USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Zinc, Zn (mg)

Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: 100 g
Report Run at: October 22, 2015 15:05 EDT

NDB_No	Description	Zinc, Zn(mg) Value Per
15170	Mollusks, oyster, eastern, canned	90.95
15168	Mollusks, oyster, eastern, cooked, breaded and fried	87.13
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	78.60
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	64.33
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	61.04
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	51.70
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	50.00
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	50.00
15246	Mollusks, oyster, eastern, farmed, cooked, dry heat	45.15
15167	Mollusks, oyster, eastern, wild, raw	39.30
15245	Mollusks, oyster, eastern, farmed, raw	37.92
15231	Mollusks, oyster, Pacific, cooked, moist heat	33.24
08318	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Strong Heart Antioxidants Cereal	30.00
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	28.30
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	27.80
08580	Incaparina, dry mix (corn and soy flours), unprepared	23.00
14654	Beverages, nutritional shake mix, high protein, powder	18.75
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	18.62
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	18.20
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	18.12
08629	Cereals ready-to-eat, QUAKER, Cap'n Crunch's OOPS! All Berries Cereal	17.98
08675	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey & almonds	17.87
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	17.42
14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	17.31
14055	Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, whey powder, 3-2-1 Plan,	17.29
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	17.17
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	17.13
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	16.73
08084	Cereals ready-to-eat, wheat germ, toasted, plain	16.67

NDB_No	Description	Zinc, Zn(mg) Value Per
15171	Mollusks, oyster, Pacific, raw	16.62
08550	Cereals ready-to-eat, QUAKER, Christmas Crunch	16.36
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	16.16
08366	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Wheat Germ, Regular	16.01
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	15.56
08625	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S Halloween Crunch	15.42
43260	Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted	15.40
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	15.30
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	15.29
08059	Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP	15.29
16156	Peanut butter, chunky, vitamin and mineral fortified	15.10
08487	Cereals ready-to-eat, MALT-O-MEAL, Blueberry MUFFIN TOPS Cereal	14.68
08634	Cereals ready-to-eat, GENERAL MILLS, PEANUT BUTTER TOAST CRUNCH	14.50
08017	Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP	14.40
16155	Peanut butter, smooth, vitamin and mineral fortified	14.40
08598	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, HONEY CLUSTERS	14.39
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	14.10
08481	Cereals ready-to-eat, MALT-O-MEAL, HONEY GRAHAM SQUARES	13.94
08239	Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry	13.90
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	13.90
08582	Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLORER	13.90
08637	Cereals ready-to-eat, GENERAL MILLS, Oat Cluster CHEERIOS Crunch	13.90
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	13.89
08267	Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS	13.89
08270	Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA	13.89
08583	Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS	13.89
08593	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate	13.89
08671	Cereals ready-to-eat, GENERAL MILLS, Dulce De Leche CHEERIOS	13.89
08085	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ	13.88
08549	Cereals ready-to-eat, QUAKER, QUAKER Honey Graham LIFE Cereal	13.82
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	13.78
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	13.78
14063	Beverages, chocolate powder, no sugar added	13.64
14080	Beverages, rich chocolate, powder	13.64
14309	Beverages, OVALTINE, Classic Malt powder	13.64
14315	Beverages, OVALTINE, chocolate malt powder	13.64

NDB_No	Description	Zinc, Zn(mg) Value Per
25006	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Double Chocolate Nut Bar	13.57
08628	Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal	13.47
08074	Cereals ready-to-eat, RALSTON TASTEEOS	13.39
08513	Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS	13.39
08586	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIX	13.39
08592	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut	13.39
08682	Cereals ready-to-eat, GENERAL MILLS, Multi Grain CHEERIOS, Peanut Butter	13.39
08476	Cereals ready-to-eat, MALT-O-MEAL, Honey BUZZERS	12.93
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	12.90
08087	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain CHEERIOS	12.89
08047	Cereals ready-to-eat, QUAKER, KING VITAMAN	12.71
03189	Babyfood, cereal, oatmeal, dry fortified	12.67
08138	Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS	12.50
08206	Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS	12.50
08244	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	12.50
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	12.50
08346	Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH	12.50
08347	Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH	12.50
08494	Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS	12.50
08553	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry	12.50
08595	Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX	12.50
08635	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar	12.50
08651	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Honey Squares	12.50
08669	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Chocolate Squares	12.50
08674	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey	12.50
08676	Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS	12.50
08679	Cereals ready-to-eat, GENERAL MILLS, FROSTED TOAST CRUNCH	12.50
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	12.40
12011	Seeds, cottonseed meal, partially defatted (glandless)	12.32
20078	Wheat germ, crude	12.29
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	12.28
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	12.10
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	12.10
08670	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS, MEDLEY CRUNCH	12.10
08678	Cereals ready-to-eat, GENERAL MILLS, Apple Cinnamon CHEX	12.10
17202	Veal, variety meats and by-products, liver, raw	12.02

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13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	11.99
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	11.95
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	11.90
08685	Cereals ready-to-eat, QUAKER WHOLE HEARTS oat cereal	11.89
25008	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Honey Nut Oat Bar	11.88
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	11.88
08349	Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	11.72
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	11.69
08666	Cereals ready-to-eat, GENERAL MILLS, Cinnamon Burst CHEERIOS	11.69
12007	Seeds, cottonseed flour, partially defatted (glandless)	11.69
12008	Seeds, cottonseed flour, low fat (glandless)	11.61
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	11.49
08268	Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY	11.39
08273	Cereals ready-to-eat, GENERAL MILLS, BOO BERRY	11.39
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	11.39
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	11.38
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	11.37
08348	Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice	11.35
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	11.32
08363	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Toasted Wheat Bran	11.23
17203	Veal, variety meats and by-products, liver, cooked, braised	11.23
08493	Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS	11.21
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	11.21
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	11.20
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	11.04
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	11.01
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	10.98
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	10.94
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	10.93
03194	Babyfood, cereal, rice, dry fortified	10.92
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	10.91
23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	10.90
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	10.76
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	10.73
12032	Seeds, sesame flour, partially defatted	10.70
08579	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH	10.69

NDB_No	Description	Zinc, Zn(mg) Value Per
08594	Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX	10.69
12170	Seeds, sesame flour, high-fat	10.67
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	10.65
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	10.60
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	10.54
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	10.50
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	10.49
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	10.46
12171	Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)	10.45
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	10.44
23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	10.42
23287	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	10.42
13354	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled	10.40
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	10.39
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	10.31
12163	Seeds, pumpkin and squash seeds, whole, roasted, without salt	10.30
12663	Seeds, pumpkin and squash seeds, whole, roasted, with salt added	10.30
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	10.27
17147	Game meat, bear, cooked, simmered	10.27
12174	Seeds, watermelon seed kernels, dried	10.24
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	10.23
12034	Seeds, sesame meal, partially defatted	10.23
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	10.23
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	10.23
23279	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	10.21
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	10.21
23107	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	10.19
13351	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	10.05
01224	Protein supplement, milk based, Muscle Milk Light, powder	10.00
08672	Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS	10.00
12033	Seeds, sesame flour, low-fat	10.00
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	9.99
23278	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	9.99
18374	Leavening agents, yeast, baker's, compressed	9.97
25017	Formulated bar, POWER BAR, chocolate	9.96
13822	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	9.93

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12012	Seeds, hemp seed, hulled	9.90
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	9.88
23280	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	9.88
23105	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	9.85
13352	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled	9.85
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	9.85
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	9.82
13821	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	9.73
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	9.73
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	9.72
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	9.71
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	9.71
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	9.67
23106	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	9.66
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	9.64
19078	Baking chocolate, unsweetened, squares	9.63
23044	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	9.61
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	9.59
13823	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	9.56
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	9.55
25004	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Chewy Chocolate Peanut Bar	9.55
25005	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON MULTIGRAIN CRUNCH BAR	9.55
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	9.53
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	9.52
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	9.48
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	9.44
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	9.40
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	9.39
16067	Hyacinth beans, mature seeds, raw	9.30
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	9.28
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	9.28
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	9.24
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	9.22
23099	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	9.14
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	9.07
23060	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	9.05

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13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	9.05
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	8.93
23511	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	8.92
13965	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled	8.92
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	8.92
23134	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	8.91
02008	Spices, chervil, dried	8.80
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	8.78
23042	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	8.77
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	8.76
23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	8.74
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	8.73
14058	Beverages, Whey protein powder isolate	8.72
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	8.68
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	8.68
17010	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	8.66
13820	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	8.65
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	8.64
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	8.64
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	8.63
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	8.62
13379	Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	8.58
43205	Beverage, instant breakfast powder, chocolate, not reconstituted	8.55
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	8.54
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	8.50
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	8.49
23113	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	8.48
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	8.47
06014	CAMPBELL'S Red and White, Broccoli Cheese Soup, condensed	8.47
06215	CAMPBELL'S, 98% Fat Free Broccoli Cheese Soup, condensed	8.47
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	8.43
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	8.43
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	8.42
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	8.41
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	8.41
06048	Soup, oyster stew, canned, condensed	8.40

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23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	8.39
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	8.38
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	8.33
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	8.32
23501	USDA Commodity, beef patties with VPP, frozen, cooked	8.32
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	8.32
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	8.29
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	8.27
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	8.27
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	8.25
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	8.25
23115	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	8.24
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	8.24
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	8.23
13972	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw	8.21
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	8.20
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	8.19
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	8.19
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	8.17
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	8.15
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	8.14
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	8.14
19002	Snacks, beef jerky, chopped and formed	8.11
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	8.09
17056	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	8.06
23033	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	8.06
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	8.06
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	8.06
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	8.04
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	8.03
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	8.01
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	8.00
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	8.00
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	8.00
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	7.98
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	7.95

NDB_No	Description	Zinc, Zn(mg) Value Per
18375	Leavening agents, yeast, baker's, active dry	7.94
42236	Cereals ready-to-eat, frosted oat cereal with marshmallows	7.94
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	7.93
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	7.93
17289	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	7.93
02033	Spices, poppy seed	7.90
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	7.90
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	7.90
17200	Lamb, variety meats and by-products, liver, cooked, braised	7.89
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	7.87
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	7.87
23517	Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	7.87
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	7.86
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	7.85
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	7.84
13961	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	7.83
13963	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	7.83
23509	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	7.83
23519	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	7.83
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	7.82
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	7.82
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	7.82
12014	Seeds, pumpkin and squash seed kernels, dried	7.81
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	7.81
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	7.81
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	7.80
35009	Whale, beluga, meat, dried (Alaska Native)	7.80
08039	Cereals ready-to-eat, POST, GRAPE-NUTS Flakes	7.80
13150	Beef, rib, shortribs, separable lean only, choice, cooked, braised	7.80
13293	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	7.79
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	7.79
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	7.79
17325	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, cooked, braised	7.78
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	7.76
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	7.76
12023	Seeds, sesame seeds, whole, dried	7.75

NDB_No	Description	Zinc, Zn(mg) Value Per
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	7.74
01137	Egg, yolk, dried	7.73
08216	Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps	7.72
08189	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins	7.70
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	7.69
17008	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	7.69
17229	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	7.69
11268	Mushrooms, shiitake, dried	7.66
13791	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw	7.66
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	7.65
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	7.64
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	7.64
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	7.63
15137	Crustaceans, crab, alaska king, cooked, moist heat	7.62
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	7.61
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	7.61
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	7.60
13356	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw	7.58
23040	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	7.58
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	7.55
13788	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	7.54
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	7.53
11230	Pepeao, dried	7.52
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	7.52
17040	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised	7.52
23110	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	7.51
25031	Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors	7.50
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior	7.50
08305	Cereals ready-to-eat, Post, Waffle Crisp	7.50
08596	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Caramel Delight	7.50
02006	Spices, cardamom	7.47
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	7.47
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	7.47
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	7.46
13389	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted	7.46
13390	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted	7.46

NDB_No	Description	Zinc, Zn(mg) Value Per
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	7.44
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	7.44
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	7.43
13977	Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	7.43
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	7.41
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	7.41
23108	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	7.40
13372	Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	7.39
17132	Veal, shoulder, blade, separable lean only, cooked, braised	7.39
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	7.38
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	7.36
23109	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	7.32
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	7.30
05026	Chicken, heart, all classes, cooked, simmered	7.30
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	7.30
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	7.30
12169	Seeds, sesame butter, paste	7.29
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	7.27
20077	Wheat bran, crude	7.27
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	7.26
23056	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	7.25
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	7.23
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	7.23
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	7.21
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	7.20
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	7.19
23452	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	7.18
08214	Cereals ready-to-eat, QUAKER, Oatmeal Squares	7.18
08632	Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple	7.18
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	7.17
12024	Seeds, sesame seeds, whole, roasted and toasted	7.16
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	7.15
01223	Protein supplement, milk based, Muscle Milk, powder	7.14
08215	Cereals ready-to-eat, QUAKER, Oatmeal Squares, cinnamon	7.14
14033	Beverages, ABBOTT, EAS whey protein powder	7.14
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	7.13

NDB_No	Description	Zinc, Zn(mg) Value Per
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	7.12
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	7.12
23281	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	7.12
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	7.11
02003	Spices, basil, dried	7.10
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	7.09
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	7.09
23058	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	7.09
23159	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	7.09
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	7.09
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	7.07
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	7.07
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	7.06
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	7.05
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	7.05
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	7.05
23545	Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	7.05
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	7.04
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	7.02
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	7.01
23100	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	7.00
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	7.00
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	7.00
17120	Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised	7.00
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	7.00
13395	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	6.99
13396	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled	6.99
23102	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	6.99
23103	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	6.99
23104	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	6.98
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	6.98
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	6.98
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	6.97
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	6.97
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	6.97
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	6.97

NDB_No	Description	Zinc, Zn(mg) Value Per
17287	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	6.96
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	6.95
13227	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw	6.94
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	6.94
02007	Spices, celery seed	6.93
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	6.92
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	6.91
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	6.89
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	6.89
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	6.88
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	6.88
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	6.87
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	6.87
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	6.86
17052	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	6.86
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	6.86
23038	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	6.85
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	6.85
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	6.84
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	6.84
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	6.84
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	6.83
08500	Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS	6.82
14557	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients	6.82
08673	Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	6.81
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	6.81
17279	Veal, shank (fore and hind), separable lean only, cooked, braised	6.81
19165	Cocoa, dry powder, unsweetened	6.81
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	6.81
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	6.80
08599	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS	6.80
08668	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Nutty Clusters & Almonds	6.80
17243	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	6.80
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	6.78
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	6.78
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	6.73

NDB_No	Description	Zinc, Zn(mg) Value Per
12201	Seeds, sesame seed kernels, dried (decorticated)	6.73
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	6.73
10111	Pork, fresh, variety meats and by-products, liver, cooked, braised	6.72
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	6.72
19859	Cocoa, dry powder, hi-fat or breakfast, plain	6.70
19860	Cocoa, dry powder, hi-fat or breakfast, processed with alkali	6.70
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	6.70
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	6.69
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	6.67
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	6.66
17321	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, cooked	6.65
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	6.65
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	6.65
17323	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	6.64
17277	Veal, shank (fore and hind), separable lean and fat, cooked, braised	6.63
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	6.62
16096	Peanuts, virginia, oil-roasted, with salt	6.62
16396	Peanuts, virginia, oil-roasted, without salt	6.62
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	6.62
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	6.60
14067	Beverages, Protein powder soy based	6.60
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	6.60
05025	Chicken, heart, all classes, raw	6.59
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	6.59
17060	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised	6.58
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	6.58
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	6.56
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	6.56
17339	Game meat, elk, ground, cooked, pan-broiled	6.56
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	6.53
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	6.50
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	6.50
17057	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	6.48
17058	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	6.48
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	6.47
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	6.45

NDB_No	Description	Zinc, Zn(mg) Value Per
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	6.45
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	6.45
12147	Nuts, pine nuts, dried	6.45
17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	6.45
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	6.44
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	6.43
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	6.41
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	6.40
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	6.40
17153	Game meat, beefalo, composite of cuts, cooked, roasted	6.40
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	6.39
13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	6.39
23514	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	6.39
23515	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	6.39
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	6.38
19166	Cocoa, dry powder, unsweetened, processed with alkali	6.37
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	6.37
13345	Beef, cured, breakfast strips, cooked	6.37
17036	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	6.37
08484	Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal	6.36
19225	Desserts, rennin, tablets, unsweetened	6.36
23227	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	6.34
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	6.34
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	6.33
35232	Wocas, dried seeds, Oregon, yellow pond lily (Klamath)	6.33
17329	Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	6.32
01113	Whey, acid, dried	6.31
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	6.31
08284	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins	6.30
23502	USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked	6.28
05021	Chicken, broilers or fryers, giblets, cooked, fried	6.27
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	6.27
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	6.26
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	6.25
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	6.24
17126	Veal, shoulder, arm, separable lean only, cooked, braised	6.24

NDB_No	Description	Zinc, Zn(mg) Value Per
17247	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	6.24
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	6.23
23147	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	6.20
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	6.20
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	6.20
03849	Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, with iron, powder, with ARA and DHA	6.20
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	6.20
23220	Beef, ground, unspecified fat content, cooked	6.19
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	6.19
02042	Spices, thyme, dried	6.18
03945	Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA	6.18
14066	Beverages, Protein powder whey based	6.18
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	6.17
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	6.16
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	6.15
23146	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	6.14
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	6.14
13808	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	6.13
23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	6.13
23101	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	6.11
11625	Parsley, freeze-dried	6.11
16060	Cowpeas, catjang, mature seeds, raw	6.11
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	6.10
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	6.10
23198	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	6.09
23199	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	6.09
23200	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	6.09
23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	6.08
02024	Spices, mustard seed, ground	6.08
07912	Roast beef spread	6.08
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	6.08
17288	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	6.08
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	6.07
19340	Sugars, maple	6.06
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	6.05
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	6.04

NDB_No	Description	Zinc, Zn(mg) Value Per
20060	Rice bran, crude	6.04
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	6.04
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	6.04
23196	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	6.03
23158	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	6.01
13387	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted	6.01
17141	Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised	6.01
03826	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, with iron, powder, not reconstituted	6.00
03852	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE LIPIL, with iron, powder, not reconstituted, with ARA and DHA	6.00
05631	Emu, oyster, raw	6.00
12160	Seeds, cottonseed kernels, roasted (glandless)	6.00
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	6.00
22979	KASHI Black Bean Mango, frozen, unprepared	6.00
23156	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	6.00
23157	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	6.00
23039	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw	5.99
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	5.99
08211	Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S	5.99
08501	Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES	5.99
16100	Peanut flour, low fat	5.99
13393	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	5.98
13846	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	5.98
17114	Veal, rib, separable lean only, cooked, braised	5.98
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	5.98
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	5.97
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	5.97
08495	Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYNO-BITES	5.96
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	5.96
20088	Wild rice, raw	5.96
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	5.95
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	5.95
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	5.95
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	5.95
15136	Crustaceans, crab, alaska king, raw	5.95
17009	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw	5.95
13392	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	5.93

NDB_No	Description	Zinc, Zn(mg) Value Per
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	5.93
35141	Mutton, cooked, roasted (Navajo)	5.93
23197	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	5.91
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	5.90
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	5.89
11237	Kanpyo, (dried gourd strips)	5.86
17319	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked	5.85
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	5.85
23195	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	5.84
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	5.84
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	5.84
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	5.84
13371	Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	5.83
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	5.82
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	5.82
17123	Veal, shoulder, arm, separable lean and fat, cooked, braised	5.81
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	5.80
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	5.79
12087	Nuts, cashew nuts, raw	5.78
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	5.78
13849	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	5.78
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	5.78
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	5.77
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	5.77
17061	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, broiled	5.77
17252	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	5.77
10110	Pork, fresh, variety meats and by-products, liver, raw	5.76
13386	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	5.76
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	5.76
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	5.76
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	5.76
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	5.75
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	5.74
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	5.73
13860	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	5.73
17049	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	5.73

NDB_No	Description	Zinc, Zn(mg) Value Per
13979	Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	5.72
17037	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	5.72
17133	Veal, shoulder, blade, separable lean only, cooked, roasted	5.72
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	5.72
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	5.72
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	5.72
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	5.72
01134	Egg, whole, dried, stabilized, glucose reduced	5.71
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	5.71
03205	Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified	5.70
03861	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DHA	5.70
03929	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted	5.70
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	5.70
33870	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Toddler, LIPIL, powder	5.70
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	5.69
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	5.69
23052	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	5.68
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	5.68
23153	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	5.67
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	5.67
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	5.67
15154	Crustaceans, spiny lobster, mixed species, raw	5.67
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	5.65
13843	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	5.65
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	5.65
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	5.65
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	5.64
17341	Game meat, elk, round, separable lean only, cooked, broiled	5.64
17201	Lamb, variety meats and by-products, liver, cooked, pan-fried	5.63
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	5.63
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	5.63
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	5.62
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	5.62
17327	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	5.61
23241	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	5.61
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	5.61

NDB_No	Description	Zinc, Zn(mg) Value Per
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	5.60
08073	Cereals ready-to-eat, POST, GOLDEN CRISP	5.60
12085	Nuts, cashew nuts, dry roasted, without salt added	5.60
12585	Nuts, cashew nuts, dry roasted, with salt added	5.60
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	5.60
17087	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised	5.60
08588	Cereals ready-to-eat, KELLOGG, KELLOGG'S CINNABON cereal	5.59
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	5.58
17054	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	5.58
17130	Veal, shoulder, blade, separable lean and fat, cooked, roasted	5.58
17244	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	5.58
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	5.58
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	5.57
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	5.57
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	5.57
13832	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	5.57
17111	Veal, rib, separable lean and fat, cooked, braised	5.57
08034	Cereals ready-to-eat, POST, FRUITY PEBBLES	5.56
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	5.55
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	5.55
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	5.54
36011	T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	5.54
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	5.53
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	5.52
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	5.52
23094	Beef, chuck for stew, separable lean and fat, select, raw	5.51
23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	5.51
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	5.50
02005	Spices, caraway seed	5.50
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	5.49
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	5.49
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	5.49
23057	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw	5.49
23638	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	5.49
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	5.48
16011	Beans, baked, canned, with pork and tomato sauce	5.48

NDB_No	Description	Zinc, Zn(mg) Value Per
15226	Crustaceans, crab, dungeness, cooked, moist heat	5.47
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	5.47
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	5.46
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	5.46
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	5.46
13490	Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled	5.46
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	5.45
02029	Spices, parsley, dried	5.44
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	5.44
17245	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	5.44
23413	Beef, New Zealand, imported, flat, separable lean only, raw	5.44
23506	USDA Commodity, beef patties with VPP, frozen, raw	5.44
36013	Restaurant, family style, sirloin steak	5.44
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	5.43
36608	CRACKER BARREL, grilled sirloin steak	5.42
23095	Beef, chuck for stew, separable lean and fat, choice, raw	5.41
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	5.41
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	5.41
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	5.41
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	5.41
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	5.40
08660	Cereals ready-to-eat, KELLOGG'S APPLE JACKS with marshmallows	5.40
08661	Cereals ready-to-eat, KELLOGG'S CINNAMON JACKS	5.40
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	5.40
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	5.40
17286	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	5.40
17338	Game meat, elk, ground, raw	5.40
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	5.40
23190	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	5.39
32029	Rice mix, white and wild, flavored, unprepared	5.39
13835	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	5.39
13831	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	5.38
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	5.38
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	5.38
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	5.37
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	5.37

NDB_No	Description	Zinc, Zn(mg) Value Per
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	5.36
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	5.36
23191	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	5.35
36000	APPLEBEE'S, 9 oz house sirloin steak	5.35
12086	Nuts, cashew nuts, oil roasted, without salt added	5.35
12586	Nuts, cashew nuts, oil roasted, with salt added	5.35
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	5.35
17148	Bison, ground, grass-fed, cooked	5.34
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	5.33
23189	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	5.33
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	5.32
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	5.32
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	5.31
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	5.31
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	5.30
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	5.30
02002	Spices, anise seed	5.30
12039	Seeds, sunflower seed kernels, toasted, without salt	5.30
12539	Seeds, sunflower seed kernels, toasted, with salt added	5.30
13326	Beef, variety meats and by-products, liver, cooked, braised	5.30
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	5.30
12037	Seeds, sunflower seed kernels, dry roasted, without salt	5.29
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	5.29
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	5.29
19403	Snacks, crisped rice bar, almond	5.29
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	5.29
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	5.28
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	5.28
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	5.28
13284	Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw	5.28
13825	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	5.28
17004	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked	5.27
17033	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	5.27
17169	Game meat, goat, cooked, roasted	5.27
17334	Game meat, bison, chuck, shoulder clod, separable lean only, raw	5.27
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	5.27

NDB_No	Description	Zinc, Zn(mg) Value Per
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	5.26
23503	USDA Commodity, beef, patties (100%), frozen, cooked	5.26
36615	DENNY'S, top sirloin steak	5.26
17163	Game meat, caribou, cooked, roasted	5.26
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	5.25
17050	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	5.25
17121	Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted	5.25
23037	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw	5.24
23054	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	5.24
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	5.23
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	5.23
13828	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	5.23
17038	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	5.23
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	5.22
17007	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw	5.22
17228	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw	5.22
17328	Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	5.22
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	5.22
23477	Beef, ground, 97% lean meat / 3% fat, raw	5.21
12038	Seeds, sunflower seed kernels, oil roasted, without salt	5.21
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	5.21
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	5.21
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	5.21
17305	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, cooked, broiled	5.21
17309	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	5.21
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	5.21
02016	Spices, dill seed	5.20
03805	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, powder	5.20
03808	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, powder, with ARA and DHA	5.20
03809	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, powder, not reconstituted	5.20
03827	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE LIPIL, with iron, powder, with ARA and DHA	5.20
03869	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, with iron, powder, not reconstituted	5.20
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	5.20
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	5.20
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	5.20
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	5.20

NDB_No	Description	Zinc, Zn(mg) Value Per
17213	Veal, variety meats and by-products, pancreas, cooked, braised	5.20
17344	Game meat, deer, ground, cooked, pan-broiled	5.20
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	5.20
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	5.19
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	5.19
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	5.19
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	5.19
08376	Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS	5.19
13834	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	5.19
12088	Nuts, cashew butter, plain, without salt added	5.16
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	5.16
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	5.16
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	5.15
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	5.15
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	5.15
17283	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	5.14
17331	Game meat, bison, ground, cooked, pan-broiled	5.14
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	5.13
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	5.13
11615	Chives, freeze-dried	5.12
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	5.12
17118	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	5.12
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	5.11
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	5.11
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	5.11
17055	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw	5.11
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	5.11
03980	Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder	5.10
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	5.10
16099	Peanut flour, defatted	5.10
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	5.10
17340	Game meat, elk, loin, separable lean only, cooked, broiled	5.10
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	5.10
23064	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	5.10
33862	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder	5.10
33863	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder	5.10

NDB_No	Description	Zinc, Zn(mg) Value Per
33877	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, powder	5.10
23557	Beef, ground, 95% lean meat / 5% fat, raw	5.09
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	5.09
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	5.09
03943	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, powder, with ARA and DHA	5.09
05629	Emu, inside drums, cooked, broiled	5.09
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	5.09
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	5.08
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	5.08
23152	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	5.07
23186	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	5.07
12143	Nuts, pecans, dry roasted, without salt added	5.07
12643	Nuts, pecans, dry roasted, with salt added	5.07
13819	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw	5.07
13839	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	5.07
13845	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	5.07
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	5.07
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	5.06
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	5.06
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	5.06
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	5.06
13951	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	5.06
16119	Soy meal, defatted, raw	5.06
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	5.06
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	5.06
23188	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	5.05
12021	Seeds, safflower seed kernels, dried	5.05
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	5.05
16001	Beans, adzuki, mature seeds, raw	5.04
20063	Rye flour, dark	5.04
23187	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	5.03
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	5.03
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	5.02
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	5.02
17018	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	5.02
12022	Seeds, safflower seed meal, partially defatted	5.01

NDB_No	Description	Zinc, Zn(mg) Value Per
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	5.01
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	5.01
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	5.01
03814	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, powder, not reconstituted	5.00
03821	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, not reconstituted	5.00
03838	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN LIPIL, with iron, powder, not reconstituted, with ARA and DHA	5.00
08002	Cereals ready-to-eat, POST, ALPHA-BITS	5.00
08005	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS	5.00
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	5.00
08029	Cereals ready-to-eat, POST Bran Flakes	5.00
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	5.00
08652	Cereals ready-to-eat, KELLOGG'S KRAVE chocolate cereal	5.00
08658	Cereals ready-to-eat, KELLOGG'S KRAVE double chocolate cereal	5.00
08699	Cereals ready-to-eat, KELLOGG'S KRAVE Smores	5.00
08706	Cereals ready-to-eat, KELLOGG SCOOBY-DOO! cereal	5.00
12036	Seeds, sunflower seed kernels, dried	5.00
13858	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	5.00
17269	Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw	5.00
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	5.00
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	5.00
33866	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, LIPIL, powder	5.00
33873	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, AA LIPIL, powder, not reconstituted	5.00
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	4.99
13355	Beef, cured, pastrami	4.98
13815	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	4.98
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	4.98
13857	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	4.97
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	4.97
23472	Beef, ground, 93% lean meat / 7% fat, raw	4.97
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	4.96
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	4.95
12041	Seeds, sunflower seed flour, partially defatted	4.95
17307	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	4.95
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	4.95
05652	Ostrich, oyster, cooked	4.94
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	4.94

NDB_No	Description	Zinc, Zn(mg) Value Per
13350	Beef, cured, dried	4.93
13391	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	4.93
13852	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	4.93
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	4.93
13952	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	4.93
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	4.93
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	4.93
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	4.92
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	4.92
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	4.92
05650	Ostrich, outside strip, cooked	4.91
05647	Ostrich, inside strip, cooked	4.90
13817	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	4.90
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	4.90
16128	Tofu, dried-frozen (koyadofu)	4.90
16428	Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	4.90
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	4.90
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	4.90
23150	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	4.89
12040	Seeds, sunflower seed butter, without salt	4.89
12540	Seeds, sunflower seed butter, with salt added	4.89
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	4.89
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	4.89
16108	Soybeans, mature seeds, raw	4.89
17045	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	4.89
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	4.88
13927	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	4.88
23213	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	4.88
13166	USDA Commodity, beef, canned	4.87
13848	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	4.87
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	4.87
17320	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, raw	4.87
13855	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	4.86
17152	Game meat, beefalo, composite of cuts, raw	4.86
17297	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	4.86
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	4.86

NDB_No	Description	Zinc, Zn(mg) Value Per
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	4.86
05656	Ostrich, tip trimmed, cooked	4.85
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	4.85
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	4.85
13924	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	4.85
17022	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	4.85
08083	Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS	4.84
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	4.84
13317	Beef, ground, patties, frozen, cooked, broiled	4.84
23393	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	4.83
23513	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw	4.83
25034	Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	4.83
13842	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	4.83
17293	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	4.83
17303	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	4.83
13861	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	4.82
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	4.82
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	4.82
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	4.82
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	4.82
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	4.82
23050	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	4.81
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	4.81
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	4.81
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	4.81
02014	Spices, cumin seed	4.80
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	4.80
17257	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	4.80
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	4.80
23562	Beef, ground, 90% lean meat / 10% fat, raw	4.79
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	4.79
13096	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	4.79
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	4.79
13149	Beef, rib, shortribs, separable lean only, choice, raw	4.78
23201	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	4.78
23151	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	4.77

NDB_No	Description	Zinc, Zn(mg) Value Per
16111	Soybeans, mature seeds, dry roasted	4.77
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	4.77
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	4.76
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	4.76
17265	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	4.76
17301	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	4.76
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	4.76
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	4.75
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	4.75
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	4.75
16076	Lupins, mature seeds, raw	4.75
17138	Veal, sirloin, separable lean only, cooked, braised	4.75
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	4.74
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	4.74
17227	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	4.74
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	4.74
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	4.74
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	4.73
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	4.73
02012	Spices, coriander leaf, dried	4.72
05658	Ostrich, top loin, cooked	4.72
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	4.72
17233	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	4.72
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	4.72
23202	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	4.71
23394	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	4.71
05645	Ostrich, inside leg, cooked	4.71
07973	Turkey bacon, microwaved	4.71
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	4.71
02013	Spices, coriander seed	4.70
02015	Spices, curry powder	4.70
02038	Spices, sage, ground	4.70
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	4.70
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	4.69
13236	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	4.69
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	4.68

NDB_No	Description	Zinc, Zn(mg) Value Per
17281	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	4.68
05138	Chicken, capons, giblets, cooked, simmered	4.67
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	4.67
13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	4.67
13851	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	4.67
13921	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	4.67
13953	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	4.67
17225	Lamb, ground, cooked, broiled	4.67
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	4.67
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	4.67
23392	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	4.66
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	4.66
12138	Nuts, mixed nuts, oil roasted, without peanuts, without salt added	4.66
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	4.66
13097	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw	4.66
13158	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled	4.66
13445	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	4.66
17016	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	4.66
17199	Lamb, variety meats and by-products, liver, raw	4.66
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	4.65
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	4.65
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	4.65
13916	Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	4.65
12198	Seeds, sesame butter, tahini, from raw and stone ground kernels	4.64
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	4.64
13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	4.64
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	4.64
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	4.63
05116	Chicken, roasting, giblets, cooked, simmered	4.63
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	4.62
12698	Seeds, sesame butter, tahini, type of kernels unspecified	4.62
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	4.61
13446	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	4.61
13479	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	4.61
05176	Turkey, heart, all classes, cooked, simmered	4.60
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	4.60

NDB_No	Description	Zinc, Zn(mg) Value Per
13332	Beef, variety meats and by-products, pancreas, cooked, braised	4.60
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	4.59
17149	Bison, ground, grass-fed, raw	4.59
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	4.59
23181	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, raw	4.59
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	4.59
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	4.59
12006	Seeds, chia seeds, dried	4.58
13347	Beef, cured, corned beef, brisket, cooked	4.58
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	4.58
17249	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted	4.58
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	4.57
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	4.57
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	4.57
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	4.56
05622	Emu, ground, cooked, pan-broiled	4.56
13436	Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised	4.56
13438	Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised	4.56
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	4.56
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	4.56
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	4.56
13047	Beef, grass-fed, ground, raw	4.55
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	4.54
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	4.54
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	4.54
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	4.54
05178	Turkey, liver, all classes, cooked, simmered	4.53
10122	Pork, fresh, variety meats and by-products, tongue, cooked, braised	4.53
12142	Nuts, pecans	4.53
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	4.53
17085	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	4.53
17231	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	4.53
13448	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	4.52
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	4.52
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	4.52
03867	Infant formula, NESTLE, GOOD START SOY, with ARA and DHA, powder	4.51

NDB_No	Description	Zinc, Zn(mg) Value Per
03928	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, powder	4.51
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	4.51
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	4.51
17223	Veal, variety meats and by-products, tongue, cooked, braised	4.51
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	4.51
33872	Infant formula, GERBER, GOOD START 2 SOY, with iron, powder	4.50
02043	Spices, turmeric, ground	4.50
03967	Toddler formula, MEAD JOHNSON, ENFAGROW, PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), powder	4.50
05630	Emu, outside drum, raw	4.50
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	4.50
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	4.50
13430	Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	4.50
13432	Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised	4.50
17296	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	4.50
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	4.49
17115	Veal, rib, separable lean only, cooked, roasted	4.49
17295	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	4.49
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	4.48
16135	Winged beans, mature seeds, raw	4.48
17046	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	4.48
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	4.48
23567	Beef, ground, 85% lean meat / 15% fat, raw	4.48
12144	Nuts, pecans, oil roasted, without salt added	4.47
12644	Nuts, pecans, oil roasted, with salt added	4.47
13483	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	4.47
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	4.47
10208	Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised	4.46
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	4.46
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	4.46
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	4.46
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	4.46
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	4.46
13887	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw	4.45
01260	Cheese, cheddar, reduced fat	4.44
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	4.44
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	4.44

NDB_No	Description	Zinc, Zn(mg) Value Per
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	4.44
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	4.43
12588	Nuts, cashew butter, plain, with salt added	4.43
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	4.43
16095	Peanuts, virginia, raw	4.43
17291	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	4.43
05024	Chicken, gizzard, all classes, cooked, simmered	4.42
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	4.42
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	4.42
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	4.42
23351	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	4.41
25051	Snacks, CLIF BAR, mixed flavors	4.41
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	4.41
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	4.41
08142	Cereals, WHEATENA, dry	4.41
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	4.41
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	4.41
13883	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw	4.41
03819	Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted	4.40
16121	Soy protein concentrate, produced by alcohol extraction	4.40
16420	Soy protein concentrate, produced by acid wash	4.40
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	4.40
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	4.40
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	4.39
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	4.39
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	4.38
07956	Beef sausage, fresh, cooked	4.38
01040	Cheese, swiss	4.37
13854	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	4.37
13885	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw	4.37
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	4.37
17326	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	4.37
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	4.37
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	4.36
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	4.36
13867	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	4.36

NDB_No	Description	Zinc, Zn(mg) Value Per
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	4.35
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	4.35
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	4.35
12220	Seeds, flaxseed	4.34
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	4.34
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	4.34
23411	Beef, New Zealand, imported, flank, separable lean only, raw	4.33
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	4.33
02028	Spices, paprika	4.33
05628	Emu, inside drum, raw	4.33
05642	Ostrich, ground, cooked, pan-broiled	4.33
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	4.33
05627	Emu, full rump, cooked, broiled	4.32
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	4.32
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	4.32
17127	Veal, shoulder, arm, separable lean only, cooked, roasted	4.32
17135	Veal, sirloin, separable lean and fat, cooked, braised	4.32
19117	Candies, halavah, plain	4.32
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	4.31
23390	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	4.31
12130	Nuts, hickorynuts, dried	4.31
13023	Beef, brisket, whole, separable lean only, all grades, raw	4.31
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	4.31
13895	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	4.31
01182	USDA Commodity, cheese, cheddar, reduced fat	4.30
01209	Cheese, Mexican, blend, reduced fat	4.30
02009	Spices, chili powder	4.30
02039	Spices, savory, ground	4.30
07278	HORMEL Pillow Pak Sliced Turkey Pepperoni	4.30
13415	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	4.30
17065	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked	4.30
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	4.30
28013	KELLOGG'S, EGGO, FIBERPLUS Waffles, Chocolate Chip	4.30
35211	Caribou, hind quarter, meat, cooked (Alaska Native)	4.30
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	4.29
05172	Turkey, whole, giblets, cooked, simmered	4.29

NDB_No	Description	Zinc, Zn(mg) Value Per
10116	Pork, fresh, variety meats and by-products, pancreas, cooked, braised	4.29
17330	Game meat , bison, ground, raw	4.29
05128	Chicken, stewing, giblets, cooked, simmered	4.28
12149	Nuts, pine nuts, pinyon, dried	4.28
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	4.28
17051	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw	4.28
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	4.28
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	4.28
17440	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, cooked, braised	4.28
23427	Beef, New Zealand, imported, manufacturing beef, raw	4.28
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	4.28
43367	Turkey, drumstick, smoked, cooked, with skin, bone removed	4.27
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	4.27
06448	Soup, oyster stew, canned, prepared with equal volume water	4.27
15143	Crustaceans, crab, dungeness, raw	4.27
07925	Pastrami, beef, 98% fat-free	4.26
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	4.26
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	4.25
17198	Veal, variety meats and by-products, kidneys, cooked, braised	4.25
17292	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	4.25
05089	Chicken, broilers or fryers, neck, meat only, cooked, fried	4.24
13807	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	4.24
17299	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	4.24
23194	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	4.24
43114	Vermicelli, made from soy	4.24
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	4.23
05022	Chicken, broilers or fryers, giblets, cooked, simmered	4.23
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	4.23
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	4.23
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	4.22
06248	Soup, oyster stew, canned, prepared with equal volume milk	4.22
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	4.22
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	4.22
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	4.21
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	4.21
17282	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	4.21

NDB_No	Description	Zinc, Zn(mg) Value Per
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	4.21
01032	Cheese, parmesan, grated	4.20
07071	Salami, dry or hard, pork	4.20
07926	Salami, Italian, pork	4.20
08231	Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry	4.20
17235	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	4.20
17343	Game meat, deer, ground, raw	4.20
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	4.20
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	4.19
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	4.19
43406	Yeast extract spread	4.19
17275	Veal, breast, whole, boneless, separable lean only, cooked, braised	4.19
17124	Veal, shoulder, arm, separable lean and fat, cooked, roasted	4.18
23572	Beef, ground, 80% lean meat / 20% fat, raw	4.18
08037	Cereals ready-to-eat, granola, homemade	4.17
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	4.16
17324	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, raw	4.16
20076	Wheat, durum	4.16
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	4.16
23391	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	4.16
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	4.16
21115	Fast foods, hamburger, large, triple patty, with condiments	4.15
10107	Pork, fresh, variety meats and by-products, kidneys, cooked, braised	4.15
17047	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw	4.15
17059	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw	4.15
17445	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	4.15
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	4.14
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	4.13
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	4.13
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	4.13
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	4.13
17020	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	4.13
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	4.13
05294	Turkey thigh, pre-basted, meat and skin, cooked, roasted	4.12
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	4.12
17242	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw	4.12

NDB_No	Description	Zinc, Zn(mg) Value Per
17342	Game meat, elk, tenderloin, separable lean only, cooked, broiled	4.12
23192	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	4.12
23507	USDA Commodity, beef, patties (100%), frozen, raw	4.12
18962	Crackers, cream, LA MODERNA RIKIS CREAM CRACKERS	4.11
01061	Cheese, American, nonfat or fat free	4.11
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	4.11
03802	Infant formula, NESTLE, GOOD START SUPREME, with iron, powder	4.10
08452	Cereals, QUAKER, Whole Wheat Natural Cereal, dry	4.10
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	4.10
16118	Soy flour, low-fat	4.10
18501	KELLOGG, KELLOG'S NUTRI-GRAIN CEREAL BARS, Mixed Berry	4.10
23389	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	4.10
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	4.10
33867	Infant formula, GERBER, GOOD START, PROTECT PLUS, powder	4.10
33869	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, powder	4.10
43595	Breakfast bar, corn flake crust with fruit	4.10
07020	Corned beef loaf, jellied	4.09
13340	Beef, variety meats and by-products, tongue, cooked, simmered	4.09
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	4.09
15142	Crustaceans, crab, blue, crab cakes, home recipe	4.09
17108	Veal, loin, separable lean only, cooked, braised	4.09
17112	Veal, rib, separable lean and fat, cooked, roasted	4.09
17318	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	4.09
17455	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, braised	4.09
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	4.08
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	4.08
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	4.08
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	4.08
10079	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted	4.07
12078	Nuts, brazilnuts, dried, unblanched	4.06
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	4.06
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	4.06
17003	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw	4.06
17028	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	4.06
17119	Veal, shoulder, whole (arm and blade), separable lean only, raw	4.06
02026	Spices, onion powder	4.05

NDB_No	Description	Zinc, Zn(mg) Value Per
15148	Crustaceans, lobster, northern, cooked, moist heat	4.05
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	4.05
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	4.05
23193	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	4.04
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	4.04
17075	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted	4.04
17294	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, raw	4.04
01093	Milk, dry, nonfat, calcium reduced	4.03
05180	Turkey from whole, neck, meat only, cooked, simmered	4.03
13919	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	4.03
13922	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	4.03
13925	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	4.03
16122	Soy protein isolate	4.03
16422	Soy protein isolate, potassium type	4.03
17100	Veal, leg (top round), separable lean only, cooked, braised	4.03
01094	Milk, buttermilk, dried	4.02
05649	Ostrich, outside strip, raw	4.02
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	4.02
17278	Veal, shank (fore and hind), separable lean only, raw	4.02
05661	Chicken, liver, all classes, cooked, pan-fried	4.01
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	4.01
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	4.01
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	4.01
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	4.00
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	4.00
42284	Babyfood, baked product, finger snacks cereal fortified	4.00
03913	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, powder	4.00
08707	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolate Almond	4.00
13325	Beef, variety meats and by-products, liver, raw	4.00
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	4.00
17162	Game meat, caribou, raw	4.00
17168	Goat, raw	4.00
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	3.99
17276	Veal, shank (fore and hind), separable lean and fat, raw	3.99
17347	Game meat, deer, tenderloin, separable lean only, cooked, broiled	3.99
19036	Snacks, popcorn, cakes	3.99

NDB_No	Description	Zinc, Zn(mg) Value Per
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	3.98
05028	Chicken, liver, all classes, cooked, simmered	3.98
05646	Ostrich, inside strip, raw	3.98
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	3.98
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	3.98
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	3.97
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	3.97
20038	Oats	3.97
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	3.97
23006	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	3.96
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	3.96
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	3.96
17095	Veal, leg (top round), separable lean and fat, cooked, braised	3.96
07979	Sausage, pork, turkey, and beef, reduced sodium	3.95
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	3.95
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	3.95
23431	Beef, New Zealand, imported, ribs prepared, raw	3.95
19147	Candies, peanut bar	3.94
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	3.94
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	3.94
03853	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted	3.94
03858	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted	3.94
03950	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted	3.94
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	3.94
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	3.94
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	3.94
17215	Lamb, variety meats and by-products, spleen, cooked, braised	3.94
13358	Beef, cured, smoked, chopped beef	3.93
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	3.93
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	3.93
05174	Turkey, gizzard, all classes, cooked, simmered	3.92
05190	Turkey, all classes, back, meat and skin, cooked, roasted	3.92
16115	Soy flour, full-fat, raw	3.92
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	3.92
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	3.92
42304	Cheese, mozzarella, nonfat	3.92

NDB_No	Description	Zinc, Zn(mg) Value Per
03948	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), powder, with ARA and DHA	3.91
13447	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	3.91
01022	Cheese, gouda	3.90
01023	Cheese, gruyere	3.90
01266	Cheese, Swiss, nonfat or fat free	3.90
02041	Spices, tarragon, dried	3.90
03938	Infant formula, PBM PRODUCTS, store brand, powder	3.90
17457	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	3.90
33868	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder	3.90
43405	Cheese, swiss, low sodium	3.90
43589	Cheese, swiss, low fat	3.90
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	3.89
05648	Ostrich, outside leg, raw	3.89
17017	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw	3.89
07958	Turkey sausage, fresh, cooked	3.88
13478	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw	3.88
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	3.88
01204	Cheese, parmesan, dry grated, reduced fat	3.87
01267	Cheese, mexican, queso cotija	3.87
05644	Ostrich, inside leg, raw	3.87
05654	Ostrich, tenderloin, raw	3.87
08435	Cereals ready-to-eat, UNCLE SAM CEREAL	3.87
17143	Veal, ground, cooked, broiled	3.87
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	3.87
23577	Beef, ground, 75% lean meat / 25% fat, raw	3.87
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	3.87
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	3.86
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	3.86
03843	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted	3.86
03954	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, powder, not reconstituted	3.86
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	3.86
03837	Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not reconstituted	3.85
13095	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw	3.85
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	3.85
17274	Veal, breast, point half, boneless, separable lean and fat, cooked, braised	3.85
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	3.85

NDB_No	Description	Zinc, Zn(mg) Value Per
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	3.85
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	3.85
33871	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with ARA and DHA	3.84
07039	Lebanon bologna, beef	3.84
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	3.84
13844	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw	3.84
17013	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw	3.84
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	3.83
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	3.83
25001	Snacks, popcorn, microwave, low fat	3.83
43287	Dove, cooked (includes squab)	3.83
43572	Popcorn, microwave, low fat and sodium	3.83
03957	Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA	3.82
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	3.82
17171	Game meat, horse, cooked, roasted	3.82
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	3.81
15140	Crustaceans, crab, blue, cooked, moist heat	3.81
15141	Crustaceans, crab, blue, canned	3.81
03941	Infant formula, PBM PRODUCTS, store brand, soy, powder	3.80
05653	Ostrich, round, raw	3.80
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	3.80
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	3.80
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	3.80
17032	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw	3.80
17196	Lamb, variety meats and by-products, kidneys, cooked, braised	3.80
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	3.80
13830	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw	3.79
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	3.79
17461	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled	3.79
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	3.79
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	3.79
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	3.78
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	3.78
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	3.78
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	3.77
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	3.77

NDB_No	Description	Zinc, Zn(mg) Value Per
17021	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw	3.77
05657	Ostrich, top loin, raw	3.76
12141	Nuts, mixed nuts, dry roasted, with peanuts, salt added, CHOSEN ROASTER	3.76
19154	Candies, sesame crunch	3.76
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	3.76
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	3.76
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	3.76
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	3.75
35234	Piki bread, made from blue cornmeal (Hopi)	3.75
01018	Cheese, edam	3.75
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	3.75
13838	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, raw	3.75
17290	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	3.75
01270	Cheese, cheddar, sharp, sliced	3.74
05655	Ostrich, tip trimmed, raw	3.74
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	3.74
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	3.73
13824	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	3.73
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	3.72
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	3.72
23386	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	3.72
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	3.72
17209	Lamb, variety meats and by-products, mechanically separated, raw	3.72
05643	Ostrich, fan, raw	3.71
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	3.71
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	3.71
13803	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw	3.71
02004	Spices, bay leaf	3.70
02018	Spices, fennel seed	3.70
03193	Babyfood, cereal, oatmeal, with honey, dry	3.70
07040	Liver cheese, pork	3.70
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	3.70
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	3.70
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	3.70
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	3.70
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	3.69

