USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Riboflavin (mg)

Food Subset: All Foods
Ordered by: Food Name
Measured by: Household
Report Run at: September 29, 2016 10:24 EDT

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
09002	Acerola juice, raw	242.0	1.0 cup	0.145
09001	Acerola, (west indian cherry), raw	98.0	1.0 cup	0.059
14006	Alcoholic beverage, beer, light	29.5	1.0 fl oz	0.004
14248	Alcoholic beverage, beer, light, higher alcohol	356.0	12.0 fl oz	0.053
14013	Alcoholic beverage, beer, light, low carb	29.5	1.0 fl oz	0.000
14003	Alcoholic beverage, beer, regular, all	29.7	1.0 fl oz	0.007
14034	Alcoholic beverage, creme de menthe, 72 proof	33.6	1.0 fl oz	0.000
14009	Alcoholic beverage, daiquiri, canned	30.5	1.0 fl oz	0.000
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	30.2	1.0 fl oz	0.002
14533	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof	27.8	1.0 fl oz	0.001
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	27.8	1.0 fl oz	0.001
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	27.8	1.0 fl oz	0.001
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	27.8	1.0 fl oz	0.001
14532	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof	27.8	1.0 fl oz	0.001
14049	Alcoholic beverage, distilled, gin, 90 proof	27.8	1.0 fl oz	0.000
14050	Alcoholic beverage, distilled, rum, 80 proof	27.8	1.0 fl oz	0.000
14051	Alcoholic beverage, distilled, vodka, 80 proof	27.8	1.0 fl oz	0.002
14052	Alcoholic beverage, distilled, whiskey, 86 proof	27.8	1.0 fl oz	0.000
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	31.1	1.0 fl oz	0.018
14414	Alcoholic beverage, liqueur, coffee, 53 proof	34.8	1.0 fl oz	0.004
14534	Alcoholic beverage, liqueur, coffee, 63 proof	34.8	1.0 fl oz	0.004
14239	Alcoholic beverage, malt beer, hard lemonade	335.0	11.2 fl oz	0.034
14015	Alcoholic beverage, pina colada, canned	32.6	1.0 fl oz	0.002
14017	Alcoholic beverage, pina colada, prepared-from-recipe	31.4	1.0 fl oz	0.005
43479	Alcoholic beverage, rice (sake)	29.1	1.0 fl oz	0.000
14019	Alcoholic beverage, tequila sunrise, canned	31.1	1.0 fl oz	0.005
14531	Alcoholic beverage, whiskey sour	30.4	1.0 fl oz	0.002
14027	Alcoholic beverage, whiskey sour, canned	30.8	1.0 fl oz	0.002
14029	Alcoholic beverage, whiskey sour, prepared from item 14028	30.4	1.0 fl oz	0.002

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
14025	Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix	29.4	1.0 fl oz	0.001
43154	Alcoholic beverage, wine, cooking	4.9	1.0 tsp	0.000
14536	Alcoholic beverage, wine, dessert, dry	29.5	1.0 fl oz	0.005
14057	Alcoholic beverage, wine, dessert, sweet	29.5	1.0 fl oz	0.005
43155	Alcoholic beverage, wine, light	29.5	1.0 fl oz	0.003
14084	Alcoholic beverage, wine, table, all	148.0	1.0 serving (5 fl oz)	0.034
14096	Alcoholic beverage, wine, table, red	29.4	1.0 fl oz	0.009
14602	Alcoholic Beverage, wine, table, red, Merlot	29.4	1.0 fl oz	0.009
14106	Alcoholic beverage, wine, table, white	29.4	1.0 fl oz	0.004
14160	Alcoholic beverage, wine, table, white, Chardonnay	29.3	1.0 fl oz	0.004
14251	Alcoholic beverages, beer, higher alcohol	30.6	1.0 fl oz	0.028
14253	Alcoholic beverages, wine, rose	30.3	1.0 fl oz	0.005
11001	Alfalfa seeds, sprouted, raw	33.0	1.0 cup	0.042
20002	Amaranth grain, cooked	246.0	1.0 cup	0.054
20001	Amaranth grain, uncooked	193.0	1.0 cup	0.386
11700	Amaranth leaves, cooked, boiled, drained, with salt	132.0	1.0 cup	0.177
11004	Amaranth leaves, cooked, boiled, drained, without salt	132.0	1.0 cup	0.177
11003	Amaranth leaves, raw	28.0	1.0 cup	0.044
04609	Animal fat, bacon grease	4.3	1.0 tsp	0.000
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	248.0	1.0 cup	0.042
09517	Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	177.0	6.0 fl oz	0.027
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248.0	1.0 cup	0.042
09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	239.0	1.0 cup	0.036
09411	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added ascorbic acid	239.0	1.0 cup	0.036
09410	Apple juice, frozen concentrate, unsweetened, undiluted, with added ascorbic acid	211.0	1.0 can (6 fl oz)	0.114
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	211.0	1.0 can (6 fl oz)	0.114
36000	APPLEBEE'S, 9 oz house sirloin steak	157.0	1.0 serving	0.451
36023	APPLEBEE'S, chicken tenders platter	209.0	1.0 serving	0.382
36005	APPLEBEE'S, chicken tenders, from kids' menu	35.0	1.0 piece	0.062
36019	APPLEBEE'S, chili	136.0	1.0 cup	0.282
36021	APPLEBEE'S, coleslaw	76.0	1.0 serving	0.048
36022	APPLEBEE'S, crunchy onion rings	350.0	1.0 serving	0.318
36001	APPLEBEE'S, Double Crunch Shrimp	206.0	1.0 serving	0.183
36018	APPLEBEE'S, fish, hand battered	250.0	1.0 serving	0.232
36002	APPLEBEE'S, french fries	164.0	1.0 serving	0.095
36003	APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	124.0	1.0 cup	0.351

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
36004	APPLEBEE'S, mozzarella sticks	32.0	1.0 piece	0.083
09008	Apples, canned, sweetened, sliced, drained, heated	204.0	1.0 cup slices	0.020
09007	Apples, canned, sweetened, sliced, drained, unheated	204.0	1.0 cup slices	0.020
09010	Apples, dehydrated (low moisture), sulfured, stewed	193.0	1.0 cup	0.056
09009	Apples, dehydrated (low moisture), sulfured, uncooked	60.0	1.0 cup	0.078
09013	Apples, dried, sulfured, stewed, with added sugar	280.0	1.0 cup	0.050
09012	Apples, dried, sulfured, stewed, without added sugar	255.0	1.0 cup	0.048
09011	Apples, dried, sulfured, uncooked	86.0	1.0 cup	0.137
09015	Apples, frozen, unsweetened, heated	206.0	1.0 cup slices	0.023
09014	Apples, frozen, unsweetened, unheated	173.0	1.0 cup slices	0.019
09504	Apples, raw, fuji, with skin	109.0	1.0 cup, sliced	0.028
09503	Apples, raw, gala, with skin	109.0	1.0 cup, sliced	0.032
09501	Apples, raw, golden delicious, with skin	109.0	1.0 cup, sliced	0.028
09502	Apples, raw, granny smith, with skin	109.0	1.0 cup, sliced	0.027
09500	Apples, raw, red delicious, with skin	109.0	1.0 cup, sliced	0.027
09003	Apples, raw, with skin	125.0	1.0 cup, quartered or chopped	0.032
09004	Apples, raw, without skin	110.0	1.0 cup slices	0.031
09005	Apples, raw, without skin, cooked, boiled	171.0	1.0 cup slices	0.021
09006	Apples, raw, without skin, cooked, microwave	170.0	1.0 cup slices	0.019
09402	Applesauce, canned, sweetened, with salt	255.0	1.0 cup	0.071
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	0.054
09401	Applesauce, canned, unsweetened, with added ascorbic acid	244.0	1.0 cup	0.073
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244.0	1.0 cup	0.073
09403	Apricot nectar, canned, with added ascorbic acid	251.0	1.0 cup	0.035
09036	Apricot nectar, canned, without added ascorbic acid	251.0	1.0 cup	0.035
09029	Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	246.0	1.0 cup, whole, without pits	0.054
09025	Apricots, canned, extra light syrup pack, with skin, solids and liquids	247.0	1.0 cup, halves	0.049
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	0.057
09028	Apricots, canned, heavy syrup pack, without skin, solids and liquids	258.0	1.0 cup, whole, without pits	0.059
09357	Apricots, canned, heavy syrup, drained	219.0	1.0 cup, halves	0.053
09024	Apricots, canned, juice pack, with skin, solids and liquids	244.0	1.0 cup, halves	0.046
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	253.0	1.0 cup, halves	0.051
09022	Apricots, canned, water pack, with skin, solids and liquids	243.0	1.0 cup, halves	0.056
09023	Apricots, canned, water pack, without skin, solids and liquids	227.0	1.0 cup, whole, without pits	0.054
09031	Apricots, dehydrated (low-moisture), sulfured, stewed	249.0	1.0 cup	0.167
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	119.0	1.0 cup	0.176

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
09034	Apricots, dried, sulfured, stewed, with added sugar	270.0	1.0 cup, halves	0.073
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	0.065
09032	Apricots, dried, sulfured, uncooked	130.0	1.0 cup, halves	0.096
09035	Apricots, frozen, sweetened	242.0	1.0 cup	0.097
09021	Apricots, raw	155.0	1.0 cup, halves	0.062
21527	ARBY'S, roast beef sandwich, classic	149.0	1.0 sandwich	0.428
18522	ARCHWAY Home Style Cookies, Chocolate Chip Ice Box	24.0	1.0 serving	0.041
18524	ARCHWAY Home Style Cookies, Coconut Macaroon	22.0	1.0 serving	0.013
18527	ARCHWAY Home Style Cookies, Date Filled Oatmeal	25.0	1.0 serving	0.042
18528	ARCHWAY Home Style Cookies, Dutch Cocoa	24.0	1.0 serving	0.043
18529	ARCHWAY Home Style Cookies, Frosty Lemon	26.0	1.0 serving	0.052
18532	ARCHWAY Home Style Cookies, Iced Molasses	28.0	1.0 serving	0.053
18533	ARCHWAY Home Style Cookies, Iced Oatmeal	28.0	1.0 serving	0.042
18535	ARCHWAY Home Style Cookies, Molasses	26.0	1.0 serving	0.060
18537	ARCHWAY Home Style Cookies, Oatmeal	25.0	1.0 serving	0.045
18538	ARCHWAY Home Style Cookies, Oatmeal Raisin	26.0	1.0 serving	0.042
18539	ARCHWAY Home Style Cookies, Old Fashioned Molasses	26.0	1.0 serving	0.062
18540	ARCHWAY Home Style Cookies, Old Fashioned Windmill Cookies	20.0	1.0 serving	0.050
18541	ARCHWAY Home Style Cookies, Peanut Butter	21.0	1.0 serving	0.042
18544	ARCHWAY Home Style Cookies, Raspberry Filled	25.0	1.0 serving	0.045
18562	ARCHWAY Home Style Cookies, Reduced Fat Ginger Snaps	32.0	1.0 serving	0.070
18547	ARCHWAY Home Style Cookies, Strawberry Filled	25.0	1.0 serving	0.045
18513	ARCHWAY Home Style Cookies, Sugar Free Oatmeal	24.0	1.0 serving	0.041
11701	Arrowhead, cooked, boiled, drained, with salt	12.0	1.0 corm, medium	0.007
11006	Arrowhead, cooked, boiled, drained, without salt	12.0	1.0 medium	0.007
11005	Arrowhead, raw	25.0	1.0 large	0.018
20003	Arrowroot flour	128.0	1.0 cup	0.000
11697	Arrowroot, raw	120.0	1.0 cup, sliced	0.071
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	120.0	1.0 artichoke, medium	0.107
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120.0	1.0 artichoke, medium	0.107
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	168.0	1.0 cup	0.265
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	168.0	1.0 cup	0.265
11009	Artichokes, (globe or french), frozen, unprepared	84.0	0.33 package	0.118
11007	Artichokes, (globe or french), raw	128.0	1.0 artichoke, medium	0.084
11959	Arugula, raw	2.0	1.0 leaf	0.002
11015	Asparagus, canned, drained solids	242.0	1.0 cup	0.242

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
11707	Asparagus, canned, no salt added, solids and liquids	122.0	0.5 cup	0.109
11013	Asparagus, canned, regular pack, solids and liquids	122.0	0.5 cup	0.109
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	0.125
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	0.125
11709	Asparagus, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	0.185
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0.185
11018	Asparagus, frozen, unprepared	58.0	4.0 spears	0.076
11011	Asparagus, raw	134.0	1.0 cup	0.189
18984	AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type	39.0	1.0 package	0.101
18987	AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type, reduced fat	36.0	1.0 package	0.104
28258	AUSTIN, Cheddar Cheese on Wafer Crackers, sandwich-type	39.0	1.0 package	0.105
18983	AUSTIN, Cheddar Cheese on Wheat Crackers, sandwich-type	39.0	1.0 package	0.098
18985	AUSTIN, Chocolatey Peanut Butter Crackers, sandwich-type	39.0	1.0 package	0.101
18986	AUSTIN, Grilled Cheese on Wafer Crackers, sandwich-type	39.0	1.0 package	0.105
18990	AUSTIN, PB & J Crackers, sandwich-type	39.0	1.0 package	0.101
28256	AUSTIN, Peanut Butter on Cheese Crackers, sandwich-type	39.0	1.0 package	0.109
18988	AUSTIN, Peanut Butter on Cheese Crackers, sandwich-type, reduced fat	36.0	1.0 package	0.104
28257	AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type	39.0	1.0 package	0.105
18989	AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type, reduced fat	36.0	1.0 package	0.097
09037	Avocados, raw, all commercial varieties	150.0	1.0 cup, cubes	0.195
09038	Avocados, raw, California	230.0	1.0 cup, pureed	0.329
09039	Avocados, raw, Florida	230.0	1.0 cup, pureed	0.122
42150	Babyfood, apple yogurt dessert, strained	15.0	1.0 tbsp	0.008
03167	Babyfood, apple-banana juice	31.2	1.0 fl oz	0.003
03169	Babyfood, apple-cranberry juice	31.2	1.0 fl oz	0.006
03289	Babyfood, apples with ham, strained	15.0	1.0 tbsp	0.009
03115	Babyfood, apples, dices, toddler	28.35	1.0 oz	0.006
03997	Babyfood, Baby MUM MUM Rice Biscuits	8.0	4.0 biscuit	0.003
42284	Babyfood, baked product, finger snacks cereal fortified	1.7	1.0 cookie	0.027
43550	Babyfood, banana apple dessert, strained	15.0	1.0 tbsp	0.003
42119	Babyfood, banana juice with low fat yogurt	31.5	1.0 fl oz	0.032
43546	Babyfood, banana no tapioca, strained	15.0	1.0 tbsp	0.009
03995	Babyfood, banana with mixed berries, strained	99.0	1.0 packet	0.057
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	113.0	4.0 oz	0.015
03290	Babyfood, carrots and beef, strained	15.0	1.0 tbsp	0.009
42316	Babyfood, carrots, toddler	28.35	1.0 oz	0.009

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
03181	Babyfood, cereal, barley, dry fortified	2.4	1.0 tbsp	0.026
03681	Babyfood, cereal, barley, prepared with whole milk	28.35	1.0 oz	0.100
42285	Babyfood, cereal, brown rice, dry, instant	3.7	1.0 tbsp	0.006
03201	Babyfood, cereal, egg yolks and bacon, junior	28.35	1.0 oz	0.022
03682	Babyfood, cereal, high protein, prepared with whole milk	28.35	1.0 oz	0.164
03211	Babyfood, cereal, high protein, with apple and orange, dry	2.4	1.0 tbsp	0.104
03711	Babyfood, cereal, high protein, with apple and orange, prepared with whole milk	28.35	1.0 oz	0.240
03185	Babyfood, cereal, mixed, dry fortified	2.5	1.0 tbsp	0.033
03685	Babyfood, cereal, mixed, prepared with whole milk	28.35	1.0 oz	0.127
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior, fortified	28.35	1.0 oz	0.044
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	28.35	1.0 oz	0.044
03186	Babyfood, cereal, mixed, with bananas, dry	2.5	1.0 tbsp	0.089
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	28.35	1.0 oz	0.124
03704	Babyfood, cereal, mixed, with honey, prepared with whole milk	28.35	1.0 oz	0.165
03189	Babyfood, cereal, oatmeal, dry fortified	3.2	1.0 tbsp	0.051
03689	Babyfood, cereal, oatmeal, prepared with whole milk	28.35	1.0 oz	0.160
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior, fortified	28.35	1.0 oz	0.038
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	28.35	1.0 oz	0.038
03190	Babyfood, cereal, oatmeal, with bananas, dry	15.0	1.0 serving	0.150
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	28.35	1.0 oz	0.124
03193	Babyfood, cereal, oatmeal, with honey, dry	2.4	1.0 tbsp	0.068
03693	Babyfood, cereal, oatmeal, with honey, prepared with whole milk	28.35	1.0 oz	0.171
43544	Babyfood, cereal, rice with pears and apple, dry, instant fortified	15.0	1.0 serving	0.282
03194	Babyfood, cereal, Rice, dry, fortified	2.5	1.0 tbsp	0.036
03694	Babyfood, cereal, rice, prepared with whole milk	28.35	1.0 oz	0.092
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	16.0	1.0 tbsp	0.068
03212	Babyfood, cereal, rice, with bananas, dry	2.5	1.0 tbsp	0.095
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	28.35	1.0 oz	0.126
03696	Babyfood, cereal, rice, with honey, prepared with whole milk	28.35	1.0 oz	0.172
03184	Babyfood, cereal, whole wheat, with apples, dry fortified	15.0	0.5 oz	0.150
03198	Babyfood, cereal, with egg yolks, junior	28.35	1.0 oz	0.013
03197	Babyfood, cereal, with egg yolks, strained	28.35	1.0 oz	0.012
03199	Babyfood, cereal, with eggs, strained	28.35	1.0 oz	0.014
03222	Babyfood, cherry cobbler, junior	28.35	1.0 oz	0.003
03206	Babyfood, cookie, baby, fruit	8.0	1.0 cookie	0.034
03213	Babyfood, cookies	28.35	1.0 oz	0.915

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
03214	Babyfood, cookies, arrowroot	28.35	1.0 oz	0.122
03934	Babyfood, corn and sweet potatoes, strained	28.35	1.0 oz	0.012
03209	Babyfood, crackers, vegetable	0.7	1.0 cracker	0.002
43004	Babyfood, dessert, banana pudding, strained	15.0	1.0 tbsp	0.009
43539	Babyfood, dessert, banana yogurt, strained	15.0	1.0 tbsp	0.006
43537	Babyfood, dessert, blueberry yogurt, strained	15.0	1.0 tbsp	0.006
03225	Babyfood, dessert, cherry vanilla pudding, junior	28.35	1.0 oz	0.003
03224	Babyfood, dessert, cherry vanilla pudding, strained	28.35	1.0 oz	0.003
03246	Babyfood, dessert, custard pudding, vanilla, junior	229.0	1.0 cup	0.124
03245	Babyfood, dessert, custard pudding, vanilla, strained	229.0	1.0 cup	0.183
03221	Babyfood, dessert, dutch apple, junior	28.35	1.0 oz	0.003
03220	Babyfood, dessert, dutch apple, strained	28.35	1.0 oz	0.004
03236	Babyfood, dessert, fruit dessert, without ascorbic acid, junior	15.0	1.0 tbsp	0.002
03235	Babyfood, dessert, fruit dessert, without ascorbic acid, strained	15.0	1.0 tbsp	0.001
03226	Babyfood, dessert, fruit pudding, orange, strained	28.35	1.0 oz	0.016
03233	Babyfood, dessert, fruit pudding, pineapple, strained	15.0	1.0 tbsp	0.007
03228	Babyfood, dessert, peach cobbler, junior	15.0	1.0 tbsp	0.002
03227	Babyfood, dessert, peach cobbler, strained	15.0	1.0 tbsp	0.002
03230	Babyfood, dessert, peach melba, junior	28.35	1.0 oz	0.009
03229	Babyfood, dessert, peach melba, strained	28.35	1.0 oz	0.010
43536	Babyfood, dessert, peach yogurt	15.0	1.0 tbsp	0.008
03238	Babyfood, dessert, tropical fruit, junior	28.35	1.0 oz	0.009
03297	Babyfood, dinner, apples and chicken, strained	28.35	1.0 oz	0.016
03049	Babyfood, dinner, beef and rice, toddler	28.35	1.0 oz	0.020
03043	Babyfood, dinner, beef lasagna, toddler	28.35	1.0 oz	0.025
03287	Babyfood, dinner, beef noodle, junior	16.0	1.0 tbsp	0.006
03047	Babyfood, dinner, beef noodle, strained	16.0	1.0 tbsp	0.006
03052	Babyfood, dinner, beef stew, toddler	28.35	1.0 oz	0.018
03055	Babyfood, dinner, beef with vegetables	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	0.068
03298	Babyfood, dinner, broccoli and chicken, junior	29.0	1.0 tbsp	0.028
43373	Babyfood, dinner, chicken and noodle with vegetables, toddler	16.0	1.0 tbsp	0.008
43008	Babyfood, dinner, chicken and rice	16.0	1.0 tbsp	0.003
03069	Babyfood, dinner, chicken noodle, junior	16.0	1.0 tbsp	0.006
03068	Babyfood, dinner, chicken noodle, strained	16.0	1.0 tbsp	0.010
03070	Babyfood, dinner, chicken soup, strained	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	0.036
03072	Babyfood, dinner, chicken stew, toddler	16.0	1.0 tbsp	0.012

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
03090	Babyfood, dinner, macaroni and cheese, junior	28.35	1.0 oz	0.018
03089	Babyfood, dinner, macaroni and cheese, strained	28.35	1.0 oz	0.022
03045	Babyfood, dinner, macaroni and tomato and beef, junior	16.0	1.0 tbsp	0.009
03044	Babyfood, dinner, macaroni and tomato and beef, strained	16.0	1.0 tbsp	0.007
43432	Babyfood, dinner, macaroni, beef and tomato sauce, toddler	16.0	1.0 tbsp	0.010
03279	Babyfood, dinner, mixed vegetable, junior	99.0	1.0 serving	0.042
03278	Babyfood, dinner, mixed vegetable, strained	28.35	1.0 oz	0.009
03077	Babyfood, dinner, pasta with vegetables	113.0	1.0 jar, Gerber (4 oz)	0.056
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	28.35	1.0 oz	0.028
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	16.0	1.0 tbsp	0.011
03051	Babyfood, dinner, spaghetti and tomato and meat, toddler	28.35	1.0 oz	0.029
03303	Babyfood, dinner, sweet potatoes and chicken, strained	16.0	1.0 tbsp	0.006
03083	Babyfood, dinner, turkey and rice, junior	16.0	1.0 tbsp	0.007
03082	Babyfood, dinner, turkey and rice, strained	16.0	1.0 tbsp	0.006
03296	Babyfood, dinner, turkey, rice, and vegetables, toddler	28.35	1.0 oz	0.020
03059	Babyfood, dinner, vegetables and bacon, strained	256.0	1.0 cup	0.100
03054	Babyfood, dinner, vegetables and beef, junior	256.0	1.0 cup	0.123
03053	Babyfood, dinner, vegetables and beef, strained	256.0	1.0 cup	0.123
03274	Babyfood, dinner, vegetables and chicken, junior	256.0	1.0 cup	0.118
03042	Babyfood, dinner, vegetables and dumplings and beef, junior	28.35	1.0 oz	0.010
03041	Babyfood, dinner, vegetables and dumplings and beef, strained	28.35	1.0 oz	0.011
03062	Babyfood, dinner, vegetables and ham, junior	256.0	1.0 cup	0.102
03061	Babyfood, dinner, vegetables and ham, strained	256.0	1.0 cup	0.138
03067	Babyfood, dinner, vegetables and lamb, junior	28.35	1.0 oz	0.009
03066	Babyfood, dinner, vegetables and lamb, strained	256.0	1.0 cup	0.087
03081	Babyfood, dinner, vegetables and noodles and turkey, junior	28.35	1.0 oz	0.011
03079	Babyfood, dinner, vegetables and noodles and turkey, strained	28.35	1.0 oz	0.012
03085	Babyfood, dinner, vegetables and turkey, junior	256.0	1.0 cup	0.082
03084	Babyfood, dinner, vegetables and turkey, strained	256.0	1.0 cup	0.061
03073	Babyfood, dinner, vegetables chicken, strained	256.0	1.0 cup	0.133
03076	Babyfood, dinner, vegetables, noodles and chicken, junior	28.35	1.0 oz	0.010
03075	Babyfood, dinner, vegetables, noodles and chicken, strained	28.35	1.0 oz	0.014
33879	Babyfood, finger snacks, GERBER, GRADUATES, LIL CRUNCHIES - MILD CHEDDAR	8.9	0.5 cup	0.015
03964	Babyfood, fortified cereal bar, fruit filling	19.0	1.0 bar	0.200
03154	Babyfood, fruit and vegetable, apple and sweet potato	113.0	1.0 jar, Gerber (4 oz)	0.023
03140	Babyfood, fruit dessert, mango with tapioca	15.0	1.0 tbsp	0.003

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
43585	Babyfood, fruit supreme dessert	15.0	1.0 tbsp	0.006
03165	Babyfood, fruit, apple and blueberry, junior	28.35	1.0 oz	0.012
03164	Babyfood, fruit, apple and blueberry, strained	28.35	1.0 oz	0.010
03153	Babyfood, fruit, apple and raspberry, junior	28.35	1.0 oz	0.008
03152	Babyfood, fruit, apple and raspberry, strained	28.35	1.0 oz	0.008
03143	Babyfood, fruit, applesauce and apricots, junior	16.0	1.0 tbsp	0.005
03142	Babyfood, fruit, applesauce and apricots, strained	16.0	1.0 tbsp	0.005
03145	Babyfood, fruit, applesauce and cherries, junior	28.35	1.0 oz	0.009
03144	Babyfood, fruit, applesauce and cherries, strained	28.35	1.0 oz	0.009
03151	Babyfood, fruit, applesauce and pineapple, junior	28.35	1.0 oz	0.008
03150	Babyfood, fruit, applesauce and pineapple, strained	28.35	1.0 oz	0.007
03147	Babyfood, fruit, applesauce with banana, junior	16.0	1.0 tbsp	0.005
03117	Babyfood, fruit, applesauce, junior	16.0	1.0 tbsp	0.004
03116	Babyfood, fruit, applesauce, strained	16.0	1.0 tbsp	0.004
03128	Babyfood, fruit, apricot with tapioca, junior	15.0	1.0 tbsp	0.002
03118	Babyfood, fruit, apricot with tapioca, strained	15.0	1.0 tbsp	0.002
03994	Babyfood, fruit, banana and strawberry, junior	140.0	1.0 bottle	0.112
03156	Babyfood, fruit, bananas and pineapple with tapioca, junior	15.0	1.0 tbsp	0.003
03157	Babyfood, fruit, bananas and pineapple with tapioca, strained	15.0	1.0 tbsp	0.003
03163	Babyfood, fruit, bananas with apples and pears, strained	15.0	1.0 tbsp	0.004
03280	Babyfood, fruit, bananas with tapioca, junior	15.0	1.0 tbsp	0.003
03129	Babyfood, fruit, bananas with tapioca, strained	15.0	1.0 tbsp	0.005
03160	Babyfood, fruit, guava and papaya with tapioca, strained	28.35	1.0 oz	0.006
03162	Babyfood, fruit, papaya and applesauce with tapioca, strained	28.35	1.0 oz	0.008
03131	Babyfood, fruit, peaches, junior	17.0	1.0 tbsp	0.013
03130	Babyfood, fruit, peaches, strained	17.0	1.0 tbsp	0.013
03159	Babyfood, fruit, pears and pineapple, junior	16.0	1.0 tbsp	0.004
03158	Babyfood, fruit, pears and pineapple, strained	16.0	1.0 tbsp	0.004
03133	Babyfood, fruit, pears, junior	16.0	1.0 tbsp	0.005
03132	Babyfood, fruit, pears, strained	16.0	1.0 tbsp	0.004
03135	Babyfood, fruit, plums with tapioca, without ascorbic acid, junior	15.0	1.0 tbsp	0.004
03134	Babyfood, fruit, plums with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	0.004
03137	Babyfood, fruit, prunes with tapioca, without ascorbic acid, junior	28.35	1.0 oz	0.024
03136	Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	0.011
43007	Babyfood, fruit, tutti frutti, junior	15.0	1.0 tbsp	0.003
43006	Babyfood, fruit, tutti frutti, strained	15.0	1.0 tbsp	0.003

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
42286	Babyfood, green beans and turkey, strained	14.0	1.0 tbsp	0.015
03093	Babyfood, green beans, dices, toddler	28.35	1.0 oz	0.011
03001	Babyfood, juice treats, fruit medley, toddler	28.0	1.0 packet	0.003
03166	Babyfood, juice, apple	31.7	1.0 fl oz	0.005
43535	Babyfood, juice, apple - cherry	31.2	1.0 fl oz	0.006
03268	Babyfood, juice, apple and cherry	31.2	1.0 fl oz	0.005
03265	Babyfood, juice, apple and grape	31.2	1.0 fl oz	0.007
03168	Babyfood, juice, apple and peach	31.2	1.0 fl oz	0.003
03170	Babyfood, juice, apple and plum	31.2	1.0 fl oz	0.005
03171	Babyfood, juice, apple and prune	31.2	1.0 fl oz	0.001
03269	Babyfood, juice, apple, with calcium	189.0	1.0 serving	0.038
42266	Babyfood, juice, apple-sweet potato	30.8	1.0 fl oz	0.009
03267	Babyfood, juice, fruit punch, with calcium	31.2	1.0 fl oz	0.006
03179	Babyfood, juice, mixed fruit	31.2	1.0 fl oz	0.004
03172	Babyfood, juice, orange	31.2	1.0 fl oz	0.009
03173	Babyfood, juice, orange and apple	31.2	1.0 fl oz	0.009
03174	Babyfood, juice, orange and apple and banana	31.2	1.0 fl oz	0.008
03175	Babyfood, juice, orange and apricot	31.2	1.0 fl oz	0.009
03176	Babyfood, juice, orange and banana	31.2	1.0 fl oz	0.013
03177	Babyfood, juice, orange and pineapple	31.2	1.0 fl oz	0.007
42267	Babyfood, juice, orange-carrot	30.8	1.0 fl oz	0.015
43408	Babyfood, juice, pear	31.2	1.0 fl oz	0.009
03178	Babyfood, juice, prune and orange	31.2	1.0 fl oz	0.037
03048	Babyfood, macaroni and cheese, toddler	113.0	1.0 container	0.102
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	170.0	1.0 container	0.034
43417	Babyfood, meat, beef with vegetables, toddler	179.0	1.0 jar NFS	0.072
03003	Babyfood, meat, beef, junior	28.35	1.0 oz	0.038
03002	Babyfood, meat, beef, strained	14.7	1.0 tbsp	0.020
03014	Babyfood, meat, chicken sticks, junior	10.0	1.0 stick	0.020
03013	Babyfood, meat, chicken, junior	15.0	1.0 tbsp	0.024
03012	Babyfood, meat, chicken, strained	15.0	1.0 tbsp	0.023
03009	Babyfood, meat, ham, junior	28.35	1.0 oz	0.055
03008	Babyfood, meat, ham, strained	15.0	1.0 tbsp	0.023
03011	Babyfood, meat, lamb, junior	28.35	1.0 oz	0.054
03010	Babyfood, meat, lamb, strained	22.0	1.0 tbsp	0.038
03021	Babyfood, meat, meat sticks, junior	10.0	1.0 stick	0.017

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
03007	Babyfood, meat, pork, strained	28.35	1.0 oz	0.058
03017	Babyfood, meat, turkey sticks, junior	10.0	1.0 stick	0.018
03016	Babyfood, meat, turkey, junior	19.0	1.0 tbsp	0.031
03015	Babyfood, meat, turkey, strained	15.0	1.0 tbsp	0.024
03005	Babyfood, meat, veal, strained	16.0	1.0 tbsp	0.019
42120	Babyfood, mixed fruit juice with low fat yogurt	31.5	1.0 fl oz	0.032
43523	Babyfood, mixed fruit yogurt, strained	15.0	1.0 tbsp	0.008
03205	Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified	5.3	1.0 tbsp	0.046
03161	Babyfood, peaches, dices, toddler	28.35	1.0 oz	0.006
03141	Babyfood, pears, dices, toddler	28.35	1.0 oz	0.006
42279	Babyfood, peas and brown rice	230.0	1.0 cup	0.184
03122	Babyfood, peas, dices, toddler	28.35	1.0 oz	0.017
03293	Babyfood, plums, bananas and rice, strained	28.35	1.0 oz	0.014
03112	Babyfood, potatoes, toddler	163.0	1.0 cup	0.016
03215	Babyfood, pretzels	28.35	1.0 oz	0.101
03139	Babyfood, prunes, without vitamin c, strained	15.0	1.0 tbsp	0.032
03046	Babyfood, ravioli, cheese filled, with tomato sauce	16.0	1.0 tbsp	0.022
43529	Babyfood, rice and apples, dry	2.5	1.0 tbsp	0.038
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	9.9	1.0 bar	0.005
03998	Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	7.0	18.0 piece	0.007
03302	Babyfood, snack, GERBER, GRADUATES, YOGURT MELTS	7.0	1.0 serving	0.057
42278	Babyfood, vegetable and brown rice, strained	230.0	1.0 cup	0.115
03114	Babyfood, vegetable, butternut squash and corn	113.0	1.0 jar, Gerber (4 oz)	0.068
03096	Babyfood, vegetable, green beans and potatoes	113.0	1.0 jar, Gerber (4 oz)	0.124
03098	Babyfood, vegetables, beets, strained	224.0	1.0 cup	0.096
03100	Babyfood, vegetables, carrots, junior	224.0	1.0 cup	0.092
03099	Babyfood, vegetables, carrots, strained	224.0	1.0 cup	0.090
03120	Babyfood, vegetables, corn, creamed, junior	240.0	1.0 cup	0.115
03119	Babyfood, vegetables, corn, creamed, strained	113.0	1.0 jar	0.053
03283	Babyfood, vegetables, garden vegetable, strained	28.35	1.0 oz	0.020
03092	Babyfood, vegetables, green beans, junior	240.0	1.0 cup	0.245
03091	Babyfood, vegetables, green beans, strained	240.0	1.0 cup	0.190
03282	Babyfood, vegetables, mix vegetables junior	99.0	1.0 serving 3.5 oz serving	0.032
03286	Babyfood, vegetables, mix vegetables strained	28.35	1.0 oz	0.007
03121	Babyfood, vegetables, peas, strained	16.0	1.0 tbsp	0.010
03127	Babyfood, vegetables, spinach, creamed, strained	240.0	1.0 cup	0.250

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
03105	Babyfood, vegetables, squash, junior	16.0	1.0 tbsp	0.008
03104	Babyfood, vegetables, squash, strained	16.0	1.0 tbsp	0.008
03108	Babyfood, vegetables, sweet potatoes strained	224.0	1.0 cup	0.074
03109	Babyfood, vegetables, sweet potatoes, junior	224.0	1.0 cup	0.076
03024	Babyfood, water, bottled, GERBER, without added fluoride.	113.0	1.0 serving	0.000
03956	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified	31.0	1.0 oz	0.040
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified	16.0	1.0 tbsp	0.019
07921	Bacon and beef sticks	28.0	1.0 oz	0.080
43212	Bacon bits, meatless	7.0	1.0 tbsp	0.005
16104	Bacon, meatless	144.0	1.0 cup	0.693
07974	Bacon, turkey, low sodium	15.0	1.0 serving	0.027
18005	Bagels, cinnamon-raisin	26.0	1.0 mini bagel (2-1/2" dia)	0.072
18006	Bagels, cinnamon-raisin, toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.064
18003	Bagels, egg	28.35	1.0 oz	0.067
28322	Bagels, multigrain	81.0	1.0 piece bagel	0.205
18007	Bagels, oat bran	26.0	1.0 mini bagel (2-1/2" dia)	0.088
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	99.0	1.0 bagel	0.341
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.065
18406	Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	0.089
18407	Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	0.015
18408	Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)	28.35	1.0 oz	0.015
18968	Bagels, wheat	98.0	1.0 bagel	0.205
28319	Bagels, whole grain white	43.0	0.5 piece bagel 1 serving	0.170
19124	Baking chocolate, mexican, squares	20.0	1.0 tablet	0.021
19077	Baking chocolate, unsweetened, liquid	28.35	1.0 oz	0.079
19078	Baking chocolate, unsweetened, squares	29.0	1.0 oz square Bakers	0.029
11710	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt	58.0	1.0 cup	0.164
11023	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	58.0	1.0 cup	0.164
11022	Balsam-pear (bitter gourd), leafy tips, raw	4.0	1.0 leaf	0.014
11711	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt	124.0	1.0 cup (1/2" pieces)	0.066
11025	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	124.0	1.0 cup (1/2" pieces)	0.066
11024	Balsam-pear (bitter gourd), pods, raw	93.0	1.0 cup (1/2" pieces)	0.037
11028	Bamboo shoots, canned, drained solids	131.0	1.0 cup (1/8" slices)	0.034
11712	Bamboo shoots, cooked, boiled, drained, with salt	120.0	1.0 cup (1/2" slices)	0.060
11027	Bamboo shoots, cooked, boiled, drained, without salt	120.0	1.0 cup (1/2" slices)	0.060
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	0.106

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
09041	Bananas, dehydrated, or banana powder	100.0	1.0 cup	0.240
09040	Bananas, raw	225.0	1.0 cup, mashed	0.164
32035	BANQUET, Salisbury Steak With Gravy, family size, frozen, unprepared	72.0	1.0 patty	0.086
18991	BARBARA DEE, Winter Mints Cookies	31.0	4.0 cookies	0.053
07001	Barbecue loaf, pork, beef	28.35	1.0 oz	0.070
20130	Barley flour or meal	148.0	1.0 cup	0.169
20131	Barley malt flour	162.0	1.0 cup	0.499
20004	Barley, hulled	184.0	1.0 cup	0.524
20006	Barley, pearled, cooked	157.0	1.0 cup	0.097
20005	Barley, pearled, raw	200.0	1.0 cup	0.228
02044	Basil, fresh	2.5	5.0 leaves	0.002
16302	Beans, adzuki, mature seed, cooked, boiled, with salt	230.0	1.0 cup	0.147
16003	Beans, adzuki, mature seeds, canned, sweetened	296.0	1.0 cup	0.166
16002	Beans, adzuki, mature seeds, cooked, boiled, without salt	230.0	1.0 cup	0.147
16001	Beans, adzuki, mature seeds, raw	197.0	1.0 cup	0.433
43449	Beans, baked, canned, no salt added	253.0	1.0 cup	0.152
16006	Beans, baked, canned, plain or vegetarian	254.0	1.0 cup	0.099
16007	Beans, baked, canned, with beef	266.0	1.0 cup	0.120
16008	Beans, baked, canned, with franks	259.0	1.0 cup	0.145
16009	Beans, baked, canned, with pork	253.0	1.0 cup	0.096
16010	Beans, baked, canned, with pork and sweet sauce	249.0	1.0 cup	0.037
16011	Beans, baked, canned, with pork and tomato sauce	246.0	1.0 cup	0.113
16005	Beans, baked, home prepared	253.0	1.0 cup	0.124
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	0.288
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	185.0	1.0 cup	0.104
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	0.104
16016	Beans, black turtle, mature seeds, raw	184.0	1.0 cup	0.355
16316	Beans, black, mature seeds, canned, low sodium	240.0	1.0 cup	0.288
16315	Beans, black, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0.101
16015	Beans, black, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	0.101
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	0.374
43112	Beans, chili, barbecue, ranch style, cooked	253.0	1.0 cup	0.379
16021	Beans, cranberry (roman), mature seeds, canned	260.0	1.0 cup	0.101
16320	Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.122
16020	Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.122
16019	Beans, cranberry (roman), mature seeds, raw	195.0	1.0 cup	0.415

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
11973	Beans, fava, in pod, raw	126.0	1.0 cup	0.365
16323	Beans, french, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.110
16023	Beans, french, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.110
16022	Beans, french, mature seeds, raw	184.0	1.0 cup	0.407
16026	Beans, great northern, mature seeds, canned	262.0	1.0 cup	0.157
16326	Beans, great northern, mature seeds, canned, low sodium	262.0	1.0 cup	0.157
16325	Beans, great northern, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.104
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.104
16024	Beans, great northern, mature seeds, raw	183.0	1.0 cup	0.434
16029	Beans, kidney, all types, mature seeds, canned	256.0	1.0 cup	0.131
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.103
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.103
16027	Beans, kidney, all types, mature seeds, raw	184.0	1.0 cup	0.403
16331	Beans, kidney, california red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.110
16031	Beans, kidney, california red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.110
16030	Beans, kidney, california red, mature seeds, raw	184.0	1.0 cup	0.403
11029	Beans, kidney, mature seeds, sprouted, raw	184.0	1.0 cup	0.460
16145	Beans, kidney, red, mature seeds, canned, drained solids	266.0	1.0 can drained solids	0.043
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	158.0	1.0 cup cup rinsed solids	0.024
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	256.0	1.0 cup	0.172
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256.0	1.0 cup	0.172
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.103
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.103
16032	Beans, kidney, red, mature seeds, raw	184.0	1.0 cup	0.396
16336	Beans, kidney, royal red, mature seeds, cooked, boiled with salt	177.0	1.0 cup	0.119
16036	Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.119
16035	Beans, kidney, royal red, mature seeds, raw	184.0	1.0 cup	0.442
43125	Beans, liquid from stewed kidney beans	240.0	1.0 cup	0.216
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	125.0	1.0 cup	0.088
16039	Beans, navy, mature seeds, canned	262.0	1.0 cup	0.144
16338	Beans, navy, mature seeds, cooked, boiled, with salt	182.0	1.0 cup	0.120
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182.0	1.0 cup	0.120
16037	Beans, navy, mature seeds, raw	208.0	1.0 cup	0.341
11046	Beans, navy, mature seeds, sprouted, raw	104.0	1.0 cup	0.224
16341	Beans, pink, mature seeds, cooked, boiled, with salt	169.0	1.0 cup	0.106
16041	Beans, pink, mature seeds, cooked, boiled, without salt	169.0	1.0 cup	0.106

