	1.0 fl oz	0.001
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.0	1.0 tbsp	0.001
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	6.0	1.0 slice	0.001

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
14604	Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener	29.6	1.0 fl oz	0.001
05714	Turkey, skin, from retail parts, from dark meat, raw	28.35	1.0 oz	0.001
17005	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.001
17066	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	0.001
10007	Pork, fresh, separable fat, cooked	28.35	1.0 oz	0.001
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.001
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.001
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.001
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.001
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.001
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.001
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.001
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.001
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.001
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.001
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.001
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.001
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.001
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.1	1.0 tbsp	0.001
42230	Salad Dressing, coleslaw dressing, reduced fat	17.0	1.0 tbsp	0.001
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1.0 tsp	0.001
14145	Beverages, carbonated, SPRITE, lemon-lime, without caffeine	30.8	1.0 fl oz	0.001
09328	Maraschino cherries, canned, drained	5.0	1.0 cherry (NLEA serving)	0.001
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	0.001
19907	Sweeteners, for baking, contains sugar and sucralose	14.5	1.0 tbsp	0.001
01199	Cream, half and half, fat free	29.0	2.0 tbsp	0.001
19103	Candies, fudge, vanilla, prepared-from-recipe	28.35	1.0 oz	0.001
10004	Pork, fresh, backfat, raw	28.35	1.0 oz	0.001
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1.0 tsp	0.001
01055	Cream, sour, reduced fat, cultured	15.0	1.0 tbsp	0.000
19030	Syrup, fruit flavored	20.0	1.0 serving	0.000
01225	Dulce de Leche	19.0	1.0 tbsp	0.000
19912	Sweetener, syrup, agave	6.9	1.0 tsp	0.000

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
19384	Candies, divinity, prepared-from-recipe	11.0	1.0 piece	0.000
14288	Lemonade, powder, prepared with water	33.0	1.0 fl oz	0.000
14297	Beverages, lemonade-flavor drink, powder, prepared with water	31.8	1.0 fl oz	0.000
14303	Limeade, frozen concentrate, prepared with water	30.9	1.0 fl oz	0.000
14155	Beverages, carbonated, tonic water	30.5	1.0 fl oz	0.000
14121	Beverages, carbonated, club soda	29.6	1.0 fl oz	0.000
19524	Snacks, taro chips	28.35	1.0 oz	0.000
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	28.35	1.0 oz spiral slice	0.000
13335	Beef, variety meats and by-products, suet, raw	28.35	1.0 oz	0.000
19070	Candies, butterscotch	28.35	1.0 oz	0.000
10109	Pork, fresh, variety meats and by-products, leaf fat, raw	28.35	1.0 oz	0.000
19383	Candies, toffee, prepared-from-recipe	12.0	1.0 piece	0.000
19204	Puddings, lemon, dry mix, instant, prepared with 2% milk	8.0	1.0 serving	0.000
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12.0	1.0 tbsp	0.000
01145	Butter, without salt	5.0	1.0 pat (1" sq, 1/3" high)	0.000
43401	Beverages, coffee, instant, with whitener, reduced calorie	1.7	1.0 tsp dry	0.000
43345	Beverages, fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie	2.0	1.0 tsp	0.000
04028	Salad dressing, mayonnaise, imitation, milk cream	15.0	1.0 tablespoon	0.000