NDB_No	Description	Zinc, Zn(mg) Value Per
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	3.68
17157	Game meat, bison, separable lean only, cooked, roasted	3.68
17173	Game meat, moose, cooked, roasted	3.68
17192	Lamb, variety meats and by-products, heart, cooked, braised	3.68
19077	Baking chocolate, unsweetened, liquid	3.68
20138	Wheat, KAMUT khorasan, uncooked	3.68
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	3.68
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	3.68
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	3.67
13841	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw	3.67
16049	Beans, white, mature seeds, raw	3.67
17259	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	3.67
17280	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	3.67
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	3.67
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	3.67
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	3.66
13827	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	3.66
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	3.66
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	3.66
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	3.66
16014	Beans, black, mature seeds, raw	3.65
16037	Beans, navy, mature seeds, raw	3.65
01009	Cheese, cheddar	3.64
02021	Spices, ginger, ground	3.64
08120	Cereals, oats, regular and quick, not fortified, dry	3.64
17272	Veal, breast, whole, boneless, separable lean and fat, cooked, braised	3.64
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	3.64
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	3.64
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	3.64
20142	Teff, uncooked	3.63
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	3.63
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	3.63
16019	Beans, cranberry (roman), mature seeds, raw	3.63
17105	Veal, loin, separable lean and fat, cooked, braised	3.63
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	3.63
01029	Cheese, mozzarella, low moisture, part-skim	3.62

NDB_No	Description	Zinc, Zn(mg) Value Per
13859	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	3.62
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.62
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	3.62
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	3.61
01044	Cheese, pasteurized process, swiss	3.61
01271	Cheese, mozzarella, low moisture, part-skim, shredded	3.61
13000	Beef, grass-fed, strip steaks, lean only, raw	3.61
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	3.61
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	3.61
17255	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	3.61
02023	Spices, marjoram, dried	3.60
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	3.60
13833	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	3.60
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	3.60
14422	Beverages, Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder	3.60
16144	Lentils, pink or red, raw	3.60
17237	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	3.60
43078	Beverage, milkshake mix, dry, not chocolate	3.60
23508	USDA Commodity, beef, ground, bulk/coarse ground, frozen, raw	3.59
05626	Emu, full rump, raw	3.59
05651	Ostrich, oyster, raw	3.59
10803	USDA Commodity, pork, ground, fine/coarse, frozen, cooked	3.59
13002	Beef, carcass, separable lean and fat, select, raw	3.59
15227	Crustaceans, crab, queen, cooked, moist heat	3.59
13330	Beef, variety meats and by-products, mechanically separated beef, raw	3.58
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	3.58
13847	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw	3.58
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	3.58
16116	Soy flour, full-fat, roasted	3.58
17073	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted	3.58
17232	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw	3.58
17304	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, raw	3.58
17308	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	3.58
03998	Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	3.57
13001	Beef, carcass, separable lean and fat, choice, raw	3.57
13348	Beef, cured, corned beef, canned	3.57

NDB_No	Description	Zinc, Zn(mg) Value Per
13498	Beef, ground, 70% lean meat / 30% fat, raw	3.57
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	3.57
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	3.57
23339	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	3.57
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	3.56
17464	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, grilled	3.56
01047	Cheese food, pasteurized process, swiss	3.55
13353	Beef, cured, luncheon meat, jellied	3.55
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	3.55
16085	Peas, green, split, mature seeds, raw	3.55
10118	Pork, fresh, variety meats and by-products, spleen, cooked, braised	3.54
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	3.54
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	3.54
15139	Crustaceans, crab, blue, raw	3.54
17139	Veal, sirloin, separable lean only, cooked, roasted	3.54
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	3.54
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	3.54
19071	Candies, carob, unsweetened	3.53
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	3.53
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	3.53
15147	Crustaceans, lobster, northern, raw	3.53
17453	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	3.53
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	3.52
17226	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	3.52
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	3.52
17246	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw	3.52
17322	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, raw	3.52
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	3.52
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	3.52
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	3.52
05188	Turkey, from whole, dark meat, cooked, roasted	3.51
05216	Turkey, back, from whole bird, meat only, roasted	3.51
05641	Ostrich, ground, raw	3.51
05741	Turkey, thigh, from whole bird, meat only, roasted	3.51
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	3.51
10861	Pork, cured, bacon, cooked, microwaved	3.51

NDB_No	Description	Zinc, Zn(mg) Value Per
16149	Peanut spread, reduced sugar	3.51
01020	Cheese, fontina	3.50
01041	Cheese, tilsit	3.50
01167	Cheese, mexican, queso chihuahua	3.50
05623	Emu, fan fillet, raw	3.50
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	3.50
16133	Yardlong beans, mature seeds, raw	3.50
17015	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw	3.50
17300	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	3.50
19423	Snacks, potato chips, fat-free, made with olestra	3.50
21255	BURGER KING, DOUBLE WHOPPER, with cheese	3.50
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	3.50
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	3.49
17063	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked	3.49
05621	Emu, ground, raw	3.48
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	3.48
17140	Veal, cubed for stew (leg and shoulder), separable lean only, raw	3.48
17313	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, cooked, broiled	3.48
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	3.48
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	3.48
17441	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, raw	3.48
17113	Veal, rib, separable lean only, raw	3.47
17273	Veal, breast, plate half, boneless, separable lean and fat, cooked, braised	3.47
31035	Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	3.47
20075	Wheat, soft white	3.46
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	3.46
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	3.46
15229	Mollusks, cuttlefish, mixed species, cooked, moist heat	3.46
10076	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted	3.45
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	3.45
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	3.45
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	3.45
20069	Triticale	3.45
19806	Snacks, popcorn, air-popped (Unsalted)	3.44
14196	Beverages, Cocoa mix, no sugar added, powder	3.44
14538	Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A	3.44

NDB_No	Description	Zinc, Zn(mg) Value Per
17043	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw	3.43
17230	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw	3.43
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	3.43
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	3.43
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	3.43
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	3.43
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	3.42
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	3.42
42205	Cheese, pasteurized process, cheddar or American, fat-free	3.42
05632	Emu, top loin, cooked, broiled	3.42
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	3.42
12136	Nuts, mixed nuts, dry roasted, with peanuts, salt added, PLANTERS pistachio blend	3.42
17428	Veal, shank, separable lean only, raw	3.42
07019	Chorizo, pork and beef	3.41
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	3.41
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	3.41
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	3.41
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	3.41
17224	Lamb, ground, raw	3.41
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	3.41
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	3.41
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	3.41
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	3.40
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	3.40
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	3.40
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	3.40
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	3.40
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	3.40
07207	OSCAR MAYER, Braunschweiger Liver Sausage (sliced)	3.40
17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	3.40
17369	Lamb, New Zealand, imported, liver, raw	3.40
05115	Chicken, roasting, giblets, raw	3.39
05179	Turkey from whole, neck, meat only, raw	3.39
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	3.39
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	3.39
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	3.38

NDB_No	Description	Zinc, Zn(mg) Value Per
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	3.38
05137	Chicken, capons, giblets, raw	3.38
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	3.38
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	3.38
17131	Veal, shoulder, blade chop, separable lean only, raw	3.38
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	3.38
05177	Turkey, liver, all classes, raw	3.37
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	3.37
12154	Nuts, walnuts, black, dried	3.37
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	3.37
17256	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	3.37
21507	WENDY'S, Double Stack, with cheese	3.37
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	3.37
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	3.37
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	3.36
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	3.36
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	3.36
10860	Pork, cured, bacon, cooked, baked	3.36
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	3.36
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	3.36
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	3.36
15230	Mollusks, octopus, common, cooked, moist heat	3.36
17311	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	3.36
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	3.35
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	3.35
16083	Mungo beans, mature seeds, raw	3.35
17136	Veal, sirloin, separable lean and fat, cooked, roasted	3.35
23395	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	3.35
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	3.34
01090	Milk, dry, whole, with added vitamin D	3.34
01212	Milk, dry, whole, without added vitamin D	3.34
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	3.34
16093	Peanuts, valencia, raw	3.34
17125	Veal, shoulder, arm, separable lean only, raw	3.34
13850	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	3.33
17001	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	3.33

NDB_No	Description	Zinc, Zn(mg) Value Per
20074	Wheat, hard white	3.33
21345	McDONALD'S, DOUBLE QUARTER POUNDER with Cheese	3.33
21396	Fast foods, cheeseburger; double, large patty; with condiments	3.33
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	3.33
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	3.33
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	3.32
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	3.32
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	3.32
43275	Cheese, pasteurized process, American, low fat	3.32
43379	Cheese, pasteurized process, swiss, low fat	3.32
05020	Chicken, broilers or fryers, giblets, raw	3.32
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	3.32
17011	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw	3.32
17306	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	3.32
17435	Veal, shank, separable lean and fat, raw	3.32
12063	Nuts, almonds, dry roasted, without salt added	3.31
12563	Nuts, almonds, dry roasted, with salt added	3.31
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	3.31
19904	Chocolate, dark, 70-85% cacao solids	3.31
18979	KASHI, H2H Woven Wheat Cracker, Original	3.30
18982	KASHI, H2H Woven Wheat Cracker, Roasted Garlic	3.30
43544	Babyfood, cereal, rice with pears and apple, dry, instant fortified	3.30
02017	Spices, dill weed, dried	3.30
08471	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Protein Plus	3.30
12195	Nuts, almond butter, plain, without salt added	3.29
12695	Nuts, almond butter, plain, with salt added	3.29
17079	Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled	3.29
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	3.29
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	3.29
23388	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	3.29
20140	Spelt, uncooked	3.28
25048	Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	3.28
01227	Cheese, dry white, queso seco	3.28
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	3.28
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	3.28
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	3.28

NDB_No	Description	Zinc, Zn(mg) Value Per
16089	Peanuts, all types, oil-roasted, with salt	3.28
16389	Peanuts, all types, oil-roasted, without salt	3.28
17317	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, grilled	3.28
16069	Lentils, raw	3.27
16087	Peanuts, all types, raw	3.27
21399	Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	3.27
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	3.27
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	3.27
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	3.26
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	3.26
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	3.26
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	3.26
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	3.26
15178	Mollusks, whelk, unspecified, cooked, moist heat	3.26
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	3.26
17422	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	3.26
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	3.25
07013	Bratwurst, pork, cooked	3.25
07088	Honey roll sausage, beef	3.25
05713	Turkey, retail parts, wing, meat only, cooked, roasted	3.24
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	3.24
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	3.24
13866	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	3.24
17109	Veal, loin, separable lean only, cooked, roasted	3.24
17110	Veal, rib, separable lean and fat, raw	3.24
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	3.24
23387	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	3.24
01035	Cheese, provolone	3.23
01208	Cheese, provolone, reduced fat	3.23
02036	Spices, rosemary, dried	3.23
05171	Turkey, whole, giblets, raw	3.23
07056	Peppered loaf, pork, beef	3.23
07921	Bacon and beef sticks	3.23
07941	Salami, Italian, pork and beef, dry, sliced, 50% less sodium	3.23
17090	Veal, composite of trimmed retail cuts, separable lean only, raw	3.23
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	3.23

NDB_No	Description	Zinc, Zn(mg) Value Per
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	3.22
19059	Snacks, trail mix, regular	3.22
19821	Snacks, trail mix, regular, unsalted	3.22
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	3.22
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	3.22
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	3.21
05175	Turkey, heart, all classes, raw	3.21
08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	3.21
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	3.21
10220	Pork, fresh, ground, cooked	3.21
17302	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, raw	3.21
07043	Roast beef, deli style, prepackaged, sliced	3.20
08402	Cereals, QUAKER, Quick Oats, Dry	3.20
08451	Cereals, QUAKER, Quick Oats with Iron, Dry	3.20
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	3.20
13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	3.20
17122	Veal, shoulder, arm, separable lean and fat, raw	3.20
17268	Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw	3.20
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	3.20
20132	Oat flour, partially debranned	3.20
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	3.20
43340	Cheese, parmesan, low sodium	3.19
01146	Cheese, parmesan, shredded	3.19
05624	Emu, fan fillet, cooked, broiled	3.19
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	3.19
17026	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw	3.19
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	3.18
17128	Veal, shoulder, blade chop, separable lean and fat, raw	3.18
01126	Egg, yolk, raw, frozen, pasteurized	3.17
05149	Goose, domesticated, meat only, cooked, roasted	3.17
42173	Turkey and pork sausage, fresh, bulk, patty or link, cooked	3.17
07230	OSCAR MAYER, Salami (hard)	3.16
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	3.16
13147	Beef, rib, shortribs, separable lean and fat, choice, raw	3.16
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	3.16
17167	Game meat, elk, cooked, roasted	3.16

NDB_No	Description	Zinc, Zn(mg) Value Per
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	3.16
01133	Egg, whole, dried	3.15
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	3.15
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	3.15
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	3.15
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	3.15
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	3.14
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	3.14
02034	Spices, poultry seasoning	3.14
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	3.14
10072	Pork, fresh, shoulder, whole, separable lean only, raw	3.14
13915	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw	3.14
16052	Broadbeans (fava beans), mature seeds, raw	3.14
16110	Soybeans, mature seeds, roasted, salted	3.14
16410	Soybeans, mature seeds, roasted, no salt added	3.14
03181	Babyfood, cereal, barley, dry fortified	3.13
12084	Nuts, butternuts, dried	3.13
17234	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw	3.13
43393	Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	3.13
43597	Cheese, mozzarella, low sodium	3.13
20011	Buckwheat flour, whole-groat	3.12
05132	Chicken, stewing, dark meat, meat only, cooked, stewed	3.12
05716	Turkey, retail parts, drumstick, meat only, raw	3.12
12061	Nuts, almonds	3.12
05306	Ground turkey, cooked	3.11
08388	Cereals ready-to-eat, KASHI 7 Whole Grain Puffs	3.11
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	3.11
20033	Oat bran, raw	3.11
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	3.10
20035	Quinoa, uncooked	3.10
43282	Quail, cooked, total edible	3.10
43391	Turkey, light or dark meat, smoked, cooked, skin and bone removed	3.10
08023	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN	3.10
08544	Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	3.10
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	3.10
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	3.10

NDB_No	Description	Zinc, Zn(mg) Value Per
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	3.10
17444	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	3.10
01169	Cheese, low-sodium, cheddar or colby	3.09
05193	Turkey, all classes, leg, meat and skin, raw	3.09
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	3.09
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	3.09
10104	Pork, fresh, variety meats and by-products, heart, cooked, braised	3.09
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	3.09
12155	Nuts, walnuts, english	3.09
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	3.09
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	3.09
19034	Snacks, popcorn, air-popped	3.08
07913	Salami, pork, beef, less sodium	3.08
16094	Peanuts, valencia, oil-roasted, with salt	3.08
16394	Peanuts, valencia, oil-roasted, without salt	3.08
16399	Peanut butter with omega-3, creamy	3.08
17019	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw	3.08
17103	Veal, leg (top round), separable lean only, cooked, roasted	3.08
01011	Cheese, colby	3.07
05086	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, flour	3.07
05143	Duck, domesticated, liver, raw	3.07
05150	Goose, liver, raw	3.07
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	3.07
08640	Cereals, QUAKER, Instant Oatmeal Organic, Regular	3.07
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	3.07
12065	Nuts, almonds, oil roasted, without salt added	3.07
12565	Nuts, almonds, oil roasted, with salt added	3.07
12665	Nuts, almonds, oil roasted, lightly salted	3.07
01127	Egg, yolk, raw, frozen, sugared, pasteurized	3.06
01229	Cheese, white, queso blanco	3.06
07955	Turkey sausage, fresh, raw	3.06
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	3.06
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	3.06
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	3.06
17088	Veal, composite of trimmed retail cuts, separable lean and fat, raw	3.06
35183	Corn, dried, yellow (Northern Plains Indians)	3.06

NDB_No	Description	Zinc, Zn(mg) Value Per
21243	WENDY'S, CLASSIC DOUBLE, with cheese	3.05
07060	Luxury loaf, pork	3.05
08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	3.05
13926	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw	3.05
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	3.05
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	3.04
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	3.04
21202	Fast foods, hamburger, large, single patty, with condiments	3.04
05173	Turkey, gizzard, all classes, raw	3.03
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	3.03
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	3.03
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	3.03
16113	Natto	3.03
17106	Veal, loin, separable lean and fat, cooked, roasted	3.03
17456	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	3.03
01166	Cheese, mexican, queso asadero	3.02
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	3.02
21101	Fast foods, cheeseburger; triple, regular patty; plain	3.02
01045	Cheese food, cold pack, American	3.01
01251	Cheese, Mexican blend	3.01
05127	Chicken, stewing, giblets, raw	3.01
10121	Pork, fresh, variety meats and by-products, tongue, raw	3.01
17064	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw	3.01
17159	Game meat, boar, wild, cooked, roasted	3.01
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	3.01
01025	Cheese, monterey	3.00
01185	Parmesan cheese topping, fat free	3.00
05625	Emu, flat fillet, raw	3.00
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	3.00
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	3.00
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	3.00
18975	KASHI, TLC, Original 7-Grain Crackers	3.00
19051	Snacks, rice cracker brown rice, plain	3.00
19053	Snacks, rice cakes, brown rice, sesame seed	3.00
19416	Snacks, rice cakes, brown rice, rye	3.00
19816	Snacks, rice cakes, brown rice, plain, unsalted	3.00

NDB_No	Description	Zinc, Zn(mg) Value Per
19819	Snacks, rice cakes, brown rice, sesame seed, unsalted	3.00
21112	Fast foods, hamburger; single, large patty; plain	3.00
21254	BURGER KING, DOUBLE WHOPPER, no cheese	3.00
21389	Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	3.00
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	3.00
25059	Snacks, brown rice chips	3.00
42117	Imitation cheese, american or cheddar, low cholesterol	3.00
42155	Cheese, monterey, low fat	3.00
42204	Rice cake, cracker (include hain mini rice cakes)	3.00
43218	Cereals ready-to-eat, ALPEN	3.00
18949	Crackers, whole-wheat, reduced fat	2.99
43398	Cheese, pasteurized process, cheddar or American, low sodium	2.99
02020	Spices, garlic powder	2.99
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	2.99
17221	Lamb, variety meats and by-products, tongue, cooked, braised	2.99
01043	Cheese, pasteurized process, pimento	2.98
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	2.98
07919	Sausage, turkey, breakfast links, mild	2.98
12157	Nuts, walnuts, dry roasted, with salt added	2.98
17448	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	2.98
12062	Nuts, almonds, blanched	2.97
12145	Nuts, pilinuts, dried	2.97
20124	Pasta, whole-wheat, dry	2.97
43390	Turkey, light or dark meat, smoked, cooked, with skin, bone removed	2.96
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	2.96
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	2.96
12200	Nuts, formulated, wheat-based, all flavors except macadamia, without salt	2.96
05717	Turkey, retail parts, thigh, meat only, raw	2.95
08054	Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey	2.95
10223	Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	2.95
17298	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw	2.95
17424	Veal, ground, cooked, pan-fried	2.95
28360	MARY'S GONE CRACKERS, Original Crackers, Organic Gluten Free	2.95
01008	Cheese, caraway	2.94
01165	Cheese, mexican, queso anejo	2.94
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	2.94

NDB_No	Description	Zinc, Zn(mg) Value Per
12140	Nuts, formulated, wheat-based, unflavored, with salt added	2.94
17446	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw	2.94
07069	Salami, cooked, beef and pork	2.93
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	2.93
23418	Beef, New Zealand, imported, inside, raw	2.93
21506	BURGER KING, Double Cheeseburger	2.92
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	2.92
01026	Cheese, mozzarella, whole milk	2.92
05736	Turkey, retail parts, drumstick, meat and skin, raw	2.92
07905	Frankfurter, beef, pork, and turkey, fat free	2.92
07954	Beef sausage, pre-cooked	2.92
10863	Pork, fresh, variety meats and by-products, stomach, cooked, simmered	2.92
17337	Game meat, bison, top round, separable lean only, 1" steak, raw	2.92
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	2.91
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	2.91
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	2.91
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	2.91
17264	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	2.91
05304	Turkey, mechanically deboned, from turkey frames, raw	2.90
08554	Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch	2.90
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	2.90
17170	Game meat, horse, raw	2.90
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	2.89
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	2.89
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	2.89
08290	Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes	2.89
08352	Cereals ready-to-eat, QUAKER, MOTHER'S Toasted Oat Bran cereal	2.89
10221	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled	2.89
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	2.89
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	2.89
43327	Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted	2.88
01019	Cheese, feta	2.88
08191	Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size	2.88
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	2.88
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	2.88
01160	Egg, yolk, raw, frozen, salted, pasteurized	2.87

NDB_No	Description	Zinc, Zn(mg) Value Per
10229	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked	2.87
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	2.87
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	2.87
13322	Beef, variety meats and by-products, heart, cooked, simmered	2.87
13339	Beef, variety meats and by-products, tongue, raw	2.87
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	2.87
17239	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw	2.87
20001	Amaranth grain, uncooked	2.87
21110	Fast foods, hamburger; double, regular, patty; plain	2.87
25041	Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors	2.86
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	2.86
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	2.86
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	2.86
07055	Pate, liver, not specified, canned	2.85
07942	Pate, truffle flavor	2.85
13346	Beef, cured, corned beef, brisket, raw	2.85
16068	Hyacinth beans, mature seeds, cooked, boiled, without salt	2.85
16368	Hyacinth beans, mature seeds, cooked, boiled, with salt	2.85
07901	USDA Commodity, pork, sausage, bulk/links/patties, frozen, cooked	2.84
13324	Beef, variety meats and by-products, kidneys, cooked, simmered	2.84
17214	Lamb, variety meats and by-products, spleen, raw	2.84
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	2.83
10203	Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted	2.83
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	2.83
16047	Beans, yellow, mature seeds, raw	2.83
16071	Lima beans, large, mature seeds, raw	2.83
17454	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	2.83
21252	BURGER KING, WHOPPER, no cheese	2.83
21398	Fast foods, cheeseburger; single, large patty; with condiments	2.83
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	2.82
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	2.82
01030	Cheese, muenster	2.81
07014	Braunschweiger (a liver sausage), pork	2.81
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	2.81
16045	Beans, small white, mature seeds, raw	2.81
16157	Chickpea flour (besan)	2.81

NDB_No	Description	Zinc, Zn(mg) Value Per
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	2.81
17463	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	2.81
42303	Cheese, muenster, low fat	2.81
25000	Snacks, popcorn, microwave, 94% fat free	2.80
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	2.80
05054	Chicken, broilers or fryers, back, meat only, cooked, fried	2.80
10103	Pork, fresh, variety meats and by-products, heart, raw	2.80
13357	Beef, cured, sausage, cooked, smoked	2.80
13901	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	2.80
15144	Crustaceans, crab, queen, raw	2.80
16150	Peanut butter, smooth, reduced fat	2.80
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	2.80
17156	Game meat, bison, separable lean only, raw	2.80
17172	Game meat, moose, raw	2.80
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	2.80
18226	Crackers, rye, wafers, plain	2.80
01010	Cheese, cheshire	2.79
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	2.79
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	2.79
08380	Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH	2.79
08700	Cereals ready-to-eat, KELLOGG RAISIN BRAN with Omega-3 from flaxseed	2.79
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	2.79
13334	Beef, variety meats and by-products, spleen, cooked, braised	2.79
16027	Beans, kidney, all types, mature seeds, raw	2.79
16032	Beans, kidney, red, mature seeds, raw	2.79
16097	Peanut butter, chunk style, with salt	2.79
16397	Peanut butter, chunk style, without salt	2.79
21096	Fast foods, cheeseburger; single, large patty; plain	2.79
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	2.79
20071	Wheat, hard red spring	2.78
21337	McDONALD'S, Peanuts (for Sundaes)	2.78
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	2.78
42291	Peanut butter, reduced sodium	2.78
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	2.78
10204	Pork, fresh, loin, country-style ribs, separable lean and fat, raw	2.78
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	2.78

NDB_No	Description	Zinc, Zn(mg) Value Per
08709	Cereals ready-to-eat, MOM'S BEST, Sweetened WHEAT-FULS	2.77
10158	USDA Commodity, pork, canned	2.77
16090	Peanuts, all types, dry-roasted, with salt	2.77
16390	Peanuts, all types, dry-roasted, without salt	2.77
20004	Barley, hulled	2.77
21094	Fast foods, cheeseburger, double, regular patty and bun, with condiments	2.77
21395	Fast foods, cheeseburger; double, regular patty; with condiments	2.77
20126	Spaghetti, spinach, dry	2.76
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	2.76
01028	Cheese, mozzarella, part skim milk	2.76
01210	Egg Mix, USDA Commodity	2.76
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	2.76
16101	Pigeon peas (red gram), mature seeds, raw	2.76
17261	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	2.76
01033	Cheese, parmesan, hard	2.75
05668	Ground turkey, 85% lean, 15% fat, raw	2.75
10106	Pork, fresh, variety meats and by-products, kidneys, raw	2.75
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	2.75
17165	Game meat, deer, cooked, roasted	2.75
17371	Lamb, New Zealand, imported, ground lamb, raw	2.75
21092	Fast foods, cheeseburger; double, regular patty; plain	2.75
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	2.74
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	2.74
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	2.73
15159	Mollusks, clam, mixed species, cooked, moist heat	2.73
17137	Veal, sirloin, separable lean only, raw	2.73
17263	Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	2.73
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	2.73
43245	Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits	2.73
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	2.72
05023	Chicken, gizzard, all classes, raw	2.72
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	2.72
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	2.72
17258	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	2.72
17458	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	2.72
17029	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw	2.71

NDB_No	Description	Zinc, Zn(mg) Value Per
03211	Babyfood, cereal, high protein, with apple and orange, dry	2.70
05158	Quail, meat only, raw	2.70
05159	Quail, breast, meat only, raw	2.70
05161	Squab, (pigeon), meat only, raw	2.70
05162	Squab, (pigeon), light meat without skin, raw	2.70
07091	New england brand sausage, pork, beef	2.70
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	2.70
08384	Cereals ready-to-eat, KELLOGG, KELLOGG'S MINI-WHEATS, unfrosted bite size	2.70
08459	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS, Maple & Brown Sugar, Bite Size	2.70
08542	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS Bite Size Strawberry Delight	2.70
08617	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Bite Size Blueberry Muffin	2.70
08631	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS LITTLE BITES, chocolate	2.70
08677	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS Touch of Fruit in the Middle, Raspberry	2.70
08695	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, little bites	2.70
08696	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN, Cinnamon Almond	2.70
08708	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Touch of Fruit in the Middle, raisin	2.70
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	2.70
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	2.70
21111	Fast foods, hamburger; double, regular patty; with condiments	2.70
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	2.70
21234	McDONALD'S, QUARTER POUNDER	2.69
02027	Spices, oregano, dried	2.69
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	2.69
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	2.69
17312	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	2.69
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	2.69
05077	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, flour	2.68
05088	Chicken, broilers or fryers, neck, meat only, raw	2.68
05694	Turkey, dark meat from whole, meat only, with added solution, raw	2.68
05719	Turkey, back, from whole bird, meat only, with added solution, raw	2.68
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	2.68
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	2.68
07924	Bratwurst, pork, beef and turkey, lite, smoked	2.68
07928	Sausage, chicken, beef, pork, skinless, smoked	2.68
16080	Mung beans, mature seeds, raw	2.68
17211	Lamb, variety meats and by-products, pancreas, cooked, braised	2.68

NDB_No	Description	Zinc, Zn(mg) Value Per
05027	Chicken, liver, all classes, raw	2.67
07072	Salami, dry or hard, pork, beef	2.67
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	2.67
15165	Mollusks, mussel, blue, cooked, moist heat	2.67
16167	USDA Commodity, Peanut Butter, smooth	2.67
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	2.67
19031	Snacks, oriental mix, rice-based	2.66
20070	Triticale flour, whole-grain	2.66
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	2.66
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	2.66
01004	Cheese, blue	2.66
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	2.66
08144	Cereals, whole wheat hot natural cereal, dry	2.66
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	2.66
11985	Fireweed, leaves, raw	2.66
16035	Beans, kidney, royal red, mature seeds, raw	2.66
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	2.66
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	2.66
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	2.65
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	2.65
08694	Cereals, QUAKER, Instant Oatmeal, weight control, cinnamon	2.65
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	2.65
17236	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	2.65
19903	Chocolate, dark, 60-69% cacao solids	2.65
20062	Rye grain	2.65
20072	Wheat, hard red winter	2.65
19807	Snacks, popcorn, oil-popped, white popcorn, salt added	2.64
25062	Snack, Mixed Berry Bar	2.64
28345	Crackers, gluten-free, multi-seeded and multigrain	2.64
42259	Snacks, popcorn, home-prepared, oil-popped, unsalted	2.64
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	2.64
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	2.64
10198	Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted	2.64
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	2.63
08353	Cereals ready-to-eat, QUAKER, MOTHER'S Cinnamon Oat Crunch	2.63
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	2.63

NDB_No	Description	Zinc, Zn(mg) Value Per
17222	Veal, variety meats and by-products, tongue, raw	2.63
18235	Crackers, whole-wheat	2.63
20073	Wheat, soft red winter	2.63
20647	Millet flour	2.63
21235	McDONALD'S, QUARTER POUNDER with Cheese	2.63
43325	Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted	2.63
05147	Goose, domesticated, meat and skin, cooked, roasted	2.62
08639	Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar	2.62
10059	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted	2.62
10115	Pork, fresh, variety meats and by-products, pancreas, raw	2.62
05712	Turkey, retail parts, wing, meat only, raw	2.61
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	2.61
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	2.61
18219	Crackers, matzo, whole-wheat	2.61
21099	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and ham	2.61
19126	Candies, milk chocolate coated peanuts	2.60
20080	Wheat flour, whole-grain	2.60
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	2.60
01005	Cheese, brick	2.60
01034	Cheese, port de salut	2.60
03011	Babyfood, meat, lamb, junior	2.60
03184	Babyfood, cereal, whole wheat, with apples, dry fortified	2.60
05036	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour	2.60
05142	Duck, domesticated, meat only, cooked, roasted	2.60
05742	Turkey, retail parts, thigh, meat and skin, raw	2.60
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	2.60
08591	Cereals ready-to-eat, KASHI ORGANIC PROMISE, ISLAND VANILLA	2.60
08686	Cereals, QUAKER, Weight Control Instant Oatmeal, maple and brown sugar	2.60
08687	Cereals, QUAKER, Weight Control Instant Oatmeal, banana bread	2.60
12206	Nuts, almonds, honey roasted, unblanched	2.60
16074	Lima beans, thin seeded (baby), mature seeds, raw	2.60
17212	Veal, variety meats and by-products, pancreas, raw	2.60
01048	Cheese spread, pasteurized process, American	2.59
05187	Turkey from whole, dark meat, meat only, raw	2.59
05215	Turkey, back from whole bird, meat only, raw	2.59
05740	Turkey, thigh, from whole bird, meat only, raw	2.59

NDB_No	Description	Zinc, Zn(mg) Value Per
08286	Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX	2.59
08390	Cereals ready-to-eat, KASHI GOOD FRIENDS	2.59
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	2.59
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	2.59
21100	Fast foods, cheeseburger; double, large patty, with condiments and vegetables	2.59
21443	POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed	2.59
43278	Cheese, american cheddar, imitation	2.59
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	2.58
21344	McDONALD'S, Double Cheeseburger	2.58
01038	Cheese, romano	2.58
01228	Cheese, fresh, queso fresco	2.58
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	2.58
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	2.58
13331	Beef, variety meats and by-products, pancreas, raw	2.58
17254	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	2.58
10153	Pork, cured, ham, whole, separable lean only, roasted	2.57
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	2.57
12175	Nuts, chestnuts, japanese, dried	2.57
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	2.56
07078	Thuringer, cervelat, summer sausage, beef, pork	2.56
08691	Cereals, QUAKER, oatmeal, REAL MEDLEYS, summer berry, dry	2.56
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	2.56
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	2.56
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	2.56
16112	Miso	2.56
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	2.56
16030	Beans, kidney, california red, mature seeds, raw	2.55
16040	Beans, pink, mature seeds, raw	2.55
17134	Veal, sirloin, separable lean and fat, raw	2.55
18227	Crackers, rye, wafers, seasoned	2.55
18295	Pancakes, buckwheat, dry mix, incomplete	2.55
43326	Pork, cured, ham, low sodium, lean and fat, cooked	2.55
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	2.54
07254	Turkey bacon, unprepared	2.54
08365	Cereals ready-to-eat, QUAKER, Shredded Wheat, bagged cereal	2.54
10117	Pork, fresh, variety meats and by-products, spleen, raw	2.54

NDB_No	Description	Zinc, Zn(mg) Value Per
10192	Pork, fresh, backribs, separable lean and fat, raw	2.54
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	2.54
17161	Game meat, buffalo, water, cooked, roasted	2.54
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	2.54
05665	Ground turkey, 93% lean, 7% fat, raw	2.53
07021	Dutch brand loaf, chicken, pork and beef	2.53
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	2.53
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	2.53
17023	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw	2.53
19414	Snacks, rice cakes, brown rice, multigrain	2.53
19818	Snacks, rice cakes, brown rice, multigrain, unsalted	2.53
21604	School Lunch, pizza, sausage topping, thin crust, whole grain, frozen, cooked	2.53
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	2.53
21107	Fast foods, hamburger; single, regular patty; plain	2.52
05093	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, flour	2.52
05354	USDA Commodity, turkey taco meat, frozen, cooked	2.52
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	2.52
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	2.52
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	2.52
05168	Turkey, whole, meat only, cooked, roasted	2.51
08122	Cereals, oats, instant, fortified, plain, dry	2.51
08389	Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs	2.51
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	2.51
16098	Peanut butter, smooth style, with salt	2.51
16398	Peanut butter, smooth style, without salt	2.51
17142	Veal, ground, raw	2.51
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	2.51
21431	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed	2.51
21602	School Lunch, pizza, pepperoni topping, thin crust, whole grain, frozen, cooked	2.51
23451	Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	2.51
19052	Snacks, rice cakes, brown rice, buckwheat	2.50
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	2.50
19817	Snacks, rice cakes, brown rice, buckwheat, unsalted	2.50
21426	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed	2.50
21465	Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed	2.50
28355	CRUNCHMASTER, Multi-Grain Crisps, Snack Crackers, Gluten-Free	2.50

NDB_No	Description	Zinc, Zn(mg) Value Per
42297	Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch	2.50
01190	KRAFT FREE Singles American Nonfat Pasteurized Process Cheese Product	2.50
02019	Spices, fenugreek seed	2.50
03005	Babyfood, meat, veal, strained	2.50
05085	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, batter	2.50
05311	Chicken, canned, no broth	2.50
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	2.50
08081	Cereals ready-to-eat, POST, Honey Nut Shredded Wheat	2.50
08712	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN with cranberries	2.50
10088	Pork, fresh, spareribs, separable lean and fat, raw	2.50
10140	Pork, cured, ham, regular (approximately 13% fat), canned, roasted	2.50
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	2.50
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	2.50
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	2.50
16502	LOMA LINDA Low Fat Big Franks, canned, unprepared	2.50
17310	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, raw	2.50
01042	Cheese, pasteurized process, American, fortified with vitamin D	2.49
01192	KRAFT VELVEETA LIGHT Reduced Fat Pasteurized Process Cheese Product	2.49
01253	Cheese, pasteurized process, American, without added vitamin D	2.49
05037	Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted	2.49
21089	Fast foods, cheeseburger; single, regular patty; plain	2.49
02031	Spices, pepper, red or cayenne	2.48
05166	Turkey, whole, meat and skin, cooked, roasted	2.48
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	2.48
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	2.48
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	2.48
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	2.48
05050	Chicken, broilers or fryers, back, meat and skin, cooked, fried, flour	2.47
07004	Sausage, Berliner, pork, beef	2.47
07922	Bratwurst, beef and pork, smoked	2.47
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	2.47
21239	WENDY'S, CLASSIC SINGLE Hamburger, no cheese	2.47
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	2.46
43364	Snacks, tortilla chips, unsalted, white corn	2.46
01027	Cheese, mozzarella, whole milk, low moisture	2.46
07001	Barbecue loaf, pork, beef	2.46

NDB_No	Description	Zinc, Zn(mg) Value Per
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	2.46
16117	Soy flour, defatted	2.46
07064	Pork sausage, link/patty, cooked, pan-fried	2.45
07090	Luncheon sausage, pork and beef	2.45
10113	Pork, fresh, variety meats and by-products, lungs, cooked, braised	2.45
10171	Pork, cured, shoulder, blade roll, separable lean and fat, roasted	2.45
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	2.45
12120	Nuts, hazelnuts or filberts	2.45
20090	Rice flour, brown	2.45
07057	Pepperoni, beef and pork, sliced	2.44
08627	Cereals ready-to-eat, QUAKER, Natural Granola Apple Cranberry Almond	2.44
10114	Pork, fresh, variety meats and by-products, mechanically separated, raw	2.44
15002	Fish, anchovy, european, canned in oil, drained solids	2.44
03010	Babyfood, meat, lamb, strained	2.43
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	2.43
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	2.43
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	2.43
05157	Quail, meat and skin, raw	2.42
07965	Pork sausage, link/patty, reduced fat, unprepared	2.42
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	2.42
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	2.42
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	2.42
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	2.42
17442	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	2.42
17459	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	2.42
19407	Snacks, beef sticks, smoked	2.42
20009	Buckwheat groats, roasted, dry	2.42
02066	Spearmint, dried	2.41
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	2.41
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	2.41
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	2.41
11634	Peppers, sweet, green, freeze-dried	2.41
11931	Peppers, sweet, red, freeze-dried	2.41
03017	Babyfood, meat, turkey sticks, junior	2.40
03185	Babyfood, cereal, mixed, dry fortified	2.40
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	2.40

NDB_No	Description	Zinc, Zn(mg) Value Per
17166	Game meat, elk, raw	2.40
20008	Buckwheat	2.40
20135	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, dry	2.40
21251	BURGER KING, Cheeseburger	2.40
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	2.39
07089	Sausage, Italian, pork, cooked	2.39
07907	USDA Commodity, pork sausage, bulk/links/patties, frozen, raw	2.39
08642	Cereals, QUAKER, Instant Oatmeal, Apple and Cinnamon, reduced sugar	2.39
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	2.39
13344	Beef, cured, breakfast strips, raw or unheated	2.39
17062	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw	2.39
18216	Crackers, crispbread, rye	2.39
01006	Cheese, brie	2.38
01007	Cheese, camembert	2.38
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	2.38
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	2.38
10201	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled	2.38
10898	Pork, pickled pork hocks	2.38
17181	Game meat, rabbit, wild, cooked, stewed	2.38
21148	School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Pepperoni Pizza 50/50 Cheese, frozen	2.38
21250	BURGER KING, Hamburger	2.38
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	2.38
02035	Spices, pumpkin pie spice	2.37
05284	Turkey, canned, meat only, with broth	2.37
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	2.37
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	2.37
01189	KRAFT CHEEZ WHIZ LIGHT Pasteurized Process Cheese Product	2.36
01215	Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D	2.36
05003	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour	2.36
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	2.36
08157	Cereals ready-to-eat, wheat, puffed, fortified	2.36
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	2.36
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	2.36
42128	Turkey ham, sliced, extra lean, prepackaged or deli-sliced	2.36
42258	Cheese product, pasteurized process, cheddar, reduced fat	2.36
05305	Ground turkey, raw	2.35

NDB_No	Description	Zinc, Zn(mg) Value Per
10170	Pork, cured, shoulder, blade roll, separable lean and fat, unheated	2.35
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	2.35
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	2.35
05148	Goose, domesticated, meat only, raw	2.34
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	2.34
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	2.34
12152	Nuts, pistachio nuts, dry roasted, without salt added	2.34
12652	Nuts, pistachio nuts, dry roasted, with salt added	2.34
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	2.34
17099	Veal, leg (top round), separable lean only, raw	2.34
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	2.34
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	2.33
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	2.33
17271	Veal, breast, whole, boneless, separable lean and fat, raw	2.33
17447	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, roasted	2.33
02011	Spices, cloves, ground	2.32
05183	Turkey, dark meat, meat and skin, raw	2.32
07070	Salami, cooked, turkey	2.32
08538	Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Blueberry Clusters	2.32
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	2.32
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	2.32
10185	Pork, cured, ham, extra lean and regular, canned, roasted	2.32
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	2.32
17220	Lamb, variety meats and by-products, tongue, raw	2.32
17443	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	2.32
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	2.32
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	2.32
36051	ON THE BORDER, cheese quesadilla	2.32
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	2.31
01046	Cheese food, pasteurized process, American, vitamin D fortified	2.31
01254	Cheese food, pasteurized process, American, without added vitamin D	2.31
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	2.31
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	2.31
10174	Pork, fresh, variety meats and by-products, tail, raw	2.31
16024	Beans, great northern, mature seeds, raw	2.31
17462	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, roasted	2.31

NDB_No	Description	Zinc, Zn(mg) Value Per
01125	Egg, yolk, raw, fresh	2.30
02022	Spices, mace, ground	2.30
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	2.30
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	2.30
07008	Bologna, beef and pork	2.30
07041	Liver sausage, liverwurst, pork	2.30
07911	Liverwurst spread	2.30
08641	Cereals, QUAKER, Instant Oatmeal, fruit and cream, variety of flavors, reduced sugar	2.30
10804	USDA Commodity, pork, cured, ham, boneless, cooked, unheated	2.30
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	2.30
17094	Veal, leg (top round), separable lean and fat, raw	2.30
17460	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	2.30
19120	Candies, milk chocolate	2.30
22126	LOMA LINDA Big Franks, canned, unprepared	2.30
28191	KELLOGG'S, SPECIAL K, Savory Herb Crackers	2.30
42261	Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	2.30
19134	Candies, milk chocolate, with rice cereal	2.29
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	2.29
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	2.29
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	2.29
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	2.29
14035	Beverages, ABBOTT, EAS soy protein powder	2.29
05705	Turkey, whole, meat only, with added solution, roasted	2.28
10805	USDA Commodity, pork, ground, fine/coarse, frozen, raw	2.28
16006	Beans, baked, canned, plain or vegetarian	2.28
16042	Beans, pinto, mature seeds, raw	2.28
17176	Game meat, opossum, cooked, roasted	2.28
03007	Babyfood, meat, pork, strained	2.27
10003	Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	2.27
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	2.27
17151	Game meat, beaver, cooked, roasted	2.27
17175	Game meat, muskrat, cooked, roasted	2.27
17178	Game meat, rabbit, domesticated, composite of cuts, cooked, roasted	2.27
17182	Game meat, raccoon, cooked, roasted	2.27
21121	Fast foods, roast beef sandwich, plain	2.27
21527	ARBY'S, roast beef sandwich, classic	2.27

NDB_No	Description	Zinc, Zn(mg) Value Per
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	2.26
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	2.26
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	2.26
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	2.26
10196	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled	2.26
03008	Babyfood, meat, ham, strained	2.25
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	2.25
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	2.25
07016	Cheesefurter, cheese smokie, pork, beef	2.25
07033	Ham and cheese spread	2.25
07212	OSCAR MAYER, Ham (chopped with natural juice)	2.25
07917	Sausage, pork and beef, with cheddar cheese, smoked	2.25
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	2.25
07920	Swisswurst, pork and beef, with swiss cheese, smoked	2.25
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	2.25
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	2.25
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	2.25
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	2.25
05012	Chicken, broilers or fryers, meat only, cooked, fried	2.24
17194	Veal, variety meats and by-products, heart, cooked, braised	2.24
17195	Lamb, variety meats and by-products, kidneys, raw	2.24
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	2.24
20315	Corn flour, whole-grain, blue (harina de maiz morado)	2.24
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	2.24
36008	T.G.I. FRIDAY'S, fried mozzarella	2.24
36019	APPLEBEE'S, chili	2.23
36037	Restaurant, family style, chili with meat and beans	2.23
10138	Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted	2.23
10802	USDA Commodity, pork, cured, ham, boneless, cooked, heated	2.23
11972	Lemon grass (citronella), raw	2.23
03002	Babyfood, meat, beef, strained	2.22
03003	Babyfood, meat, beef, junior	2.22
07937	Bologna, pork, turkey and beef	2.22
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	2.22
19413	Snacks, rice cakes, brown rice, corn	2.22
20014	Corn grain, yellow	2.21

NDB_No	Description	Zinc, Zn(mg) Value Per
20314	Corn grain, white	2.21
21090	Fast foods, cheeseburger; single, regular patty, with condiments	2.21
21411	Fast foods, bagel, with breakfast steak, egg, cheese, and condiments	2.21
07002	Beerwurst, beer salami, pork and beef	2.21
07931	Beerwurst, pork and beef	2.21
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	2.21
16106	Meat extender	2.21
05160	Squab, (pigeon), meat and skin, raw	2.20
05663	Ground turkey, fat free, pan-broiled crumbles	2.20
05707	Turkey, whole, meat and skin, with added solution, roasted	2.20
07909	Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite	2.20
08663	Cereals ready-to-eat, KASHI ORGANIC PROMISE, Berry Fruitful	2.20
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	2.20
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	2.20
10219	Pork, fresh, ground, raw	2.20
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	2.20
12121	Nuts, hazelnuts or filberts, blanched	2.20
12151	Nuts, pistachio nuts, raw	2.20
13338	Beef, variety meats and by-products, thymus, cooked, braised	2.20
16016	Beans, black turtle, mature seeds, raw	2.20
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	2.20
18992	KELLOGG'S, BEANATURAL, Original 3-Bean Chips	2.20
19439	Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar	2.20
20653	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry	2.20
42265	Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & Pecan	2.20
43495	Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY	2.20
05664	Ground turkey, fat free, patties, broiled	2.19
07241	OSCAR MAYER, Wieners (beef franks)	2.19
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	2.19
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	2.19
17262	Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw	2.19
07062	Picnic loaf, pork, beef	2.18
08692	Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry	2.18
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	2.18
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	2.18
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	2.18

NDB_No	Description	Zinc, Zn(mg) Value Per
21242	WENDY'S, Jr. Hamburger, with cheese	2.18
20064	Rye flour, medium	2.17
21098	Fast foods, cheeseburger; single, large patty; with condiments and vegetables	2.17
43507	Frankfurter, low sodium	2.17
05076	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, batter	2.17
07945	Frankfurter, beef, heated	2.17
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	2.17
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	2.16
07052	Pastrami, turkey	2.16
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	2.16
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	2.16
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	2.16
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	2.16
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	2.16
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	2.16
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	2.16
36052	Restaurant, Mexican, cheese quesadilla	2.16
18429	Crackers, whole-wheat, low salt	2.15
21263	TACO BELL, Soft Taco with steak	2.15
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	2.15
02025	Spices, nutmeg, ground	2.15
07044	USDA Commodity, luncheon meat, canned	2.15
08689	Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry	2.15
10046	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	2.15
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	2.15
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	2.15
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	2.15
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	2.15
17107	Veal, loin, separable lean only, raw	2.15
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	2.15
18076	Bread, whole-wheat, commercially prepared, toasted	2.15
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	2.14
05170	Turkey, skin from whole (light and dark), roasted	2.14
05734	Turkey, retail parts, wing, meat and skin, raw	2.14
07053	Pate, chicken liver, canned	2.14
08693	Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry	2.14

NDB_No	Description	Zinc, Zn(mg) Value Per
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	2.14
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	2.14
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	2.14
19434	Cheese puffs and twists, corn based, baked, low fat	2.14
20005	Barley, pearled, raw	2.13
20036	Rice, brown, long-grain, raw	2.13
01252	Cheese product, pasteurized process, American, vitamin D fortified	2.13
05120	Chicken, roasting, dark meat, meat only, cooked, roasted	2.13
07927	Sausage, Italian, turkey, smoked	2.13
07929	Sausage, turkey, hot, smoked	2.13
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	2.13
11432	Radishes, oriental, dried	2.13
17219	Veal, variety meats and by-products, thymus, cooked, braised	2.13
17449	Lamb, Australian, imported, fresh, external fat, cooked	2.13
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	2.12
07906	Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	2.12
15100	Fish, smelt, rainbow, cooked, dry heat	2.12
16091	Peanuts, spanish, raw	2.12
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	2.12
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	2.12
19905	Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	2.11
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	2.11
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	2.11
07916	Sausage, Polish, pork and beef, smoked	2.11
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	2.11
13333	Beef, variety meats and by-products, spleen, raw	2.11
01024	Cheese, limburger	2.10
05013	Chicken, broilers or fryers, meat only, roasted	2.10
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	2.10
05600	USDA Commodity, turkey ham, dark meat, smoked, frozen	2.10
07015	Brotwurst, pork, beef, link	2.10
07050	Mortadella, beef, pork	2.10
07944	Turkey, white, rotisserie, deli cut	2.10
08653	Cereals ready-to-eat, KELLOGG'S RICE KRISPIES, Gluten Free	2.10
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	2.10
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	2.10