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	0.403
16146	Beans, pinto, canned, drained solids	277.0	1.0 can drained solids	0.053
11720	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt	94.0	0.333 package (10 oz) yields	0.102
11049	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt	94.0	0.333 package (10 oz) yields	0.102
11048	Beans, pinto, immature seeds, frozen, unprepared	94.0	0.333 package (10 oz)	0.113
16345	Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water	169.0	1.0 cup	0.032
16044	Beans, pinto, mature seeds, canned, solids and liquids	240.0	1.0 cup	0.038
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	0.038
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.106
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.106
16042	Beans, pinto, mature seeds, raw	193.0	1.0 cup	0.409
11050	Beans, shellie, canned, solids and liquids	245.0	1.0 cup	0.132
16346	Beans, small white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	0.106
16046	Beans, small white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	0.106
16045	Beans, small white, mature seeds, raw	215.0	1.0 cup	0.445
11058	Beans, snap, canned, all styles, seasoned, solids and liquids	114.0	0.5 cup	0.056
11729	Beans, snap, green, canned, no salt added, drained solids	153.0	1.0 cup	0.070
11726	Beans, snap, green, canned, no salt added, solids and liquids	120.0	0.5 cup	0.061
11056	Beans, snap, green, canned, regular pack, drained solids	135.0	1.0 cup	0.062
11054	Beans, snap, green, canned, regular pack, solids and liquids	240.0	1.0 cup	0.048
11723	Beans, snap, green, cooked, boiled, drained, with salt	125.0	1.0 cup	0.121
11053	Beans, snap, green, cooked, boiled, drained, without salt	125.0	1.0 cup	0.121
11062	Beans, snap, green, frozen, all styles, microwaved	111.0	1.0 cup	0.114
11060	Beans, snap, green, frozen, all styles, unprepared	121.0	1.0 cup	0.110
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	0.122
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0.122
11063	Beans, snap, green, microwaved	116.0	1.0 cup 1/2" pieces	0.087
11052	Beans, snap, green, raw	100.0	1.0 cup 1/2" pieces	0.104
11933	Beans, snap, yellow, canned, no salt added, drained solids	153.0	1.0 cup	0.086
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	120.0	0.5 cup	0.061
11932	Beans, snap, yellow, canned, regular pack, drained solids	153.0	1.0 cup	0.086
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	120.0	0.5 cup	0.061
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	125.0	1.0 cup	0.121
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125.0	1.0 cup	0.121
11730	Beans, snap, yellow, frozen, all styles, unprepared	121.0	1.0 cup	0.111
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0.122

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135.0	1.0 cup	0.122
11722	Beans, snap, yellow, raw	100.0	1.0 cup 1/2" pieces	0.105
16051	Beans, white, mature seeds, canned	262.0	1.0 cup	0.097
16350	Beans, white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	0.082
16050	Beans, white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	0.082
16049	Beans, white, mature seeds, raw	202.0	1.0 cup	0.295
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.182
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.182
16047	Beans, yellow, mature seeds, raw	196.0	1.0 cup	0.647
18993	BEAR NAKED, Double Chocolate Cookies	30.0	1.0 cookie	0.012
18994	BEAR NAKED, Fruit & Nut Cookies	30.0	1.0 cookie	0.027
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.181
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	269.0	1.0 serving	0.247
22529	Beef Pot Pie, frozen entree, prepared	268.0	1.0 pie, cooked (average weight)	0.233
07956	Beef sausage, fresh, cooked	43.0	1.0 serving	0.064
07954	Beef sausage, pre-cooked	48.0	1.0 serving	0.056
22905	Beef stew, canned entree	196.0	1.0 cup (1 serving)	0.104
43384	Beef, bologna, reduced sodium	138.0	1.0 cup pieces	0.179
13953	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	569.0	1.0 roast (yield from 690g raw meat)	0.717
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.085
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.096
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.074
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.117
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.095
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.091
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.115
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.088
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.122
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.098
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.140
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.131
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.131
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.131
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.140
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.140
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.166

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.175
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.134
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.145
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.110
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.156
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.115
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.134
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.105
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.177
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.184
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.177
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.059
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.044
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.063
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.047
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.058
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.040
13371	Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.161
13808	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.170
13807	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.043
13372	Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.196
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.170
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.170
13803	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.043
13023	Beef, brisket, whole, separable lean only, all grades, raw	28.35	1.0 oz	0.048
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.187
13001	Beef, carcass, separable lean and fat, choice, raw	28.35	1.0 oz	0.045
13002	Beef, carcass, separable lean and fat, select, raw	28.35	1.0 oz	0.048
23134	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.178
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.138
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.177
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.141
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.179

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.133
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.204
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.159
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.204
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.161
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.204
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.153
23113	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.151
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.123
23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.155
13788	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.120
23115	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.148
13791	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.132
13821	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.164
13972	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.136
13822	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.167
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.133
13823	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.161
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.145
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.162
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.122
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.160
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.120
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.165
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.122

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.184
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.145
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.181
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.142
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.187
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.145
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	85.0	3.0 oz	0.212
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	85.0	3.0 oz	0.145
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	0.193
23095	Beef, chuck for stew, separable lean and fat, choice, raw	85.0	3.0 oz	0.145
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	85.0	3.0 oz	0.255
23094	Beef, chuck for stew, separable lean and fat, select, raw	85.0	3.0 oz	0.145
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.145
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.135
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.151
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.039
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.164
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.041
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.139
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.038
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.189
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.174
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.062
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.045
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.065
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.048
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.060
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.041
13379	Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	235.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.588
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.204
13815	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.048
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.204
13817	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.048
13820	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.212
13819	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.048

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.238
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.204
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.196
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.218
23514	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz (1 serving)	0.214
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.207
13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.224
23515	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85.0	3.0 oz	0.210
23513	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw	28.35	1.0 oz	0.055
23517	Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85.0	3.0 oz	0.216
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	0.391
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.182
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	0.389
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.183
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	0.396
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.184
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	0.405
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.184
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	0.405
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.184
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	0.409
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.187
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.196
23519	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0.195
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	0.197
23509	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.196
13961	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz (1 serving)	0.195
13963	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.197
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.193
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.143
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.188
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.143
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.208
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.142

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.224
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.170
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.218
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.170
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.238
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.170
23054	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	32.0	1.0 medallion	0.085
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	41.0	1.0 medallion	0.110
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	30.0	1.0 medallion	0.067
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	40.0	1.0 medallion	0.094
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	34.0	1.0 medallion	0.120
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	44.0	1.0 medallion	0.118
23058	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0.250
23057	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.202
23038	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	0.228
23037	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.196
23040	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	179.0	1.0 steak	0.616
23039	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.215
23060	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0.248
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.193
23042	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	0.210
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.179
23044	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	0.325
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.219

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.193
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.195
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.190
23511	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.196
13965	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.197
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.194
23105	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.207
23108	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.162
23106	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.204
23109	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.166
23107	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.209
23110	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.156
13351	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.210
13356	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.167
13352	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.207
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.170
13354	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.212
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.161
23102	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.142
23103	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.142
23104	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.142
13293	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.162
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.163
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.161

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
23099	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.181
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.182
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.179
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.210
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.211
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.208
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.191
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.190
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.193
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.216
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.214
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.218
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	0.229
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	0.222
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	0.222
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	114.0	4.0 oz	0.219
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	85.0	3.0 oz	0.228
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	114.0	4.0 oz	0.229
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	85.0	3.0 oz	0.161
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	114.0	4.0 oz	0.187
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.159
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	0.193
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	0.152
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	0.166
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	0.243
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	0.231
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	0.240
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	114.0	4.0 oz	0.234
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	85.0	3.0 oz	0.253
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	114.0	4.0 oz	0.244
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	114.0	4.0 oz	0.243

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.159
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	0.222
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	0.171
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	0.205
22908	Beef, corned beef hash, with potato, canned	236.0	1.0 cup	0.118
13345	Beef, cured, breakfast strips, cooked	34.0	3.0 slices	0.088
13344	Beef, cured, breakfast strips, raw or unheated	68.0	3.0 slices	0.082
13347	Beef, cured, corned beef, brisket, cooked	85.0	3.0 oz	0.145
13346	Beef, cured, corned beef, brisket, raw	28.35	1.0 oz	0.045
13348	Beef, cured, corned beef, canned	28.35	1.0 oz	0.042
13350	Beef, cured, dried	28.0	10.0 slices	0.046
13353	Beef, cured, luncheon meat, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.081
13355	Beef, cured, pastrami	71.0	1.0 package, 2.5 oz	0.114
13357	Beef, cured, sausage, cooked, smoked	43.0	1.0 sausage	0.060
13358	Beef, cured, smoked, chopped beef	28.0	1.0 slice (1 oz)	0.049
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.113
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.087
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.153
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.103
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.026
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.124
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.098
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.120
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.092
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.161
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.121
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.030
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.126
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.098
13047	Beef, grass-fed, ground, raw	85.0	1.0 serving	0.131
13000	Beef, grass-fed, strip steaks, lean only, raw	85.0	3.0 oz	0.105
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.162
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	85.0	3.0 oz	0.145
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	85.0	3.0 oz	0.150
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	85.0	3.0 oz	0.150
13498	Beef, ground, 70% lean meat / 30% fat, raw	113.0	4.0 oz	0.171

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.162
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	85.0	3.0 oz	0.145
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85.0	3.0 oz	0.150
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.150
23577	Beef, ground, 75% lean meat / 25% fat, raw	113.0	4.0 oz	0.171
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.162
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	85.0	3.0 oz	0.145
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.150
23572	Beef, ground, 80% lean meat / 20% fat, raw	113.0	4.0 oz	0.171
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.162
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	85.0	3.0 oz	0.145
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85.0	3.0 oz	0.150
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.150
23567	Beef, ground, 85% lean meat / 15% fat, raw	85.0	3.0 oz	0.128
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.162
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	85.0	3.0 oz	0.145
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	3.0 oz	0.150
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.150
23562	Beef, ground, 90% lean meat / 10% fat, raw	113.0	4.0 oz	0.171
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.162
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	85.0	3.0 oz	0.145
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	85.0	3.0 oz	0.150
23472	Beef, ground, 93% lean meat / 7% fat, raw	113.0	4.0 oz	0.171
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.150
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.162
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	85.0	3.0 oz	0.145
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	85.0	3.0 oz	0.150
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.150
23557	Beef, ground, 95% lean meat / 5% fat, raw	113.0	4.0 oz	0.171
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.162
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	85.0	3.0 oz	0.145
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	85.0	3.0 oz	0.150
23477	Beef, ground, 97% lean meat / 3% fat, raw	113.0	4.0 oz	0.171
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.150
13317	Beef, ground, patties, frozen, cooked, broiled	85.0	3.0 oz	0.150
23220	Beef, ground, unspecified fat content, cooked	85.0	3.0 oz	0.153

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	1.0 serving	0.116
23545	Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.243
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.332
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.265
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.330
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.255
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.337
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.280
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.336
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.270
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.333
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.261
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.285
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.340
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.336
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.266
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.338
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.257
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.335
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.280
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.375
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.270
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.425
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.261
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.347
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.285
13445	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.349
23339	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.173
13446	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.341
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.167
13447	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.361
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.181

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
13448	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.360
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.179
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.353
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.174
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.366
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.187
23391	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.170
23388	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.161
23389	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.162
23395	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.156
23390	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.182
23387	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.167
23394	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.188
23386	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.179
23392	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.180
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.174
23393	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.200
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.187
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.108
13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.119
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.119
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.095
23278	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.221
23281	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.190
23279	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.224
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.189
23280	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.327
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.227

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
23241	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.110
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.155
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.110
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.144
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.128
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.174
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	121.0	1.0 fillet	0.247
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	124.0	1.0 fillet	0.252
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	115.0	1.0 fillet	0.254
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.165
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.164
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.204
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.156
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.156
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.182
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.113
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	114.0	4.0 oz	0.120
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.121
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	114.0	4.0 oz	0.124
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	85.0	3.0 oz	0.059
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	114.0	4.0 oz	0.087
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	85.0	3.0 oz	0.079
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	114.0	4.0 oz	0.114
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	85.0	3.0 oz	0.093
23451	Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	114.0	4.0 oz	0.057
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	85.0	3.0 oz	0.099
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	114.0	4.0 oz	0.059
23452	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	85.0	3.0 oz	0.113
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	114.0	4.0 oz	0.127
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	85.0	1.0 serving	0.121
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.116
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	114.0	4.0 oz	0.082
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.126
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	114.0	4.0 oz	0.087

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.094
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	113.0	4.0 oz	0.078
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.095
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	113.0	4.0 oz	0.079
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	85.0	3.0 oz	0.072
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	113.0	4.0 oz	0.090
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	85.0	3.0 oz	0.073
23411	Beef, New Zealand, imported, flank, separable lean only, raw	113.0	4.0 oz	0.093
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	85.0	3.0 oz	0.156
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	113.0	4.0 oz	0.153
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	85.0	3.0 oz	0.163
23413	Beef, New Zealand, imported, flat, separable lean only, raw	113.0	4.0 oz	0.158
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	85.0	3.0 oz	0.096
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	113.0	4.0 oz	0.123
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	85.0	3.0 oz	0.100
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	113.0	4.0 oz	0.130
23418	Beef, New Zealand, imported, inside, raw	113.0	4.0 oz	0.081
23419	Beef, New Zealand, imported, intermuscular fat, cooked	85.0	3.0 oz	0.048
23420	Beef, New Zealand, imported, intermuscular fat, raw	113.0	4.0 oz	0.036
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	85.0	3.0 oz	0.076
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	85.0	3.0 oz	0.082
23427	Beef, New Zealand, imported, manufacturing beef, raw	113.0	4.0 oz	0.121
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	85.0	3.0 oz	0.125
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	113.0	4.0 oz	0.132
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	85.0	3.0 oz	0.126
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	113.0	4.0 oz	0.137
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	85.0	3.0 oz	0.099
23431	Beef, New Zealand, imported, ribs prepared, raw	113.0	4.0 oz	0.102
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.168
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	113.0	4.0 oz	0.132
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	85.0	3.0 oz	0.169
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	113.0	4.0 oz	0.133
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.065
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	113.0	4.0 oz	0.085
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.073
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	113.0	4.0 oz	0.097

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	85.0	3.0 oz	0.029
23436	Beef, New Zealand, imported, subcutaneous fat, raw	113.0	4.0 oz	0.031
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	85.0	3.0 oz	0.097
23438	Beef, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	0.138
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.178
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	0.133
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.178
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	0.134
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	85.0	3.0 oz	2.584
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	85.0	3.0 oz	0.836
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	113.0	4.0 oz	0.771
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	85.0	3.0 oz	2.503
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	113.0	4.0 oz	2.391
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	113.0	4.0 oz	2.652
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	85.0	3.0 oz	0.193
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	113.0	4.0 oz	0.240
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	85.0	3.0 oz	0.088
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	113.0	4.0 oz	0.216
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.296
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.246
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.298
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.234
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.294
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.264
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.300
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.254
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.302
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.242
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.298
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.272
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.706
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.473
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.703
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.478
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.711

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.466
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.725
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.500
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.721
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.507
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.731
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.489
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.162
13977	Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.165
23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.161
13979	Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.166
13020	Beef, retail cuts, separable fat, cooked	28.35	1.0 oz	0.013
13019	Beef, retail cuts, separable fat, raw	28.35	1.0 oz	0.010
23191	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.252
23189	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.252
23190	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.252
23146	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.280
23101	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.279
23147	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.280
23198	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.225
23199	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.214
23200	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.242
23159	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.248
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.235
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.268
23188	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.249
23186	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.252
23187	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.245
23156	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.284
23157	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.286
23158	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.280
23227	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.256
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.207
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.260
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.211
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.247

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.203
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.275
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.230
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.285
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.236
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.259
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.221
23197	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.244
23195	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.250
23196	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.234
23100	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.275
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.285
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.259
23192	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.201
23193	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.207
23194	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.190
23150	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.229
23151	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.236
23152	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.217
23201	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.203
23202	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.207
23213	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.198
23153	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.230
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.236
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.221
13952	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.111
13951	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.124
13284	Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.141
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.263
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.178
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.258
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.182
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.269
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.173
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.294
23181	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.206

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.294
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.212
23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.294
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.197
13490	Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.135
13096	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.099
13095	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.037
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.126
13097	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.043
13386	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.161
13387	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.161
13839	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.136
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.161
13838	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.037
13842	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.136
13843	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.153
13841	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.037
13848	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.145
13849	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.161
13847	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.037
13845	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.136
13846	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.161
13844	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.040
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.187
13389	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.187
13390	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.187
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	0.128
13147	Beef, rib, shortribs, separable lean and fat, choice, raw	28.35	1.0 oz	0.033
13150	Beef, rib, shortribs, separable lean only, choice, cooked, braised	121.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.244
13149	Beef, rib, shortribs, separable lean only, choice, raw	28.35	1.0 oz	0.044
13391	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.111
13392	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.161
13393	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.161
13851	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.106
13852	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.136

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
13850	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.026
13854	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.092
13855	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.136
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.023
13860	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.161
13861	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.145
13859	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.037
13857	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.121
13858	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.136
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.090
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.127
13395	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.187
13396	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.187
23638	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.043
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.032
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.031
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.046
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.034
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	28.35	1.0 oz	0.041
13825	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.145
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.153
13824	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.037
13828	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.145
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.145
13827	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.037
13834	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.153
13835	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.153
13833	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.037
13831	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.145
13832	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.153
13830	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.037
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.153
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.152
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.186
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.209
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.189

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.206
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.186
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.325
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.227
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	135.0	1.0 fillet	0.308
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	138.0	1.0 fillet	0.310
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	129.0	1.0 fillet	0.573
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.190
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.159
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.364
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0.044
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.130
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.124
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.128
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.120
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.120
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.124
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.114
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.133
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.145
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	28.35	1.0 oz	0.045
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.041
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0.049
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.045
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.040
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.152
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.156
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.147
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.148
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.036
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.157
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.041
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.139
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.094
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.163
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.176

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.161
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.055
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.061
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.053
13415	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.197
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.156
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.196
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.156
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.198
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.156
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.198
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.156
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.197
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.156
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.199
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.157
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.155
23351	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.202
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.156
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.201
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.203
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.156
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.203
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.156
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.202
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.156
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.204
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.157
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.128
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.037
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.136
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.042
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.120

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.032
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	28.35	1.0 oz	0.048
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.042
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0.053
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.047
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0.045
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.040
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.178
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.048
13867	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.178
13866	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.051
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.187
13158	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled	85.0	3.0 oz	0.187
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	150.0	1.0 steak	0.325
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.157
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.181
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.150
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.191
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.171
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	85.0	3.0 oz	0.173
23056	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0.168
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.154
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	141.0	1.0 steak	0.271
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.145
23033	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	0.178
23064	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0.180
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.173
23050	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	0.167
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.158
23052	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	0.206
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.205
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.122
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.106

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.129
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.118
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.113
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.094
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.221
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.212
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.221
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.132
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.115
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.147
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.127
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.126
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.116
13883	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.051
13885	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.051
13887	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.051
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.246
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.199
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.236
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.191
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.260
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.211
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.247
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.201
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.238
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.193
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.263
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.212
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.277
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.200
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.266
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.191
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.293
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.212
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.279
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.201

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.268
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.193
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.295
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.212
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.139
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.212
13430	Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.212
13432	Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.212
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.204
13895	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.204
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0.221
13901	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.051
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.204
13436	Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.212
13438	Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.212
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0.268
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.038
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.147
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.043
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.221
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.131
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.033
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.051
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.127
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.057
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.046
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.048
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.042
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	85.0	3.0 oz	0.131
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	85.0	3.0 oz	0.178
13227	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.062
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.194
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0.196
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz (1serving)	0.192
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.197

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.192
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.199
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.205
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.195
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.172
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.221
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.212
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.212
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.212
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.218
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.224
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.234
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.217
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.196
13479	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.216
13478	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.183
13236	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.230
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.191
13483	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.196
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.170
13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.196
13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0.196
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	0.198
23006	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.189
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.159
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.199
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.166
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.173
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.149
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.212
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.212
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.098
13916	Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.153
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.085
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.098
13915	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw	85.0	3.0 oz	0.119

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.042
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.042
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.095
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	28.35	1.0 oz	0.044
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.105
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.178
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.175
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.180
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.180
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.178
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.183
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.230
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.236
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.221
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.234
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.240
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.225
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.189
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.197
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.191
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz (1 serving)	0.185
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.200
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.259
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.218
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.259
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.208
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.260
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.235
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.266
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.221
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.269
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.212
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.264
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.238
13919	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.221

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
13922	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.230
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.230
13925	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.221
13926	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.060
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.109
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.081
13921	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	140.0	1.0 steak (yield from 181 g raw meat)	0.162
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.071
13927	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.221
13924	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	119.0	1.0 steak (yield from 1 raw steak weighing 151g)	0.165
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	149.0	1.0 steak (yield from 1 raw steak weighing149g)	0.156
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.042
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.031
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.042
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.031
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.044
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.033
23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	0.369
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	0.360
23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	0.576
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	0.202
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	0.200
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	0.213
23287	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.229
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.227
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.348
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.123
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.123
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.128
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.201
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.199
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.244
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.163
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.152
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.179
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.120

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.109
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.132
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.110
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.083
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.100
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0.246
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.024
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.121
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.095
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.132
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.132
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.139
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.042
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.031
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.038
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.030
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.044
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.034
13319	Beef, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.221
13320	Beef, variety meats and by-products, brain, cooked, simmered	85.0	3.0 oz	0.184
13318	Beef, variety meats and by-products, brain, raw	28.35	1.0 oz	0.056
13322	Beef, variety meats and by-products, heart, cooked, simmered	85.0	3.0 oz	1.028
13321	Beef, variety meats and by-products, heart, raw	28.35	1.0 oz	0.257
13324	Beef, variety meats and by-products, kidneys, cooked, simmered	85.0	3.0 oz	2.524
13323	Beef, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.805
13326	Beef, variety meats and by-products, liver, cooked, braised	68.0	1.0 slice	2.329
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	81.0	1.0 slice	2.774
13325	Beef, variety meats and by-products, liver, raw	85.0	3.0 oz	2.342
13329	Beef, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.122
13328	Beef, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.065
13330	Beef, variety meats and by-products, mechanically separated beef, raw	28.35	1.0 oz	0.033
13332	Beef, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0.412
13331	Beef, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.126
13334	Beef, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0.255
13333	Beef, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.105
13335	Beef, variety meats and by-products, suet, raw	28.35	1.0 oz	0.004

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
13338	Beef, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	0.191
13337	Beef, variety meats and by-products, thymus, raw	28.35	1.0 oz	0.098
13340	Beef, variety meats and by-products, tongue, cooked, simmered	85.0	3.0 oz	0.250
13339	Beef, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.096
23640	Beef, variety meats and by-products, tripe, cooked, simmered	85.0	1.0 serving	0.021
13341	Beef, variety meats and by-products, tripe, raw	28.35	1.0 oz	0.018
07003	Beerwurst, beer salami, pork	23.0	1.0 slice (4" dia x 1/8" thick)	0.044
07002	Beerwurst, beer salami, pork and beef	56.0	2.0 oz	0.097
07931	Beerwurst, pork and beef	56.0	1.0 serving 2 oz	0.097
11736	Beet greens, cooked, boiled, drained, with salt	144.0	1.0 cup (1" pieces)	0.416
11087	Beet greens, cooked, boiled, drained, without salt	144.0	1.0 cup (1" pieces)	0.416
11086	Beet greens, raw	38.0	1.0 cup	0.084
11084	Beets, canned, drained solids	157.0	1.0 cup, diced	0.063
11735	Beets, canned, no salt added, solids and liquids	246.0	1.0 cup	0.093
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	0.093
11081	Beets, cooked, boiled, drained	85.0	0.5 cup slices	0.034
11734	Beets, cooked, boiled. drained, with salt	85.0	0.5 cup slices	0.034
11605	Beets, harvard, canned, solids and liquids	246.0	1.0 cup slices	0.123
11609	Beets, pickled, canned, solids and liquids	227.0	1.0 cup slices	0.109
11080	Beets, raw	136.0	1.0 cup	0.054
43205	Beverage, instant breakfast powder, chocolate, not reconstituted	7.4	1.0 tbsp	0.015
43260	Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted	5.6	1.0 tbsp	0.020
43078	Beverage, milkshake mix, dry, not chocolate	7.0	1.0 tbsp	0.024
14021	Beverages, Energy drink, Citrus	240.0	8.0 fl oz	0.000
14035	Beverages, ABBOTT, EAS soy protein powder	44.0	1.0 scoop	0.025
14033	Beverages, ABBOTT, EAS whey protein powder	39.0	2.0 scoop	0.334
43528	Beverages, ABBOTT, ENSURE PLUS, ready-to-drink	252.0	1.0 cup	0.431
14062	Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink	254.0	8.0 fl oz	0.455
14056	Beverages, Acai berry drink, fortified	266.0	8.0 fl oz	0.106
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	0.425
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	240.0	8.0 fl oz	0.425
14091	Beverages, almond milk, unsweetened, shelf stable	262.0	1.0 cup	0.123
14216	Beverages, aloe vera juice drink, fortified with Vitamin C	240.0	8.0 fl oz	0.000
14250	Beverages, AMBER, hard cider	355.0	12.0 fl oz	0.046
14162	Beverages, Apple juice drink, light, fortified with vitamin C	240.0	8.0 fl oz	0.036
14121	Beverages, carbonated, club soda	29.6	1.0 fl oz	0.000

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
14400	Beverages, carbonated, cola, fast-food cola	258.0	1.0 serving child 12 fl oz, without ice	0.000
14148	Beverages, carbonated, cola, regular	30.7	1.0 fl oz	0.000
14147	Beverages, carbonated, cola, without caffeine	30.7	1.0 fl oz	0.000
14136	Beverages, carbonated, ginger ale	30.5	1.0 fl oz	0.000
14142	Beverages, carbonated, grape soda	31.0	1.0 fl oz	0.000
14144	Beverages, carbonated, lemon-lime soda, no caffeine	30.8	1.0 fl oz	0.000
14165	Beverages, carbonated, limeade, high caffeine	253.0	1.0 cup	0.000
14416	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	29.6	1.0 fl oz	0.007
14146	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine	29.6	1.0 fl oz	0.007
14166	Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine	29.6	1.0 fl oz	0.000
14143	Beverages, carbonated, low calorie, other than cola or pepper, without caffeine	29.6	1.0 fl oz	0.000
14151	Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine	29.6	1.0 fl oz	0.000
14150	Beverages, carbonated, orange	31.0	1.0 fl oz	0.000
14153	Beverages, carbonated, pepper-type, contains caffeine	30.7	1.0 fl oz	0.000
14149	Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners	29.6	1.0 fl oz	0.000
14157	Beverages, carbonated, root beer	30.8	1.0 fl oz	0.000
14145	Beverages, carbonated, SPRITE, lemon-lime, without caffeine	30.8	1.0 fl oz	0.000
14155	Beverages, carbonated, tonic water	30.5	1.0 fl oz	0.000
14168	Beverages, Carob-flavor beverage mix, powder	12.0	1.0 tbsp	0.000
14169	Beverages, Carob-flavor beverage mix, powder, prepared with whole milk	256.0	1.0 cup (8 fl oz)	0.445
14092	Beverages, chocolate almond milk, unsweetened, shelf-stable, fortified with vitamin D2 and E	240.0	1.0 cup	0.113
14163	Beverages, chocolate drink, milk and soy based, ready to drink, fortified	237.0	8.0 fl oz	0.424
14164	Beverages, chocolate malt powder, prepared with 1% milk, fortified	98.0	1.0 cup dry mix	0.257
14083	Beverages, chocolate malt, powder, prepared with fat free milk	256.0	1.0 serving	0.343
14063	Beverages, chocolate powder, no sugar added	11.0	2.0 tbsp	0.038
14181	Beverages, chocolate syrup	39.0	1.0 serving 2 tbsp	0.020
14182	Beverages, chocolate syrup, prepared with whole milk	282.0	1.0 cup (8 fl oz)	0.465
14557	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients	22.0	1.0 serving	0.012
14558	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk	266.0	1.0 serving	0.423
14177	Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	0.479
43369	Beverages, Chocolate-flavored drink, whey and milk based	244.0	1.0 cup	0.124
14262	Beverages, citrus fruit juice drink, frozen concentrate	35.2	1.0 fl oz	0.012
14263	Beverages, citrus fruit juice drink, frozen concentrate, prepared with water	31.0	1.0 fl oz	0.003
14187	Beverages, Clam and tomato juice, canned	30.2	1.0 fl oz	0.004
14461	Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	30.5	1.0 fl oz	0.000

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
44203	Beverages, Cocktail mix, non-alcoholic, concentrated, frozen	36.0	1.0 fl oz	0.006
14538	Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A	15.0	1.0 envelope Swiss Miss (.53 oz)	0.210
14196	Beverages, Cocoa mix, no sugar added, powder	19.0	1.0 envelope Alba (.675 oz)	0.266
14192	Beverages, Cocoa mix, powder	28.0	1.0 serving (3 heaping tsp or 1 envelope)	0.158
14194	Beverages, Cocoa mix, powder, prepared with water	34.3	1.0 fl oz	0.027
14390	Beverages, cocoa mix, with aspartame, powder, prepared with water	32.1	1.0 fl oz	0.035
14171	Beverages, coconut milk, sweetened, fortified with calcium, vitamins A, B12, D2	240.0	1.0 cup	0.000
14090	Beverages, Coconut water, ready-to-drink, unsweetened	245.0	1.0 cup	0.000
14204	Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener	6.4	1.0 tsp dry	0.007
14236	Beverages, coffee substitute, cereal grain beverage, powder	3.0	1.0 tsp (1 serving)	0.003
14421	Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk	185.0	6.0 fl oz	0.298
14237	Beverages, coffee substitute, cereal grain beverage, prepared with water	30.1	1.0 fl oz	0.001
14180	Beverages, coffee, brewed, breakfast blend	248.0	1.0 cup	0.000
14210	Beverages, coffee, brewed, espresso, restaurant-prepared	29.6	1.0 fl oz	0.052
14202	Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated	29.6	1.0 fl oz	0.052
14209	Beverages, coffee, brewed, prepared with tap water	29.6	1.0 fl oz	0.022
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.000
14223	Beverages, coffee, instant, chicory	29.9	1.0 fl oz	0.001
14218	Beverages, coffee, instant, decaffeinated, powder	1.8	1.0 tsp rounded	0.024
14219	Beverages, coffee, instant, decaffeinated, prepared with water	29.9	1.0 fl oz	0.004
14224	Beverages, coffee, instant, mocha, sweetened	13.0	1.0 serving 2 tbsp	0.004
14203	Beverages, coffee, instant, regular, half the caffeine	1.0	1.0 tsp	0.001
14214	Beverages, coffee, instant, regular, powder	1.0	1.0 tsp	0.001
14215	Beverages, coffee, instant, regular, prepared with water	29.8	1.0 fl oz	0.000
14270	Beverages, coffee, instant, vanilla, sweetened, decaffeinated, with non dairy creamer	15.0	1.0 serving	0.000
14222	Beverages, coffee, instant, with chicory	1.8	1.0 tsp, rounded	0.005
43401	Beverages, coffee, instant, with whitener, reduced calorie	1.7	1.0 tsp dry	0.000
14183	Beverages, coffee, ready to drink, iced, mocha, milk based	265.0	1.0 cup	0.424
14179	Beverages, coffee, ready to drink, milk based, sweetened	262.0	1.0 cup	0.506
14173	Beverages, coffee, ready to drink, vanilla, light, milk based, sweetened	281.0	9.5 fl oz	0.542
14284	Beverages, Cranberry juice cocktail	271.0	1.0 cup	0.000
14238	Beverages, cranberry-apple juice drink, bottled	30.6	1.0 fl oz	0.000
43404	Beverages, cranberry-apple juice drink, low calorie, with vitamin C added	240.0	1.0 cup (8 fl oz)	0.017
14240	Beverages, cranberry-apricot juice drink, bottled	30.6	1.0 fl oz	0.003
14241	Beverages, cranberry-grape juice drink, bottled	30.6	1.0 fl oz	0.006

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
14036	Beverages, CYTOSPORT, Muscle Milk, ready-to-drink	414.0	14.0 fl oz	0.575
14423	Beverages, dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice	243.0	1.0 serving	0.413
14422	Beverages, Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder	21.0	1.0 packet (.75 oz)	0.407
14450	Beverages, drink mix, QUAKER OATS, GATORADE, orange flavor, powder	23.0	1.0 scoop powder	0.184
14245	Beverages, Eggnog-flavor mix, powder, prepared with whole milk	272.0	1.0 cup (8 fl oz)	0.452
14060	Beverages, Energy Drink with carbonated water and high fructose corn syrup	240.0	8.0 fl oz	0.000
14625	Beverages, Energy drink, AMP	240.0	1.0 serving	0.816
14628	Beverages, Energy drink, AMP, sugar free	240.0	8.0 fl oz	0.341
14626	Beverages, Energy drink, FULL THROTTLE	240.0	1.0 serving 8 fluid oz	0.000
14627	Beverages, Energy Drink, Monster, fortified with vitamins C, B2, B3, B6, B12	240.0	1.0 serving	1.944
14154	Beverages, Energy drink, RED BULL	258.0	1.0 can 8.4 fl oz	0.266
14156	Beverages, Energy drink, RED BULL, sugar free, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12	250.0	1.0 serving 8.3 fl oz can	1.438
14629	Beverages, Energy drink, ROCKSTAR	31.0	1.0 fl oz	0.496
14630	Beverages, Energy drink, ROCKSTAR, sugar free	240.0	8.0 fl oz	3.401
14061	Beverages, Energy Drink, sugar free	240.0	8.0 fl oz	0.000
14641	Beverages, Energy drink, VAULT Zero, sugar-free, citrus flavor	246.0	1.0 serving (8 fl oz)	0.000
14640	Beverages, Energy drink, VAULT, citrus flavor	31.0	1.0 oz	0.000
14646	Beverages, Fruit flavored drink containing less than 3% fruit juice, with high vitamin C	238.0	1.0 cup (8 fl oz)	0.000
14645	Beverages, Fruit flavored drink, less than 3% juice, not fortified with vitamin C	238.0	1.0 cup (8 fl oz)	0.000
14647	Beverages, Fruit flavored drink, reduced sugar, greater than 3% fruit juice, high vitamin C, added calcium	240.0	8.0 fl oz	0.000
14648	Beverages, fruit juice drink, greater than 3% fruit juice, high vitamin C and added thiamin	237.0	8.0 fl oz	0.033
14651	Beverages, fruit juice drink, greater than 3% juice, high vitamin C	238.0	1.0 cup (8 fl oz)	0.033
14636	Beverages, fruit juice drink, reduced sugar, with vitamin E added	209.0	1.0 container	0.000
14268	Beverages, Fruit punch drink, frozen concentrate	34.8	1.0 fl oz	0.016
14269	Beverages, Fruit punch drink, frozen concentrate, prepared with water	30.9	1.0 fl oz	0.004
14267	Beverages, Fruit punch drink, with added nutrients, canned	31.0	1.0 fl oz	0.007
14264	Beverages, fruit punch drink, without added nutrients, canned	210.0	6.75 fl oz	0.048
14405	Beverages, fruit punch juice drink, frozen concentrate	35.2	1.0 fl oz	0.081
14406	Beverages, fruit punch juice drink, frozen concentrate, prepared with water	29.3	1.0 fl oz	0.016
14541	Beverages, fruit punch-flavor drink, powder, without added sodium, prepared with water	32.7	1.0 fl oz	0.001
42055	Beverages, fruit-flavored drink, dry powdered mix, low calorie, with aspartame	8.0	1.0 tsp	0.000
43345	Beverages, fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie	2.0	1.0 tsp	0.136
14048	Beverages, FUZE, orange mango, fortified with vitamins A, C, E, B6	500.0	1.0 bottle	0.090

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
14075	Beverages, GEROLSTEINER BRUNNEN GmbH & Co. KG,Gerolsteiner naturally sparkling mineral water,	240.0	8.0 fl oz	0.000
14277	Beverages, grape drink, canned	31.3	1.0 fl oz	0.001
14282	Beverages, grape juice drink, canned	31.3	1.0 fl oz	0.111
14638	Beverages, Horchata, as served in restaurant	228.0	1.0 cup	0.000
14631	Beverages, Horchata, dry mix, unprepared, variety of brands, all with morro seeds	7.8	1.0 tbsp	0.013
14076	Beverages, ICELANDIC, Glacial Natural spring water	100.0	1.0 serving	0.000
14068	Beverages, KELLOGG'S SPECIAL K20 protein powder	14.5	1.0 packet	0.000
14059	Beverages, KELLOGG'S, SPECIAL K Protein Shake	296.0	1.0 serving	0.562
14161	Beverages, Kiwi Strawberry Juice Drink	473.0	16.0 fl oz	0.000
14174	Beverages, Lemonade fruit juice drink light, fortified with vitamin E and C	240.0	8.0 fl oz	0.007
14543	Beverages, lemonade, frozen concentrate, pink, prepared with water	30.9	1.0 fl oz	0.000
14287	Beverages, Lemonade, powder	18.0	1.0 serving	0.000
14296	Beverages, lemonade-flavor drink, powder	18.0	1.0 serving	0.002
14297	Beverages, lemonade-flavor drink, powder, prepared with water	31.8	1.0 fl oz	0.000
14252	Beverages, Malt liquor beverage	1184.0	1.0 bottle	0.474
14317	Beverages, malted drink mix, chocolate, powder	21.0	1.0 serving (3 heaping tsp or 1 envelope)	0.042
14318	Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.488
14316	Beverages, Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	1.283
14311	Beverages, Malted drink mix, natural, powder, dairy based.	21.0	1.0 serving (3 heaping tsp or 1 envelope)	0.193
14312	Beverages, Malted drink mix, natural, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.641
14310	Beverages, Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	1.206
14632	Beverages, Meal supplement drink, canned, peanut flavor	158.0	1.0 cup	2.054
14634	Beverages, milk beverage, reduced fat, flavored and sweetened, Ready-to-drink, added calcium, vitamin A and vitamin D	244.0	1.0 cup	0.420
14095	Beverages, MINUTE MAID, Lemonada, Limeade	240.0	8.0 fl oz	0.007
14119	Beverages, Mixed vegetable and fruit juice drink, with added nutrients	247.0	8.0 fl oz	0.010
14022	Beverages, MONSTER energy drink, low carb	240.0	8.0 fl oz	1.699
14041	Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	237.0	1.0 bottle	0.386
14654	Beverages, nutritional shake mix, high protein, powder	10.0	1.0 tbsp	0.212
14256	Beverages, OCEAN SPRAY, Cran Cherry	248.0	8.0 fl oz	0.000
14217	Beverages, OCEAN SPRAY, Cran Grape	240.0	8.0 fl oz	0.000
14234	Beverages, OCEAN SPRAY, Cran Lemonade	247.0	8.0 fl oz	0.000
14255	Beverages, OCEAN SPRAY, Cran Pomegranate	248.0	8.0 fl oz	0.000
14233	Beverages, OCEAN SPRAY, Cran Raspberry Juice Drink	248.0	8.0 fl oz	0.000
14038	Beverages, OCEAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink	250.0	1.0 can	0.885