19335	Sugars, granulated	2.8	1.0 serving packet	0.000
19909	Sweeteners, sugar substitute, granulated, brown	0.5	1.0 tsp	0.000
42055	Beverages, fruit-flavored drink, dry powdered mix, low calorie, with aspartame	8.0	1.0 tsp	0.000
02052	Vanilla extract, imitation, no alcohol	4.2	1.0 tsp	0.000
01002	Butter, whipped, with salt	3.8	1.0 pat (1" sq, 1/3" high)	0.000
19248	Candies, HERSHEY'S, ALMOND JOY BITES	40.0	18.0 pieces	0.000
04630	Margarine Spread, approximately 48% fat, tub	14.0	1.0 tbsp	0.000
10102	Pork, fresh, variety meats and by-products, feet, raw	28.35	1.0 oz	0.000
19202	Puddings, vanilla, dry mix, instant	99.0	1.0 package (3.5 oz)	0.000
14647	Beverages, Fruit flavored drink, reduced sugar, greater than 3% fruit juice, high vitamin C, added calcium	240.0	8.0 fl oz	0.000
13020	Beef, retail cuts, separable fat, cooked	28.35	1.0 oz	0.000
04660	Oil, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy	13.6	1.0 tbsp	0.000
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.000
14385	Beverages, water, bottled, POLAND SPRING	29.6	1.0 fl oz	0.000
04584	Oil, sunflower, high oleic (70% and over)	14.0	1.0 tbsp	0.000
14146	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine	29.6	1.0 fl oz	0.000
01003	Butter oil, anhydrous	12.8	1.0 tbsp	0.000

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	14.3	1.0 tbsp	0.000
43514	Frozen novelties, ice type, pop, with low calorie sweetener	55.0	1.0 serving 1.75 fl oz pop	0.000
42231	Oil, flaxseed, cold pressed	13.6	1.0 tbsp	0.000
19283	Frozen novelties, ice type, pop	52.0	1.0 serving 1.75 fl oz pop	0.000
04657	Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter	13.6	1.0 tbsp	0.000
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	0.000
04581	Oil, avocado	14.0	1.0 tbsp	0.000
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117.0	0.5 cup	0.000
14021	Beverages, Energy drink, Citrus	240.0	8.0 fl oz	0.000
04594	Fish oil, sardine	13.6	1.0 tbsp	0.000
14629	Beverages, Energy drink, ROCKSTAR	31.0	1.0 fl oz	0.000
04044	Oil, soybean, salad or cooking	13.6	1.0 tbsp	0.000
14051	Alcoholic beverage, distilled, vodka, 80 proof	27.8	1.0 fl oz	0.000
19350	Syrups, corn, light	341.0	1.0 cup	0.000
04645	Oil, industrial, canola (partially hydrogenated) oil for deep fat frying	13.6	1.0 tablespoon	0.000
04545	Oil, sunflower, linoleic, (partially hydrogenated)	13.6	1.0 tbsp	0.000
14432	Beverages, water, bottled, non-carbonated, DANNON	29.6	1.0 fl oz	0.000
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.000
04513	Vegetable oil, palm kernel	13.6	1.0 tablespoon	0.000
19164	Candies, SPECIAL DARK Chocolate Bar	41.0	1.0 bar 1.45 oz	0.000
19910	Candies, crispy bar with peanut butter filling	42.0	1.0 serving 1.5 oz	0.000
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)	0.000
10006	Pork, fresh, separable fat, raw	28.35	1.0 oz	0.000
14411	Beverages, water, tap, drinking	29.6	1.0 fl oz	0.000
04591	Fish oil, menhaden	13.6	1.0 tbsp	0.000
14429	Beverages, water, tap, municipal	29.6	1.0 fl oz	0.000
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	0.000
23519	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0.000
19099	Candies, fondant, prepared-from-recipe	28.35	1.0 oz	0.000
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	74.0	1.0 serving	0.000
04674	Margarine-like spread, SMART BALANCE Light Buttery Spread	14.0	1.0 tbsp	0.000
04588	Oil, oat	13.6	1.0 tbsp	0.000
04002	Lard	12.8	1.0 tbsp	0.000

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
14028	Beverages, Whiskey sour mix, bottled	32.3	1.0 fl oz	0.000
19249	Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate	42.0	1.0 serving 1.5 oz	0.000