NDB_No	Description	Zinc, Zn(mg) Value Per
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	2.10
21241	WENDY'S, Jr. Hamburger, without cheese	2.10
43366	Turkey, wing, smoked, cooked, with skin, bone removed	2.10
07939	Frankfurter, pork	2.09
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	2.09
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	2.09
17164	Game meat, deer, raw	2.09
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	2.09
01039	Cheese, roquefort	2.08
05035	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter	2.08
05131	Chicken, stewing, dark meat, meat only, raw	2.08
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	2.08
15026	Fish, eel, mixed species, cooked, dry heat	2.08
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	2.08
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	2.07
07006	Bockwurst, pork, veal, raw	2.07
08038	Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	2.07
08417	Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry	2.07
10195	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised	2.07
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	2.07
21350	McDONALD'S, BIG MAC (without Big Mac Sauce)	2.07
36012	Restaurant, family style, fried mozzarella sticks	2.07
20131	Barley malt flour	2.06
35233	Hazelnuts, beaked (Northern Plains Indians)	2.06
05126	Chicken, stewing, meat only, cooked, stewed	2.06
05236	Turkey, young hen, skin only, cooked, roasted	2.06
13337	Beef, variety meats and by-products, thymus, raw	2.06
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	2.05
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	2.05
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	2.05
07910	Bratwurst, veal, cooked	2.05
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	2.05
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	2.05
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	2.05
12114	Nuts, coconut meat, dried (desiccated), toasted	2.05
28321	Rolls, hamburger, whole grain white, calcium-fortified	2.05

NDB_No	Description	Zinc, Zn(mg) Value Per
28326	Crackers, whole grain, sandwich-type, with peanut butter filling	2.05
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	2.04
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	2.04
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	2.04
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	2.04
07236	OSCAR MAYER, Smokies Sausage Little Cheese (pork, turkey)	2.04
08688	Cereals, QUAKER, Instant Oatmeal, Cinnamon Swirl, high fiber	2.04
10152	Pork, cured, ham, whole, separable lean only, unheated	2.04
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	2.04
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	2.04
12177	Nuts, coconut meat, dried (desiccated), creamed	2.04
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	2.04
05192	Turkey, all classes, breast, meat and skin, cooked, roasted	2.03
07010	Bologna, pork	2.03
07022	Frankfurter, beef, unheated	2.03
07201	OSCAR MAYER, Bologna (beef)	2.03
10112	Pork, fresh, variety meats and by-products, lungs, raw	2.03
11240	Mushrooms, morel, raw	2.03
19015	Snacks, granola bars, hard, plain	2.03
21108	Fast foods, hamburger; single, regular patty; with condiments	2.03
19279	Candies, milk chocolate coated coffee beans	2.02
20040	Rice, brown, medium-grain, raw	2.02
21118	Fast foods, hotdog, plain	2.02
21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	2.02
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	2.02
05285	Turkey, diced, light and dark meat, seasoned	2.02
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	2.02
10149	Pork, cured, ham, steak, boneless, extra lean, unheated	2.02
10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	2.02
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	2.01
07063	Pork sausage, link/patty, unprepared	2.01
08411	Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS, Brown Sugar, dry	2.01
10187	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw	2.01
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	2.01
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	2.01
12108	Nuts, coconut meat, dried (desiccated), not sweetened	2.01

NDB_No	Description	Zinc, Zn(mg) Value Per
17104	Veal, loin, separable lean and fat, raw	2.01
18220	Crackers, melba toast, plain	2.01
18348	Rolls, dinner, whole-wheat	2.01
18424	Crackers, melba toast, plain, without salt	2.01
19040	Snacks, popcorn, cheese-flavor	2.01
19902	Chocolate, dark, 45- 59% cacao solids	2.01
21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed	2.01
19086	Candies, confectioner's coating, peanut butter	2.00
19419	Snacks, corn cakes	2.00
19800	Snacks, corn cakes, very low sodium	2.00
20023	Cornmeal, yellow, self-rising, bolted, plain, enriched	2.00
20130	Barley flour or meal	2.00
20323	Cornmeal, white, self-rising, bolted, plain, enriched	2.00
28161	KELLOGG'S, ALL-BRAN, Multigrain Crackers	2.00
36004	APPLEBEE'S, mozzarella sticks	2.00
43112	Beans, chili, barbecue, ranch style, cooked	2.00
43384	Beef, bologna, reduced sodium	2.00
05043	Chicken, broilers or fryers, dark meat, meat only, raw	2.00
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	2.00
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	2.00
07032	Ham and cheese loaf or roll	2.00
10851	HORMEL, Cure 81 Ham	2.00
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	2.00
11667	Seaweed, spirulina, dried	2.00
16059	Chili with beans, canned	2.00
16092	Peanuts, spanish, oil-roasted, with salt	2.00
16392	Peanuts, spanish, oil-roasted, without salt	2.00
17187	Lamb, variety meats and by-products, brain, cooked, pan-fried	2.00
05014	Chicken, broilers or fryers, meat only, stewed	1.99
10228	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw	1.99
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	1.99
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	1.99
11955	Tomatoes, sun-dried	1.99
15218	Fish, sunfish, pumpkin seed, cooked, dry heat	1.99
16129	Tofu, fried	1.99
16429	Tofu, fried, prepared with calcium sulfate	1.99

NDB_No	Description	Zinc, Zn(mg) Value Per
21063	Fast foods, burrito, with beans and beef	1.99
21159	SUBWAY, steak & cheese sub on white bread with American cheese, lettuce and tomato	1.98
21160	Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato	1.98
36611	DENNY'S, mozzarella cheese sticks	1.98
05005	Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	1.98
08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	1.98
10859	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, pan-broiled	1.98
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	1.98
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	1.98
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	1.98
01115	Whey, sweet, dried	1.97
08124	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry	1.97
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	1.97
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	1.97
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	1.97
17197	Veal, variety meats and by-products, kidneys, raw	1.97
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	1.97
21600	School Lunch, pizza, cheese topping, thin crust, whole grain, frozen, cooked	1.97
36060	ON THE BORDER, soft taco with ground beef, cheese and lettuce	1.97
20042	Rice, brown, parboiled, dry, UNCLE BEN'S	1.96
21435	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading	1.96
25045	Formulated bar, high fiber, chewy, oats and chocolate	1.96
42179	Frankfurter, beef, low fat	1.96
05049	Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter	1.96
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	1.96
07077	Smoked link sausage, pork and beef, nonfat dry milk added	1.96
15152	Crustaceans, shrimp, mixed species, canned	1.96
18299	Pancakes, whole-wheat, dry mix, incomplete	1.96
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	1.95
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	1.95
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	1.95
11444	Seaweed, irishmoss, raw	1.95
21228	McDONALD'S, Hamburger	1.95
18617	NABISCO, NABISCO GRAHAMS Crackers	1.94
21149	School Lunch, pizza, TONY'S Breakfast Pizza Sausage, frozen	1.94
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	1.94

NDB_No	Description	Zinc, Zn(mg) Value Per
28325	Crackers, toast thins, low sodium	1.94
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	1.94
05134	Chicken, capons, meat and skin and giblets and neck, cooked, roasted	1.94
05336	USDA Commodity Chicken, canned, meat only, drained	1.94
07027	Ham, chopped, not canned	1.94
08228	Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry	1.94
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	1.94
17260	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw	1.94
17314	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	1.94
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	1.93
07007	Bologna, beef	1.93
07059	Polish sausage, pork	1.93
07915	Sausage, Polish, beef with chicken, hot	1.93
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	1.93
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	1.93
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	1.93
10973	Pork, ground, 96% lean / 4% fat, raw	1.93
11640	Shallots, freeze-dried	1.93
17160	Game meat, buffalo, water, raw	1.93
17206	Lamb, variety meats and by-products, lungs, cooked, braised	1.93
17210	Lamb, variety meats and by-products, pancreas, raw	1.93
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	1.93
19017	Snacks, granola bars, hard, chocolate chip	1.93
20012	Bulgur, dry	1.93
21603	School Lunch, pizza, pepperoni topping, thick crust, whole grain, frozen, cooked	1.93
42280	Frankfurter, meat and poultry, low fat	1.93
20109	Noodles, egg, dry, enriched	1.92
20409	Noodles, egg, dry, unenriched	1.92
25036	Snacks, granola bites, mixed flavors	1.92
28295	Tortillas, ready-to-bake or -fry, whole wheat	1.92
43241	Cereals ready-to-eat, FAMILIA	1.92
01161	Cheese substitute, mozzarella	1.92
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	1.92
05333	Chicken, ground, crumbles, cooked, pan-browned	1.92
13323	Beef, variety meats and by-products, kidneys, raw	1.92
16078	Mothbeans, mature seeds, raw	1.92

NDB_No	Description	Zinc, Zn(mg) Value Per
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	1.91
05295	Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	1.91
10972	Pork, ground, 84% lean / 16% fat, raw	1.91
12005	Seeds, breadnut tree seeds, dried	1.91
17217	Veal, variety meats and by-products, spleen, cooked, braised	1.91
21233	McDONALD'S, Cheeseburger	1.91
21237	McDONALD'S, BIG MAC	1.91
21427	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	1.91
21432	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed	1.90
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	1.90
03021	Babyfood, meat, meat sticks, junior	1.90
03190	Babyfood, cereal, oatmeal, with bananas, dry	1.90
05141	Duck, domesticated, meat only, raw	1.90
05303	Poultry, mechanically deboned, from mature hens, raw	1.90
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	1.90
07030	Ham, minced	1.90
08613	Cereals ready-to-eat, KELLOGG'S SPECIAL K Multigrain Oats and Honey	1.90
14163	Beverages, chocolate drink, milk and soy based, ready to drink, fortified	1.90
15009	Fish, carp, cooked, dry heat	1.90
16022	Beans, french, mature seeds, raw	1.90
08702	Cereals, KELLOGG'S SPECIAL K NOURISH, Cinnamon Raisin Pecan, dry	1.89
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	1.89
11284	Onions, dehydrated flakes	1.89
21006	Fast foods, biscuit with egg and steak	1.89
19401	Snacks, cornnuts, barbecue-flavor	1.88
23419	Beef, New Zealand, imported, intermuscular fat, cooked	1.88
36049	ON THE BORDER, cheese enchilada	1.88
10142	Pork, cured, ham, center slice, separable lean and fat, unheated	1.88
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	1.87
07065	Pork and beef sausage, fresh, cooked	1.87
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	1.87
16008	Beans, baked, canned, with franks	1.87
16061	Cowpeas, catjang, mature seeds, cooked, boiled, without salt	1.87
16361	Cowpeas, catjang, mature seeds, cooked, boiled, with salt	1.87
17191	Lamb, variety meats and by-products, heart, raw	1.87
21109	Fast foods, hamburger; single, regular patty; with condiments and vegetables	1.87

NDB_No	Description	Zinc, Zn(mg) Value Per
21147	School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Cheese Pizza 50/50 Cheese, frozen	1.87
21227	Pizza, meat and vegetable topping, rising crust, frozen, cooked	1.87
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	1.87
35146	Stew, mutton, corn, squash (Navajo)	1.87
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	1.87
43031	Candies, chocolate covered, caramel with nuts	1.87
43212	Bacon bits, meatless	1.87
19021	Snacks, granola bars, soft, uncoated, peanut butter	1.86
36403	Restaurant, Latino, empanadas, beef, prepared	1.86
42227	Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies	1.86
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	1.86
05084	Chicken, broilers or fryers, neck, meat and skin, raw	1.86
05140	Duck, domesticated, meat and skin, cooked, roasted	1.86
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	1.86
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	1.86
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	1.86
05053	Chicken, broilers or fryers, back, meat only, raw	1.85
08225	Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry	1.85
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	1.85
10044	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw	1.85
10099	Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	1.85
10119	Pork, fresh, variety meats and by-products, stomach, raw	1.85
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	1.85
18036	Bread, multi-grain, toasted (includes whole-grain)	1.85
22972	Pulled pork in barbecue sauce	1.85
35144	Stew, dumpling with mutton (Navajo)	1.85
20139	Wheat, KAMUT khorasan, cooked	1.84
21439	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading	1.84
28303	Crackers, cheese, whole grain	1.84
01191	KRAFT VELVEETA Pasteurized Process Cheese Spread	1.84
05167	Turkey, whole, meat only, raw	1.84
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	1.84
07025	Frankfurter, turkey	1.84
10024	Pork, fresh, loin, whole, separable lean only, raw	1.84
10184	Pork, cured, ham, extra lean and regular, canned, unheated	1.84
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	1.84

NDB_No	Description	Zinc, Zn(mg) Value Per
18283	Muffins, oat bran	1.84
02010	Spices, cinnamon, ground	1.83
07026	Ham, chopped, canned	1.83
08690	Cereals, QUAKER, oatmeal, REAL MEDLEYS, apple walnut, dry	1.83
16088	Peanuts, all types, cooked, boiled, with salt	1.83
16158	Hummus, commercial	1.83
17427	Veal, loin, chop, separable lean only, cooked, grilled	1.83
19914	Candies, M&M MARS 3 MUSKETEERS Truffle Crisp	1.83
20111	Noodles, egg, spinach, enriched, dry	1.83
21146	School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Turkey Pepperoni Pizza, frozen	1.83
21470	Fast Foods, Fried Chicken, Drumstick, meat and skin with breading	1.83
21601	School Lunch, pizza, cheese topping, thick crust, whole grain, frozen, cooked	1.83
36050	Restaurant, Mexican, cheese enchilada	1.83
42161	Bologna, beef, low fat	1.83
20020	Cornmeal, whole-grain, yellow	1.82
20320	Cornmeal, whole-grain, white	1.82
21428	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	1.82
01144	Egg substitute, powder	1.82
01168	Cheese, low fat, cheddar or colby	1.82
01265	Cheese, cheddar, nonfat or fat free	1.82
05302	Poultry, mechanically deboned, from backs and necks without skin, raw	1.82
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	1.82
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	1.82
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	1.82
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	1.82
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	1.82
17190	Veal, variety meats and by-products, brain, cooked, pan-fried	1.82
18043	Bread, protein (includes gluten)	1.82
01259	Cheese spread, American or Cheddar cheese base, reduced fat	1.81
02049	Thyme, fresh	1.81
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	1.81
17367	Lamb, New Zealand, imported, kidney, raw	1.81
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	1.81
21095	Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables	1.81
20017	Corn flour, masa, enriched, white	1.80
20019	Corn flour, masa, unenriched, white	1.80

NDB_No	Description	Zinc, Zn(mg) Value Per
20317	Corn flour, yellow, masa, enriched	1.80
21475	DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked	1.80
43132	Meatballs, meatless	1.80
43137	Vegetarian meatloaf or patties	1.80
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	1.80
08647	Cereals ready-to-eat, KASHI INDIGO MORNING	1.80
08648	Cereals ready-to-eat, KASHI Simply Maize	1.80
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	1.80
10857	HORMEL Canadian Style Bacon	1.80
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	1.80
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	1.80
17205	Lamb, variety meats and by-products, lungs, raw	1.80
07036	Sausage, Italian, pork, raw	1.79
08704	Cereals, KELLOGG'S SPECIAL K NOURISH, Maple Brown Sugar Crunch, dry	1.79
08711	Cereals ready-to-eat, KELLOGG'S, SPECIAL K protein, cinnamon brown sugar crunch	1.79
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	1.79
20091	Pasta, gluten-free, corn, dry	1.79
20622	Spaghetti, protein-fortified, dry, enriched (n x 6.25)	1.79
19009	Snacks, KRAFT, CORNNUTS, plain	1.78
05165	Turkey, whole, meat and skin, raw	1.78
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	1.78
08546	Rice and Wheat cereal bar	1.78
17184	Game meat, squirrel, cooked, roasted	1.78
03015	Babyfood, meat, turkey, strained	1.77
03016	Babyfood, meat, turkey, junior	1.77
03302	Babyfood, snack, GERBER GRADUATE YOGURT MELTS	1.77
05124	Chicken, stewing, meat and skin, cooked, stewed	1.77
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	1.77
07068	Salami, cooked, beef	1.77
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	1.77
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	1.77
16002	Beans, adzuki, mature seeds, cooked, boiled, without salt	1.77
16302	Beans, adzuki, mature seed, cooked, boiled, with salt	1.77
18075	Bread, whole-wheat, commercially prepared	1.77
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	1.77
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	1.76

NDB_No	Description	Zinc, Zn(mg) Value Per
21457	POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading	1.76
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	1.76
05080	Chicken, broilers or fryers, leg, meat only, raw	1.76
05102	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour	1.76
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	1.76
05662	Ground turkey, fat free, raw	1.76
08132	Cereals, oats, instant, fortified, with raisins and spice, dry	1.76
10150	Pork, cured, ham, whole, separable lean and fat, unheated	1.76
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	1.76
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	1.75
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	1.75
21260	TACO BELL, Original Taco with beef, cheese and lettuce	1.75
21433	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed	1.75
18950	Crackers, wheat, reduced fat	1.74
21145	School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Cheese Pizza, frozen	1.74
05136	Chicken, capons, meat and skin, cooked, roasted	1.74
05693	Chicken, broiler, rotisserie, BBQ, back meat only	1.74
10020	Pork, fresh, loin, whole, separable lean and fat, raw	1.74
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	1.74
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	1.74
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	1.74
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	1.74
15176	Mollusks, squid, mixed species, cooked, fried	1.74
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	1.74
18267	English muffins, whole-wheat, toasted	1.74
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	1.73
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	1.73
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	1.73
10998	Canadian bacon, cooked, pan-fried	1.73
14041	Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	1.73
15163	Mollusks, cuttlefish, mixed species, raw	1.73
20016	Corn flour, whole-grain, yellow	1.73
20316	Corn flour, whole-grain, white	1.73
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	1.72
28376	VAN'S, The Perfect 10, Crispy Six Whole Grain + Four Seed Baked Crackers, Gluten Free	1.72
42237	Cereals ready-to-eat, WEETABIX whole grain cereal	1.72

NDB_No	Description	Zinc, Zn(mg) Value Per
43299	Soybean, curd cheese	1.72
05146	Goose, domesticated, meat and skin, raw	1.72
05186	Turkey, all classes, light meat, cooked, roasted	1.72
05220	Turkey, breast, from whole bird, meat only, roasted	1.72
05228	Turkey, wing, from whole bird, meat only, roasted	1.72
05739	Turkey, drumstick, from whole bird, meat only, roasted	1.72
07003	Beerwurst, beer salami, pork	1.72
08680	Cereals, oats, instant, fortified, maple and brown sugar, dry	1.72
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	1.72
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	1.72
15001	Fish, anchovy, european, raw	1.72
05110	Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	1.71
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	1.71
15250	Mollusks, conch, baked or broiled	1.71
20114	Noodles, japanese, soba, dry	1.71
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	1.71
23640	Beef, variety meats and by-products, tripe, cooked, simmered	1.71
28313	Rolls, hamburger or hot dog, whole wheat	1.71
19027	Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip	1.70
28397	Bread, multi-grain (includes whole-grain)	1.70
03009	Babyfood, meat, ham, junior	1.70
05704	Turkey, whole, meat only, with added solution, raw	1.70
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	1.70
08130	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry	1.70
08393	Cereals ready-to-eat, KASHI GOLEAN	1.70
08701	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Multi-grain	1.70
08703	Cereals, KELLOGG'S SPECIAL K NOURISH, Cranberry Almond, dry	1.70
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	1.70
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	1.70
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	1.70
13321	Beef, variety meats and by-products, heart, raw	1.70
16507	LOMA LINDA Redi-Burger, canned, unprepared	1.70
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	1.69
14353	Beverages, tea, instant, decaffeinated, unsweetened	1.69
14366	Beverages, tea, instant, unsweetened, powder	1.69
05111	Canada Goose, breast meat, skinless, raw	1.68

NDB_No	Description	Zinc, Zn(mg) Value Per
05706	Turkey, whole, meat and skin, with added solution, raw	1.68
07058	Pickle and pimiento loaf, pork	1.68
15166	Mollusks, octopus, common, raw	1.68
17145	Game meat, antelope, cooked, roasted	1.68
20031	Millet, raw	1.68
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	1.68
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	1.67
19216	Candies, praline, prepared-from-recipe	1.67
20067	Sorghum grain	1.67
21473	DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked	1.67
32013	Potsticker or wonton, pork and vegetable, frozen, unprepared	1.67
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	1.67
07038	Knackwurst, knockwurst, pork, beef	1.66
07972	Meatballs, frozen, Italian style	1.66
10128	Pork, cured, breakfast strips, raw or unheated	1.66
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	1.66
16160	Tofu, hard, prepared with nigari	1.66
21018	Fast foods, egg, scrambled	1.66
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	1.66
20087	Wheat, sprouted	1.65
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	1.65
21492	DOMINO'S 14" Pepperoni Pizza, Crunchy Thin Crust	1.65
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	1.65
01250	Nutritional supplement for people with diabetes, liquid	1.65
05119	Chicken, roasting, dark meat, meat only, raw	1.65
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	1.65
06128	Soup, chicken noodle, dry, mix	1.65
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	1.65
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	1.65
15099	Fish, smelt, rainbow, raw	1.65
17373	Lamb, New Zealand, imported, heart, raw	1.65
18078	Bread, whole-wheat, prepared from recipe, toasted	1.65
01188	KRAFT CHEEZ WHIZ Pasteurized Process Cheese Sauce	1.64
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	1.64
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	1.64
10175	Pork, fresh, variety meats and by-products, tail, cooked, simmered	1.64

NDB_No	Description	Zinc, Zn(mg) Value Per
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	1.64
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	1.64
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	1.64
13329	Beef, variety meats and by-products, lungs, cooked, braised	1.64
15271	Crustaceans, shrimp, cooked (not previously frozen)	1.64
18232	Crackers, wheat, regular	1.64
21295	PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust	1.64
21478	DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked	1.64
21485	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	1.64
28324	Pancakes, whole wheat, dry mix, incomplete	1.64
20648	Sorghum flour, whole-grain	1.63
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	1.63
21476	DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked	1.63
21491	PIZZA HUT 14" Pepperoni Pizza, THIN 'N CRISPY Crust	1.63
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	1.63
05105	Chicken, broilers or fryers, wing, meat only, raw	1.63
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	1.63
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	1.63
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	1.63
15177	Mollusks, whelk, unspecified, raw	1.63
11990	Wasabi, root, raw	1.62
15025	Fish, eel, mixed species, raw	1.62
18045	Bread, pumpernickel, toasted	1.62
19080	Candies, semisweet chocolate	1.62
19701	Candies, semisweet chocolate, made with butter	1.62
28319	Bagels, whole grain white	1.62
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	1.62
18360	Taco shells, baked	1.61
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	1.61
19161	Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars	1.61
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	1.61
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	1.61
07974	Bacon, turkey, low sodium	1.61
13328	Beef, variety meats and by-products, lungs, raw	1.61
17189	Veal, variety meats and by-products, brain, cooked, braised	1.61
17216	Veal, variety meats and by-products, spleen, raw	1.61

NDB_No	Description	Zinc, Zn(mg) Value Per
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	1.60
06101	Soup, cream of vegetable, dry, powder	1.60
07083	Sausage, Vienna, canned, chicken, beef, pork	1.60
08192	Cereals ready-to-eat, POST SELECTS Blueberry Morning	1.60
08543	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond	1.60
08587	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Low Fat Granola	1.60
08608	Cereals ready-to-eat, KASHI Berry Blossom	1.60
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	1.60
10856	HORMEL ALWAYS TENDER, Boneless Pork Loin, Fresh Pork	1.60
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	1.60
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	1.60
14631	Beverages, Horchata, dry mix, unprepared, variety of brands, all with morro seeds	1.60
15164	Mollusks, mussel, blue, raw	1.60
16525	WORTHINGTON Chic-Ketts, frozen, unprepared	1.60
18266	English muffins, whole-wheat	1.60
18428	Crackers, wheat, low salt	1.60
19406	Snacks, granola bars, soft, uncoated, nut and raisin	1.60
21253	BURGER KING, WHOPPER, with cheese	1.60
21605	School Lunch, pizza, sausage topping, thick crust, whole grain, frozen, cooked	1.60
25033	Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors	1.60
43100	Breakfast bars, oats, sugar, raisins, coconut (include granola bar)	1.60
43131	Luncheon slices, meatless	1.60
21301	Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	1.59
01156	Cheese, goat, hard type	1.59
07908	Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)	1.59
07953	Pork sausage, link/patty, fully cooked, microwaved	1.59
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	1.59
10001	Pork, fresh, carcass, separable lean and fat, raw	1.59
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	1.59
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	1.59
12110	Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned	1.59
15018	Fish, cod, Atlantic, dried and salted	1.59
01141	Egg, turkey, whole, fresh, raw	1.58
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	1.58
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	1.58
07028	Ham, sliced, packaged (96% fat free, water added)	1.58

NDB_No	Description	Zinc, Zn(mg) Value Per
11195	Cowpeas (blackeyes), immature seeds, frozen, unprepared	1.58
14062	Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink	1.58
19016	Snacks, granola bars, hard, almond	1.58
19220	Desserts, rennin, chocolate, dry mix	1.58
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	1.58
43483	Millet, puffed	1.58
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	1.57
28306	Bread, chapati or roti, plain, commercially prepared	1.57
05191	Turkey, all classes, breast, meat and skin, raw	1.57
05338	USDA Commodity, Chicken, canned, meat only, with broth	1.57
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	1.57
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	1.57
10146	Pork, cured, ham, patties, unheated	1.57
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	1.57
11683	Carrot, dehydrated	1.57
16426	Tofu, raw, firm, prepared with calcium sulfate	1.57
17177	Game meat, rabbit, domesticated, composite of cuts, raw	1.57
06026	Soup, chili beef, canned, condensed	1.56
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	1.56
16003	Beans, adzuki, mature seeds, canned, sweetened	1.56
16132	Tofu, salted and fermented (fuyu)	1.56
16432	Tofu, salted and fermented (fuyu), prepared with calcium sulfate	1.56
19858	Candies, sugar-coated almonds	1.56
20015	Corn bran, crude	1.56
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	1.56
19138	Candies, truffles, prepared-from-recipe	1.55
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	1.55
90240	Mollusks, scallop, (bay and sea), cooked, steamed	1.55
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	1.55
05337	USDA Commodity, Chicken, canned, meat only, with water	1.55
07969	Kielbasa, fully cooked, pan-fried	1.55
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	1.55
15108	Fish, sunfish, pumpkin seed, raw	1.55
17218	Veal, variety meats and by-products, thymus, raw	1.55
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	1.55
05011	Chicken, broilers or fryers, meat only, raw	1.54

NDB_No	Description	Zinc, Zn(mg) Value Per
05195	Turkey, all classes, wing, meat and skin, raw	1.54
06122	Gravy, mushroom, dry, powder	1.54
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	1.54
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	1.54
21496	PIZZA HUT 14" Sausage Pizza, THIN 'N CRISPY Crust	1.54
28285	Bread, chapati or roti, whole wheat, commercially prepared, frozen	1.54
19001	Candies, TOBLERONE, milk chocolate with honey and almond nougat	1.53
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	1.53
03824	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, liquid concentrate, not reconstituted	1.53
03854	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, LIPIL, liquid concentrate, not reconstituted, with ARA and DHA	1.53
05156	Pheasant, leg, meat only, raw	1.53
05293	Turkey breast, pre-basted, meat and skin, cooked, roasted	1.53
05310	Chicken, cornish game hens, meat only, cooked, roasted	1.53
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	1.53
07968	Kielbasa, fully cooked, grilled	1.53
15175	Mollusks, squid, mixed species, raw	1.53
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	1.53
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	1.53
05114	Chicken, roasting, meat only, cooked, roasted	1.52
05711	Turkey, retail parts, breast, meat only, cooked, roasted	1.52
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	1.52
07914	Sausage, Italian, sweet, links	1.52
18042	Bread, pita, whole-wheat	1.52
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	1.52
22903	Pizza, pepperoni topping, regular crust, frozen, cooked	1.52
28322	Bagels, multigrain	1.52
21483	Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	1.51
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	1.51
25064	Snacks, potato chips, lightly salted	1.51
32027	Turnover, meat- and cheese-filled, tomato-based sauce, reduced fat, frozen	1.51
43528	Beverages, ABBOTT, ENSURE PLUS, ready-to-drink	1.51
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	1.51
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	1.51
07940	Macaroni and cheese loaf, chicken, pork and beef	1.51
11248	Lentils, sprouted, raw	1.51
01186	Cheese, cream, fat free	1.50

NDB_No	Description	Zinc, Zn(mg) Value Per
03212	Babyfood, cereal, rice, with bananas, dry	1.50
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	1.50
08202	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Crunchy Almond	1.50
08245	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Hearty Raisin	1.50
08453	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Chocolatey Strawberry	1.50
08462	Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat	1.50
08537	Cereals ready-to-eat, KASHI 7 Whole Grain Flakes	1.50
08602	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan	1.50
10852	HORMEL ALWAYS TENDER, Pork Tenderloin, Teriyaki-Flavored	1.50
10855	HORMEL ALWAYS TENDER, Center Cut Chops, Fresh Pork	1.50
16138	Falafel, home-prepared	1.50
16500	LOMA LINDA Little Links, canned, unprepared	1.50
16509	LOMA LINDA Linketts, canned, unprepared	1.50
18077	Bread, whole-wheat, prepared from recipe	1.50
18222	Crackers, melba toast, wheat	1.50
18284	Muffins, wheat bran, dry mix	1.50
18977	KASHI, TLC, Toasted Asiago Crackers	1.50
18981	KASHI, TLC, Fire Roasted Vegetable Crackers	1.50
19020	Snacks, granola bars, soft, uncoated, plain	1.50
19081	Candies, sweet chocolate	1.50
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	1.50
21210	SUBWAY, roast beef sub on white bread with lettuce and tomato	1.50
25025	Snacks, soy chips or crisps, salted	1.50
36603	Restaurant, Chinese, beef and vegetables	1.50
42129	Bologna, beef and pork, low fat	1.50
21296	PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust	1.49
21505	Pizza, cheese topping, thin crust, frozen, cooked	1.49
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	1.49
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	1.49
42148	Candies, MARS SNACKFOOD US, M&M's Peanut Butter Chocolate Candies	1.49
44258	Puddings, chocolate flavor, low calorie, regular, dry mix	1.49
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	1.49
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	1.49
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	1.49
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	1.49
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	1.49

NDB_No	Description	Zinc, Zn(mg) Value Per
05001	Chicken, broilers or fryers, meat and skin and giblets and neck, raw	1.48
07045	Luncheon meat, pork, canned	1.48
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	1.48
12071	Nuts, almond paste	1.48
15008	Fish, carp, raw	1.48
15243	Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	1.48
17285	Lamb, Australian, imported, fresh, separable fat, cooked	1.48
18044	Bread, pumpernickel	1.48
21493	DOMINO'S 14" Sausage Pizza, Crunchy Thin Crust	1.48
35147	Tamales (Navajo)	1.48
43441	Rolls, pumpernickel	1.48
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	1.47
19353	Syrups, maple	1.47
21012	Fast foods, croissant, with egg, cheese, and bacon	1.47
42139	Granola bar, soft, milk chocolate coated, peanut butter	1.47
01140	Egg, quail, whole, fresh, raw	1.47
05075	Chicken, broilers or fryers, leg, meat and skin, raw	1.47
05332	Chicken, ground, raw	1.47
17193	Veal, variety meats and by-products, heart, raw	1.47
18065	Bread, wheat, toasted	1.47
05300	Turkey sticks, breaded, battered, fried	1.46
14192	Beverages, Cocoa mix, powder	1.46
15158	Mollusks, clam, mixed species, cooked, breaded and fried	1.46
16009	Beans, baked, canned, with pork	1.46
16107	Sausage, meatless	1.46
18385	Bread, wheat germ, toasted	1.46
18481	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted cherry	1.46
18966	Crackers, saltines, whole wheat (includes multi-grain)	1.46
21008	Fast foods, biscuit, with ham	1.46
25028	Tortilla chips, yellow, plain, salted	1.46
35140	Bread, kneel down (Navajo)	1.46
19896	Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar	1.45
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	1.45
21471	Fast Foods, Fried Chicken, Thigh, meat and skin and breading	1.45
21477	DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked	1.45
28361	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Cheddar	1.45

NDB_No	Description	Zinc, Zn(mg) Value Per
32024	Rice mix, cheese flavor, dry mix, unprepared	1.45
42190	Pork sausage rice links, brown and serve, cooked	1.45
05112	Chicken, roasting, meat and skin, cooked, roasted	1.45
07967	Pork sausage, link/patty, fully cooked, unheated	1.45
18079	Bread crumbs, dry, grated, plain	1.45
16136	Winged beans, mature seeds, cooked, boiled, without salt	1.44
16436	Winged beans, mature seeds, cooked, boiled, with salt	1.44
18971	Bread, potato	1.44
21293	PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust	1.44
21436	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	1.44
18376	Bread crumbs, dry, grated, seasoned	1.43
19058	Snacks, tortilla chips, ranch-flavor	1.43
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	1.43
20048	Rice, white, long-grain, precooked or instant, enriched, dry	1.43
21013	Fast foods, croissant, with egg, cheese, and ham	1.43
21384	BURGER KING, CROISSAN'WICH with Sausage and Cheese	1.43
07061	Mother's loaf, pork	1.43
07923	Bratwurst, chicken, cooked	1.43
12204	Nuts, chestnuts, japanese, roasted	1.43
15061	Fish, perch, mixed species, cooked, dry heat	1.43
08351	Cereals ready-to-eat, QUAKER, MOTHER'S PEANUT BUTTER BUMPERS Cereal	1.42
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	1.42
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	1.42
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	1.42
11978	Peppers, ancho, dried	1.42
13341	Beef, variety meats and by-products, tripe, raw	1.42
21488	Fast foods, quesadilla, with chicken	1.42
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	1.42
19440	Snacks, M&M MARS, KUDOS Whole Grain Bar, chocolate chip	1.41
20120	Pasta, dry, enriched	1.41
20420	Pasta, dry, unenriched	1.41
25038	Snacks, granola bars, soft, almond, confectioners coating	1.41
01138	Egg, duck, whole, fresh, raw	1.41
05277	Chicken, canned, meat only, with broth	1.41
06142	Sauce, sofrito, prepared from recipe	1.41
12094	Nuts, chestnuts, chinese, dried	1.41

NDB_No	Description	Zinc, Zn(mg) Value Per
03186	Babyfood, cereal, mixed, with bananas, dry	1.40
05125	Chicken, stewing, meat only, raw	1.40
06127	Gravy, unspecified type, dry	1.40
08584	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight	1.40
10853	HORMEL ALWAYS TENDER, Pork Tenderloin, Peppercorn-Flavored	1.40
11982	Peppers, pasilla, dried	1.40
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	1.40
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	1.40
18448	Taco shells, baked, without added salt	1.40
20095	Pasta, fresh-refrigerated, spinach, as purchased	1.40
20113	Noodles, chinese, chow mein	1.40
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	1.40
21480	DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked	1.40
21497	PIZZA HUT 14" Sausage Pizza, Hand-Tossed Crust	1.40
22122	MORNINGSTAR FARMS Breakfast Sausage Patties, frozen, unprepared	1.40
22908	Beef, corned beef hash, with potato, canned	1.40
25032	Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	1.40
28104	KEEBLER, GRIPZ, Chocolate Chip Grahams, bite-size	1.40
43134	Vegetarian fillets	1.40
43449	Beans, baked, canned, no salt added	1.40
43529	Babyfood, rice and apples, dry	1.40
20024	Cornmeal, yellow, self-rising, bolted, with wheat flour added, enriched	1.39
20324	Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	1.39
32020	Chicken, thighs, frozen, breaded, reheated	1.39
01128	Egg, whole, cooked, fried	1.39
06120	Gravy, chicken, dry	1.39
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	1.39
08610	Cereals ready-to-eat, KASHI Honey Sunshine	1.39
08705	Cereals ready-to-eat, KASHI GOLEAN Vanilla Graham Clusters	1.39
08710	Cereals ready-to-eat, KELLOGG'S, SPECIAL K gluten free, touch of brown sugar	1.39
18260	English muffins, mixed-grain (includes granola)	1.39
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	1.38
07051	Olive loaf, pork	1.38
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	1.38
16050	Beans, white, mature seeds, cooked, boiled, without salt	1.38
16077	Lupins, mature seeds, cooked, boiled, without salt	1.38

NDB_No	Description	Zinc, Zn(mg) Value Per
16350	Beans, white, mature seeds, cooked, boiled, with salt	1.38
16377	Lupins, mature seeds, cooked, boiled, with salt	1.38
18384	Bread, rice bran, toasted	1.38
19056	Snacks, tortilla chips, plain, white corn, salted	1.38
19057	Snacks, tortilla chips, nacho cheese	1.38
21011	Fast foods, croissant, with egg and cheese	1.38
21267	TACO BELL, BURRITO SUPREME with steak	1.38
25022	Snacks, FRITOLAY, SUNCHIPS, multigrain, French onion flavor	1.38
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	1.37
21307	Fast foods, griddle cake sandwich, egg, cheese, and bacon	1.37
21486	Fast foods, taco with beef, cheese and lettuce, soft	1.37
43283	Pheasant, cooked, total edible	1.37
05121	Chicken, stewing, meat and skin, and giblets and neck, raw	1.37
05353	USDA Commodity, chicken fajita strips, frozen	1.37
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	1.37
11212	Edamame, frozen, prepared	1.37
05139	Duck, domesticated, meat and skin, raw	1.36
15042	Fish, herring, Atlantic, kippered	1.36
17186	Lamb, variety meats and by-products, brain, cooked, braised	1.36
18221	Crackers, melba toast, rye (includes pumpernickel)	1.36
21083	Fast foods, taco salad	1.36
21297	PIZZA HUT 14" Pepperoni Pizza, Pan Crust	1.36
21437	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	1.36
22902	Pizza, meat topping, thick crust, frozen, cooked	1.36
22998	Rice and vermicelli mix, chicken flavor, unprepared	1.36
28317	Bread, wheat, sprouted, toasted	1.36
21303	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	1.35
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	1.35
28343	Rolls, gluten-free, whole grain, made with tapioca starch and brown rice flour	1.35
28373	UDI'S, Gluten Free, Whole Grain Dinner Rolls	1.35
36043	CARRABBA'S ITALIAN GRILL, lasagne	1.35
07029	Ham, sliced, regular (approximately 11% fat)	1.35
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	1.35
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	1.35
13319	Beef, variety meats and by-products, brain, cooked, pan-fried	1.35
18055	Bread, reduced-calorie, wheat	1.35

NDB_No	Description	Zinc, Zn(mg) Value Per
18066	Bread, wheat bran	1.35
01037	Cheese, ricotta, part skim milk	1.34
07957	Pork and turkey sausage, pre-cooked	1.34
15270	Crustaceans, shrimp, raw (not previously frozen)	1.34
18057	Bread, reduced-calorie, white	1.34
19132	Candies, milk chocolate, with almonds	1.34
19236	Candies, HERSHEY'S MILK CHOCOLATE WITH ALMOND BITES	1.34
20089	Wild rice, cooked	1.34
20125	Pasta, whole-wheat, cooked	1.34
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	1.34
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	1.34
21458	POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	1.34
21461	Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise	1.34
25023	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, Harvest Cheddar flavor	1.34
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	1.34
32000	Rice and vermicelli mix, beef flavor, unprepared	1.34
32014	Macaroni or noodles with cheese, made from reduced fat packaged mix, unprepared	1.34
18973	Focaccia, Italian flatbread, plain	1.33
20065	Rye flour, light	1.33
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	1.33
21472	Fast Foods, Fried Chicken, Wing, meat and skin and breading	1.33
25060	Snack, Pretzel, hard chocolate coated	1.33
01139	Egg, goose, whole, fresh, raw	1.33
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	1.33
06626	Sauce, pesto, ready-to-serve, refrigerated	1.33
06628	Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated	1.33
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	1.33
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	1.33
11269	Mushrooms, shiitake, cooked, without salt	1.33
11798	Mushrooms, shiitake, cooked, with salt	1.33
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	1.33
01171	Egg, whole, raw, frozen, pasteurized	1.32
05133	Chicken, capons, meat and skin and giblets and neck, raw	1.32
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	1.32
11211	Edamame, frozen, unprepared	1.32
11988	Fungi, Cloud ears, dried	1.32

NDB_No	Description	Zinc, Zn(mg) Value Per
15206	Fish, pout, ocean, cooked, dry heat	1.32
19268	Candies, dark chocolate coated coffee beans	1.32
21224	Pizza, cheese topping, regular crust, frozen, cooked	1.32
21225	Pizza, cheese topping, rising crust, frozen, cooked	1.32
21484	Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	1.32
28364	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Parmesan	1.32
36041	Restaurant, Italian, lasagna with meat	1.32
18363	Tortillas, ready-to-bake or -fry, corn	1.31
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	1.31
21294	PIZZA HUT 14" Cheese Pizza, Pan Crust	1.31
21440	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading	1.31
36042	OLIVE GARDEN, lasagna classico	1.31
36056	Restaurant, Mexican, cheese tamales	1.31
03812	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, liquid concentrate, with ARA and DHA	1.31
03818	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, liquid concentrate, with ARA and DHA	1.31
05006	Chicken, broilers or fryers, meat and skin, raw	1.31
05309	Chicken, cornish game hens, meat only, raw	1.31
07074	Smoked link sausage, pork	1.31
07978	Pork sausage, reduced sodium, cooked	1.31
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	1.31
10167	Pork, cured, separable fat (from ham and arm picnic), roasted	1.31
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	1.31
18059	Bread, rice bran	1.31
01255	Egg, whole, raw, frozen, salted, pasteurized	1.30
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	1.30
05696	Turkey from whole, light meat, meat only, with added solution, raw	1.30
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	1.30
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	1.30
06049	Soup, pea, green, canned, condensed	1.30
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	1.30
07005	Blood sausage	1.30
07011	Bologna, turkey	1.30
08025	Cereals ready-to-eat, RALSTON CRISP RICE	1.30
08603	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Blueberry	1.30
10854	HORMEL ALWAYS TENDER, Pork Loin Filets, Lemon Garlic-Flavored	1.30
12131	Nuts, macadamia nuts, raw	1.30

NDB_No	Description	Zinc, Zn(mg) Value Per
15145	Crustaceans, crayfish, mixed species, wild, raw	1.30
16506	LOMA LINDA Vege-Burger, canned, unprepared	1.30
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	1.30
19022	Snacks, granola bars, soft, uncoated, raisin	1.30
19024	Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip	1.30
19404	Snacks, granola bars, soft, uncoated, chocolate chip	1.30
19405	Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow	1.30
21479	DIGIORNO Pizza, supreme topping, rising crust, frozen, baked	1.30
21503	KASHI Pizza, Mediterranean, frozen, unprepared	1.30
28066	KEEBLER, CLUB, Minis Multigrain Crackers	1.30
28105	KEEBLER, GRIPZ, Cinnamon Grahams, bite-size	1.30
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	1.30
36618	Restaurant, Chinese, general tso's chicken	1.30
43135	Sandwich spread, meatless	1.30
19003	Snacks, corn-based, extruded, chips, plain	1.29
19239	Candies, REESE'S NUTRAGEOUS Candy Bar	1.29
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	1.29
21357	McDONALD'S, Egg McMUFFIN	1.29
33864	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, Liquid concentrate, not reconstituted	1.29
01123	Egg, whole, raw, fresh	1.29
01131	Egg, whole, cooked, poached	1.29
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	1.29
05301	Poultry, mechanically deboned, from backs and necks with skin, raw	1.29
07970	Kielbasa, fully cooked, unheated	1.29
08383	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Red Berries	1.29
12132	Nuts, macadamia nuts, dry roasted, without salt added	1.29
12632	Nuts, macadamia nuts, dry roasted, with salt added	1.29
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	1.29
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	1.29
03830	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, LIPIL, with iron, liquid concentrate, not reconstituted, with ARA and DHA	1.28
05109	Chicken, roasting, meat and skin and giblets and neck, raw	1.28
05185	Turkey from whole, light meat, raw	1.28
05219	Turkey, breast, from whole bird, meat only, raw	1.28
05227	Turkey, wing, from whole bird, meat only, raw	1.28
05738	Turkey, drumstick, from whole bird, meat only, raw	1.28
07952	Bologna, chicken, turkey, pork	1.28

NDB_No	Description	Zinc, Zn(mg) Value Per
08657	Cereals ready-to-eat, BARBARA'S PUFFINS, original	1.28
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	1.28
15207	Fish, roe, mixed species, cooked, dry heat	1.28
17144	Game meat, antelope, raw	1.28
19150	Candies, REESE'S Peanut Butter Cups	1.28
21358	McDONALD'S, Sausage McMUFFIN	1.28
33865	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, Liquid concentrate, not reconstituted	1.28
18476	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Blueberry	1.27
18940	Muffin, blueberry, commercially prepared, low-fat	1.27
19063	Snacks, tortilla chips, taco-flavor	1.27
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	1.27
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	1.27
21495	DOMINO'S 14" Sausage Pizza, Ultimate Deep Dish Crust	1.27
35237	Tamales, masa and pork filling (Hopi)	1.27
03816	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, liquid concentrate, not reconstituted	1.27
03844	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA	1.27
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	1.27
07964	Frankfurter, meat and poultry, cooked, grilled	1.27
10096	Pork, fresh, variety meats and by-products, brain, raw	1.27
15040	Fish, herring, Atlantic, cooked, dry heat	1.27
15223	Fish, whitefish, mixed species, cooked, dry heat	1.27
16070	Lentils, mature seeds, cooked, boiled, without salt	1.27
16370	Lentils, mature seeds, cooked, boiled, with salt	1.27
01164	Cheese sauce, prepared from recipe	1.26
05031	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	1.26
05048	Chicken, broilers or fryers, back, meat and skin, raw	1.26
06126	Gravy, turkey, dry	1.26
07075	Sausage, smoked link sausage, pork and beef	1.26
16147	Veggie burgers or soyburgers, unprepared	1.26
19124	Baking chocolate, mexican, squares	1.26
21482	Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	1.26
32015	Turnover, cheese-filled, tomato-based sauce, frozen, unprepared	1.26
18942	Pie Crust, Cookie-type, Graham Cracker, Ready Crust	1.25
19420	Snacks, granola bars, hard, peanut butter	1.25
19917	Candies, M&M MARS Pretzel Chocolate Candies	1.25
20141	Spelt, cooked	1.25

NDB_No	Description	Zinc, Zn(mg) Value Per
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	1.25
21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	1.25
21498	PIZZA HUT 14" Sausage Pizza, Pan Crust	1.25
28316	Bread, wheat, sprouted	1.25
05181	Turkey from whole, light meat, meat and skin, raw	1.25
07963	Frankfurter, meat and poultry, cooked, boiled	1.25
18061	Bread, rye, toasted	1.25
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	1.24
11304	Peas, green, raw	1.24
13020	Beef, retail cuts, separable fat, cooked	1.24
18025	Bread, cracked-wheat	1.24
19038	Snacks, popcorn, caramel-coated, with peanuts	1.24
21277	DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	1.24
21283	PAPA JOHN'S 14" Cheese Pizza, Original Crust	1.24
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	1.24
21441	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading	1.24
21494	DOMINO'S 14" Sausage Pizza, Classic Hand-Tossed Crust	1.24
22928	Burrito, beef and bean, microwaved	1.24
28287	Bread, naan, whole wheat, commercially prepared, refrigerated	1.24
18477	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted blueberry	1.23
18619	NABISCO, NABISCO OREO CRUNCHIES, Cookie Crumb Topping	1.23
18952	Tostada shells, corn	1.23
19913	Candies, NESTLE, BUTTERFINGER Crisp	1.23
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	1.23
25052	Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar	1.23
32016	Macaroni or noodles with cheese, microwaveable, unprepared	1.23
05018	Chicken, broilers or fryers, skin only, cooked, roasted	1.23
05032	Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted	1.23
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	1.23
06009	Soup, beef noodle, canned, condensed	1.23
06071	Soup, vegetable beef, canned, condensed	1.23
10130	Canadian bacon, unprepared	1.23
11445	Seaweed, kelp, raw	1.23
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	1.22
07959	Bologna, chicken, pork, beef	1.22
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	1.22