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
14220	Beverages, OCEAN SPRAY, Cranberry-Apple Juice Drink, bottled	249.0	8.0 fl oz	0.017
14235	Beverages, OCEAN SPRAY, Diet Cran Cherry	237.0	8.0 fl oz	0.000
14221	Beverages, OCEAN SPRAY, Diet Cranberry Juice	237.0	8.0 fl oz	0.000
14257	Beverages, OCEAN SPRAY, Light Cranberry	248.0	8.0 fl oz	0.000
14226	Beverages, OCEAN SPRAY, Light Cranberry and Raspberry Flavored Juice	242.0	8.0 fl oz	0.000
14259	Beverages, OCEAN SPRAY, Light Cranberry, Concord Grape	248.0	8.0 fl oz	0.000
14285	Beverages, OCEAN SPRAY, Ruby Red cranberry	227.0	8.0 fl oz	0.000
14258	Beverages, OCEAN SPRAY, White Cranberry Peach	247.0	8.0 fl oz	0.000
14227	Beverages, OCEAN SPRAY, White Cranberry Strawberry Flavored Juice Drink	247.0	8.0 fl oz	0.148
14327	Beverages, orange and apricot juice drink, canned	31.2	1.0 fl oz	0.003
14436	Beverages, orange breakfast drink, ready-to-drink, with added nutrients	31.6	1.0 fl oz	0.003
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	36.3	1.0 fl oz	1.303
14427	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water	31.3	1.0 fl oz	0.326
14323	Beverages, orange drink, canned, with added vitamin C	31.0	1.0 fl oz	0.000
42270	Beverages, Orange juice drink	249.0	1.0 cup	1.071
14064	Beverages, Orange juice, light, No pulp	240.0	8.0 fl oz	0.067
14409	Beverages, Orange-flavor drink, breakfast type, low calorie, powder	2.5	1.0 portion, amount of dry mix to make 8 fl oz prepared	0.170
14407	Beverages, orange-flavor drink, breakfast type, powder	26.0	1.0 serving 2 tbsp	0.177
14408	Beverages, orange-flavor drink, breakfast type, powder, prepared with water	33.9	1.0 fl oz	0.029
14425	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water	31.0	1.0 fl oz	0.012
14424	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate. Not manufactured anymore.	35.3	1.0 fl oz	0.047
14315	Beverages, OVALTINE, chocolate malt powder	78.0	1.0 cup	0.000
14309	Beverages, OVALTINE, Classic Malt powder	21.0	1.0 serving (4 tbsp or 1 envelope)	0.000
14644	Beverages, PEPSICO QUAKER, Gatorade G2, low calorie	237.0	8.0 fl oz	0.000
14460	Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.	30.5	1.0 fl oz	0.000
14334	Beverages, pineapple and grapefruit juice drink, canned	31.3	1.0 fl oz	0.005
14341	Beverages, pineapple and orange juice drink, canned	31.3	1.0 fl oz	0.006
14599	Beverages, Powerade Zero Ion4, calorie-free, assorted flavors	237.0	8.0 fl oz	0.000
14167	Beverages, POWERADE, Zero, Mixed Berry	360.0	12.0 fl oz	0.000
14462	Beverages, Propel Zero, fruit-flavored, non-carbonated	29.6	1.0 fl oz	0.000
14067	Beverages, Protein powder soy based	45.0	1.0 scoop	0.074
14066	Beverages, Protein powder whey based	32.0	0.33 cup	0.645
14639	Beverages, rice milk, unsweetened	240.0	8.0 fl oz (approximate weight, 1 serving)	0.341
14080	Beverages, rich chocolate, powder	11.0	2.0 tbsp	0.000
14428	Beverages, shake, fast food, strawberry	23.5	1.0 fl oz	0.046

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
14044	Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan	295.0	1.0 bottle	0.560
14351	Beverages, Strawberry-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	0.420
14544	Beverages, tea, black, brewed, prepared with distilled water	29.6	1.0 fl oz	0.004
14355	Beverages, tea, black, brewed, prepared with tap water	29.6	1.0 fl oz	0.004
14352	Beverages, tea, black, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.004
14247	Beverages, tea, black, ready to drink	473.0	16.0 fl oz	0.000
14281	Beverages, tea, black, ready to drink, decaffeinated	240.0	1.0 cup	0.000
14280	Beverages, tea, black, ready to drink, decaffeinated, diet	240.0	1.0 cup	0.000
14211	Beverages, tea, black, ready-to-drink, lemon, diet	265.0	1.0 cup	0.000
14199	Beverages, tea, black, ready-to-drink, lemon, sweetened	271.0	1.0 cup	0.000
14279	Beverages, tea, black, ready-to-drink, peach, diet	268.0	1.0 cup	0.000
14260	Beverages, tea, green, brewed, decaffeinated	240.0	240.0 ml	0.139
14278	Beverages, tea, green, brewed, regular	245.0	1.0 cup	0.142
14246	Beverages, tea, green, instant, decaffeinated, lemon, unsweetened, fortified with vitamin C	4.5	2.0 tbsp	0.000
14188	Beverages, tea, green, ready to drink, ginseng and honey, sweetened	260.0	1.0 cup	0.000
14261	Beverages, tea, green, ready to drink, unsweetened	473.0	16.0 fl oz	0.000
14191	Beverages, tea, green, ready-to-drink, citrus, diet, fortified with vitamin C	265.0	1.0 cup	0.000
14190	Beverages, tea, green, ready-to-drink, diet	269.0	1.0 cup	0.000
14206	Beverages, tea, green, ready-to-drink, sweetened	270.0	1.0 cup	0.000
14545	Beverages, tea, herb, brewed, chamomile	29.6	1.0 fl oz	0.001
14381	Beverages, tea, herb, other than chamomile, brewed	29.6	1.0 fl oz	0.001
14649	Beverages, tea, hibiscus, brewed	237.0	8.0 fl oz	0.000
14356	Beverages, tea, instant, decaffeinated, lemon, diet	1.6	2.0 tsp	0.005
14357	Beverages, tea, instant, decaffeinated, lemon, sweetened	23.0	1.0 serving (3 heaping tsp)	0.000
14353	Beverages, tea, instant, decaffeinated, unsweetened	0.7	1.0 serving 2 tsp	0.007
14376	Beverages, tea, instant, lemon, diet	29.8	1.0 fl oz	0.001
14370	Beverages, tea, instant, lemon, sweetened, powder	23.0	1.0 serving (3 heaping tsp)	0.000
14371	Beverages, tea, instant, lemon, sweetened, prepared with water	259.0	1.0 cup (8 fl oz)	0.000
14368	Beverages, tea, instant, lemon, unsweetened	1.4	1.0 tsp, rounded	0.008
14548	Beverages, tea, instant, lemon, with added ascorbic acid	23.0	1.0 serving (3 heaping tsp)	0.046
14375	Beverages, tea, instant, sweetened with sodium saccharin, lemon-flavored, powder	1.6	2.0 tsp	0.005
14366	Beverages, tea, instant, unsweetened, powder	0.7	1.0 serving 1 tsp	0.007
14367	Beverages, tea, instant, unsweetened, prepared with water	29.7	1.0 fl oz	0.001
14207	Beverages, tea, ready-to-drink, lemon, diet	266.0	1.0 cup	0.000
14093	Beverages, The COCA-COLA company, Glaceau Vitamin Water, Revive Fruit Punch, fortified	591.0	20.0 fl oz	0.000
14065	Beverages, The COCA-COLA company, Hi-C Flashin' Fruit Punch	200.0	6.75 fl oz	0.000

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
14189	Beverages, The COCA-COLA company, Minute Maid, Lemonade	240.0	8.0 fl oz	0.007
14030	Beverages, THE COCA-COLA COMPANY, NOS energy drink, Original, grape, loaded cherry, charged citrus, fortified with vitamins B6 and B12	480.0	16.0 fl oz	0.000
14026	Beverages, THE COCA-COLA COMPANY, NOS Zero, energy drink, sugar-free with guarana, fortified with vitamins B6 and B12	480.0	16.0 fl oz	0.000
14276	Beverages, Tropical Punch, ready-to-drink	210.0	1.0 NLEA Serving	0.000
14055	Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, whey powder, 3-2-1 Plan,	26.0	1.0 scoop	0.170
14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	26.0	1.0 scoop	0.170
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	295.0	1.0 bottle	0.560
14635	Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E	246.0	1.0 serving 8 oz	0.002
14633	Beverages, Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C	238.0	1.0 serving	0.002
14605	Beverages, Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors	237.0	8.0 fl oz (1 NLEA serving)	0.000
14384	Beverages, water, bottled, PERRIER	29.6	1.0 fl oz	0.000
14385	Beverages, water, bottled, POLAND SPRING	29.6	1.0 fl oz	0.000
14031	Beverages, water, bottled, yumberry, pomegranate with anti-oxidants, zero calories	240.0	8.0 fl oz	0.000
14411	Beverages, water, tap, drinking	29.6	1.0 fl oz	0.000
14429	Beverages, water, tap, municipal	29.6	1.0 fl oz	0.000
14601	Beverages, WENDY'S, tea, ready-to-drink, unsweetened	29.6	1.0 fl oz	0.007
14058	Beverages, Whey protein powder isolate	86.0	3.0 scoop	0.850
14028	Beverages, Whiskey sour mix, bottled	32.3	1.0 fl oz	0.003
14024	Beverages, Whiskey sour mix, powder	17.0	1.0 packet	0.000
14553	Beverages, Wine, non-alcoholic	29.0	1.0 fl oz	0.003
14079	Beverages, yellow green colored citrus soft drink with caffeine	473.0	16.0 fl oz	1.608
14073	Beverages, ZEVIA, cola	355.0	1.0 can	0.000
14074	Beverages, ZEVIA, cola, caffeine free	355.0	1.0 can	0.000
18017	Biscuits, mixed grain, refrigerated dough	28.35	1.0 oz	0.060
18010	Biscuits, plain or buttermilk, dry mix	120.0	1.0 cup, purchased	0.524
18011	Biscuits, plain or buttermilk, dry mix, prepared	28.35	1.0 oz	0.101
18009	Biscuits, plain or buttermilk, frozen, baked	28.35	1.0 oz	0.083
18016	Biscuits, plain or buttermilk, prepared from recipe	28.35	1.0 oz	0.088
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	0.168
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	51.0	1.0 biscuit	0.152
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	58.0	1.0 serving 1 biscuit	0.129
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	28.35	1.0 oz	0.066
17148	Bison, ground, grass-fed, cooked	85.0	3.0 oz	0.224
17149	Bison, ground, grass-fed, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.209

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
09046	Blackberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	0.100
09048	Blackberries, frozen, unsweetened	151.0	1.0 cup, unthawed	0.069
09042	Blackberries, raw	144.0	1.0 cup	0.037
35015	Blackberries, wild, raw (Alaska Native)	157.0	1.0 cup	0.226
09043	Blackberry juice, canned	250.0	1.0 cup	0.045
07005	Blood sausage	100.0	4.0 slices	0.130
09052	Blueberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	0.136
09352	Blueberries, canned, light syrup, drained	244.0	1.0 cup	0.322
09163	Blueberries, dried, sweetened	40.0	0.25 cup	0.051
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	0.120
09054	Blueberries, frozen, unsweetened	155.0	1.0 cup, unthawed	0.057
09050	Blueberries, raw	148.0	1.0 cup	0.061
09353	Blueberries, wild, canned, heavy syrup, drained	319.0	1.0 cup	0.998
09053	Blueberries, wild, frozen	140.0	1.0 cup, frozen	0.010
07006	Bockwurst, pork, veal, raw	91.0	1.0 sausage	0.212
07007	Bologna, beef	30.0	1.0 slice	0.020
07008	Bologna, beef and pork	100.0	3.527 oz	0.185
42129	Bologna, beef and pork, low fat	138.0	1.0 cup pieces	0.179
42161	Bologna, beef, low fat	28.0	1.0 slice	0.028
07960	Bologna, chicken, pork	28.0	1.0 serving	0.036
07959	Bologna, chicken, pork, beef	28.0	1.0 serving	0.038
07952	Bologna, chicken, turkey, pork	28.0	1.0 serving	0.037
07971	Bologna, meat and poultry	33.0	1.0 slice	0.052
07010	Bologna, pork	28.0	1.0 slice, medium (4-1/2" dia x 1/8" thick) (1 oz)	0.044
07936	Bologna, pork and turkey, lite	56.0	1.0 serving 2 oz	0.054
07937	Bologna, pork, turkey and beef	28.35	1.0 oz	0.043
07011	Bologna, turkey	28.0	0.99 oz 1 serving	0.027
11613	Borage, raw	89.0	1.0 cup (1" pieces)	0.134
09056	Boysenberries, canned, heavy syrup	256.0	1.0 cup	0.074
09057	Boysenberries, frozen, unsweetened	132.0	1.0 cup, unthawed	0.049
07922	Bratwurst, beef and pork, smoked	66.0	1.0 serving 2.33 oz	0.141
07923	Bratwurst, chicken, cooked	84.0	1.0 serving 2.96 oz	0.112
07924	Bratwurst, pork, beef and turkey, lite, smoked	66.0	1.0 serving 2.33 oz	0.110
07013	Bratwurst, pork, cooked	85.0	1.0 link cooked	0.261
07910	Bratwurst, veal, cooked	84.0	1.0 serving 2.96 oz	0.161
07014	Braunschweiger (a liver sausage), pork	28.35	1.0 oz	0.432

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
18079	Bread crumbs, dry, grated, plain	28.35	1.0 oz	0.114
18376	Bread crumbs, dry, grated, seasoned	28.35	1.0 oz	0.118
18080	Bread sticks, plain	46.0	1.0 cup, small pieces	0.254
18081	Bread stuffing, bread, dry mix	28.35	1.0 oz	0.115
18082	Bread stuffing, bread, dry mix, prepared	28.35	1.0 oz	0.030
18084	Bread stuffing, cornbread, dry mix	28.35	1.0 oz	0.099
18085	Bread stuffing, cornbread, dry mix, prepared	28.35	1.0 oz	0.026
18019	Bread, banana, prepared from recipe, made with margarine	28.35	1.0 oz	0.057
18021	Bread, boston brown, canned	28.35	1.0 oz	0.033
28306	Bread, chapati or roti, plain, commercially prepared	68.0	1.0 piece	0.136
28285	Bread, chapati or roti, whole wheat, commercially prepared, frozen	43.0	1.0 piece	0.077
18972	Bread, cheese	48.0	1.0 slice	0.145
28315	Bread, cinnamon	28.0	1.0 slice 1 serving	0.034
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	28.35	1.0 oz	0.077
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	0.089
18412	Bread, cornbread, dry mix, unenriched (includes corn muffin mix)	28.35	1.0 oz	0.006
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.083
18025	Bread, cracked-wheat	28.35	1.0 oz	0.068
18027	Bread, egg	28.35	1.0 oz	0.124
18028	Bread, egg, toasted	28.35	1.0 oz	0.122
18029	Bread, french or vienna (includes sourdough)	28.35	1.0 oz	0.121
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	0.105
28318	Bread, french or vienna, whole wheat	48.0	1.0 slice 1 serving	0.121
28337	Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca	35.0	1.0 slice	0.177
28338	Bread, gluten-free, white, made with tapioca starch and brown rice flour	28.0	1.0 slice	0.076
28339	Bread, gluten-free, whole grain, made with tapioca starch and brown rice flour	25.0	1.0 slice	0.080
18032	Bread, irish soda, prepared from recipe	28.35	1.0 oz	0.076
18033	Bread, italian	28.35	1.0 oz	0.083
35140	Bread, kneel down (Navajo)	28.35	1.0 oz	0.037
28397	Bread, multi-grain (includes whole-grain)	28.35	1.0 oz	0.037
18036	Bread, multi-grain, toasted (includes whole-grain)	28.35	1.0 oz	0.040
28307	Bread, naan, plain, commercially prepared, refrigerated	90.0	1.0 piece	0.459
28287	Bread, naan, whole wheat, commercially prepared, refrigerated	106.0	1.0 piece	0.191
18037	Bread, oat bran	28.35	1.0 oz	0.098
18038	Bread, oat bran, toasted	28.35	1.0 oz	0.097
18039	Bread, oatmeal	28.35	1.0 oz	0.068

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
18040	Bread, oatmeal, toasted	28.35	1.0 oz	0.067
18955	Bread, pan dulce, sweet yeast bread	63.0	1.0 slice (average weight of 1 slice)	0.145
28286	Bread, paratha, whole wheat, commercially prepared, frozen	79.0	1.0 piece	0.060
18041	Bread, pita, white, enriched	60.0	1.0 pita, large (6-1/2" dia)	0.196
18413	Bread, pita, white, unenriched	28.35	1.0 oz	0.027
18042	Bread, pita, whole-wheat	64.0	1.0 pita, large (6-1/2" dia)	0.051
18971	Bread, potato	32.0	1.0 slice	0.034
18954	Bread, pound cake type, pan de torta salvadoran	55.0	1.0 serving	0.099
18043	Bread, protein (includes gluten)	28.35	1.0 oz	0.112
18383	Bread, protein, (includes gluten), toasted	28.35	1.0 oz	0.110
18044	Bread, pumpernickel	28.35	1.0 oz	0.086
18045	Bread, pumpernickel, toasted	28.35	1.0 oz	0.085
18047	Bread, raisin, enriched	28.35	1.0 oz	0.113
18048	Bread, raisin, enriched, toasted	28.35	1.0 oz	0.111
18414	Bread, raisin, unenriched	28.35	1.0 oz	0.049
18049	Bread, reduced-calorie, oat bran	28.35	1.0 oz	0.058
18050	Bread, reduced-calorie, oat bran, toasted	28.35	1.0 oz	0.062
18051	Bread, reduced-calorie, oatmeal	28.35	1.0 oz	0.079
18053	Bread, reduced-calorie, rye	28.35	1.0 oz	0.068
18055	Bread, reduced-calorie, wheat	28.35	1.0 oz	0.040
18057	Bread, reduced-calorie, white	28.35	1.0 oz	0.082
18059	Bread, rice bran	28.35	1.0 oz	0.085
18384	Bread, rice bran, toasted	28.35	1.0 oz	0.083
28288	Bread, roll, Mexican, bollilo	98.0	1.0 piece	0.421
18060	Bread, rye	28.35	1.0 oz	0.095
18061	Bread, rye, toasted	28.35	1.0 oz	0.094
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	0.044
18064	Bread, wheat	29.0	1.0 slice	0.073
18066	Bread, wheat bran	28.35	1.0 oz	0.081
18385	Bread, wheat germ, toasted	28.35	1.0 oz	0.107
28316	Bread, wheat, sprouted	38.0	1.0 slice 1 serving	0.030
28317	Bread, wheat, sprouted, toasted	38.0	1.0 slice 1 serving	0.033
18065	Bread, wheat, toasted	28.35	1.0 oz	0.108
18967	Bread, white wheat	28.0	1.0 slice	0.071
18069	Bread, white, commercially prepared (includes soft bread crumbs)	29.0	1.0 slice	0.070
18416	Bread, white, commercially prepared, low sodium, no salt	28.35	1.0 oz	0.097

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
18070	Bread, white, commercially prepared, toasted	28.35	1.0 oz	0.096
18432	Bread, white, commercially prepared, toasted, low sodium no salt	28.35	1.0 oz	0.096
18073	Bread, white, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.109
18071	Bread, white, prepared from recipe, made with nonfat dry milk	28.35	1.0 oz	0.100
18075	Bread, whole-wheat, commercially prepared	32.0	1.0 slice	0.053
18076	Bread, whole-wheat, commercially prepared, toasted	28.35	1.0 oz	0.081
18077	Bread, whole-wheat, prepared from recipe	28.35	1.0 oz	0.064
18078	Bread, whole-wheat, prepared from recipe, toasted	28.35	1.0 oz	0.064
09059	Breadfruit, raw	220.0	1.0 cup	0.066
43595	Breakfast bar, corn flake crust with fruit	28.35	1.0 oz	0.312
43100	Breakfast bars, oats, sugar, raisins, coconut (include granola bar)	43.0	1.0 bar	0.047
18459	Breakfast tart, low fat	52.0	1.0 tart	0.285
16054	Broadbeans (fava beans), mature seeds, canned	256.0	1.0 cup	0.128
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	170.0	1.0 cup	0.151
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	170.0	1.0 cup	0.151
16052	Broadbeans (fava beans), mature seeds, raw	150.0	1.0 cup	0.500
11088	Broadbeans, immature seeds, raw	109.0	1.0 cup	0.120
11097	Broccoli raab, cooked	85.0	1.0 NLEA serving	0.119
11096	Broccoli raab, raw	40.0	1.0 cup chopped	0.052
11969	Broccoli, chinese, cooked	88.0	1.0 cup	0.128
11742	Broccoli, cooked, boiled, drained, with salt	78.0	0.5 cup, chopped	0.096
11091	Broccoli, cooked, boiled, drained, without salt	78.0	0.5 cup, chopped	0.096
11740	Broccoli, flower clusters, raw	71.0	1.0 cup flowerets	0.084
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	184.0	1.0 cup	0.149
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	0.149
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	0.150
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	92.0	0.5 cup	0.075
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	92.0	0.5 cup	0.075
11094	Broccoli, frozen, spears, unprepared	95.0	0.33 package (10 oz)	0.108
11090	Broccoli, raw	91.0	1.0 cup chopped	0.106
11741	Broccoli, stalks, raw	114.0	1.0 stalk	0.136
07015	Brotwurst, pork, beef, link	70.0	1.0 link	0.161
11745	Brussels sprouts, cooked, boiled, drained, with salt	21.0	1.0 sprout	0.017
11099	Brussels sprouts, cooked, boiled, drained, without salt	21.0	1.0 sprout	0.017
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	155.0	1.0 cup	0.175
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155.0	1.0 cup	0.175

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
11100	Brussels sprouts, frozen, unprepared	95.0	0.33 package (10 oz)	0.116
11098	Brussels sprouts, raw	88.0	1.0 cup	0.079
20008	Buckwheat	170.0	1.0 cup	0.722
20011	Buckwheat flour, whole-groat	120.0	1.0 cup	0.228
20010	Buckwheat groats, roasted, cooked	168.0	1.0 cup	0.066
20009	Buckwheat groats, roasted, dry	164.0	1.0 cup	0.444
20013	Bulgur, cooked	182.0	1.0 cup	0.051
20012	Bulgur, dry	140.0	1.0 cup	0.161
11747	Burdock root, cooked, boiled, drained, with salt	125.0	1.0 cup (1" pieces)	0.072
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	0.072
11104	Burdock root, raw	118.0	1.0 cup (1" pieces)	0.035
21251	BURGER KING, Cheeseburger	133.0	1.0 item	0.319
21256	BURGER KING, Chicken Strips	36.0	1.0 strip	0.049
21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	110.0	1.0 item	0.469
21384	BURGER KING, CROISSAN'WICH with Sausage and Cheese	131.0	1.0 item	0.415
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	171.0	1.0 sandwich	0.633
21254	BURGER KING, DOUBLE WHOPPER, no cheese	374.0	1.0 item	0.711
21255	BURGER KING, DOUBLE WHOPPER, with cheese	399.0	1.0 item	0.838
21249	BURGER KING, french fries	74.0	1.0 small serving	0.024
21386	BURGER KING, french toast sticks	21.0	1.0 stick	0.037
21250	BURGER KING, Hamburger	99.0	1.0 sandwich	0.225
21387	BURGER KING, Hash Brown Rounds	5.6	1.0 piece	0.003
21509	BURGER KING, Onion Rings	91.0	1.0 small	0.057
21259	BURGER KING, Original Chicken Sandwich	199.0	1.0 sandwich	0.318
21258	BURGER KING, Premium Fish Sandwich	220.0	1.0 sandwich	0.396
21141	BURGER KING, Vanilla Shake	24.8	1.0 fl oz	0.045
21252	BURGER KING, WHOPPER, no cheese	291.0	1.0 item	0.509
21253	BURGER KING, WHOPPER, with cheese	316.0	1.0 item	0.632
22918	Burrito, bean and cheese, frozen	129.0	1.0 burrito	0.184
22917	Burrito, beef and bean, frozen	139.0	1.0 burrito frozen	0.328
22928	Burrito, beef and bean, microwaved	116.0	1.0 burrito cooked	0.267
01003	Butter oil, anhydrous	12.8	1.0 tbsp	0.001
43214	Butter replacement, without fat, powder	80.0	1.0 cup	0.000
04601	Butter, light, stick, with salt	14.0	1.0 tablespoon	0.010
04602	Butter, light, stick, without salt	14.0	1.0 tablespoon	0.010
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	0.002

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
01002	Butter, whipped, with salt	3.8	1.0 pat (1" sq, 1/3" high)	0.002
01145	Butter, without salt	5.0	1.0 pat (1" sq, 1/3" high)	0.002
11106	Butterbur, (fuki), raw	94.0	1.0 cup	0.019
11108	Butterbur, canned	124.0	1.0 cup, chopped	0.007
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	0.107
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	0.107
11116	Cabbage, chinese (pak-choi), raw	70.0	1.0 cup, shredded	0.049
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	119.0	1.0 cup, shredded	0.052
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119.0	1.0 cup, shredded	0.052
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	0.038
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	35.0	0.5 cup, shredded	0.010
11750	Cabbage, common (danish, domestic, and pointed types), stored, raw	35.0	0.5 cup, shredded	0.010
11751	Cabbage, common, cooked, boiled, drained, with salt	75.0	0.5 cup, shredded	0.028
11110	Cabbage, cooked, boiled, drained, without salt	75.0	0.5 cup, shredded	0.028
43143	Cabbage, japanese style, fresh, pickled	150.0	1.0 cup	0.060
11118	Cabbage, kimchi	150.0	1.0 cup	0.315
43144	Cabbage, mustard, salted	128.0	1.0 cup	0.115
11970	Cabbage, napa, cooked	109.0	1.0 cup	0.027
11109	Cabbage, raw	89.0	1.0 cup, chopped	0.036
11752	Cabbage, red, cooked, boiled, drained, with salt	22.0	1.0 leaf	0.013
11113	Cabbage, red, cooked, boiled, drained, without salt	22.0	1.0 leaf	0.013
11112	Cabbage, red, raw	89.0	1.0 cup, chopped	0.061
11753	Cabbage, savoy, cooked, boiled, drained, with salt	145.0	1.0 cup, shredded	0.029
11115	Cabbage, savoy, cooked, boiled, drained, without salt	145.0	1.0 cup, shredded	0.029
11114	Cabbage, savoy, raw	70.0	1.0 cup, shredded	0.021
18086	Cake, angelfood, commercially prepared	28.0	1.0 piece (1/12 of 12 oz cake)	0.137
18087	Cake, angelfood, dry mix	38.0	1.0 serving	0.101
18088	Cake, angelfood, dry mix, prepared	50.0	1.0 piece (1/12 of 10" dia)	0.101
18090	Cake, boston cream pie, commercially prepared	28.35	1.0 oz	0.077
18095	Cake, cherry fudge with chocolate frosting	28.35	1.0 oz	0.054
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	138.0	1.0 piece (1/12 of a cake)	0.079
18101	Cake, chocolate, prepared from recipe without frosting	95.0	1.0 piece (1/12 of 9" dia)	0.202
18110	Cake, fruitcake, commercially prepared	28.35	1.0 oz	0.028
18114	Cake, gingerbread, dry mix	28.35	1.0 oz	0.068
18116	Cake, gingerbread, prepared from recipe	28.35	1.0 oz	0.046
18119	Cake, pineapple upside-down, prepared from recipe	28.35	1.0 oz	0.044

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
18957	Cake, pound, BIMBO Bakeries USA, Panque Casero, home baked style	39.0	1.0 slice	0.058
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	61.0	0.167 loaf 1/6 of the loaf	0.152
18451	Cake, pound, commercially prepared, fat-free	28.35	1.0 oz	0.086
18121	Cake, pound, commercially prepared, other than all butter, enriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	0.078
18418	Cake, pound, commercially prepared, other than all butter, unenriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	0.037
18092	Cake, pudding-type, carrot, dry mix	28.35	1.0 oz	0.048
18097	Cake, pudding-type, chocolate, dry mix	28.35	1.0 oz	0.048
18112	Cake, pudding-type, german chocolate, dry mix	43.0	1.0 serving	0.099
18117	Cake, pudding-type, marble, dry mix	28.35	1.0 oz	0.037
18135	Cake, pudding-type, white, enriched, dry mix	28.35	1.0 oz	0.051
18419	Cake, pudding-type, white, unenriched, dry mix	28.35	1.0 oz	0.017
18142	Cake, pudding-type, yellow, dry mix	28.35	1.0 oz	0.053
18126	Cake, shortcake, biscuit-type, prepared from recipe	28.35	1.0 oz	0.077
18127	Cake, snack cakes, creme-filled, chocolate with frosting	28.35	1.0 oz	0.021
28296	Cake, snack cakes, creme-filled, chocolate with frosting, low-fat, with added fiber	27.0	1.0 cake 1 serving	0.080
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	0.048
28297	Cake, snack cakes, not chocolate, with icing or filling, low-fat, with added fiber	27.0	1.0 cake 1 serving	0.081
18133	Cake, sponge, commercially prepared	28.35	1.0 oz	0.076
18134	Cake, sponge, prepared from recipe	28.35	1.0 oz	0.085
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	28.35	1.0 oz	0.051
18102	Cake, white, prepared from recipe with coconut frosting	28.35	1.0 oz	0.054
18139	Cake, white, prepared from recipe without frosting	74.0	1.0 piece (1/12 of 9" dia)	0.179
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	144.0	1.0 piece (1/12 of a cake)	0.134
18141	Cake, yellow, commercially prepared, with vanilla frosting	67.0	1.0 serving	0.047
18144	Cake, yellow, enriched, dry mix	43.0	1.0 serving	0.099
18453	Cake, yellow, light, dry mix	28.35	1.0 oz	0.060
18146	Cake, yellow, prepared from recipe without frosting	68.0	1.0 piece (1/12 of 8" dia)	0.158
18420	Cake, yellow, unenriched, dry mix	28.35	1.0 oz	0.014
06415	CAMPBELL'S CHUNKY Soups, Hearty Beef Barley Soup	206.0	1.0 cup	0.175
06434	CAMPBELL'S CHUNKY Soups, Old Fashioned Vegetable Beef Soup	247.0	1.0 cup	0.040
06395	CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup	243.0	1.0 cup	0.056
06431	CAMPBELL'S CHUNKY, New England Clam Chowder	251.0	1.0 cup	0.038
27021	CAMPBELL'S Homestyle HEALTHY REQUEST Chicken with Whole Grain Pasta Soup	246.0	1.0 cup	0.047
06545	CAMPBELL'S Homestyle New England Clam Chowder	256.0	1.0 cup	0.038
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	129.0	0.5 cup condensed	0.022
06029	CAMPBELL'S, HEALTHY REQUEST, chicken with rice, condensed	126.0	0.5 cup	0.032

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
06377	CAMPBELL'S, Tomato Soup, condensed	124.0	0.5 cup condensed	0.019
31017	CAMPBELL'S, V8 Vegetable Juice, Low Sodium Spicy Hot	243.0	8.0 fl oz	0.000
05111	Canada Goose, breast meat, skinless, raw	85.0	3.0 oz	1.295
10998	Canadian bacon, cooked, pan-fried	13.8	1.0 slice	0.026
10130	Canadian bacon, unprepared	85.0	3.0 oz	0.120
19098	Candies, 5TH AVENUE Candy Bar	56.0	1.0 bar 2 oz	0.050
19070	Candies, butterscotch	28.35	1.0 oz	0.005
19074	Candies, caramels	71.0	1.0 package (2.5 oz)	0.182
19076	Candies, caramels, chocolate-flavor roll	6.6	1.0 piece	0.005
19071	Candies, carob, unsweetened	28.35	1.0 oz	0.050
43031	Candies, chocolate covered, caramel with nuts	14.0	1.0 piece	0.022
19905	Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	28.35	1.0 oz	0.014
19085	Candies, confectioner's coating, butterscotch	170.0	1.0 cup chips	0.128
19086	Candies, confectioner's coating, peanut butter	168.0	1.0 cup chips	0.336
19079	Candies, confectioner's coating, yogurt	170.0	1.0 cup chips	0.444
19910	Candies, crispy bar with peanut butter filling	42.0	1.0 serving 1.5 oz	0.042
19268	Candies, dark chocolate coated coffee beans	40.0	1.0 serving 28 pieces	0.106
19384	Candies, divinity, prepared-from-recipe	11.0	1.0 piece	0.007
19099	Candies, fondant, prepared-from-recipe	28.35	1.0 oz	0.005
19919	Candies, fruit snacks, with high vitamin C	44.0	1.0 serving	0.004
19379	Candies, fudge, chocolate marshmallow, prepared-from-recipe	20.0	1.0 piece	0.015
19301	Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe	28.35	1.0 oz	0.023
19100	Candies, fudge, chocolate, prepared-from-recipe	17.0	1.0 piece	0.014
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	28.35	1.0 oz	0.027
19102	Candies, fudge, peanut butter, prepared-from-recipe	16.0	1.0 piece	0.013
19104	Candies, fudge, vanilla with nuts	28.35	1.0 oz	0.024
19103	Candies, fudge, vanilla, prepared-from-recipe	28.35	1.0 oz	0.021
43057	Candies, gum drops, no sugar or low calorie (sorbitol)	182.0	1.0 cup	0.000
19106	Candies, gumdrops, starch jelly pieces	182.0	1.0 cup gumdrops	0.024
19117	Candies, halavah, plain	28.35	1.0 oz	0.025
19107	Candies, hard	28.35	1.0 oz	0.001
43058	Candies, hard, dietetic or low calorie (sorbitol)	3.0	1.0 piece	0.000
19243	Candies, HEATH BITES	39.0	15.0 pieces	0.043
19236	Candies, HERSHEY'S MILK CHOCOLATE WITH ALMOND BITES	39.0	17.0 pieces	0.148
19136	Candies, HERSHEY'S SKOR Toffee Bar	39.0	1.0 bar 1.4 oz	0.039

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
19248	Candies, HERSHEY'S, ALMOND JOY BITES	40.0	18.0 pieces	0.064
19250	Candies, HERSHEY, KIT KAT BIG KAT Bar	55.0	1.0 bar 1.94 oz	0.094
19249	Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate	42.0	1.0 serving 1.5 oz	0.042
19108	Candies, jellybeans	11.0	10.0 small	0.001
19109	Candies, KIT KAT Wafer Bar	42.0	1.0 bar (1.5 oz)	0.088
19110	Candies, KRACKEL Chocolate Bar	41.0	1.0 bar 1.45 oz	0.078
19914	Candies, M&M MARS 3 MUSKETEERS Truffle Crisp	31.0	1.0 serving	0.074
19917	Candies, M&M MARS Pretzel Chocolate Candies	40.0	0.25 cup	0.081
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	60.0	1.0 serving 2.13 oz bar	0.034
42227	Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies	37.0	1.0 serving 1.31 oz bag	0.120
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	48.0	1.0 package (1.69 oz)	0.102
42148	Candies, MARS SNACKFOOD US, M&M's Peanut Butter Chocolate Candies	46.0	1.0 serving 1.63 oz singles bag	0.034
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	54.0	1.0 serving 1 singles bag	0.057
19115	Candies, MARS SNACKFOOD US, MARS Almond Bar	50.0	1.0 bar (1.76 oz)	0.156
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	58.0	1.0 serving 2.05 oz bar	0.060
42196	Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar	50.0	1.0 serving 1.76 oz bar	0.032
19370	Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies	62.0	1.0 serving 2.17 oz pack	0.014
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	57.0	1.0 bar (2 oz)	0.074
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	40.0	1.0 serving fun size (8 chews)	0.001
19160	Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars	57.0	1.0 package (2 oz)	0.119
42183	Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars	51.0	2.0 cookie 2011 label	0.102
19161	Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars	54.0	1.0 package (1.89 oz, 2 bars)	0.078
19116	Candies, marshmallows	50.0	1.0 cup of miniature	0.000
19120	Candies, milk chocolate	7.0	1.0 bar, miniature	0.021
19279	Candies, milk chocolate coated coffee beans	28.35	1.0 oz	0.089
19126	Candies, milk chocolate coated peanuts	149.0	1.0 cup	0.259
19132	Candies, milk chocolate, with almonds	41.0	1.0 bar (1.45 oz)	0.178
19134	Candies, milk chocolate, with rice cereal	40.0	1.0 bar (1.4 oz)	0.129
19142	Candies, MOUNDS Candy Bar	19.0	1.0 bar snack size	0.011
19143	Candies, MR. GOODBAR Chocolate Bar	49.0	1.0 bar (1.75 oz)	0.069
19144	Candies, NESTLE, 100 GRAND Bar	43.0	1.0 bar (1.5 oz)	0.051
19111	Candies, NESTLE, BABY RUTH Bar	60.0	1.0 serving 2.1 oz bar	0.073
19068	Candies, NESTLE, BIT-O'-HONEY Candy Chews	40.0	1.0 serving 6 pieces	0.018
19069	Candies, NESTLE, BUTTERFINGER Bar	60.0	1.0 serving 2.1 oz bar	0.037
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	0.056
19118	Candies, NESTLE, OH HENRY! Bar	57.0	1.0 bar 2 oz	0.069

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
43046	Candies, nougat, with almonds	14.0	1.0 piece	0.021
19147	Candies, peanut bar	28.35	1.0 oz	0.040
19148	Candies, peanut brittle, prepared-from-recipe	28.35	1.0 oz	0.012
19216	Candies, praline, prepared-from-recipe	39.0	1.0 piece	0.021
19238	Candies, REESE'S BITES	39.0	16.0 pieces	0.082
19896	Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar	56.0	1.0 serving 1 bar	0.063
19239	Candies, REESE'S NUTRAGEOUS Candy Bar	54.0	1.0 bar 1.92 oz	0.054
19150	Candies, REESE'S Peanut Butter Cups	17.0	1.0 package 0.6 oz 1 cup	0.019
19151	Candies, REESE'S PIECES Candy	47.0	0.25 cup	0.103
19252	Candies, REESE'S, FAST BREAK, milk chocolate peanut butter and soft nougats	56.0	2.0 oz bar	0.056
19152	Candies, ROLO Caramels in Milk Chocolate	48.0	1.0 package 1 package	0.058
19080	Candies, semisweet chocolate	14.5	1.0 serving	0.013
19701	Candies, semisweet chocolate, made with butter	170.0	1.0 cup chips (6 oz package)	0.153
19154	Candies, sesame crunch	28.35	1.0 oz	0.045
19866	Candies, soft fruit and nut squares	42.0	3.0 pieces	0.016
19164	Candies, SPECIAL DARK Chocolate Bar	41.0	1.0 bar 1.45 oz	0.004
19858	Candies, sugar-coated almonds	3.5	1.0 piece	0.009
19081	Candies, sweet chocolate	28.35	1.0 oz	0.068
19083	Candies, sweet chocolate coated fondant	43.0	1.0 patty, large	0.025
19382	Candies, taffy, prepared-from-recipe	15.0	1.0 piece	0.002
19001	Candies, TOBLERONE, milk chocolate with honey and almond nougat	35.0	1.0 bar	0.083
19383	Candies, toffee, prepared-from-recipe	12.0	1.0 piece	0.008
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	40.0	1.0 serving 6 pieces	0.028
19138	Candies, truffles, prepared-from-recipe	12.0	1.0 piece	0.030
19162	Candies, WHATCHAMACALLIT Candy Bar	48.0	1.0 bar 1.7 oz	0.101
19087	Candies, white chocolate	85.0	1.0 bar (3 oz)	0.240
19181	Candies, YORK BITES	39.0	15.0 pieces	0.000
02054	Capers, canned	8.6	1.0 tbsp, drained	0.012
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	0.021
14552	Carbonated beverage, chocolate-flavored soda	31.0	1.0 fl oz	0.000
14130	Carbonated beverage, cream soda	30.9	1.0 fl oz	0.000
14537	Carbonated beverage, low calorie, other than cola or pepper, with sodium saccharin, without caffeine	29.6	1.0 fl oz	0.000
11122	Cardoon, raw	178.0	1.0 cup, shredded	0.053
35211	Caribou, hind quarter, meat, cooked (Alaska Native)	66.0	0.5 cup	0.537
09061	Carissa, (natal-plum), raw	150.0	1.0 cup slices	0.090
16055	Carob flour	103.0	1.0 cup	0.475

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	365.0	1.0 serving varied from 8 to 10 ravioli per serving	0.620
36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	339.0	1.0 serving	0.756
36043	CARRABBA'S ITALIAN GRILL, lasagne	437.0	1.0 serving	0.874
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	537.0	1.0 serving	0.806
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	489.0	1.0 serving	0.636
11655	Carrot juice, canned	236.0	1.0 cup	0.130
11683	Carrot, dehydrated	74.0	1.0 cup	0.309
11960	Carrots, baby, raw	15.0	1.0 large	0.005
11759	Carrots, canned, no salt added, drained solids	146.0	1.0 cup, sliced	0.044
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	0.033
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	0.044
11126	Carrots, canned, regular pack, solids and liquids	123.0	0.5 cup slices	0.033
11757	Carrots, cooked, boiled, drained, with salt	9.7	1.0 tbsp	0.004
11125	Carrots, cooked, boiled, drained, without salt	9.7	1.0 tbsp	0.004
11760	Carrots, frozen, cooked, boiled, drained, with salt	146.0	1.0 cup slices	0.054
11131	Carrots, frozen, cooked, boiled, drained, without salt	146.0	1.0 cup, sliced	0.054
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	0.024
11124	Carrots, raw	128.0	1.0 cup chopped	0.074
11134	Cassava, raw	206.0	1.0 cup	0.099
11935	Catsup	17.0	1.0 tbsp	0.028
11949	Catsup, low sodium	17.0	1.0 tbsp	0.028
35195	Cattail, Narrow Leaf Shoots (Northern Plains Indians)	19.0	1.0 shoot	0.005
11761	Cauliflower, cooked, boiled, drained, with salt	62.0	0.5 cup (1" pieces)	0.032
11136	Cauliflower, cooked, boiled, drained, without salt	62.0	0.5 cup (1" pieces)	0.032
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup (1" pieces)	0.095
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup (1" pieces)	0.095
11137	Cauliflower, frozen, unprepared	66.0	0.5 cup (1" pieces)	0.046
11967	Cauliflower, green, cooked, no salt added	90.0	0.2 head	0.090
11968	Cauliflower, green, cooked, with salt	62.0	0.5 cup (1" pieces)	0.062
11965	Cauliflower, green, raw	64.0	1.0 cup	0.065
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	0.064
11763	Celeriac, cooked, boiled, drained, with salt	155.0	1.0 cup pieces	0.057
11142	Celeriac, cooked, boiled, drained, without salt	155.0	1.0 cup pieces	0.057
11141	Celeriac, raw	156.0	1.0 cup	0.094
11764	Celery, cooked, boiled, drained, with salt	150.0	1.0 cup, diced	0.070
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	0.105