04631	Margarine-like, vegetable oil spread, fat-free, tub	14.6	1.0 tbsp	0.000
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251.0	1.0 cup (1 serving)	0.000
14083	Beverages, chocolate malt, powder, prepared with fat free milk	256.0	1.0 serving	0.000
04661	Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners	13.6	1.0 tbsp	0.000
14147	Beverages, carbonated, cola, without caffeine	30.7	1.0 fl oz	0.000
03934	Babyfood, corn and sweet potatoes, strained	28.35	1.0 oz	0.000
04615	Shortening, vegetable, household, composite	12.8	1.0 tbsp	0.000
19152	Candies, ROLO Caramels in Milk Chocolate	48.0	1.0 package 1 package	0.000
14461	Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	30.5	1.0 fl oz	0.000
04658	Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product	13.6	1.0 tbsp	0.000
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.000
19110	Candies, KRACKEL Chocolate Bar	41.0	1.0 bar 1.45 oz	0.000
04582	Oil, canola	14.0	1.0 tbsp	0.000
14144	Beverages, carbonated, lemon-lime soda, no caffeine	30.8	1.0 fl oz	0.000
19918	Sweetener, herbal extract powder from Stevia leaf	1.0	1.0 package	0.000
14024	Beverages, Whiskey sour mix, powder	17.0	1.0 packet	0.000
04595	Shortening, multipurpose, soybean (hydrogenated) and palm (hydrogenated)	12.8	1.0 tbsp	0.000
18372	Leavening agents, baking soda	4.6	1.0 tsp	0.000
04047	Oil, coconut	13.6	1.0 tbsp	0.000
19873	Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops	55.0	1.0 serving 1.75 fl oz pop	0.000
14440	Beverages, water, bottled, non-carbonated, DANNON Fluoride To Go	29.6	1.0 fl oz	0.000
04646	Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts	13.6	1.0 tbsp	0.000
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.000
04546	Shortening bread, soybean (hydrogenated) and cottonseed	12.8	1.0 tablespoon	0.000
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	85.0	3.0 oz	0.000
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	0.000
04592	Fish oil, menhaden, fully hydrogenated	12.5	1.0 tbsp	0.000
14049	Alcoholic beverage, distilled, gin, 90 proof	27.8	1.0 fl oz	0.000
19143	Candies, MR. GOODBAR Chocolate Bar	49.0	1.0 bar (1.75 oz)	0.000
14433	Beverages, water, bottled, non-carbonated, PEPSI, AQUAFINA	29.6	1.0 fl oz	0.000
04643	Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying	13.6	1.0 tablespoon	0.000
04531	Oil, soybean lecithin	13.6	1.0 tablespoon	0.000
14412	Beverages, water, tap, well	29.6	1.0 fl oz	0.000
14559	Beverages, water, bottled, non-carbonated, EVIAN	29.6	1.0 fl oz	0.000

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	114.0	4.0 oz	0.000
19337	Sweeteners, tabletop, aspartame, EQUAL, packets	3.5	1.0 tsp	0.000
19856	Frozen novelties, juice type, POPSICLE SCRIBBLERS	33.0	1.0 serving 1.2 fl oz pop	0.000
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	0.000
04501	Oil, cocoa butter	13.6	1.0 tablespoon	0.000
03024	Babyfood, water, bottled, GERBER, without added fluoride.	113.0	1.0 serving	0.000
04690	Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	14.9	1.0 tbsp	0.000
04589	Fish oil, cod liver	4.5	1.0 tsp	0.000
19136	Candies, HERSHEY'S SKOR Toffee Bar	39.0	1.0 bar 1.4 oz	0.000
19250	Candies, HERSHEY, KIT KAT BIG KAT Bar	55.0	1.0 bar 1.94 oz	0.000
44005	Oil, corn, peanut, and olive	14.0	1.0 tablespoon	0.000
14530	Whiskey sour mix, bottled, with added potassium and sodium	32.3	1.0 fl oz	0.000
04662	Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)	13.6	1.0 tbsp	0.000
01258	Egg, white, dried, stabilized, glucose reduced	107.0	1.0 cup, sifted	0.000
04586	Shortening, special purpose for cakes and frostings, soybean (hydrogenated)	12.8	1.0 tbsp	0.000