NDB_No	Description	Zinc, Zn(mg) Value Per
14164	Beverages, chocolate malt powder, prepared with 1% milk, fortified	1.22
18265	English muffins, wheat, toasted	1.22
18478	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Brown sugar cinnamon	1.22
20093	Pasta, fresh-refrigerated, plain, as purchased	1.22
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	1.22
21359	McDONALD'S, Sausage McMUFFIN with Egg	1.22
18486	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted raspberry	1.21
22962	LEAN POCKETS, Ham N Cheddar	1.21
32011	Yellow rice with seasoning, dry packet mix, unprepared	1.21
03012	Babyfood, meat, chicken, strained	1.21
05100	Chicken, broilers or fryers, wing, meat and skin, raw	1.21
05152	Guinea hen, meat only, raw	1.20
07900	Turkey, pork, and beef sausage, low fat, smoked	1.20
07950	Frankfurter, meat	1.20
08531	Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt	1.20
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	1.20
16007	Beans, baked, canned, with beef	1.20
16523	WORTHINGTON Vegetarian Burger, canned, unprepared	1.20
16529	WORTHINGTON FriPats, frozen, unprepared	1.20
16534	WORTHINGTON Stakelets, frozen, unprepared	1.20
16548	MORNINGSTAR FARMS Grillers Original, frozen, unprepared	1.20
16549	MORNINGSTAR FARMS Grillers Prime, frozen, unprepared	1.20
16565	MORNINGSTAR FARMS Sausage Style Recipe Crumbles, frozen, unprepared	1.20
17208	Veal, variety meats and by-products, lungs, cooked, braised	1.20
19857	Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	1.20
20054	Rice, white, glutinous, unenriched, uncooked	1.20
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	1.20
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	1.20
28101	KEEBLER, Cinnamon Toast Grahams	1.20
28159	KEEBLER, WHEATABLES, Nut Crisp Crackers, Toasted Pecan	1.20
36412	Restaurant, Latino, tamale, pork	1.20
43130	Frankfurter, meatless	1.20
19118	Candies, NESTLE, OH HENRY! Bar	1.19
21020	Fast foods, english muffin, with cheese and sausage	1.19
21157	SUBWAY, meatball marinara sub on white bread (no toppings)	1.19
21158	Fast foods, submarine sandwich, meatball marinara on white bread	1.19

NDB_No	Description	Zinc, Zn(mg) Value Per
35145	Stew, hominy with mutton (Navajo)	1.19
02030	Spices, pepper, black	1.19
03966	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, liquid concentrate	1.19
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	1.19
05113	Chicken, roasting, meat only, raw	1.19
05123	Chicken, stewing, meat and skin, raw	1.19
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	1.19
10994	Bacon, pre-sliced, reduced/low sodium, unprepared	1.19
11305	Peas, green, cooked, boiled, drained, without salt	1.19
11811	Peas, green, cooked, boiled, drained, with salt	1.19
18050	Bread, reduced-calorie, oat bran, toasted	1.19
18064	Bread, wheat	1.19
18214	Crackers, cheese, regular	1.19
18297	Pancakes, special dietary, dry mix	1.19
01074	Sour cream, imitation, cultured	1.18
01076	Milk substitutes, fluid, with lauric acid oil	1.18
03840	Infant formula, ABBOTT NUTRITION, SIMILAC, SPECIAL CARE, ADVANCE 24, with iron, ready-to-feed, with ARA and DHA	1.18
10123	Pork, cured, bacon, unprepared	1.18
21152	SUBWAY, SUBWAY CLUB sub on white bread with lettuce and tomato	1.18
21153	Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato	1.18
18383	Bread, protein, (includes gluten), toasted	1.17
18960	Crackers, snack, GOYA CRACKERS	1.17
19061	Snacks, trail mix, tropical	1.17
19418	Snacks, sesame sticks, wheat-based, salted	1.17
19820	Snacks, sesame sticks, wheat-based, unsalted	1.17
21270	TACO BELL, Taco Salad	1.17
21462	Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise	1.17
28304	Waffles, whole wheat, lowfat, frozen, ready-to-heat	1.17
28312	Rolls, hamburger or hot dog, wheat/cracked wheat	1.17
42272	Snacks, granola bar, with coconut, chocolate coated	1.17
03839	Infant formula, ABBOTT NUTRITION, SIMILAC, NATURAL CARE, ADVANCE, ready-to-feed, with ARA and DHA	1.17
05135	Chicken, capons, meat and skin, raw	1.17
11452	Soybeans, mature seeds, sprouted, raw	1.17
17067	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked	1.17
17185	Lamb, variety meats and by-products, brain, raw	1.17
01036	Cheese, ricotta, whole milk	1.16

NDB_No	Description	Zinc, Zn(mg) Value Per
05710	Turkey, retail parts, breast, meat only, raw	1.16
11215	Garlic, raw	1.16
17207	Veal, variety meats and by-products, lungs, raw	1.16
20050	Rice, white, medium-grain, raw, enriched	1.16
20450	Rice, white, medium-grain, raw, unenriched	1.16
21004	Fast foods, biscuit, with egg and ham	1.16
28302	Cookies, graham crackers, plain or honey, lowfat	1.16
28318	Bread, french or vienna, whole wheat	1.16
36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	1.16
19151	Candies, REESE'S PIECES Candy	1.15
19433	Tortilla chips, low fat, baked without fat	1.15
19833	Snacks, tortilla chips, low fat, unsalted	1.15
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	1.15
25030	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	1.15
43297	Pork, oriental style, dehydrated	1.15
43566	Snacks, tortilla chips, light (baked with less oil)	1.15
03860	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed	1.15
05017	Chicken, broilers or fryers, skin only, cooked, fried, flour	1.15
05307	Chicken, cornish game hens, meat and skin, raw	1.15
05732	Turkey, retail parts, breast, meat and skin, raw	1.15
07018	Chicken spread	1.15
11618	Eppaw, raw	1.15
11961	Hearts of palm, canned	1.15
16109	Soybeans, mature cooked, boiled, without salt	1.15
16409	Soybeans, mature seeds, cooked, boiled, with salt	1.15
01021	Cheese, gjetost	1.14
03926	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted	1.14
05033	Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed	1.14
05312	Chicken, wing, frozen, glazed, barbecue flavored	1.14
07962	Frankfurter, meat and poultry, unheated	1.14
10894	Pork, cured, ham, separable fat, boneless, heated	1.14
10895	Pork, cured, ham, separable fat, boneless, unheated	1.14
16020	Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	1.14
16114	Tempeh	1.14
16320	Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	1.14
17377	Lamb, New Zealand, imported, testes, raw	1.14

NDB_No	Description	Zinc, Zn(mg) Value Per
18060	Bread, rye	1.14
18175	Cookies, ladyfingers, with lemon juice and rind	1.14
18423	Cookies, ladyfingers, without lemon juice and rind	1.14
21014	Fast foods, croissant, with egg, cheese, and sausage	1.14
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	1.14
35190	Salmon, red (sockeye), filets with skin, smoked (Alaska Native)	1.14
18434	Crackers, cheese, low sodium	1.13
36629	Restaurant, Chinese, orange chicken	1.13
01187	Yogurt, chocolate, nonfat milk	1.13
01222	Yogurt, chocolate, nonfat milk, fortified with vitamin D	1.13
02032	Spices, pepper, white	1.13
05151	Guinea hen, meat and skin, raw	1.13
06959	Gravy, instant turkey, dry	1.13
10000	Pork, fresh, composite of separable fat, with added solution, cooked	1.13
12004	Seeds, breadnut tree seeds, raw	1.13
17005	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw	1.13
18005	Bagels, cinnamon-raisin	1.13
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	1.13
06094	Soup, onion, dry, mix	1.12
08100	Cereals, CREAM OF RICE, dry	1.12
16015	Beans, black, mature seeds, cooked, boiled, without salt	1.12
16051	Beans, white, mature seeds, canned	1.12
16315	Beans, black, mature seeds, cooked, boiled, with salt	1.12
18344	Rolls, dinner, egg	1.12
19098	Candies, 5TH AVENUE Candy Bar	1.12
20136	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, cooked	1.12
21610	School Lunch, chicken patty, whole grain breaded	1.12
22911	Chili, no beans, canned entree	1.12
32034	HUNGRY MAN, Salisbury Steak With Gravy, frozen, unprepared	1.12
19100	Candies, fudge, chocolate, prepared-from-recipe	1.11
19115	Candies, MARS SNACKFOOD US, MARS Almond Bar	1.11
20143	Teff, cooked	1.11
28308	Crackers, standard snack-type, with whole wheat	1.11
28330	Cookies, marshmallow, with rice cereal and chocolate chips	1.11
02064	Peppermint, fresh	1.11
06118	Gravy, brown, dry	1.11

NDB_No	Description	Zinc, Zn(mg) Value Per
07024	Frankfurter, chicken	1.11
08355	Cereals ready-to-eat, QUAKER, MOTHER'S COCOA BUMPERS	1.11
15060	Fish, perch, mixed species, raw	1.11
17188	Veal, variety meats and by-products, brain, raw	1.11
18040	Bread, oatmeal, toasted	1.11
03213	Babyfood, cookies	1.10
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	1.10
05169	Turkey, skin from whole, (light and dark), raw	1.10
05708	Turkey, retail parts, breast, meat only, with added solution, raw	1.10
06002	Soup, black bean, canned, condensed	1.10
06044	Soup, mushroom with beef stock, canned, condensed	1.10
06070	Soup, chunky beef, canned, ready-to-serve	1.10
06147	Soup, beef mushroom, canned, condensed	1.10
06978	Soup, beef and mushroom, low sodium, chunk style	1.10
06980	Soup, beef stroganoff, canned, chunky style, ready-to-serve	1.10
07031	Ham salad spread	1.10
08066	Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice	1.10
08277	Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA	1.10
11026	Bamboo shoots, raw	1.10
11266	Mushrooms, brown, italian, or crimini, raw	1.10
11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	1.10
11984	Epazote, raw	1.10
12104	Nuts, coconut meat, raw	1.10
12202	Nuts, chestnuts, japanese, raw	1.10
16522	WORTHINGTON Vegetable Steaks, canned, unprepared	1.10
16596	MORNINGSTAR FARMS Grillers Quarter Pound Veggie Burger, frozen, unprepared	1.10
16602	MORNINGSTAR FARMS Meal Starters Veggie Meatballs, frozen, unprepared	1.10
17358	Lamb, New Zealand, imported, brains, raw	1.10
18224	Crackers, rusk toast	1.10
18968	Bagels, wheat	1.10
18980	KASHI, Original Waffle	1.10
19142	Candies, MOUNDS Candy Bar	1.10
20052	Rice, white, short-grain, enriched, uncooked	1.10
20452	Rice, white, short-grain, raw, unenriched	1.10
22529	Beef Pot Pie, frozen entree, prepared	1.10
22996	KASHI Three Cheese Penne, frozen, unprepared	1.10

NDB_No	Description	Zinc, Zn(mg) Value Per
28039	KASHI, TLC, Happy Trail Mix Cookies	1.10
28158	KEEBLER, WHEATABLES, Nut Crisp Crackers, Roasted Almond	1.10
28190	KELLOGG'S, SPECIAL K, Multigrain Crackers	1.10
83110	Fish, mackerel, salted	1.10
19411	Snacks, potato chips, plain, salted	1.09
19809	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted	1.09
19810	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted	1.09
19811	Snacks, potato chips, plain, unsalted	1.09
20044	Rice, white, long-grain, regular, raw, enriched	1.09
20137	Quinoa, cooked	1.09
20444	Rice, white, long-grain, regular, raw, unenriched	1.09
21003	Fast foods, biscuit, with egg and bacon	1.09
21007	Fast foods, biscuit, with egg, cheese, and bacon	1.09
21340	McDONALD'S, Sausage Burrito	1.09
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	1.09
23420	Beef, New Zealand, imported, intermuscular fat, raw	1.09
28331	Crackers, flavored, fish-shaped	1.09
01130	Egg, whole, cooked, omelet	1.09
02037	Spices, saffron	1.09
02065	Spearmint, fresh	1.09
13320	Beef, variety meats and by-products, brain, cooked, simmered	1.09
16046	Beans, small white, mature seeds, cooked, boiled, without salt	1.09
16137	Hummus, home prepared	1.09
16346	Beans, small white, mature seeds, cooked, boiled, with salt	1.09
18157	Cookies, chocolate wafers	1.09
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	1.08
07949	Frankfurter, meat, heated	1.08
15115	Fish, trout, rainbow, wild, raw	1.08
16134	Yardlong beans, mature seeds, cooked, boiled, without salt	1.08
16434	Yardlong beans, mature seeds, cooked, boiled, with salt	1.08
20127	Spaghetti, spinach, cooked	1.08
20656	Pasta, gluten-free, rice flour and rice bran extract, cooked, DE BOLES	1.08
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	1.08
36622	Restaurant, Chinese, sweet and sour pork	1.07
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	1.07
11297	Parsley, fresh	1.07

NDB_No	Description	Zinc, Zn(mg) Value Per
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	1.07
16159	Tofu, extra firm, prepared with nigari	1.07
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	1.07
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	1.07
18264	English muffins, wheat	1.07
03937	Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted	1.06
03940	Infant formula, PBM PRODUCTS, store brand, soy, liquid concentrate, not reconstituted	1.06
05030	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, batter	1.06
06124	Gravy, pork, dry, powder	1.06
07951	Scrapple, pork	1.06
07971	Bologna, meat and poultry	1.06
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	1.06
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	1.06
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	1.06
17284	Lamb, Australian, imported, fresh, separable fat, raw	1.06
18190	Cookies, peanut butter sandwich, regular	1.06
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	1.06
19125	Chocolate-flavored hazelnut spread	1.06
19160	Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars	1.06
19238	Candies, REESE'S BITES	1.06
19804	Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour	1.06
19867	Ice creams, vanilla, fat free	1.06
36414	Restaurant, Latino, tripe soup	1.06
18351	Rolls, hamburger or hotdog, mixed-grain	1.05
19169	Egg custards, dry mix	1.05
19367	Toppings, nuts in syrup	1.05
20030	Hominy, canned, white	1.05
20066	Semolina, enriched	1.05
20330	Hominy, canned, yellow	1.05
20466	Semolina, unenriched	1.05
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	1.05
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	1.05
21213	SUBWAY, cold cut sub on white bread with lettuce and tomato	1.05
21269	TACO BELL, Nachos Supreme	1.05
21410	Fast foods, bagel, with egg, sausage patty, cheese, and condiments	1.05
28301	Cookies, peanut butter, commercially prepared, sugar free	1.05

NDB_No	Description	Zinc, Zn(mg) Value Per
32007	Taquitos, frozen, beef and cheese, oven-heated	1.05
01129	Egg, whole, cooked, hard-boiled	1.05
05324	Chicken patty, frozen, cooked	1.05
10173	Pork, fresh, variety meats and by-products, feet, cooked, simmered	1.05
11316	Peas, mature seeds, sprouted, raw	1.05
11446	Seaweed, laver, raw	1.05
12013	Seeds, lotus seeds, dried	1.05
14036	Beverages, CYTOSPORT, Muscle Milk, ready-to-drink	1.05
15202	Fish, milkfish, cooked, dry heat	1.05
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	1.05
18030	Bread, french or vienna, toasted (includes sourdough)	1.05
18038	Bread, oat bran, toasted	1.05
18049	Bread, reduced-calorie, oat bran	1.05
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	1.05
18261	English muffins, mixed-grain, toasted (includes granola)	1.05
01132	Egg, whole, cooked, scrambled	1.04
03682	Babyfood, cereal, high protein, prepared with whole milk	1.04
07067	Poultry salad sandwich spread	1.04
07960	Bologna, chicken, pork	1.04
08354	Cereals ready-to-eat, QUAKER, MOTHER'S GRAHAM BUMPERS	1.04
11344	Pigeonpeas, immature seeds, raw	1.04
11453	Soybeans, mature seeds, sprouted, cooked, steamed	1.04
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	1.04
15189	Fish, bluefish, cooked, dry heat	1.04
16065	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	1.04
18029	Bread, french or vienna (includes sourdough)	1.04
18127	Cake, snack cakes, creme-filled, chocolate with frosting	1.04
18215	Crackers, cheese, sandwich-type with peanut butter filling	1.04
18300	Pancakes, whole-wheat, dry mix, incomplete, prepared	1.04
19047	Snacks, pretzels, hard, plain, salted	1.04
21362	McDONALD'S, Sausage Biscuit with Egg	1.04
21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	1.04
28365	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza	1.04
32026	Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	1.04
36032	DENNY'S, spaghetti and meatballs	1.04
36038	Restaurant, family style, spaghetti and meatballs	1.04

NDB_No	Description	Zinc, Zn(mg) Value Per
21305	Fast foods, griddle cake sandwich, egg, cheese, and sausage	1.03
21329	McDONALD'S, Sausage, Egg & Cheese McGRIDDLES	1.03
32018	Spanish rice mix, dry mix, unprepared	1.03
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	1.03
08156	Cereals ready-to-eat, rice, puffed, fortified	1.03
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	1.03
11238	Mushrooms, shiitake, raw	1.03
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	1.03
12158	Seeds, breadfruit seeds, roasted	1.03
15059	Fish, pout, ocean, raw	1.03
16038	Beans, navy, mature seeds, cooked, boiled, without salt	1.03
16075	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	1.03
16338	Beans, navy, mature seeds, cooked, boiled, with salt	1.03
16375	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	1.03
18201	Cookies, peanut butter sandwich, special dietary	1.03
18240	Croissants, apple	1.03
03801	Infant formula, NESTLE, GOOD START SUPREME, with iron, liquid concentrate, not reconstituted	1.02
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	1.02
07073	Sandwich spread, pork, beef	1.02
10005	Pork, fresh, belly, raw	1.02
10098	Pork, fresh, variety meats and by-products, chitterlings, raw	1.02
11962	Peppers, hot chile, sun-dried	1.02
13318	Beef, variety meats and by-products, brain, raw	1.02
15048	Fish, mackerel, jack, canned, drained solids	1.02
15182	Fish, salmon, sockeye, canned, without salt, drained solids with bone	1.02
18039	Bread, oatmeal	1.02
18325	Pie, pecan, prepared from recipe	1.02
18345	Rolls, dinner, oat bran	1.02
20046	Rice, white, long-grain, parboiled, enriched, dry	1.02
20446	Rice, white, long-grain, parboiled, unenriched, dry	1.02
20652	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, cooked	1.02
21520	Fast foods, breadstick, soft, prepared with garlic and parmesan cheese	1.02
21525	PIZZA HUT, breadstick, parmesan garlic	1.02
22901	Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased	1.02
19823	Potato chips, without salt, reduced fat	1.01
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	1.01

NDB_No	Description	Zinc, Zn(mg) Value Per
02001	Spices, allspice, ground	1.01
03013	Babyfood, meat, chicken, junior	1.01
03014	Babyfood, meat, chicken sticks, junior	1.01
11191	Cowpeas (blackeyes), immature seeds, raw	1.01
14204	Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener	1.01
15242	Crustaceans, crayfish, mixed species, farmed, raw	1.01
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	1.01
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	1.01
03901	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, liquid concentrate, not reconstituted	1.00
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	1.00
06114	Gravy, au jus, canned	1.00
06116	Gravy, beef, canned, ready-to-serve	1.00
06630	Sauce, pesto, MEZZETTA, NAPA VALLEY BISTRO, basil pesto, ready-to-serve	1.00
06977	Gravy, meat or poultry, low sodium, prepared	1.00
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	1.00
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	1.00
08180	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt	1.00
08655	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches	1.00
08662	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with real strawberries	1.00
08665	Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	1.00
08684	Cereals ready-to-eat, CASCADIAN FARM, Honey Nut O's	1.00
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	1.00
11973	Beans, fava, in pod, raw	1.00
15072	Fish, roe, mixed species, raw	1.00
15080	Fish, salmon, chum, canned, drained solids with bone	1.00
15180	Fish, salmon, chum, canned, without salt, drained solids with bone	1.00
15198	Fish, ling, cooked, dry heat	1.00
15224	Fish, wolffish, Atlantic, cooked, dry heat	1.00
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	1.00
16086	Peas, split, mature seeds, cooked, boiled, without salt	1.00
16386	Peas, split, mature seeds, cooked, boiled, with salt	1.00
16508	LOMA LINDA Tender Bits, canned, unprepared	1.00
16511	WORTHINGTON Choplets, canned, unprepared	1.00
16516	WORTHINGTON Multigrain Cutlets, canned, unprepared	1.00
16521	WORTHINGTON Vegetable Skallops, canned, unprepared	1.00
16531	WORTHINGTON Prosage Links, frozen, unprepared	1.00

NDB_No	Description	Zinc, Zn(mg) Value Per
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	1.00
18978	KASHI, Blueberry Waffle	1.00
19069	Candies, NESTLE, BUTTERFINGER Bar	1.00
20025	Cornmeal, yellow, self-rising, degermed, enriched	1.00
20325	Cornmeal, white, self-rising, degermed, enriched	1.00
21022	Fast foods, english muffin, with egg, cheese, and sausage	1.00
22118	MORNINGSTAR FARMS Garden Veggie Patties, frozen, unprepared	1.00
22119	MORNINGSTAR FARMS Veggie Dog, frozen, unprepared	1.00
22905	Beef stew, canned entree	1.00
23438	Beef, New Zealand, imported, sweetbread, raw	1.00
25046	Snacks, bagel chips, plain	1.00
28028	FAMOUS AMOS, Chocolate Chip Pecan Cookies	1.00
28041	KASHI, TLC, Oatmeal Raisin Flax Cookies	1.00
28162	KELLOGG'S, Corn Flakes Crumbs	1.00
28187	KELLOGG'S, SPECIAL K, Cracker Chips, Sea Salt	1.00
28188	KELLOGG'S, SPECIAL K, Cracker Chips, Sour Cream & Onion	1.00
28221	MURRAY, SUGAR FREE, Chocolate Chip & Pecan Cookies	1.00
80200	Frog legs, raw	1.00
90560	Mollusks, snail, raw	1.00
93600	Turtle, green, raw	1.00
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	0.99
19144	Candies, NESTLE, 100 GRAND Bar	0.99
19249	Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate	0.99
19415	Snacks, potato sticks	0.99
19910	Candies, crispy bar with peanut butter filling	0.99
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	0.99
22917	Burrito, beef and bean, frozen	0.99
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	0.99
32009	Pasta mix, classic beef, unprepared	0.99
32028	Turnover, filled with egg, meat and cheese, frozen	0.99
32032	Sausage, egg and cheese breakfast biscuit	0.99
06051	Soup, pea, split with ham, canned, condensed	0.99
11450	Soybeans, green, raw	0.99
14311	Beverages, Malted drink mix, natural, powder, dairy based.	0.99
15039	Fish, herring, Atlantic, raw	0.99
15130	Fish, whitefish, mixed species, raw	0.99

NDB_No	Description	Zinc, Zn(mg) Value Per
15191	Fish, butterfish, cooked, dry heat	0.99
01226	Egg substitute, liquid or frozen, fat free	0.98
03984	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed	0.98
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	0.98
06930	Sauce, cheese, ready-to-serve	0.98
08106	Cereals, CREAM OF WHEAT, instant, dry	0.98
14368	Beverages, tea, instant, lemon, unsweetened	0.98
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	0.98
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	0.98
17375	Lamb, New Zealand, imported, sweetbread, raw	0.98
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	0.98
19042	Snacks, potato chips, barbecue-flavor	0.98
19043	Snacks, potato chips, sour-cream-and-onion-flavor	0.98
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	0.98
21422	KFC, Popcorn Chicken	0.98
22963	Lean Pockets, Meatballs & Mozzarella	0.98
28292	Crackers, multigrain	0.98
32017	Pasta mix, Italian four cheese lasagna, unprepared	0.98
33874	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed Low iron	0.98
33875	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calories ready-to-feed Low iron	0.98
36045	ON THE BORDER, refried beans	0.98
18346	Rolls, dinner, rye	0.97
21341	McDONALD'S, BIG BREAKFAST	0.97
21425	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	0.97
21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	0.97
21464	Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	0.97
28320	English muffins, whole grain white	0.97
28363	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original	0.97
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	0.97
03947	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA	0.97
05039	Chicken, broilers or fryers, light meat, meat only, raw	0.97
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	0.97
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	0.97
05154	Pheasant, raw, meat only	0.97
07034	Headcheese, pork	0.97
14083	Beverages, chocolate malt, powder, prepared with fat free milk	0.97

NDB_No	Description	Zinc, Zn(mg) Value Per
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	0.97
15190	Fish, burbot, cooked, dry heat	0.97
18154	Cookies, brownies, prepared from recipe	0.97
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	0.97
03842	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid concentrate	0.96
03851	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not reconstituted	0.96
03856	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, liquid concentrate, not reconstituted	0.96
03951	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, liquid concentrate, not reconstituted	0.96
03952	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, liquid concentrate	0.96
05019	Chicken, broilers or fryers, skin only, cooked, stewed	0.96
05153	Pheasant, raw, meat and skin	0.96
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	0.96
06957	Gravy, brown instant, dry	0.96
11267	Mushrooms, shiitake, stir-fried	0.96
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	0.96
14224	Beverages, coffee, instant, mocha, sweetened	0.96
15217	Fish, sucker, white, cooked, dry heat	0.96
15260	Fish, salmon, pink, canned, drained solids	0.96
16041	Beans, pink, mature seeds, cooked, boiled, without salt	0.96
16341	Beans, pink, mature seeds, cooked, boiled, with salt	0.96
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	0.96
18972	Bread, cheese	0.96
21161	SUBWAY, B.L.T. sub on white bread with bacon, lettuce and tomato	0.96
21162	Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread	0.96
25037	Snacks, pita chips, salted	0.96
18967	Bread, white wheat	0.95
22535	HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen	0.95
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	0.95
22969	Chili with beans, microwavable bowls	0.95
36059	Restaurant, Italian, chicken parmesan without pasta	0.95
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	0.95
15012	Fish, caviar, black and red, granular	0.95
15156	Mollusks, abalone, mixed species, cooked, fried	0.95
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	0.95
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	0.95
01095	Milk, canned, condensed, sweetened	0.94

NDB_No	Description	Zinc, Zn(mg) Value Per
05323	Chicken patty, frozen, uncooked	0.94
15047	Fish, mackerel, Atlantic, cooked, dry heat	0.94
18241	Croissants, cheese	0.94
18243	Croutons, seasoned	0.94
18353	Rolls, hard (includes kaiser)	0.94
18378	Cookies, chocolate chip, prepared from recipe, made with butter	0.94
18449	Tortillas, ready-to-bake or -fry, corn, without added salt	0.94
18457	Crackers, saltines, fat-free, low-sodium	0.94
19252	Candies, REESE'S, FAST BREAK, milk chocolate peanut butter and soft nougats	0.94
25024	Pretzels, soft, unsalted	0.94
32036	JIMMY DEAN, Sausage, Egg, and Cheese Breakfast Biscuit, frozen, unprepared	0.94
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	0.94
36606	CRACKER BARREL, farm raised catfish platter	0.94
43109	Pretzels, soft	0.94
18377	Cookies, oatmeal, prepared from recipe, without raisins	0.93
19143	Candies, MR. GOODBAR Chocolate Bar	0.93
02063	Rosemary, fresh	0.93
03216	Babyfood, teething biscuits	0.93
03693	Babyfood, cereal, oatmeal, with honey, prepared with whole milk	0.93
05015	Chicken, broilers or fryers, skin only, raw	0.93
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	0.93
12096	Nuts, chestnuts, chinese, roasted	0.93
18081	Bread stuffing, bread, dry mix	0.93
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	0.93
01159	Cheese, goat, soft type	0.92
03049	Babyfood, dinner, beef and rice, toddler	0.92
03689	Babyfood, cereal, oatmeal, prepared with whole milk	0.92
05282	Pate de foie gras, canned (goose liver pate), smoked	0.92
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	0.92
07054	Pate, goose liver, smoked, canned	0.92
11001	Alfalfa seeds, sprouted, raw	0.92
11386	Potatoes, scalloped, dry mix, unprepared	0.92
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	0.92
16055	Carob flour	0.92
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	0.92
21469	Fast Foods, Fried Chicken, Breast, meat and skin and breading	0.92

NDB_No	Description	Zinc, Zn(mg) Value Per
42183	Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars	0.92
19421	Snacks, potato chips, cheese-flavor	0.91
20032	Millet, cooked	0.91
22910	Lasagna, cheese, frozen, prepared	0.91
25063	Snacks, potato chips, made from dried potatoes (preformed), multigrain	0.91
36416	Restaurant, Latino, bunuelos (fried yeast bread)	0.91
36633	Restaurant, Chinese, sesame chicken	0.91
02045	Dill weed, fresh	0.91
06969	Potato soup, instant, dry mix	0.91
07938	Ham, honey, smoked, cooked	0.91
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	0.91
11451	Soybeans, green, cooked, boiled, drained, without salt	0.91
11853	Soybeans, green, cooked, boiled, drained, with salt	0.91
14558	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk	0.91
15172	Mollusks, scallop, mixed species, raw	0.91
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	0.90
03209	Babyfood, crackers, vegetable	0.90
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	0.90
06006	Soup, bean with frankfurters, canned, condensed	0.90
06064	Soup, turkey, chunky, canned, ready-to-serve	0.90
06974	Soup, vegetable chicken, canned, prepared with water, low sodium	0.90
08463	Cereals ready-to-eat, KASHI ORGANIC PROMISE, STRAWBERRY FIELDS	0.90
10165	Pork, cured, salt pork, raw	0.90
10942	Pork, fresh, composite of separable fat, with added solution, raw	0.90
11003	Amaranth leaves, raw	0.90
11045	Mung beans, mature seeds, sprouted, cooked, stir-fried	0.90
11384	Potatoes, au gratin, dry mix, unprepared	0.90
12001	Seeds, breadfruit seeds, raw	0.90
15119	Fish, tuna, light, canned in oil, drained solids	0.90
15183	Fish, tuna, light, canned in oil, without salt, drained solids	0.90
16036	Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	0.90
16102	Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	0.90
16336	Beans, kidney, royal red, mature seeds, cooked, boiled with salt	0.90
16402	Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	0.90
16518	WORTHINGTON Saucettes, canned, unprepared	0.90
16519	WORTHINGTON Super Links, canned, unprepared	0.90

NDB_No	Description	Zinc, Zn(mg) Value Per
16528	WORTHINGTON Dinner Roast, frozen, unprepared	0.90
16581	GARDENBURGER Flame Grilled Burger, frozen, unprepared	0.90
16590	MORNINGSTAR FARMS BBQ Riblets, frozen, unprepared	0.90
16593	MORNINGSTAR FARMS Hot and Spicy Veggie Sausage Patties, frozen, unprepared	0.90
18007	Bagels, oat bran	0.90
18347	Rolls, dinner, wheat	0.90
18349	Rolls, french	0.90
18506	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Low Fat	0.90
18615	MARTHA WHITE FOODS, Martha White's Buttermilk Biscuit Mix, dry	0.90
18965	Crackers, cheese, reduced fat	0.90
19188	Puddings, chocolate, dry mix, regular	0.90
21005	Fast Foods, biscuit, with egg and sausage	0.90
21360	McDONALD'S, Bacon Egg & Cheese Biscuit	0.90
22953	Egg rolls, pork, refrigerated, heated	0.90
28018	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Blueberry	0.90
28021	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Original	0.90
28052	KEEBLER, CHIPS DELUXE, Chocolate Lovers Cookies	0.90
28100	KEEBLER, FUDGE SHOPPE, Fudge Sticks, Peanut Butter	0.90
28350	Cookies, chocolate cream covered biscuit sticks	0.90
42240	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds	0.90
21430	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed	0.89
21463	Yogurt parfait, lowfat, with fruit and granola	0.89
22904	Chili con carne with beans, canned entree	0.89
42196	Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar	0.89
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	0.89
08561	Cereals, KASHI GO LEAN Hot Cereal, Hearty Honey & Cinnamon, dry	0.89
08590	Cereals ready-to-eat, KASHI HEART TO HEART, Warm Cinnamon	0.89
08697	Cereals ready-to-eat, KASHI ORGANIC PROMISE, RAISIN VINEYARD	0.89
11046	Beans, navy, mature seeds, sprouted, raw	0.89
14356	Beverages, tea, instant, decaffeinated, lemon, diet	0.89
14375	Beverages, tea, instant, sweetened with sodium saccharin, lemon-flavored, powder	0.89
18037	Bread, oat bran	0.89
18242	Croutons, plain	0.89
03820	Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder	0.88
03955	Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, ready-to-feed, with ARA and DHA	0.88
05714	Turkey, skin, from retail parts, from dark meat, raw	0.88

NDB_No	Description	Zinc, Zn(mg) Value Per
06123	Gravy, onion, dry, mix	0.88
06627	Sauce, pesto, ready-to-serve, shelf stable	0.88
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	0.88
11004	Amaranth leaves, cooked, boiled, drained, without salt	0.88
11700	Amaranth leaves, cooked, boiled, drained, with salt	0.88
15056	Fish, mullet, striped, cooked, dry heat	0.88
15132	Fish, whiting, mixed species, raw	0.88
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	0.88
16325	Beans, great northern, mature seeds, cooked, boiled, with salt	0.88
18080	Bread sticks, plain	0.88
18339	Popovers, dry mix, enriched	0.88
18406	Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	0.88
18407	Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	0.88
18408	Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)	0.88
18447	Popovers, dry mix, unenriched	0.88
21064	Fast foods, burrito, with beans, cheese, and beef	0.88
21156	Fast foods, submarine sandwich, ham on white bread with lettuce and tomato	0.88
21209	SUBWAY, black forest ham sub on white bread with lettuce and tomato	0.88
21265	TACO BELL, BURRITO SUPREME with beef	0.88
28288	Bread, roll, Mexican, bollilo	0.88
36418	Restaurant, Mexican, refried beans	0.88
18324	Pie, pecan, commercially prepared	0.87
18963	Garlic bread, frozen	0.87
19148	Candies, peanut brittle, prepared-from-recipe	0.87
22956	Lasagna, Vegetable, frozen, baked	0.87
22977	Lasagna with meat sauce, frozen, prepared	0.87
28160	KELLOGG'S, ALL-BRAN, Garlic and Herb Crackers	0.87
43417	Babyfood, meat, beef with vegetables, toddler	0.87
03052	Babyfood, dinner, beef stew, toddler	0.87
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	0.87
08177	Cereals, MALT-O-MEAL, chocolate, dry	0.87
11261	Mushrooms, white, cooked, boiled, drained, without salt	0.87
11797	Mushrooms, white, cooked, boiled, drained, with salt	0.87
12093	Nuts, chestnuts, chinese, raw	0.87
16123	Soy sauce made from soy and wheat (shoyu)	0.87
17093	Veal, composite of trimmed retail cuts, separable fat, cooked	0.87

NDB_No	Description	Zinc, Zn(mg) Value Per
18233	Crackers, wheat, sandwich, with cheese filling	0.87
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	0.87
01240	Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	0.86
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	0.86
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	0.86
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	0.86
15011	Fish, catfish, channel, cooked, breaded and fried	0.86
15063	Fish, pike, northern, cooked, dry heat	0.86
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	0.86
16031	Beans, kidney, california red, mature seeds, cooked, boiled, without salt	0.86
16331	Beans, kidney, california red, mature seeds, cooked, boiled, with salt	0.86
18028	Bread, egg, toasted	0.86
18033	Bread, italian	0.86
18184	Cookies, oatmeal, prepared from recipe, with raisins	0.86
18185	Cookies, peanut butter, commercially prepared, regular	0.86
19010	Snacks, crisped rice bar, chocolate chip	0.86
20002	Amaranth grain, cooked	0.86
21061	Fast foods, burrito, with beans and cheese	0.86
21078	Fast foods, nachos, with cheese	0.86
21264	TACO BELL, Bean Burrito	0.86
21268	TACO BELL, Nachos	0.86
21361	McDONALD'S, Sausage Biscuit	0.86
22915	Lasagna with meat & sauce, low-fat, frozen entree	0.86
25043	Snacks, candy bits, yogurt covered with vitamin C	0.86
36058	OLIVE GARDEN, chicken parmigiana without pasta	0.86
19812	Snacks, pretzels, hard, plain, made with unenriched flour, salted	0.85
19813	Snacks, pretzels, hard, plain, made with unenriched flour, unsalted	0.85
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	0.85
20083	Wheat flour, white, bread, enriched	0.85
20129	Wheat flours, bread, unenriched	0.85
22973	Corn dogs, frozen, prepared	0.85
25050	Snacks, yucca (cassava) chips, salted	0.85
28348	Rolls, dinner, sweet	0.85
36612	DENNY'S, golden fried shrimp	0.85
43447	Snacks, corn-based, extruded, chips, unsalted	0.85
11658	Spinach souffle	0.85

NDB_No	Description	Zinc, Zn(mg) Value Per
14044	Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan	0.85
15195	Fish, drum, freshwater, cooked, dry heat	0.85
15219	Fish, trout, mixed species, cooked, dry heat	0.85
17066	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw	0.85
08510	Milk and cereal bar	0.84
10105	Pork, fresh, variety meats and by-products, jowl, raw	0.84
15087	Fish, salmon, sockeye, canned, drained solids	0.84
15160	Mollusks, clam, mixed species, canned, drained solids	0.84
16021	Beans, cranberry (roman), mature seeds, canned	0.84
16081	Mung beans, mature seeds, cooked, boiled, without salt	0.84
16381	Mung beans, mature seeds, cooked, boiled, with salt	0.84
18041	Bread, pita, white, enriched	0.84
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	0.84
18413	Bread, pita, white, unenriched	0.84
18955	Bread, pan dulce, sweet yeast bread	0.84
32010	Pasta mix, Italian lasagna, unprepared	0.84
19348	Syrups, chocolate, fudge-type	0.83
20028	Couscous, dry	0.83
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	0.83
36040	CRACKER BARREL, macaroni n' cheese	0.83
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	0.83
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	0.83
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	0.83
01231	Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener	0.83
01295	Yogurt, vanilla, non-fat	0.83
02055	Horseradish, prepared	0.83
05130	Chicken, stewing, light meat, meat only, cooked, stewed	0.83
11953	Squash, zucchini, baby, raw	0.83
12003	Seeds, breadfruit seeds, boiled	0.83
15187	Fish, bass, freshwater, mixed species, cooked, dry heat	0.83
16084	Mungo beans, mature seeds, cooked, boiled, without salt	0.83
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	0.83
16384	Mungo beans, mature seeds, cooked, boiled, with salt	0.83
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	0.83
18051	Bread, reduced-calorie, oatmeal	0.83
01031	Cheese, neufchatel	0.82

NDB_No	Description	Zinc, Zn(mg) Value Per
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	0.82
01203	Yogurt, fruit, lowfat, with low calorie sweetener	0.82
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	0.82
01237	Ice cream, bar or stick, chocolate covered	0.82
03944	Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA	0.82
05698	Turkey, skin from whole (light and dark), with added solution, raw	0.82
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	0.82
06180	Soup, shark fin, restaurant-prepared	0.82
11312	Peas, green, frozen, unprepared	0.82
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	0.82
11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	0.82
13019	Beef, retail cuts, separable fat, raw	0.82
15030	Fish, gefiltefish, commercial, sweet recipe	0.82
15053	Fish, milkfish, raw	0.82
15123	Fish, tuna, fresh, skipjack, raw	0.82
15155	Mollusks, abalone, mixed species, raw	0.82
15209	Fish, salmon, Atlantic, wild, cooked, dry heat	0.82
18189	Cookies, peanut butter, prepared from recipe	0.82
18234	Crackers, wheat, sandwich, with peanut butter filling	0.82
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	0.82
18958	Pan Dulce, LA RICURA, Salpora de Arroz con Azucar, cookie-like, contains wheat flour and rice flour	0.82
20006	Barley, pearled, cooked	0.82
28286	Bread, paratha, whole wheat, commercially prepared, frozen	0.82
32008	Pasta mix, classic cheeseburger macaroni, unprepared	0.82
42074	Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated	0.82
18417	Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	0.81
19240	Frostings, chocolate, creamy, dry mix	0.81
21434	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading	0.81
22984	KASHI, Chicken Pasta Pomodoro, Frozen Entree	0.81
28307	Bread, naan, plain, commercially prepared, refrigerated	0.81
28362	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Explosive Pizza	0.81
36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	0.81
01199	Cream, half and half, fat free	0.81
02044	Basil, fresh	0.81
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	0.81
15005	Fish, bluefish, raw	0.81

NDB_No	Description	Zinc, Zn(mg) Value Per
18006	Bagels, cinnamon-raisin, toasted	0.81
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	0.81
03206	Babyfood, cookie, baby, fruit	0.80
03290	Babyfood, carrots and beef, strained	0.80
05057	Chicken, broilers or fryers, breast, meat and skin, raw	0.80
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	0.80
06125	Gravy, turkey, canned, ready-to-serve	0.80
06149	Soup, chicken mushroom, canned, condensed	0.80
07081	Turkey breast, sliced, prepackaged	0.80
08032	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES	0.80
08659	Cereals ready-to-eat, KELLOGG'S FROSTED FLAKES, CHOCO ZUCARITAS	0.80
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	0.80
11024	Balsam-pear (bitter gourd), pods, raw	0.80
14317	Beverages, malted drink mix, chocolate, powder	0.80
16427	Tofu, raw, regular, prepared with calcium sulfate	0.80
16504	LOMA LINDA Tender Rounds with Gravy, canned, unprepared	0.80
16510	WORTHINGTON Chili, canned, unprepared	0.80
16514	WORTHINGTON Low Fat Fri Chik, canned, unprepared	0.80
16527	WORTHINGTON Meatless Corned Beef Roll, frozen, unprepared	0.80
16532	WORTHINGTON Prosage Roll, frozen, unprepared	0.80
16533	WORTHINGTON Smoked Turkey Roll, frozen, unprepared	0.80
16536	WORTHINGTON Wham (roll), frozen, unprepared	0.80
16554	MORNINGSTAR FARMS Tomato & Basil Pizza Burger, frozen, unprepared	0.80
16556	MORNINGSTAR FARMS Chik'n Nuggets, frozen, unprepared	0.80
16591	WORTHINGTON Leanies, frozen, unprepared	0.80
16603	MORNINGSTAR FARMS Breakfast Biscuit Sausage, Egg & Cheese, frozen, unprepared	0.80
18180	Cookies, oatmeal, dry mix	0.80
18254	Doughnuts, yeast-leavened, with creme filling	0.80
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	0.80
18974	KASHI, TLC, Honey Sesame Crackers	0.80
18993	BEAR NAKED, Double Chocolate Cookies	0.80
20061	Rice flour, white, unenriched	0.80
22121	MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared	0.80
22970	Macaroni and cheese, frozen entree	0.80
28056	KEEBLER, CHIPS DELUXE, Mini Chocolate Chip Cookies	0.80
28058	KEEBLER, CHIPS DELUXE, Original Chocolate Chip Cookies	0.80

NDB_No	Description	Zinc, Zn(mg) Value Per
28085	KEEBLER, FUDGE SHOPPE, Fudge Grahams, 1/2 Dipped, Reduced Fat	0.80
28102	KEEBLER, GRIPZ, CHIPS DELUXE, Chocolate Chip Cookies, bite-size	0.80
28124	KEEBLER, SANDIES, Cashew Shortbread Cookies	0.80
28144	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Reduced Fat	0.80
28246	SUNSHINE, CHEEZ-IT, Mozzarella Crackers	0.80
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	0.80
36605	CRACKER BARREL, country fried shrimp platter	0.80
43006	Babyfood, fruit, tutti frutti, strained	0.80
19248	Candies, HERSHEY'S, ALMOND JOY BITES	0.79
22916	Lasagna with meat & sauce, frozen entree	0.79
36016	Restaurant, family style, shrimp, breaded and fried	0.79
01225	Dulce de Leche	0.79
03823	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-feed	0.79
03857	Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA	0.79
03864	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA	0.79
03930	Infant formula, MEAD JOHNSON,NEXT STEP PROSOBEE, prepared from powder	0.79
03982	Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed	0.79
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	0.79
11213	Endive, raw	0.79
11231	Jute, potherb, raw	0.79
11232	Jute, potherb, cooked, boiled, drained, without salt	0.79
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	0.79
11789	Jute, potherb, cooked, boiled, drained, with salt	0.79
15204	Fish, pike, walleye, cooked, dry heat	0.79
16424	Soy sauce made from soy and wheat (shoyu), low sodium	0.79
18027	Bread, egg	0.79
18178	Cookies, oatmeal, commercially prepared, regular	0.79
03215	Babyfood, pretzels	0.78
05118	Chicken, roasting, light meat, meat only, cooked, roasted	0.78
05327	Chicken breast tenders, breaded, uncooked	0.78
09244	Peaches, dehydrated (low-moisture), sulfured, uncooked	0.78
11031	Lima beans, immature seeds, raw	0.78
11956	Tomatoes, sun-dried, packed in oil, drained	0.78
15044	Fish, ling, raw	0.78
15111	Fish, swordfish, cooked, dry heat	0.78
15134	Fish, wolffish, Atlantic, raw	0.78

NDB_No	Description	Zinc, Zn(mg) Value Per
18048	Bread, raisin, enriched, toasted	0.78
18097	Cake, pudding-type, chocolate, dry mix	0.78
18168	Cookies, chocolate sandwich, with extra creme filling	0.78
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	0.78
21438	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading	0.78
27059	Sauce, peanut, made from peanut butter, water, soy sauce	0.78
28333	Cookies, gluten-free, chocolate wafer	0.78
28359	GLUTINO, Gluten Free Wafers, Milk Chocolate	0.78
36001	APPLEBEE'S, Double Crunch Shrimp	0.78
36401	Restaurant, Latino, chicken and rice, entree, prepared	0.78
18426	Crackers, saltines, unsalted tops (includes oyster, soda, soup)	0.77
18436	Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	0.77
20651	Rice, brown, parboiled, cooked, UNCLE BENS	0.77
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	0.77
21524	McDONALD'S, RANCH SNACK WRAP, Grilled	0.77
28342	Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and sorghum flour	0.77
28354	ANDREA'S, Gluten Free Soft Dinner Roll	0.77
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	0.77
01153	Milk, canned, evaporated, with added vitamin A	0.77
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	0.77
01291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	0.77
05144	Duck, wild, meat and skin, raw	0.77
05326	Chicken breast tenders, breaded, cooked, microwaved	0.77
06004	Soup, bean with pork, canned, condensed	0.77
06426	Soup, chili beef, canned, prepared with equal volume water	0.77
11025	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	0.77
11048	Beans, pinto, immature seeds, frozen, unprepared	0.77
11096	Broccoli raab, raw	0.77
11711	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt	0.77
11987	Mushrooms, oyster, raw	0.77
15007	Fish, butterfish, raw	0.77
15118	Fish, tuna, fresh, bluefin, cooked, dry heat	0.77
15184	Fish, tuna, light, canned in water, without salt, drained solids	0.77
16039	Beans, navy, mature seeds, canned	0.77
18003	Bagels, egg	0.77
18268	French toast, frozen, ready-to-heat	0.77

NDB_No	Description	Zinc, Zn(mg) Value Per
03711	Babyfood, cereal, high protein, with apple and orange, prepared with whole milk	0.76
05356	Chicken, broiler, rotisserie, BBQ, skin	0.76
06958	Gravy, instant beef, dry	0.76
10102	Pork, fresh, variety meats and by-products, feet, raw	0.76
11458	Spinach, cooked, boiled, drained, without salt	0.76
11854	Spinach, cooked, boiled, drained, with salt	0.76
15006	Fish, burbot, raw	0.76
15084	Fish, salmon, pink, canned, total can contents	0.76
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	0.76
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	0.76
17270	Veal, breast, separable fat, cooked	0.76
19301	Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe	0.76
20105	Macaroni, vegetable, enriched, dry	0.76
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	0.76
21306	Fast foods, griddle cake sandwich, sausage	0.76
21328	McDONALD'S, Sausage McGRIDDLES	0.76
21456	POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading	0.76
21487	Fast foods, taco with chicken, lettuce and cheese, soft	0.76
19400	Snacks, banana chips	0.75
21120	Fast foods, hotdog, with corn flour coating (corndog)	0.75
21356	McDONALD'S, McCHICKEN Sandwich (without mayonnaise)	0.75
21490	Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread	0.75
22975	Chicken, nuggets, white meat, precooked, frozen, not reheated	0.75
32031	Salisbury steak with gravy, frozen	0.75
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	0.75
09289	Prunes, dehydrated (low-moisture), uncooked	0.75
10007	Pork, fresh, separable fat, cooked	0.75
11993	Mushrooms, maitake, raw	0.75
15107	Fish, sucker, white, raw	0.75
16145	Beans, kidney, red, mature seeds, canned, drained solids	0.75
18084	Bread stuffing, cornbread, dry mix	0.75
18188	Cookies, peanut butter, refrigerated dough, baked	0.75
18239	Croissants, butter	0.75
18256	Doughnuts, yeast-leavened, with jelly filling	0.75
18272	Ice cream cones, sugar, rolled-type	0.75
18292	Pancakes, plain, dry mix, incomplete, prepared	0.75