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
11143	Celery, raw	101.0	1.0 cup chopped	0.058
11145	Celtuce, raw	8.0	1.0 leaf	0.006
43218	Cereals ready-to-eat, ALPEN	55.0	0.67 cup (1 NLEA serving)	0.220
08657	Cereals ready-to-eat, BARBARA'S PUFFINS, original	27.0	0.75 cup (1 NLEA serving)	0.018
08681	Cereals ready-to-eat, CASCADIAN FARM, Cinnamon Crunch	27.0	0.75 cup (1 NLEA serving)	0.000
08684	Cereals ready-to-eat, CASCADIAN FARM, Honey Nut O's	30.0	1.0 cup (1 NLEA serving)	0.000
08683	Cereals ready-to-eat, CASCADIAN FARM, Multi-Grain Squares	53.0	1.0 cup (1 NLEA serving)	0.000
08204	Cereals ready-to-eat, chocolate-flavored frosted puffed corn	30.0	1.0 cup	0.450
43241	Cereals ready-to-eat, FAMILIA	122.0	1.0 cup	0.671
42236	Cereals ready-to-eat, frosted oat cereal with marshmallows	30.0	0.75 cup (1 NLEA serving)	0.450
08579	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH	28.0	1.0 bowl (3/4 cup) (1 NLEA serving)	0.336
08586	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIX	28.0	1.0 cup	0.420
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30.0	0.75 cup (1 NLEA serving)	0.417
08678	Cereals ready-to-eat, GENERAL MILLS, Apple Cinnamon CHEX	31.0	0.75 cup (1 NLEA serving)	0.431
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55.0	1.0 cup (1 NLEA serving)	0.440
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	33.0	1.25 cup (1 NLEA serving)	0.294
08239	Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry	27.0	0.75 cup (1 NLEA serving)	0.432
08273	Cereals ready-to-eat, GENERAL MILLS, BOO BERRY	33.0	1.0 cup (1 NLEA serving)	0.426
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	28.0	1.0 cup (1 NLEA serving)	0.028
08592	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut	28.0	0.75 cup (1 NLEA serving)	0.420
08593	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate	27.0	0.75 cup (1 NLEA serving)	0.432
08553	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry	30.0	0.75 cup (1 NLEA serving)	0.425
08594	Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX	32.0	0.75 cup (1 NLEA serving)	0.384
08513	Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS	28.0	0.75 cup (1 NLEA serving)	0.420
08666	Cereals ready-to-eat, GENERAL MILLS, Cinnamon Burst CHEERIOS	32.0	1.0 cup (1 NLEA serving)	0.413
08595	Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX	30.0	0.75 cup (1 NLEA serving)	0.417
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	0.641
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	27.0	0.75 cup (1 NLEA serving)	0.432
08635	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar	30.0	1.0 cup (1 NLEA serving)	0.417
08017	Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP	26.0	0.75 cup (1 NLEA serving)	0.416
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	31.0	1.0 cup (1 NLEA serving)	0.431
08270	Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA	27.0	0.75 cup (1 NLEA serving)	0.432
08582	Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLORER	27.0	0.75 cup (1 NLEA serving)	0.432
08671	Cereals ready-to-eat, GENERAL MILLS, Dulce De Leche CHEERIOS	27.0	0.75 cup (1 NLEA serving)	0.432
08669	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Chocolate Squares	30.0	0.75 cup (1 NLEA serving)	0.417
08651	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Honey Squares	30.0	0.75 cup (1 NLEA serving)	0.417

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
08244	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	30.0	0.5 cup (1 NLEA serving)	0.417
08596	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Caramel Delight	50.0	1.0 cup (1 NLEA serving)	0.445
08598	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, HONEY CLUSTERS	52.0	1.0 cup (1 NLEA serving)	0.832
08668	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Nutty Clusters & Almonds	55.0	1.0 cup (1 NLEA serving)	0.440
08599	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS	55.0	1.0 cup (1 NLEA serving)	0.440
08268	Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY	33.0	1.0 cup (1 NLEA serving)	0.426
08267	Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS	27.0	0.75 cup (1 NLEA serving)	0.432
08679	Cereals ready-to-eat, GENERAL MILLS, FROSTED TOAST CRUNCH	30.0	0.75 cup (1 NLEA serving)	0.417
08583	Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS	27.0	0.75 cup (1 NLEA serving)	0.432
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	31.0	0.75 cup (1 NLEA serving)	0.434
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	33.0	1.25 cup (1 NLEA serving)	0.756
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	28.0	0.75 cup (1 NLEA serving)	0.523
08670	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS, MEDLEY CRUNCH	30.0	0.75 cup (1 NLEA serving)	0.417
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	32.0	0.75 cup (1 NLEA serving)	0.413
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	57.0	1.0 cup (1 NLEA serving)	0.399
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30.0	1.25 cup (1 NLEA serving)	0.600
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	27.0	0.75 cup (1 NLEA serving)	0.465
08682	Cereals ready-to-eat, GENERAL MILLS, Multi Grain CHEERIOS, Peanut Butter	28.0	0.75 cup (1 NLEA serving)	0.420
08087	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain CHEERIOS	29.0	1.0 cup (1 NLEA serving)	0.435
08277	Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA	55.0	0.667 cup (1 NLEA serving)	0.055
08637	Cereals ready-to-eat, GENERAL MILLS, Oat Cluster CHEERIOS Crunch	27.0	0.75 cup (1 NLEA serving)	0.432
08202	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Crunchy Almond	60.0	1.0 cup (1 NLEA serving)	0.060
08245	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Hearty Raisin	62.0	1.0 cup (1 NLEA serving)	0.062
08634	Cereals ready-to-eat, GENERAL MILLS, PEANUT BUTTER TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	0.431
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	49.0	0.75 cup (1 NLEA serving)	0.436
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	29.0	0.75 cup (1 NLEA serving)	0.435
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	27.0	1.0 cup (1 NLEA serving)	0.432
08370	Cereals ready-to-eat, GENERAL MILLS, RICE CRUNCHINS	21.0	1.0 bowl (3/4 cup) (1 NLEA serving)	0.255
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	53.0	1.0 cup (1 NLEA serving)	1.696
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	32.0	1.0 cup (1 NLEA serving)	0.605
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	47.0	0.75 cup (1 NLEA serving)	0.423
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	27.0	0.75 cup (1 NLEA serving)	0.837
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30.0	0.75 cup (1 NLEA serving)	1.710
08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	0.432
08290	Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes	31.0	0.75 cup (1 NLEA serving)	0.186
08537	Cereals ready-to-eat, KASHI 7 Whole Grain Flakes	50.0	1.0 cup (1 NLEA serving)	0.050

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
08389	Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs	30.0	1.0 cup (1 NLEA serving)	0.036
08388	Cereals ready-to-eat, KASHI 7 Whole Grain Puffs	19.0	1.0 cup (1 NLEA serving)	0.027
08608	Cereals ready-to-eat, KASHI Berry Blossom	30.0	0.75 cup (1 NLEA serving)	0.045
08560	Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax	53.0	0.67 Cup (1 NLEA serving)	0.037
08393	Cereals ready-to-eat, KASHI GOLEAN	52.0	1.0 cup (1 NLEA serving)	0.052
08649	Cereals ready-to-eat, KASHI GOLEAN CRISP Cinnamon Crumble	51.0	0.75 cup (1 NLEA serving)	0.015
08589	Cereals ready-to-eat, KASHI GOLEAN CRISP Toasted Berry Crumble	51.0	0.75 cup (1 NLEA serving)	0.026
08386	Cereals ready-to-eat, KASHI GOLEAN CRUNCH!	53.0	0.75 Cup (1 NLEA serving)	0.011
08705	Cereals ready-to-eat, KASHI GOLEAN Vanilla Graham Clusters	51.0	1.0 Cup (1 NLEA serving)	0.046
08390	Cereals ready-to-eat, KASHI GOOD FRIENDS	53.0	1.0 cup (1 NLEA serving)	0.096
08387	Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat	33.0	0.75 cup (1 NLEA serving)	0.023
08590	Cereals ready-to-eat, KASHI HEART TO HEART, Warm Cinnamon	33.0	0.75 cup (1 NLEA serving)	0.046
08610	Cereals ready-to-eat, KASHI Honey Sunshine	30.0	0.75 cup (1 NLEA serving)	0.045
08647	Cereals ready-to-eat, KASHI INDIGO MORNING	27.0	0.75 cup (1 NLEA serving)	0.046
08663	Cereals ready-to-eat, KASHI ORGANIC PROMISE, Berry Fruitful	55.0	29.0 biscuits (1 NLEA serving)	0.055
08591	Cereals ready-to-eat, KASHI ORGANIC PROMISE, ISLAND VANILLA	55.0	27.0 biscuits (1 NLEA serving)	0.055
08697	Cereals ready-to-eat, KASHI ORGANIC PROMISE, RAISIN VINEYARD	50.0	0.75 Cup (1 NLEA serving)	0.025
08463	Cereals ready-to-eat, KASHI ORGANIC PROMISE, STRAWBERRY FIELDS	55.0	1.0 cup (1 NLEA serving)	0.022
08648	Cereals ready-to-eat, KASHI Simply Maize	27.0	0.75 cup (1 NLEA serving)	0.046
08538	Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Blueberry Clusters	55.0	1.0 cup (1 NLEA serving)	0.050
08462	Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat	54.0	29.0 biscuits (1 NLEA serving)	0.059
08700	Cereals ready-to-eat, KELLOGG RAISIN BRAN with Omega-3 from flaxseed	53.0	1.0 Cup (1 NLEA serving)	0.424
08706	Cereals ready-to-eat, KELLOGG SCOOBY-DOO! cereal	32.0	1.0 Cup (1 NLEA serving)	0.426
08660	Cereals ready-to-eat, KELLOGG'S APPLE JACKS with marshmallows	28.0	1.0 cup (1 NLEA serving)	0.426
08661	Cereals ready-to-eat, KELLOGG'S CINNAMON JACKS	28.0	1.0 cup (1 NLEA serving)	0.423
08615	Cereals ready-to-eat, KELLOGG'S CRUNCHY NUT Golden Honey Nut flakes	31.0	0.75 cup (1 NLEA serving)	0.425
08659	Cereals ready-to-eat, KELLOGG'S FROSTED FLAKES, CHOCO ZUCARITAS	30.0	0.75 cup (1 NLEA serving)	0.426
08617	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Bite Size Blueberry Muffin	55.0	25.0 biscuits (1 NLEA serving)	0.424
08631	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS LITTLE BITES, chocolate	56.0	1.0 cup (1 NLEA serving)	0.420
08708	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Touch of Fruit in the Middle, raisin	55.0	24.0 Biscuits (1 NLEA serving)	0.418
08677	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS Touch of Fruit in the Middle, Raspberry	55.0	24.0 biscuits (1 NLEA serving)	0.424
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	58.0	7.0 biscuit (1 NLEA serving)	0.423
08652	Cereals ready-to-eat, KELLOGG'S KRAVE chocolate cereal	31.0	0.75 cup (1 NLEA serving)	0.350
08658	Cereals ready-to-eat, KELLOGG'S KRAVE double chocolate cereal	30.0	0.75 cup (1 NLEA serving)	0.339
08699	Cereals ready-to-eat, KELLOGG'S KRAVE Smores	31.0	0.75 Cup (1 NLEA serving)	0.425
08653	Cereals ready-to-eat, KELLOGG'S RICE KRISPIES, Gluten Free	30.0	1.0 cup (1 NLEA serving)	0.426

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
08707	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolate Almond	28.0	0.67 Cup (1 NLEA serving)	0.596
08584	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight	31.0	0.75 cup (1 NLEA serving)	0.595
08613	Cereals ready-to-eat, KELLOGG'S SPECIAL K Multigrain Oats and Honey	29.0	0.666 cup (1 NLEA serving)	0.594
08542	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS Bite Size Strawberry Delight	55.0	25.0 biscuits (1 NLEA serving)	0.424
08459	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS, Maple & Brown Sugar, Bite Size	55.0	25.0 biscuits (1 NLEA serving)	0.424
08469	Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal	30.0	0.75 cup (1 NLEA serving)	0.423
08710	Cereals ready-to-eat, KELLOGG'S, SPECIAL K gluten free, touch of brown sugar	49.0	1.0 Cup (1 NLEA serving)	0.333
08471	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Protein Plus	32.0	0.75 cup (1 NLEA serving)	0.595
08711	Cereals ready-to-eat, KELLOGG'S, SPECIAL K protein, cinnamon brown sugar crunch	31.0	0.75 Cup (1 NLEA serving)	0.592
08543	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond	30.0	0.75 cup (1 NLEA serving)	0.594
08005	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS	30.0	0.333 cup (1 NLEA serving)	0.426
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	29.0	0.75 cup (1 NLEA serving)	1.699
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	31.0	0.5 cup (1 NLEA serving)	0.840
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	28.0	1.0 cup (1 NLEA serving)	0.426
08588	Cereals ready-to-eat, KELLOGG, KELLOGG'S CINNABON cereal	30.0	1.0 cup (1 NLEA serving)	0.477
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31.0	0.75 cup (1 NLEA serving)	0.425
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28.0	1.0 cup (1 NLEA serving)	0.426
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	30.0	1.0 cup (1 NLEA serving)	0.426
08023	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN	49.0	0.75 cup (1 NLEA serving)	0.426
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29.0	1.0 cup (1 NLEA serving)	0.592
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	0.426
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	30.0	0.75 cup (1 NLEA serving)	0.519
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	54.0	21.0 biscuits (1 NLEA serving)	0.427
08695	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, little bites	56.0	1.0 Cup (1 NLEA serving)	0.420
08032	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES	30.0	0.75 cup (1 NLEA serving)	0.426
08309	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES	30.0	0.75 cup (1 NLEA serving)	0.450
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	27.0	0.75 cup (1 NLEA serving)	0.424
08284	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins	60.0	0.667 cup (1 NLEA serving)	0.426
08189	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins	49.0	0.5 cup (1 NLEA serving)	0.426
08376	Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	0.426
08384	Cereals ready-to-eat, KELLOGG, KELLOGG'S MINI-WHEATS, unfrosted bite size	55.0	30.0 biscuits (1 NLEA serving)	0.424
08286	Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX	55.0	0.67 cup (1 NLEA serving)	0.418
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30.0	1.0 cup (1 NLEA serving)	1.701
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	59.0	1.0 cup (1 NLEA serving)	0.637
08712	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN with cranberries	59.0	1.25 Cups (1 NLEA serving)	0.425
08696	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN, Cinnamon Almond	58.0	1.25 cup (1 NLEA serving)	0.423

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33.0	1.25 cup (1 NLEA serving)	0.426
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30.0	0.75 cup (1 NLEA serving)	0.423
08318	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Strong Heart Antioxidants Cereal	50.0	1.0 cup (1 NLEA serving)	1.700
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31.0	1.0 cup (1 NLEA serving)	0.592
08603	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Blueberry	30.0	0.75 cup (1 NLEA serving)	0.594
08453	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Chocolatey Strawberry	29.0	0.75 Cup (1 NLEA serving)	0.592
08587	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Low Fat Granola	52.0	0.5 cup (1 NLEA serving)	0.588
08701	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Multi-grain	31.0	1.0 Cup (1 NLEA serving)	0.592
08383	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Red Berries	31.0	1.0 cup (1 NLEA serving)	0.592
08602	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan	30.0	0.75 cup (1 NLEA serving)	0.594
08380	Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH	53.0	1.0 cup (1 NLEA serving)	0.424
08531	Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt	32.0	0.75 cup (1 NLEA serving)	0.595
08493	Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS	33.0	1.0 cup (1 NLEA serving)	0.422
08347	Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	0.423
08487	Cereals ready-to-eat, MALT-O-MEAL, Blueberry MUFFIN TOPS Cereal	30.0	0.75 cup (1 NLEA serving)	0.480
08672	Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS	30.0	0.75 cup (1 NLEA serving)	0.336
08494	Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS	30.0	0.75 cup (1 NLEA serving)	0.423
08206	Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS	30.0	0.75 cup (1 NLEA serving)	0.423
08495	Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYNO-BITES	29.0	0.75 cup (1 NLEA serving)	0.429
08346	Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	0.423
08083	Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS	31.0	1.0 cup (1 NLEA serving)	0.849
08348	Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice	33.0	1.25 cup (1 NLEA serving)	0.422
08409	Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes	31.0	0.75 cup (1 NLEA serving)	0.425
08500	Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	0.418
08501	Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES	27.0	0.75 cup	0.678
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	27.0	0.75 cup (1 NLEA serving)	0.585
08476	Cereals ready-to-eat, MALT-O-MEAL, Honey BUZZERS	29.0	1.333 cup	0.425
08481	Cereals ready-to-eat, MALT-O-MEAL, HONEY GRAHAM SQUARES	30.0	0.75 cup (1 NLEA serving)	0.495
08676	Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS	30.0	1.0 cup (1 NLEA serving)	0.423
08138	Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS	30.0	1.0 cup	0.423
08674	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey	30.0	0.75 cup (1 NLEA serving)	0.423
08675	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey & almonds	30.0	0.75 cup (1 NLEA serving)	0.597
08484	Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	0.425
08349	Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	32.0	1.0 cup (1 NLEA serving)	0.426
08491	Cereals ready-to-eat, MOM'S BEST, Honey Nut TOASTY O'S	30.0	1.0 cup (1 NLEA serving)	0.030
08709	Cereals ready-to-eat, MOM'S BEST, Sweetened WHEAT-FULS	55.0	1.0 cup (1 NLEA serving)	0.060

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	30.0	0.75 cup (1 NLEA serving)	0.003
08571	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola	55.0	0.75 cup (1 NLEA serving)	0.006
43495	Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY	50.0	1.0 cup (1 NLEA serving)	0.425
08029	Cereals ready-to-eat, POST Bran Flakes	30.0	0.75 cup (1 NLEA serving)	0.420
42297	Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch	59.0	1.0 cup (1 NLEA serving)	0.413
08544	Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	48.0	0.75 cup (1 NLEA serving)	0.432
08665	Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	30.0	0.75 cup (1 NLEA serving)	0.420
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	0.413
08192	Cereals ready-to-eat, POST SELECTS Blueberry Morning	55.0	1.25 cup (1 NLEA serving)	0.440
08554	Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch	52.0	0.75 cup (1 NLEA serving)	0.416
08002	Cereals ready-to-eat, POST, ALPHA-BITS	30.0	1.0 cup (1 NLEA serving for adults)	0.420
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	29.0	0.75 cup (1 NLEA serving)	0.435
08034	Cereals ready-to-eat, POST, FRUITY PEBBLES	27.0	0.75 cup (1 NLEA serving)	0.424
08073	Cereals ready-to-eat, POST, GOLDEN CRISP	27.0	0.75 cup (1 NLEA serving)	0.432
08038	Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	58.0	0.5 cup (1 NLEA serving)	0.070
08039	Cereals ready-to-eat, POST, GRAPE-NUTS Flakes	29.0	0.75 cup (1 NLEA serving)	0.435
42261	Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	52.0	0.75 cup (1 NLEA serving)	0.416
42265	Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & Pecan	55.0	0.75 cup (1 NLEA serving)	0.440
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	56.0	1.0 cup (1 NLEA serving)	0.448
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	30.0	0.75 cup (1 NLEA serving)	0.375
08655	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches	29.0	0.75 cup (1 NLEA serving)	0.435
42240	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds	32.0	0.75 cup (1 NLEA serving)	0.416
08662	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with real strawberries	31.0	0.75 cup (1 NLEA serving)	0.434
08081	Cereals ready-to-eat, POST, Honey Nut Shredded Wheat	59.0	1.0 cup (1 NLEA serving)	0.413
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	32.0	1.5 cup (1 NLEA serving)	0.426
43393	Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	59.0	1.25 cup (1 NLEA serving)	0.047
08191	Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size	52.0	1.0 cup (1 NLEA serving)	0.426
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	47.0	2.0 biscuits (1 NLEA serving)	0.042
08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	49.0	1.0 cup (1 NLEA serving)	0.044
08305	Cereals ready-to-eat, Post, Waffle Crisp	30.0	1.0 cup (1 NLEA serving)	0.420
08632	Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple	56.0	1.0 cup (1 NLEA serving)	0.476
08685	Cereals ready-to-eat, QUAKER WHOLE HEARTS oat cereal	28.0	0.75 cup (1 NLEA serving)	0.377
08054	Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey	48.0	0.5 cup (1 NLEA serving)	0.139
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27.0	0.75 cup (1 NLEA serving)	0.492
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26.0	0.75 cup (1 NLEA serving)	0.468
08625	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S Halloween Crunch	26.0	0.75 cup (1 NLEA serving)	0.468

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
08629	Cereals ready-to-eat, QUAKER, Cap'n Crunch's OOPS! All Berries Cereal	32.0	1.0 cup (1 NLEA serving)	0.652
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27.0	0.75 cup (1 NLEA serving)	0.468
08550	Cereals ready-to-eat, QUAKER, Christmas Crunch	26.0	0.75 cup (1 NLEA serving)	0.480
08211	Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S	27.0	0.75 cup (1 NLEA serving)	0.154
08047	Cereals ready-to-eat, QUAKER, KING VITAMAN	31.0	1.5 cup (1 NLEA serving)	0.442
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	55.0	0.666 cup (1 NLEA serving)	0.111
08628	Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal	32.0	0.75 cup (1 NLEA serving)	0.488
08353	Cereals ready-to-eat, QUAKER, MOTHER'S Cinnamon Oat Crunch	60.0	1.0 cup (1 NLEA serving)	0.066
08355	Cereals ready-to-eat, QUAKER, MOTHER'S COCOA BUMPERS	33.0	1.0 cup (1 NLEA serving)	0.016
08354	Cereals ready-to-eat, QUAKER, MOTHER'S GRAHAM BUMPERS	28.0	0.75 cup (1 NLEA serving)	0.014
08351	Cereals ready-to-eat, QUAKER, MOTHER'S PEANUT BUTTER BUMPERS Cereal	33.0	1.0 cup (1 NLEA serving)	0.023
08352	Cereals ready-to-eat, QUAKER, MOTHER'S Toasted Oat Bran cereal	32.0	0.75 cup (1 NLEA serving)	0.102
08627	Cereals ready-to-eat, QUAKER, Natural Granola Apple Cranberry Almond	49.0	0.5 cup (1 NLEA serving)	0.127
08214	Cereals ready-to-eat, QUAKER, Oatmeal Squares	56.0	1.0 cup (1 NLEA serving)	0.476
08215	Cereals ready-to-eat, QUAKER, Oatmeal Squares, cinnamon	56.0	1.0 cup (1 NLEA serving)	0.470
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	51.0	0.5 cup (1 NLEA serving)	0.133
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	27.0	0.75 cup (1 NLEA serving)	0.467
08549	Cereals ready-to-eat, QUAKER, QUAKER Honey Graham LIFE Cereal	32.0	0.75 cup (1 NLEA serving)	0.501
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32.0	0.75 cup (1 NLEA serving)	0.496
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32.0	0.75 cup (1 NLEA serving)	0.477
08066	Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice	14.0	0.75 cup (1 NLEA serving)	0.037
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	15.0	1.0 cup (1 NLEA serving)	0.060
08365	Cereals ready-to-eat, QUAKER, Shredded Wheat, bagged cereal	63.0	3.0 biscuits (1 NLEA serving)	0.066
08059	Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP	27.0	1.0 cup (1 NLEA serving)	0.468
08216	Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps	57.0	1.25 cup (1 NLEA serving)	0.467
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	30.0	1.0 cup (NLEA serving)	0.509
08506	Cereals ready-to-eat, RALSTON Corn Flakes	28.0	1.0 cup (1 NLEA serving)	0.487
08025	Cereals ready-to-eat, RALSTON CRISP RICE	33.0	1.25 cup (1 NLEA serving)	0.425
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	29.0	1.0 cup (1 NLEA serving)	0.595
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	29.0	1.0 serving (NLEA serving size = 0.75 cup)	2.114
08074	Cereals ready-to-eat, RALSTON TASTEEOS	28.0	1.0 cup (1 NLEA serving)	0.425
08156	Cereals ready-to-eat, rice, puffed, fortified	14.0	1.0 cup	0.252
08085	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ	14.0	2.0 tbsp (1 NLEA serving)	0.097
08363	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Toasted Wheat Bran	16.0	0.25 cup (1 NLEA serving)	0.072
08366	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Wheat Germ, Regular	14.0	2.0 tbsp (1 NLEA serving)	0.109
08435	Cereals ready-to-eat, UNCLE SAM CEREAL	55.0	0.75 cup (1 NLEA serving)	0.070

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	29.0	1.0 cup	1.122
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	28.0	1.0 cup (1 NLEA serving)	0.705
42237	Cereals ready-to-eat, WEETABIX whole grain cereal	35.0	2.0 biscuits (1 NLEA serving)	0.343
43245	Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits	55.0	1.0 cup (1 NLEA serving)	0.424
08084	Cereals ready-to-eat, wheat germ, toasted, plain	28.35	1.0 oz	0.232
08157	Cereals ready-to-eat, wheat, puffed, fortified	12.0	1.0 cup	0.216
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 cup	0.149
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	0.149
08090	Cereals, corn grits, white, regular and quick, enriched, dry	9.7	1.0 tbsp	0.033
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	0.135
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	170.0	1.0 cup	0.551
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	9.7	1.0 tbsp	0.004
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	233.0	1.0 cup	0.135
08168	Cereals, CREAM OF RICE, cooked with water, with salt	244.0	1.0 cup	0.044
08101	Cereals, CREAM OF RICE, cooked with water, without salt	244.0	1.0 cup	0.044
08100	Cereals, CREAM OF RICE, dry	45.0	0.25 cup (1 NLEA serving)	0.058
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	237.0	1.0 cup	0.088
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	245.0	1.0 cup	0.054
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	33.0	3.0 tablespoon (1 serving)	0.124
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	231.0	1.0 cup	0.104
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	244.0	1.0 cup	0.163
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	33.0	3.0 tablespoon (1 NLEA serving)	0.138
08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	0.140
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	0.506
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	251.0	1.0 cup (1 serving)	0.070
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251.0	1.0 cup (1 serving)	0.063
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	10.6	1.0 tbsp	0.021
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	240.0	1.0 cup	0.156
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	11.0	1.0 tbsp	0.062
08173	Cereals, farina, enriched, cooked with water, with salt	233.0	1.0 cup	0.151
08113	Cereals, farina, enriched, cooked with water, without salt	240.0	1.0 cup	0.156
08172	Cereals, farina, unenriched, dry	10.9	1.0 tbsp	0.011
08562	Cereals, KASHI GO LEAN Hot Cereal, Creamy TRULY VANILLA, dry	40.0	1.0 packet (1 NLEA serving)	0.028
08561	Cereals, KASHI GO LEAN Hot Cereal, Hearty Honey & Cinnamon, dry	40.0	1.0 packet (1 NLEA serving)	0.028
08702	Cereals, KELLOGG'S SPECIAL K NOURISH, Cinnamon Raisin Pecan, dry	52.0	1.0 Container (1 NLEA serving)	0.333

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
08703	Cereals, KELLOGG'S SPECIAL K NOURISH, Cranberry Almond, dry	52.0	1.0 Container (1 NLEA serving)	0.333
08704	Cereals, KELLOGG'S SPECIAL K NOURISH, Maple Brown Sugar Crunch, dry	52.0	1.0 Container (1 NLEA serving)	0.333
08177	Cereals, MALT-O-MEAL, chocolate, dry	35.0	3.0 tbsp (1 NLEA serving)	0.392
08512	Cereals, MALT-O-MEAL, chocolate, prepared with water, without salt	268.0	1.0 serving (3 T dry cereal plus 1 cup water)	0.402
08488	Cereals, MALT-O-MEAL, Farina Hot Wheat Cereal, dry	35.0	3.0 tbsp (1 NLEA serving)	0.375
08489	Cereals, MALT-O-MEAL, Maple & Brown Sugar Hot Wheat Cereal, dry	45.0	0.25 cup (1 NLEA serving)	0.419
08116	Cereals, MALT-O-MEAL, original, plain, dry	35.0	3.0 tbsp (1 NLEA serving)	0.256
08511	Cereals, MALT-O-MEAL, original, plain, prepared with water, without salt	268.0	1.0 serving (3 T dry cereal plus 1 cup water)	0.268
08680	Cereals, oats, instant, fortified, maple and brown sugar, dry	43.0	1.0 packet	0.431
08122	Cereals, oats, instant, fortified, plain, dry	28.0	1.0 packet	0.014
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	234.0	1.0 cup, cooked	0.503
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	45.0	1.0 packet	0.337
08129	Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water	240.0	1.0 cup	0.425
08132	Cereals, oats, instant, fortified, with raisins and spice, dry	44.0	1.0 packet	0.301
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	240.0	1.0 cup	0.365
08180	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt	234.0	1.0 cup	0.037
08120	Cereals, oats, regular and quick, not fortified, dry	81.0	1.0 cup	0.126
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234.0	1.0 cup	0.037
08094	Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry	28.0	1.0 packet (1 NLEA serving)	0.188
08092	Cereals, QUAKER, corn grits, instant, plain, dry	29.0	1.0 packet	0.202
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	219.0	1.0 cup	0.296
08314	Cereals, QUAKER, hominy grits, white, quick, dry	37.0	0.25 cup	0.133
08316	Cereals, QUAKER, hominy grits, white, regular, dry	41.0	0.25 cup (1 NLEA serving)	0.148
08449	Cereals, QUAKER, Instant Grits Product with American Cheese Flavor, dry	28.0	1.0 packet (1 NLEA serving)	0.193
08221	Cereals, QUAKER, Instant Grits, Butter flavor, dry	28.0	1.0 packet (1 NLEA serving)	0.193
08096	Cereals, QUAKER, Instant Grits, Country Bacon flavor, dry	28.0	1.0 packet (1 NLEA serving)	0.199
08450	Cereals, QUAKER, Instant Grits, Ham 'n' Cheese flavor, dry	28.0	1.0 packet (1 NLEA serving)	0.190
08444	Cereals, QUAKER, Instant Grits, Redeye Gravy & Country Ham flavor, dry	28.0	1.0 packet (1 NLEA serving)	0.207
08640	Cereals, QUAKER, Instant Oatmeal Organic, Regular	41.0	1.0 packet	0.057
08642	Cereals, QUAKER, Instant Oatmeal, Apple and Cinnamon, reduced sugar	31.0	1.0 packet (1 NLEA serving)	0.374
08124	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry	43.0	1.0 packet (1 NLEA serving)	0.447
08417	Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry	41.0	1.0 packet (1 NLEA serving)	0.410
08639	Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar	34.0	1.0 packet (1 NLEA serving)	0.398
08688	Cereals, QUAKER, Instant Oatmeal, Cinnamon Swirl, high fiber	45.0	1.0 packet (1 NLEA serving)	0.476

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	43.0	1.0 packet (1 NLEA serving)	0.350
08411	Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS, Brown Sugar, dry	50.0	1.0 packet (1 NLEA serving)	0.375
08225	Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry	35.0	1.0 packet	0.374
08641	Cereals, QUAKER, Instant Oatmeal, fruit and cream, variety of flavors, reduced sugar	33.0	1.0 packet	0.204
08130	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry	43.0	1.0 packet	0.390
08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	43.0	1.0 packet (1 NLEA serving)	0.288
08228	Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry	37.0	1.0 packet	0.376
08694	Cereals, QUAKER, Instant Oatmeal, weight control, cinnamon	45.0	1.0 packet (1 NLEA serving)	0.391
08231	Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry	40.0	0.5 cup (1 NLEA serving)	0.120
08690	Cereals, QUAKER, oatmeal, REAL MEDLEYS, apple walnut, dry	75.0	1.0 package (1 NLEA serving)	0.068
08689	Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry	70.0	1.0 package (1 NLEA serving)	0.080
08693	Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry	73.0	1.0 package (1 NLEA serving)	0.182
08692	Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry	75.0	1.0 package (1 NLEA serving)	0.141
08691	Cereals, QUAKER, oatmeal, REAL MEDLEYS, summer berry, dry	70.0	1.0 package (1 NLEA serving)	0.150
08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	40.0	0.5 cup (1 NLEA serving)	0.072
08451	Cereals, QUAKER, Quick Oats with Iron, Dry	40.0	0.5 cup	0.049
08402	Cereals, QUAKER, Quick Oats, Dry	40.0	0.5 cup	0.048
08687	Cereals, QUAKER, Weight Control Instant Oatmeal, banana bread	45.0	1.0 packet (1 NLEA serving)	0.389
08686	Cereals, QUAKER, Weight Control Instant Oatmeal, maple and brown sugar	45.0	1.0 packet (1 NLEA serving)	0.421
08452	Cereals, QUAKER, Whole Wheat Natural Cereal, dry	40.0	0.5 cup	0.056
08673	Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	0.544
08143	Cereals, WHEATENA, cooked with water	243.0	1.0 cup	0.049
08182	Cereals, WHEATENA, cooked with water, with salt	243.0	1.0 cup	0.053
08142	Cereals, WHEATENA, dry	40.0	0.33 cup (1 NLEA serving)	0.056
08183	Cereals, whole wheat hot natural cereal, cooked with water, with salt	242.0	1.0 cup	0.121
08145	Cereals, whole wheat hot natural cereal, cooked with water, without salt	242.0	1.0 cup	0.121
08144	Cereals, whole wheat hot natural cereal, dry	94.0	1.0 cup	0.282
11765	Chard, swiss, cooked, boiled, drained, with salt	175.0	1.0 cup, chopped	0.150
11148	Chard, swiss, cooked, boiled, drained, without salt	175.0	1.0 cup, chopped	0.150
11147	Chard, swiss, raw	36.0	1.0 cup	0.032
11766	Chayote, fruit, cooked, boiled, drained, with salt	160.0	1.0 cup (1" pieces)	0.064
11150	Chayote, fruit, cooked, boiled, drained, without salt	160.0	1.0 cup (1" pieces)	0.064
11149	Chayote, fruit, raw	132.0	1.0 cup (1" pieces)	0.038
01045	Cheese food, cold pack, American	28.35	1.0 oz	0.126
44048	Cheese food, pasteurized process, American, imitation, without added vitamin D	28.35	1.0 oz	0.026
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	0.407

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
01254	Cheese food, pasteurized process, American, without added vitamin D	113.0	1.0 cup	0.407
01047	Cheese food, pasteurized process, swiss	28.35	1.0 oz	0.113
01215	Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D	21.0	1.0 slice 3/4 oz	0.101
01252	Cheese product, pasteurized process, American, vitamin D fortified	19.0	1.0 slice (2/3 oz)	0.081
42258	Cheese product, pasteurized process, cheddar, reduced fat	28.0	1.0 slice 1 oz	0.134
19434	Cheese puffs and twists, corn based, baked, low fat	28.35	1.0 oz	0.173
01164	Cheese sauce, prepared from recipe	30.0	2.0 tbsp	0.073
01259	Cheese spread, American or Cheddar cheese base, reduced fat	21.0	1.0 piece	0.093
43276	Cheese spread, cream cheese base	28.35	1.0 oz	0.054
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	0.603
01161	Cheese substitute, mozzarella	113.0	1.0 cup, shredded	0.502
43278	Cheese, american cheddar, imitation	21.0	1.0 slice	0.090
01061	Cheese, American, nonfat or fat free	19.0	1.0 serving	0.104
01004	Cheese, blue	28.35	1.0 oz	0.108
01005	Cheese, brick	132.0	1.0 cup, diced	0.463
01006	Cheese, brie	28.35	1.0 oz	0.147
01007	Cheese, camembert	28.35	1.0 oz	0.138
01008	Cheese, caraway	28.35	1.0 oz	0.128
01009	Cheese, cheddar	132.0	1.0 cup, diced	0.565
01265	Cheese, cheddar, nonfat or fat free	28.0	1.0 serving	0.062
01260	Cheese, cheddar, reduced fat	21.0	1.0 slice	0.083
01270	Cheese, cheddar, sharp, sliced	19.0	1.0 slice (2/3 oz)	0.082
01010	Cheese, cheshire	28.35	1.0 oz	0.083
01011	Cheese, colby	132.0	1.0 cup, diced	0.495
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	0.184
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	0.160
01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	0.186
42235	Cheese, cottage, lowfat, 1% milkfat, lactose reduced	113.0	4.0 oz	0.181
43352	Cheese, cottage, lowfat, 1% milkfat, no sodium added	113.0	4.0 oz	0.181
43396	Cheese, cottage, lowfat, 1% milkfat, with vegetables	113.0	4.0 oz	0.147
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	0.284
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	0.328
43273	Cheese, cottage, with vegetables	113.0	4.0 oz	0.147
01017	Cheese, cream	14.5	1.0 tbsp	0.033
01186	Cheese, cream, fat free	18.0	1.0 tbsp	0.048
43274	Cheese, cream, low fat	15.0	1.0 tbsp	0.028

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
01227	Cheese, dry white, queso seco	97.0	1.0 cup grated	0.223
01018	Cheese, edam	28.35	1.0 oz	0.110
01019	Cheese, feta	150.0	1.0 cup, crumbled	1.266
01020	Cheese, fontina	132.0	1.0 cup, diced	0.269
01228	Cheese, fresh, queso fresco	122.0	1.0 cup, crumbled	0.211
01021	Cheese, gjetost	28.35	1.0 oz	0.392
01156	Cheese, goat, hard type	28.35	1.0 oz	0.337
01157	Cheese, goat, semisoft type	28.35	1.0 oz	0.192
01159	Cheese, goat, soft type	28.35	1.0 oz	0.108
01022	Cheese, gouda	28.35	1.0 oz	0.095
01023	Cheese, gruyere	28.35	1.0 oz	0.079
01024	Cheese, limburger	134.0	1.0 cup	0.674
01168	Cheese, low fat, cheddar or colby	132.0	1.0 cup, diced	0.292
01169	Cheese, low-sodium, cheddar or colby	132.0	1.0 cup, diced	0.495
01251	Cheese, Mexican blend	28.0	0.25 cup shredded	0.089
01209	Cheese, Mexican, blend, reduced fat	28.35	1.0 oz	0.085
01165	Cheese, mexican, queso anejo	132.0	1.0 cup, crumbled	0.276
01166	Cheese, mexican, queso asadero	132.0	1.0 cup, diced	0.294
01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	0.297
01267	Cheese, mexican, queso cotija	5.0	2.0 tsp	0.024
01025	Cheese, monterey	132.0	1.0 cup, diced	0.515
42155	Cheese, monterey, low fat	132.0	1.0 cup, diced	0.475
01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	0.466
01271	Cheese, mozzarella, low moisture, part-skim, shredded	86.0	1.0 cup	0.316
43597	Cheese, mozzarella, low sodium	132.0	1.0 cup, diced	0.449
42304	Cheese, mozzarella, nonfat	113.0	1.0 cup, shredded	0.339
01028	Cheese, mozzarella, part skim milk	28.35	1.0 oz	0.086
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	0.317
01027	Cheese, mozzarella, whole milk, low moisture	28.35	1.0 oz	0.077
01030	Cheese, muenster	132.0	1.0 cup, diced	0.422
42303	Cheese, muenster, low fat	113.0	1.0 cup, shredded	0.407
01031	Cheese, neufchatel	28.35	1.0 oz	0.044
01204	Cheese, parmesan, dry grated, reduced fat	100.0	1.0 cup	0.486
01032	Cheese, parmesan, grated	100.0	1.0 cup	0.358
01033	Cheese, parmesan, hard	28.35	1.0 oz	0.094
43340	Cheese, parmesan, low sodium	100.0	1.0 cup, grated	0.390