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	14.9	1.0 tbsp	0.000
14644	Beverages, PEPSICO QUAKER, Gatorade G2, low calorie	237.0	8.0 fl oz	0.000
13019	Beef, retail cuts, separable fat, raw	28.35	1.0 oz	0.000
14462	Beverages, Propel Zero, fruit-flavored, non-carbonated	29.6	1.0 fl oz	0.000
04659	Oil, industrial, coconut, confection fat, typical basis for ice cream coatings	13.6	1.0 tbsp	0.000
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.000
14384	Beverages, water, bottled, PERRIER	29.6	1.0 fl oz	0.000
04583	Oil, mustard	14.0	1.0 tbsp	0.000
19181	Candies, YORK BITES	39.0	15.0 pieces	0.000
19243	Candies, HEATH BITES	39.0	15.0 pieces	0.000
04611	Margarine, regular, 80% fat, composite, tub, with salt	14.2	1.0 tbsp	0.000
04053	Oil, olive, salad or cooking	13.5	1.0 tablespoon	0.000
19150	Candies, REESE'S Peanut Butter Cups	17.0	1.0 package 0.6 oz 1 cup	0.000
04656	Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter	13.6	1.0 tbsp	0.000
23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.000
43158	Sweeteners, tabletop, saccharin (sodium saccharin)	1.0	1.0 serving 1 packet	0.000
04559	Shortening household soybean (hydrogenated) and palm	12.8	1.0 tbsp	0.000
05150	Goose, liver, raw	94.0	1.0 liver	0.000
19175	Gelatin desserts, dry mix, reduced calorie, with aspartame	6.4	1.0 serving	0.000
21346	McDONALD'S, NEWMAN'S OWN Cobb Dressing	62.0	2.0 fl oz	0.000

NDB_No	Description	Weight(g)	Measure	Manganese, Mn(mg) Per Measure
19239	Candies, REESE'S NUTRAGEOUS Candy Bar	54.0	1.0 bar 1.92 oz	0.000
04593	Fish oil, salmon	13.6	1.0 tbsp	0.000
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	114.0	4.0 oz	0.000
19868	Sweeteners, tabletop, sucralose, SPLENDA packets	1.0	1.0 serving 1 packet	0.000
14434	Beverages, The COCA-COLA company, DASANI, water, bottled, non-carbonated	29.6	1.0 fl oz	0.000
04644	Oil, industrial, canola for salads, woks and light frying	13.6	1.0 tablespoon	0.000
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.000
19382	Candies, taffy, prepared-from-recipe	15.0	1.0 piece	0.000
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.000
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15.0	1.0 container, individual	0.000
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	96.0	1.0 serving	0.000
06112	Sauce, teriyaki, ready-to-serve	18.0	1.0 tbsp	0.000
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	13.6	1.0 tablespoon	0.000
19163	Chewing gum	3.0	1.0 stick	0.000
04692	Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D	14.0	1.0 tbsp	0.000
10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless	0.000
43355	Mayonnaise, low sodium, low calorie or diet	14.0	1.0 tbsp	0.000
04590	Fish oil, herring	13.6	1.0 tbsp	0.000
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0.000
19252	Candies, REESE'S, FAST BREAK, milk chocolate peanut butter and soft nougats	56.0	2.0 oz bar	0.000
14350	Strawberry-flavor beverage mix, powder	22.0	1.0 serving (2-3 heaping tsp)	0.000
05312	Chicken, wing, frozen, glazed, barbecue flavored	29.0	1.0 piece	0.000
43026	Syrups, sugar free	240.0	1.0 cup	0.000
04144	Salad dressing, italian dressing, reduced fat, without salt	15.0	1.0 tablespoon	0.000
07956	Beef sausage, fresh, cooked	43.0	1.0 serving	0.000
04663	Oil, industrial, palm kernel (hydrogenated), filling fat	13.6	1.0 tbsp	0.000
04687	Margarine-like spread, BENECOL Light Spread	14.0	1.0 tablespoon (1 NLEA serving)	0.000
19230	Frostings, vanilla, creamy, ready-to-eat	38.0	0.083 package	0.000
04587	Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed	12.8	1.0 tbsp	0.000
14149	Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners	29.6	1.0 fl oz	0.000