NDB_No	Description	Zinc, Zn(mg) Value Per
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	0.74
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	0.74
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	0.74
05145	Duck, wild, breast, meat only, raw	0.74
05673	Chicken, skin (drumsticks and thighs), cooked, braised	0.74
06028	Soup, clam chowder, manhattan, canned, condensed	0.74
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	0.74
11149	Chayote, fruit, raw	0.74
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	0.74
16171	Refried beans, canned, vegetarian	0.74
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	0.74
18069	Bread, white, commercially prepared (includes soft bread crumbs)	0.74
18166	Cookies, chocolate sandwich, with creme filling, regular	0.74
19087	Candies, white chocolate	0.74
19437	Snacks, potato chips, fat free, salted	0.74
20133	Rice noodles, dry	0.74
27035	Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium	0.74
36055	Restaurant, Italian, cheese ravioli with marinara sauce	0.74
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	0.74
36407	Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	0.74
36619	Restaurant, Chinese, kung pao chicken	0.74
43261	Yogurt, fruit variety, nonfat	0.74
18350	Rolls, hamburger or hotdog, plain	0.73
18400	Crackers, matzo, egg and onion	0.73
19049	Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel	0.73
19088	Ice creams, vanilla, light	0.73
21002	Fast foods, biscuit, with egg	0.73
21129	Fast foods, hush puppies	0.73
28296	Cake, snack cakes, creme-filled, chocolate with frosting, low-fat, with added fiber	0.73
28309	Cookies, coconut macaroon	0.73
32012	Pizza rolls, frozen, unprepared	0.73
32035	BANQUET, Salisbury Steak With Gravy, family size, frozen, unprepared	0.73
36006	T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	0.73
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	0.73
07936	Bologna, pork and turkey, lite	0.73
14181	Beverages, chocolate syrup	0.73

NDB_No	Description	Zinc, Zn(mg) Value Per
16005	Beans, baked, home prepared	0.73
18218	Crackers, matzo, egg	0.73
18237	Cream puff shell, prepared from recipe	0.73
03704	Babyfood, cereal, mixed, with honey, prepared with whole milk	0.72
05016	Chicken, broilers or fryers, skin only, cooked, fried, batter	0.72
08090	Cereals, corn grits, white, regular and quick, enriched, dry	0.72
11264	Mushrooms, canned, drained solids	0.72
11306	Peas, green, canned, regular pack, solids and liquids	0.72
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	0.72
15068	Fish, pompano, florida, raw	0.72
15200	Fish, mackerel, king, cooked, dry heat	0.72
18047	Bread, raisin, enriched	0.72
18151	Cookies, brownies, commercially prepared	0.72
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	0.72
18244	Danish pastry, cinnamon, enriched	0.72
18289	Pancakes, plain, dry mix, complete (includes buttermilk)	0.72
18371	Leavening agents, baking powder, low-sodium	0.72
18414	Bread, raisin, unenriched	0.72
18430	Danish pastry, cinnamon, unenriched	0.72
19111	Candies, NESTLE, BABY RUTH Bar	0.72
21143	CHICK-FIL-A, Chick-n-Strips	0.72
21517	Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce	0.72
21523	McDONALD'S, RANCH SNACK WRAP, Crispy	0.72
35196	Lambsquarters, raw (Northern Plains Indians)	0.72
36602	Restaurant, Chinese, fried rice, without meat	0.72
18368	Wonton wrappers (includes egg roll wrappers)	0.71
18450	Tortillas, ready-to-bake or -fry, flour, without added calcium	0.71
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	0.71
19408	Snacks, pork skins, barbecue-flavor	0.71
20037	Rice, brown, long-grain, cooked	0.71
21009	Fast foods, biscuit, with sausage	0.71
21401	Fast foods, chicken tenders	0.71
21611	School Lunch, chicken nuggets, whole grain breaded	0.71
22918	Burrito, bean and cheese, frozen	0.71
32006	Taquitos, frozen, chicken and cheese, oven-heated	0.71
36005	APPLEBEE'S, chicken tenders, from kids' menu	0.71

NDB_No	Description	Zinc, Zn(mg) Value Per
36023	APPLEBEE'S, chicken tenders platter	0.71
36027	DENNY'S, chicken strips	0.71
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	0.71
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	0.71
11157	Chrysanthemum, garland, raw	0.71
11239	Mushrooms, Chanterelle, raw	0.71
11698	Chrysanthemum leaves, raw	0.71
11813	Peas, green, canned, no salt added, drained solids	0.71
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	0.71
18183	Cookies, oatmeal, refrigerated dough, baked	0.71
03043	Babyfood, dinner, beef lasagna, toddler	0.70
03084	Babyfood, dinner, vegetables and turkey, strained	0.70
05286	Turkey and gravy, frozen	0.70
06001	Soup, cream of asparagus, canned, condensed	0.70
06027	Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	0.70
06115	Gravy, au jus, dry	0.70
06121	Gravy, mushroom, canned	0.70
07209	OSCAR MAYER, Chicken Breast (honey glazed)	0.70
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	0.70
11218	Gourd, white-flowered (calabash), raw	0.70
11219	Gourd, white-flowered (calabash), cooked, boiled, drained, without salt	0.70
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	0.70
11672	Potato pancakes	0.70
11784	Gourd, white-flowered (calabash), cooked, boiled, drained, with salt	0.70
11812	Peas, green, canned, no salt added, solids and liquids	0.70
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	0.70
14059	Beverages, KELLOGG'S, SPECIAL K Protein Shake	0.70
14405	Beverages, fruit punch juice drink, frozen concentrate	0.70
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	0.70
16173	Frijoles rojos volteados (Refried beans, red, canned)	0.70
16505	LOMA LINDA Swiss Stake with Gravy, canned, unprepared	0.70
16512	WORTHINGTON Diced Chik, canned, unprepared	0.70
16513	WORTHINGTON FriChik Original, canned, unprepared	0.70
16526	WORTHINGTON Meatless Chicken Roll, frozen, unprepared	0.70
16551	MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared	0.70
16552	MORNINGSTAR FARMS Mushroom Lover's Burger, frozen, unprepared	0.70

NDB_No	Description	Zinc, Zn(mg) Value Per
16560	MORNINGSTAR FARMS Corn Dog, frozen, unprepared	0.70
16561	MORNINGSTAR FARMS Corn Dog Mini, frozen, unprepared	0.70
16570	GARDENBURGER Black Bean Chipotle Burger, frozen, unprepared	0.70
18225	Crackers, rye, sandwich-type with cheese filling	0.70
18245	Danish pastry, cheese	0.70
18396	Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	0.70
18437	English muffins, plain, enriched, without calcium propionate(includes sourdough)	0.70
18438	English muffins, plain, unenriched, with calcium propionate (includes sourdough)	0.70
18439	English muffins, plain, unenriched, without calcium propionate (includes sourdough)	0.70
19045	Snacks, potato chips, made from dried potatoes, reduced fat	0.70
19079	Candies, confectioner's coating, yogurt	0.70
19911	Syrup, maple, Canadian	0.70
20081	Wheat flour, white, all-purpose, enriched, bleached	0.70
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	0.70
20481	Wheat flour, white, all-purpose, unenriched	0.70
20581	Wheat flour, white, all-purpose, enriched, unbleached	0.70
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	0.70
21060	Fast foods, burrito, with beans	0.70
21256	BURGER KING, Chicken Strips	0.70
21500	KASHI Pizza, Mushroom Trio & Spinach, frozen, unprepared	0.70
21501	KASHI Pizza, Margherita, frozen, unprepared	0.70
22120	MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared	0.70
22992	KASHI, Southwest Style Chicken, Frozen Entree	0.70
22995	KASHI, Sweet and Sour Chicken, Frozen Entree	0.70
28064	KEEBLER, CLUB, Dash of Salt Crackers	0.70
28113	KEEBLER, 100 Calorie RIGHT BITES, CHIPS DELUXE, Chocolate Chip Cookies	0.70
28125	KEEBLER, SANDIES, Chocolate Chip & Pecan Shortbread Cookies	0.70
28127	KEEBLER, SANDIES, Pecan Shortbread Cookies	0.70
28141	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Original	0.70
28155	KEEBLER, Waffle Bowls	0.70
28156	KEEBLER, Waffle Cones	0.70
28205	MOTHER'S, Macaroon Cookies	0.70
28217	MURRAY, SOUTHERN KITCHEN, Chocolate Chip Cookies	0.70
28234	SUNSHINE, CHEEZ-IT, Asiago Crackers	0.70
28235	SUNSHINE, CHEEZ-IT, Baby Swiss Crackers	0.70
28236	SUNSHINE, CHEEZ-IT, BIG Crackers	0.70

NDB_No	Description	Zinc, Zn(mg) Value Per
28238	SUNSHINE, CHEEZ-IT, Colby Crackers	0.70
28244	SUNSHINE, CHEEZ-IT, Italian Four Cheese Crackers	0.70
28280	SUNSHINE, CHEEZ-IT, Original Crackers	0.70
28340	Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and potato starch	0.70
28370	UDI'S, Gluten Free, Classic French Dinner Rolls	0.70
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	0.70
43128	Chicken, meatless	0.70
19095	Ice creams, vanilla	0.69
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	0.69
19898	Ice creams, regular, low carbohydrate, vanilla	0.69
21363	McDONALD'S, Deluxe Breakfast, with syrup and margarine	0.69
21402	McDONALD'S, Premium Grilled Chicken Classic Sandwich	0.69
22974	Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	0.69
27065	Dip, bean, original flavor	0.69
27068	Dip, FRITO'S, bean, original flavor	0.69
28328	Cookies, chocolate chip sandwich, with creme filling	0.69
36630	Restaurant, Italian, spaghetti with meat sauce	0.69
05335	Chicken, feet, boiled	0.69
06249	Soup, pea, green, canned, prepared with equal volume milk	0.69
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	0.69
08143	Cereals, WHEATENA, cooked with water	0.69
08182	Cereals, WHEATENA, cooked with water, with salt	0.69
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	0.69
08469	Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal	0.69
11049	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt	0.69
11214	Escarole, cooked, boiled, drained, no salt added	0.69
11373	Potatoes, au gratin, home-prepared from recipe using butter	0.69
11720	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt	0.69
11843	Potatoes, au gratin, home-prepared from recipe using margarine	0.69
15069	Fish, pompano, florida, cooked, dry heat	0.69
15121	Fish, tuna, light, canned in water, drained solids	0.69
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	0.69
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	0.69
18101	Cake, chocolate, prepared from recipe without frosting	0.69
18228	Crackers, saltines (includes oyster, soda, soup)	0.69
18236	Cracker meal	0.69

NDB_No	Description	Zinc, Zn(mg) Value Per
03942	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, ready-to-feed, with ARA and DHA	0.68
03968	Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), ready-to-feed	0.68
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	0.68
06629	Sauce, pesto, CLASSICO, basil pesto, ready-to-serve	0.68
09038	Avocados, raw, California	0.68
11311	Peas, green, canned, drained solids, rinsed in tap water	0.68
15197	Fish, herring, Pacific, cooked, dry heat	0.68
18070	Bread, white, commercially prepared, toasted	0.68
18187	Cookies, peanut butter, refrigerated dough	0.68
18217	Crackers, matzo, plain	0.68
18316	Pie, coconut custard, commercially prepared	0.68
18352	Rolls, hamburger or hotdog, reduced-calorie	0.68
18367	Waffles, plain, prepared from recipe	0.68
18427	Crackers, standard snack-type, regular, low salt	0.68
18432	Bread, white, commercially prepared, toasted, low sodium no salt	0.68
20058	Rice, white, steamed, Chinese restaurant	0.68
21119	Fast foods, hotdog, with chili	0.68
21421	KFC, Crispy Chicken Strips	0.68
35239	Tortilla, blue corn, Sakwavikaviki (Hopi)	0.68
36034	Restaurant, family style, chicken tenders	0.68
36631	OLIVE GARDEN, spaghetti with meat sauce	0.68
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	0.67
21141	BURGER KING, Vanilla Shake	0.67
21214	SUBWAY, tuna sub on white bread with lettuce and tomato	0.67
28300	Cookies, oatmeal sandwich, with creme filling	0.67
28314	Crackers, sandwich-type, peanut butter filled, reduced fat	0.67
28329	Cookies, chocolate, made with rice cereal	0.67
36015	Restaurant, family style, chicken fingers, from kid's menu	0.67
36413	Restaurant, Latino, black bean soup	0.67
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	0.67
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	0.67
01184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	0.67
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	0.67
01221	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D	0.67
01263	Ice cream, light, soft serve, chocolate	0.67
09053	Blueberries, wild, frozen	0.67

NDB_No	Description	Zinc, Zn(mg) Value Per
11313	Peas, green, frozen, cooked, boiled, drained, without salt	0.67
11814	Peas, green, frozen, cooked, boiled, drained, with salt	0.67
11974	Grape leaves, raw	0.67
11989	Mushrooms, straw, canned, drained solids	0.67
12059	Nuts, acorns, dried	0.67
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	0.67
12128	Nuts, ginkgo nuts, dried	0.67
15050	Fish, mackerel, Pacific and jack, mixed species, raw	0.67
15062	Fish, pike, northern, raw	0.67
15225	Fish, yellowtail, mixed species, cooked, dry heat	0.67
15253	Salmon, sockeye, canned, total can contents	0.67
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	0.67
18223	Crackers, milk	0.67
18269	French toast, prepared from recipe, made with low fat (2%) milk	0.67
18271	Ice cream cones, cake or wafer-type	0.67
01157	Cheese, goat, semisoft type	0.66
03803	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, ready-to-feed	0.66
03806	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, ready-to-feed	0.66
03813	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, ready-to-feed	0.66
03815	Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with iron, ready-to-feed, with ARA and DHA	0.66
03825	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, ready to feed, with ARA and DHA	0.66
03832	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, ready-to-feed, with ARA and DHA	0.66
03845	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, ready-to-feed, with ARA and DHA	0.66
03868	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, ready-to-feed	0.66
03963	Infant Formula, MEAD JOHNSON, ENFAMIL GENTLEASE LIPIL, with iron, prepared from powder	0.66
03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	0.66
03983	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN AA, ready-to-feed	0.66
03986	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, ready-to-feed	0.66
05117	Chicken, roasting, light meat, meat only, raw	0.66
08221	Cereals, QUAKER, Instant Grits, Butter flavor, dry	0.66
09085	Currants, zante, dried	0.66
11228	Jew's ear, (pepeao), raw	0.66
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	0.66
11624	Leeks, (bulb and lower-leaf portion), freeze-dried	0.66
15024	Fish, drum, freshwater, raw	0.66
15110	Fish, swordfish, raw	0.66

NDB_No	Description	Zinc, Zn(mg) Value Per
15114	Fish, trout, mixed species, raw	0.66
18053	Bread, reduced-calorie, rye	0.66
18270	Hush puppies, prepared from recipe	0.66
18961	Crackers, cream, GAMESA SABROSAS	0.66
20022	Cornmeal, degermed, enriched, yellow	0.66
20322	Cornmeal, degermed, enriched, white	0.66
20422	Cornmeal, degermed, unenriched, yellow	0.66
20522	Cornmeal, degermed, unenriched, white	0.66
21154	Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato	0.66
21155	Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato	0.66
21207	SUBWAY, turkey breast sub on white bread with lettuce and tomato	0.66
21211	SUBWAY, oven roasted chicken sub on white bread with lettuce and tomato	0.66
21403	McDONALD'S, Premium Crispy Chicken Classic Sandwich	0.66
28332	Cookies, gluten-free, chocolate sandwich, with creme filling	0.66
28356	GLUTINO, Gluten Free Cookies, Chocolate Vanilla Creme	0.66
33876	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, ready-to-feed	0.66
36024	CRACKER BARREL, chicken tenderloin platter, fried	0.66
20110	Noodles, egg, enriched, cooked	0.65
20310	Noodles, egg, cooked, enriched, with added salt	0.65
20410	Noodles, egg, unenriched, cooked, without added salt	0.65
20510	Noodles, egg, cooked, unenriched, with added salt	0.65
21266	TACO BELL, BURRITO SUPREME with chicken	0.65
28254	SUNSHINE, CHEEZ-IT, Snack Mix, White Cheddar	0.65
28327	Crackers, water biscuits	0.65
32005	Macaroni and cheese, box mix with cheese sauce, prepared	0.65
36020	T.G.I. FRIDAY'S, chicken fingers	0.65
43410	Chicken, meatless, breaded, fried	0.65
03696	Babyfood, cereal, rice, with honey, prepared with whole milk	0.65
03822	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, prepared from powder	0.65
03997	Babyfood, Baby MUM MUM Rice Biscuits	0.65
05674	Chicken, skin (drumsticks and thighs), raw	0.65
06072	Soup, vegetable with beef broth, canned, condensed	0.65
07935	Oven-roasted chicken breast roll	0.65
11028	Bamboo shoots, canned, drained solids	0.65
11243	Mushrooms, portabella, grilled	0.65
11310	Peas, green, canned, seasoned, solids and liquids	0.65

NDB_No	Description	Zinc, Zn(mg) Value Per
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	0.65
11950	Mushrooms, enoki, raw	0.65
15003	Fish, bass, fresh water, mixed species, raw	0.65
15216	Fish, spot, cooked, dry heat	0.65
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	0.65
16026	Beans, great northern, mature seeds, canned	0.65
16073	Lima beans, large, mature seeds, canned	0.65
16172	Refried beans, canned, fat-free	0.65
16326	Beans, great northern, mature seeds, canned, low sodium	0.65
18106	Coffeecake, fruit	0.65
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	0.65
02046	Mustard, prepared, yellow	0.64
06375	CAMPBELL'S, Vegetable Beef Soup, condensed	0.64
06449	Soup, pea, green, canned, prepared with equal volume water	0.64
06965	Soup, pea, low sodium, prepared with equal volume water	0.64
09037	Avocados, raw, all commercial varieties	0.64
11033	Lima beans, immature seeds, canned, regular pack, solids and liquids	0.64
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	0.64
11965	Cauliflower, green, raw	0.64
12060	Nuts, acorn flour, full fat	0.64
15076	Fish, salmon, Atlantic, wild, raw	0.64
16023	Beans, french, mature seeds, cooked, boiled, without salt	0.64
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	0.64
16323	Beans, french, mature seeds, cooked, boiled, with salt	0.64
18073	Bread, white, prepared from recipe, made with low fat (2%) milk	0.64
18152	Cookies, brownies, dry mix, regular	0.64
18182	Cookies, oatmeal, refrigerated dough	0.64
18280	Muffins, corn, dry mix, prepared	0.64
18422	Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched	0.64
19182	Desserts, mousse, chocolate, prepared-from-recipe	0.64
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	0.64
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	0.64
20086	Wheat flour, white, tortilla mix, enriched	0.64
21150	SUBWAY, sweet onion chicken teriyaki sub on white bread with lettuce, tomato and sweet onion sauce	0.64
21151	Fast foods, submarine sandwich, sweet onion chicken teriyaki on white bread with lettuce, tomato and sweet onion sauce	0.64
28399	Cookies, animal crackers (includes arrowroot, tea biscuits)	0.64

NDB_No	Description	Zinc, Zn(mg) Value Per
36017	Restaurant, family style, macaroni & cheese, from kids' menu	0.64
43541	Ice creams, chocolate, rich	0.64
18355	Sweet rolls, cheese	0.63
19361	Syrups, table blends, cane and 15% maple	0.63
19372	Frostings, chocolate, creamy, dry mix, prepared with margarine	0.63
20092	Pasta, gluten-free, corn, cooked	0.63
20096	Pasta, fresh-refrigerated, spinach, cooked	0.63
20112	Noodles, egg, spinach, enriched, cooked	0.63
20118	Noodles, flat, crunchy, Chinese restaurant	0.63
21355	McDONALD'S, McCHICKEN Sandwich	0.63
31022	Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	0.63
32019	Lasagna, cheese, frozen, unprepared	0.63
43506	Frozen novelties, ice cream type, chocolate or caramel covered, with nuts	0.63
01105	Milk, chocolate beverage, hot cocoa, homemade	0.63
05155	Pheasant, breast, meat only, raw	0.63
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	0.63
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	0.63
11039	Lima beans, immature seeds, frozen, baby, unprepared	0.63
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	0.63
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	0.63
11496	Succotash, (corn and limas), cooked, boiled, drained, without salt	0.63
11546	Tomato products, canned, paste, without salt added	0.63
11697	Arrowroot, raw	0.63
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	0.63
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	0.63
11871	Succotash, (corn and limas), cooked, boiled, drained, with salt	0.63
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	0.63
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	0.63
11967	Cauliflower, green, cooked, no salt added	0.63
11968	Cauliflower, green, cooked, with salt	0.63
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	0.63
14054	Beverages, almond milk, chocolate, ready-to-drink	0.63
14060	Beverages, Energy Drink with carbonated water and high fructose corn syrup	0.63
15046	Fish, mackerel, Atlantic, raw	0.63
15098	Fish, sheepshead, cooked, dry heat	0.63
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	0.63

NDB_No	Description	Zinc, Zn(mg) Value Per
04640	Salad dressing, ranch dressing, reduced fat	0.62
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	0.62
06409	Soup, beef noodle, canned, prepared with equal volume water	0.62
06471	Soup, vegetable beef, canned, prepared with equal volume water	0.62
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	0.62
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	0.62
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	0.62
11952	Radicchio, raw	0.62
15052	Fish, mackerel, spanish, cooked, dry heat	0.62
15064	Fish, pike, walleye, raw	0.62
15213	Fish, scup, cooked, dry heat	0.62
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	0.62
16054	Broadbeans (fava beans), mature seeds, canned	0.62
16245	SILK Very Vanilla, soymilk	0.62
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	0.62
18230	Crackers, standard snack-type, sandwich, with cheese filling	0.62
18390	Pancakes, buttermilk, prepared from recipe	0.62
18416	Bread, white, commercially prepared, low sodium, no salt	0.62
18954	Bread, pound cake type, pan de torta salvadoran	0.62
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	0.62
19184	Puddings, chocolate, dry mix, instant	0.62
19436	Popcorn, sugar syrup/caramel, fat-free	0.62
20041	Rice, brown, medium-grain, cooked	0.62
20082	Wheat flour, white, all-purpose, self-rising, enriched	0.62
20084	Wheat flour, white, cake, enriched	0.62
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	0.62
21259	BURGER KING, Original Chicken Sandwich	0.62
31010	CAMPBELL'S, V8 Vegetable Juice, Essential Antioxidants V8	0.62
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	0.62
36411	Restaurant, Latino, tamale, corn	0.62
36601	Restaurant, Chinese, egg rolls, assorted	0.62
43215	Salad dressing, buttermilk, lite	0.62
18621	NABISCO, NABISCO RITZ Crackers	0.61
19205	Egg custards, dry mix, prepared with 2% milk	0.61
20010	Buckwheat groats, roasted, cooked	0.61
21102	Fast foods, chicken fillet sandwich, plain with pickles	0.61

NDB_No	Description	Zinc, Zn(mg) Value Per
21244	WENDY'S, Homestyle Chicken Fillet Sandwich	0.61
21246	WENDY'S, Chicken Nuggets	0.61
21526	CHICK-FIL-A, chicken sandwich	0.61
22978	Chicken tenders, breaded, frozen, prepared	0.61
27064	Wasabi	0.61
28311	Cookies, sugar wafer, chocolate-covered	0.61
28349	Cookies, oatmeal, reduced fat	0.61
28351	Cookies, Marie biscuit	0.61
35197	Lambsquarters, steamed (Northern Plains Indians)	0.61
03296	Babyfood, dinner, turkey, rice, and vegetables, toddler	0.61
06982	Soup, ramen noodle, beef flavor, dry	0.61
09041	Bananas, dehydrated, or banana powder	0.61
11593	Waxgourd, (chinese preserving melon), raw	0.61
15233	Fish, catfish, channel, wild, cooked, dry heat	0.61
16146	Beans, pinto, canned, drained solids	0.61
16162	MORI-NU, Tofu, silken, firm	0.61
18011	Biscuits, plain or buttermilk, dry mix, prepared	0.61
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	0.61
18282	Muffins, corn, prepared from recipe, made with low fat (2%) milk	0.61
01238	Ice cream sandwich	0.60
01287	Yogurt, Greek, plain, lowfat	0.60
03047	Babyfood, dinner, beef noodle, strained	0.60
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	0.60
03925	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed	0.60
05129	Chicken, stewing, light meat, meat only, raw	0.60
06039	Soup, minestrone, canned, chunky, ready-to-serve	0.60
06040	Soup, minestrone, canned, condensed	0.60
06056	Soup, cream of shrimp, canned, condensed	0.60
06061	Soup, tomato beef with noodle, canned, condensed	0.60
06483	Soup, cream of chicken, dry, mix, prepared with water	0.60
06547	Soup, beef mushroom, canned, prepared with equal volume water	0.60
06583	Soup, ramen noodle, any flavor, dry	0.60
07932	Chicken breast, fat-free, mesquite flavor, sliced	0.60
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	0.60
08560	Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax	0.60
08562	Cereals, KASHI GO LEAN Hot Cereal, Creamy TRULY VANILLA, dry	0.60

NDB_No	Description	Zinc, Zn(mg) Value Per
08589	Cereals ready-to-eat, KASHI GOLEAN CRISP Toasted Berry Crumble	0.60
08615	Cereals ready-to-eat, KELLOGG'S CRUNCHY NUT Golden Honey Nut flakes	0.60
08649	Cereals ready-to-eat, KASHI GOLEAN CRISP Cinnamon Crumble	0.60
10006	Pork, fresh, separable fat, raw	0.60
11012	Asparagus, cooked, boiled, drained	0.60
11222	Drumstick leaves, raw	0.60
11705	Asparagus, cooked, boiled, drained, with salt	0.60
12095	Nuts, chestnuts, chinese, boiled and steamed	0.60
12116	Nuts, coconut cream, canned, sweetened	0.60
14019	Alcoholic beverage, tequila sunrise, canned	0.60
15117	Fish, tuna, fresh, bluefin, raw	0.60
15205	Fish, pollock, Atlantic, cooked, dry heat	0.60
15211	Fish, salmon, chum, cooked, dry heat	0.60
16163	MORI-NU, Tofu, silken, extra firm	0.60
16515	WORTHINGTON Low Fat Veja-Links, canned, unprepared	0.60
16517	WORTHINGTON Prime Stakes, canned, unprepared	0.60
16535	WORTHINGTON Stripples, frozen, unprepared	0.60
16538	MORNINGSTAR FARMS Breakfast Pattie with Organic Soy, frozen, unprepared	0.60
16542	MORNINGSTAR FARMS Breakfast Bacon Strips, frozen, unprepared	0.60
16609	MORNINGSTAR FARMS Breakfast Pattie, frozen, unprepared	0.60
16615	MORNINGSTAR FARMS Chipotle Black Bean Crumbles, frozen, unprepared	0.60
18010	Biscuits, plain or buttermilk, dry mix	0.60
18017	Biscuits, mixed grain, refrigerated dough	0.60
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	0.60
18128	Cake, snack cakes, creme-filled, sponge	0.60
18161	Cookies, chocolate chip, dry mix	0.60
18312	Pie, chocolate mousse, prepared from mix, no-bake type	0.60
18994	BEAR NAKED, Fruit & Nut Cookies	0.60
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	0.60
21033	Fast foods, sundae, hot fudge	0.60
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	0.60
22123	MORNINGSTAR FARMS Spicy Black Bean Burger, frozen, unprepared	0.60
22940	SPAGHETTIOS, SpaghettiOs with Meatballs	0.60
22993	KASHI Spicy Black Bean Enchilada, frozen, unprepared	0.60
28019	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Honey Oat	0.60
28020	KASHI, TLC, Pita Crisps, Zesty Salsa	0.60

NDB_No	Description	Zinc, Zn(mg) Value Per
28047	KEEBLER, BAKER'S TREASURES, Chocolate Chip Cookie, soft	0.60
28057	KEEBLER, CHIPS DELUXE, Oatmeal Chocolate Chip Cookies	0.60
28060	KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies	0.60
28065	KEEBLER, CLUB, Minis Original Crackers	0.60
28074	KEEBLER, E.L. FUDGE, Butter Flavored Cookies	0.60
28079	KEEBLER, FUDGE SHOPPE, Coconut Dreams Cookies	0.60
28095	KEEBLER, FUDGE SHOPPE, Jumbo Fudge Sticks, Peanut Butter	0.60
28103	KEEBLER, GRIPZ, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite-size	0.60
28117	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Brownies	0.60
28126	KEEBLER, SANDIES, Dark Chocolate Almond Shortbread Cookies	0.60
28128	KEEBLER, SANDIES, Pecan Shortbread Cookies, bite size	0.60
28184	KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Chocolate Baked Bites	0.60
28197	MOTHER'S, Coconut Cocadas Cookies	0.60
28222	MURRAY, SUGAR FREE, Fudge Dipped Grahams	0.60
28226	MURRAY, SUGAR FREE, Pecan Shortbread Cookies	0.60
28251	SUNSHINE, CHEEZ-IT, 100 Calorie Right Bites, Reduced Fat	0.60
28277	MURRAY, SUGAR FREE, Chocolate Chip Cookies	0.60
28281	SUNSHINE, CHEEZ-IT, Reduced Fat Crackers	0.60
28323	Pancakes, plain, low fat, dry mix, incomplete (includes buttermilk)	0.60
42286	Babyfood, green beans and turkey, strained	0.60
18356	Sweet rolls, cinnamon, commercially prepared with raisins	0.59
18365	Waffles, plain, frozen, ready-to-heat	0.59
18957	Cake, pound, BIMBO Bakeries USA, Panque Casero, home baked style	0.59
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	0.59
21309	McDONALD'S, Chicken McNUGGETS	0.59
21417	POPEYES, Mild Chicken Strips, analyzed 2006	0.59
21508	WEND'YS, Crispy Chicken Sandwich	0.59
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	0.59
03685	Babyfood, cereal, mixed, prepared with whole milk	0.59
03956	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified	0.59
03964	Babyfood, fortified cereal bar, fruit filling	0.59
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	0.59
06434	CAMPBELL'S CHUNKY Soups, Old Fashioned Vegetable Beef Soup	0.59
06983	Soup, ramen noodle, chicken flavor, dry	0.59
11018	Asparagus, frozen, unprepared	0.59
11190	Cornsalad, raw	0.59

NDB_No	Description	Zinc, Zn(mg) Value Per
11298	Parsnips, raw	0.59
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	0.59
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	0.59
12176	Nuts, coconut milk, frozen (liquid expressed from grated meat and water)	0.59
15194	Fish, mahimahi, cooked, dry heat	0.59
16079	Mothbeans, mature seeds, cooked, boiled, without salt	0.59
16345	Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water	0.59
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	0.59
16379	Mothbeans, mature seeds, cooked, boiled, with salt	0.59
18071	Bread, white, prepared from recipe, made with nonfat dry milk	0.59
18103	Coffeecake, cheese	0.59
18134	Cake, sponge, prepared from recipe	0.59
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	0.59
03859	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed	0.58
08450	Cereals, QUAKER, Instant Grits, Ham 'n' Cheese flavor, dry	0.58
11088	Broadbeans, immature seeds, raw	0.58
11278	Okra, raw	0.58
11318	Peas and carrots, canned, regular pack, solids and liquids	0.58
11324	Peas and onions, canned, solids and liquids	0.58
11442	Seaweed, agar, raw	0.58
11816	Peas and carrots, canned, no salt added, solids and liquids	0.58
15016	Fish, cod, Atlantic, cooked, dry heat	0.58
15017	Fish, cod, Atlantic, canned, solids and liquid	0.58
15199	Fish, lingcod, cooked, dry heat	0.58
15214	Fish, seatrout, mixed species, cooked, dry heat	0.58
15235	Fish, catfish, channel, farmed, cooked, dry heat	0.58
15264	Salmon, sockeye, canned, drained solids, without skin and bones	0.58
16103	Refried beans, canned, traditional style (includes USDA commodity)	0.58
16403	Refried beans, canned, traditional, reduced sodium	0.58
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	0.58
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	0.58
18193	Cookies, shortbread, commercially prepared, pecan	0.58
18199	Cookies, chocolate sandwich, with creme filling, special dietary	0.58
18934	Waffle, buttermilk, frozen, ready-to-heat, microwaved	0.58
19039	Snacks, popcorn, caramel-coated, without peanuts	0.58
19270	Ice creams, chocolate	0.58

NDB_No	Description	Zinc, Zn(mg) Value Per
19379	Candies, fudge, chocolate marshmallow, prepared-from-recipe	0.58
19410	Snack, potato chips, made from dried potatoes, plain	0.58
19899	Ice creams, regular, low carbohydrate, chocolate	0.58
21059	Fast foods, shrimp, breaded and fried	0.58
21106	Fast foods, fish sandwich, with tartar sauce and cheese	0.58
21232	McDONALD'S, FILET-O-FISH	0.58
28339	Bread, gluten-free, whole grain, made with tapioca starch and brown rice flour	0.58
28372	UDI'S, Gluten Free, Soft & Hearty Whole Grain Bread	0.58
36009	T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	0.58
36613	DENNY'S, macaroni & cheese, from kid's menu	0.58
18412	Bread, cornbread, dry mix, unenriched (includes corn muffin mix)	0.57
18927	Crackers, cheese, sandwich-type with cheese filling	0.57
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	0.57
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	0.57
20013	Bulgur, cooked	0.57
21245	WENDY'S, Ultimate Chicken Grill Sandwich	0.57
36003	APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	0.57
36007	T.G.I. FRIDAY'S, french fries	0.57
43274	Cheese, cream, low fat	0.57
03681	Babyfood, cereal, barley, prepared with whole milk	0.57
06444	Soup, mushroom with beef stock, canned, prepared with equal volume water	0.57
08116	Cereals, MALT-O-MEAL, original, plain, dry	0.57
08129	Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water	0.57
09246	Peaches, dried, sulfured, uncooked	0.57
11263	Mushrooms, white, stir-fried	0.57
12167	Nuts, chestnuts, european, roasted	0.57
14347	Shake, fast food, vanilla	0.57
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	0.57
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	0.57
18032	Bread, irish soda, prepared from recipe	0.57
18251	Doughnuts, cake-type, chocolate, sugared or glazed	0.57
03870	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber	0.56
06749	Soup, beef and vegetables, canned, ready-to-serve	0.56
08204	Cereals ready-to-eat, chocolate-flavored frosted puffed corn	0.56
11156	Chives, raw	0.56
11233	Kale, raw	0.56

NDB_No	Description	Zinc, Zn(mg) Value Per
11463	Spinach, frozen, chopped or leaf, unprepared	0.56
11676	Radish seeds, sprouted, raw	0.56
11906	Corn, sweet, white, canned, cream style, regular pack	0.56
12118	Nuts, coconut milk, canned (liquid expressed from grated meat and water)	0.56
15049	Fish, mackerel, king, raw	0.56
15106	Fish, sturgeon, mixed species, smoked	0.56
15128	Fish, tuna salad	0.56
15210	Fish, salmon, chinook, cooked, dry heat	0.56
15247	Fish, salmon, coho, wild, cooked, dry heat	0.56
16044	Beans, pinto, mature seeds, canned, solids and liquids	0.56
16130	Okara	0.56
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	0.56
18164	Cookies, chocolate chip, refrigerated dough, baked	0.56
18273	Muffins, plain, prepared from recipe, made with low fat (2%) milk	0.56
18293	Pancakes, plain, prepared from recipe	0.56
19041	Snacks, pork skins, plain	0.56
19104	Candies, fudge, vanilla with nuts	0.56
20094	Pasta, fresh-refrigerated, plain, cooked	0.56
21336	McDONALD'S, Hot Fudge Sundae	0.56
28341	Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch	0.56
28368	SCHAR, Gluten-Free, Classic White Rolls	0.56
18361	Toaster pastries, brown-sugar-cinnamon	0.55
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	0.55
19871	Frozen novelties, No Sugar Added, FUDGSICLE pops	0.55
19924	Syrup, NESTLE, chocolate	0.55
22919	Macaroni and Cheese, canned, microwavable	0.55
28347	Pancakes, gluten-free, frozen, ready-to-heat	0.55
28374	VAN'S, Gluten Free, Totally Original Pancakes	0.55
36026	CRACKER BARREL, onion rings, thick-cut	0.55
36031	DENNY'S, onion rings	0.55
03068	Babyfood, dinner, chicken noodle, strained	0.55
06402	Soup, black bean, canned, prepared with equal volume water	0.55
08096	Cereals, QUAKER, Instant Grits, Country Bacon flavor, dry	0.55
09094	Figs, dried, uncooked	0.55
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	0.55
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	0.55

NDB_No	Description	Zinc, Zn(mg) Value Per
15086	Fish, salmon, sockeye, cooked, dry heat	0.55
15274	Fish, trout, brook, raw, New York State	0.55
18156	Cookies, fudge, cake-type (includes trolley cakes)	0.55
18172	Cookies, gingersnaps	0.55
18186	Cookies, peanut butter, commercially prepared, soft-type	0.55
01109	Milk, sheep, fluid	0.54
03044	Babyfood, dinner, macaroni and tomato and beef, strained	0.54
03217	Zwieback	0.54
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified	0.54
06256	Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk	0.54
06415	CAMPBELL'S CHUNKY Soups, Hearty Beef Barley Soup	0.54
11011	Asparagus, raw	0.54
11097	Broccoli raab, cooked	0.54
11413	Potato flour	0.54
11523	Taro shoots, cooked, without salt	0.54
11880	Taro, shoots, cooked, with salt	0.54
11901	Corn, sweet, white, cooked, boiled, drained, without salt	0.54
11902	Corn, sweet, white, cooked, boiled, drained, with salt	0.54
15105	Fish, sturgeon, mixed species, cooked, dry heat	0.54
15241	Fish, trout, rainbow, farmed, cooked, dry heat	0.54
16018	Beans, black turtle, mature seeds, canned	0.54
16316	Beans, black, mature seeds, canned, low sodium	0.54
17092	Veal, composite of trimmed retail cuts, separable fat, raw	0.54
18016	Biscuits, plain or buttermilk, prepared from recipe	0.54
18160	Cookies, chocolate chip, commercially prepared, soft-type	0.54
18211	Puff pastry, frozen, ready-to-bake, baked	0.54
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	0.54
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	0.54
18279	Muffins, corn, commercially prepared	0.54
18294	Pancakes, blueberry, prepared from recipe	0.54
18431	Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	0.54
18433	Danish pastry, lemon, unenriched	0.54
18435	Danish pastry, raspberry, unenriched	0.54
19168	Desserts, egg custard, baked, prepared-from-recipe	0.54
21247	WENDY'S, french fries	0.54
21338	McDONALD'S, McFLURRY with M&M'S CANDIES	0.54

NDB_No	Description	Zinc, Zn(mg) Value Per
21382	McDONALD'S, FILET-O-FISH (without tartar sauce)	0.54
21388	Fast foods, miniature cinnamon rolls	0.54
21412	Light Ice Cream, soft serve, blended with milk chocolate candies	0.54
28375	VAN'S, Gluten Free, Totally Original Waffles	0.54
18328	Pie, vanilla cream, prepared from recipe	0.53
18337	Puff pastry, frozen, ready-to-bake	0.53
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	0.53
18403	Waffles, plain, frozen, ready -to-heat, toasted	0.53
18964	Cinnamon buns, frosted (includes honey buns)	0.53
19096	Ice creams, vanilla, light, soft-serve	0.53
19866	Candies, soft fruit and nut squares	0.53
20034	Oat bran, cooked	0.53
21032	Fast foods, sundae, caramel	0.53
25012	Snacks, sweet potato chips, unsalted	0.53
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	0.53
03214	Babyfood, cookies, arrowroot	0.53
03800	Infant formula, NESTLE, GOOD START SUPREME, with iron, ready-to-feed	0.53
03936	Infant formula, PBM PRODUCTS, store brand, ready-to-feed	0.53
03939	Infant formula, PBM PRODUCTS, store brand, soy, ready-to-feed	0.53
03960	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, ready-to-feed	0.53
03961	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, prepared from liquid concentrate	0.53
06190	Soup, bean & ham, canned, reduced sodium, prepared with water or ready-to-serve	0.53
08172	Cereals, farina, unenriched, dry	0.53
09042	Blackberries, raw	0.53
09383	Tangerines, (mandarin oranges), canned, juice pack, drained	0.53
11174	Corn, sweet, yellow, canned, cream style, regular pack	0.53
11182	Corn, yellow, whole kernel, frozen, microwaved	0.53
11265	Mushrooms, portabella, raw	0.53
11280	Okra, frozen, unprepared	0.53
11457	Spinach, raw	0.53
11772	Corn, sweet, yellow, canned, cream style, no salt added	0.53
11907	Corn, sweet, white, canned, cream style, no salt added	0.53
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	0.53
15041	Fish, herring, Atlantic, pickled	0.53
15043	Fish, herring, Pacific, raw	0.53
15113	Fish, tilefish, cooked, dry heat	0.53

NDB_No	Description	Zinc, Zn(mg) Value Per
15133	Fish, whiting, mixed species, cooked, dry heat	0.53
15203	Fish, monkfish, cooked, dry heat	0.53
01236	Ice cream, soft serve, chocolate	0.52
01256	Yogurt, Greek, plain, nonfat	0.52
03900	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, ready-to-feed	0.52
03946	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-to-feed, with ARA and DHA	0.52
03988	Infant formula, GERBER, GOOD START, PROTECT PLUS, ready-to-feed	0.52
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	0.52
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	0.52
06451	Soup, pea, split with ham, canned, prepared with equal volume water	0.52
11260	Mushrooms, white, raw	0.52
11322	Peas and carrots, frozen, unprepared	0.52
11938	Mushroom, white, exposed to ultraviolet light, raw	0.52
12097	Nuts, chestnuts, european, raw, unpeeled	0.52
15021	Fish, croaker, Atlantic, cooked, breaded and fried	0.52
15055	Fish, mullet, striped, raw	0.52
15082	Fish, salmon, coho, wild, cooked, moist heat	0.52
15092	Fish, sea bass, mixed species, cooked, dry heat	0.52
15135	Fish, yellowtail, mixed species, raw	0.52
15251	USDA Commodity, salmon nuggets, breaded, frozen, heated	0.52
16161	MORI-NU, Tofu, silken, soft	0.52
18317	Pie, egg custard, commercially prepared	0.52
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	0.52
18956	Keikitos (muffins), Latino bakery item	0.52
19090	Ice creams, french vanilla, soft-serve	0.52
22522	Pasta with Sliced Franks in Tomato Sauce, canned entree	0.52
22954	Egg rolls, chicken, refrigerated, heated	0.52
28305	Pancakes, plain, reduced fat	0.52
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	0.51
19170	Egg custards, dry mix, prepared with whole milk	0.51
20121	Pasta, cooked, enriched, without added salt	0.51
20321	Pasta, cooked, enriched, with added salt	0.51
20421	Pasta, cooked, unenriched, without added salt	0.51
20521	Pasta, cooked, unenriched, with added salt	0.51
21024	Fast foods, french toast sticks	0.51
21130	Fast foods, onion rings, breaded and fried	0.51

NDB_No	Description	Zinc, Zn(mg) Value Per
21238	McDONALD'S, french fries	0.51
21386	BURGER KING, french toast sticks	0.51
21509	BURGER KING, Onion Rings	0.51
22401	Spaghetti with meat sauce, frozen entree	0.51
22912	Spaghetti, with meatballs in tomato sauce, canned	0.51
28338	Bread, gluten-free, white, made with tapioca starch and brown rice flour	0.51
28371	UDI'S, Gluten Free, Soft & Delicious White Sandwich Bread	0.51
36014	Restaurant, family style, french fries	0.51
36036	Restaurant, family style, onion rings	0.51
36617	Restaurant, Chinese, lemon chicken	0.51
43276	Cheese spread, cream cheese base	0.51
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	0.51
01015	Cheese, cottage, lowfat, 2% milkfat	0.51
05363	Ruffed Grouse, breast meat, skinless, raw	0.51
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	0.51
08488	Cereals, MALT-O-MEAL, Farina Hot Wheat Cereal, dry	0.51
09219	Tangerines, (mandarin oranges), canned, juice pack	0.51
11369	Potatoes, microwaved, cooked in skin, skin, without salt	0.51
11522	Taro shoots, raw	0.51
11579	Vegetables, mixed, canned, solids and liquids	0.51
11836	Potatoes, microwaved, cooked, in skin, skin with salt	0.51
12058	Nuts, acorns, raw	0.51
14236	Beverages, coffee substitute, cereal grain beverage, powder	0.51
15010	Fish, catfish, channel, wild, raw	0.51
15032	Fish, grouper, mixed species, cooked, dry heat	0.51
15103	Fish, spot, raw	0.51
15116	Fish, trout, rainbow, wild, cooked, dry heat	0.51
15157	Mollusks, clam, mixed species, raw	0.51
15188	Fish, bass, striped, cooked, dry heat	0.51
15196	Fish, halibut, greenland, cooked, dry heat	0.51
16010	Beans, baked, canned, with pork and sweet sauce	0.51
18133	Cake, sponge, commercially prepared	0.51
18147	Cheesecake commercially prepared	0.51
01017	Cheese, cream	0.50
01055	Cream, sour, reduced fat, cultured	0.50
01179	Sour cream, light	0.50

NDB_No	Description	Zinc, Zn(mg) Value Per
01180	Sour cream, fat free	0.50
03122	Babyfood, peas, dices, toddler	0.50
06045	Soup, onion, canned, condensed	0.50
08489	Cereals, MALT-O-MEAL, Maple & Brown Sugar Hot Wheat Cereal, dry	0.50
11087	Beet greens, cooked, boiled, drained, without salt	0.50
11165	Coriander (cilantro) leaves, raw	0.50
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	0.50
11588	Waterchestnuts, chinese, (matai), raw	0.50
11736	Beet greens, cooked, boiled, drained, with salt	0.50
11991	Yautia (tannier), raw	0.50
15035	Fish, haddock, smoked	0.50
16524	WORTHINGTON Veja-Links, canned, unprepared	0.50
16555	MORNINGSTAR FARMS Buffalo Wings, frozen, unprepared	0.50
16557	MORNINGSTAR FARMS Chik Patties, frozen, unprepared	0.50
16586	GARDENBURGER Veggie Medley Burger, frozen, unprepared	0.50
16588	MORNINGSTAR FARMS Chik'n Grill Veggie Patties, frozen, unprepared	0.50
16592	MORNINGSTAR FARMS California Turk'y Burger, frozen, unprepared	0.50
16600	MORNINGSTAR FARMS Sesame Chik'n Entree, frozen, unprepared	0.50
16601	MORNINGSTAR FARMS Grillers Chik'n Veggie Patties, frozen, unprepared	0.50
16606	MORNINGSTAR FARMS Mediterranean Chickpea, frozen, unprepared	0.50
16611	MORNINGSTAR FARMS Parmesan Garlic Wings, frozen, unprepared	0.50
16617	MORNINGSTAR FARMS Spicy Black Bean Enchilada Entree, frozen, unprepared	0.50
16619	MORNINGSTAR FARMS Tuscan Greens & Beans, frozen, unprepared	0.50
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	0.50
18021	Bread, boston brown, canned	0.50
18163	Cookies, chocolate chip, refrigerated dough	0.50
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	0.50
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	0.50
18505	KELLOGG'S, EGGO, Waffles, Homestyle, Low Fat	0.50
18995	KELLOGG'S, EGGO, Biscuit Scramblers, Bacon, Egg & Cheese	0.50
18996	KELLOGG'S, EGGO, Biscuit Scramblers, Egg & Cheese	0.50
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	0.50
20523	Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	0.50
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	0.50
21138	Fast foods, potato, french fried in vegetable oil	0.50
21142	Fast food, biscuit	0.50

NDB_No	Description	Zinc, Zn(mg) Value Per
21333	McDONALD'S, Vanilla Reduced Fat Ice Cream Cone	0.50
21339	McDONALD'S, McFLURRY with OREO cookies	0.50
21364	McDONALD'S, Hotcakes and Sausage	0.50
21413	Light Ice Cream, soft serve, blended with cookie pieces	0.50
21419	KFC, biscuit	0.50
21513	KASHI Pizza, Greek Tzatziki, single serve, frozen, unprepared	0.50
21514	KASHI Pizza, Tikka Masala, single serve, frozen, unprepared	0.50
22986	KASHI Mayan Harvest Bake, frozen, unprepared	0.50
25040	Snacks, vegetable chips, made from garden vegetables	0.50
27062	Soup, beef barley, ready to serve	0.50
28000	KELLOGG'S, EGGO, Mini Muffin Tops, Chocolate Chip	0.50
28010	KELLOGG'S, EGGO, Waffles, Buttermilk	0.50
28015	KELLOGG'S, EGGO, Waffles, Homestyle	0.50
28017	KASHI, TLC, Pita Crisps, Sea Salt	0.50
28027	FAMOUS AMOS, Chocolate Chip Cookies	0.50
28030	GIRL SCOUTS, Chalet Cookies	0.50
28032	GIRL SCOUTS, Samoas Cookies	0.50
28053	KEEBLER, CHIPS DELUXE, Chocolate Malt Chunk Cookies	0.50
28054	KEEBLER, CHIPS DELUXE, Coconut Cookies	0.50
28055	KEEBLER, CHIPS DELUXE, Dark Chocolate Chunk Cookies	0.50
28059	KEEBLER, CHIPS DELUXE, Peanut Butter Cups Cookies	0.50
28078	KEEBLER, FUDGE SHOPPE, Mint Creme Middles, Chocolate Graham Cookies	0.50
28083	KEEBLER, FUDGE SHOPPE, Triple Fudge Filled Cookies	0.50
28121	KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies, Fudge Dipped	0.50
28122	KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies	0.50
28129	KEEBLER, SANDIES, Pecan Shortbread Cookies, Reduced Fat	0.50
28130	KEEBLER, SOFT BATCH, Chocolate Chip Cookies	0.50
28131	KEEBLER, Sweet Cremes Cookies	0.50
28132	KEEBLER, Toasted Coconut Cookies	0.50
28134	KEEBLER, TOASTEDS, Party Pack Cracker Assortment	0.50
28169	KELLOGG'S, POP-TARTS, Frosted Cookies & Creme Toaster Pastries	0.50
28179	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Ice Creme Sandwich Toaster Pastries	0.50
28183	KELLOGG'S, POP-TARTS MINI CRISPS, Cinnamon Brown Sugar Baked Bites	0.50
28185	KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Strawberry Baked Bites	0.50
28199	MOTHER'S, English Tea Sandwich Cookies	0.50
28209	MOTHER'S, Taffy Sandwich Cookies	0.50