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
01146	Cheese, parmesan, shredded	5.0	1.0 tbsp	0.018
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	0.066
43275	Cheese, pasteurized process, American, low fat	140.0	1.0 cup, diced	0.546
01253	Cheese, pasteurized process, American, without added vitamin D	28.35	1.0 oz	0.066
42205	Cheese, pasteurized process, cheddar or American, fat-free	16.0	1.0 cubic inch	0.077
43398	Cheese, pasteurized process, cheddar or American, low sodium	140.0	1.0 cup, diced	0.490
01043	Cheese, pasteurized process, pimento	140.0	1.0 cup, diced	0.496
01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	0.386
43379	Cheese, pasteurized process, swiss, low fat	140.0	1.0 cup, diced	0.546
01034	Cheese, port de salut	132.0	1.0 cup, diced	0.317
01035	Cheese, provolone	132.0	1.0 cup, diced	0.424
01208	Cheese, provolone, reduced fat	132.0	1.0 cup, diced	0.424
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	0.229
01036	Cheese, ricotta, whole milk	124.0	0.5 cup	0.242
01038	Cheese, romano	28.35	1.0 oz	0.105
01039	Cheese, roquefort	28.35	1.0 oz	0.166
01040	Cheese, swiss	132.0	1.0 cup, diced	0.399
43589	Cheese, swiss, low fat	28.0	1.0 slice (1 oz)	0.101
43405	Cheese, swiss, low sodium	28.0	1.0 slice	0.104
01266	Cheese, Swiss, nonfat or fat free	28.0	1.0 serving	0.101
01041	Cheese, tilsit	28.35	1.0 oz	0.102
01229	Cheese, white, queso blanco	118.0	1.0 cup, crumbled	0.271
18147	Cheesecake commercially prepared	28.35	1.0 oz	0.055
18148	Cheesecake prepared from mix, no-bake type	28.35	1.0 oz	0.075
07016	Cheesefurter, cheese smokie, pork, beef	100.0	2.33 links	0.160
09062	Cherimoya, raw	160.0	1.0 cup, pieces	0.210
09362	Cherries, sour, canned, water pack, drained	168.0	1.0 cup	0.109
09067	Cherries, sour, red, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	0.099
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	256.0	1.0 cup	0.100
09065	Cherries, sour, red, canned, light syrup pack, solids and liquids	252.0	1.0 cup	0.098
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244.0	1.0 cup	0.100
09068	Cherries, sour, red, frozen, unsweetened	155.0	1.0 cup, unthawed	0.053
09063	Cherries, sour, red, raw	155.0	1.0 cup, without pits	0.062
09075	Cherries, sweet, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	0.102
09072	Cherries, sweet, canned, juice pack, solids and liquids	250.0	1.0 cup, pitted	0.060

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
09073	Cherries, sweet, canned, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	0.103
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	253.0	1.0 cup	0.101
09367	Cherries, sweet, canned, pitted, heavy syrup, drained	179.0	1.0 cup	0.077
09071	Cherries, sweet, canned, water pack, solids and liquids	248.0	1.0 cup, pitted	0.102
09076	Cherries, sweet, frozen, sweetened	259.0	1.0 cup, thawed	0.122
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	0.046
09044	Cherries, tart, dried, sweetened	40.0	0.25 cup	0.040
19163	Chewing gum	3.0	1.0 stick	0.000
43060	Chewing gum, sugarless	2.0	1.0 piece	0.000
21143	CHICK-FIL-A, Chick-n-Strips	50.0	1.0 strip	0.135
21526	CHICK-FIL-A, chicken sandwich	187.0	1.0 sandwich	0.561
21144	CHICK-FIL-A, hash browns	5.5	1.0 piece	0.003
05326	Chicken breast tenders, breaded, cooked, microwaved	15.0	1.0 piece	0.015
05327	Chicken breast tenders, breaded, uncooked	15.0	1.0 piece	0.014
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	12.0	1.0 slice	0.009
07932	Chicken breast, fat-free, mesquite flavor, sliced	42.0	1.0 serving 2 slices	0.010
07933	Chicken breast, oven-roasted, fat-free, sliced	42.0	1.0 serving 2 slices	0.012
05324	Chicken patty, frozen, cooked	60.0	1.0 patty	0.043
05323	Chicken patty, frozen, uncooked	60.0	1.0 patty	0.032
22906	Chicken pot pie, frozen entree, prepared	302.0	1.0 pie	0.124
07018	Chicken spread	56.0	1.0 serving (1 serving)	0.064
22978	Chicken tenders, breaded, frozen, prepared	21.0	1.0 piece	0.013
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	85.0	3.0 oz	0.159
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	85.0	3.0 oz	0.181
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	85.0	3.0 oz	0.150
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	85.0	3.0 oz	0.142
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	85.0	3.0 oz	0.193
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	85.0	3.0 oz	0.157
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	0.154
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	85.0	3.0 oz	0.118
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	85.0	3.0 oz	0.111
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	71.0	1.0 drumstick	0.159
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	71.0	1.0 drumstick	0.163
05356	Chicken, broiler, rotisserie, BBQ, skin	85.0	1.0 serving	0.169
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	95.0	1.0 thigh	0.216
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	95.0	1.0 thigh	0.222

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	51.0	1.0 wing	0.082
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	51.0	1.0 wing	0.070
05049	Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter	72.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.153
05050	Chicken, broilers or fryers, back, meat and skin, cooked, fried, flour	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.104
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	32.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.062
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	102.0	1.0 back	0.189
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	85.0	3.0 oz	0.128
05048	Chicken, broilers or fryers, back, meat and skin, raw	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.068
05054	Chicken, broilers or fryers, back, meat only, cooked, fried	35.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.089
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.052
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	0.178
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	26.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.045
05053	Chicken, broilers or fryers, back, meat only, raw	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.051
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	84.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.123
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.077
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.167
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	0.113
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.161
05057	Chicken, broilers or fryers, breast, meat and skin, raw	87.0	0.5 breast, bone removed (yield from 1 lb ready-to-cook chicken)	0.074
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.065
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.160
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	85.0	3.0 oz	0.176
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.167
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	85.0	3.0 oz	0.108
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	95.0	1.0 drumstick without skin	0.156
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	95.0	1.0 drumstick without skin	0.171
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	96.0	1.0 drumstick without skin	0.213
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	130.0	1.0 drumstick with skin	0.286
05035	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter	85.0	3.0 oz	0.185
05036	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.258
05037	Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted	101.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.209
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.195
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	85.0	3.0 oz	0.124
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	140.0	1.0 cup	0.349
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.318

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.283
05043	Chicken, broilers or fryers, dark meat, meat only, raw	109.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.201
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	111.0	1.0 thigh without skin	0.174
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	111.0	1.0 thigh without skin	0.202
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	149.0	1.0 thigh without skin	0.292
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	43.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.092
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.065
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	105.0	1.0 drumstick with skin (yield from 1 lb ready-to-cook chicken)	0.213
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.116
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.266
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	133.0	1.0 drumstick with skin	0.259
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.059
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.126
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	85.0	3.0 oz	0.181
05021	Chicken, broilers or fryers, giblets, cooked, fried	145.0	1.0 cup, chopped or diced	2.210
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145.0	1.0 cup chopped or dice	1.525
05020	Chicken, broilers or fryers, giblets, raw	23.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.227
05076	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, batter	95.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.210
05077	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, flour	67.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.157
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	0.159
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.267
05075	Chicken, broilers or fryers, leg, meat and skin, raw	85.0	3.0 oz	0.120
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	56.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.138
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	85.0	3.0 oz	0.161
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	85.0	3.0 oz	0.184
05080	Chicken, broilers or fryers, leg, meat only, raw	85.0	3.0 oz	0.152
05030	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, batter	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.166
05031	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	78.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.104
05032	Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted	79.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.093
05033	Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed	90.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.101
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	116.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.100
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	140.0	1.0 cup	0.176
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.162
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.164
05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.081

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	85.0	3.0 oz	0.211
05003	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour	85.0	3.0 oz	0.236
05001	Chicken, broilers or fryers, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.158
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	85.0	3.0 oz	0.190
05005	Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	85.0	3.0 oz	0.171
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	85.0	3.0 oz	0.161
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	0.164
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.235
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.207
05006	Chicken, broilers or fryers, meat and skin, raw	85.0	3.0 oz	0.102
05012	Chicken, broilers or fryers, meat only, cooked, fried	140.0	1.0 cup, chopped or diced	0.277
05011	Chicken, broilers or fryers, meat only, raw	85.0	3.0 oz	0.121
05013	Chicken, broilers or fryers, meat only, roasted	140.0	1.0 cup, chopped or diced	0.249
05014	Chicken, broilers or fryers, meat only, stewed	140.0	1.0 cup, chopped or diced	0.228
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.027
05085	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, batter	16.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.038
05086	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, flour	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.028
05084	Chicken, broilers or fryers, neck, meat and skin, raw	15.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.029
05089	Chicken, broilers or fryers, neck, meat only, cooked, fried	7.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.022
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	5.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.014
05088	Chicken, broilers or fryers, neck, meat only, raw	6.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.014
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	0.008
05016	Chicken, broilers or fryers, skin only, cooked, fried, batter	114.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.203
05017	Chicken, broilers or fryers, skin only, cooked, fried, flour	33.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.054
05018	Chicken, broilers or fryers, skin only, cooked, roasted	34.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.043
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	28.35	1.0 oz	0.034
05019	Chicken, broilers or fryers, skin only, cooked, stewed	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.041
05015	Chicken, broilers or fryers, skin only, raw	47.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.032
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.118
05093	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, flour	38.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.092
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	137.0	1.0 thigh with skin	0.260
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	89.0	1.0 thigh	0.190
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	41.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.078
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	193.0	1.0 thigh with skin	0.280
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.079
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	116.0	1.0 thigh without skin	0.253

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	89.0	1.0 thigh	0.207
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.305
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.044
05102	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour	19.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.026
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	85.0	1.0 piece	0.130
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.069
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.144
05100	Chicken, broilers or fryers, wing, meat and skin, raw	107.0	1.0 piece	0.110
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	12.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.015
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	13.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.017
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.072
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.154
05105	Chicken, broilers or fryers, wing, meat only, raw	17.0	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	0.017
05277	Chicken, canned, meat only, with broth	142.0	1.0 can (5 oz)	0.183
05311	Chicken, canned, no broth	28.0	1.0 oz	0.028
05138	Chicken, capons, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	1.538
05137	Chicken, capons, giblets, raw	115.0	1.0 giblets	1.287
05134	Chicken, capons, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	0.186
05133	Chicken, capons, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.156
05136	Chicken, capons, meat and skin, cooked, roasted	85.0	3.0 oz	0.145
05135	Chicken, capons, meat and skin, raw	85.0	3.0 oz	0.108
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	85.0	3.0 oz	0.169
05307	Chicken, cornish game hens, meat and skin, raw	85.0	3.0 oz	0.145
05310	Chicken, cornish game hens, meat only, cooked, roasted	85.0	3.0 oz	0.193
05309	Chicken, cornish game hens, meat only, raw	85.0	3.0 oz	0.184
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	106.0	1.0 drumstick with skin	0.153
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	129.0	1.0 drumstick with skin	0.356
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	143.0	1.0 drumstick with skin	0.310
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	95.0	1.0 drumstick without skin	0.152
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	91.0	1.0 drumstick without skin	0.270
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	143.0	1.0 drumstick with skin	0.347
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	85.0	3.0 oz	0.101
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	130.0	1.0 thigh with skin	0.316
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	85.0	3.0 oz	0.150
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	85.0	3.0 oz	0.119

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	130.0	1.0 thigh with skin	0.354
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	85.0	3.0 oz	0.196
05335	Chicken, feet, boiled	28.35	1.0 oz	0.057
05024	Chicken, gizzard, all classes, cooked, simmered	145.0	1.0 cup chopped or dice	0.304
05023	Chicken, gizzard, all classes, raw	28.35	1.0 oz	0.065
05333	Chicken, ground, crumbles, cooked, pan-browned	85.0	3.0 oz crumbled	0.257
05332	Chicken, ground, raw	112.0	4.0 oz crumbled	0.270
05026	Chicken, heart, all classes, cooked, simmered	145.0	1.0 cup, chopped or diced	1.074
05025	Chicken, heart, all classes, raw	6.1	1.0 heart	0.044
05661	Chicken, liver, all classes, cooked, pan-fried	44.0	1.0 liver	1.018
05028	Chicken, liver, all classes, cooked, simmered	44.0	1.0 liver	0.877
05027	Chicken, liver, all classes, raw	44.0	1.0 liver	0.782
43128	Chicken, meatless	168.0	1.0 cup	0.415
43410	Chicken, meatless, breaded, fried	130.0	1.0 cup, diced	0.471
22974	Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	87.0	1.0 serving	0.128
22975	Chicken, nuggets, white meat, precooked, frozen, not reheated	82.0	1.0 serving	0.045
05120	Chicken, roasting, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.269
05119	Chicken, roasting, dark meat, meat only, raw	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.195
05116	Chicken, roasting, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	1.172
05115	Chicken, roasting, giblets, raw	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.204
05118	Chicken, roasting, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.130
05117	Chicken, roasting, light meat, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.088
05110	Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	0.161
05109	Chicken, roasting, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.145
05112	Chicken, roasting, meat and skin, cooked, roasted	85.0	3.0 oz	0.122
05114	Chicken, roasting, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.206
05113	Chicken, roasting, meat only, raw	85.0	3.0 oz	0.114
05673	Chicken, skin (drumsticks and thighs), cooked, braised	28.35	1.0 oz	0.016
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	28.35	1.0 oz	0.018
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	0.009
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	28.35	1.0 oz	0.011
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	28.35	1.0 oz	0.035
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	28.35	1.0 oz	0.017
05132	Chicken, stewing, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.486
05131	Chicken, stewing, dark meat, meat only, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.293
05128	Chicken, stewing, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	1.518

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
05127	Chicken, stewing, giblets, raw	28.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.310
05130	Chicken, stewing, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.274
05129	Chicken, stewing, light meat, meat only, raw	89.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.109
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	0.188
05121	Chicken, stewing, meat and skin, and giblets and neck, raw	85.0	3.0 oz	0.213
05124	Chicken, stewing, meat and skin, cooked, stewed	85.0	3.0 oz	0.200
05123	Chicken, stewing, meat and skin, raw	85.0	3.0 oz	0.142
05126	Chicken, stewing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.388
05125	Chicken, stewing, meat only, raw	85.0	3.0 oz	0.176
32020	Chicken, thighs, frozen, breaded, reheated	133.0	1.0 thigh with bone and breading	0.386
05312	Chicken, wing, frozen, glazed, barbecue flavored	29.0	1.0 piece	0.070
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	96.0	1.0 serving	0.250
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	74.0	1.0 serving	0.219
16157	Chickpea flour (besan)	92.0	1.0 cup	0.098
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	253.0	1.0 can drained	0.038
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	254.0	1.0 can drained, rinsed	0.038
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	240.0	1.0 cup	0.036
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	0.036
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	164.0	1.0 cup	0.103
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164.0	1.0 cup	0.103
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	200.0	1.0 cup	0.424
11152	Chicory greens, raw	29.0	1.0 cup, chopped	0.029
11154	Chicory roots, raw	60.0	1.0 root	0.018
11151	Chicory, witloof, raw	53.0	1.0 head	0.014
03860	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed	31.0	1.0 fl oz	0.062
03870	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber	31.0	1.0 fl oz	0.062
03819	Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted	9.4	1.0 scoop	0.083
03820	Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder	31.0	1.0 fl oz	0.055
22904	Chili con carne with beans, canned entree	242.0	1.0 cup	0.070
16059	Chili with beans, canned	256.0	1.0 cup	0.269
22969	Chili with beans, microwavable bowls	244.0	1.0 cup	0.071
22911	Chili, no beans, canned entree	240.0	1.0 cup	0.266
11615	Chives, freeze-dried	0.2	1.0 tbsp	0.003
11156	Chives, raw	3.0	1.0 tbsp chopped	0.003
19902	Chocolate, dark, 45- 59% cacao solids	28.35	1.0 oz	0.014
19903	Chocolate, dark, 60-69% cacao solids	28.35	1.0 oz	0.014

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
19904	Chocolate, dark, 70-85% cacao solids	28.35	1.0 oz	0.022
19125	Chocolate-flavored hazelnut spread	37.0	1.0 serving 2 TBSP	0.063
35204	Chokecherries, raw, pitted (Northern Plains Indians)	154.0	1.0 cup	0.266
07019	Chorizo, pork and beef	28.35	1.0 oz	0.085
11698	Chrysanthemum leaves, raw	51.0	1.0 cup, chopped	0.073
11767	Chrysanthemum, garland, cooked, boiled, drained, with salt	100.0	1.0 cup (1" pieces)	0.160
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	100.0	1.0 cup (1" pieces)	0.160
11157	Chrysanthemum, garland, raw	25.0	1.0 cup (1" pieces)	0.036
18964	Cinnamon buns, frosted (includes honey buns)	65.0	1.0 bun	0.090
09433	Clementines, raw	74.0	1.0 fruit	0.022
19859	Cocoa, dry powder, hi-fat or breakfast, plain	5.4	1.0 tbsp	0.020
19860	Cocoa, dry powder, hi-fat or breakfast, processed with alkali	6.0	1.0 tablespoon Ghirardelli label 2011	0.022
19165	Cocoa, dry powder, unsweetened	86.0	1.0 cup	0.207
19166	Cocoa, dry powder, unsweetened, processed with alkali	86.0	1.0 cup	0.396
18103	Coffeecake, cheese	28.35	1.0 oz	0.035
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	28.35	1.0 oz	0.065
18417	Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	28.35	1.0 oz	0.027
18107	Coffeecake, cinnamon with crumb topping, dry mix	28.35	1.0 oz	0.037
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	0.050
18105	Coffeecake, creme-filled with chocolate frosting	28.35	1.0 oz	0.021
18106	Coffeecake, fruit	28.35	1.0 oz	0.054
11768	Collards, cooked, boiled, drained, with salt	190.0	1.0 cup, chopped	0.201
11162	Collards, cooked, boiled, drained, without salt	190.0	1.0 cup, chopped	0.201
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	170.0	1.0 cup, chopped	0.196
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170.0	1.0 cup, chopped	0.196
11163	Collards, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.104
11161	Collards, raw	36.0	1.0 cup, chopped	0.047
28293	Cookie, butter or sugar, with chocolate icing or filling	31.0	3.0 cookies	0.059
28294	Cookie, chocolate, with icing or coating	32.0	4.0 cookies	0.061
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	29.0	2.0 cookies	0.035
28290	Cookie, with peanut butter filling, chocolate-coated	25.0	2.0 cookies	0.022
28399	Cookies, animal crackers (includes arrowroot, tea biscuits)	28.35	1.0 oz	0.092
28291	Cookies, animal, with frosting or icing	31.0	8.0 cookies 1 serving	0.046
18151	Cookies, brownies, commercially prepared	28.35	1.0 oz	0.060
28298	Cookies, brownies, commercially prepared, reduced fat, with added fiber	36.0	1.0 brownie 1 serving	0.089
18152	Cookies, brownies, dry mix, regular	28.35	1.0 oz	0.046

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
18196	Cookies, brownies, dry mix, sugar free	28.35	1.0 oz	0.031
18154	Cookies, brownies, prepared from recipe	28.35	1.0 oz	0.054
18155	Cookies, butter, commercially prepared, enriched	28.35	1.0 oz	0.095
18421	Cookies, butter, commercially prepared, unenriched	28.35	1.0 oz	0.020
28328	Cookies, chocolate chip sandwich, with creme filling	34.0	1.0 cookie	0.056
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	0.038
18422	Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched	28.35	1.0 oz	0.017
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	34.0	1.0 serving 3 cookies	0.063
18160	Cookies, chocolate chip, commercially prepared, soft-type	14.2	1.0 cookie	0.040
18198	Cookies, chocolate chip, commercially prepared, special dietary	28.35	1.0 oz	0.053
18161	Cookies, chocolate chip, dry mix	28.35	1.0 oz	0.058
18378	Cookies, chocolate chip, prepared from recipe, made with butter	28.35	1.0 oz	0.050
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	28.35	1.0 oz	0.050
18163	Cookies, chocolate chip, refrigerated dough	33.0	1.0 serving	0.063
18164	Cookies, chocolate chip, refrigerated dough, baked	28.35	1.0 oz	0.054
28350	Cookies, chocolate cream covered biscuit sticks	40.0	1.0 serving	0.080
28299	Cookies, chocolate sandwich, with creme filling, reduced fat	34.0	1.0 serving	0.069
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	0.086
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	28.35	1.0 oz	0.058
18199	Cookies, chocolate sandwich, with creme filling, special dietary	28.35	1.0 oz	0.083
18168	Cookies, chocolate sandwich, with extra creme filling	28.35	1.0 oz	0.034
18157	Cookies, chocolate wafers	28.35	1.0 oz	0.075
28329	Cookies, chocolate, made with rice cereal	62.0	1.0 cookie	0.249
28309	Cookies, coconut macaroon	36.0	2.0 cookie 1 serving	0.022
18170	Cookies, fig bars	28.35	1.0 oz	0.062
18171	Cookies, fortune	28.35	1.0 oz	0.037
18156	Cookies, fudge, cake-type (includes trolley cakes)	28.35	1.0 oz	0.055
18172	Cookies, gingersnaps	28.35	1.0 oz	0.083
28332	Cookies, gluten-free, chocolate sandwich, with creme filling	44.0	3.0 cookies	0.033
28334	Cookies, gluten-free, lemon wafer	30.0	3.0 cookies	0.022
18174	Cookies, graham crackers, chocolate-coated	27.0	3.0 pieces	0.040
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	28.35	1.0 oz	0.090
28302	Cookies, graham crackers, plain or honey, lowfat	35.0	1.0 serving	0.083
18175	Cookies, ladyfingers, with lemon juice and rind	28.35	1.0 oz	0.121
18423	Cookies, ladyfingers, without lemon juice and rind	28.35	1.0 oz	0.121
28351	Cookies, Marie biscuit	28.0	5.0 cookie	0.138

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	28.35	1.0 oz	0.059
28330	Cookies, marshmallow, with rice cereal and chocolate chips	22.0	1.0 bar	0.170
18177	Cookies, molasses	28.35	1.0 oz	0.075
28300	Cookies, oatmeal sandwich, with creme filling	38.0	1.0 cookie 1 serving	0.042
18178	Cookies, oatmeal, commercially prepared, regular	28.35	1.0 oz	0.065
18179	Cookies, oatmeal, commercially prepared, soft-type	28.35	1.0 oz	0.065
18200	Cookies, oatmeal, commercially prepared, special dietary	28.35	1.0 oz	0.060
18180	Cookies, oatmeal, dry mix	28.35	1.0 oz	0.040
18184	Cookies, oatmeal, prepared from recipe, with raisins	28.35	1.0 oz	0.047
18377	Cookies, oatmeal, prepared from recipe, without raisins	28.35	1.0 oz	0.049
28349	Cookies, oatmeal, reduced fat	25.0	1.0 cookie	0.101
18182	Cookies, oatmeal, refrigerated dough	28.35	1.0 oz	0.042
18183	Cookies, oatmeal, refrigerated dough, baked	28.35	1.0 oz	0.042
18190	Cookies, peanut butter sandwich, regular	28.35	1.0 oz	0.075
18201	Cookies, peanut butter sandwich, special dietary	28.35	1.0 oz	0.042
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	0.059
18186	Cookies, peanut butter, commercially prepared, soft-type	28.35	1.0 oz	0.047
28301	Cookies, peanut butter, commercially prepared, sugar free	29.0	1.0 serving 3 cookies	0.064
18189	Cookies, peanut butter, prepared from recipe	28.35	1.0 oz	0.060
18187	Cookies, peanut butter, refrigerated dough	28.35	1.0 oz	0.053
18188	Cookies, peanut butter, refrigerated dough, baked	28.35	1.0 oz	0.052
18191	Cookies, raisin, soft-type	28.35	1.0 oz	0.058
18193	Cookies, shortbread, commercially prepared, pecan	28.35	1.0 oz	0.062
18192	Cookies, shortbread, commercially prepared, plain	28.35	1.0 oz	0.089
28310	Cookies, shortbread, reduced fat	11.8	1.0 cookie	0.037
28311	Cookies, sugar wafer, chocolate-covered	29.0	3.0 cookie	0.062
18202	Cookies, sugar wafer, with creme filling, sugar free	28.35	1.0 oz	0.043
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	0.043
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	0.067
18208	Cookies, sugar, prepared from recipe, made with margarine	28.35	1.0 oz	0.073
18205	Cookies, sugar, refrigerated dough	33.0	1.0 serving	0.040
18206	Cookies, sugar, refrigerated dough, baked	28.35	1.0 oz	0.035
18210	Cookies, vanilla sandwich with creme filling	28.35	1.0 oz	0.069
28352	Cookies, vanilla sandwich with creme filling, reduced fat	48.0	1.0 serving cookie	0.130
18213	Cookies, vanilla wafers, higher fat	30.0	8.0 wafers	0.095
18212	Cookies, vanilla wafers, lower fat	28.35	1.0 oz	0.091

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
11165	Coriander (cilantro) leaves, raw	4.0	0.25 cup	0.006
20015	Corn bran, crude	76.0	1.0 cup	0.076
22973	Corn dogs, frozen, prepared	78.0	1.0 corndog	0.121
20017	Corn flour, masa, enriched, white	114.0	1.0 cup	0.918
20019	Corn flour, masa, unenriched, white	114.0	1.0 cup	0.111
20315	Corn flour, whole-grain, blue (harina de maiz morado)	6.9	1.0 tbsp	0.016
20316	Corn flour, whole-grain, white	117.0	1.0 cup	0.094
20016	Corn flour, whole-grain, yellow	117.0	1.0 cup	0.094
20018	Corn flour, yellow, degermed, unenriched	126.0	1.0 cup	0.073
20317	Corn flour, yellow, masa, enriched	114.0	1.0 cup	0.918
20314	Corn grain, white	166.0	1.0 cup	0.334
20014	Corn grain, yellow	166.0	1.0 cup	0.334
11656	Corn pudding, home prepared	250.0	1.0 cup	0.385
11184	Corn with red and green peppers, canned, solids and liquids	227.0	1.0 cup	0.182
35183	Corn, dried, yellow (Northern Plains Indians)	28.35	1.0 oz	0.051
11907	Corn, sweet, white, canned, cream style, no salt added	256.0	1.0 cup	0.136
11906	Corn, sweet, white, canned, cream style, regular pack	256.0	1.0 cup	0.136
11909	Corn, sweet, white, canned, vacuum pack, no salt added	210.0	1.0 cup	0.153
11908	Corn, sweet, white, canned, vacuum pack, regular pack	210.0	1.0 cup	0.153
11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	0.026
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	256.0	1.0 cup	0.156
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	256.0	1.0 cup	0.156
11902	Corn, sweet, white, cooked, boiled, drained, with salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.047
11901	Corn, sweet, white, cooked, boiled, drained, without salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.047
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	165.0	1.0 cup	0.117
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.117
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	165.0	1.0 cup	0.116
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	0.114
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	0.114
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	0.145
11900	Corn, sweet, white, raw	73.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.044
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	0.038
11772	Corn, sweet, yellow, canned, cream style, no salt added	256.0	1.0 cup	0.136
11174	Corn, sweet, yellow, canned, cream style, regular pack	256.0	1.0 cup	0.136
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	150.0	1.0 cup drained, rinsed	0.022
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	256.0	1.0 cup	0.038

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	210.0	1.0 cup	0.153
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	0.153
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	164.0	1.0 cup	0.146
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0.051
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0.051
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.102
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	0.092
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	0.114
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	0.114
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	0.145
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	165.0	1.0 cup	0.102
11167	Corn, sweet, yellow, raw	145.0	1.0 cup	0.080
11182	Corn, yellow, whole kernel, frozen, microwaved	141.0	1.0 cup	0.071
07020	Corned beef loaf, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.031
20322	Cornmeal, degermed, enriched, white	157.0	1.0 cup	0.600
20022	Cornmeal, degermed, enriched, yellow	157.0	1.0 cup	0.600
20522	Cornmeal, degermed, unenriched, white	157.0	1.0 cup	0.078
20422	Cornmeal, degermed, unenriched, yellow	157.0	1.0 cup	0.078
20323	Cornmeal, white, self-rising, bolted, plain, enriched	122.0	1.0 cup	0.488
20324	Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	0.736
20325	Cornmeal, white, self-rising, degermed, enriched	138.0	1.0 cup	0.534
20320	Cornmeal, whole-grain, white	122.0	1.0 cup	0.245
20020	Cornmeal, whole-grain, yellow	122.0	1.0 cup	0.245
20023	Cornmeal, yellow, self-rising, bolted, plain, enriched	122.0	1.0 cup	0.488
20024	Cornmeal, yellow, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	0.736
20025	Cornmeal, yellow, self-rising, degermed, enriched	138.0	1.0 cup	0.534
11190	Cornsalad, raw	56.0	1.0 cup	0.049
20027	Cornstarch	128.0	1.0 cup	0.000
20029	Couscous, cooked	157.0	1.0 cup, cooked	0.042
20028	Couscous, dry	173.0	1.0 cup	0.135
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	165.0	1.0 cup	0.244
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	0.244
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	0.109
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	0.109
11195	Cowpeas (blackeyes), immature seeds, frozen, unprepared	160.0	1.0 cup	0.114
11191	Cowpeas (blackeyes), immature seeds, raw	145.0	1.0 cup	0.210

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
16361	Cowpeas, catjang, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.079
16061	Cowpeas, catjang, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.079
16060	Cowpeas, catjang, mature seeds, raw	167.0	1.0 cup	0.284
16065	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	240.0	1.0 cup	0.120
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240.0	1.0 cup	0.178
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.094
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.094
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	167.0	1.0 cup	0.377
11780	Cowpeas, leafy tips, cooked, boiled, drained, with salt	53.0	1.0 cup, chopped	0.075
11202	Cowpeas, leafy tips, cooked, boiled, drained, without salt	53.0	1.0 cup, chopped	0.075
11201	Cowpeas, leafy tips, raw	36.0	1.0 cup, chopped	0.063
11779	Cowpeas, young pods with seeds, cooked, boiled, drained, with salt	95.0	1.0 cup	0.085
11198	Cowpeas, young pods with seeds, cooked, boiled, drained, without salt	95.0	1.0 cup	0.085
11197	Cowpeas, young pods with seeds, raw	94.0	1.0 cup	0.132
09077	Crabapples, raw	110.0	1.0 cup slices	0.022
36024	CRACKER BARREL, chicken tenderloin platter, fried	175.0	1.0 serving	0.233
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	103.0	1.0 serving	0.141
36025	CRACKER BARREL, coleslaw	167.0	1.0 serving	0.087
36605	CRACKER BARREL, country fried shrimp platter	149.0	1.0 serving	0.127
36606	CRACKER BARREL, farm raised catfish platter	178.0	1.0 serving	0.160
36608	CRACKER BARREL, grilled sirloin steak	151.0	1.0 steak	0.528
36040	CRACKER BARREL, macaroni n' cheese	175.0	1.0 serving	0.432
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	257.0	1.0 serving	0.625
36026	CRACKER BARREL, onion rings, thick-cut	261.0	1.0 serving	0.191
36607	CRACKER BARREL, steak fries	198.0	1.0 serving	0.111
18236	Cracker meal	28.35	1.0 oz	0.133
18434	Crackers, cheese, low sodium	14.2	0.5 oz	0.061
18965	Crackers, cheese, reduced fat	30.0	1.0 serving	0.225
18214	Crackers, cheese, regular	14.2	0.5 oz	0.048
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0 cracker 1 cracker = 6.5g	0.178
18215	Crackers, cheese, sandwich-type with peanut butter filling	14.2	0.5 oz	0.042
28303	Crackers, cheese, whole grain	31.0	1.0 serving 55 pieces	0.169
18961	Crackers, cream, GAMESA SABROSAS	31.0	11.0 crackers (1 NLEA serving)	0.074
18216	Crackers, crispbread, rye	14.2	0.5 oz	0.021
28331	Crackers, flavored, fish-shaped	5.2	10.0 goldfish	0.027
28345	Crackers, gluten-free, multi-seeded and multigrain	6.1	3.0 crackers	0.011

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
28344	Crackers, gluten-free, multigrain and vegetable, made with corn starch and white rice flour	10.7	3.0 crackers	0.011
18218	Crackers, matzo, egg	14.2	0.5 oz	0.088
18400	Crackers, matzo, egg and onion	14.2	0.5 oz	0.062
18217	Crackers, matzo, plain	14.2	0.5 oz	0.041
18219	Crackers, matzo, whole-wheat	14.2	0.5 oz	0.038
18220	Crackers, melba toast, plain	14.2	0.5 oz	0.039
18424	Crackers, melba toast, plain, without salt	14.2	0.5 oz	0.039
18221	Crackers, melba toast, rye (includes pumpernickel)	14.2	0.5 oz	0.040
18222	Crackers, melba toast, wheat	14.2	0.5 oz	0.042
18223	Crackers, milk	14.2	0.5 oz	0.059
28292	Crackers, multigrain	14.0	4.0 crackers	0.039
18224	Crackers, rusk toast	14.2	0.5 oz	0.057
18225	Crackers, rye, sandwich-type with cheese filling	14.2	0.5 oz	0.070
18226	Crackers, rye, wafers, plain	14.2	0.5 oz	0.041
18227	Crackers, rye, wafers, seasoned	14.2	0.5 oz	0.032
18228	Crackers, saltines (includes oyster, soda, soup)	14.9	5.0 crackers	0.073
18457	Crackers, saltines, fat-free, low-sodium	15.0	3.0 saltines	0.088
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	14.2	0.5 oz	0.047
18426	Crackers, saltines, unsalted tops (includes oyster, soda, soup)	14.2	0.5 oz	0.066
18966	Crackers, saltines, whole wheat (includes multi-grain)	14.0	1.0 serving	0.032
28314	Crackers, sandwich-type, peanut butter filled, reduced fat	36.0	1.0 package	0.109
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	0.073
18427	Crackers, standard snack-type, regular, low salt	14.2	0.5 oz	0.049
18230	Crackers, standard snack-type, sandwich, with cheese filling	14.2	0.5 oz	0.097
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	0.038
28308	Crackers, standard snack-type, with whole wheat	15.0	5.0 crackers 1 serving	0.036
28325	Crackers, toast thins, low sodium	31.0	1.0 serving	0.039
28327	Crackers, water biscuits	14.0	4.0 cracker 1 serving	0.005
18428	Crackers, wheat, low salt	14.2	0.5 oz	0.046
18950	Crackers, wheat, reduced fat	29.0	1.0 serving	0.078
18232	Crackers, wheat, regular	34.0	16.0 crackers 1 serving	0.050
18233	Crackers, wheat, sandwich, with cheese filling	14.2	0.5 oz	0.061
18234	Crackers, wheat, sandwich, with peanut butter filling	14.2	0.5 oz	0.042
28326	Crackers, whole grain, sandwich-type, with peanut butter filling	43.0	6.0 cracker 1 serving	0.100
18235	Crackers, whole-wheat	28.0	1.0 serving	0.006
18429	Crackers, whole-wheat, low salt	14.2	0.5 oz	0.014

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
18949	Crackers, whole-wheat, reduced fat	29.0	1.0 serving	0.006
09079	Cranberries, dried, sweetened	40.0	0.25 cup	0.011
09078	Cranberries, raw	110.0	1.0 cup, chopped	0.022
09522	Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium	200.0	6.75 fl oz	0.030
14242	Cranberry juice cocktail, bottled	31.6	1.0 fl oz	0.000
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	29.6	1.0 fl oz	0.001
14430	Cranberry juice cocktail, frozen concentrate	36.2	1.0 fl oz	0.012
14431	Cranberry juice cocktail, frozen concentrate, prepared with water	29.6	1.0 fl oz	0.002
43382	Cranberry juice, unsweetened	253.0	1.0 cup	0.046
09081	Cranberry sauce, canned, sweetened	277.0	1.0 cup	0.058
09082	Cranberry-orange relish, canned	275.0	1.0 cup	0.055
18237	Cream puff shell, prepared from recipe	28.35	1.0 oz	0.102
18969	Cream puff, eclair, custard or cream filled, iced	113.0	4.0 oz	0.272
01205	Cream substitute, flavored, liquid	15.0	1.0 tbsp	0.004
01206	Cream substitute, flavored, powdered	12.0	4.0 tsp	0.003
42141	Cream substitute, liquid, light	30.0	1.0 fl oz	0.000
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15.0	1.0 container, individual	0.000
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	15.0	1.0 container, individual	0.000
01069	Cream substitute, powdered	94.0	1.0 cup	0.000
42136	Cream substitute, powdered, light	94.0	1.0 cup	0.000
01049	Cream, fluid, half and half	30.2	1.0 fl oz	0.059
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	0.226
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	0.057
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	0.150
01199	Cream, half and half, fat free	29.0	2.0 tbsp	0.069
01056	Cream, sour, cultured	12.0	1.0 tbsp	0.020
01055	Cream, sour, reduced fat, cultured	15.0	1.0 tbsp	0.022
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	0.039
42116	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie	15.0	1.0 tbsp	0.002
42158	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	15.0	1.0 tbsp	0.009
42157	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free	17.0	1.0 tbsp	0.010
11781	Cress, garden, cooked, boiled, drained, with salt	135.0	1.0 cup	0.216
11204	Cress, garden, cooked, boiled, drained, without salt	135.0	1.0 cup	0.216
11203	Cress, garden, raw	50.0	1.0 cup	0.130
18240	Croissants, apple	28.35	1.0 oz	0.046
18239	Croissants, butter	28.35	1.0 oz	0.068

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
18241	Croissants, cheese	28.35	1.0 oz	0.092
18242	Croutons, plain	14.2	0.5 oz	0.039
18243	Croutons, seasoned	14.2	0.5 oz	0.060
28355	CRUNCHMASTER, Multi-Grain Crisps, Snack Crackers, Gluten-Free	3.9	3.0 crackers	0.006
15137	Crustaceans, crab, alaska king, cooked, moist heat	134.0	1.0 leg	0.074
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85.0	3.0 oz	0.068
15136	Crustaceans, crab, alaska king, raw	85.0	3.0 oz	0.037
15141	Crustaceans, crab, blue, canned	135.0	1.0 cup	0.126
15140	Crustaceans, crab, blue, cooked, moist heat	118.0	1.0 cup, flaked and pieces	0.110
15142	Crustaceans, crab, blue, crab cakes, home recipe	60.0	1.0 cake	0.048
15139	Crustaceans, crab, blue, raw	85.0	3.0 oz	0.034
15226	Crustaceans, crab, dungeness, cooked, moist heat	85.0	3.0 oz	0.173
15143	Crustaceans, crab, dungeness, raw	85.0	3.0 oz	0.142
15227	Crustaceans, crab, queen, cooked, moist heat	85.0	3.0 oz	0.207
15144	Crustaceans, crab, queen, raw	85.0	3.0 oz	0.170
15243	Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	85.0	3.0 oz	0.068
15242	Crustaceans, crayfish, mixed species, farmed, raw	85.0	3.0 oz	0.027
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	85.0	3.0 oz	0.072
15145	Crustaceans, crayfish, mixed species, wild, raw	85.0	3.0 oz	0.027
15148	Crustaceans, lobster, northern, cooked, moist heat	145.0	1.0 cup	0.025
15147	Crustaceans, lobster, northern, raw	150.0	1.0 lobster	0.021
15152	Crustaceans, shrimp, mixed species, canned	128.0	1.0 cup	0.019
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85.0	3.0 oz	0.116
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	85.0	3.0 oz	0.020
15153	Crustaceans, shrimp, mixed species, imitation, made from surimi	85.0	3.0 oz	0.029
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	6.0	1.0 medium	0.001
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	85.0	3.0 oz	0.048
15154	Crustaceans, spiny lobster, mixed species, raw	85.0	3.0 oz	0.039
11206	Cucumber, peeled, raw	133.0	1.0 cup, pared, chopped	0.033
11205	Cucumber, with peel, raw	52.0	0.5 cup slices	0.017
09083	Currants, european black, raw	112.0	1.0 cup	0.056
09084	Currants, red and white, raw	112.0	1.0 cup	0.056
09085	Currants, zante, dried	144.0	1.0 cup	0.204
11782	Dandelion greens, cooked, boiled, drained, with salt	105.0	1.0 cup, chopped	0.184
11208	Dandelion greens, cooked, boiled, drained, without salt	105.0	1.0 cup, chopped	0.184
11207	Dandelion greens, raw	55.0	1.0 cup, chopped	0.143