NDB_No	Description	Zinc, Zn(mg) Value Per
28211	MURRAY, Chocolatey Chip Thins Cookies	0.50
28212	MURRAY, COOKIE JAR CLASSICS, Coconut Bars Cookies	0.50
28218	MURRAY, SOUTHERN KITCHEN, Coconut Cookies	0.50
28229	MURRAY, SUGAR FREE, Shortbread Cookies	0.50
28263	KEEBLER, Grahams, Cinnamon Crisp	0.50
28270	MOTHER'S, Vanilla Sandwich Cookies	0.50
28271	MURRAY, COOKIE JAR CLASSICS, Butter Cookies	0.50
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	0.50
28346	Waffles, gluten-free, frozen, ready-to-heat	0.50
36404	Restaurant, Latino, arroz con leche (rice pudding)	0.50
18320	Pie, lemon meringue, commercially prepared	0.49
18338	Phyllo dough	0.49
19068	Candies, NESTLE, BIT-O'-HONEY Candy Chews	0.49
19110	Candies, KRACKEL Chocolate Bar	0.49
19393	Frozen yogurts, chocolate, soft-serve	0.49
20045	Rice, white, long-grain, regular, enriched, cooked	0.49
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	0.49
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	0.49
20445	Rice, white, long-grain, regular, unenriched, cooked without salt	0.49
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	0.49
21010	Fast foods, biscuit, with crispy chicken fillet	0.49
21105	Fast foods, fish sandwich, with tartar sauce	0.49
21258	BURGER KING, Premium Fish Sandwich	0.49
21415	POPEYES, biscuit	0.49
21522	McDONALD'S, Southern Style Chicken Biscuit	0.49
28297	Cake, snack cakes, not chocolate, with icing or filling, low-fat, with added fiber	0.49
28299	Cookies, chocolate sandwich, with creme filling, reduced fat	0.49
28310	Cookies, shortbread, reduced fat	0.49
28315	Bread, cinnamon	0.49
36002	APPLEBEE'S, french fries	0.49
36620	Restaurant, Chinese, shrimp and vegetables	0.49
42185	Frozen yogurts, chocolate, nonfat milk, sweetened without sugar	0.49
43125	Beans, liquid from stewed kidney beans	0.49
01235	Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener	0.49
01275	Yogurt, Greek, nonfat, vanilla, CHOBANI	0.49
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	0.49

NDB_No	Description	Zinc, Zn(mg) Value Per
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	0.49
03694	Babyfood, cereal, rice, prepared with whole milk	0.49
03841	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed	0.49
03846	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed	0.49
03850	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, ready-to-feed	0.49
03855	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, ready-to-feed	0.49
03935	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with ARA and DHA	0.49
03949	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, ready-to-feed	0.49
03953	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, ready-to-feed	0.49
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	0.49
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	0.49
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	0.49
06193	Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve	0.49
09163	Blueberries, dried, sweetened	0.49
11007	Artichokes, (globe or french), raw	0.49
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	0.49
11223	Drumstick leaves, cooked, boiled, drained, without salt	0.49
11281	Okra, frozen, cooked, boiled, drained, without salt	0.49
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	0.49
11364	Potatoes, baked, skin, without salt	0.49
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	0.49
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	0.49
11786	Drumstick leaves, cooked, boiled, drained, with salt	0.49
11804	Okra, frozen, cooked, boiled, drained, with salt	0.49
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	0.49
11830	Potatoes, baked, skin only, with salt	0.49
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	0.49
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	0.49
12098	Nuts, chestnuts, european, raw, peeled	0.49
15051	Fish, mackerel, spanish, raw	0.49
15131	Fish, whitefish, mixed species, smoked	0.49
15193	Fish, cusk, cooked, dry heat	0.49
18192	Cookies, shortbread, commercially prepared, plain	0.49
18200	Cookies, oatmeal, commercially prepared, special dietary	0.49
18229	Crackers, standard snack-type, regular	0.49
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	0.48

NDB_No	Description	Zinc, Zn(mg) Value Per
01110	Milk shakes, thick chocolate	0.48
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	0.48
03051	Babyfood, dinner, spaghetti and tomato and meat, toddler	0.48
03073	Babyfood, dinner, vegetables chicken, strained	0.48
08145	Cereals, whole wheat hot natural cereal, cooked with water, without salt	0.48
08183	Cereals, whole wheat hot natural cereal, cooked with water, with salt	0.48
08444	Cereals, QUAKER, Instant Grits, Redeye Gravy & Country Ham flavor, dry	0.48
09451	Horned melon (Kiwano)	0.48
11092	Broccoli, frozen, chopped, unprepared	0.48
11326	Peas and onions, frozen, unprepared	0.48
11656	Corn pudding, home prepared	0.48
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	0.48
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	0.48
14177	Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	0.48
15031	Fish, grouper, mixed species, raw	0.48
15090	Fish, scup, raw	0.48
15096	Fish, shark, mixed species, cooked, batter-dipped and fried	0.48
15126	Fish, tuna, white, canned in water, drained solids	0.48
15186	Fish, tuna, white, canned in water, without salt, drained solids	0.48
15234	Fish, catfish, channel, farmed, raw	0.48
18009	Biscuits, plain or buttermilk, frozen, baked	0.48
18126	Cake, shortcake, biscuit-type, prepared from recipe	0.48
18304	Pie, banana cream, prepared from recipe	0.48
18386	Muffins, blueberry, toaster-type, toasted	0.48
18932	Waffles, buttermilk, frozen, ready-to-heat	0.48
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	0.48
19097	Sherbet, orange	0.48
19102	Candies, fudge, peanut butter, prepared-from-recipe	0.48
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	0.48
19345	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	0.48
22941	SPAGHETTIOS, SpaghettiOs with Sliced Franks	0.48
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	0.48
28337	Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca	0.48
36417	Restaurant, Mexican, spanish rice	0.48
43432	Babyfood, dinner, macaroni, beef and tomato sauce, toddler	0.48
18313	Pie, coconut creme, commercially prepared	0.47

NDB_No	Description	Zinc, Zn(mg) Value Per
19089	Ice creams, vanilla, rich	0.47
19094	Desserts, flan, caramel custard, prepared-from-recipe	0.47
19310	Pectin, unsweetened, dry mix	0.47
19873	Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops	0.47
20650	Sorghum flour, refined, unenriched	0.47
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	0.47
35202	Raspberries, wild (Northern Plains Indians)	0.47
42131	Milk dessert, frozen, milk-fat free, chocolate	0.47
43514	Frozen novelties, ice type, pop, with low calorie sweetener	0.47
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	0.47
03083	Babyfood, dinner, turkey and rice, junior	0.47
03121	Babyfood, vegetables, peas, strained	0.47
06405	CAMPBELL'S CHUNKY, HEALTHY REQUEST Chicken Noodle Soup	0.47
06406	Soup, bean with frankfurters, canned, prepared with equal volume water	0.47
11013	Asparagus, canned, regular pack, solids and liquids	0.47
11027	Bamboo shoots, cooked, boiled, drained, without salt	0.47
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	0.47
11370	Potatoes, hash brown, home-prepared	0.47
11501	Succotash, (corn and limas), frozen, unprepared	0.47
11707	Asparagus, canned, no salt added, solids and liquids	0.47
11712	Bamboo shoots, cooked, boiled, drained, with salt	0.47
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	0.47
11959	Arugula, raw	0.47
15065	Fish, pollock, Atlantic, raw	0.47
15079	Fish, salmon, chum, raw	0.47
15124	Fish, tuna, white, canned in oil, drained solids	0.47
15185	Fish, tuna, white, canned in oil, without salt, drained solids	0.47
15215	Fish, shad, american, cooked, dry heat	0.47
15239	Fish, salmon, coho, farmed, cooked, dry heat	0.47
18198	Cookies, chocolate chip, commercially prepared, special dietary	0.47
01057	Eggnog	0.46
01286	Yogurt, Greek, vanilla, nonfat	0.46
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	0.46
06158	Soup, tomato bisque, canned, condensed	0.46
11167	Corn, sweet, yellow, raw	0.46
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	0.46

NDB_No	Description	Zinc, Zn(mg) Value Per
11461	Spinach, canned, regular pack, drained solids	0.46
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	0.46
11908	Corn, sweet, white, canned, vacuum pack, regular pack	0.46
11909	Corn, sweet, white, canned, vacuum pack, no salt added	0.46
15023	Fish, mahimahi, raw	0.46
15085	Fish, salmon, sockeye, raw	0.46
15212	Fish, salmon, pink, cooked, dry heat	0.46
15252	USDA Commodity, salmon nuggets, cooked as purchased, unheated	0.46
16029	Beans, kidney, all types, mature seeds, canned	0.46
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	0.46
18148	Cheesecake prepared from mix, no-bake type	0.46
18327	Pie, pumpkin, prepared from recipe	0.46
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	0.46
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	0.46
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	0.46
22999	Rice and vermicelli mix, chicken flavor, prepared with 80% margarine	0.46
28298	Cookies, brownies, commercially prepared, reduced fat, with added fiber	0.46
36610	DENNY'S, french fries	0.46
42279	Babyfood, peas and brown rice	0.46
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	0.45
18935	Waffle, plain, frozen, ready-to-heat, microwave	0.45
18969	Cream puff, eclair, custard or cream filled, iced	0.45
19083	Candies, sweet chocolate coated fondant	0.45
20116	Noodles, japanese, somen, dry	0.45
21144	CHICK-FIL-A, hash browns	0.45
21335	McDONALD'S, Hot Caramel Sundae	0.45
22247	Macaroni and Cheese, canned entree	0.45
22955	Egg rolls, vegetable, frozen, prepared	0.45
42283	Snacks, potato chips, white, restructured, baked	0.45
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	0.45
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	0.45
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	0.45
01280	Yogurt, Greek, nonfat, strawberry, DANNON OIKOS	0.45
01285	Yogurt, Greek, strawberry, nonfat	0.45
05047	Chicken, broilers or fryers, separable fat, raw	0.45
06748	Soup, PROGRESSO, beef barley, traditional, ready to serve	0.45

NDB_No	Description	Zinc, Zn(mg) Value Per
11091	Broccoli, cooked, boiled, drained, without salt	0.45
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	0.45
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	0.45
11583	Vegetables, mixed, frozen, unprepared	0.45
11620	Drumstick pods, raw	0.45
11742	Broccoli, cooked, boiled, drained, with salt	0.45
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	0.45
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	0.45
11900	Corn, sweet, white, raw	0.45
14634	Beverages, milk beverage, reduced fat, flavored and sweetened, Ready-to-drink, added calcium, vitamin A and vitamin D	0.45
15015	Fish, cod, Atlantic, raw	0.45
15045	Fish, lingcod, raw	0.45
15093	Fish, seatrout, mixed species, raw	0.45
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	0.45
15240	Fish, trout, rainbow, farmed, raw	0.45
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	0.45
18146	Cake, yellow, prepared from recipe without frosting	0.45
18177	Cookies, molasses	0.45
01281	Yogurt, Greek, nonfat, strawberry, CHOBANI	0.44
06007	Soup, bean with ham, canned, chunky, ready-to-serve	0.44
09291	Plums, dried (prunes), uncooked	0.44
09421	Dates, medjool	0.44
11366	Potatoes, boiled, cooked in skin, skin, without salt	0.44
11832	Potatoes, boiled, cooked in skin, skin, with salt	0.44
15078	Fish, salmon, chinook, raw	0.44
15102	Fish, snapper, mixed species, cooked, dry heat	0.44
15267	Fish, pollock, Alaska, cooked (not previously frozen)	0.44
18105	Coffeecake, creme-filled with chocolate frosting	0.44
18179	Cookies, oatmeal, commercially prepared, soft-type	0.44
18250	Doughnuts, cake-type, plain, sugared or glazed	0.44
18310	Pie, chocolate creme, commercially prepared	0.44
18336	Pie crust, standard-type, prepared from recipe, baked	0.44
18388	Muffins, wheat bran, toaster-type with raisins, toasted	0.44
18936	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	0.44
19074	Candies, caramels	0.44
19350	Syrups, corn, light	0.44

NDB_No	Description	Zinc, Zn(mg) Value Per
20097	Pasta, homemade, made with egg, cooked	0.44
20106	Macaroni, vegetable, enriched, cooked	0.44
21023	Fast foods, french toast with butter	0.44
21248	WENDY'S, Frosty Dairy Dessert	0.44
21249	BURGER KING, french fries	0.44
27054	Dip, TOSTITOS, salsa con queso, medium	0.44
28344	Crackers, gluten-free, multigrain and vegetable, made with corn starch and white rice flour	0.44
32025	Dumpling, potato- or cheese-filled, frozen	0.44
36029	DENNY'S, fish fillet, battered or breaded, fried	0.44
19114	Ice creams, chocolate, light	0.43
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	0.43
19162	Candies, WHATCHAMACALLIT Candy Bar	0.43
19193	Puddings, rice, ready-to-eat	0.43
21034	Fast foods, sundae, strawberry	0.43
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	0.43
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	0.43
36022	APPLEBEE'S, crunchy onion rings	0.43
36626	Restaurant, Chinese, chicken and vegetables	0.43
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	0.43
01112	Whey, acid, fluid	0.43
01244	Milk dessert bar, frozen, made from lowfat milk	0.43
03048	Babyfood, macaroni and cheese, toddler	0.43
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	0.43
09428	Rowal, raw	0.43
11279	Okra, cooked, boiled, drained, without salt	0.43
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	0.43
11497	Succotash, (corn and limas), canned, with cream style corn	0.43
11803	Okra, cooked, boiled, drained, with salt	0.43
14182	Beverages, chocolate syrup, prepared with whole milk	0.43
14312	Beverages, Malted drink mix, natural, powder, prepared with whole milk	0.43
14316	Beverages, Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	0.43
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	0.43
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	0.43
15075	Fish, sablefish, smoked	0.43
15095	Fish, shark, mixed species, raw	0.43
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	0.43

NDB_No	Description	Zinc, Zn(mg) Value Per
15238	Fish, salmon, coho, farmed, raw	0.43
15269	Fish, cod, Pacific, cooked (not previously frozen)	0.43
16124	Soy sauce made from soy (tamari)	0.43
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	0.43
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	0.43
18209	Cookies, sugar wafers with creme filling, regular	0.43
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	0.42
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	0.42
01088	Milk, buttermilk, fluid, cultured, lowfat	0.42
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	0.42
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	0.42
06165	Sauce, homemade, white, thin	0.42
08094	Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry	0.42
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	0.42
08449	Cereals, QUAKER, Instant Grits Product with American Cheese Flavor, dry	0.42
09264	Persimmons, japanese, dried	0.42
09302	Raspberries, raw	0.42
09518	Raspberries, frozen, unsweetened	0.42
11098	Brussels sprouts, raw	0.42
11152	Chicory greens, raw	0.42
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	0.42
11459	Spinach, canned, regular pack, solids and liquids	0.42
11621	Drumstick pods, cooked, boiled, drained, without salt	0.42
11787	Drumstick pods, cooked, boiled, drained, with salt	0.42
11855	Spinach, canned, no salt added, solids and liquids	0.42
14632	Beverages, Meal supplement drink, canned, peanut flavor	0.42
15020	Fish, croaker, Atlantic, raw	0.42
15027	Fish, fish sticks, frozen, prepared	0.42
15104	Fish, sturgeon, mixed species, raw	0.42
16104	Bacon, meatless	0.42
18112	Cake, pudding-type, german chocolate, dry mix	0.42
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	0.42
18208	Cookies, sugar, prepared from recipe, made with margarine	0.42
18373	Leavening agents, cream of tartar	0.42
18959	Pastry, Pastelitos de Guava (guava pastries)	0.42
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	0.42

NDB_No	Description	Zinc, Zn(mg) Value Per
19293	Frozen yogurts, vanilla, soft-serve	0.42
20051	Rice, white, medium-grain, enriched, cooked	0.42
20451	Rice, white, medium-grain, cooked, unenriched	0.42
21321	McDONALD'S, Hotcakes (plain)	0.42
22906	Chicken pot pie, frozen entree, prepared	0.42
22965	SPAGHETTIOS, SpaghettiOs Original, easy open	0.42
32001	Rice and vermicelli mix, beef flavor, prepared with 80% margarine	0.42
36607	CRACKER BARREL, steak fries	0.42
36621	Restaurant, Chinese, sweet and sour chicken	0.42
43046	Candies, nougat, with almonds	0.42
43497	Jellyfish, dried, salted	0.42
19227	Frostings, coconut-nut, ready-to-eat	0.41
19355	Syrups, sorghum	0.41
20055	Rice, white, glutinous, unenriched, cooked	0.41
27045	Soup, beef and vegetables, reduced sodium, canned, ready-to-serve	0.41
27052	Dip, salsa con queso, cheese and salsa- medium	0.41
43373	Babyfood, dinner, chicken and noodle with vegetables, toddler	0.41
44061	Puddings, chocolate flavor, low calorie, instant, dry mix	0.41
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	0.41
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	0.41
01152	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A	0.41
01284	Yogurt, Greek, strawberry, lowfat	0.41
03072	Babyfood, dinner, chicken stew, toddler	0.41
06166	Sauce, homemade, white, medium	0.41
08092	Cereals, QUAKER, corn grits, instant, plain, dry	0.41
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	0.41
08314	Cereals, QUAKER, hominy grits, white, quick, dry	0.41
08316	Cereals, QUAKER, hominy grits, white, regular, dry	0.41
09043	Blackberry juice, canned	0.41
11019	Asparagus, frozen, cooked, boiled, drained, without salt	0.41
11043	Mung beans, mature seeds, sprouted, raw	0.41
11090	Broccoli, raw	0.41
11207	Dandelion greens, raw	0.41
11302	Peas, edible-podded, frozen, unprepared	0.41
11407	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	0.41
11409	Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	0.41

NDB_No	Description	Zinc, Zn(mg) Value Per
11412	Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated	0.41
11520	Taro leaves, raw	0.41
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	0.41
11581	Vegetables, mixed, canned, drained solids	0.41
11709	Asparagus, frozen, cooked, boiled, drained, with salt	0.41
11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	0.41
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	0.41
14310	Beverages, Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	0.41
14318	Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	0.41
15054	Fish, monkfish, raw	0.41
15081	Fish, salmon, coho, wild, raw	0.41
15208	Fish, sablefish, cooked, dry heat	0.41
15262	Fish, tilapia, cooked, dry heat	0.41
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	0.41
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	0.41
01012	Cheese, cottage, creamed, large or small curd	0.40
01080	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D	0.40
01083	Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D	0.40
01278	Yogurt, Greek, nonfat, vanilla, DANNON OIKOS	0.40
03041	Babyfood, dinner, vegetables and dumplings and beef, strained	0.40
03069	Babyfood, dinner, chicken noodle, junior	0.40
03077	Babyfood, dinner, pasta with vegetables	0.40
03082	Babyfood, dinner, turkey and rice, strained	0.40
03089	Babyfood, dinner, macaroni and cheese, strained	0.40
03287	Babyfood, dinner, beef noodle, junior	0.40
03289	Babyfood, apples with ham, strained	0.40
04638	Salad dressing, ranch dressing, fat-free	0.40
06015	Soup, chicken, canned, chunky, ready-to-serve	0.40
06022	Soup, chicken rice, canned, chunky, ready-to-serve	0.40
06042	Soup, mushroom barley, canned, condensed	0.40
06063	Soup, tomato rice, canned, condensed	0.40
06167	Sauce, homemade, white, thick	0.40
06192	Split pea soup, canned, reduced sodium, prepared with water or ready-to serve	0.40
06217	Soup, vegetable, canned, low sodium, condensed	0.40
06549	Soup, chicken mushroom, canned, prepared with equal volume water	0.40
08386	Cereals ready-to-eat, KASHI GOLEAN CRUNCH!	0.40

NDB_No	Description	Zinc, Zn(mg) Value Per
08571	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola	0.40
09039	Avocados, raw, Florida	0.40
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	0.40
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	0.40
11015	Asparagus, canned, drained solids	0.40
11029	Beans, kidney, mature seeds, sprouted, raw	0.40
11358	Potatoes, red, flesh and skin, baked	0.40
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	0.40
11372	Potatoes, scalloped, home-prepared with butter	0.40
11677	Shallots, raw	0.40
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	0.40
11740	Broccoli, flower clusters, raw	0.40
11741	Broccoli, stalks, raw	0.40
11844	Potatoes, scalloped, home-prepared with margarine	0.40
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	0.40
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	0.40
11975	Grape leaves, canned	0.40
12203	Nuts, chestnuts, japanese, boiled and steamed	0.40
15004	Fish, bass, striped, raw	0.40
15034	Fish, haddock, cooked, dry heat	0.40
15038	Fish, halibut, Greenland, raw	0.40
15091	Fish, sea bass, mixed species, raw	0.40
15266	Fish, pollock, Alaska, raw (not previously frozen)	0.40
16584	GARDENBURGER Savory Portabella Veggie Burger, frozen, unprepared	0.40
16607	MORNINGSTAR FARMS Buffalo Chik Patties, frozen, unprepared	0.40
16610	MORNINGSTAR FARMS Roasted Garlic & Quinoa Burger, frozen, unprepared	0.40
18210	Cookies, vanilla sandwich with creme filling	0.40
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	0.40
18332	Pie crust, standard-type, dry mix	0.40
18487	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, S'mores	0.40
18951	Waffles, chocolate chip, frozen, ready-to-heat	0.40
18997	KELLOGG'S, EGGO, French Toaster Sticks, Cinnamon	0.40
18998	KELLOGG'S, EGGO, French Toaster Sticks, Original	0.40
18999	KELLOGG'S, EGGO, Mini Muffin Tops, Blueberry	0.40
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	0.40
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	0.40

NDB_No	Description	Zinc, Zn(mg) Value Per
19076	Candies, caramels, chocolate-flavor roll	0.40
19265	Ice creams, chocolate, light, no sugar added	0.40
20053	Rice, white, short-grain, enriched, cooked	0.40
20453	Rice, white, short-grain, cooked, unenriched	0.40
21515	MORNINGSTAR FARMS Pizza, Baja Black Bean, single serve, frozen, unprepared	0.40
21516	KASHI Pizza, Mushroom and Spinach, single serve, frozen, unprepared	0.40
22991	KASHI, STEAM MEAL, Sesame Chicken, Frozen Entree	0.40
28001	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Mixed Berry Granola	0.40
28002	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Strawberry Granola	0.40
28007	KELLOGG'S, EGGO, Wafflers, Brown Sugar Cinnamon Roll	0.40
28008	KELLOGG'S, EGGO, Wafflers, Strawberry Strudel	0.40
28009	KELLOGG'S, EGGO, Waffles, Blueberry	0.40
28011	KELLOGG'S, EGGO, Waffles, Cinnamon Toast	0.40
28012	KELLOGG'S, EGGO, FIBERPLUS Waffles, Buttermilk	0.40
28014	KELLOGG'S, EGGO, Waffles, French Toast	0.40
28016	KELLOGG'S, EGGO Protein, Waffles, Homestyle	0.40
28022	KELLOGG'S, EGGO Seasons, Waffles, Pumpkin Spice	0.40
28023	KELLOGG'S, SIMPLY EGGO, Original	0.40
28024	KELLOGG'S, EGGO, Waffles, Strawberry	0.40
28026	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Original	0.40
28029	GIRL SCOUTS, Caramel Dulce De Leche Cookies	0.40
28037	JACKSON'S, Old Fashioned Lemon Jumble Cookies	0.40
28038	JACKSON'S, Old Fashioned Vanilla Wafers	0.40
28043	KEEBLER, ANIMALS, Cookies	0.40
28045	KEEBLER, ANIMALS, Iced Cookies	0.40
28046	KEEBLER, ANIMALS, Crackers	0.40
28081	KEEBLER, FUDGE SHOPPE, Caramel Filled Cookies	0.40
28087	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Dark Chocolate	0.40
28097	KEEBLER, FUDGE SHOPPE, Merry Mint Patties, Holiday	0.40
28114	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Dark Chocolate Fudge Stripes Cookies	0.40
28120	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Mints Grasshopper Cookies	0.40
28186	KELLOGG'S, SPECIAL K, Cracker Chips, Cheddar	0.40
28189	KELLOGG'S, SPECIAL K, Cracker Chips, Southwest Ranch	0.40
28194	MOTHER'S, 4th of July Circus Animal Cookies	0.40
28196	MOTHER'S, Circus Animal Cookies	0.40
28198	MOTHER'S, Double Fudge Creme Sandwich Cookies	0.40

NDB_No	Description	Zinc, Zn(mg) Value Per
28200	MOTHER'S, Halloween Circus Animals Cookies	0.40
28201	MOTHER'S, Holiday Circus Animal Cookies	0.40
28204	MOTHER'S, Jungle Animal Cookies	0.40
28208	MOTHER'S, Peanut Butter Gauchos Cookies	0.40
28215	MURRAY, JACKS Vanilla Wafers	0.40
28230	MURRAY, SUGAR FREE, Shortbread Bites	0.40
28231	MURRAY, SUGAR FREE, Vanilla Wafer	0.40
28260	KELLOGG'S, EGGO, Waffles, Chocolate Chip	0.40
28267	KEEBLER, SANDIES, Simply Shortbread Cookies	0.40
28275	MURRAY, Old Fashioned Gingersnaps Cookies	0.40
42178	Mayonnaise, made with tofu	0.40
42290	Milk, fluid, nonfat, calcium fortified (fat free or skim)	0.40
18326	Pie, pumpkin, commercially prepared	0.39
18333	Pie crust, standard-type, dry mix, prepared, baked	0.39
18402	Pie crust, standard-type, prepared from recipe, unbaked	0.39
18418	Cake, pound, commercially prepared, other than all butter, unenriched	0.39
21334	McDONALD'S, Strawberry Sundae	0.39
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	0.39
32003	Rice and vermicelli mix, rice pilaf flavor, prepared with 80% margarine	0.39
36033	Restaurant, family style, fish fillet, battered or breaded, fried	0.39
01049	Cream, fluid, half and half	0.39
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	0.39
01111	Milk shakes, thick vanilla	0.39
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	0.39
01276	Yogurt, Greek, strawberry, DANNON OIKOS	0.39
03298	Babyfood, dinner, broccoli and chicken, junior	0.39
09031	Apricots, dehydrated (low-moisture), sulfured, stewed	0.39
09032	Apricots, dried, sulfured, uncooked	0.39
09259	Pears, dried, sulfured, uncooked	0.39
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	0.39
11254	Lotus root, raw	0.39
11291	Onions, spring or scallions (includes tops and bulb), raw	0.39
11374	Potatoes, canned, solids and liquids	0.39
11595	Winged beans, immature seeds, raw	0.39
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	0.39
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	0.39

NDB_No	Description	Zinc, Zn(mg) Value Per
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	0.39
11969	Broccoli, chinese, cooked	0.39
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	0.39
15083	Fish, salmon, pink, raw	0.39
15097	Fish, sheepshead, raw	0.39
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	0.39
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	0.39
18116	Cake, gingerbread, prepared from recipe	0.39
18121	Cake, pound, commercially prepared, other than all butter, enriched	0.39
18170	Cookies, fig bars	0.39
18277	Muffins, blueberry, toaster-type	0.39
18281	Muffins, corn, toaster-type	0.39
18290	Pancakes, plain, dry mix, complete, prepared	0.39
01016	Cheese, cottage, lowfat, 1% milkfat	0.38
01078	Milk, producer, fluid, 3.7% milkfat	0.38
01089	Milk, low sodium, fluid	0.38
01230	Milk, buttermilk, fluid, whole	0.38
03053	Babyfood, dinner, vegetables and beef, strained	0.38
03054	Babyfood, dinner, vegetables and beef, junior	0.38
06068	Soup, vegetarian vegetable, canned, condensed	0.38
06404	Soup, bean with pork, canned, prepared with equal volume water	0.38
11063	Beans, snap, green, microwaved	0.38
11086	Beet greens, raw	0.38
11105	Burdock root, cooked, boiled, drained, without salt	0.38
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	0.38
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	0.38
11276	New Zealand spinach, raw	0.38
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	0.38
11437	Salsify, (vegetable oyster), raw	0.38
11590	Waterchestnuts, chinese, canned, solids and liquids	0.38
11669	Seaweed, wakame, raw	0.38
11747	Burdock root, cooked, boiled, drained, with salt	0.38
11788	Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	0.38
11841	Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated	0.38
14421	Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk	0.38
15022	Fish, cusk, raw	0.38

NDB_No	Description	Zinc, Zn(mg) Value Per
18155	Cookies, butter, commercially prepared, enriched	0.38
18314	Pie, coconut cream, prepared from mix, no-bake type	0.38
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	0.38
18421	Cookies, butter, commercially prepared, unenriched	0.38
18939	Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	0.38
19195	Puddings, rice, dry mix, prepared with whole milk	0.38
19208	Puddings, rice, dry mix, prepared with 2% milk	0.38
19524	Snacks, taro chips	0.38
22914	Pasta with tomato sauce, no meat, canned	0.38
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	0.38
27051	Sauce, cocktail, ready-to-serve	0.38
31021	Potatoes, hash brown, refrigerated, unprepared	0.38
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	0.38
36044	ON THE BORDER, Mexican rice	0.38
42235	Cheese, cottage, lowfat, 1% milkfat, lactose reduced	0.38
43352	Cheese, cottage, lowfat, 1% milkfat, no sodium added	0.38
19219	Puddings, coconut cream, dry mix, regular, prepared with 2% milk	0.37
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	0.37
20018	Corn flour, yellow, degermed, unenriched	0.37
20047	Rice, white, long-grain, parboiled, enriched, cooked	0.37
20098	Pasta, homemade, made without egg, cooked	0.37
20447	Rice, white, long-grain, parboiled, unenriched, cooked	0.37
21387	BURGER KING, Hash Brown Rounds	0.37
25027	Snacks, plantain chips, salted	0.37
28352	Cookies, vanilla sandwich with creme filling, reduced fat	0.37
35200	Prairie Turnips, raw (Northern Plains Indians)	0.37
01054	Cream, whipped, cream topping, pressurized	0.37
01058	Sour dressing, non-butterfat, cultured, filled cream-type	0.37
01077	Milk, whole, 3.25% milkfat, with added vitamin D	0.37
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	0.37
03303	Babyfood, dinner, sweet potatoes and chicken, strained	0.37
06030	Soup, clam chowder, new england, canned, condensed	0.37
06201	Soup, cream of asparagus, canned, prepared with equal volume milk	0.37
10004	Pork, fresh, backfat, raw	0.37
11184	Corn with red and green peppers, canned, solids and liquids	0.37
11199	Yardlong bean, raw	0.37

NDB_No	Description	Zinc, Zn(mg) Value Per
11224	Hyacinth-beans, immature seeds, raw	0.37
11301	Peas, edible-podded, boiled, drained, without salt	0.37
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	0.37
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	0.37
11622	Kale, scotch, raw	0.37
11809	Peas, edible-podded, cooked, boiled, drained, with salt	0.37
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	0.37
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	0.37
14169	Beverages, Carob-flavor beverage mix, powder, prepared with whole milk	0.37
14222	Beverages, coffee, instant, with chicory	0.37
15013	Fish, cisco, raw	0.37
15094	Fish, shad, american, raw	0.37
15112	Fish, tilefish, raw	0.37
15127	Fish, tuna, fresh, yellowfin, raw	0.37
16215	Vitasoy USA, Vitasoy Organic Creamy Original Soymilk	0.37
16219	Vitasoy USA, Vitasoy Light Vanilla Soymilk	0.37
16247	SILK Chai, soymilk	0.37
16248	SILK Mocha, soymilk	0.37
16249	SILK Coffee, soymilk	0.37
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	0.37
01059	Milk, filled, fluid, with blend of hydrogenated vegetable oils	0.36
01060	Milk, filled, fluid, with lauric acid oil	0.36
03045	Babyfood, dinner, macaroni and tomato and beef, junior	0.36
03297	Babyfood, dinner, apples and chicken, strained	0.36
04636	Salad dressing, italian dressing, fat-free	0.36
06182	Soup, cream of mushroom, canned, condensed, reduced sodium	0.36
06401	Soup, cream of asparagus, canned, prepared with equal volume water	0.36
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	0.36
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	0.36
11054	Beans, snap, green, canned, regular pack, solids and liquids	0.36
11147	Chard, swiss, raw	0.36
11200	Yardlong bean, cooked, boiled, drained, without salt	0.36
11295	Onion rings, breaded, par fried, frozen, unprepared	0.36
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	0.36
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	0.36
11547	Tomato products, canned, puree, without salt added	0.36

NDB_No	Description	Zinc, Zn(mg) Value Per
11555	Tomato products, canned, sauce, with herbs and cheese	0.36
11674	Potatoes, baked, flesh and skin, without salt	0.36
11675	Potatoes, microwaved, cooked in skin, flesh and skin, without salt	0.36
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	0.36
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	0.36
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	0.36
11828	Potatoes, baked, flesh and skin, with salt	0.36
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	0.36
11888	Tomato products, canned, puree, with salt added	0.36
11899	Yardlong bean, cooked, boiled, drained, with salt	0.36
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	0.36
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	0.36
12077	Nuts, beechnuts, dried	0.36
14428	Beverages, shake, fast food, strawberry	0.36
15036	Fish, halibut, Atlantic and Pacific, raw	0.36
15070	Fish, rockfish, Pacific, mixed species, raw	0.36
15101	Fish, snapper, mixed species, raw	0.36
15236	Fish, salmon, Atlantic, farmed, raw	0.36
18114	Cake, gingerbread, dry mix	0.36
18212	Cookies, vanilla wafers, lower fat	0.36
18213	Cookies, vanilla wafers, higher fat	0.36
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	0.36
19325	Puddings, coconut cream, dry mix, regular, prepared with whole milk	0.36
21026	Fast foods, potatoes, hash browns, round pieces or patty	0.36
21313	McDONALD'S, Hot Mustard Sauce	0.36
21380	McDONALD'S, Fruit 'n Yogurt Parfait	0.36
22899	Ravioli, cheese-filled, canned	0.36
23436	Beef, New Zealand, imported, subcutaneous fat, raw	0.36
36625	Restaurant, Chinese, vegetable lo mein, without meat	0.36
19122	Puddings, banana, dry mix, regular, prepared with 2% milk	0.35
19209	Puddings, tapioca, dry mix, prepared with 2% milk	0.35
19324	Puddings, coconut cream, dry mix, regular	0.35
35142	Frybread, made with lard (Navajo)	0.35
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	0.35
03046	Babyfood, ravioli, cheese filled, with tomato sauce	0.35
03055	Babyfood, dinner, beef with vegetables	0.35

NDB_No	Description	Zinc, Zn(mg) Value Per
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	0.35
09286	Pomegranates, raw	0.35
11080	Beets, raw	0.35
11081	Beets, cooked, boiled, drained	0.35
11131	Carrots, frozen, cooked, boiled, drained, without salt	0.35
11356	Potatoes, Russet, flesh and skin, baked	0.35
11357	Potatoes, white, flesh and skin, baked	0.35
11362	Potatoes, raw, skin	0.35
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	0.35
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	0.35
11734	Beets, cooked, boiled. drained, with salt	0.35
11760	Carrots, frozen, cooked, boiled, drained, with salt	0.35
11842	Potatoes, french fried, all types, salt not added in processing, frozen, as purchased	0.35
12099	Nuts, chestnuts, european, dried, unpeeled	0.35
12100	Nuts, chestnuts, european, dried, peeled	0.35
14203	Beverages, coffee, instant, regular, half the caffeine	0.35
14214	Beverages, coffee, instant, regular, powder	0.35
14245	Beverages, Eggnog-flavor mix, powder, prepared with whole milk	0.35
14351	Beverages, Strawberry-flavor beverage mix, powder, prepared with whole milk	0.35
15058	Fish, ocean perch, Atlantic, cooked, dry heat	0.35
15268	Fish, cod, Pacific, raw (not previously frozen)	0.35
18019	Bread, banana, prepared from recipe, made with margarine	0.35
18117	Cake, pudding-type, marble, dry mix	0.35
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	0.34
09167	Loganberries, frozen	0.34
11082	Beets, canned, regular pack, solids and liquids	0.34
11094	Broccoli, frozen, spears, unprepared	0.34
11134	Cassava, raw	0.34
11197	Cowpeas, young pods with seeds, raw	0.34
11216	Ginger root, raw	0.34
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	0.34
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	0.34
11632	Peppers, jalapeno, canned, solids and liquids	0.34
11649	Tomato products, canned, sauce, spanish style	0.34
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	0.34
12127	Nuts, ginkgo nuts, raw	0.34

NDB_No	Description	Zinc, Zn(mg) Value Per
16166	Soymilk, chocolate, unfortified	0.34
16168	Soymilk, chocolate, with added calcium, vitamins A and D	0.34
18107	Coffeecake, cinnamon with crumb topping, dry mix	0.34
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	0.34
19183	Puddings, chocolate, ready-to-eat	0.34
19199	Puddings, tapioca, dry mix, prepared with whole milk	0.34
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	0.34
19271	Ice creams, strawberry	0.34
19321	Puddings, banana, dry mix, regular, prepared with whole milk	0.34
21319	McDONALD'S, Hash Brown	0.34
21347	McDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing	0.34
27048	Sauce, steak, tomato based	0.34
35205	Stinging Nettles, blanched (Northern Plains Indians)	0.34
36018	APPLEBEE'S, fish, hand battered	0.34
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	0.34
18453	Cake, yellow, light, dry mix	0.33
19007	Snacks, corn-based, extruded, onion-flavor	0.33
19121	Puddings, banana, dry mix, instant, prepared with 2% milk	0.33
19191	Puddings, coconut cream, dry mix, instant, prepared with 2% milk	0.33
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	0.33
19204	Puddings, lemon, dry mix, instant, prepared with 2% milk	0.33
19207	Puddings, vanilla, dry mix, regular, prepared with whole milk	0.33
19323	Puddings, coconut cream, dry mix, instant, prepared with whole milk	0.33
22971	Potato salad with egg	0.33
35204	Chokecherries, raw, pitted (Northern Plains Indians)	0.33
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	0.33
01013	Cheese, cottage, creamed, with fruit	0.33
01056	Cream, sour, cultured	0.33
03042	Babyfood, dinner, vegetables and dumplings and beef, junior	0.33
03199	Babyfood, cereal, with eggs, strained	0.33
06472	Soup, vegetable with beef broth, canned, prepared with equal volume water	0.33
11099	Brussels sprouts, cooked, boiled, drained, without salt	0.33
11104	Burdock root, raw	0.33
11130	Carrots, frozen, unprepared	0.33
11141	Celeriac, raw	0.33
11148	Chard, swiss, cooked, boiled, drained, without salt	0.33

NDB_No	Description	Zinc, Zn(mg) Value Per
11154	Chicory roots, raw	0.33
11255	Lotus root, cooked, boiled, drained, without salt	0.33
11355	Potatoes, red, flesh and skin, raw	0.33
11368	Potatoes, microwaved, cooked in skin, flesh, without salt	0.33
11408	Potatoes, frozen, french fried, par fried, extruded, unprepared	0.33
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	0.33
11745	Brussels sprouts, cooked, boiled, drained, with salt	0.33
11765	Chard, swiss, cooked, boiled, drained, with salt	0.33
11796	Lotus root, cooked, boiled, drained, with salt	0.33
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	0.33
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	0.33
15109	Fish, surimi	0.33
15138	Crustaceans, crab, alaska king, imitation, made from surimi	0.33
15153	Crustaceans, shrimp, mixed species, imitation, made from surimi	0.33
15174	Mollusks, scallop, mixed species, imitation, made from surimi	0.33
15261	Fish, tilapia, raw	0.33
16164	MORI-NU, Tofu, silken, lite firm	0.33
18102	Cake, white, prepared from recipe with coconut frosting	0.33
18275	Muffins, blueberry, dry mix	0.33
18303	Pie, banana cream, prepared from mix, no-bake type	0.33
01050	Cream, fluid, light (coffee cream or table cream)	0.32
01239	Ice cream cookie sandwich	0.32
01264	Ice cream bar, stick or nugget, with crunch coating	0.32
02054	Capers, canned	0.32
03061	Babyfood, dinner, vegetables and ham, strained	0.32
03076	Babyfood, dinner, vegetables, noodles and chicken, junior	0.32
03090	Babyfood, dinner, macaroni and cheese, junior	0.32
06175	Sauce, hoisin, ready-to-serve	0.32
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	0.32
06611	Soup, SWANSON, beef broth, lower sodium	0.32
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	0.32
09297	Raisins, golden seedless	0.32
11009	Artichokes, (globe or french), frozen, unprepared	0.32
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	0.32
11259	Mountain yam, hawaii, cooked, steamed, without salt	0.32
11422	Pumpkin, raw	0.32

NDB_No	Description	Zinc, Zn(mg) Value Per
11477	Squash, summer, zucchini, includes skin, raw	0.32
11508	Sweet potato, cooked, baked in skin, flesh, without salt	0.32
11875	Sweet potato, cooked, baked in skin, flesh, with salt	0.32
11927	Mountain yam, hawaii, cooked, steamed, with salt	0.32
14423	Beverages, dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice	0.32
14605	Beverages, Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors	0.32
14637	Water, with corn syrup and/or sugar and low calorie sweetener, fruit flavored	0.32
15028	Fish, flatfish (flounder and sole species), raw	0.32
15033	Fish, haddock, raw	0.32
15074	Fish, sablefish, raw	0.32
15232	Fish, roughy, orange, cooked, dry heat	0.32
18139	Cake, white, prepared from recipe without frosting	0.32
18191	Cookies, raisin, soft-type	0.32
19319	Puddings, banana, dry mix, instant, prepared with whole milk	0.32
19331	Puddings, lemon, dry mix, instant, prepared with whole milk	0.32
35143	Tortilla, includes plain and from mutton sandwich (Navajo)	0.32
36623	Restaurant, Chinese, chicken chow mein	0.32
18357	Sweet rolls, cinnamon, refrigerated dough with frosting	0.31
18451	Cake, pound, commercially prepared, fat-free	0.31
19194	Puddings, rice, dry mix	0.31
19260	Ice creams, vanilla, light, no sugar added	0.31
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	0.31
43476	Tofu yogurt	0.31
01200	Reddi Wip Fat Free Whipped Topping	0.31
01243	Fat free ice cream, no sugar added, flavors other than chocolate	0.31
03127	Babyfood, vegetables, spinach, creamed, strained	0.31
04707	Oil, flaxseed, contains added sliced flaxseed	0.31
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	0.31
06440	Soup, minestrone, canned, prepared with equal volume water	0.31
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	0.31
09427	Abiyuch, raw	0.31
11062	Beans, snap, green, frozen, all styles, microwaved	0.31
11100	Brussels sprouts, frozen, unprepared	0.31
11150	Chayote, fruit, cooked, boiled, drained, without salt	0.31
11242	Kohlrabi, cooked, boiled, drained, without salt	0.31
11277	New Zealand spinach, cooked, boiled, drained, without salt	0.31

NDB_No	Description	Zinc, Zn(mg) Value Per
11414	Potato salad, home-prepared	0.31
11516	Sweet potato, frozen, unprepared	0.31
11563	Tree fern, cooked, without salt	0.31
11766	Chayote, fruit, cooked, boiled, drained, with salt	0.31
11793	Kohlrabi, cooked, boiled, drained, with salt	0.31
11802	New zealand spinach, cooked, boiled, drained, with salt	0.31
11905	Corn, sweet, white, canned, whole kernel, drained solids	0.31
11928	Tree fern, cooked, with salt	0.31
15019	Fish, cod, Pacific, raw (may have been previously frozen)	0.31
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	0.31
15077	Fish, salmon, chinook, smoked	0.31
15179	Fish, salmon, chinook, smoked, (lox), regular	0.31
18119	Cake, pineapple upside-down, prepared from recipe	0.31
01106	Milk, goat, fluid, with added vitamin D	0.30
03059	Babyfood, dinner, vegetables and bacon, strained	0.30
03062	Babyfood, dinner, vegetables and ham, junior	0.30
03081	Babyfood, dinner, vegetables and noodles and turkey, junior	0.30
03085	Babyfood, dinner, vegetables and turkey, junior	0.30
03096	Babyfood, vegetable, green beans and potatoes	0.30
03114	Babyfood, vegetable, butternut squash and corn	0.30
03227	Babyfood, dessert, peach cobbler, strained	0.30
03246	Babyfood, dessert, custard pudding, vanilla, junior	0.30
03274	Babyfood, dinner, vegetables and chicken, junior	0.30
04705	Salad dressing, caesar, fat-free	0.30
06017	Soup, chicken gumbo, canned, condensed	0.30
06025	Soup, chicken vegetable, canned, condensed	0.30
06037	Soup, lentil with ham, canned, ready-to-serve	0.30
06456	Soup, cream of shrimp, canned, prepared with equal volume water	0.30
06461	Soup, tomato beef with noodle, canned, prepared with equal volume water	0.30
06618	Sauce, peanut, made from coconut, water, sugar, peanuts	0.30
07933	Chicken breast, oven-roasted, fat-free, sliced	0.30
08309	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES	0.30
11022	Balsam-pear (bitter gourd), leafy tips, raw	0.30
11023	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	0.30
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	0.30
11245	Lambsquarters, cooked, boiled, drained, without salt	0.30

NDB_No	Description	Zinc, Zn(mg) Value Per
11352	Potatoes, flesh and skin, raw	0.30
11365	Potatoes, boiled, cooked in skin, flesh, without salt	0.30
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	0.30
11399	Potato puffs, frozen, oven-heated	0.30
11400	Potatoes, frozen, whole, unprepared	0.30
11438	Salsify, cooked, boiled, drained, without salt	0.30
11507	Sweet potato, raw, unprepared	0.30
11517	Sweet potato, frozen, cooked, baked, without salt	0.30
11670	Peppers, hot chili, green, raw	0.30
11671	Potatoes, o'brien, home-prepared	0.30
11710	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt	0.30
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	0.30
11794	Lambsquarters, cooked, boiled, drained, with salt	0.30
11831	Potatoes, boiled, cooked in skin, flesh, with salt	0.30
11852	Salsify, cooked, boiled, drained, with salt	0.30
11877	Sweet potato, frozen, cooked, baked, with salt	0.30
11981	Peppers, hungarian, raw	0.30
11986	Malabar spinach, cooked	0.30
12193	Seeds, sisymbrium sp. seeds, whole, dried	0.30
15014	Fish, cisco, smoked	0.30
16579	GARDENBURGER Original, frozen, unprepared	0.30
16594	MORNINGSTAR FARMS Lasagna with Veggie Sausage, frozen, unprepared	0.30
16608	MORNINGSTAR FARMS Chik Patties Original, frozen, unprepared	0.30
16616	MORNINGSTAR FARMS Garden Veggie Nuggets, frozen, unprepared	0.30
16618	MORNINGSTAR FARMS Spicy Indian Veggie Burger, frozen, unprepared	0.30
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	0.30
18446	Pie crust, standard-type, frozen, ready-to-bake, unenriched	0.30
18479	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted brown sugar cinnamon	0.30
18488	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Strawberry	0.30
18489	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted strawberry	0.30
18490	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted wild berry	0.30
19235	Puddings, chocolate, ready-to-eat, fat free	0.30
19322	Puddings, coconut cream, dry mix, instant	0.30
21346	McDONALD'S, NEWMAN'S OWN Cobb Dressing	0.30
21381	McDONALD'S, Fruit 'n Yogurt Parfait (without granola)	0.30
27053	Dip, OLD EL PASO, Cheese 'n Salsa, medium	0.30