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
18245	Danish pastry, cheese	28.35	1.0 oz	0.074
18244	Danish pastry, cinnamon, enriched	28.35	1.0 oz	0.075
18430	Danish pastry, cinnamon, unenriched	28.35	1.0 oz	0.028
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	28.35	1.0 oz	0.062
18431	Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	28.35	1.0 oz	0.026
18433	Danish pastry, lemon, unenriched	28.35	1.0 oz	0.026
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	28.35	1.0 oz	0.068
18435	Danish pastry, raspberry, unenriched	28.35	1.0 oz	0.026
09087	Dates, deglet noor	147.0	1.0 cup, chopped	0.097
09421	Dates, medjool	24.0	1.0 date, pitted	0.014
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	67.0	1.0 serving 4 pieces in serving	0.129
36027	DENNY'S, chicken strips	194.0	1.0 serving	0.324
36028	DENNY'S, coleslaw	91.0	1.0 serving	0.054
36029	DENNY'S, fish fillet, battered or breaded, fried	201.0	1.0 serving	0.201
36610	DENNY'S, french fries	165.0	1.0 serving	0.079
36612	DENNY'S, golden fried shrimp	16.0	1.0 piece	0.040
36030	DENNY'S, hash browns	124.0	1.0 serving	0.060
36613	DENNY'S, macaroni & cheese, from kid's menu	180.0	1.0 serving	0.509
36611	DENNY'S, mozzarella cheese sticks	228.0	1.0 serving	0.586
36031	DENNY'S, onion rings	166.0	1.0 serving	0.116
36032	DENNY'S, spaghetti and meatballs	565.0	1.0 serving	0.944
36615	DENNY'S, top sirloin steak	107.0	1.0 steak	0.235
01070	Dessert topping, powdered	43.0	1.5 oz	0.000
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	0.094
01072	Dessert topping, pressurized	70.0	1.0 cup	0.000
01073	Dessert topping, semi solid, frozen	75.0	1.0 cup	0.000
19186	Desserts, apple crisp, prepared-from-recipe	141.0	0.5 cup	0.114
19168	Desserts, egg custard, baked, prepared-from-recipe	141.0	0.5 cup	0.338
19094	Desserts, flan, caramel custard, prepared-from-recipe	153.0	0.5 cup	0.321
19182	Desserts, mousse, chocolate, prepared-from-recipe	808.0	1.0 recipe yield	1.656
19220	Desserts, rennin, chocolate, dry mix	9.0	1.0 tbsp	0.006
19225	Desserts, rennin, tablets, unsweetened	9.9	1.0 package (0.35 oz)	0.000
19222	Desserts, rennin, vanilla, dry mix	10.8	1.0 tbsp	0.002
21473	DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked	164.0	1.0 slice 1/4 of pie	0.415
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	183.0	1.0 slice 1/4 of pie	0.176
21475	DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked	161.0	1.0 slice 1/4 of pie	0.204

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
21476	DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked	179.0	1.0 slice 1/4 of pie	0.442
21477	DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked	207.0	1.0 slice 1/4 of pie	0.172
21478	DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked	145.0	1.0 slice 1/4 of pie	0.181
21479	DIGIORNO Pizza, supreme topping, rising crust, frozen, baked	227.0	1.0 slice 1/4 of pie	0.182
21480	DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked	155.0	1.0 slice 1/4 of pie	0.152
02045	Dill weed, fresh	1.0	5.0 sprigs	0.003
27065	Dip, bean, original flavor	36.0	2.0 tbsp	0.036
27068	Dip, FRITO'S, bean, original flavor	36.0	2.0 tbsp	0.036
27053	Dip, OLD EL PASO, Cheese 'n Salsa, medium	32.0	2.0 tbsp	0.022
27052	Dip, salsa con queso, cheese and salsa- medium	30.0	2.0 tbsp	0.020
27054	Dip, TOSTITOS, salsa con queso, medium	30.0	2.0 tbsp	0.015
11616	Dock, raw	133.0	1.0 cup, chopped	0.133
21277	DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	108.0	1.0 slice	0.184
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	70.0	1.0 slice	0.056
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	118.0	1.0 slice	0.212
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	151.0	1.0 slice	0.332
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	113.0	1.0 slice	0.226
21492	DOMINO'S 14" Pepperoni Pizza, Crunchy Thin Crust	79.0	1.0 slice	0.087
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	123.0	1.0 slice	0.234
21494	DOMINO'S 14" Sausage Pizza, Classic Hand-Tossed Crust	114.0	1.0 slice	0.182
21493	DOMINO'S 14" Sausage Pizza, Crunchy Thin Crust	78.0	1.0 slice	0.062
21495	DOMINO'S 14" Sausage Pizza, Ultimate Deep Dish Crust	129.0	1.0 slice	0.232
18251	Doughnuts, cake-type, chocolate, sugared or glazed	28.35	1.0 oz	0.020
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	40.0	1.0 donut	0.120
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	28.35	1.0 oz	0.035
18250	Doughnuts, cake-type, plain, sugared or glazed	28.35	1.0 oz	0.056
18253	Doughnuts, french crullers, glazed	28.35	1.0 oz	0.065
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	28.35	1.0 oz	0.052
18436	Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	28.35	1.0 oz	0.019
18254	Doughnuts, yeast-leavened, with creme filling	28.35	1.0 oz	0.042
18256	Doughnuts, yeast-leavened, with jelly filling	28.35	1.0 oz	0.040
43287	Dove, cooked (includes squab)	140.0	1.0 cup, chopped or diced	0.490
04706	Dressing, honey mustard, fat-free	30.0	2.0 tbsp (1 NLEA serving)	0.006
11786	Drumstick leaves, cooked, boiled, drained, with salt	42.0	1.0 cup, chopped	0.214
11223	Drumstick leaves, cooked, boiled, drained, without salt	42.0	1.0 cup, chopped	0.214
11222	Drumstick leaves, raw	21.0	1.0 cup, chopped	0.139

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
11787	Drumstick pods, cooked, boiled, drained, with salt	118.0	1.0 cup slices	0.080
11621	Drumstick pods, cooked, boiled, drained, without salt	118.0	1.0 cup slices	0.080
11620	Drumstick pods, raw	100.0	1.0 cup slices	0.074
05143	Duck, domesticated, liver, raw	44.0	1.0 liver	0.392
05140	Duck, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.377
05139	Duck, domesticated, meat and skin, raw	85.0	3.0 oz	0.178
05142	Duck, domesticated, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.658
05141	Duck, domesticated, meat only, raw	137.0	1.0 unit (yield from 1 lb ready-to-cook duck)	0.616
05145	Duck, wild, breast, meat only, raw	73.0	1.0 unit (yield from 1 lb ready-to-cook duck)	0.226
05144	Duck, wild, meat and skin, raw	85.0	3.0 oz	0.229
01225	Dulce de Leche	19.0	1.0 tbsp	0.077
32025	Dumpling, potato- or cheese-filled, frozen	114.0	3.0 pieces pierogies	0.253
09422	Durian, raw or frozen	243.0	1.0 cup, chopped or diced	0.486
07021	Dutch brand loaf, chicken, pork and beef	38.0	1.0 slice	0.051
11212	Edamame, frozen, prepared	155.0	1.0 cup	0.240
11211	Edamame, frozen, unprepared	118.0	1.0 cup	0.313
19169	Egg custards, dry mix	85.0	1.0 package (3 oz)	0.350
19205	Egg custards, dry mix, prepared with 2% milk	141.0	0.5 cup	0.331
19170	Egg custards, dry mix, prepared with whole milk	141.0	0.5 cup	0.310
01210	Egg Mix, USDA Commodity	8.6	1.0 tbsp	0.110
22954	Egg rolls, chicken, refrigerated, heated	80.0	1.0 roll	0.136
22953	Egg rolls, pork, refrigerated, heated	85.0	1.0 roll	0.094
22955	Egg rolls, vegetable, frozen, prepared	68.0	1.0 egg roll	0.167
01226	Egg substitute, liquid or frozen, fat free	60.0	0.25 cup	0.232
01144	Egg substitute, powder	9.9	0.35 oz	0.174
01138	Egg, duck, whole, fresh, raw	70.0	1.0 egg	0.283
01139	Egg, goose, whole, fresh, raw	144.0	1.0 egg	0.550
01140	Egg, quail, whole, fresh, raw	9.0	1.0 egg	0.071
01141	Egg, turkey, whole, fresh, raw	79.0	1.0 egg	0.371
01173	Egg, white, dried	28.0	1.0 oz	0.708
01135	Egg, white, dried, flakes, stabilized, glucose reduced	28.35	1.0 oz	0.613
01136	Egg, white, dried, powder, stabilized, glucose reduced	107.0	1.0 cup, sifted	2.478
01258	Egg, white, dried, stabilized, glucose reduced	107.0	1.0 cup, sifted	3.970
01124	Egg, white, raw, fresh	33.0	1.0 large	0.145
01172	Egg, white, raw, frozen, pasteurized	28.0	1.0 oz	0.118
01128	Egg, whole, cooked, fried	46.0	1.0 large	0.228

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
01129	Egg, whole, cooked, hard-boiled	136.0	1.0 cup, chopped	0.698
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	0.058
01131	Egg, whole, cooked, poached	50.0	1.0 large	0.194
01132	Egg, whole, cooked, scrambled	61.0	1.0 large	0.229
01133	Egg, whole, dried	85.0	1.0 cup, sifted	1.680
01134	Egg, whole, dried, stabilized, glucose reduced	85.0	1.0 cup, sifted	1.047
01123	Egg, whole, raw, fresh	50.0	1.0 large	0.228
01171	Egg, whole, raw, frozen, pasteurized	28.0	1.0 oz	0.146
01255	Egg, whole, raw, frozen, salted, pasteurized	28.0	1.0 oz	0.124
01137	Egg, yolk, dried	67.0	1.0 cup, sifted	0.842
01125	Egg, yolk, raw, fresh	17.0	1.0 large	0.090
01126	Egg, yolk, raw, frozen, pasteurized	28.35	1.0 oz	0.160
01160	Egg, yolk, raw, frozen, salted, pasteurized	28.35	1.0 oz	0.121
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	0.148
01057	Eggnog	254.0	1.0 cup	0.483
11783	Eggplant, cooked, boiled, drained, with salt	99.0	1.0 cup (1" cubes)	0.020
11210	Eggplant, cooked, boiled, drained, without salt	99.0	1.0 cup (1" cubes)	0.020
43146	Eggplant, pickled	136.0	1.0 cup	0.095
11209	Eggplant, raw	82.0	1.0 cup, cubes	0.030
43285	Eggs, scrambled, frozen mixture	28.35	1.0 oz	0.085
09088	Elderberries, raw	145.0	1.0 cup	0.087
05624	Emu, fan fillet, cooked, broiled	85.0	1.0 serving (3 oz)	0.509
05623	Emu, fan fillet, raw	85.0	1.0 serving (3 oz)	0.383
05625	Emu, flat fillet, raw	85.0	3.0 oz	0.352
05627	Emu, full rump, cooked, broiled	85.0	1.0 serving (3 oz)	0.548
05626	Emu, full rump, raw	85.0	3.0 oz	0.389
05622	Emu, ground, cooked, pan-broiled	109.0	1.0 patty (yield from 135.8 g raw meat)	0.594
05621	Emu, ground, raw	117.0	1.0 patty	0.535
05628	Emu, inside drum, raw	85.0	3.0 oz	0.379
05629	Emu, inside drums, cooked, broiled	85.0	1.0 serving (3 oz)	0.528
05630	Emu, outside drum, raw	85.0	3.0 oz	0.376
05631	Emu, oyster, raw	85.0	3.0 oz	0.389
05632	Emu, top loin, cooked, broiled	85.0	1.0 serving (3 oz)	0.473
11213	Endive, raw	25.0	0.5 cup, chopped	0.019
18260	English muffins, mixed-grain (includes granola)	28.35	1.0 oz	0.089
18261	English muffins, mixed-grain, toasted (includes granola)	28.35	1.0 oz	0.087

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	28.35	1.0 oz	0.071
18437	English muffins, plain, enriched, without calcium propionate(includes sourdough)	28.35	1.0 oz	0.080
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0.079
18438	English muffins, plain, unenriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0.044
18439	English muffins, plain, unenriched, without calcium propionate (includes sourdough)	28.35	1.0 oz	0.044
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	28.35	1.0 oz	0.061
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	28.35	1.0 oz	0.069
18264	English muffins, wheat	28.35	1.0 oz	0.083
18265	English muffins, wheat, toasted	28.35	1.0 oz	0.081
28320	English muffins, whole grain white	57.0	1.0 muffin 1 serving	0.102
18266	English muffins, whole-wheat	28.35	1.0 oz	0.040
18267	English muffins, whole-wheat, toasted	28.35	1.0 oz	0.039
11984	Epazote, raw	0.8	1.0 tbsp	0.003
11618	Eppaw, raw	100.0	1.0 cup	0.120
11214	Escarole, cooked, boiled, drained, no salt added	150.0	1.0 cup	0.093
16138	Falafel, home-prepared	17.0	1.0 patty (approx 2-1/4" dia)	0.028
28027	FAMOUS AMOS, Chocolate Chip Cookies	29.0	4.0 cookies	0.052
28028	FAMOUS AMOS, Chocolate Chip Pecan Cookies	29.0	4.0 cookies	0.061
28261	FAMOUS AMOS, Chocolate Sandwich Creme Cookies	34.0	3.0 cookies	0.065
28262	FAMOUS AMOS, Vanilla Sandwich Creme Cookies	34.0	3.0 cookies	0.082
21142	Fast food, biscuit	55.0	1.0 biscuit	0.167
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	107.0	1.0 slice	0.209
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	117.0	1.0 slice 1/8 pizza	0.390
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	115.0	1.0 slice	0.230
21301	Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	76.0	1.0 slice	0.122
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	136.0	1.0 slice	0.362
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	111.0	1.0 slice	0.244
21303	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	118.0	1.0 slice	0.236
21485	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	79.0	1.0 slice	0.134
21484	Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	116.0	1.0 slice	0.220
21482	Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	127.0	1.0 slice	0.241
21483	Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	88.0	1.0 slice	0.132
21411	Fast foods, bagel, with breakfast steak, egg, cheese, and condiments	254.0	1.0 item	0.648
21410	Fast foods, bagel, with egg, sausage patty, cheese, and condiments	219.0	1.0 item	0.477
21006	Fast foods, biscuit with egg and steak	148.0	1.0 biscuit	0.518
21010	Fast foods, biscuit, with crispy chicken fillet	132.0	1.0 item	0.363

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
21002	Fast foods, biscuit, with egg	136.0	1.0 biscuit	0.487
21003	Fast foods, biscuit, with egg and bacon	150.0	1.0 biscuit	0.225
21004	Fast foods, biscuit, with egg and ham	182.0	1.0 biscuit	0.564
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	0.426
21007	Fast foods, biscuit, with egg, cheese, and bacon	145.0	1.0 item	0.358
21008	Fast foods, biscuit, with ham	162.0	1.0 biscuit	0.454
21009	Fast foods, biscuit, with sausage	111.0	1.0 item	0.241
21520	Fast foods, breadstick, soft, prepared with garlic and parmesan cheese	43.0	1.0 breadstick	0.241
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	109.0	1.0 burrito	0.455
21060	Fast foods, burrito, with beans	217.0	2.0 pieces	0.608
21063	Fast foods, burrito, with beans and beef	241.0	1.0 item	0.277
21061	Fast foods, burrito, with beans and cheese	185.0	1.0 each burrito	0.185
21064	Fast foods, burrito, with beans, cheese, and beef	241.0	1.0 burrito	0.537
21094	Fast foods, cheeseburger, double, regular patty and bun, with condiments	155.0	1.0 sandwich	0.316
21100	Fast foods, cheeseburger; double, large patty, with condiments and vegetables	258.0	1.0 sandwich	0.490
21396	Fast foods, cheeseburger; double, large patty; with condiments	280.0	1.0 item	0.848
21399	Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	355.0	1.0 item	0.816
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166.0	1.0 sandwich	0.282
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	219.0	1.0 item	0.440
21092	Fast foods, cheeseburger; double, regular patty; plain	149.0	1.0 item	0.420
21395	Fast foods, cheeseburger; double, regular patty; with condiments	155.0	1.0 sandwich	0.316
21095	Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables	228.0	1.0 sandwich	0.433
21096	Fast foods, cheeseburger; single, large patty; plain	182.0	1.0 sandwich	0.642
21398	Fast foods, cheeseburger; single, large patty; with condiments	199.0	1.0 item	0.517
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	211.0	1.0 item	0.734
21098	Fast foods, cheeseburger; single, large patty; with condiments and vegetables	233.0	1.0 sandwich	0.655
21099	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and ham	254.0	1.0 sandwich	0.559
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	215.0	1.0 sandwich	0.553
21090	Fast foods, cheeseburger; single, regular patty, with condiments	127.0	1.0 item	0.241
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	115.0	1.0 sandwich	0.197
21089	Fast foods, cheeseburger; single, regular patty; plain	91.0	1.0 sandwich	0.330
21101	Fast foods, cheeseburger; triple, regular patty; plain	249.0	1.0 item	0.680
21102	Fast foods, chicken fillet sandwich, plain with pickles	187.0	1.0 sandwich	0.561
21401	Fast foods, chicken tenders	30.0	1.0 strip	0.054
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	96.0	6.0 pieces	0.196
21127	Fast foods, coleslaw	191.0	1.0 cup	0.038

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	152.0	1.0 sandwich	0.278
21517	Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce	133.0	1.0 item	0.352
21462	Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise	271.0	1.0 sandwich	0.458
21011	Fast foods, croissant, with egg and cheese	127.0	1.0 croissant	0.381
21012	Fast foods, croissant, with egg, cheese, and bacon	128.0	1.0 item	0.333
21013	Fast foods, croissant, with egg, cheese, and ham	155.0	1.0 item	0.310
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	0.633
21018	Fast foods, egg, scrambled	96.0	2.0 eggs	0.499
21020	Fast foods, english muffin, with cheese and sausage	108.0	1.0 item	0.213
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	126.0	1.0 sandwich	0.369
21022	Fast foods, english muffin, with egg, cheese, and sausage	165.0	1.0 item	0.446
21105	Fast foods, fish sandwich, with tartar sauce	220.0	1.0 sandwich	0.308
21106	Fast foods, fish sandwich, with tartar sauce and cheese	134.0	1.0 sandwich	0.308
21024	Fast foods, french toast sticks	65.0	3.0 pieces	0.114
21023	Fast foods, french toast with butter	135.0	2.0 slices	0.500
21469	Fast Foods, Fried Chicken, Breast, meat and skin and breading	203.0	1.0 breast, with skin	0.463
21464	Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	142.0	1.0 breast without skin	0.329
21470	Fast Foods, Fried Chicken, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	0.176
21465	Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	0.121
21471	Fast Foods, Fried Chicken, Thigh, meat and skin and breading	136.0	1.0 thigh with skin	0.389
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	84.0	1.0 thigh without skin	0.283
21472	Fast Foods, Fried Chicken, Wing, meat and skin and breading	58.0	1.0 wing, with skin	0.141
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	37.0	1.0 wing without skin	0.099
21307	Fast foods, griddle cake sandwich, egg, cheese, and bacon	174.0	1.0 item 6.1 oz	0.522
21305	Fast foods, griddle cake sandwich, egg, cheese, and sausage	199.0	1.0 item	0.577
21306	Fast foods, griddle cake sandwich, sausage	135.0	1.0 item	0.211
21490	Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread	230.0	1.0 sandwich	0.278
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	123.0	1.0 item	0.314
21461	Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise	268.0	1.0 sandwich	0.498
21202	Fast foods, hamburger, large, single patty, with condiments	171.0	1.0 item	0.344
21115	Fast foods, hamburger, large, triple patty, with condiments	259.0	1.0 sandwich	0.544
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226.0	1.0 sandwich	0.384
21389	Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	374.0	1.0 item	0.711
21111	Fast foods, hamburger; double, regular patty; with condiments	215.0	1.0 item	0.409
21110	Fast foods, hamburger; double, regular, patty; plain	120.0	1.0 item	0.300
21112	Fast foods, hamburger; single, large patty; plain	137.0	1.0 sandwich	0.288

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218.0	1.0 sandwich	0.371
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	247.0	1.0 item	0.526
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	205.0	1.0 item	0.465
21107	Fast foods, hamburger; single, regular patty; plain	78.0	1.0 sandwich	0.283
21108	Fast foods, hamburger; single, regular patty; with condiments	97.0	1.0 sandwich	0.180
21109	Fast foods, hamburger; single, regular patty; with condiments and vegetables	110.0	1.0 item	0.198
21118	Fast foods, hotdog, plain	98.0	1.0 sandwich	0.274
21119	Fast foods, hotdog, with chili	114.0	1.0 sandwich	0.399
21120	Fast foods, hotdog, with corn flour coating (corndog)	175.0	1.0 sandwich	0.700
21129	Fast foods, hush puppies	22.0	1.0 piece	0.015
21388	Fast foods, miniature cinnamon rolls	25.0	1.0 each	0.076
21078	Fast foods, nachos, with cheese	80.0	1.0 serving	0.106
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	222.0	1.0 serving	0.304
21130	Fast foods, onion rings, breaded and fried	117.0	1.0 package (18 onion rings)	0.074
21138	Fast foods, potato, french fried in vegetable oil	71.0	1.0 serving small	0.028
21139	Fast foods, potato, mashed	242.0	1.0 cup	0.036
21026	Fast foods, potatoes, hash browns, round pieces or patty	5.5	1.0 round piece	0.002
21488	Fast foods, quesadilla, with chicken	180.0	1.0 each quesadilla	0.324
21121	Fast foods, roast beef sandwich, plain	149.0	1.0 sandwich	0.428
21059	Fast foods, shrimp, breaded and fried	39.0	3.0 pieces shrimp	0.008
21521	Fast foods, strawberry banana smoothie made with ice and low-fat yogurt	347.0	12.0 fl oz	0.097
21162	Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread	148.0	6.0 inch sub	0.414
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	196.0	6.0 inch sub	0.523
21156	Fast foods, submarine sandwich, ham on white bread with lettuce and tomato	184.0	6.0 inch sub	0.447
21158	Fast foods, submarine sandwich, meatball marinara on white bread	209.0	6.0 inch sub	0.529
21154	Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato	198.0	6.0 inch sub	0.455
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	190.0	6.0 inch sub	0.488
21160	Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato	201.0	6.0 inch sub	0.529
21151	Fast foods, submarine sandwich, sweet onion chicken teriyaki on white bread with lettuce, tomato and sweet onion sauce	228.0	6.0 inch sub	0.486
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	237.0	6.0 inch sub	0.514
21155	Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato	184.0	6.0 inch sub	0.418
21153	Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato	413.0	12.0 inch sub	0.991
21032	Fast foods, sundae, caramel	155.0	1.0 sundae	0.294
21033	Fast foods, sundae, hot fudge	158.0	1.0 sundae	0.300
21034	Fast foods, sundae, strawberry	153.0	1.0 sundae	0.275

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
21083	Fast foods, taco salad	198.0	1.5 cup	0.356
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	69.0	1.0 each taco	0.041
21486	Fast foods, taco with beef, cheese and lettuce, soft	102.0	1.0 each taco	0.133
21487	Fast foods, taco with chicken, lettuce and cheese, soft	98.0	1.0 each taco	0.108
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	120.0	1.0 item	0.295
01243	Fat free ice cream, no sugar added, flavors other than chocolate	68.0	0.5 cup	0.083
04001	Fat, beef tallow	12.8	1.0 tbsp	0.000
04542	Fat, chicken	12.8	1.0 tbsp	0.000
04574	Fat, duck	12.8	1.0 tbsp	0.000
04576	Fat, goose	12.8	1.0 tbsp	0.000
04520	Fat, mutton tallow	12.8	1.0 tbsp	0.000
04575	Fat, turkey	12.8	1.0 tbsp	0.000
09334	Feijoa, raw	243.0	1.0 cup, pureed	0.044
11957	Fennel, bulb, raw	87.0	1.0 cup, sliced	0.028
09093	Figs, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	0.094
09092	Figs, canned, heavy syrup pack, solids and liquids	259.0	1.0 cup	0.096
09091	Figs, canned, light syrup pack, solids and liquids	252.0	1.0 cup	0.096
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	0.094
09095	Figs, dried, stewed	259.0	1.0 cup	0.285
09094	Figs, dried, uncooked	149.0	1.0 cup	0.122
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	0.032
11985	Fireweed, leaves, raw	23.0	1.0 cup, chopped	0.032
06963	Fish broth	244.0	1.0 cup	0.073
04589	Fish oil, cod liver	4.5	1.0 tsp	0.000
04590	Fish oil, herring	13.6	1.0 tbsp	0.000
04591	Fish oil, menhaden	13.6	1.0 tbsp	0.000
04592	Fish oil, menhaden, fully hydrogenated	12.5	1.0 tbsp	0.000
04593	Fish oil, salmon	13.6	1.0 tbsp	0.000
04594	Fish oil, sardine	13.6	1.0 tbsp	0.000
15002	Fish, anchovy, european, canned in oil, drained solids	28.35	1.0 oz, boneless	0.103
15001	Fish, anchovy, european, raw	85.0	3.0 oz	0.218
15003	Fish, bass, fresh water, mixed species, raw	79.0	1.0 fillet	0.058
15187	Fish, bass, freshwater, mixed species, cooked, dry heat	62.0	1.0 fillet	0.056
15188	Fish, bass, striped, cooked, dry heat	124.0	1.0 fillet	0.046
15004	Fish, bass, striped, raw	85.0	3.0 oz	0.026
15189	Fish, bluefish, cooked, dry heat	117.0	1.0 fillet	0.113

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
15005	Fish, bluefish, raw	150.0	1.0 fillet	0.120
15190	Fish, burbot, cooked, dry heat	90.0	1.0 fillet	0.155
15006	Fish, burbot, raw	116.0	1.0 fillet	0.164
15191	Fish, butterfish, cooked, dry heat	25.0	1.0 fillet	0.048
15007	Fish, butterfish, raw	32.0	1.0 fillet	0.048
15009	Fish, carp, cooked, dry heat	85.0	3.0 oz	0.060
15008	Fish, carp, raw	85.0	3.0 oz	0.047
15011	Fish, catfish, channel, cooked, breaded and fried	87.0	1.0 fillet	0.116
15235	Fish, catfish, channel, farmed, cooked, dry heat	143.0	1.0 fillet	0.143
15234	Fish, catfish, channel, farmed, raw	85.0	3.0 oz	0.071
15233	Fish, catfish, channel, wild, cooked, dry heat	143.0	1.0 fillet	0.096
15010	Fish, catfish, channel, wild, raw	85.0	3.0 oz	0.061
15012	Fish, caviar, black and red, granular	16.0	1.0 tbsp	0.099
15013	Fish, cisco, raw	79.0	1.0 fillet	0.079
15014	Fish, cisco, smoked	28.35	1.0 oz	0.045
15017	Fish, cod, Atlantic, canned, solids and liquid	85.0	3.0 oz	0.067
15016	Fish, cod, Atlantic, cooked, dry heat	85.0	3.0 oz	0.067
15018	Fish, cod, Atlantic, dried and salted	28.35	1.0 oz	0.068
15015	Fish, cod, Atlantic, raw	85.0	3.0 oz	0.055
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	90.0	1.0 fillet	0.050
15019	Fish, cod, Pacific, raw (may have been previously frozen)	116.0	1.0 fillet	0.052
15021	Fish, croaker, Atlantic, cooked, breaded and fried	87.0	1.0 fillet	0.113
15020	Fish, croaker, Atlantic, raw	79.0	1.0 fillet	0.075
15193	Fish, cusk, cooked, dry heat	95.0	1.0 fillet	0.154
15022	Fish, cusk, raw	122.0	1.0 fillet	0.162
15195	Fish, drum, freshwater, cooked, dry heat	85.0	3.0 oz	0.176
15024	Fish, drum, freshwater, raw	85.0	3.0 oz	0.145
15026	Fish, eel, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	0.014
15025	Fish, eel, mixed species, raw	85.0	3.0 oz	0.034
15027	Fish, fish sticks, frozen, prepared	57.0	1.0 piece (4" x 2" x 1/2")	0.066
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	0.032
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	0.006
15030	Fish, gefiltefish, commercial, sweet recipe	42.0	1.0 piece	0.025
15032	Fish, grouper, mixed species, cooked, dry heat	85.0	3.0 oz	0.005
15031	Fish, grouper, mixed species, raw	85.0	3.0 oz	0.004
15034	Fish, haddock, cooked, dry heat	150.0	1.0 fillet	0.104

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
15033	Fish, haddock, raw	85.0	3.0 oz	0.048
15035	Fish, haddock, smoked	28.35	1.0 oz, boneless	0.014
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85.0	3.0 oz	0.031
15036	Fish, halibut, Atlantic and Pacific, raw	85.0	3.0 oz	0.026
15196	Fish, halibut, greenland, cooked, dry heat	85.0	3.0 oz	0.088
15038	Fish, halibut, Greenland, raw	85.0	3.0 oz	0.068
15040	Fish, herring, Atlantic, cooked, dry heat	143.0	1.0 fillet	0.428
15042	Fish, herring, Atlantic, kippered	28.35	1.0 oz, boneless	0.090
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	0.195
15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	0.066
15197	Fish, herring, Pacific, cooked, dry heat	144.0	1.0 fillet	0.369
15043	Fish, herring, Pacific, raw	85.0	3.0 oz	0.170
15198	Fish, ling, cooked, dry heat	85.0	3.0 oz	0.196
15044	Fish, ling, raw	85.0	3.0 oz	0.161
15199	Fish, lingcod, cooked, dry heat	85.0	3.0 oz	0.118
15045	Fish, lingcod, raw	85.0	3.0 oz	0.097
15047	Fish, mackerel, Atlantic, cooked, dry heat	88.0	1.0 fillet	0.363
15046	Fish, mackerel, Atlantic, raw	112.0	1.0 fillet	0.349
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	0.060
15200	Fish, mackerel, king, cooked, dry heat	85.0	3.0 oz	0.493
15049	Fish, mackerel, king, raw	85.0	3.0 oz	0.405
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	0.153
15050	Fish, mackerel, Pacific and jack, mixed species, raw	85.0	3.0 oz	0.358
83110	Fish, mackerel, salted	80.0	1.0 piece (5-1/2" x 1-1/2" x 1/2")	0.152
15052	Fish, mackerel, spanish, cooked, dry heat	146.0	1.0 fillet	0.307
15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	0.145
15194	Fish, mahimahi, cooked, dry heat	85.0	3.0 oz	0.072
15023	Fish, mahimahi, raw	85.0	3.0 oz	0.060
15202	Fish, milkfish, cooked, dry heat	85.0	3.0 oz	0.059
15053	Fish, milkfish, raw	85.0	3.0 oz	0.046
15203	Fish, monkfish, cooked, dry heat	85.0	3.0 oz	0.062
15054	Fish, monkfish, raw	85.0	3.0 oz	0.051
15056	Fish, mullet, striped, cooked, dry heat	93.0	1.0 fillet	0.093
15055	Fish, mullet, striped, raw	28.35	1.0 oz	0.023
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	0.028
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	0.014

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
15061	Fish, perch, mixed species, cooked, dry heat	46.0	1.0 fillet	0.055
15060	Fish, perch, mixed species, raw	60.0	1.0 fillet	0.060
15063	Fish, pike, northern, cooked, dry heat	85.0	3.0 oz	0.065
15062	Fish, pike, northern, raw	85.0	3.0 oz	0.054
15204	Fish, pike, walleye, cooked, dry heat	124.0	1.0 fillet	0.242
15064	Fish, pike, walleye, raw	85.0	3.0 oz	0.136
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	60.0	1.0 fillet	0.134
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	77.0	1.0 fillet	0.062
15205	Fish, pollock, Atlantic, cooked, dry heat	85.0	3.0 oz	0.191
15065	Fish, pollock, Atlantic, raw	85.0	3.0 oz	0.157
15069	Fish, pompano, florida, cooked, dry heat	88.0	1.0 fillet	0.132
15068	Fish, pompano, florida, raw	28.35	1.0 oz, boneless	0.034
15206	Fish, pout, ocean, cooked, dry heat	137.0	0.5 fillet	0.100
15059	Fish, pout, ocean, raw	85.0	3.0 oz	0.051
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149.0	1.0 fillet	0.337
15070	Fish, rockfish, Pacific, mixed species, raw	85.0	3.0 oz	0.159
15207	Fish, roe, mixed species, cooked, dry heat	28.35	1.0 oz	0.269
15072	Fish, roe, mixed species, raw	14.0	1.0 tbsp	0.104
15232	Fish, roughy, orange, cooked, dry heat	85.0	3.0 oz	0.054
15073	Fish, roughy, orange, raw	85.0	3.0 oz	0.038
15208	Fish, sablefish, cooked, dry heat	85.0	3.0 oz	0.098
15074	Fish, sablefish, raw	85.0	3.0 oz	0.076
15075	Fish, sablefish, smoked	28.35	1.0 oz	0.034
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	85.0	3.0 oz	0.115
15236	Fish, salmon, Atlantic, farmed, raw	85.0	3.0 oz	0.132
15209	Fish, salmon, Atlantic, wild, cooked, dry heat	85.0	3.0 oz	0.414
15076	Fish, salmon, Atlantic, wild, raw	85.0	3.0 oz	0.323
15210	Fish, salmon, chinook, cooked, dry heat	85.0	3.0 oz	0.131
15078	Fish, salmon, chinook, raw	85.0	3.0 oz	0.096
15077	Fish, salmon, chinook, smoked	28.35	1.0 oz, boneless	0.029
15179	Fish, salmon, chinook, smoked, (lox), regular	28.35	1.0 oz	0.029
15080	Fish, salmon, chum, canned, drained solids with bone	85.0	3.0 oz	0.136
15180	Fish, salmon, chum, canned, without salt, drained solids with bone	85.0	3.0 oz	0.136
15211	Fish, salmon, chum, cooked, dry heat	85.0	3.0 oz	0.186
15079	Fish, salmon, chum, raw	85.0	3.0 oz	0.153
15239	Fish, salmon, coho, farmed, cooked, dry heat	143.0	1.0 fillet	0.162

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
15238	Fish, salmon, coho, farmed, raw	85.0	3.0 oz	0.094
15247	Fish, salmon, coho, wild, cooked, dry heat	85.0	3.0 oz	0.119
15082	Fish, salmon, coho, wild, cooked, moist heat	85.0	3.0 oz	0.135
15081	Fish, salmon, coho, wild, raw	85.0	3.0 oz	0.119
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	0.172
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	85.0	3.0 oz	0.173
15084	Fish, salmon, pink, canned, total can contents	85.0	3.0 oz	0.158
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	85.0	3.0 oz	0.158
15212	Fish, salmon, pink, cooked, dry heat	85.0	3.0 oz	0.107
15083	Fish, salmon, pink, raw	85.0	3.0 oz	0.089
15087	Fish, salmon, sockeye, canned, drained solids	85.0	3.0 oz	0.180
15182	Fish, salmon, sockeye, canned, without salt, drained solids with bone	85.0	3.0 oz	0.164
15086	Fish, salmon, sockeye, cooked, dry heat	85.0	3.0 oz	0.209
15085	Fish, salmon, sockeye, raw	28.35	1.0 oz, boneless	0.059
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	149.0	1.0 cup, drained	0.338
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	89.0	1.0 cup	0.207
15213	Fish, scup, cooked, dry heat	50.0	1.0 fillet	0.061
15090	Fish, scup, raw	85.0	3.0 oz	0.085
15092	Fish, sea bass, mixed species, cooked, dry heat	101.0	1.0 fillet	0.152
15091	Fish, sea bass, mixed species, raw	129.0	1.0 fillet	0.155
15214	Fish, seatrout, mixed species, cooked, dry heat	85.0	3.0 oz	0.176
15093	Fish, seatrout, mixed species, raw	85.0	3.0 oz	0.145
15215	Fish, shad, american, cooked, dry heat	144.0	1.0 fillet	0.444
15094	Fish, shad, american, raw	85.0	3.0 oz	0.204
15096	Fish, shark, mixed species, cooked, batter-dipped and fried	85.0	3.0 oz	0.082
15095	Fish, shark, mixed species, raw	85.0	3.0 oz	0.053
15098	Fish, sheepshead, cooked, dry heat	85.0	3.0 oz	0.042
15097	Fish, sheepshead, raw	85.0	3.0 oz	0.034
15100	Fish, smelt, rainbow, cooked, dry heat	85.0	3.0 oz	0.124
15099	Fish, smelt, rainbow, raw	85.0	3.0 oz	0.102
15102	Fish, snapper, mixed species, cooked, dry heat	85.0	3.0 oz	0.003
15101	Fish, snapper, mixed species, raw	85.0	3.0 oz	0.003
15216	Fish, spot, cooked, dry heat	50.0	1.0 fillet	0.134
15103	Fish, spot, raw	64.0	1.0 fillet	0.141
15105	Fish, sturgeon, mixed species, cooked, dry heat	85.0	3.0 oz	0.076
15104	Fish, sturgeon, mixed species, raw	85.0	3.0 oz	0.060

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
15106	Fish, sturgeon, mixed species, smoked	28.35	1.0 oz	0.026
15217	Fish, sucker, white, cooked, dry heat	124.0	1.0 fillet	0.105
15107	Fish, sucker, white, raw	85.0	3.0 oz	0.060
15218	Fish, sunfish, pumpkin seed, cooked, dry heat	37.0	1.0 fillet	0.031
15108	Fish, sunfish, pumpkin seed, raw	48.0	1.0 fillet	0.034
15109	Fish, surimi	28.35	1.0 oz	0.006
15111	Fish, swordfish, cooked, dry heat	85.0	3.0 oz	0.054
15110	Fish, swordfish, raw	85.0	3.0 oz	0.045
15262	Fish, tilapia, cooked, dry heat	87.0	1.0 fillet	0.064
15261	Fish, tilapia, raw	116.0	1.0 fillet	0.073
15113	Fish, tilefish, cooked, dry heat	150.0	0.5 fillet	0.285
15112	Fish, tilefish, raw	85.0	3.0 oz	0.136
15274	Fish, trout, brook, raw, New York State	149.0	1.0 filet	0.150
15219	Fish, trout, mixed species, cooked, dry heat	62.0	1.0 fillet	0.262
15114	Fish, trout, mixed species, raw	79.0	1.0 fillet	0.261
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	0.076
15240	Fish, trout, rainbow, farmed, raw	79.0	1.0 fillet	0.071
15116	Fish, trout, rainbow, wild, cooked, dry heat	143.0	1.0 fillet	0.139
15115	Fish, trout, rainbow, wild, raw	85.0	3.0 oz	0.089
15128	Fish, tuna salad	85.0	3.0 oz	0.060
15118	Fish, tuna, fresh, bluefin, cooked, dry heat	85.0	3.0 oz	0.260
15117	Fish, tuna, fresh, bluefin, raw	85.0	3.0 oz	0.213
15123	Fish, tuna, fresh, skipjack, raw	85.0	3.0 oz	0.085
15127	Fish, tuna, fresh, yellowfin, raw	28.35	1.0 oz, boneless	0.033
15119	Fish, tuna, light, canned in oil, drained solids	146.0	1.0 cup, solid or chunks	0.175
15183	Fish, tuna, light, canned in oil, without salt, drained solids	85.0	3.0 oz	0.102
15121	Fish, tuna, light, canned in water, drained solids	28.35	1.0 oz	0.024
15184	Fish, tuna, light, canned in water, without salt, drained solids	85.0	3.0 oz	0.063
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	85.0	3.0 oz	0.104
15124	Fish, tuna, white, canned in oil, drained solids	85.0	3.0 oz	0.067
15185	Fish, tuna, white, canned in oil, without salt, drained solids	85.0	3.0 oz	0.067
15126	Fish, tuna, white, canned in water, drained solids	85.0	3.0 oz	0.037
15186	Fish, tuna, white, canned in water, without salt, drained solids	85.0	3.0 oz	0.037
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85.0	3.0 oz	0.116
15222	Fish, turbot, european, cooked, dry heat	85.0	3.0 oz	0.082
15129	Fish, turbot, european, raw	85.0	3.0 oz	0.068

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
15223	Fish, whitefish, mixed species, cooked, dry heat	85.0	3.0 oz	0.131
15130	Fish, whitefish, mixed species, raw	85.0	3.0 oz	0.102
15131	Fish, whitefish, mixed species, smoked	136.0	1.0 cup, cooked	0.137
15133	Fish, whiting, mixed species, cooked, dry heat	72.0	1.0 fillet	0.043
15132	Fish, whiting, mixed species, raw	92.0	1.0 fillet	0.042
15224	Fish, wolffish, Atlantic, cooked, dry heat	119.0	0.5 fillet	0.115
15134	Fish, wolffish, Atlantic, raw	85.0	3.0 oz	0.068
15225	Fish, yellowtail, mixed species, cooked, dry heat	146.0	0.5 fillet	0.074
15135	Fish, yellowtail, mixed species, raw	85.0	3.0 oz	0.034
19187	Flan, caramel custard, dry mix	85.0	1.0 package (3 oz)	0.000
43075	Fluid replacement, electrolyte solution (include PEDIALYTE)	31.2	1.0 fl oz	0.000
18973	Focaccia, Italian flatbread, plain	57.0	1.0 piece	0.172
25045	Formulated bar, high fiber, chewy, oats and chocolate	40.0	1.0 bar	0.036
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	48.0	1.0 bar	1.440
25004	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Chewy Chocolate Peanut Bar	55.0	1.0 bar	1.700
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	55.0	1.0 bar	1.839
25008	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Honey Nut Oat Bar	55.0	1.0 bar	2.115
25005	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON MULTIGRAIN CRUNCH BAR	55.0	1.0 bar	1.700
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	80.0	1.0 bar	1.700
25017	Formulated bar, POWER BAR, chocolate	68.0	1.0 bar	1.306
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	55.0	1.0 bar	1.045
25031	Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors	50.0	1.0 bar	0.850
07945	Frankfurter, beef, heated	48.0	1.0 frankfurter	0.024
42179	Frankfurter, beef, low fat	57.0	1.0 frankfurter	0.057
07905	Frankfurter, beef, pork, and turkey, fat free	57.0	1.0 frank 1 NLEA serving	0.088
07022	Frankfurter, beef, unheated	49.0	1.0 hot dog	0.074
07024	Frankfurter, chicken	85.0	3.0 oz	0.218
43507	Frankfurter, low sodium	57.0	1.0 frankfurter	0.057
07950	Frankfurter, meat	52.0	1.0 serving (1 hot dog)	0.063
07963	Frankfurter, meat and poultry, cooked, boiled	50.0	1.0 frankfurter	0.072
07964	Frankfurter, meat and poultry, cooked, grilled	48.0	1.0 frankfurter	0.074
42280	Frankfurter, meat and poultry, low fat	143.0	1.0 cup, sliced	0.243
07962	Frankfurter, meat and poultry, unheated	51.0	1.0 frankfurter	0.074
07949	Frankfurter, meat, heated	52.0	1.0 serving (1 hot dog)	0.062
43130	Frankfurter, meatless	140.0	1.0 cup, sliced	1.166