NDB_No	Description	Zinc, Zn(mg) Value Per
28025	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Brown Sugar	0.30
28035	GIRL SCOUTS, Thin Mints Cookies	0.30
28082	KEEBLER, FUDGE SHOPPE, Peanut Creme Filled Cookies	0.30
28086	KEEBLER, FUDGE SHOPPE, Fudge Sticks	0.30
28096	KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Original	0.30
28149	KEEBLER, TOWN HOUSE, FLATBREAD CRISPS, Sea Salt and Olive Oil Crackers	0.30
28150	KEEBLER, TRADITIONS, Iced Lemonade Cookies	0.30
28163	KELLOGG'S, POP-TARTS, Frosted Apple Strudel Toaster Pastries	0.30
28164	KELLOGG'S, POP-TARTS, Frosted Blueberry Muffin Toaster Pastries	0.30
28165	KELLOGG'S, POP-TARTS, Chocolate Chip Cookie Dough Toaster Pastries	0.30
28167	KELLOGG'S, POP-TARTS, Frosted Cinnamon Roll Toaster Pastries	0.30
28168	KELLOGG'S, POP-TARTS, Frosted Confetti Cake Toaster Pastries	0.30
28171	KELLOGG'S, POP-TARTS, Frosted Pumpkin Pie Toaster Pastries	0.30
28172	KELLOGG'S, POP-TARTS, Frosted Spring Berry Toaster Pastries	0.30
28173	KELLOGG'S, POP-TARTS, Frosted Sugar Cookie Toaster Pastries	0.30
28174	KELLOGG'S, POP-TARTS, Frosted Waffle Cone Toaster Pastries	0.30
28175	KELLOGG'S, POP-TARTS, Frosted Wild Fruit Fusion Toaster Pastries	0.30
28176	KELLOGG'S, POP-TARTS, Frosted Wild Grape Toaster Pastries	0.30
28177	KELLOGG'S, POP-TARTS, Frosted Wild Strawberry Toaster Pastries	0.30
28180	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Rainbow Chip Toaster Pastries	0.30
28181	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Strawberry Milkshake Toaster Pastries	0.30
28182	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Vanilla Milkshake Toaster Pastries	0.30
28192	KELLOGG'S, POP-TARTS, Gingerbread Toaster Pastries	0.30
28193	KELLOGG'S, POP-TARTS, Yum-azing Vanilla Milkshake Toaster Pastries	0.30
28195	MOTHER'S, Chocolate Chip Cookies	0.30
28202	MOTHER'S, Iced Lemonade Cookies	0.30
28206	MOTHER'S, Old Fashioned Chocolate Chip Cookies	0.30
28207	MOTHER'S, Old Fashioned Iced Oatmeal Cookies	0.30
28213	MURRAY, Duplex Creme Sandwich Cookies	0.30
28214	MURRAY, Lemon Creme Sandwich Cookies	0.30
28216	MURRAY, Old Fashioned Iced Oatmeal Cookies	0.30
28223	MURRAY, SUGAR FREE, Fudge Dipped Mint Cookies	0.30
28224	MURRAY, SUGAR FREE, Fudge Dipped Wafers	0.30
28227	MURRAY, SUGAR FREE, Lemon Creme Sandwich Cookies	0.30
28228	MURRAY, SUGAR FREE, Vanilla Creme Sandwich Cookies	0.30
28250	SUNSHINE, CHEEZ-IT, 100 Calorie RIGHT BITES, Extra Cheesy Party Mix	0.30

NDB_No	Description	Zinc, Zn(mg) Value Per
28262	FAMOUS AMOS, Vanilla Sandwich Creme Cookies	0.30
28269	MOTHER'S, Old Fashioned Oatmeal Cookies	0.30
28272	MURRAY, Chocolate Creme Sandwich Cookies	0.30
28273	MURRAY, Vanilla Creme Sandwich Cookies	0.30
28278	MURRAY, SUGAR FREE, Oatmeal Cookies	0.30
28279	MURRAY, SUGAR FREE, Chocolate Creme Sandwich Cookies	0.30
28294	Cookie, chocolate, with icing or coating	0.30
31036	Potatoes, mashed, ready-to-eat	0.30
32021	Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine)	0.30
32023	KASHI Mushroom & Asparagus Risotto, frozen, unprepared	0.30
35235	Wocas, tuber, cooked, Oregon, yellow pond lily (Klamath)	0.30
42153	Salad dressing, blue or roquefort cheese dressing, light	0.30
43144	Cabbage, mustard, salted	0.30
19226	Frostings, chocolate, creamy, ready-to-eat	0.29
19304	Molasses	0.29
21365	McDONALD'S, Hotcakes (with 2 pats margarine & syrup)	0.29
28367	SAGE VALLEY, Gluten Free Vanilla Sandwich Cookies	0.29
36030	DENNY'S, hash browns	0.29
36039	Restaurant, family style, hash browns	0.29
43273	Cheese, cottage, with vegetables	0.29
43396	Cheese, cottage, lowfat, 1% milkfat, with vegetables	0.29
03197	Babyfood, cereal, with egg yolks, strained	0.29
03198	Babyfood, cereal, with egg yolks, junior	0.29
04120	Salad dressing, french dressing, commercial, regular	0.29
04141	Salad dressing, french dressing, commercial, regular, without salt	0.29
04706	Dressing, honey mustard, fat-free	0.29
06016	Soup, cream of chicken, canned, condensed	0.29
09009	Apples, dehydrated (low moisture), sulfured, uncooked	0.29
09087	Dates, deglet noor	0.29
11126	Carrots, canned, regular pack, solids and liquids	0.29
11201	Cowpeas, leafy tips, raw	0.29
11285	Onions, canned, solids and liquids	0.29
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	0.29
11353	Potatoes, russet, flesh and skin, raw	0.29
11354	Potatoes, white, flesh and skin, raw	0.29
11363	Potatoes, baked, flesh, without salt	0.29

NDB_No	Description	Zinc, Zn(mg) Value Per
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	0.29
11467	Squash, summer, crookneck and straightneck, raw	0.29
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	0.29
11475	Squash, summer, scallop, raw	0.29
11641	Squash, summer, all varieties, raw	0.29
11758	Carrots, canned, no salt added, solids and liquids	0.29
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	0.29
11829	Potatoes, baked, flesh, with salt	0.29
11932	Beans, snap, yellow, canned, regular pack, drained solids	0.29
11933	Beans, snap, yellow, canned, no salt added, drained solids	0.29
15057	Fish, ocean perch, Atlantic, raw	0.29
03229	Babyfood, dessert, peach melba, strained	0.28
03230	Babyfood, dessert, peach melba, junior	0.28
03245	Babyfood, dessert, custard pudding, vanilla, strained	0.28
06019	Soup, chicken noodle, canned, condensed	0.28
06062	CAMPBELL'S, Red and White, Chicken Noodle Soup, condensed	0.28
06391	CAMPBELL'S CHUNKY, Creamy Chicken and Dumplings Soup	0.28
09165	Litchis, dried	0.28
09422	Durian, raw or frozen	0.28
11005	Arrowhead, raw	0.28
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	0.28
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	0.28
11208	Dandelion greens, cooked, boiled, drained, without salt	0.28
11376	Potatoes, canned, drained solids	0.28
11429	Radishes, raw	0.28
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	0.28
11596	Winged beans, immature seeds, cooked, boiled, drained, without salt	0.28
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	0.28
11657	Potatoes, mashed, home-prepared, whole milk added	0.28
11696	Tomatoes, yellow, raw	0.28
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	0.28
11782	Dandelion greens, cooked, boiled, drained, with salt	0.28
11896	Winged bean, immature seeds, cooked, boiled, drained, with salt	0.28
12205	Seeds, lotus seeds, raw	0.28
15222	Fish, turbot, european, cooked, dry heat	0.28
18095	Cake, cherry fudge with chocolate frosting	0.28

NDB_No	Description	Zinc, Zn(mg) Value Per
18321	Pie, lemon meringue, prepared from recipe	0.28
18459	Breakfast tart, low fat	0.28
21343	McDONALD'S, Low Fat Caramel Sauce	0.28
35201	Prairie Turnips, boiled (Northern Plains Indians)	0.28
42150	Babyfood, apple yogurt dessert, strained	0.28
42186	Frozen yogurts, chocolate	0.28
42187	Frozen yogurts, flavors other than chocolate	0.28
43311	Potatoes, canned, drained solids, no salt added	0.28
18420	Cake, yellow, unenriched, dry mix	0.27
20657	Pasta, gluten-free, corn and rice flour, cooked	0.27
27043	Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve	0.27
43450	Frozen novelties, juice type, juice with cream	0.27
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	0.27
01178	Sour cream, reduced fat	0.27
03079	Babyfood, dinner, vegetables and noodles and turkey, strained	0.27
03201	Babyfood, cereal, egg yolks and bacon, junior	0.27
03282	Babyfood, vegetables, mix vegetables junior	0.27
06211	Soup, cheese, canned, prepared with equal volume milk	0.27
06216	Soup, cream of chicken, canned, prepared with equal volume milk	0.27
06253	Soup, cream of potato, canned, prepared with equal volume milk	0.27
06431	CAMPBELL'S CHUNKY, New England Clam Chowder	0.27
06545	CAMPBELL'S Homestyle New England Clam Chowder	0.27
09083	Currants, european black, raw	0.27
11050	Beans, shellie, canned, solids and liquids	0.27
11114	Cabbage, savoy, raw	0.27
11135	Cauliflower, raw	0.27
11145	Celtuce, raw	0.27
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	0.27
11258	Mountain yam, hawaii, raw	0.27
11300	Peas, edible-podded, raw	0.27
11367	Potatoes, boiled, cooked without skin, flesh, without salt	0.27
11426	Pumpkin pie mix, canned	0.27
11519	Taro, cooked, without salt	0.27
11564	Turnips, raw	0.27
11693	Tomatoes, crushed, canned	0.27
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	0.27

NDB_No	Description	Zinc, Zn(mg) Value Per
11833	Potatoes, boiled, cooked without skin, flesh, with salt	0.27
11878	Taro, cooked, with salt	0.27
11934	Potatoes, mashed, home-prepared, whole milk and butter added	0.27
14390	Beverages, cocoa mix, with aspartame, powder, prepared with water	0.27
18110	Cake, fruitcake, commercially prepared	0.27
18142	Cake, pudding-type, yellow, dry mix	0.27
18144	Cake, yellow, enriched, dry mix	0.27
18206	Cookies, sugar, refrigerated dough, baked	0.27
03283	Babyfood, vegetables, garden vegetable, strained	0.26
04017	Salad dressing, thousand island, commercial, regular	0.26
04601	Butter, light, stick, with salt	0.26
04602	Butter, light, stick, without salt	0.26
06411	Soup, cheese, canned, prepared with equal volume water	0.26
06416	Soup, cream of chicken, canned, prepared with equal volume water	0.26
06453	Soup, cream of potato, canned, prepared with equal volume water	0.26
06584	Soup, broccoli cheese, canned, condensed, commercial	0.26
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	0.26
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	0.26
09328	Maraschino cherries, canned, drained	0.26
11060	Beans, snap, green, frozen, all styles, unprepared	0.26
11128	Carrots, canned, regular pack, drained solids	0.26
11163	Collards, frozen, chopped, unprepared	0.26
11299	Parsnips, cooked, boiled, drained, without salt	0.26
11398	Potato puffs, frozen, unprepared	0.26
11481	Squash, summer, zucchini, italian style, canned	0.26
11506	Sweet potato leaves, cooked, steamed, without salt	0.26
11609	Beets, pickled, canned, solids and liquids	0.26
11730	Beans, snap, yellow, frozen, all styles, unprepared	0.26
11759	Carrots, canned, no salt added, drained solids	0.26
11808	Parsnips, cooked, boiled, drained, with salt	0.26
11819	Peppers, hot chili, red, raw	0.26
11874	Sweet potato leaves, cooked, steamed, with salt	0.26
11977	Peppers, serrano, raw	0.26
14173	Beverages, coffee, ready to drink, vanilla, light, milk based, sweetened	0.26
14179	Beverages, coffee, ready to drink, milk based, sweetened	0.26
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	0.26

NDB_No	Description	Zinc, Zn(mg) Value Per
16165	MORI-NU, Tofu, silken, lite extra firm	0.26
18253	Doughnuts, french crullers, glazed	0.26
18614	MARTHA WHITE FOODS, Martha White's Chewy Fudge Brownie Mix, dry	0.26
19018	Fruit syrup	0.26
20029	Couscous, cooked	0.26
21316	McDONALD'S, Tangy Honey Mustard Sauce	0.26
28336	Bread, gluten-free, white, made with potato extract, rice starch, and rice flour	0.26
28366	RUDI'S, Gluten-Free Bakery, Original Sandwich Bread	0.26
43539	Babyfood, dessert, banana yogurt, strained	0.26
18419	Cake, pudding-type, white, unenriched, dry mix	0.25
20134	Rice noodles, cooked	0.25
27047	Sauce, salsa, verde, ready-to-serve	0.25
28061	KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite size	0.25
35203	Rose Hips, wild (Northern Plains Indians)	0.25
43008	Babyfood, dinner, chicken and rice	0.25
43017	Salad dressing, green goddess, regular	0.25
43020	Salad dressing, blue or roquefort cheese, low calorie	0.25
01052	Cream, fluid, light whipping	0.25
01205	Cream substitute, flavored, liquid	0.25
03075	Babyfood, dinner, vegetables, noodles and chicken, strained	0.25
04028	Salad dressing, mayonnaise, imitation, milk cream	0.25
04704	Salad dressing, poppyseed, creamy	0.25
06152	Sauce, pizza, canned, ready-to-serve	0.25
06246	Soup, cream of onion, canned, prepared with equal volume milk	0.25
06358	Soup, tomato bisque, canned, prepared with equal volume milk	0.25
06466	Soup, turkey vegetable, canned, prepared with equal volume water	0.25
06633	Sauce, hot chile, sriracha, TUONG OT SRIRACHA	0.25
06956	Soup, tomato, canned, condensed, reduced sodium	0.25
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	0.25
09044	Cherries, tart, dried, sweetened	0.25
09048	Blackberries, frozen, unsweetened	0.25
09156	Lemon peel, raw	0.25
09216	Orange peel, raw	0.25
09290	Prunes, dehydrated (low-moisture), stewed	0.25
11053	Beans, snap, green, cooked, boiled, drained, without salt	0.25
11113	Cabbage, red, cooked, boiled, drained, without salt	0.25

NDB_No	Description	Zinc, Zn(mg) Value Per
11270	Mustard greens, raw	0.25
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	0.25
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	0.25
11392	Potatoes, hash brown, frozen, with butter sauce, unprepared	0.25
11723	Beans, snap, green, cooked, boiled, drained, with salt	0.25
11752	Cabbage, red, cooked, boiled, drained, with salt	0.25
11821	Peppers, sweet, red, raw	0.25
11963	Nopales, raw	0.25
11976	Pepper, banana, raw	0.25
12101	Nuts, chestnuts, european, boiled and steamed	0.25
16235	SILK Plain, soymilk	0.25
16236	SILK Vanilla, soymilk	0.25
16237	SILK Chocolate, soymilk	0.25
16238	SILK Light Plain, soymilk	0.25
16239	SILK Light Vanilla, soymilk	0.25
16240	SILK Light Chocolate, soymilk	0.25
16241	SILK Plus Omega-3 DHA, soymilk	0.25
16242	SILK Plus for Bone Health, soymilk	0.25
16243	SILK Plus Fiber, soymilk	0.25
16244	SILK Unsweetened, soymilk	0.25
16425	Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	0.25
18135	Cake, pudding-type, white, enriched, dry mix	0.25
18141	Cake, yellow, commercially prepared, with vanilla frosting	0.25
01053	Cream, fluid, heavy whipping	0.24
03279	Babyfood, dinner, mixed vegetable, junior	0.24
04627	Margarine-like spread with yogurt, approximately 40% fat, tub, with salt	0.24
06188	Soup, beef broth, less/reduced sodium, ready to serve	0.24
06465	Soup, turkey noodle, canned, prepared with equal volume water	0.24
06558	Soup, tomato bisque, canned, prepared with equal volume water	0.24
06631	Sauce, hot chile, sriracha	0.24
06968	Soup, cream of mushroom, low sodium, ready-to-serve, canned	0.24
08409	Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes	0.24
09034	Apricots, dried, sulfured, stewed, with added sugar	0.24
09095	Figs, dried, stewed	0.24
09220	Tangerines, (mandarin oranges), canned, light syrup pack	0.24
09447	Plantains, yellow, fried, Latino restaurant	0.24

NDB_No	Description	Zinc, Zn(mg) Value Per
11052	Beans, snap, green, raw	0.24
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	0.24
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	0.24
11124	Carrots, raw	0.24
11198	Cowpeas, young pods with seeds, cooked, boiled, drained, without salt	0.24
11202	Cowpeas, leafy tips, cooked, boiled, drained, without salt	0.24
11234	Kale, cooked, boiled, drained, without salt	0.24
11350	Pokeberry shoots, (poke), raw	0.24
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	0.24
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	0.24
11435	Rutabagas, raw	0.24
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	0.24
11601	Yam, raw	0.24
11623	Kale, scotch, cooked, boiled, drained, without salt	0.24
11722	Beans, snap, yellow, raw	0.24
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	0.24
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	0.24
11779	Cowpeas, young pods with seeds, cooked, boiled, drained, with salt	0.24
11780	Cowpeas, leafy tips, cooked, boiled, drained, with salt	0.24
11790	Kale, cooked, boiled, drained, with salt	0.24
11792	Kale, scotch, cooked, boiled, drained, with salt	0.24
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	0.24
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	0.24
16223	Soymilk (All flavors), enhanced	0.24
18205	Cookies, sugar, refrigerated dough	0.24
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	0.24
27060	Soup, chunky vegetable, reduced sodium, canned, ready-to-serve	0.24
28291	Cookies, animal, with frosting or icing	0.24
35195	Cattail, Narrow Leaf Shoots (Northern Plains Indians)	0.24
42189	Milk, buttermilk, fluid, cultured, reduced fat	0.24
18319	Pie, fried pies, fruit	0.23
18444	Pie, fried pies, cherry	0.23
18445	Pie, fried pies, lemon	0.23
19233	Puddings, vanilla, ready-to-eat, fat free	0.23
19360	Syrups, table blends, pancake, with 2% maple	0.23
19720	Syrups, table blends, pancake, with 2% maple, with added potassium	0.23

NDB_No	Description	Zinc, Zn(mg) Value Per
21324	McDONALD'S, Baked Apple Pie	0.23
27042	Soup, clam chowder, new england, canned, ready-to-serve	0.23
28335	Cookies, gluten-free, vanilla sandwich, with creme filling	0.23
43146	Eggplant, pickled	0.23
43387	Turnip greens, canned, no salt added	0.23
01206	Cream substitute, flavored, powdered	0.23
03120	Babyfood, vegetables, corn, creamed, junior	0.23
03994	Babyfood, fruit, banana and strawberry, junior	0.23
03995	Babyfood, banana with mixed berries, strained	0.23
06067	Soup, chunky vegetable, canned, ready-to-serve	0.23
06632	Sauce, hot chile, sriracha, CHA! BY TEXAS PETE	0.23
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	0.23
08113	Cereals, farina, enriched, cooked with water, without salt	0.23
08173	Cereals, farina, enriched, cooked with water, with salt	0.23
09084	Currants, red and white, raw	0.23
09139	Guavas, common, raw	0.23
09446	Plantains, green, fried	0.23
09524	Lemon juice from concentrate, bottled, REAL LEMON	0.23
11115	Cabbage, savoy, cooked, boiled, drained, without salt	0.23
11119	Cabbage, chinese (pe-tsai), raw	0.23
11162	Collards, cooked, boiled, drained, without salt	0.23
11203	Cress, garden, raw	0.23
11251	Lettuce, cos or romaine, raw	0.23
11272	Mustard greens, frozen, unprepared	0.23
11423	Pumpkin, cooked, boiled, drained, without salt	0.23
11518	Taro, raw	0.23
11553	Tomato products, canned, sauce, with onions	0.23
11570	Turnip greens, canned, solids and liquids	0.23
11605	Beets, harvard, canned, solids and liquids	0.23
11735	Beets, canned, no salt added, solids and liquids	0.23
11753	Cabbage, savoy, cooked, boiled, drained, with salt	0.23
11768	Collards, cooked, boiled, drained, with salt	0.23
11845	Pumpkin, cooked, boiled, drained, with salt	0.23
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	0.23
15073	Fish, roughy, orange, raw	0.23
16125	Soy sauce made from hydrolyzed vegetable protein	0.23

NDB_No	Description	Zinc, Zn(mg) Value Per
16225	Soymilk, original and vanilla, light, with added calcium, vitamins A and D	0.23
16227	Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D	0.23
18082	Bread stuffing, bread, dry mix, prepared	0.23
18085	Bread stuffing, cornbread, dry mix, prepared	0.23
01108	Milk, indian buffalo, fluid	0.22
03066	Babyfood, dinner, vegetables and lamb, strained	0.22
03067	Babyfood, dinner, vegetables and lamb, junior	0.22
03070	Babyfood, dinner, chicken soup, strained	0.22
03091	Babyfood, vegetables, green beans, strained	0.22
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior	0.22
04015	Salad dressing, russian dressing	0.22
06024	Soup, chicken and vegetable, canned, ready-to-serve	0.22
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	0.22
09057	Boysenberries, frozen, unsweetened	0.22
09173	Longans, dried	0.22
09193	Olives, ripe, canned (small-extra large)	0.22
09194	Olives, ripe, canned (jumbo-super colossal)	0.22
09293	Plums, dried (prunes), stewed, with added sugar	0.22
09298	Raisins, seedless	0.22
11006	Arrowhead, cooked, boiled, drained, without salt	0.22
11112	Cabbage, red, raw	0.22
11118	Cabbage, kimchi	0.22
11271	Mustard greens, cooked, boiled, drained, without salt	0.22
11349	Poi	0.22
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	0.22
11549	Tomato products, canned, sauce	0.22
11644	Squash, winter, all varieties, cooked, baked, without salt	0.22
11701	Arrowhead, cooked, boiled, drained, with salt	0.22
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	0.22
11863	Squash, winter, all varieties, cooked, baked, with salt	0.22
11954	Tomatillos, raw	0.22
13335	Beef, variety meats and by-products, suet, raw	0.22
15129	Fish, turbot, european, raw	0.22
18322	Pie, mince, prepared from recipe	0.22
18946	Pie crust, refrigerated, regular, baked	0.22
19113	Syrups, table blends, pancake, with butter	0.22

NDB_No	Description	Zinc, Zn(mg) Value Per
19218	Puddings, tapioca, ready-to-eat	0.22
19296	Honey	0.22
20117	Noodles, japanese, somen, cooked	0.22
21139	Fast foods, potato, mashed	0.22
27001	Soup, hot and sour, Chinese restaurant	0.22
27057	Sauce, barbecue, KC MASTERPIECE, original	0.22
42278	Babyfood, vegetable and brown rice, strained	0.22
43142	Radishes, hawaiian style, pickled	0.22
43217	Tomato sauce, canned, no salt added	0.22
19005	Snacks, corn-based, extruded, cones, plain	0.21
19382	Candies, taffy, prepared-from-recipe	0.21
27046	Sauce, duck, ready-to-serve	0.21
42192	Salad dressing, blue or roquefort cheese dressing, fat-free	0.21
44048	Cheese food, pasteurized process, American, imitation, without added vitamin D	0.21
01241	Ice cream sandwich, made with light ice cream, vanilla	0.21
01242	Ice cream sandwich, vanilla, light, no sugar added	0.21
03108	Babyfood, vegetables, sweet potatoes strained	0.21
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	0.21
06076	Soup, beef broth, cubed, dry	0.21
09177	Mangosteen, canned, syrup pack	0.21
09294	Prune juice, canned	0.21
11084	Beets, canned, drained solids	0.21
11161	Collards, raw	0.21
11283	Onions, cooked, boiled, drained, without salt	0.21
11286	Onions, yellow, sauteed	0.21
11390	Potatoes, hash brown, frozen, plain, unprepared	0.21
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	0.21
11514	Sweet potato, canned, mashed	0.21
11521	Taro leaves, cooked, steamed, without salt	0.21
11551	Tomato products, canned, sauce, with mushrooms	0.21
11643	Squash, winter, all varieties, raw	0.21
11805	Onions, cooked, boiled, drained, with salt	0.21
11879	Taro, leaves, cooked, steamed, with salt	0.21
11944	Pickle relish, hot dog	0.21
11964	Nopales, cooked, without salt	0.21
12129	Nuts, ginkgo nuts, canned	0.21

NDB_No	Description	Zinc, Zn(mg) Value Per
14194	Beverages, Cocoa mix, powder, prepared with water	0.21
03139	Babyfood, prunes, without vitamin c, strained	0.20
03233	Babyfood, dessert, fruit pudding, pineapple, strained	0.20
04020	Salad dressing, french dressing, reduced fat	0.20
04142	Salad dressing, french dressing, reduced fat, without salt	0.20
04689	Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light	0.20
06013	Soup, chicken broth, canned, condensed	0.20
06029	CAMPBELL'S, HEALTHY REQUEST, chicken with rice, condensed	0.20
06081	Soup, chicken broth cubes, dry	0.20
06179	Sauce, fish, ready-to-serve	0.20
06212	CAMPBELL'S, 25% Less Sodium Chicken Noodle Soup, condensed	0.20
06442	Soup, mushroom barley, canned, prepared with equal volume water	0.20
06463	Soup, tomato rice, canned, prepared with equal volume water	0.20
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	0.20
06967	Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	0.20
06976	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	0.20
06986	CAMPBELL'S HEALTHY REQUEST, Chicken Noodle Soup, condensed	0.20
06989	CAMPBELL'S HEALTHY REQUEST, Homestyle Chicken Noodle Soup, condensed	0.20
08506	Cereals ready-to-eat, RALSTON Corn Flakes	0.20
08512	Cereals, MALT-O-MEAL, chocolate, prepared with water, without salt	0.20
09011	Apples, dried, sulfured, uncooked	0.20
09021	Apricots, raw	0.20
10101	Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered	0.20
10132	Pork, cured, feet, pickled	0.20
11056	Beans, snap, green, canned, regular pack, drained solids	0.20
11110	Cabbage, cooked, boiled, drained, without salt	0.20
11125	Carrots, cooked, boiled, drained, without salt	0.20
11142	Celeriac, cooked, boiled, drained, without salt	0.20
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	0.20
11205	Cucumber, with peel, raw	0.20
11250	Lettuce, butterhead (includes boston and bibb types), raw	0.20
11257	Lettuce, red leaf, raw	0.20
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	0.20
11292	Onions, young green, tops only	0.20
11418	Pumpkin leaves, raw	0.20
11419	Pumpkin leaves, cooked, boiled, drained, without salt	0.20

NDB_No	Description	Zinc, Zn(mg) Value Per
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	0.20
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	0.20
11510	Sweet potato, cooked, boiled, without skin	0.20
11567	Turnips, frozen, cooked, boiled, drained, without salt	0.20
11602	Yam, cooked, boiled, drained, or baked, without salt	0.20
11613	Borage, raw	0.20
11616	Dock, raw	0.20
11726	Beans, snap, green, canned, no salt added, solids and liquids	0.20
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	0.20
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	0.20
11729	Beans, snap, green, canned, no salt added, drained solids	0.20
11751	Cabbage, common, cooked, boiled, drained, with salt	0.20
11757	Carrots, cooked, boiled, drained, with salt	0.20
11763	Celeriac, cooked, boiled, drained, with salt	0.20
11767	Chrysanthemum, garland, cooked, boiled, drained, with salt	0.20
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	0.20
11848	Pumpkin leaves, cooked, boiled, drained, with salt	0.20
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	0.20
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	0.20
11876	Sweet potato, cooked, boiled, without skin, with salt	0.20
11889	Turnips, cooked, boiled, drained, with salt	0.20
11890	Turnips, frozen, cooked, boiled, drained, with salt	0.20
11897	Yam, cooked, boiled, drained, or baked, with salt	0.20
11957	Fennel, bulb, raw	0.20
14015	Alcoholic beverage, pina colada, canned	0.20
18092	Cake, pudding-type, carrot, dry mix	0.20
18174	Cookies, graham crackers, chocolate-coated	0.20
18202	Cookies, sugar wafer, with creme filling, sugar free	0.20
18306	Pie, blueberry, prepared from recipe	0.20
18309	Pie, cherry, prepared from recipe	0.20
18948	Pie crust, refrigerated, regular, unbaked	0.20
18991	BARBARA DEE, Winter Mints Cookies	0.20
19128	Syrups, table blends, pancake, reduced-calorie	0.20
21140	Side dishes, potato salad	0.20
22980	KASHI, Chicken and Chipotle BBQ Sauce with Mango, Frozen Entree	0.20
22981	KASHI, Chicken Enchilada with Ancho Sauce, Frozen Entree	0.20

NDB_No	Description	Zinc, Zn(mg) Value Per
22989	KASHI, Red Curry Chicken, Frozen Entree	0.20
22994	KASHI Spinach Artichoke Pasta, frozen, unprepared	0.20
27021	CAMPBELL'S Homestyle HEALTHY REQUEST Chicken with Whole Grain Pasta Soup	0.20
28033	GIRL SCOUTS, Tagalongs Cookies	0.20
28048	KEEBLER, BAKER'S TREASURES, Oatmeal Raisin Cookie, soft	0.20
28062	KEEBLER, CHIPS DELUXE, Soft 'n Chewy Chocolate Chip Cookies	0.20
28072	KEEBLER, Country Style Oatmeal Cookies with Raisins	0.20
28073	KEEBLER, Danish Wedding Cookies	0.20
28080	KEEBLER, FUDGE SHOPPE, Deluxe Grahams Cookies	0.20
28088	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Holiday/Spiderman	0.20
28089	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Mini	0.20
28091	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Oatmeal	0.20
28092	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Original	0.20
28093	KEEBLER, FUDGE SHOPPE, Grasshopper Cookies, Fudge Mint	0.20
28098	KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Peanut Butter	0.20
28109	KEEBLER, Iced Oatmeal Cookies	0.20
28119	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Fudge Stripes Cookies	0.20
28151	KEEBLER, TRADITIONS, Iced Oatmeal Cookies	0.20
28203	MOTHER'S, Iced Oatmeal Cookies	0.20
28219	MURRAY, SOUTHERN KITCHEN, Iced Oatmeal Cookies	0.20
28261	FAMOUS AMOS, Chocolate Sandwich Creme Cookies	0.20
28264	KEEBLER, Oatmeal Cookies	0.20
28276	MURRAY, SOUTHERN KITCHEN, Oatmeal Cookies	0.20
28290	Cookie, with peanut butter filling, chocolate-coated	0.20
28293	Cookie, butter or sugar, with chocolate icing or filling	0.20
32030	KASHI Italian Vegetable Medley Pasta, frozen, unprepared	0.20
36028	DENNY'S, coleslaw	0.20
42316	Babyfood, carrots, toddler	0.20
43143	Cabbage, japanese style, fresh, pickled	0.20
43331	Salad dressing, bacon and tomato	0.20
43365	Tomato and vegetable juice, low sodium	0.20
18354	Strudel, apple	0.19
18944	Pie, Dutch Apple, Commercially Prepared	0.19
19013	Snacks, fruit leather, pieces	0.19
19014	Snacks, fruit leather, rolls	0.19
19274	Snacks, fruit leather, pieces, with vitamin C	0.19

NDB_No	Description	Zinc, Zn(mg) Value Per
19919	Candies, fruit snacks, with high vitamin C	0.19
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	0.19
27055	Sauce, barbecue, SWEET BABY RAY'S, original	0.19
36021	APPLEBEE'S, coleslaw	0.19
36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	0.19
43007	Babyfood, fruit, tutti frutti, junior	0.19
44259	Puddings, all flavors except chocolate, low calorie, regular, dry mix	0.19
90480	Syrup, Cane	0.19
03092	Babyfood, vegetables, green beans, junior	0.19
03104	Babyfood, vegetables, squash, strained	0.19
03105	Babyfood, vegetables, squash, junior	0.19
03119	Babyfood, vegetables, corn, creamed, strained	0.19
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	0.19
03934	Babyfood, corn and sweet potatoes, strained	0.19
04023	Salad dressing, thousand island dressing, reduced fat	0.19
04144	Salad dressing, italian dressing, reduced fat, without salt	0.19
06151	Sauce, plum, ready-to-serve	0.19
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	0.19
06971	Sauce, worcestershire	0.19
09056	Boysenberries, canned, heavy syrup	0.19
09153	Lemon juice from concentrate, canned or bottled	0.19
09260	Pears, dried, sulfured, stewed, without added sugar	0.19
09288	Prunes, canned, heavy syrup pack, solids and liquids	0.19
09292	Plums, dried (prunes), stewed, without added sugar	0.19
09314	Sapote, mamey, raw	0.19
10100	Pork, fresh, variety meats and by-products, ears, frozen, raw	0.19
11116	Cabbage, chinese (pak-choi), raw	0.19
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	0.19
11439	Sauerkraut, canned, solids and liquids	0.19
11492	Squash, winter, spaghetti, raw	0.19
11559	Tomato products, canned, sauce, with tomato tidbits	0.19
11568	Turnip greens, raw	0.19
11645	Sweet potato, canned, syrup pack, solids and liquids	0.19
11827	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	0.19
11943	Pimento, canned	0.19
18302	Pie, apple, prepared from recipe	0.19

NDB_No	Description	Zinc, Zn(mg) Value Per
03100	Babyfood, vegetables, carrots, junior	0.18
06023	Soup, chicken with rice, canned, condensed	0.18
06159	Soup, tomato, canned, condensed	0.18
06164	Sauce, salsa, ready-to-serve	0.18
06309	CAMPBELL'S, Chicken with Rice Soup, condensed	0.18
06377	CAMPBELL'S, Tomato Soup, condensed	0.18
06395	CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup	0.18
06430	Soup, clam chowder, new england, canned, prepared with equal volume water	0.18
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	0.18
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	0.18
09046	Blackberries, canned, heavy syrup, solids and liquids	0.18
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	0.18
09181	Melons, cantaloupe, raw	0.18
09247	Peaches, dried, sulfured, stewed, without added sugar	0.18
09261	Pears, dried, sulfured, stewed, with added sugar	0.18
09299	Raisins, seeded	0.18
09306	Raspberries, frozen, red, sweetened	0.18
10109	Pork, fresh, variety meats and by-products, leaf fat, raw	0.18
11109	Cabbage, raw	0.18
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	0.18
11235	Kale, frozen, unprepared	0.18
11236	Kale, frozen, cooked, boiled, drained, without salt	0.18
11253	Lettuce, green leaf, raw	0.18
11335	Peppers, sweet, green, canned, solids and liquids	0.18
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	0.18
11503	Swamp cabbage, (skunk cabbage), raw	0.18
11512	Sweet potato, canned, vacuum pack	0.18
11655	Carrot juice, canned	0.18
11660	Tomatoes, red, ripe, cooked, stewed	0.18
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	0.18
11750	Cabbage, common (danish, domestic, and pointed types), stored, raw	0.18
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	0.18
11791	Kale, frozen, cooked, boiled, drained, with salt	0.18
11916	Peppers, sweet, red, canned, solids and liquids	0.18
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	0.18
18308	Pie, cherry, commercially prepared	0.18

NDB_No	Description	Zinc, Zn(mg) Value Per
19186	Desserts, apple crisp, prepared-from-recipe	0.18
27034	CAMPBELL'S, 98% Fat Free Cream of Mushroom Soup, condensed	0.18
27044	Soup, chicken noodle, reduced sodium, canned, ready-to-serve	0.18
28357	GLUTINO, Gluten Free Cookies, Vanilla Creme	0.18
35236	Stew, pinto bean and hominy, badufsuki (Hopi)	0.18
36035	Restaurant, family style, coleslaw	0.18
42137	Salad dressing, peppercorn dressing, commercial, regular	0.18
42157	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free	0.18
42158	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	0.18
42171	Salad dressing, french dressing, reduced calorie	0.18
42230	Salad Dressing, coleslaw dressing, reduced fat	0.18
43016	Salad dressing, coleslaw	0.18
43329	Salad dressing, mayonnaise and mayonnaise-type, low calorie	0.18
43536	Babyfood, dessert, peach yogurt	0.18
19136	Candies, HERSHEY'S SKOR Toffee Bar	0.17
19234	Puddings, tapioca, ready-to-eat, fat free	0.17
21310	McDONALD'S, Barbeque Sauce	0.17
27056	Sauce, barbecue, BULL'S-EYE, original	0.17
27066	Sauce, horseradish	0.17
01107	Milk, human, mature, fluid	0.17
03112	Babyfood, potatoes, toddler	0.17
03226	Babyfood, dessert, fruit pudding, orange, strained	0.17
04639	Salad dressing, ranch dressing, regular	0.17
04686	Salad dressing, honey mustard dressing, reduced calorie	0.17
06018	Soup, chunky chicken noodle, canned, ready-to-serve	0.17
06150	Sauce, barbecue	0.17
06170	Soup, stock, beef, home-prepared	0.17
06219	CAMPBELL'S, 98% Fat Free Cream of Chicken Soup, condensed	0.17
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	0.17
09143	Guava sauce, cooked	0.17
09149	Kumquats, raw	0.17
09185	Melon balls, frozen	0.17
09191	Nectarines, raw	0.17
09236	Peaches, yellow, raw	0.17
09248	Peaches, dried, sulfured, stewed, with added sugar	0.17
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	0.17

NDB_No	Description	Zinc, Zn(mg) Value Per
11122	Cardoon, raw	0.17
11136	Cauliflower, cooked, boiled, drained, without salt	0.17
11137	Cauliflower, frozen, unprepared	0.17
11206	Cucumber, peeled, raw	0.17
11221	Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt	0.17
11274	Mustard spinach, (tendergreen), raw	0.17
11282	Onions, raw	0.17
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	0.17
11424	Pumpkin, canned, without salt	0.17
11427	Purslane, raw	0.17
11428	Purslane, cooked, boiled, drained, without salt	0.17
11483	Squash, winter, acorn, cooked, baked, without salt	0.17
11487	Squash, winter, butternut, frozen, unprepared	0.17
11529	Tomatoes, red, ripe, raw, year round average	0.17
11533	Tomatoes, red, ripe, canned, stewed	0.17
11574	Turnip greens, frozen, unprepared	0.17
11659	Sweet potato, cooked, candied, home-prepared	0.17
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	0.17
11761	Cauliflower, cooked, boiled, drained, with salt	0.17
11785	Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt	0.17
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	0.17
11846	Pumpkin, canned, with salt	0.17
11849	Purslane, cooked, boiled, drained, with salt	0.17
11864	Squash, winter, acorn, cooked, baked, with salt	0.17
11935	Catsup	0.17
11949	Catsup, low sodium	0.17
11951	Peppers, sweet, yellow, raw	0.17
11960	Carrots, baby, raw	0.17
14406	Beverages, fruit punch juice drink, frozen concentrate, prepared with water	0.17
18171	Cookies, fortune	0.17
01136	Egg, white, dried, powder, stabilized, glucose reduced	0.16
03278	Babyfood, dinner, mixed vegetable, strained	0.16
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	0.16
06169	Sauce, ready-to-serve, pepper, TABASCO	0.16
06208	Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve	0.16
06307	Sauce, barbecue, KRAFT, original	0.16

NDB_No	Description	Zinc, Zn(mg) Value Per
06966	Soup, chicken noodle, low sodium, canned, prepared with equal volume water	0.16
06972	Sauce, tomato chili sauce, bottled, with salt	0.16
08101	Cereals, CREAM OF RICE, cooked with water, without salt	0.16
08168	Cereals, CREAM OF RICE, cooked with water, with salt	0.16
09050	Blueberries, raw	0.16
09062	Cherimoya, raw	0.16
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	0.16
09214	Orange juice, frozen concentrate, unsweetened, undiluted	0.16
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	0.16
11106	Butterbur, (fuki), raw	0.16
11151	Chicory, witloof, raw	0.16
11209	Eggplant, raw	0.16
11504	Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt	0.16
11576	Turnip greens and turnips, frozen, unprepared	0.16
11603	Yambean (jicama), raw	0.16
11647	Sweet potato, canned, syrup pack, drained solids	0.16
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	0.16
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	0.16
14552	Carbonated beverage, chocolate-flavored soda	0.16
18087	Cake, angelfood, dry mix	0.16
18090	Cake, boston cream pie, commercially prepared	0.16
18301	Pie, apple, commercially prepared, enriched flour	0.16
18305	Pie, blueberry, commercially prepared	0.16
18443	Pie, apple, commercially prepared, unenriched flour	0.16
19201	Puddings, vanilla, ready-to-eat	0.16
36025	CRACKER BARREL, coleslaw	0.16
43369	Beverages, Chocolate-flavored drink, whey and milk based	0.16
19103	Candies, fudge, vanilla, prepared-from-recipe	0.15
19283	Frozen novelties, ice type, pop	0.15
21420	KFC, Coleslaw	0.15
35015	Blackberries, wild, raw (Alaska Native)	0.15
01135	Egg, white, dried, flakes, stabilized, glucose reduced	0.15
03099	Babyfood, vegetables, carrots, strained	0.15
03286	Babyfood, vegetables, mix vegetables strained	0.15
04025	Salad dressing, mayonnaise, regular	0.15
06011	Soup, cheese, canned, condensed	0.15

NDB_No	Description	Zinc, Zn(mg) Value Per
06038	CAMPBELL'S, Cheddar Cheese Soup, condensed	0.15
06053	Soup, cream of potato, canned, condensed	0.15
06341	CAMPBELL'S, Cream of Potato Soup, condensed	0.15
06363	CAMPBELL'S, Homestyle Chicken Noodle Soup, condensed	0.15
06417	Soup, chicken gumbo, canned, prepared with equal volume water	0.15
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water	0.15
06961	Sauce, peppers, hot, chili, mature red, canned	0.15
06962	Sauce, chili, peppers, hot, immature green, canned	0.15
06985	Gravy, HEINZ Home Style, savory beef	0.15
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	0.15
09040	Bananas, raw	0.15
09089	Figs, raw	0.15
09229	Papaya nectar, canned	0.15
11204	Cress, garden, cooked, boiled, drained, without salt	0.15
11252	Lettuce, iceberg (includes crisphead types), raw	0.15
11430	Radishes, oriental, raw	0.15
11485	Squash, winter, butternut, raw	0.15
11490	Squash, winter, hubbard, baked, without salt	0.15
11781	Cress, garden, cooked, boiled, drained, with salt	0.15
11799	Mustard greens, cooked, boiled, drained, with salt	0.15
11868	Squash, winter, hubbard, baked, with salt	0.15
11921	Peppers, sweet, red, sauteed	0.15
14183	Beverages, coffee, ready to drink, iced, mocha, milk based	0.15
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	0.14
04624	Margarine-like, vegetable oil spread, fat free, liquid, with salt	0.14
04703	Salad dressing, honey mustard, regular	0.14
06172	Soup, stock, chicken, home-prepared	0.14
06336	CAMPBELL'S, Cream of Chicken Soup, condensed	0.14
06419	Soup, chicken noodle, canned, prepared with equal volume water	0.14
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	0.14
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	0.14
09033	Apricots, dried, sulfured, stewed, without added sugar	0.14
09103	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids	0.14
09148	Kiwifruit, green, raw	0.14
09277	Plantains, raw	0.14
09316	Strawberries, raw	0.14

NDB_No	Description	Zinc, Zn(mg) Value Per
11058	Beans, snap, canned, all styles, seasoned, solids and liquids	0.14
11144	Celery, cooked, boiled, drained, without salt	0.14
11530	Tomatoes, red, ripe, cooked	0.14
11566	Turnips, frozen, unprepared	0.14
11569	Turnip greens, cooked, boiled, drained, without salt	0.14
11695	Tomatoes, orange, raw	0.14
11764	Celery, cooked, boiled, drained, with salt	0.14
11884	Tomatoes, red, ripe, cooked, with salt	0.14
11891	Turnip greens, cooked, boiled, drained, with salt	0.14
11945	Pickle relish, sweet	0.14
11970	Cabbage, napa, cooked	0.14
11979	Peppers, jalapeno, raw	0.14
14024	Beverages, Whiskey sour mix, powder	0.14
14096	Alcoholic beverage, wine, table, red	0.14
14602	Alcoholic Beverage, wine, table, red, Merlot	0.14
18196	Cookies, brownies, dry mix, sugar free	0.14
19177	Gelatins, dry powder, unsweetened	0.14
19352	Syrups, malt	0.14
21127	Fast foods, coleslaw	0.14
35198	Prickly pears, raw (Northern Plains Indians)	0.14
42119	Babyfood, banana juice with low fat yogurt	0.14
42120	Babyfood, mixed fruit juice with low fat yogurt	0.14
43285	Eggs, scrambled, frozen mixture	0.14
43537	Babyfood, dessert, blueberry yogurt, strained	0.14
21311	McDONALD'S, Creamy Ranch Sauce	0.13
42040	Syrups, grenadine	0.13
43598	Mayonnaise dressing, no cholesterol	0.13
01114	Whey, sweet, fluid	0.13
01258	Egg, white, dried, stabilized, glucose reduced	0.13
03159	Babyfood, fruit, pears and pineapple, junior	0.13
03293	Babyfood, plums, bananas and rice, strained	0.13
04143	Salad dressing, italian dressing, commercial, regular, without salt	0.13
06498	Soup, tomato, dry, mix, prepared with water	0.13
06955	Soup, cream of chicken, canned, condensed, reduced sodium	0.13
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	0.13
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	0.13

NDB_No	Description	Zinc, Zn(mg) Value Per
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	0.13
09144	Jackfruit, raw	0.13
09278	Plantains, cooked	0.13
09318	Strawberries, frozen, unsweetened	0.13
09410	Apple juice, frozen concentrate, unsweetened, undiluted, with added ascorbic acid	0.13
09413	Pears, raw, red anjou	0.13
09414	Pears, raw, bosc	0.13
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	0.13
11143	Celery, raw	0.13
11294	Onions, sweet, raw	0.13
11333	Peppers, sweet, green, raw	0.13
11431	Radishes, oriental, cooked, boiled, drained, without salt	0.13
11482	Squash, winter, acorn, raw	0.13
11486	Squash, winter, butternut, cooked, baked, without salt	0.13
11489	Squash, winter, hubbard, raw	0.13
11537	Tomatoes, red, ripe, canned, with green chilies	0.13
11637	Radishes, white icicle, raw	0.13
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	0.13
11850	Radishes, oriental, cooked, boiled, drained, with salt	0.13
11866	Squash, winter, butternut, cooked, baked, with salt	0.13
14017	Alcoholic beverage, pina colada, prepared-from-recipe	0.13
14084	Alcoholic beverage, wine, table, all	0.13
14639	Beverages, rice milk, unsweetened	0.13
18088	Cake, angelfood, dry mix, prepared	0.13
03098	Babyfood, vegetables, beets, strained	0.12
03161	Babyfood, peaches, dices, toddler	0.12
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	0.12
06010	Soup, cream of celery, canned, condensed	0.12
06046	Soup, cream of onion, canned, condensed	0.12
06964	Soup, tomato, low sodium, with water	0.12
09059	Breadfruit, raw	0.12
09060	Carambola, (starfruit), raw	0.12
09090	Figs, canned, water pack, solids and liquids	0.12
09107	Gooseberries, raw	0.12
09190	Mulberries, raw	0.12
09266	Pineapple, raw, all varieties	0.12

NDB_No	Description	Zinc, Zn(mg) Value Per
09267	Pineapple, canned, water pack, solids and liquids	0.12
09269	Pineapple, canned, light syrup pack, solids and liquids	0.12
09270	Pineapple, canned, heavy syrup pack, solids and liquids	0.12
09287	Prickly pears, raw	0.12
09353	Blueberries, wild, canned, heavy syrup, drained	0.12
09430	Pineapple, raw, extra sweet variety	0.12
11210	Eggplant, cooked, boiled, drained, without salt	0.12
11226	Jerusalem-artichokes, raw	0.12
11246	Leeks, (bulb and lower leaf-portion), raw	0.12
11289	Onions, frozen, whole, unprepared	0.12
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	0.12
11436	Rutabagas, cooked, boiled, drained, without salt	0.12
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	0.12
11531	Tomatoes, red, ripe, canned, packed in tomato juice	0.12
11565	Turnips, cooked, boiled, drained, without salt	0.12
11578	Vegetable juice cocktail, canned	0.12
11585	Vegetable juice cocktail, low sodium, canned	0.12
11783	Eggplant, cooked, boiled, drained, with salt	0.12
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	0.12
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	0.12
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	0.12
11851	Rutabagas, cooked, boiled, drained, with salt	0.12
11867	Squash, winter, butternut, frozen, cooked, boiled, with salt	0.12
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	0.12
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	0.12
14106	Alcoholic beverage, wine, table, white	0.12
14160	Alcoholic beverage, wine, table, white, Chardonnay	0.12
14262	Beverages, citrus fruit juice drink, frozen concentrate	0.12
14277	Beverages, grape drink, canned	0.12
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	0.12
16120	Soymilk, original and vanilla, unfortified	0.12
19383	Candies, toffee, prepared-from-recipe	0.12
20068	Tapioca, pearl, dry	0.12
20115	Noodles, japanese, soba, cooked	0.12
21416	POPEYES, Coleslaw	0.12
22931	SPAGHETTIOS, SpaghettiOs Original	0.12