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
07939	Frankfurter, pork	76.0	1.0 link	0.136
07025	Frankfurter, turkey	28.35	1.0 oz	0.051
18268	French toast, frozen, ready-to-heat	28.35	1.0 oz	0.108
18269	French toast, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.091
16173	Frijoles rojos volteados (Refried beans, red, canned)	233.0	1.0 cup	0.040
80200	Frog legs, raw	45.0	1.0 leg	0.112
19240	Frostings, chocolate, creamy, dry mix	388.0	1.0 package	0.113
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	33.0	2.0 tablespoon	0.009
19372	Frostings, chocolate, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	0.009
19226	Frostings, chocolate, creamy, ready-to-eat	41.0	2.0 tbsp creamy	0.007
19227	Frostings, coconut-nut, ready-to-eat	38.0	0.083 package	0.007
19228	Frostings, cream cheese-flavor, ready-to-eat	33.0	2.0 tbsp creamy	0.002
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	33.0	2.0 tablespoon	0.022
19375	Frostings, glaze, prepared-from-recipe	327.0	1.0 recipe yield	0.147
19244	Frostings, vanilla, creamy, dry mix	411.0	1.0 package	0.008
19371	Frostings, vanilla, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	0.002
19230	Frostings, vanilla, creamy, ready-to-eat	38.0	0.083 package	0.115
19246	Frostings, white, fluffy, dry mix	207.0	1.0 package	0.120
19247	Frostings, white, fluffy, dry mix, prepared with water	315.0	1.0 package yields	0.082
19263	Frozen novelties, fruit and juice bars	77.0	1.0 bar (2.5 fl oz)	0.014
43506	Frozen novelties, ice cream type, chocolate or caramel covered, with nuts	54.0	1.0 bar	0.097
42074	Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated	78.0	1.0 bar	0.204
19217	Frozen novelties, ice type, fruit, no sugar added	51.0	1.0 bar	0.000
19281	Frozen novelties, ice type, italian, restaurant-prepared	29.0	1.0 fl oz	0.003
19280	Frozen novelties, ice type, lime	99.0	0.5 cup (4 fl oz)	0.000
19387	Frozen novelties, ice type, pineapple-coconut	99.0	0.5 cup (4 fl oz)	0.005
19283	Frozen novelties, ice type, pop	52.0	1.0 serving 1.75 fl oz pop	0.000
43514	Frozen novelties, ice type, pop, with low calorie sweetener	55.0	1.0 serving 1.75 fl oz pop	0.000
43450	Frozen novelties, juice type, juice with cream	71.0	2.5 oz	0.072
43346	Frozen novelties, juice type, orange	29.8	1.0 fl oz	0.009
19871	Frozen novelties, No Sugar Added, FUDGSICLE pops	84.0	1.0 serving	0.193
42186	Frozen yogurts, chocolate	174.0	1.0 cup	0.313
42185	Frozen yogurts, chocolate, nonfat milk, sweetened without sugar	186.0	1.0 cup	0.335
19393	Frozen yogurts, chocolate, soft-serve	72.0	0.5 cup (4 fl oz)	0.152
42187	Frozen yogurts, flavors other than chocolate	174.0	1.0 cup	0.313
19293	Frozen yogurts, vanilla, soft-serve	72.0	0.5 cup	0.161

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
19294	Fruit butters, apple	17.0	1.0 tbsp	0.003
09101	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra heavy syrup, solids and liquids	130.0	0.5 cup	0.025
09098	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	123.0	0.5 cup	0.012
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248.0	1.0 cup	0.047
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237.0	1.0 cup	0.038
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	242.0	1.0 cup	0.046
09096	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	237.0	1.0 cup	0.026
09351	Fruit cocktail, canned, heavy syrup, drained	214.0	1.0 cup	0.045
09515	Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	230.0	1.0 cup	0.184
09516	Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	233.0	1.0 cup	0.123
09508	Fruit juice smoothie, NAKED JUICE, GREEN MACHINE	275.0	1.0 cup	0.248
09531	Fruit juice smoothie, NAKED JUICE, strawberry banana	228.0	1.0 cup	0.130
09513	Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	227.0	1.0 cup	0.193
09530	Fruit juice smoothie, ODWALLA, strawberry banana	233.0	1.0 cup	0.116
09106	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, extra heavy syrup, solids and liquids	259.0	1.0 cup	0.052
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	255.0	1.0 cup	0.054
09103	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids	249.0	1.0 cup	0.035
09104	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, light syrup, solids and liquids	252.0	1.0 cup	0.050
09102	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	245.0	1.0 cup	0.051
09325	Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids	257.0	1.0 cup	0.116
19018	Fruit syrup	334.0	1.0 cup	0.040
35142	Frybread, made with lard (Navajo)	152.0	1.0 piece	0.330
11988	Fungi, Cloud ears, dried	28.0	1.0 cup	0.236
17330	Game meat , bison, ground, raw	85.0	1.0 serving (3 oz)	0.193
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0.380
17145	Game meat, antelope, cooked, roasted	85.0	3.0 oz	0.620
17144	Game meat, antelope, raw	28.35	1.0 oz	0.164
17147	Game meat, bear, cooked, simmered	85.0	3.0 oz	0.697
17146	Game meat, bear, raw	28.35	1.0 oz	0.193
17151	Game meat, beaver, cooked, roasted	85.0	3.0 oz	0.264
17150	Game meat, beaver, raw	28.35	1.0 oz	0.062
17153	Game meat, beefalo, composite of cuts, cooked, roasted	85.0	3.0 oz	0.094

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
17152	Game meat, beefalo, composite of cuts, raw	28.35	1.0 oz	0.026
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	0.399
17334	Game meat, bison, chuck, shoulder clod, separable lean only, raw	85.0	1.0 serving (3 oz)	0.295
17331	Game meat, bison, ground, cooked, pan-broiled	87.0	1.0 patty (yield from 112.7 g raw meat)	0.215
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0.261
17268	Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.026
17157	Game meat, bison, separable lean only, cooked, roasted	85.0	3.0 oz	0.230
17156	Game meat, bison, separable lean only, raw	28.35	1.0 oz	0.027
17269	Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.027
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0.310
17337	Game meat, bison, top round, separable lean only, 1" steak, raw	85.0	1.0 serving (3 oz)	0.286
17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.027
17159	Game meat, boar, wild, cooked, roasted	85.0	3.0 oz	0.119
17158	Game meat, boar, wild, raw	28.35	1.0 oz	0.031
17161	Game meat, buffalo, water, cooked, roasted	85.0	3.0 oz	0.212
17160	Game meat, buffalo, water, raw	28.35	1.0 oz	0.057
17163	Game meat, caribou, cooked, roasted	85.0	3.0 oz	0.765
17162	Game meat, caribou, raw	28.35	1.0 oz	0.204
17165	Game meat, deer, cooked, roasted	85.0	3.0 oz	0.510
17344	Game meat, deer, ground, cooked, pan-broiled	93.0	1.0 patty	0.304
17343	Game meat, deer, ground, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.244
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	54.0	1.0 steak	0.277
17164	Game meat, deer, raw	28.35	1.0 oz	0.136
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	0.558
17347	Game meat, deer, tenderloin, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	0.479
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	102.0	1.0 steak (yield from 134.9 g raw meat)	0.510
17339	Game meat, elk, ground, cooked, pan-broiled	95.0	1.0 patty (yield from 104.1 g raw meat)	0.304
17338	Game meat, elk, ground, raw	102.0	1.0 patty (yield from 102.2 g raw meat)	0.265
17340	Game meat, elk, loin, separable lean only, cooked, broiled	114.0	1.0 steak (yield from 148.1 g raw meat)	0.376
17341	Game meat, elk, round, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	0.391
17342	Game meat, elk, tenderloin, separable lean only, cooked, broiled	92.0	1.0 steak (yield from 123.5 g raw meat)	0.340
17169	Game meat, goat, cooked, roasted	85.0	3.0 oz	0.518
17171	Game meat, horse, cooked, roasted	85.0	3.0 oz	0.102
17170	Game meat, horse, raw	28.35	1.0 oz	0.028
17173	Game meat, moose, cooked, roasted	85.0	3.0 oz	0.289
17172	Game meat, moose, raw	28.35	1.0 oz	0.077

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
17175	Game meat, muskrat, cooked, roasted	85.0	3.0 oz	0.603
17174	Game meat, muskrat, raw	28.35	1.0 oz	0.147
17176	Game meat, opossum, cooked, roasted	85.0	3.0 oz	0.314
17178	Game meat, rabbit, domesticated, composite of cuts, cooked, roasted	85.0	3.0 oz	0.178
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	85.0	3.0 oz	0.145
17177	Game meat, rabbit, domesticated, composite of cuts, raw	28.35	1.0 oz	0.043
17181	Game meat, rabbit, wild, cooked, stewed	85.0	3.0 oz	0.060
17180	Game meat, rabbit, wild, raw	28.35	1.0 oz	0.017
17182	Game meat, raccoon, cooked, roasted	85.0	3.0 oz	0.442
17184	Game meat, squirrel, cooked, roasted	85.0	3.0 oz	0.246
17183	Game meat, squirrel, raw	28.35	1.0 oz	0.060
16570	GARDENBURGER Black Bean Chipotle Burger, frozen, unprepared	71.0	1.0 patty	0.000
16581	GARDENBURGER Flame Grilled Burger, frozen, unprepared	96.0	1.0 patty	0.000
16579	GARDENBURGER Original, frozen, unprepared	71.0	1.0 patty	0.071
16584	GARDENBURGER Savory Portabella Veggie Burger, frozen, unprepared	71.0	1.0 patty	0.071
16586	GARDENBURGER Veggie Medley Burger, frozen, unprepared	71.0	1.0 patty	0.071
18963	Garlic bread, frozen	43.0	1.0 slice presliced	0.079
11215	Garlic, raw	136.0	1.0 cup	0.150
19172	Gelatin desserts, dry mix	85.0	1.0 package (3 oz)	0.035
19173	Gelatin desserts, dry mix, prepared with water	135.0	0.5 cup	0.008
19175	Gelatin desserts, dry mix, reduced calorie, with aspartame	6.4	1.0 serving	0.000
19703	Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C	9.0	1.0 tbsp	0.010
19704	Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium	9.0	1.0 tbsp	0.010
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117.0	0.5 cup	0.000
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	85.0	1.0 package (3 oz)	0.018
19177	Gelatins, dry powder, unsweetened	7.0	1.0 envelope (1 tbsp)	0.016
31033	Ginger root, pickled, canned, with artificial sweetener	25.0	2.0 tablespoon	0.004
11216	Ginger root, raw	2.0	1.0 tsp	0.001
28029	GIRL SCOUTS, Caramel Dulce De Leche Cookies	30.0	4.0 cookies	0.075
28030	GIRL SCOUTS, Chalet Cookies	36.0	3.0 cookies	0.068
28031	GIRL SCOUTS, Do-si-dos Cookies	24.0	2.0 cookies	0.036
28032	GIRL SCOUTS, Samoas Cookies	29.0	2.0 cookies	0.035
28033	GIRL SCOUTS, Tagalongs Cookies	25.0	2.0 cookies	0.022
28034	GIRL SCOUTS, Thank U Berry Munch Cookies	25.0	2.0 cookies	0.052
28035	GIRL SCOUTS, Thin Mints Cookies	32.0	4.0 cookies	0.061

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
28036	GIRL SCOUTS, Trefoils Cookies	33.0	5.0 cookies	0.096
28356	GLUTINO, Gluten Free Cookies, Chocolate Vanilla Creme	44.0	3.0 cookies	0.033
28358	GLUTINO, Gluten Free Wafers, Lemon Flavored	30.0	3.0 cookies	0.022
17168	Goat, raw	28.35	1.0 oz	0.139
05147	Goose, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.452
05146	Goose, domesticated, meat and skin, raw	85.0	3.0 oz	0.208
05149	Goose, domesticated, meat only, cooked, roasted	143.0	1.0 unit (yield from 1 lb ready-to-cook goose)	0.558
05148	Goose, domesticated, meat only, raw	85.0	3.0 oz	0.320
05150	Goose, liver, raw	94.0	1.0 liver	0.838
09109	Gooseberries, canned, light syrup pack, solids and liquids	252.0	1.0 cup	0.134
09107	Gooseberries, raw	150.0	1.0 cup	0.045
11785	Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt	178.0	1.0 cup (1" pieces)	0.075
11221	Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt	178.0	1.0 cup (1" pieces)	0.075
11220	Gourd, dishcloth (towelgourd), raw	95.0	1.0 cup (1" pieces)	0.057
11784	Gourd, white-flowered (calabash), cooked, boiled, drained, with salt	146.0	1.0 cup (1" cubes)	0.032
11219	Gourd, white-flowered (calabash), cooked, boiled, drained, without salt	146.0	1.0 cup (1" cubes)	0.032
11218	Gourd, white-flowered (calabash), raw	58.0	0.5 cup (1" pieces)	0.013
42139	Granola bar, soft, milk chocolate coated, peanut butter	28.35	1.0 oz	0.060
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	253.0	1.0 cup	0.038
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	253.0	1.0 cup	0.038
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253.0	1.0 cup	0.038
11975	Grape leaves, canned	4.0	1.0 leaf	0.015
11974	Grape leaves, raw	14.0	1.0 cup	0.050
09127	Grapefruit juice, pink or red, with added calcium	240.0	8.0 fl oz	0.048
09404	Grapefruit juice, pink, raw	247.0	1.0 cup	0.049
09123	Grapefruit juice, white, canned or bottled, unsweetened	247.0	1.0 cup	0.049
09124	Grapefruit juice, white, canned, sweetened	250.0	1.0 cup	0.058
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247.0	1.0 cup	0.054
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207.0	1.0 can (6 fl oz)	0.161
09128	Grapefruit juice, white, raw	247.0	1.0 cup	0.049
09111	Grapefruit, raw, pink and red and white, all areas	230.0	1.0 cup sections, with juice	0.046
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	0.071
09113	Grapefruit, raw, pink and red, California and Arizona	230.0	1.0 cup sections, with juice	0.046
09114	Grapefruit, raw, pink and red, Florida	230.0	1.0 cup sections, with juice	0.046
09116	Grapefruit, raw, white, all areas	230.0	1.0 cup sections, with juice	0.046
09117	Grapefruit, raw, white, California	230.0	1.0 cup sections, with juice	0.046

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
09118	Grapefruit, raw, white, Florida	230.0	1.0 cup sections, with juice	0.046
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	0.045
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254.0	1.0 cup	0.051
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	0.051
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	0.052
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	256.0	1.0 cup	0.056
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	0.056
09129	Grapes, muscadine, raw	6.0	1.0 grape	0.090
09132	Grapes, red or green (European type, such as Thompson seedless), raw	151.0	1.0 cup	0.106
06114	Gravy, au jus, canned	59.0	0.25 cup	0.035
06115	Gravy, au jus, dry	3.0	1.0 tsp	0.010
06116	Gravy, beef, canned, ready-to-serve	233.0	1.0 cup	0.084
06957	Gravy, brown instant, dry	6.7	1.0 serving	0.032
06118	Gravy, brown, dry	6.0	1.0 tbsp	0.023
06999	Gravy, CAMPBELL'S, chicken	56.0	0.25 cup	0.026
06119	Gravy, chicken, canned or bottled, ready-to-serve	57.0	0.25 cup	0.030
06120	Gravy, chicken, dry	8.0	1.0 tbsp	0.051
27061	Gravy, HEINZ Home Style, classic chicken	58.0	0.25 cup	0.033
06985	Gravy, HEINZ Home Style, savory beef	57.0	1.0 serving 1/4 cup 2 oz	0.013
06958	Gravy, instant beef, dry	6.7	1.0 serving	0.034
06959	Gravy, instant turkey, dry	6.7	1.0 serving	0.018
06977	Gravy, meat or poultry, low sodium, prepared	236.0	1.0 cup	0.094
06121	Gravy, mushroom, canned	238.0	1.0 cup	0.150
06122	Gravy, mushroom, dry, powder	21.0	1.0 cup (8 fl oz)	0.084
06123	Gravy, onion, dry, mix	24.0	1.0 cup (8 fl oz)	0.096
06124	Gravy, pork, dry, powder	6.7	1.0 serving	0.019
06125	Gravy, turkey, canned, ready-to-serve	238.0	1.0 cup	0.190
06126	Gravy, turkey, dry	7.0	1.0 serving	0.032
06127	Gravy, unspecified type, dry	25.0	1.0 cup (8 fl oz)	0.108
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	85.0	3.0 oz	0.221
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	85.0	3.0 oz	0.197
05668	Ground turkey, 85% lean, 15% fat, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.150
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	0.223
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	85.0	3.0 oz	0.197
05665	Ground turkey, 93% lean, 7% fat, raw	28.35	1.0 oz	0.052
05306	Ground turkey, cooked	82.0	1.0 patty (4 oz, raw) (yield after cooking)	0.173

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
05663	Ground turkey, fat free, pan-broiled crumbles	85.0	3.0 oz	0.115
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	0.123
05662	Ground turkey, fat free, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.089
05305	Ground turkey, raw	453.6	1.0 lb	0.708
09138	Groundcherries, (cape-gooseberries or poha), raw	140.0	1.0 cup	0.056
09434	Guanabana nectar, canned	251.0	1.0 cup	0.028
09435	Guava nectar, canned, with added ascorbic acid	251.0	1.0 cup	0.008
09519	Guava nectar, with sucralose, canned	335.0	11.3 fl oz	0.017
09143	Guava sauce, cooked	238.0	1.0 cup	0.031
09139	Guavas, common, raw	165.0	1.0 cup	0.066
09140	Guavas, strawberry, raw	244.0	1.0 cup	0.073
05151	Guinea hen, meat and skin, raw	85.0	3.0 oz	0.087
05152	Guinea hen, meat only, raw	85.0	3.0 oz	0.095
42281	Gums, seed gums (includes locust bean, guar)	28.35	1.0 oz	0.000
07032	Ham and cheese loaf or roll	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.052
07033	Ham and cheese spread	15.0	1.0 tbsp	0.033
07031	Ham salad spread	15.0	1.0 tbsp	0.018
07026	Ham, chopped, canned	28.35	1.0 oz	0.047
07027	Ham, chopped, not canned	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.057
07938	Ham, honey, smoked, cooked	55.0	1.94 oz (1 serving)	0.056
07030	Ham, minced	28.35	1.0 oz	0.054
07028	Ham, sliced, pre-packaged, deli meat (96%fat free, water added)	13.0	1.0 slice	0.035
07029	Ham, sliced, regular (approximately 11% fat)	56.0	56.0 grams 1 serving	0.100
35233	Hazelnuts, beaked (Northern Plains Indians)	0.4	1.0 nut	0.001
07034	Headcheese, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.032
11961	Hearts of palm, canned	146.0	1.0 cup	0.083
20030	Hominy, canned, white	165.0	1.0 cup	0.010
20330	Hominy, canned, yellow	160.0	1.0 cup	0.010
19296	Honey	339.0	1.0 cup	0.129
07088	Honey roll sausage, beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.042
09451	Horned melon (Kiwano)	233.0	1.0 cup	0.035
02055	Horseradish, prepared	5.0	1.0 tsp	0.001
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	0.347
22535	HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	0.347
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	127.0	1.0 hot pocket (1 NLEA serving)	0.264
16158	Hummus, commercial	15.0	1.0 tbsp	0.010

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
16137	Hummus, home prepared	15.0	1.0 tablespoon	0.008
32034	HUNGRY MAN, Salisbury Steak With Gravy, frozen, unprepared	64.0	1.0 patty	0.083
18270	Hush puppies, prepared from recipe	28.35	1.0 oz	0.094
16368	Hyacinth beans, mature seeds, cooked, boiled, with salt	194.0	1.0 cup	0.072
16068	Hyacinth beans, mature seeds, cooked, boiled, without salt	194.0	1.0 cup	0.072
16067	Hyacinth beans, mature seeds, raw	210.0	1.0 cup	0.286
11788	Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	87.0	1.0 cup	0.077
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	87.0	1.0 cup	0.077
11224	Hyacinth-beans, immature seeds, raw	80.0	1.0 cup	0.074
01264	Ice cream bar, stick or nugget, with crunch coating	95.0	26.0 pieces	0.066
01240	Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	96.0	1.0 unit	0.242
18271	Ice cream cones, cake or wafer-type	28.35	1.0 oz	0.100
18272	Ice cream cones, sugar, rolled-type	28.35	1.0 oz	0.115
01239	Ice cream cookie sandwich	82.0	1.0 serving	0.025
01238	Ice cream sandwich	70.0	1.0 serving	0.102
01241	Ice cream sandwich, made with light ice cream, vanilla	70.0	1.0 serving	0.036
01242	Ice cream sandwich, vanilla, light, no sugar added	70.0	1.0 serving	0.036
01237	Ice cream, bar or stick, chocolate covered	50.0	1.0 bar	0.130
01263	Ice cream, light, soft serve, chocolate	298.0	1.0 medium	0.370
01236	Ice cream, soft serve, chocolate	86.0	0.5 cup	0.157
19270	Ice creams, chocolate	58.0	1.0 individual (3.5 fl oz)	0.113
19114	Ice creams, chocolate, light	68.0	1.0 serving	0.088
19265	Ice creams, chocolate, light, no sugar added	72.0	1.0 serving 1/2 cup	0.130
43541	Ice creams, chocolate, rich	148.0	1.0 cup	0.247
19090	Ice creams, french vanilla, soft-serve	86.0	0.5 cup (4 fl oz)	0.157
19899	Ice creams, regular, low carbohydrate, chocolate	58.0	1.0 individual (3.5 fl oz)	0.113
19898	Ice creams, regular, low carbohydrate, vanilla	58.0	1.0 individual (3.5 fl oz)	0.139
19271	Ice creams, strawberry	58.0	1.0 individual (3.5 fl oz)	0.148
19095	Ice creams, vanilla	66.0	1.0 serving 1/2 cup	0.158
19867	Ice creams, vanilla, fat free	67.0	0.5 cup	0.166
19088	Ice creams, vanilla, light	76.0	1.0 serving 1/2 cup	0.194
19260	Ice creams, vanilla, light, no sugar added	68.0	1.0 serving 1/2 cup	0.083
19096	Ice creams, vanilla, light, soft-serve	88.0	1.0 serving 1/2 cup	0.174
19089	Ice creams, vanilla, rich	107.0	0.5 cup	0.179
42117	Imitation cheese, american or cheddar, low cholesterol	113.0	1.0 cup, shredded	0.407
08580	Incaparina, dry mix (corn and soy flours), unprepared	8.9	1.0 tbsp	0.054

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
03957	Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA	8.7	1.0 scoop	0.040
03944	Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0.031
03951	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.060
03950	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted	8.5	1.0 scoop	0.067
03949	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, ready-to-feed	30.4	1.0 fl oz	0.030
03935	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0.018
03846	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed	30.5	1.0 fl oz	0.018
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	30.4	1.0 fl oz	0.018
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	9.5	1.0 scoop	0.073
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	30.4	1.0 fl oz	0.030
33871	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with ARA and DHA	9.6	1.0 scoop	0.074
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	153.0	5.0 fl oz	0.150
03952	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, liquid concentrate	31.4	1.0 fl oz	0.036
03954	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, powder, not reconstituted	8.7	1.0 scoop	0.040
03953	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, ready-to-feed	30.5	1.0 fl oz	0.018
03842	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid concentrate	31.4	1.0 fl oz	0.036
03843	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted	8.7	1.0 scoop	0.040
03841	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed	30.5	1.0 fl oz	0.018
03856	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.060
03858	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted	8.7	1.0 scoop	0.069
03855	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, ready-to-feed	31.0	1.0 fl oz	0.031
03839	Infant formula, ABBOTT NUTRITION, SIMILAC, NATURAL CARE, ADVANCE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0.148
03945	Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA	30.5	1.0 fl oz	0.236
03837	Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not reconstituted	8.7	1.0 scoop	0.067
03946	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0.032
03947	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA	30.5	1.0 fl oz	0.085
03948	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), powder, with ARA and DHA	30.5	1.0 fl oz	0.239
03840	Infant formula, ABBOTT NUTRITION, SIMILAC, SPECIAL CARE, ADVANCE 24, with iron, ready-to-feed, with ARA and DHA	30.8	1.0 fl oz	0.150

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
03851	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.060
03853	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted	8.5	1.0 scoop	0.067
03850	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, ready-to-feed	30.4	1.0 fl oz	0.030
33868	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder	9.4	1.0 scoop	0.065
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	30.4	1.0 fl oz	0.028
33872	Infant formula, GERBER, GOOD START 2 SOY, with iron, powder	9.4	1.0 scoop	0.044
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	30.4	1.0 fl oz	0.019
33869	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, powder	9.4	1.0 scoop	0.067
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	0.028
33867	Infant formula, GERBER, GOOD START, PROTECT PLUS, powder	9.4	1.0 scoop	0.067
03988	Infant formula, GERBER, GOOD START, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	0.028
03963	Infant Formula, MEAD JOHNSON, ENFAMIL GENTLEASE LIPIL, with iron, prepared from powder	30.5	1.0 fl oz	0.028
03815	Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with iron, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.098
03943	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, powder, with ARA and DHA	8.7	1.0 scoop	0.062
03942	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.102
03955	Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, ready-to-feed, with ARA and DHA	30.8	1.0 fl oz	0.043
03849	Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, with iron, powder, with ARA and DHA	9.4	1.0 scoop	0.093
33866	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, LIPIL, powder	9.6	1.0 scoop	0.067
03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	152.0	5.0 fl oz	0.140
03982	Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed	30.4	1.0 fl oz	0.018
33870	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Toddler, LIPIL, powder	9.4	1.0 scoop	0.040
03980	Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder	8.7	1.0 scoop	0.063
03827	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	0.062
03830	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, LIPIL, with iron, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	0.056
03868	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, ready-to-feed	30.5	1.0 fl oz	0.028
03869	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, with iron, powder, not reconstituted	8.5	1.0 scoop	0.011
03818	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	0.058
03825	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.098
03832	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.098
03812	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	0.058
03808	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	0.061
03809	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, powder, not reconstituted	8.3	1.0 scoop	0.060
03806	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, ready-to-feed	30.5	1.0 fl oz	0.028

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
03983	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN AA, ready-to-feed	30.4	1.0 fl oz	0.018
03838	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN LIPIL, with iron, powder, not reconstituted, with ARA and DHA	9.0	1.0 scoop	0.040
33873	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, AA LIPIL, powder, not reconstituted	9.4	1.0 scoop	0.042
03844	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA	31.6	1.0 fl oz	0.036
03845	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, ready-to-feed, with ARA and DHA	107.0	1.0 serving 100 ml	0.063
03816	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, liquid concentrate, not reconstituted	31.5	1.0 fl oz	0.036
03814	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, powder, not reconstituted	9.6	1.0 scoop	0.043
03813	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, ready-to-feed	107.0	1.0 Serving 100 ml	0.063
03984	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed	30.4	1.0 fl oz	0.060
33874	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed Low iron	30.4	1.0 fl oz	0.060
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	30.4	1.0 fl oz	0.060
33875	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calories ready-to-feed Low iron	30.0	5.0 fl oz	0.059
33864	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.057
33863	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder	8.7	1.0 scoop	0.063
33865	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.057
33877	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, powder	8.7	1.0 scoop	0.063
33876	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, ready-to-feed	30.5	1.0 fl oz	0.028
33862	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder	9.6	1.0 scoop	0.069
03986	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, ready-to-feed	30.5	1.0 fl oz	0.028
03852	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE LIPIL, with iron, powder, not reconstituted, with ARA and DHA	8.8	1.0 scoop	0.040
03854	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, LIPIL, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	0.036
03826	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, with iron, powder, not reconstituted	8.8	1.0 scoop	0.040
03805	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, powder	8.3	1.0 scoop	0.060
03803	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, ready-to-feed	30.5	1.0 fl oz	0.028
03929	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted	9.3	1.0 scoop	0.040
03861	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DHA	28.0	3.0 scoop	0.120
03864	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA	103.0	1.0 serving 100 ml	0.061
03821	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, not reconstituted	8.8	1.0 scoop	0.040
03822	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, prepared from powder	103.0	1.0 serving 100 ml	0.061
03857	Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.063

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
03824	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, liquid concentrate, not reconstituted	30.8	1.0 fl oz	0.035
03823	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-feed	106.0	1.0 Serving 100 ml	0.063
03930	Infant formula, MEAD JOHNSON,NEXT STEP PROSOBEE, prepared from powder	30.5	1.0 fl oz	0.018
03901	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, liquid concentrate, not reconstituted	31.9	1.0 fl oz	0.056
03913	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, powder	9.4	1.0 scoop	0.062
03900	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, ready-to-feed	30.5	1.0 fl oz	0.028
03926	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.037
03928	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, powder	8.5	1.0 scoop	0.040
03925	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed	30.5	1.0 fl oz	0.019
03867	Infant formula, NESTLE, GOOD START SOY, with ARA and DHA, powder	9.4	1.0 scoop	0.044
03966	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, liquid concentrate	29.2	1.0 fl oz	0.036
03859	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed	29.0	1.0 oz	0.017
03961	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, prepared from liquid concentrate	31.4	1.0 fl oz	0.029
03960	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, ready-to-feed	30.5	1.0 fl oz	0.028
03801	Infant formula, NESTLE, GOOD START SUPREME, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.056
03802	Infant formula, NESTLE, GOOD START SUPREME, with iron, powder	8.7	1.0 scoop	0.062
03800	Infant formula, NESTLE, GOOD START SUPREME, with iron, ready-to-feed	30.5	1.0 fl oz	0.028
03937	Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.063
03938	Infant formula, PBM PRODUCTS, store brand, powder	8.4	1.0 scoop	0.066
03936	Infant formula, PBM PRODUCTS, store brand, ready-to-feed	30.4	1.0 fl oz	0.030
03940	Infant formula, PBM PRODUCTS, store brand, soy, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.063
03941	Infant formula, PBM PRODUCTS, store brand, soy, powder	8.7	1.0 scoop	0.066
03939	Infant formula, PBM PRODUCTS, store brand, soy, ready-to-feed	30.4	1.0 fl oz	0.030
09420	Jackfruit, canned, syrup pack	178.0	1.0 cup, drained	0.064
09144	Jackfruit, raw	165.0	1.0 cup, sliced	0.091
28037	JACKSON'S, Old Fashioned Lemon Jumble Cookies	32.0	3.0 cookies	0.086
28038	JACKSON'S, Old Fashioned Vanilla Wafers	30.0	8.0 cookies	0.072
19297	Jams and preserves	20.0	1.0 tbsp	0.015
19719	Jams and preserves, apricot	20.0	1.0 tbsp	0.004
43028	Jams and preserves, no sugar (with sodium saccharin), any flavor	224.0	1.0 cup	0.000
09145	Java-plum, (jambolan), raw	135.0	1.0 cup	0.016
19300	Jellies	21.0	1.0 serving 1 tbsp	0.005
43027	Jellies, no sugar (with sodium saccharin), any flavors	300.0	1.0 cup	0.045
44110	Jellies, reduced sugar, home preserved	19.0	1.0 tbsp	0.004

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
43497	Jellyfish, dried, salted	58.0	1.0 cup	0.006
11226	Jerusalem-artichokes, raw	150.0	1.0 cup slices	0.090
11228	Jew's ear, (pepeao), raw	99.0	1.0 cup slices	0.202
32036	JIMMY DEAN, Sausage, Egg, and Cheese Breakfast Biscuit, frozen, unprepared	128.0	1.0 biscuit	0.410
09443	Juice, apple and grape blend, with added ascorbic acid	250.0	8.0 fl oz	0.038
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	250.0	8.0 fl oz	0.038
11789	Jute, potherb, cooked, boiled, drained, with salt	87.0	1.0 cup	0.167
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	0.167
11231	Jute, potherb, raw	28.0	1.0 cup	0.153
11790	Kale, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.091
11234	Kale, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.091
11791	Kale, frozen, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.148
11236	Kale, frozen, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.148
11235	Kale, frozen, unprepared	94.0	0.333 package (10 oz)	0.105
11233	Kale, raw	16.0	1.0 cup 1" pieces, loosely packed	0.021
11792	Kale, scotch, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.051
11623	Kale, scotch, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.051
11622	Kale, scotch, raw	67.0	1.0 cup, chopped	0.040
11237	Kanpyo, (dried gourd strips)	6.3	1.0 strip	0.003
32030	KASHI Italian Vegetable Medley Pasta, frozen, unprepared	298.0	0.5 package	0.000
32023	KASHI Mushroom & Asparagus Risotto, frozen, unprepared	284.0	0.5 package	0.000
21513	KASHI Pizza, Greek Tzatziki, single serve, frozen, unprepared	149.0	1.0 pizza	0.298
21501	KASHI Pizza, Margherita, frozen, unprepared	113.0	0.33 pizza	0.113
21503	KASHI Pizza, Mediterranean, frozen, unprepared	120.0	0.33 pizza	0.120
21516	KASHI Pizza, Mushroom and Spinach, single serve, frozen, unprepared	152.0	1.0 pizza	0.304
21500	KASHI Pizza, Mushroom Trio & Spinach, frozen, unprepared	113.0	0.33 pizza	0.113
21499	KASHI Pizza, Roasted Vegetable, frozen, unprepared	116.0	0.33 pizza	0.116
21514	KASHI Pizza, Tikka Masala, single serve, frozen, unprepared	159.0	1.0 pizza	0.159
22994	KASHI Spinach Artichoke Pasta, frozen, unprepared	269.0	1.0 entree	0.269
32022	KASHI Three Cheese Ravioli with Mediterranean Tomato Sauce, frozen, unprepared	241.0	0.5 package	0.000
18978	KASHI, Blueberry Waffle	72.0	2.0 pieces	0.036
22980	KASHI, Chicken and Chipotle BBQ Sauce with Mango, Frozen Entree	269.0	1.0 package	0.054
22981	KASHI, Chicken Enchilada with Ancho Sauce, Frozen Entree	255.0	1.0 package	0.051
18980	KASHI, Original Waffle	72.0	2.0 pieces	0.036
22989	KASHI, Red Curry Chicken, Frozen Entree	269.0	1.0 package	0.081
22982	KASHI, STEAM MEAL, Chicken Fettuccine, Frozen Entree	269.0	1.0 package	0.188

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
22990	KASHI, STEAM MEAL, Roasted Garlic Chicken Farfalle, Frozen Entree	269.0	1.0 package	0.054
22991	KASHI, STEAM MEAL, Sesame Chicken, Frozen Entree	269.0	1.0 package	0.108
18976	KASHI, TLC, Country Cheddar Crackers	30.0	18.0 cracker	0.009
18981	KASHI, TLC, Fire Roasted Vegetable Crackers	30.0	15.0 crackers	0.072
28039	KASHI, TLC, Happy Trail Mix Cookies	30.0	1.0 cookie	0.021
18974	KASHI, TLC, Honey Sesame Crackers	30.0	15.0 cracker	0.024
28041	KASHI, TLC, Oatmeal Raisin Flax Cookies	30.0	1.0 cookie	0.024
18975	KASHI, TLC, Original 7-Grain Crackers	30.0	15.0 crackers	0.081
28017	KASHI, TLC, Pita Crisps, Sea Salt	31.0	11.0 crisps	0.031
28020	KASHI, TLC, Pita Crisps, Zesty Salsa	31.0	11.0 crisps	0.034
18977	KASHI, TLC, Toasted Asiago Crackers	31.0	15.0 crackers	0.034
28113	KEEBLER, 100 Calorie RIGHT BITES, CHIPS DELUXE, Chocolate Chip Cookies	21.0	1.0 pouch	0.044
28116	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Cookies 'N Creme	20.0	1.0 pouch	0.036
28114	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Dark Chocolate Fudge Stripes Cookies	21.0	1.0 pouch	0.040
28115	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Fudge Covered Pretzels	21.0	1.0 package	0.088
28117	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Brownies	21.0	1.0 package	0.034
28118	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Fudge Grahams Cookies	20.0	1.0 pouch	0.038
28119	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Fudge Stripes Cookies	21.0	1.0 pouch	0.042
28120	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Mints Grasshopper Cookies	21.0	1.0 pouch	0.048
28122	KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies	21.0	1.0 pouch	0.055
28121	KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies, Fudge Dipped	21.0	1.0 package	0.036
28123	KEEBLER, 100 Calorie RIGHT BITES, White Fudge Dipped Pretzels	21.0	1.0 pouch	0.074
28106	KEEBLER, Almond Crescents Cookies, Holiday	28.0	4.0 cookies	0.070
28043	KEEBLER, ANIMALS, Cookies	40.0	1.0 package 1 serving	0.104
28046	KEEBLER, ANIMALS, Crackers	29.0	8.0 crackers 1 serving	0.075
28044	KEEBLER, ANIMALS, Frosted Cookies	31.0	8.0 cookies 1 serving	0.046
28045	KEEBLER, ANIMALS, Iced Cookies	30.0	6.0 cookies 1 serving	0.081
28047	KEEBLER, BAKER'S TREASURES, Chocolate Chip Cookie, soft	32.0	2.0 cookies	0.099
28048	KEEBLER, BAKER'S TREASURES, Oatmeal Raisin Cookie, soft	32.0	2.0 cookies	0.086
28049	KEEBLER, Cheese & Cheddar Sandwich Crackers	39.0	1.0 package	0.105
28265	KEEBLER, Cheese & Peanut Butter Sandwich Crackers	39.0	1.0 package	0.109
28051	KEEBLER, Cheese on Wheat Sandwich Crackers	39.0	1.0 package	0.098
28052	KEEBLER, CHIPS DELUXE, Chocolate Lovers Cookies	32.0	2.0 cookies	0.064
28053	KEEBLER, CHIPS DELUXE, Chocolate Malt Chunk Cookies	31.0	2.0 cookies	0.062
28054	KEEBLER, CHIPS DELUXE, Coconut Cookies	30.0	2.0 cookies	0.060
28055	KEEBLER, CHIPS DELUXE, Dark Chocolate Chunk Cookies	32.0	2.0 cookies	0.054

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
28056	KEEBLER, CHIPS DELUXE, Mini Chocolate Chip Cookies	34.0	1.0 pouch	0.071
28057	KEEBLER, CHIPS DELUXE, Oatmeal Chocolate Chip Cookies	31.0	2.0 cookies	0.050
28058	KEEBLER, CHIPS DELUXE, Original Chocolate Chip Cookies	30.0	2.0 cookies	0.063
28059	KEEBLER, CHIPS DELUXE, Peanut Butter Cups Cookies	32.0	2.0 cookies	0.054
28060	KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies	31.0	2.0 cookies	0.056
28061	KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite size	28.0	5.0 cookies 1 serving	0.052
28062	KEEBLER, CHIPS DELUXE, Soft 'n Chewy Chocolate Chip Cookies	31.0	2.0 cookies	0.056
28101	KEEBLER, Cinnamon Toast Grahams	37.0	1.0 package	0.281
28050	KEEBLER, Club & Cheddar Sandwich Crackers	39.0	1.0 package	0.105
28070	KEEBLER, CLUB Crackers, Snack Sticks, Honey Wheat	29.0	12.0 crackers	0.087
28071	KEEBLER, CLUB Crackers, Snack Sticks, Original	29.0	12.0 crackers	0.087
28064	KEEBLER, CLUB, Dash of Salt Crackers	14.0	4.0 crackers	0.048
28066	KEEBLER, CLUB, Minis Multigrain Crackers	15.0	17.0 crackers	0.039
28065	KEEBLER, CLUB, Minis Original Crackers	15.0	17.0 crackers	0.041
28067	KEEBLER, CLUB, Multigrain Crackers	14.0	4.0 crackers	0.039
28068	KEEBLER, CLUB, Original Crackers	14.0	4.0 crackers	0.042
28069	KEEBLER, CLUB, Reduced Fat Crackers	16.0	5.0 crackers	0.054
28072	KEEBLER, Country Style Oatmeal Cookies with Raisins	28.0	2.0 cookies	0.053
28073	KEEBLER, Danish Wedding Cookies	26.0	4.0 cookies	0.036
28074	KEEBLER, E.L. FUDGE, Butter Flavored Cookies	36.0	2.0 cookies	0.079
28075	KEEBLER, E.L. FUDGE, Double Stuffed Cookies	35.0	2.0 cookies	0.063
28081	KEEBLER, FUDGE SHOPPE, Caramel Filled Cookies	30.0	2.0 cookies	0.030
28076	KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Dark Chocolate	26.0	3.0 cookies	0.031
28077	KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Original Graham Cookies	26.0	3.0 cookies	0.031
28079	KEEBLER, FUDGE SHOPPE, Coconut Dreams Cookies	28.0	2.0 cookies	0.034
28080	KEEBLER, FUDGE SHOPPE, Deluxe Grahams Cookies	27.0	3.0 pieces	0.040
28085	KEEBLER, FUDGE SHOPPE, Fudge Grahams, 1/2 Dipped, Reduced Fat	27.0	4.0 cookies	0.054
28086	KEEBLER, FUDGE SHOPPE, Fudge Sticks	29.0	3.0 cookies	0.032
28100	KEEBLER, FUDGE SHOPPE, Fudge Sticks, Peanut Butter	29.0	3.0 cookies	0.035
28087	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Dark Chocolate	31.0	3.0 cookies	0.056
28088	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Holiday/Spiderman	31.0	3.0 cookies	0.062
28089	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Mini	40.0	1.0 package	0.084
28091	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Oatmeal	31.0	3.0 cookies	0.037
28092	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Original	31.0	3.0 cookies	0.059
28084	KEEBLER, FUDGE SHOPPE, Fudge-Dipped Ice Cream Cups	8.0	1.0 cup	0.021
28093	KEEBLER, FUDGE SHOPPE, Grasshopper Cookies, Fudge Mint	29.0	4.0 cookies	0.049