NDB_No	Description	Zinc, Zn(mg) Value Per
22932	SPAGHETTIOS, SpaghettiOs A to Z's	0.12
22942	SPAGHETTIOS, SpaghettiOs A to Z's with Meatballs	0.12
27002	Soup, wonton, Chinese restaurant	0.12
27049	Sauce, tartar, ready-to-serve	0.12
27058	Sauce, barbecue, OPEN PIT, original	0.12
31017	CAMPBELL'S, V8 Vegetable Juice, Low Sodium Spicy Hot	0.12
43004	Babyfood, dessert, banana pudding, strained	0.12
19085	Candies, confectioner's coating, butterscotch	0.11
19243	Candies, HEATH BITES	0.11
19387	Frozen novelties, ice type, pineapple-coconut	0.11
43015	Salad dressing, caesar dressing, regular	0.11
43021	Salad dressing, caesar, low calorie	0.11
43355	Mayonnaise, low sodium, low calorie or diet	0.11
43523	Babyfood, mixed fruit yogurt, strained	0.11
02050	Vanilla extract	0.11
03109	Babyfood, vegetables, sweet potatoes, junior	0.11
03130	Babyfood, fruit, peaches, strained	0.11
03131	Babyfood, fruit, peaches, junior	0.11
04002	Lard	0.11
04027	Salad dressing, mayonnaise, imitation, soybean	0.11
04029	Salad dressing, mayonnaise, imitation, soybean without cholesterol	0.11
04609	Animal fat, bacon grease	0.11
04628	Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils	0.11
04668	Margarine, industrial, soy and partially hydrogenated soy oil, use for baking, sauces and candy	0.11
06043	Soup, cream of mushroom, canned, condensed	0.11
06168	Sauce, ready-to-serve, pepper or hot	0.11
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	0.11
06423	Soup, chicken with rice, canned, prepared with equal volume water	0.11
09022	Apricots, canned, water pack, with skin, solids and liquids	0.11
09023	Apricots, canned, water pack, without skin, solids and liquids	0.11
09024	Apricots, canned, juice pack, with skin, solids and liquids	0.11
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	0.11
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	0.11
09088	Elderberries, raw	0.11
09091	Figs, canned, light syrup pack, solids and liquids	0.11
09092	Figs, canned, heavy syrup pack, solids and liquids	0.11

NDB_No	Description	Zinc, Zn(mg) Value Per
09093	Figs, canned, extra heavy syrup pack, solids and liquids	0.11
09109	Gooseberries, canned, light syrup pack, solids and liquids	0.11
09129	Grapes, muscadine, raw	0.11
09159	Limes, raw	0.11
09205	Oranges, raw, with peel	0.11
09238	Peaches, canned, juice pack, solids and liquids	0.11
09263	Persimmons, japanese, raw	0.11
09271	Pineapple, canned, extra heavy syrup pack, solids and liquids	0.11
09272	Pineapple, frozen, chunks, sweetened	0.11
09273	Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	0.11
09282	Plums, canned, purple, juice pack, solids and liquids	0.11
09325	Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids	0.11
09357	Apricots, canned, heavy syrup, drained	0.11
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	0.11
09420	Jackfruit, canned, syrup pack	0.11
09510	Pineapple juice, canned, not from concentrate, unsweetened, with added vitamins A, C and E	0.11
11275	Mustard spinach, (tendergreen), cooked, boiled, drained, without salt	0.11
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	0.11
11540	Tomato juice, canned, with salt added	0.11
11591	Watercress, raw	0.11
11801	Mustard spinach, (tendergreen), cooked, boiled, drained, with salt	0.11
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	0.11
11886	Tomato juice, canned, without salt added	0.11
11958	Pickle relish, hamburger	0.11
14056	Beverages, Acai berry drink, fortified	0.11
14218	Beverages, coffee, instant, decaffeinated, powder	0.11
14253	Alcoholic beverages, wine, rose	0.11
01173	Egg, white, dried	0.10
02047	Salt, table	0.10
03093	Babyfood, green beans, dices, toddler	0.10
03137	Babyfood, fruit, prunes with tapioca, without ascorbic acid, junior	0.10
03154	Babyfood, fruit and vegetable, apple and sweet potato	0.10
03163	Babyfood, fruit, bananas with apples and pears, strained	0.10
04016	Salad dressing, sesame seed dressing, regular	0.10
04022	Salad dressing, russian dressing, low calorie	0.10
04367	Salad dressing, french dressing, fat-free	0.10

NDB_No	Description	Zinc, Zn(mg) Value Per
04626	Margarine-like spread with yogurt, 70% fat, stick, with salt	0.10
06112	Sauce, teriyaki, ready-to-serve	0.10
06189	Sauce, teriyaki, ready-to-serve, reduced sodium	0.10
06413	Soup, chicken broth, canned, prepared with equal volume water	0.10
06963	Fish broth	0.10
06970	Soup, chicken broth, low sodium, canned	0.10
08387	Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat	0.10
09001	Acerola, (west indian cherry), raw	0.10
09002	Acerola juice, raw	0.10
09028	Apricots, canned, heavy syrup pack, without skin, solids and liquids	0.10
09029	Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	0.10
09035	Apricots, frozen, sweetened	0.10
09063	Cherries, sour, red, raw	0.10
09068	Cherries, sour, red, frozen, unsweetened	0.10
09072	Cherries, sweet, canned, juice pack, solids and liquids	0.10
09073	Cherries, sweet, canned, light syrup pack, solids and liquids	0.10
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	0.10
09075	Cherries, sweet, canned, extra heavy syrup pack, solids and liquids	0.10
09079	Cranberries, dried, sweetened	0.10
09175	Mammy-apple, (mamey), raw	0.10
09231	Passion-fruit, (granadilla), purple, raw	0.10
09252	Pears, raw	0.10
09268	Pineapple, canned, juice pack, solids and liquids	0.10
09279	Plums, raw	0.10
09307	Rhubarb, raw	0.10
09309	Rhubarb, frozen, uncooked	0.10
09313	Sapodilla, raw	0.10
09315	Soursop, raw	0.10
09321	Sugar-apples, (sweetsop), raw	0.10
09322	Tamarinds, raw	0.10
09326	Watermelon, raw	0.10
09354	Pineapple, canned, juice pack, drained	0.10
09367	Cherries, sweet, canned, pitted, heavy syrup, drained	0.10
09415	Pears, raw, green anjou	0.10
09450	Naranjilla (lulo) pulp, frozen, unsweetened	0.10
11417	Pumpkin flowers, cooked, boiled, drained, without salt	0.10

NDB_No	Description	Zinc, Zn(mg) Value Per
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	0.10
11526	Taro, tahitian, cooked, without salt	0.10
11847	Pumpkin, flowers, cooked, boiled, drained, with salt	0.10
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	0.10
11881	Taro, tahitian, cooked, with salt	0.10
11937	Pickles, cucumber, dill or kosher dill	0.10
11947	Pickles, cucumber, dill, reduced sodium	0.10
12119	Nuts, coconut water (liquid from coconuts)	0.10
14121	Beverages, carbonated, club soda	0.10
14150	Beverages, carbonated, orange	0.10
14155	Beverages, carbonated, tonic water	0.10
14287	Beverages, Lemonade, powder	0.10
14548	Beverages, tea, instant, lemon, with added ascorbic acid	0.10
15162	Mollusks, clam, mixed species, canned, liquid	0.10
16228	Soymilk, original and vanilla, light, unsweetened, with added calcium, vitamins A and D	0.10
16230	Soymilk (all flavors), nonfat, with added calcium, vitamins A and D	0.10
16231	Soymilk, chocolate, nonfat, with added calcium, vitamins A and D	0.10
16585	GARDENBURGER Sun-Dried Tomato Basil Burger, frozen, unprepared	0.10
18499	KELLOGG, KELLOGG'S EGGO, Buttermilk Pancake	0.10
19333	Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water	0.10
22982	KASHI, STEAM MEAL, Chicken Fettuccine, Frozen Entree	0.10
22990	KASHI, STEAM MEAL, Roasted Garlic Chicken Farfalle, Frozen Entree	0.10
28004	KELLOGG'S, EGGO, Pancakes, Chocolate Chip	0.10
28036	GIRL SCOUTS, Trefoils Cookies	0.10
28076	KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Dark Chocolate	0.10
28077	KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Original Graham Cookies	0.10
28115	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Fudge Covered Pretzels	0.10
28118	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Fudge Grahams Cookies	0.10
28148	KEEBLER, TOWN HOUSE, Wheat Crackers	0.10
42135	Whipped topping, frozen, low fat	0.10
43382	Cranberry juice, unsweetened	0.10
43543	Milk, imitation, non-soy	0.10
44158	Pie fillings, blueberry, canned	0.10
44260	Puddings, all flavors except chocolate, low calorie, instant, dry mix	0.10
18323	Pie, peach	0.09
19070	Candies, butterscotch	0.09

NDB_No	Description	Zinc, Zn(mg) Value Per
19109	Candies, KIT KAT Wafer Bar	0.09
19320	Puddings, banana, dry mix, regular	0.09
19384	Candies, divinity, prepared-from-recipe	0.09
19706	Puddings, banana, dry mix, regular, with added oil	0.09
19710	Puddings, vanilla, dry mix, regular, with added oil	0.09
21521	Fast foods, strawberry banana smoothie made with ice and low-fat yogurt	0.09
27000	Soup, egg drop, Chinese restaurant	0.09
27050	Sauce, sweet and sour, ready-to-serve	0.09
27063	Sauce, enchilada, red, mild, ready to serve	0.09
31034	Peppers, hot pickled, canned	0.09
35206	Plums, wild (Northern Plains Indians)	0.09
44018	Sweeteners, tabletop, fructose, liquid	0.09
01001	Butter, salted	0.09
01145	Butter, without salt	0.09
03136	Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained	0.09
03141	Babyfood, pears, dices, toddler	0.09
03176	Babyfood, juice, orange and banana	0.09
04635	Salad dressing, thousand island dressing, fat-free	0.09
06080	Soup, chicken broth or bouillon, dry	0.09
06176	Sauce, oyster, ready-to-serve	0.09
06559	Soup, tomato, canned, prepared with equal volume water, commercial	0.09
06981	Soup, bouillon cubes and granules, low sodium, dry	0.09
06999	Gravy, CAMPBELL'S, chicken	0.09
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	0.09
09036	Apricot nectar, canned, without added ascorbic acid	0.09
09078	Cranberries, raw	0.09
09096	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	0.09
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	0.09
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	0.09
09119	Grapefruit, sections, canned, water pack, solids and liquids	0.09
09176	Mangos, raw	0.09
09184	Melons, honeydew, raw	0.09
09237	Peaches, canned, water pack, solids and liquids	0.09
09239	Peaches, canned, extra light syrup, solids and liquids	0.09
09240	Peaches, canned, light syrup pack, solids and liquids	0.09
09241	Peaches, canned, heavy syrup pack, solids and liquids	0.09

NDB_No	Description	Zinc, Zn(mg) Value Per
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	0.09
09253	Pears, canned, water pack, solids and liquids	0.09
09254	Pears, canned, juice pack, solids and liquids	0.09
09317	Strawberries, canned, heavy syrup pack, solids and liquids	0.09
09352	Blueberries, canned, light syrup, drained	0.09
09370	Peaches, canned, heavy syrup, drained	0.09
09403	Apricot nectar, canned, with added ascorbic acid	0.09
09442	Pomegranate juice, bottled	0.09
09449	Nance, frozen, unsweetened	0.09
09523	Lemon juice from concentrate, bottled, CONCORD	0.09
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	0.09
11525	Taro, tahitian, raw	0.09
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	0.09
11980	Peppers, chili, green, canned	0.09
14148	Beverages, carbonated, cola, regular	0.09
01070	Dessert topping, powdered	0.08
02069	Vinegar, balsamic	0.08
03132	Babyfood, fruit, pears, strained	0.08
03133	Babyfood, fruit, pears, junior	0.08
03134	Babyfood, fruit, plums with tapioca, without ascorbic acid, strained	0.08
03135	Babyfood, fruit, plums with tapioca, without ascorbic acid, junior	0.08
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	0.08
04657	Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter	0.08
06119	Gravy, chicken, canned or bottled, ready-to-serve	0.08
06183	Soup, chicken broth, less/reduced sodium, ready to serve	0.08
06210	Soup, cream of celery, canned, prepared with equal volume milk	0.08
06528	Soup, chicken noodle, dry, mix, prepared with water	0.08
09025	Apricots, canned, extra light syrup pack, with skin, solids and liquids	0.08
09071	Cherries, sweet, canned, water pack, solids and liquids	0.08
09098	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	0.08
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	0.08
09101	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra heavy syrup, solids and liquids	0.08
09102	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	0.08
09120	Grapefruit, sections, canned, juice pack, solids and liquids	0.08
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	0.08
09123	Grapefruit juice, white, canned or bottled, unsweetened	0.08

NDB_No	Description	Zinc, Zn(mg) Value Per
09160	Lime juice, raw	0.08
09202	Oranges, raw, navels	0.08
09203	Oranges, raw, Florida	0.08
09226	Papayas, raw	0.08
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	0.08
09251	Peach nectar, canned, without added ascorbic acid	0.08
09256	Pears, canned, light syrup pack, solids and liquids	0.08
09257	Pears, canned, heavy syrup pack, solids and liquids	0.08
09258	Pears, canned, extra heavy syrup pack, solids and liquids	0.08
09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	0.08
09281	Plums, canned, purple, water pack, solids and liquids	0.08
09283	Plums, canned, purple, light syrup pack, solids and liquids	0.08
09295	Pummelo, raw	0.08
09301	Rambutan, canned, syrup pack	0.08
09310	Rhubarb, frozen, cooked, with sugar	0.08
09351	Fruit cocktail, canned, heavy syrup, drained	0.08
09374	Pears, canned, heavy syrup, drained	0.08
09407	Peach nectar, canned, with added ascorbic acid	0.08
09412	Pears, raw, bartlett	0.08
09416	Grapefruit juice, white, bottled, unsweetened, OCEAN SPRAY	0.08
09429	Pineapple, raw, traditional varieties	0.08
09515	Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	0.08
09520	Kiwifruit, ZESPRI SunGold, raw	0.08
09530	Fruit juice smoothie, ODWALLA, strawberry banana	0.08
09531	Fruit juice smoothie, NAKED JUICE, strawberry banana	0.08
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	0.08
14168	Beverages, Carob-flavor beverage mix, powder	0.08
14187	Beverages, Clam and tomato juice, canned	0.08
14252	Beverages, Malt liquor beverage	0.08
14553	Beverages, Wine, non-alcoholic	0.08
19129	Syrups, table blends, pancake	0.08
19198	Puddings, tapioca, dry mix	0.08
19709	Puddings, tapioca, dry mix, with no added salt	0.08
19906	Sweeteners, for baking, brown, contains sugar and sucralose	0.08
21315	McDONALD'S, Sweet 'N Sour Sauce	0.08
27061	Gravy, HEINZ Home Style, classic chicken	0.08

NDB_No	Description	Zinc, Zn(mg) Value Per
27067	Sauce, OLD EL PASO, enchilada, red, mild, ready to serve	0.08
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	0.08
42266	Babyfood, juice, apple-sweet potato	0.08
43154	Alcoholic beverage, wine, cooking	0.08
43155	Alcoholic beverage, wine, light	0.08
43408	Babyfood, juice, pear	0.08
43585	Babyfood, fruit supreme dessert	0.08
19230	Frostings, vanilla, creamy, ready-to-eat	0.07
19250	Candies, HERSHEY, KIT KAT BIG KAT Bar	0.07
19422	Snacks, potato chips, reduced fat	0.07
19703	Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C	0.07
19704	Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium	0.07
19856	Frozen novelties, juice type, POPSICLE SCRIBBLERS	0.07
20003	Arrowroot flour	0.07
42231	Oil, flaxseed, cold pressed	0.07
42267	Babyfood, juice, orange-carrot	0.07
43027	Jellies, no sugar (with sodium saccharin), any flavors	0.07
43098	Pie fillings, cherry, low calorie	0.07
01069	Cream substitute, powdered	0.07
01172	Egg, white, raw, frozen, pasteurized	0.07
03158	Babyfood, fruit, pears and pineapple, strained	0.07
03280	Babyfood, fruit, bananas with tapioca, junior	0.07
04013	Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	0.07
04018	Salad dressing, mayonnaise type, regular, with salt	0.07
04114	Salad dressing, italian dressing, commercial, regular	0.07
04631	Margarine-like, vegetable oil spread, fat-free, tub	0.07
04641	Salad dressing, mayonnaise, light	0.07
04708	Mayonnaise, reduced fat, with olive oil	0.07
06194	Soup, chicken broth, ready-to-serve	0.07
06195	CAMPBELL'S, HEALTHY REQUEST, cream of chicken soup, condensed	0.07
06988	CAMPBELL'S HEALTHY REQUEST, Cream of Mushroom Soup, condensed	0.07
08511	Cereals, MALT-O-MEAL, original, plain, prepared with water, without salt	0.07
09052	Blueberries, canned, heavy syrup, solids and liquids	0.07
09054	Blueberries, frozen, unsweetened	0.07
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	0.07
09065	Cherries, sour, red, canned, light syrup pack, solids and liquids	0.07

NDB_No	Description	Zinc, Zn(mg) Value Per
09070	Cherries, sweet, raw	0.07
09104	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, light syrup, solids and liquids	0.07
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	0.07
09106	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, extra heavy syrup, solids and liquids	0.07
09111	Grapefruit, raw, pink and red and white, all areas	0.07
09112	Grapefruit, raw, pink and red, all areas	0.07
09113	Grapefruit, raw, pink and red, California and Arizona	0.07
09114	Grapefruit, raw, pink and red, Florida	0.07
09116	Grapefruit, raw, white, all areas	0.07
09117	Grapefruit, raw, white, California	0.07
09118	Grapefruit, raw, white, Florida	0.07
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	0.07
09132	Grapes, red or green (European type, such as Thompson seedless), raw	0.07
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	0.07
09164	Litchis, raw	0.07
09183	Melons, casaba, raw	0.07
09200	Oranges, raw, all commercial varieties	0.07
09209	Orange juice, chilled, includes from concentrate	0.07
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	0.07
09211	Orange juice, chilled, includes from concentrate, with added calcium	0.07
09217	Orange-grapefruit juice, canned or bottled, unsweetened	0.07
09218	Tangerines, (mandarin oranges), raw	0.07
09255	Pears, canned, extra light syrup pack, solids and liquids	0.07
09262	Pear nectar, canned, without added ascorbic acid	0.07
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	0.07
09285	Plums, canned, purple, extra heavy syrup pack, solids and liquids	0.07
09362	Cherries, sour, canned, water pack, drained	0.07
09379	Plums, canned, heavy syrup, drained	0.07
09408	Pear nectar, canned, with added ascorbic acid	0.07
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	0.07
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	0.07
09516	Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	0.07
11220	Gourd, dishcloth (towelgourd), raw	0.07
11287	Onions, frozen, chopped, unprepared	0.07
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	0.07
11527	Tomatoes, green, raw	0.07

NDB_No	Description	Zinc, Zn(mg) Value Per
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	0.07
14028	Beverages, Whiskey sour mix, bottled	0.07
14050	Alcoholic beverage, distilled, rum, 80 proof	0.07
14057	Alcoholic beverage, wine, dessert, sweet	0.07
14091	Beverages, almond milk, unsweetened, shelf stable	0.07
14092	Beverages, chocolate almond milk, unsweetened, shelf-stable, fortified with vitamin D2 and E	0.07
14130	Carbonated beverage, cream soda	0.07
14142	Beverages, carbonated, grape soda	0.07
14157	Beverages, carbonated, root beer	0.07
14268	Beverages, Fruit punch drink, frozen concentrate	0.07
14430	Cranberry juice cocktail, frozen concentrate	0.07
14530	Whiskey sour mix, bottled, with added potassium and sodium	0.07
14536	Alcoholic beverage, wine, dessert, dry	0.07
16004	Yokan, prepared from adzuki beans and sugar	0.07
18086	Cake, angelfood, commercially prepared	0.07
02051	Vanilla extract, imitation, alcohol	0.06
03129	Babyfood, fruit, bananas with tapioca, strained	0.06
03160	Babyfood, fruit, guava and papaya with tapioca, strained	0.06
03172	Babyfood, juice, orange	0.06
04021	Salad dressing, italian dressing, commercial, reduced fat	0.06
04629	Margarine, margarine-type vegetable oil spread, 70% fat, soybean and partially hydrogenated soybean, stick	0.06
04630	Margarine Spread, approximately 48% fat, tub	0.06
06174	Soup, stock, fish, home-prepared	0.06
06410	Soup, cream of celery, canned, prepared with equal volume water	0.06
06443	Soup, cream of mushroom, canned, prepared with equal volume water	0.06
06446	Soup, cream of onion, canned, prepared with equal volume water	0.06
09010	Apples, dehydrated (low moisture), sulfured, stewed	0.06
09055	Blueberries, frozen, sweetened	0.06
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	0.06
09067	Cherries, sour, red, canned, extra heavy syrup pack, solids and liquids	0.06
09124	Grapefruit juice, white, canned, sweetened	0.06
09150	Lemons, raw, without peel	0.06
09161	Lime juice, canned or bottled, unsweetened	0.06
09201	Oranges, raw, California, valencias	0.06
09233	Passion-fruit juice, yellow, raw	0.06
09320	Strawberries, frozen, sweetened, sliced	0.06

NDB_No	Description	Zinc, Zn(mg) Value Per
09334	Feijoa, raw	0.06
09433	Clementines, raw	0.06
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	0.06
09448	Nance, canned, syrup, drained	0.06
09452	Orange Pineapple Juice Blend	0.06
09508	Fruit juice smoothie, NAKED JUICE, GREEN MACHINE	0.06
09513	Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	0.06
10864	Pork, bacon, rendered fat, cooked	0.06
11108	Butterbur, canned	0.06
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	0.06
11337	Peppers, sweet, green, frozen, chopped, unprepared	0.06
11339	Peppers, sweet, green, sauteed	0.06
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	0.06
11917	Peppers, sweet, red, frozen, chopped, unprepared	0.06
14027	Alcoholic beverage, whiskey sour, canned	0.06
14029	Alcoholic beverage, whiskey sour, prepared from item 14028	0.06
14137	Beverages, NESTEA, tea, black, ready-to-drink, lemon	0.06
14334	Beverages, pineapple and grapefruit juice drink, canned	0.06
14341	Beverages, pineapple and orange juice drink, canned	0.06
14424	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate. Not manufactured anymore.	0.06
14450	Beverages, drink mix, QUAKER OATS, GATORADE, orange flavor, powder	0.06
14531	Alcoholic beverage, whiskey sour	0.06
14638	Beverages, Horchata, as served in restaurant	0.06
19030	Syrup, fruit flavored	0.06
19137	Toppings, strawberry	0.06
19202	Puddings, vanilla, dry mix, instant	0.06
19294	Fruit butters, apple	0.06
19297	Jams and preserves	0.06
19375	Frostings, glaze, prepared-from-recipe	0.06
19719	Jams and preserves, apricot	0.06
20027	Cornstarch	0.06
21314	McDONALD'S, Spicy Buffalo Sauce	0.06
21349	McDONALD'S, NEWMAN'S OWN Ranch Dressing	0.06
43028	Jams and preserves, no sugar (with sodium saccharin), any flavor	0.06
19108	Candies, jellybeans	0.05
19263	Frozen novelties, fruit and juice bars	0.05

NDB_No	Description	Zinc, Zn(mg) Value Per
19314	Pie fillings, canned, cherry	0.05
19330	Puddings, lemon, dry mix, instant	0.05
19366	Toppings, pineapple	0.05
42141	Cream substitute, liquid, light	0.05
42193	Salad Dressing, mayonnaise-like, fat-free	0.05
43546	Babyfood, banana no tapioca, strained	0.05
43550	Babyfood, banana apple dessert, strained	0.05
01002	Butter, whipped, with salt	0.05
03118	Babyfood, fruit, apricot with tapioca, strained	0.05
03147	Babyfood, fruit, applesauce with banana, junior	0.05
03169	Babyfood, apple-cranberry juice	0.05
03171	Babyfood, juice, apple and prune	0.05
03222	Babyfood, cherry cobbler, junior	0.05
03236	Babyfood, dessert, fruit dessert, without ascorbic acid, junior	0.05
03238	Babyfood, dessert, tropical fruit, junior	0.05
06494	Soup, onion, dry, mix, prepared with water	0.05
09004	Apples, raw, without skin	0.05
09008	Apples, canned, sweetened, sliced, drained, heated	0.05
09012	Apples, dried, sulfured, stewed, without added sugar	0.05
09014	Apples, frozen, unsweetened, unheated	0.05
09015	Apples, frozen, unsweetened, heated	0.05
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	0.05
09127	Grapefruit juice, pink or red, with added calcium	0.05
09128	Grapefruit juice, white, raw	0.05
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	0.05
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	0.05
09152	Lemon juice, raw	0.05
09154	Lemon juice, frozen, unsweetened, single strength	0.05
09172	Longans, raw	0.05
09174	Loquats, raw	0.05
09206	Orange juice, raw	0.05
09228	Papaya, canned, heavy syrup, drained	0.05
09232	Passion-fruit juice, purple, raw	0.05
09250	Peaches, frozen, sliced, sweetened	0.05
09319	Strawberries, frozen, sweetened, whole	0.05
09404	Grapefruit juice, pink, raw	0.05

NDB_No	Description	Zinc, Zn(mg) Value Per
09443	Juice, apple and grape blend, with added ascorbic acid	0.05
09503	Apples, raw, gala, with skin	0.05
09522	Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium	0.05
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	0.05
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	0.05
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	0.05
14048	Beverages, FUZE, orange mango, fortified with vitamins A, C, E, B6	0.05
14136	Beverages, carbonated, ginger ale	0.05
14202	Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated	0.05
14210	Beverages, coffee, brewed, espresso, restaurant-prepared	0.05
14436	Beverages, orange breakfast drink, ready-to-drink, with added nutrients	0.05
14537	Carbonated beverage, low calorie, other than cola or pepper, with sodium saccharin, without caffeine	0.05
14629	Beverages, Energy drink, ROCKSTAR	0.05
02048	Vinegar, cider	0.04
03115	Babyfood, apples, dices, toddler	0.04
03117	Babyfood, fruit, applesauce, junior	0.04
03128	Babyfood, fruit, apricot with tapioca, junior	0.04
03142	Babyfood, fruit, applesauce and apricots, strained	0.04
03157	Babyfood, fruit, bananas and pineapple with tapioca, strained	0.04
03165	Babyfood, fruit, apple and blueberry, junior	0.04
03167	Babyfood, apple-banana juice	0.04
03175	Babyfood, juice, orange and apricot	0.04
03177	Babyfood, juice, orange and pineapple	0.04
03178	Babyfood, juice, prune and orange	0.04
03224	Babyfood, dessert, cherry vanilla pudding, strained	0.04
03235	Babyfood, dessert, fruit dessert, without ascorbic acid, strained	0.04
03265	Babyfood, juice, apple and grape	0.04
03267	Babyfood, juice, fruit punch, with calcium	0.04
04656	Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter	0.04
04658	Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product	0.04
04659	Oil, industrial, coconut, confection fat, typical basis for ice cream coatings	0.04
04660	Oil, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy	0.04
04661	Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners	0.04
04662	Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)	0.04
04663	Oil, industrial, palm kernel (hydrogenated), filling fat	0.04
09003	Apples, raw, with skin	0.04

NDB_No	Description	Zinc, Zn(mg) Value Per
09005	Apples, raw, without skin, cooked, boiled	0.04
09006	Apples, raw, without skin, cooked, microwave	0.04
09013	Apples, dried, sulfured, stewed, with added sugar	0.04
09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	0.04
09076	Cherries, sweet, frozen, sweetened	0.04
09131	Grapes, american type (slip skin), raw	0.04
09195	Olives, pickled, canned or bottled, green	0.04
09207	Orange juice, canned, unsweetened	0.04
09212	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium	0.04
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	0.04
09296	Quinces, raw	0.04
09402	Applesauce, canned, sweetened, with salt	0.04
09411	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added ascorbic acid	0.04
09500	Apples, raw, red delicious, with skin	0.04
09501	Apples, raw, golden delicious, with skin	0.04
09502	Apples, raw, granny smith, with skin	0.04
09504	Apples, raw, fuji, with skin	0.04
09517	Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	0.04
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	0.04
14025	Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix	0.04
14034	Alcoholic beverage, creme de menthe, 72 proof	0.04
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	0.04
14145	Beverages, carbonated, SPRITE, lemon-lime, without caffeine	0.04
14153	Beverages, carbonated, pepper-type, contains caffeine	0.04
14162	Beverages, Apple juice drink, light, fortified with vitamin C	0.04
14227	Beverages, OCEAN SPRAY, White Cranberry Strawberry Flavored Juice Drink	0.04
14240	Beverages, cranberry-apricot juice drink, bottled	0.04
14241	Beverages, cranberry-grape juice drink, bottled	0.04
14263	Beverages, citrus fruit juice drink, frozen concentrate, prepared with water	0.04
14292	Lemonade, frozen concentrate, white	0.04
14327	Beverages, orange and apricot juice drink, canned	0.04
14381	Beverages, tea, herb, other than chamomile, brewed	0.04
14427	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water	0.04
14532	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof	0.04
14533	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof	0.04
14545	Beverages, tea, herb, brewed, chamomile	0.04

NDB_No	Description	Zinc, Zn(mg) Value Per
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	0.04
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	0.04
14647	Beverages, Fruit flavored drink, reduced sugar, greater than 3% fruit juice, high vitamin C, added calcium	0.04
14648	Beverages, fruit juice drink, greater than 3% fruit juice, high vitamin C and added thiamin	0.04
14649	Beverages, tea, hibiscus, brewed	0.04
14651	Beverages, fruit juice drink, greater than 3% juice, high vitamin C	0.04
19099	Candies, fondant, prepared-from-recipe	0.04
19116	Candies, marshmallows	0.04
19187	Flan, caramel custard, dry mix	0.04
19217	Frozen novelties, ice type, fruit, no sugar added	0.04
19222	Desserts, rennin, vanilla, dry mix	0.04
19303	Marmalade, orange	0.04
19312	Pie fillings, apple, canned	0.04
19318	Puddings, banana, dry mix, instant	0.04
19349	Syrups, corn, dark	0.04
19365	Toppings, marshmallow cream	0.04
19705	Puddings, banana, dry mix, instant, with added oil	0.04
19909	Sweeteners, sugar substitute, granulated, brown	0.04
31033	Ginger root, pickled, canned, with artificial sweetener	0.04
42116	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie	0.04
42140	Salad dressing, italian dressing, reduced calorie	0.04
19281	Frozen novelties, ice type, italian, restaurant-prepared	0.03
19300	Jellies	0.03
19334	Sugars, brown	0.03
19362	Syrups, table blends, corn, refiner, and sugar	0.03
19908	Sugar, turbinado	0.03
21348	McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette	0.03
28334	Cookies, gluten-free, lemon wafer	0.03
28358	GLUTINO, Gluten Free Wafers, Lemon Flavored	0.03
43535	Babyfood, juice, apple - cherry	0.03
44110	Jellies, reduced sugar, home preserved	0.03
01073	Dessert topping, semi solid, frozen	0.03
01124	Egg, white, raw, fresh	0.03
02068	Vinegar, red wine	0.03
03001	Babyfood, juice treats, fruit medley, toddler	0.03
03140	Babyfood, fruit dessert, mango with tapioca	0.03

NDB_No	Description	Zinc, Zn(mg) Value Per
03143	Babyfood, fruit, applesauce and apricots, junior	0.03
03144	Babyfood, fruit, applesauce and cherries, strained	0.03
03145	Babyfood, fruit, applesauce and cherries, junior	0.03
03151	Babyfood, fruit, applesauce and pineapple, junior	0.03
03152	Babyfood, fruit, apple and raspberry, strained	0.03
03153	Babyfood, fruit, apple and raspberry, junior	0.03
03156	Babyfood, fruit, bananas and pineapple with tapioca, junior	0.03
03162	Babyfood, fruit, papaya and applesauce with tapioca, strained	0.03
03164	Babyfood, fruit, apple and blueberry, strained	0.03
03166	Babyfood, juice, apple	0.03
03168	Babyfood, juice, apple and peach	0.03
03170	Babyfood, juice, apple and plum	0.03
03173	Babyfood, juice, orange and apple	0.03
03174	Babyfood, juice, orange and apple and banana	0.03
03179	Babyfood, juice, mixed fruit	0.03
03221	Babyfood, dessert, dutch apple, junior	0.03
03225	Babyfood, dessert, cherry vanilla pudding, junior	0.03
03228	Babyfood, dessert, peach cobbler, junior	0.03
03268	Babyfood, juice, apple and cherry	0.03
03269	Babyfood, juice, apple, with calcium	0.03
04585	Margarine-like, margarine-butter blend, soybean oil and butter	0.03
06615	Soup, SWANSON, vegetable broth	0.03
06700	Soup, vegetable broth, ready to serve	0.03
09007	Apples, canned, sweetened, sliced, drained, unheated	0.03
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	0.03
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	0.03
09081	Cranberry sauce, canned, sweetened	0.03
09221	Tangerine juice, raw	0.03
09223	Tangerine juice, canned, sweetened	0.03
09401	Applesauce, canned, unsweetened, with added ascorbic acid	0.03
09435	Guava nectar, canned, with added ascorbic acid	0.03
09526	Cranberry sauce, jellied, canned, OCEAN SPRAY	0.03
11241	Kohlrabi, raw	0.03
14009	Alcoholic beverage, daiquiri, canned	0.03
14166	Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine	0.03
14217	Beverages, OCEAN SPRAY, Cran Grape	0.03

NDB_No	Description	Zinc, Zn(mg) Value Per
14221	Beverages, OCEAN SPRAY, Diet Cranberry Juice	0.03
14242	Cranberry juice cocktail, bottled	0.03
14246	Beverages, tea, green, instant, decaffeinated, lemon, unsweetened, fortified with vitamin C	0.03
14256	Beverages, OCEAN SPRAY, Cran Cherry	0.03
14258	Beverages, OCEAN SPRAY, White Cranberry Peach	0.03
14282	Beverages, grape juice drink, canned	0.03
14296	Beverages, lemonade-flavor drink, powder	0.03
14357	Beverages, tea, instant, decaffeinated, lemon, sweetened	0.03
14370	Beverages, tea, instant, lemon, sweetened, powder	0.03
14414	Alcoholic beverage, liqueur, coffee, 53 proof	0.03
14534	Alcoholic beverage, liqueur, coffee, 63 proof	0.03
14542	Lemonade, frozen concentrate, pink	0.03
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	0.02
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	0.02
03116	Babyfood, fruit, applesauce, strained	0.02
03150	Babyfood, fruit, applesauce and pineapple, strained	0.02
04047	Oil, coconut	0.02
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	0.02
04690	Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	0.02
06984	Soup, SWANSON Chicken Broth 99% Fat Free	0.02
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	0.02
09340	Pears, asian, raw	0.02
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	0.02
09434	Guanabana nectar, canned	0.02
09436	Mango nectar, canned	0.02
09437	Tamarind nectar, canned	0.02
09519	Guava nectar, with sucralose, canned	0.02
09525	Cranberry sauce, whole, canned, OCEAN SPRAY	0.02
11941	Pickles, cucumber, sour	0.02
11946	Pickles, cucumber, sour, low sodium	0.02
14052	Alcoholic beverage, distilled, whiskey, 86 proof	0.02
14064	Beverages, Orange juice, light, No pulp	0.02
14090	Beverages, Coconut water, ready-to-drink, unsweetened	0.02
14180	Beverages, coffee, brewed, breakfast blend	0.02
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	0.02
14209	Beverages, coffee, brewed, prepared with tap water	0.02

NDB_No	Description	Zinc, Zn(mg) Value Per
14220	Beverages, OCEAN SPRAY, Cranberry-Apple Juice Drink, bottled	0.02
14226	Beverages, OCEAN SPRAY, Light Cranberry and Raspberry Flavored Juice	0.02
14233	Beverages, OCEAN SPRAY, Cran Raspberry Juice Drink	0.02
14238	Beverages, cranberry-apple juice drink, bottled	0.02
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	0.02
14250	Beverages, AMBER, hard cider	0.02
14255	Beverages, OCEAN SPRAY, Cran Pomegranate	0.02
14257	Beverages, OCEAN SPRAY, Light Cranberry	0.02
14259	Beverages, OCEAN SPRAY, Light Cranberry, Concord Grape	0.02
14269	Beverages, Fruit punch drink, frozen concentrate, prepared with water	0.02
14284	Beverages, Cranberry juice cocktail	0.02
14285	Beverages, OCEAN SPRAY, Ruby Red cranberry	0.02
14293	Lemonade, frozen concentrate, white, prepared with water	0.02
14305	Malt beverage, includes non-alcoholic beer	0.02
14323	Beverages, orange drink, canned, with added vitamin C	0.02
14352	Beverages, tea, black, brewed, prepared with tap water, decaffeinated	0.02
14355	Beverages, tea, black, brewed, prepared with tap water	0.02
14400	Beverages, carbonated, cola, fast-food cola	0.02
14425	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water	0.02
14431	Cranberry juice cocktail, frozen concentrate, prepared with water	0.02
14541	Beverages, fruit punch-flavor drink, powder, without added sodium, prepared with water	0.02
14636	Beverages, fruit juice drink, reduced sugar, with vitamin E added	0.02
18370	Leavening agents, baking powder, double-acting, straight phosphate	0.02
19206	Puddings, vanilla, dry mix, regular	0.02
19228	Frostings, cream cheese-flavor, ready-to-eat	0.02
19247	Frostings, white, fluffy, dry mix, prepared with water	0.02
19280	Frozen novelties, ice type, lime	0.02
19332	Puddings, lemon, dry mix, regular	0.02
19351	Syrups, corn, high-fructose	0.02
19370	Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies	0.02
19708	Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	0.02
42136	Cream substitute, powdered, light	0.02
42270	Beverages, Orange juice drink	0.02
42307	Margarine-like, butter-margarine blend, 80% fat, stick, without salt	0.02
42309	Margarine-like, vegetable oil-butter spread, reduced calorie, tub, with salt	0.02
43019	Salad dressing, sweet and sour	0.02

NDB_No	Description	Zinc, Zn(mg) Value Per
43075	Fluid replacement, electrolyte solution (include PEDIALYTE)	0.02
43346	Frozen novelties, juice type, orange	0.02
43401	Beverages, coffee, instant, with whitener, reduced calorie	0.02
43404	Beverages, cranberry-apple juice drink, low calorie, with vitamin C added	0.02
43479	Alcoholic beverage, rice (sake)	0.02
44005	Oil, corn, peanut, and olive	0.02
44203	Beverages, Cocktail mix, non-alcoholic, concentrated, frozen	0.02
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	0.01
19107	Candies, hard	0.01
19164	Candies, SPECIAL DARK Chocolate Bar	0.01
19172	Gelatin desserts, dry mix	0.01
19173	Gelatin desserts, dry mix, prepared with water	0.01
19181	Candies, YORK BITES	0.01
19244	Frostings, vanilla, creamy, dry mix	0.01
19246	Frostings, white, fluffy, dry mix	0.01
19335	Sugars, granulated	0.01
19336	Sugars, powdered	0.01
19337	Sweeteners, tabletop, aspartame, EQUAL, packets	0.01
19371	Frostings, vanilla, creamy, dry mix, prepared with margarine	0.01
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	0.01
19907	Sweeteners, for baking, contains sugar and sucralose	0.01
19912	Sweetener, syrup, agave	0.01
42151	Vegetable oil-butter spread, reduced calorie	0.01
43158	Sweeteners, tabletop, saccharin (sodium saccharin)	0.01
43268	Whipped cream substitute, dietetic, made from powdered mix	0.01
43345	Beverages, fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie	0.01
01003	Butter oil, anhydrous	0.01
01072	Dessert topping, pressurized	0.01
02052	Vanilla extract, imitation, no alcohol	0.01
02053	Vinegar, distilled	0.01
03220	Babyfood, dessert, dutch apple, strained	0.01
04042	Oil, peanut, salad or cooking	0.01
04044	Oil, soybean, salad or cooking	0.01
04600	Margarine-like, vegetable oil-butter spread, tub, with salt	0.01
04699	Oil, industrial, soy, low linolenic	0.01
04700	Oil, industrial, soy, ultra low linolenic	0.01

NDB_No	Description	Zinc, Zn(mg) Value Per
04701	Oil, industrial, soy, fully hydrogenated	0.01
06032	Soup, beef broth bouillon and consomme, canned, condensed	0.01
06475	Soup, beef broth or bouillon, powder, prepared with water	0.01
06476	Soup, beef broth, cubed, prepared with water	0.01
06480	Soup, chicken broth or bouillon, dry, prepared with water	0.01
06481	Soup, chicken broth cubes, dry, prepared with water	0.01
08491	Cereals ready-to-eat, MOM'S BEST, Honey Nut TOASTY O'S	0.01
14003	Alcoholic beverage, beer, regular, all	0.01
14005	Alcoholic beverage, beer, light, BUDWEISER SELECT	0.01
14006	Alcoholic beverage, beer, light	0.01
14013	Alcoholic beverage, beer, light, low carb	0.01
14038	Beverages, OCEAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink	0.01
14095	Beverages, MINUTE MAID, Lemonada, Limeade	0.01
14119	Beverages, Mixed vegetable and fruit juice drink, with added nutrients	0.01
14144	Beverages, carbonated, lemon-lime soda, no caffeine	0.01
14146	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine	0.01
14147	Beverages, carbonated, cola, without caffeine	0.01
14149	Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners	0.01
14154	Beverages, Energy drink, RED BULL	0.01
14165	Beverages, carbonated, limeade, high caffeine	0.01
14174	Beverages, Lemonade fruit juice drink light, fortified with vitamin E and C	0.01
14188	Beverages, tea, green, ready to drink, ginseng and honey, sweetened	0.01
14189	Beverages, The COCA-COLA company, Minute Maid, Lemonade	0.01
14190	Beverages, tea, green, ready-to-drink, diet	0.01
14199	Beverages, tea, black, ready-to-drink, lemon, sweetened	0.01
14206	Beverages, tea, green, ready-to-drink, sweetened	0.01
14207	Beverages, tea, ready-to-drink, lemon, diet	0.01
14215	Beverages, coffee, instant, regular, prepared with water	0.01
14219	Beverages, coffee, instant, decaffeinated, prepared with water	0.01
14223	Beverages, coffee, instant, chicory	0.01
14234	Beverages, OCEAN SPRAY, Cran Lemonade	0.01
14235	Beverages, OCEAN SPRAY, Diet Cran Cherry	0.01
14237	Beverages, coffee substitute, cereal grain beverage, prepared with water	0.01
14239	Alcoholic beverage, malt beer, hard lemonade	0.01
14248	Alcoholic beverage, beer, light, higher alcohol	0.01
14251	Alcoholic beverages, beer, higher alcohol	0.01

NDB_No	Description	Zinc, Zn(mg) Value Per
14260	Beverages, tea, green, brewed, decaffeinated	0.01
14261	Beverages, tea, green, ready to drink, unsweetened	0.01
14264	Beverages, fruit punch drink, without added nutrients, canned	0.01
14267	Beverages, Fruit punch drink, with added nutrients, canned	0.01
14278	Beverages, tea, green, brewed, regular	0.01
14280	Beverages, tea, black, ready to drink, decaffeinated, diet	0.01
14281	Beverages, tea, black, ready to drink, decaffeinated	0.01
14288	Lemonade, powder, prepared with water	0.01
14297	Beverages, lemonade-flavor drink, powder, prepared with water	0.01
14303	Limeade, frozen concentrate, prepared with water	0.01
14367	Beverages, tea, instant, unsweetened, prepared with water	0.01
14371	Beverages, tea, instant, lemon, sweetened, prepared with water	0.01
14376	Beverages, tea, instant, lemon, diet	0.01
14407	Beverages, orange-flavor drink, breakfast type, powder	0.01
14408	Beverages, orange-flavor drink, breakfast type, powder, prepared with water	0.01
14411	Beverages, water, tap, drinking	0.01
14412	Beverages, water, tap, well	0.01
14416	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	0.01
14460	Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.	0.01
14461	Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	0.01
14475	Beverages, ARIZONA, tea, ready-to-drink, lemon	0.01
14476	Beverages, LIPTON BRISK, tea, black, ready-to-drink, lemon	0.01
14543	Beverages, lemonade, frozen concentrate, pink, prepared with water	0.01
14544	Beverages, tea, black, brewed, prepared with distilled water	0.01
14599	Beverages, Powerade Zero Ion4, calorie-free, assorted flavors	0.01
14601	Beverages, WENDY'S, tea, ready-to-drink, unsweetened	0.01
14627	Beverages, Energy Drink, Monster, fortified with vitamins C, B2, B3, B6, B12	0.01
14633	Beverages, Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C	0.01
14635	Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E	0.01
03024	Babyfood, water, bottled, GERBER, without added fluoride.	0.00
04001	Fat, beef tallow	0.00
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	0.00
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	0.00
04037	Oil, rice bran	0.00
04038	Oil, wheat germ	0.00
04053	Oil, olive, salad or cooking	0.00

NDB_No	Description	Zinc, Zn(mg) Value Per
04055	Oil, palm	0.00
04058	Oil, sesame, salad or cooking	0.00
04060	Oil, sunflower, linoleic (less than 60%)	0.00
04073	Margarine, regular, hard, soybean (hydrogenated)	0.00
04133	Salad dressing, french, home recipe	0.00
04135	Salad dressing, home recipe, vinegar and oil	0.00
04501	Oil, cocoa butter	0.00
04502	Oil, cottonseed, salad or cooking	0.00
04506	Oil, sunflower, linoleic, (approx. 65%)	0.00
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	0.00
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	0.00
04513	Vegetable oil, palm kernel	0.00
04514	Oil, poppyseed	0.00
04515	Oil, tomatoseed	0.00
04516	Oil, teaseed	0.00
04517	Oil, grapeseed	0.00
04518	Oil, corn, industrial and retail, all purpose salad or cooking	0.00
04520	Fat, mutton tallow	0.00
04528	Oil, walnut	0.00
04529	Oil, almond	0.00
04530	Oil, apricot kernel	0.00
04531	Oil, soybean lecithin	0.00
04532	Oil, hazelnut	0.00
04534	Oil, babassu	0.00
04536	Oil, sheanut	0.00
04541	Oil, cupu assu	0.00
04542	Fat, chicken	0.00
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	0.00
04544	Shortening, household, lard and vegetable oil	0.00
04545	Oil, sunflower, linoleic, (partially hydrogenated)	0.00
04546	Shortening bread, soybean (hydrogenated) and cottonseed	0.00
04548	Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)	0.00
04549	Shortening industrial, lard and vegetable oil	0.00
04550	Shortening frying (heavy duty), beef tallow and cottonseed	0.00
04551	Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)	0.00
04554	Shortening industrial, soybean (hydrogenated) and cottonseed	0.00

NDB_No	Description	Zinc, Zn(mg) Value Per
04556	Shortening frying (heavy duty), palm (hydrogenated)	0.00
04559	Shortening household soybean (hydrogenated) and palm	0.00
04560	Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)	0.00
04570	Shortening, confectionery, fractionated palm	0.00
04572	Oil, nutmeg butter	0.00
04573	Oil, ucuhuba butter	0.00
04574	Fat, duck	0.00
04575	Fat, turkey	0.00
04576	Fat, goose	0.00
04581	Oil, avocado	0.00
04582	Oil, canola	0.00
04583	Oil, mustard	0.00
04584	Oil, sunflower, high oleic (70% and over)	0.00
04586	Shortening, special purpose for cakes and frostings, soybean (hydrogenated)	0.00
04587	Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed	0.00
04588	Oil, oat	0.00
04589	Fish oil, cod liver	0.00
04590	Fish oil, herring	0.00
04591	Fish oil, menhaden	0.00
04592	Fish oil, menhaden, fully hydrogenated	0.00
04593	Fish oil, salmon	0.00
04594	Fish oil, sardine	0.00
04595	Shortening, multipurpose, soybean (hydrogenated) and palm (hydrogenated)	0.00
04606	Meat drippings (lard, beef tallow, mutton tallow)	0.00
04610	Margarine, regular, 80% fat, composite, stick, with salt	0.00
04611	Margarine, regular, 80% fat, composite, tub, with salt	0.00
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	0.00
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	0.00
04614	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	0.00
04615	Shortening, vegetable, household, composite	0.00
04617	Margarine, regular, 80% fat, composite, stick, without salt	0.00
04618	Margarine, regular, 80% fat, composite, tub, without salt	0.00
04620	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt	0.00
04633	Margarine-like, vegetable oil spread, 20% fat, with salt	0.00
04634	Margarine-like, vegetable oil spread, 20% fat, without salt	0.00
04642	Oil, industrial, mid-oleic, sunflower	0.00

NDB_No	Description	Zinc, Zn(mg) Value Per
04643	Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying	0.00
04644	Oil, industrial, canola for salads, woks and light frying	0.00