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
28095	KEEBLER, FUDGE SHOPPE, Jumbo Fudge Sticks, Peanut Butter	31.0	1.0 cookie	0.006
28094	KEEBLER, FUDGE SHOPPE, Jumbo Fudge Sticks, Vanilla	31.0	1.0 cookie	0.003
28096	KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Original	30.0	2.0 cookies	0.060
28098	KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Peanut Butter	30.0	2.0 cookies	0.048
28097	KEEBLER, FUDGE SHOPPE, Merry Mint Patties, Holiday	26.0	2.0 cookies	0.029
28078	KEEBLER, FUDGE SHOPPE, Mint Creme Middles, Chocolate Graham Cookies	26.0	3.0 cookies	0.034
28082	KEEBLER, FUDGE SHOPPE, Peanut Creme Filled Cookies	30.0	2.0 cookies	0.039
28083	KEEBLER, FUDGE SHOPPE, Triple Fudge Filled Cookies	31.0	2.0 cookies	0.031
28107	KEEBLER, Gingerbread Men Cookies, Holiday	33.0	5.0 cookies	0.082
28263	KEEBLER, Grahams, Cinnamon Crisp	30.0	8.0 crackers	0.072
28102	KEEBLER, GRIPZ, CHIPS DELUXE, Chocolate Chip Cookies, bite-size	25.0	1.0 pouch	0.058
28103	KEEBLER, GRIPZ, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite-size	25.0	1.0 pouch	0.055
28104	KEEBLER, GRIPZ, Chocolate Chip Grahams, bite-size	25.0	1.0 pouch	0.050
28105	KEEBLER, GRIPZ, Cinnamon Grahams, bite-size	25.0	1.0 pouch	0.055
28108	KEEBLER, Holiday Jingles Cookies	29.0	6.0 cookies	0.075
28109	KEEBLER, Iced Oatmeal Cookies	29.0	2.0 cookies	0.044
28264	KEEBLER, Oatmeal Cookies	29.0	2.0 cookies	0.046
28111	KEEBLER, READY CRUST, Chocolate Pie Crust	21.0	0.125 crust 1 serving (from 9" shell)	0.041
28266	KEEBLER, READY CRUST, Graham Pie Crust (10"), Reduced Fat	21.0	0.125 crust	0.042
28112	KEEBLER, READY CRUST, Shortbread Pie Crust	21.0	0.125 crust 9" crust	0.046
28124	KEEBLER, SANDIES, Cashew Shortbread Cookies	30.0	2.0 cookies	0.075
28125	KEEBLER, SANDIES, Chocolate Chip & Pecan Shortbread Cookies	31.0	2.0 cookies	0.068
28126	KEEBLER, SANDIES, Dark Chocolate Almond Shortbread Cookies	30.0	2.0 cookies	0.066
28127	KEEBLER, SANDIES, Pecan Shortbread Cookies	31.0	2.0 cookies	0.065
28128	KEEBLER, SANDIES, Pecan Shortbread Cookies, bite size	28.0	5.0 cookies 28 g package	0.062
28129	KEEBLER, SANDIES, Pecan Shortbread Cookies, Reduced Fat	31.0	2.0 cookies	0.090
28267	KEEBLER, SANDIES, Simply Shortbread Cookies	31.0	2.0 cookies	0.087
28130	KEEBLER, SOFT BATCH, Chocolate Chip Cookies	32.0	2.0 cookies	0.048
28268	KEEBLER, Sugar Cones	13.0	1.0 cone	0.036
28131	KEEBLER, Sweet Cremes Cookies	38.0	2.0 cookies	0.084
28110	KEEBLER, Toast & Peanut Butter Sandwich Crackers	39.0	1.0 package	0.105
28132	KEEBLER, Toasted Coconut Cookies	38.0	2.0 cookies	0.065
28133	KEEBLER, TOASTEDS, Buttercrisps Crackers	16.0	5.0 crackers	0.048
28135	KEEBLER, TOASTEDS, Onion Crackers	16.0	5.0 crackers	0.048
28134	KEEBLER, TOASTEDS, Party Pack Cracker Assortment	16.0	5.0 crackers	0.048
28136	KEEBLER, TOASTEDS, Sesame Crackers	16.0	5.0 crackers	0.050

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
28137	KEEBLER, TOASTEDS, Wheat Crackers	16.0	5.0 crackers	0.048
28138	KEEBLER, TOWN HOUSE, Bistro Multigrain Crackers	16.0	2.0 crackers	0.042
28149	KEEBLER, TOWN HOUSE, FLATBREAD CRISPS, Sea Salt and Olive Oil Crackers	15.0	8.0 crackers	0.038
28139	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Cheese	15.0	5.0 crackers	0.047
28140	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Garlic Herb	15.0	5.0 crackers	0.048
28141	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Original	15.0	5.0 crackers	0.050
28144	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Reduced Fat	14.0	5.0 crackers	0.050
28142	KEEBLER, TOWN HOUSE, Original Crackers	16.0	5.0 crackers	0.045
28143	KEEBLER, TOWN HOUSE, Reduced Fat Crackers	15.0	6.0 crackers	0.054
28145	KEEBLER, TOWN HOUSE, TOPPERS, Garlic Herb Crackers	14.0	3.0 crackers	0.042
28146	KEEBLER, TOWN HOUSE, TOPPERS, Multigrain Crackers	14.0	3.0 crackers	0.042
28147	KEEBLER, TOWN HOUSE, TOPPERS, Original Crackers	14.0	3.0 crackers	0.042
28148	KEEBLER, TOWN HOUSE, Wheat Crackers	16.0	5.0 crackers	0.050
28150	KEEBLER, TRADITIONS, Iced Lemonade Cookies	29.0	4.0 cookies	0.064
28151	KEEBLER, TRADITIONS, Iced Oatmeal Cookies	32.0	4.0 cookies	0.054
18609	KEEBLER, Vanilla Wafers	30.0	8.0 cookies	0.069
28152	KEEBLER, Vanilla Wafers Minis, Rainbow	30.0	18.0 cookies	0.069
28153	KEEBLER, Vienna Fingers with Creme Filling	31.0	2.0 cookies	0.062
28154	KEEBLER, Vienna Fingers with Creme Filling, Reduced Fat	31.0	2.0 cookies	0.062
28155	KEEBLER, Waffle Bowls	12.0	1.0 waffle	0.040
28156	KEEBLER, Waffle Cones	12.0	1.0 cone	0.040
28157	KEEBLER, WHEATABLES, Honey Wheat Crackers	30.0	17.0 crackers	0.072
28158	KEEBLER, WHEATABLES, Nut Crisp Crackers, Roasted Almond	30.0	16.0 crackers	0.099
28159	KEEBLER, WHEATABLES, Nut Crisp Crackers, Toasted Pecan	30.0	16.0 crackers	0.078
28255	KEEBLER, ZESTA, Export Sodas Crackers	14.0	3.0 crackers	0.055
28284	KEEBLER, ZESTA, Saltines with Whole Wheat	15.0	5.0 crackers	0.058
28283	KEEBLER, ZESTA, Saltines, Original	15.0	5.0 crackers	0.061
18507	KELLOGG'S EGGO Lowfat Blueberry Nutri-Grain Waffles	35.0	1.0 waffle, round (4" dia) (include frozen)	0.154
28160	KELLOGG'S, ALL-BRAN, Garlic and Herb Crackers	30.0	18.0 crackers	0.066
28161	KELLOGG'S, ALL-BRAN, Multigrain Crackers	30.0	18.0 crackers	0.060
18992	KELLOGG'S, BEANATURAL, Original 3-Bean Chips	28.0	12.0 chips	0.025
28005	KELLOGG'S, CINNABON, Pancakes, Caramel	105.0	3.0 pancakes	0.336
28006	KELLOGG'S, CINNABON, Pancakes, Original	105.0	3.0 pancakes	0.336
28162	KELLOGG'S, Corn Flakes Crumbs	33.0	6.0 tbsp	0.858
28259	KELLOGG'S, EGGO Minis, Pancakes, Buttermilk	110.0	11.0 pancakes	0.341
28016	KELLOGG'S, EGGO Protein, Waffles, Homestyle	70.0	2.0 waffles	0.343

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
28022	KELLOGG'S, EGGO Seasons, Waffles, Pumpkin Spice	70.0	2.0 waffles	0.343
18995	KELLOGG'S, EGGO, Biscuit Scramblers, Bacon, Egg & Cheese	105.0	1.0 bscuit	0.273
18996	KELLOGG'S, EGGO, Biscuit Scramblers, Egg & Cheese	105.0	1.0 bscuit	0.284
28012	KELLOGG'S, EGGO, FIBERPLUS Waffles, Buttermilk	70.0	2.0 waffles	0.343
28013	KELLOGG'S, EGGO, FIBERPLUS Waffles, Chocolate Chip	70.0	2.0 waffles	0.343
18997	KELLOGG'S, EGGO, French Toaster Sticks, Cinnamon	90.0	2.0 pieces	0.342
18998	KELLOGG'S, EGGO, French Toaster Sticks, Original	90.0	2.0 pieces	0.342
18999	KELLOGG'S, EGGO, Mini Muffin Tops, Blueberry	46.0	1.0 set	0.170
28000	KELLOGG'S, EGGO, Mini Muffin Tops, Chocolate Chip	46.0	1.0 set	0.170
28001	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Mixed Berry Granola	150.0	1.0 pizza	0.120
28002	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Strawberry Granola	150.0	1.0 pizza	0.105
28018	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Blueberry	70.0	2.0 waffles	0.343
28019	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Honey Oat	70.0	2.0 waffles	0.343
18506	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Low Fat	70.0	2.0 waffles 1 serving	0.343
28021	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Original	70.0	2.0 waffles	0.343
28003	KELLOGG'S, EGGO, Pancakes, Blueberry	105.0	3.0 pancakes	0.336
28004	KELLOGG'S, EGGO, Pancakes, Chocolate Chip	105.0	3.0 pancakes	0.336
28025	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Brown Sugar	55.0	1.0 waffle	0.341
28026	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Original	55.0	1.0 waffle	0.341
28007	KELLOGG'S, EGGO, Wafflers, Brown Sugar Cinnamon Roll	76.0	2.0 waffles	0.342
28008	KELLOGG'S, EGGO, Wafflers, Strawberry Strudel	76.0	2.0 waffles	0.342
28009	KELLOGG'S, EGGO, Waffles, Blueberry	70.0	2.0 waffles	0.343
28010	KELLOGG'S, EGGO, Waffles, Buttermilk	70.0	2.0 waffles	0.343
28260	KELLOGG'S, EGGO, Waffles, Chocolate Chip	70.0	2.0 waffles	0.343
28011	KELLOGG'S, EGGO, Waffles, Cinnamon Toast	92.0	3.0 sets	0.506
28014	KELLOGG'S, EGGO, Waffles, French Toast	45.0	1.0 waffle	0.171
28015	KELLOGG'S, EGGO, Waffles, Homestyle	70.0	2.0 waffles	0.364
18505	KELLOGG'S, EGGO, Waffles, Homestyle, Low Fat	70.0	2.0 waffles 1 serving	0.343
28024	KELLOGG'S, EGGO, Waffles, Strawberry	70.0	2.0 waffles	0.343
28183	KELLOGG'S, POP-TARTS MINI CRISPS, Cinnamon Brown Sugar Baked Bites	23.0	1.0 pouch	0.170
28184	KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Chocolate Baked Bites	23.0	1.0 pouch	0.170
28185	KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Strawberry Baked Bites	10.0	1.0 pouch	0.112
28165	KELLOGG'S, POP-TARTS, Chocolate Chip Cookie Dough Toaster Pastries	50.0	1.0 pastry	0.170
28163	KELLOGG'S, POP-TARTS, Frosted Apple Strudel Toaster Pastries	50.0	1.0 pastry	0.240
28164	KELLOGG'S, POP-TARTS, Frosted Blueberry Muffin Toaster Pastries	50.0	1.0 pastry	0.170
28167	KELLOGG'S, POP-TARTS, Frosted Cinnamon Roll Toaster Pastries	50.0	1.0 pastry	0.170

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
28168	KELLOGG'S, POP-TARTS, Frosted Confetti Cake Toaster Pastries	50.0	1.0 pastry	0.245
28169	KELLOGG'S, POP-TARTS, Frosted Cookies & Creme Toaster Pastries	50.0	1.0 pastry	0.245
28170	KELLOGG'S, POP-TARTS, Frosted Orange Cream Toaster Pastries	50.0	1.0 pastry	0.170
28171	KELLOGG'S, POP-TARTS, Frosted Pumpkin Pie Toaster Pastries	50.0	1.0 pastry	0.170
28172	KELLOGG'S, POP-TARTS, Frosted Spring Berry Toaster Pastries	52.0	1.0 pastry	0.172
28173	KELLOGG'S, POP-TARTS, Frosted Sugar Cookie Toaster Pastries	50.0	1.0 pastry	0.170
28174	KELLOGG'S, POP-TARTS, Frosted Waffle Cone Toaster Pastries	50.0	1.0 pastry	0.170
28175	KELLOGG'S, POP-TARTS, Frosted Wild Fruit Fusion Toaster Pastries	50.0	1.0 pastry	0.170
28176	KELLOGG'S, POP-TARTS, Frosted Wild Grape Toaster Pastries	50.0	1.0 pastry	0.240
28177	KELLOGG'S, POP-TARTS, Frosted Wild Strawberry Toaster Pastries	50.0	1.0 pastry	0.170
28192	KELLOGG'S, POP-TARTS, Gingerbread Toaster Pastries	50.0	1.0 pastry	0.170
28178	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Hot Fudge Sundae Toaster Pastries	48.0	1.0 pastry	0.163
28179	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Ice Creme Sandwich Toaster Pastries	48.0	1.0 pastry	0.168
28180	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Rainbow Chip Toaster Pastries	50.0	1.0 pastry	0.170
28181	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Strawberry Milkshake Toaster Pastries	48.0	1.0 pastry	0.168
28182	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Vanilla Milkshake Toaster Pastries	48.0	1.0 pastry	0.168
28193	KELLOGG'S, POP-TARTS, Yum-azing Vanilla Milkshake Toaster Pastries	50.0	1.0 pastry	0.170
28023	KELLOGG'S, SIMPLY EGGO, Original	70.0	2.0 waffles	0.343
28186	KELLOGG'S, SPECIAL K, Cracker Chips, Cheddar	30.0	27.0 chips	0.024
28187	KELLOGG'S, SPECIAL K, Cracker Chips, Sea Salt	30.0	30.0 chips	0.024
28188	KELLOGG'S, SPECIAL K, Cracker Chips, Sour Cream & Onion	30.0	27.0 chips	0.054
28189	KELLOGG'S, SPECIAL K, Cracker Chips, Southwest Ranch	30.0	27.0 chips	0.024
28190	KELLOGG'S, SPECIAL K, Multigrain Crackers	30.0	24.0 crackers	0.057
28191	KELLOGG'S, SPECIAL K, Savory Herb Crackers	30.0	24.0 crackers	0.075
18501	KELLOGG, KELLOG'S NUTRI-GRAIN CEREAL BARS, Mixed Berry	116.0	1.0 bar (NLEA serving)	1.276
18499	KELLOGG, KELLOGG'S EGGO, Buttermilk Pancake	116.0	3.0 pancakes (NLEA serving)	0.336
21419	KFC, biscuit	49.0	1.0 biscuit	0.153
21420	KFC, Coleslaw	112.0	1.0 package	0.017
21421	KFC, Crispy Chicken Strips	47.0	1.0 strip	0.024
21438	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading	212.0	1.0 breast, with skin	0.227
21430	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed	140.0	1.0 breast, without skin	0.178
21439	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading	81.0	1.0 drumstick, with skin	0.158
21431	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed	41.0	1.0 drumstick, bone and skin removed	0.107
21440	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading	152.0	1.0 thigh, with skin	0.252
21432	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed	91.0	1.0 thigh, without skin	0.223
21441	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading	68.0	1.0 wing, with skin	0.078

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
21433	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed	44.0	1.0 wing, without skin	0.066
21434	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading	212.0	1.0 breast, with skin	0.246
21425	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	152.0	1.0 breast without skin	0.339
21435	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	0.160
21426	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	0.106
21436	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	135.0	1.0 thigh, with skin	0.350
21427	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	86.0	1.0 thigh without skin	0.267
21437	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	60.0	1.0 wing, with skin	0.133
21428	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	39.0	1.0 wing wing without skin	0.095
21422	KFC, Popcorn Chicken	6.4	1.0 piece	0.008
07968	Kielbasa, fully cooked, grilled	85.0	3.0 oz	0.180
07969	Kielbasa, fully cooked, pan-fried	370.0	1.0 link	0.773
07970	Kielbasa, fully cooked, unheated	85.0	3.0 oz	0.133
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	0.045
09520	Kiwifruit, ZESPRI SunGold, raw	81.0	1.0 fruit	0.060
07038	Knackwurst, knockwurst, pork, beef	72.0	1.0 link	0.101
11793	Kohlrabi, cooked, boiled, drained, with salt	165.0	1.0 cup slices	0.033
11242	Kohlrabi, cooked, boiled, drained, without salt	165.0	1.0 cup slices	0.033
11241	Kohlrabi, raw	135.0	1.0 cup	0.027
01189	KRAFT CHEEZ WHIZ LIGHT Pasteurized Process Cheese Product	35.0	2.0 tbsp	0.116
01188	KRAFT CHEEZ WHIZ Pasteurized Process Cheese Sauce	33.0	2.0 tbsp	0.079
01190	KRAFT FREE Singles American Nonfat Pasteurized Process Cheese Product	21.0	1.0 slice	0.059
01192	KRAFT VELVEETA LIGHT Reduced Fat Pasteurized Process Cheese Product	28.0	1.0 oz	0.182
01191	KRAFT VELVEETA Pasteurized Process Cheese Spread	28.0	1.0 oz	0.098
18567	KRAFT, STOVE TOP Stuffing Mix Chicken Flavor	28.0	1.0 NLEA serving (makes 1/2 cup prepared)	0.081
09149	Kumquats, raw	19.0	1.0 fruit without refuse	0.017
17281	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.282
17280	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.074
17283	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.306
17282	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.083
17449	Lamb, Australian, imported, fresh, external fat, cooked	85.0	3.0 oz	0.196
17287	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.223

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
17286	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.062
17289	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.241
17288	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.067
17453	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.437
17454	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.415
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.459
17444	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.456
17307	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.340
17306	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.084
17309	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.357
17308	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.091
17455	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.398
17456	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.361
17440	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.416
17441	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.410
17295	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.331
17294	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.083
17297	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.357
17296	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.091
17303	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.332
17302	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.082
17305	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.357
17304	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.091

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
17299	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.320
17298	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.077
17301	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.357
17300	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.091
17457	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.445
17458	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.422
17445	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.476
17446	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.456
17291	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.328
17290	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.081
17293	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.357
17292	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.091
17311	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.274
17310	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.082
17313	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.283
17312	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.089
17463	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.329
17448	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.357
17462	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	0.316
17447	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	0.323
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	0.286
17317	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	0.314
17464	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	0.342

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
17461	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	0.366
17314	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.374
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.445
17285	Lamb, Australian, imported, fresh, separable fat, cooked	85.0	3.0 oz	0.119
17284	Lamb, Australian, imported, fresh, separable fat, raw	28.35	1.0 oz	0.030
17329	Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.246
17323	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.224
17322	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.060
17325	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.246
17324	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.068
17327	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.228
17326	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.060
17328	Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.068
17319	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.227
17318	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.060
17320	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.068
17321	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.246
17459	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.483
17460	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.429
17442	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.484
17443	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.433
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.145
17005	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.045
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.212
17001	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.062

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
17227	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.221
17226	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.062
17004	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.238
17003	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.065
17060	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised	85.0	3.0 oz	0.204
17061	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, broiled	85.0	3.0 oz	0.255
17059	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw	28.35	1.0 oz	0.068
17008	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.281
17007	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.054
17228	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.054
17229	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.281
17010	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	128.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.243
17009	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.057
17016	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.230
17015	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.065
17233	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.230
17232	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.068
17018	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.238
17017	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.071
17020	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.238
17019	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.065
17235	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.238
17234	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.065
17022	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.264
17021	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.071
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.230
17011	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.065
17231	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.238
17230	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.068

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.246
17013	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.071
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.212
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.204
17023	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.060
17237	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.221
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.204
17236	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.060
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.238
17028	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.230
17026	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.065
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.187
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.178
17029	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.054
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.196
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.178
17239	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.054
17033	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	147.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.368
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.196
17032	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.057
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.212
17045	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.230
17046	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.212
17043	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.062
17247	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.212
17246	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.062
17249	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted	85.0	3.0 oz	0.212
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.230
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.230
17049	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.246
17050	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.230
17047	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.065
17052	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.178
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.212

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
17054	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.196
17051	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.057
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.178
17252	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.212
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.204
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.060
17056	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.187
17057	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.221
17058	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.212
17055	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.062
17036	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.187
17037	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.221
17038	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.204
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.060
17243	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.187
17244	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.221
17245	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.204
17242	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.060
17040	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.196
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.238
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.221
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.062
17225	Lamb, ground, cooked, broiled	85.0	3.0 oz	0.212
17224	Lamb, ground, raw	28.35	1.0 oz	0.060
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	85.0	3.0 oz	0.186
17358	Lamb, New Zealand, imported, brains, raw	113.0	4.0 oz	0.229
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	85.0	3.0 oz	0.110
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	113.0	4.0 oz	0.180

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.160
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	113.0	4.0 oz	0.145
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.104
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	113.0	4.0 oz	0.120
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.126
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	113.0	4.0 oz	0.157
17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	85.0	1.0 serving	0.119
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	115.0	1.0 serving	0.110
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	85.0	1.0 serving	0.126
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	115.0	1.0 serving	0.118
17067	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	0.153
17066	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	0.048
17063	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	0.349
17062	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0.091
17255	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.349
17254	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.099
17065	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	0.425
17064	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0.111
17257	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.280
17256	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.102
17073	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.382
17259	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.391
17258	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.108
17075	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted	85.0	3.0 oz	0.425
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.306
17261	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.314
17260	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.085
17079	Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled	85.0	3.0 oz	0.366
17263	Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.238
17262	Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.074

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
17085	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	0.272
17265	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.280
17264	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.088
17087	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	0.306
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	85.0	3.0 oz	0.130
17371	Lamb, New Zealand, imported, ground lamb, raw	113.0	4.0 oz	0.199
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	85.0	3.0 oz	0.712
17373	Lamb, New Zealand, imported, heart, raw	113.0	4.0 oz	0.607
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	85.0	3.0 oz	0.190
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	113.0	4.0 oz	0.167
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	85.0	3.0 oz	0.205
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	113.0	4.0 oz	0.185
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	85.0	3.0 oz	1.300
17367	Lamb, New Zealand, imported, kidney, raw	113.0	4.0 oz	1.445
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.121
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	115.0	1.0 serving	0.176
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	85.0	3.0 oz	0.128
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	115.0	1.0 serving	0.199
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	85.0	3.0 oz	4.480
17369	Lamb, New Zealand, imported, liver, raw	113.0	4.0 oz	4.757
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.153
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	115.0	1.0 serving	0.138
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	85.0	3.0 oz	0.189
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	115.0	1.0 serving	0.177
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.159
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	113.0	4.0 oz	0.124
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.188
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	113.0	4.0 oz	0.154
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.159
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	113.0	4.0 oz	0.183
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.159
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	113.0	4.0 oz	0.183

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	85.0	3.0 oz	0.114
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	113.0	4.0 oz	0.145
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	85.0	3.0 oz	0.119
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	113.0	4.0 oz	0.164
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.142
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	113.0	4.0 oz	0.136
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.160
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	113.0	4.0 oz	0.160
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.173
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	113.0	4.0 oz	0.194
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.178
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	113.0	4.0 oz	0.201
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	85.0	1.0 serving	0.158
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	115.0	1.0 serving	0.192
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	85.0	1.0 serving	0.172
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	115.0	1.0 serving	0.220
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	85.0	3.0 oz	0.161
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	113.0	4.0 oz	0.167
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	85.0	3.0 oz	0.182
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	113.0	4.0 oz	0.203
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.168
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	115.0	1.0 serving	0.154
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.196
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	115.0	1.0 serving	0.189
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	85.0	3.0 oz	0.082
17375	Lamb, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	0.076
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.251
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	0.242
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.252
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	0.243
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	85.0	3.0 oz	0.266
17377	Lamb, New Zealand, imported, testes, raw	113.0	4.0 oz	0.242
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	85.0	3.0 oz	0.290
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	113.0	4.0 oz	0.331

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.196
17422	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	113.0	4.0 oz	0.227
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.211
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	113.0	4.0 oz	0.227
17186	Lamb, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.204
17187	Lamb, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.314
17185	Lamb, variety meats and by-products, brain, raw	28.35	1.0 oz	0.085
17192	Lamb, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	1.011
17191	Lamb, variety meats and by-products, heart, raw	28.35	1.0 oz	0.281
17196	Lamb, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	1.759
17195	Lamb, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.635
17200	Lamb, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	3.426
17201	Lamb, variety meats and by-products, liver, cooked, pan-fried	85.0	3.0 oz	3.902
17199	Lamb, variety meats and by-products, liver, raw	28.35	1.0 oz	1.029
17206	Lamb, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.118
17205	Lamb, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.067
17209	Lamb, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	0.033
17211	Lamb, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0.178
17210	Lamb, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.071
17215	Lamb, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0.269
17214	Lamb, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.099
17221	Lamb, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	0.357
17220	Lamb, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.108
11794	Lambsquarters, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	0.468
11245	Lambsquarters, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	0.468
35196	Lambsquarters, raw (Northern Plains Indians)	0.9	1.0 leaf	0.003
35197	Lambsquarters, steamed (Northern Plains Indians)	65.0	1.0 cup	0.176
04002	Lard	12.8	1.0 tbsp	0.000
22916	Lasagna with meat & sauce, frozen entree	134.0	1.0 piece side	0.067
22915	Lasagna with meat & sauce, low-fat, frozen entree	309.0	1.0 package	0.389
22977	Lasagna with meat sauce, frozen, prepared	123.0	1.0 piece side	0.091
22910	Lasagna, cheese, frozen, prepared	225.0	1.0 cup 1 serving	0.346
32019	Lasagna, cheese, frozen, unprepared	237.0	1.0 cup 1 serving	0.301
22956	Lasagna, Vegetable, frozen, baked	227.0	1.0 serving	0.420

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
22962	LEAN POCKETS, Ham N Cheddar	127.0	1.0 hot pocket (1 NLEA serving)	0.390
22963	Lean Pockets, Meatballs & Mozzarella	128.0	1.0 each	0.317
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1.0 tsp	0.000
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1.0 tsp	0.000
18371	Leavening agents, baking powder, low-sodium	5.0	1.0 tsp	0.000
18372	Leavening agents, baking soda	4.6	1.0 tsp	0.000
18373	Leavening agents, cream of tartar	3.0	1.0 tsp	0.000
18375	Leavening agents, yeast, baker's, active dry	4.0	1.0 tsp	0.160
18374	Leavening agents, yeast, baker's, compressed	17.0	1.0 cake (0.6 oz)	0.192
07039	Lebanon bologna, beef	57.0	1.0 serving 2 slices	0.094
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	124.0	1.0 leek	0.025
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	0.025
11246	Leeks, (bulb and lower leaf-portion), raw	89.0	1.0 cup	0.027
11624	Leeks, (bulb and lower-leaf portion), freeze-dried	0.2	1.0 tbsp	0.001
11972	Lemon grass (citronella), raw	67.0	1.0 cup	0.090
09523	Lemon juice from concentrate, bottled, CONCORD	15.0	1.0 tbsp	0.003
09524	Lemon juice from concentrate, bottled, REAL LEMON	15.0	1.0 tbsp	0.003
09153	Lemon juice from concentrate, canned or bottled	15.0	1.0 tbsp	0.003
09154	Lemon juice, frozen, unsweetened, single strength	244.0	1.0 cup	0.032
09152	Lemon juice, raw	244.0	1.0 cup	0.037
09156	Lemon peel, raw	6.0	1.0 tbsp	0.005
14542	Lemonade, frozen concentrate, pink	36.4	1.0 fl oz	0.000
14292	Lemonade, frozen concentrate, white	36.5	1.0 fl oz	0.000
14293	Lemonade, frozen concentrate, white, prepared with water	30.9	1.0 fl oz	0.006
14288	Lemonade, powder, prepared with water	33.0	1.0 fl oz	0.000
09150	Lemons, raw, without peel	212.0	1.0 cup, sections	0.042
16370	Lentils, mature seeds, cooked, boiled, with salt	198.0	1.0 cup	0.145
16070	Lentils, mature seeds, cooked, boiled, without salt	198.0	1.0 cup	0.145
16144	Lentils, pink or red, raw	192.0	1.0 cup	0.204
16069	Lentils, raw	192.0	1.0 cup	0.405
11248	Lentils, sprouted, raw	77.0	1.0 cup	0.099
11250	Lettuce, butterhead (includes boston and bibb types), raw	55.0	1.0 cup, shredded or chopped	0.034
11251	Lettuce, cos or romaine, raw	47.0	1.0 cup shredded	0.031
11253	Lettuce, green leaf, raw	36.0	1.0 cup shredded	0.029
11252	Lettuce, iceberg (includes crisphead types), raw	72.0	1.0 cup shredded	0.018
11257	Lettuce, red leaf, raw	28.0	1.0 cup shredded	0.022

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
21413	Light Ice Cream, soft serve, blended with cookie pieces	337.0	12.0 fl oz cup	0.772
21412	Light Ice Cream, soft serve, blended with milk chocolate candies	348.0	12.0 fl oz cup	0.846
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	248.0	1.0 cup	0.107
11033	Lima beans, immature seeds, canned, regular pack, solids and liquids	124.0	0.5 cup	0.053
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	170.0	1.0 cup	0.163
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	0.163
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	180.0	1.0 cup	0.099
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	0.099
11039	Lima beans, immature seeds, frozen, baby, unprepared	164.0	1.0 cup	0.123
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	170.0	1.0 cup	0.104
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170.0	1.0 cup	0.104
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	0.107
11031	Lima beans, immature seeds, raw	156.0	1.0 cup	0.161
16073	Lima beans, large, mature seeds, canned	241.0	1.0 cup	0.082
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	188.0	1.0 cup	0.103
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188.0	1.0 cup	0.103
16071	Lima beans, large, mature seeds, raw	178.0	1.0 cup	0.360
16375	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	182.0	1.0 cup	0.100
16075	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	182.0	1.0 cup	0.100
16074	Lima beans, thin seeded (baby), mature seeds, raw	202.0	1.0 cup	0.440
09161	Lime juice, canned or bottled, unsweetened	246.0	1.0 cup	0.007
09160	Lime juice, raw	242.0	1.0 cup	0.036
14303	Limeade, frozen concentrate, prepared with water	30.9	1.0 fl oz	0.001
09159	Limes, raw	67.0	1.0 fruit (2" dia)	0.013
09165	Litchis, dried	2.5	1.0 fruit	0.014
09164	Litchis, raw	190.0	1.0 cup	0.124
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	102.0	1.0 slice	0.278
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	48.0	1.0 slice	0.089
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	89.0	1.0 slice	0.264
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	115.0	1.0 slice	0.302
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	90.0	1.0 slice	0.280
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	104.0	1.0 slice	0.291
07040	Liver cheese, pork	28.35	1.0 oz	0.631
07041	Liver sausage, liverwurst, pork	18.0	1.0 slice (2-1/2" dia x 1/4" thick)	0.185
07911	Liverwurst spread	55.0	0.25 cup	0.566
09167	Loganberries, frozen	147.0	1.0 cup, unthawed	0.050

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
22126	LOMA LINDA Big Franks, canned, unprepared	51.0	1.0 link	0.510
16509	LOMA LINDA Linketts, canned, unprepared	35.0	1.0 link	0.245
16500	LOMA LINDA Little Links, canned, unprepared	46.0	2.0 links	0.644
16502	LOMA LINDA Low Fat Big Franks, canned, unprepared	51.0	1.0 link	0.408
16507	LOMA LINDA Redi-Burger, canned, unprepared	85.0	1.0 slice , 5/8"	0.425
16505	LOMA LINDA Swiss Stake with Gravy, canned, unprepared	92.0	1.0 piece	0.828
16508	LOMA LINDA Tender Bits, canned, unprepared	85.0	6.0 pieces	0.510
16504	LOMA LINDA Tender Rounds with Gravy, canned, unprepared	80.0	6.0 pieces	0.400
16506	LOMA LINDA Vege-Burger, canned, unprepared	55.0	0.25 cup	0.275
09173	Longans, dried	1.7	1.0 fruit	0.008
09172	Longans, raw	3.2	1.0 fruit without refuse	0.004
09174	Loquats, raw	149.0	1.0 cup, cubed	0.036
11796	Lotus root, cooked, boiled, drained, with salt	60.0	0.5 cup	0.006
11255	Lotus root, cooked, boiled, drained, without salt	60.0	0.5 cup	0.006
11254	Lotus root, raw	81.0	10.0 slices (2-1/2" dia)	0.178
07909	Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite	56.0	2.0 oz (1 serving)	0.118
07908	Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)	56.0	2.0 oz 1 NLEA serving	0.099
07045	Luncheon meat, pork, canned	28.35	1.0 oz	0.055
07906	Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	56.0	2.0 oz 1 NLEA serving	0.100
07090	Luncheon sausage, pork and beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.045
43131	Luncheon slices, meatless	14.0	1.0 slice, thin	0.042
16377	Lupins, mature seeds, cooked, boiled, with salt	166.0	1.0 cup	0.088
16077	Lupins, mature seeds, cooked, boiled, without salt	166.0	1.0 cup	0.088
16076	Lupins, mature seeds, raw	180.0	1.0 cup	0.396
07060	Luxury loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.083
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	70.0	1.0 serving (makes about 1 cup prepared)	0.438
07940	Macaroni and cheese loaf, chicken, pork and beef	38.0	1.0 slice	0.095
32005	Macaroni and cheese, box mix with cheese sauce, prepared	189.0	1.0 cup prepared	0.170
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	25.0	1.0 serving (3.5 oz)	0.093
22247	Macaroni and Cheese, canned entree	244.0	1.0 serving	0.278
22919	Macaroni and Cheese, canned, microwavable	213.0	7.5 oz 1 serving	0.396
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	198.0	1.0 cup	0.352
22970	Macaroni and cheese, frozen entree	137.0	1.0 cup	0.078
32014	Macaroni or noodles with cheese, made from reduced fat packaged mix, unprepared	99.0	1.0 serving (3.5 oz)	0.379
32016	Macaroni or noodles with cheese, microwaveable, unprepared	61.0	1.0 serving 1 pouch	0.382

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
20106	Macaroni, vegetable, enriched, cooked	134.0	1.0 cup spiral shaped	0.082
20105	Macaroni, vegetable, enriched, dry	84.0	1.0 cup spiral shaped	0.441
11986	Malabar spinach, cooked	44.0	1.0 cup	0.057
14305	Malt beverage, includes non-alcoholic beer	29.6	1.0 fl oz	0.014
09175	Mammy-apple, (mamey), raw	846.0	1.0 fruit without refuse	0.338
09436	Mango nectar, canned	251.0	1.0 cup	0.008
09176	Mangos, raw	165.0	1.0 cup pieces	0.063
09177	Mangosteen, canned, syrup pack	196.0	1.0 cup, drained	0.106
09328	Maraschino cherries, canned, drained	5.0	1.0 cherry (NLEA serving)	0.000
04630	Margarine Spread, approximately 48% fat, tub	14.0	1.0 tbsp	0.003
04628	Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils	14.0	1.0 tbsp	0.000
04665	Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated), for flaky pastries	14.0	1.0 tbsp	0.011
04668	Margarine, industrial, soy and partially hydrogenated soy oil, use for baking, sauces and candy	14.0	1.0 tbsp	0.000
04629	Margarine, margarine-type vegetable oil spread, 70% fat, soybean and partially hydrogenated soybean, stick	14.0	1.0 tbsp (1 NLEA serving)	0.004
04610	Margarine, regular, 80% fat, composite, stick, with salt	14.0	1.0 tbsp	0.005
04691	Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D	14.0	1.0 tablespoon	0.005
04617	Margarine, regular, 80% fat, composite, stick, without salt	14.2	1.0 tbsp	0.005
04696	Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D	14.0	1.0 tbsp	0.005
04611	Margarine, regular, 80% fat, composite, tub, with salt	14.2	1.0 tbsp	0.000
04692	Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D	14.0	1.0 tbsp	0.000
04618	Margarine, regular, 80% fat, composite, tub, without salt	14.2	1.0 tbsp	0.000
04073	Margarine, regular, hard, soybean (hydrogenated)	4.7	1.0 tsp	0.002
04655	Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries	14.0	1.0 tbsp	0.000
04626	Margarine-like spread with yogurt, 70% fat, stick, with salt	14.0	1.0 tablespoon	0.003
04627	Margarine-like spread with yogurt, approximately 40% fat, tub, with salt	14.0	1.0 tablespoon	0.008
04687	Margarine-like spread, BENECOL Light Spread	14.0	1.0 tablespoon (1 NLEA serving)	0.000
04674	Margarine-like spread, SMART BALANCE Light Buttery Spread	14.0	1.0 tbsp	0.000
04695	Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D	14.0	1.0 tbsp	0.004
42307	Margarine-like, butter-margarine blend, 80% fat, stick, without salt	14.0	1.0 tablespoon	0.006
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.1	1.0 tbsp	0.003
04633	Margarine-like, vegetable oil spread, 20% fat, with salt	15.0	1.0 tbsp	0.000
04634	Margarine-like, vegetable oil spread, 20% fat, without salt	12.8	1.0 tbsp	0.000
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	14.3	1.0 tbsp	0.004
04693	Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D	14.0	1.0 tbsp	0.004

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
04614	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	14.3	1.0 tbsp	0.004
04620	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt	14.0	1.0 tbsp	0.004
04697	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt, with added vitamin D	14.0	1.0 tbsp	0.004
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	14.0	1.0 tbsp	0.004
04694	Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D	14.0	1.0 tbsp	0.004
04690	Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	14.9	1.0 tbsp	0.001
04624	Margarine-like, vegetable oil spread, fat free, liquid, with salt	15.0	1.0 tbsp	0.006
04631	Margarine-like, vegetable oil spread, fat-free, tub	14.6	1.0 tbsp	0.000
42256	Margarine-like, vegetable oil spread, stick or tub, sweetened	14.0	1.0 tablespoon	0.000
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	14.9	1.0 tbsp	0.001
42309	Margarine-like, vegetable oil-butter spread, reduced calorie, tub, with salt	14.0	1.0 tablespoon	0.006
04600	Margarine-like, vegetable oil-butter spread, tub, with salt	14.0	1.0 tablespoon	0.004
19303	Marmalade, orange	20.0	1.0 tbsp	0.005
18615	MARTHA WHITE FOODS, Martha White's Buttermilk Biscuit Mix, dry	41.0	1.0 serving	0.156
18614	MARTHA WHITE FOODS, Martha White's Chewy Fudge Brownie Mix, dry	28.0	1.0 serving	0.036
28360	MARY'S GONE CRACKERS, Original Crackers, Organic Gluten Free	7.4	3.0 crackers	0.016
43598	Mayonnaise dressing, no cholesterol	15.0	1.0 tbsp	0.009
43355	Mayonnaise, low sodium, low calorie or diet	14.0	1.0 tbsp	0.001
42178	Mayonnaise, made with tofu	15.0	1.0 tbsp	0.006
04708	Mayonnaise, reduced fat, with olive oil	15.0	1.0 tbsp	0.000
42138	Mayonnaise, reduced-calorie or diet, cholesterol-free	14.6	1.0 tbsp	0.000
21377	McDONALD'S Bacon Ranch Salad with Crispy Chicken	319.0	1.0 item 11.3 oz	0.226
21360	McDONALD'S, Bacon Egg & Cheese Biscuit	142.0	1.0 item 4.9 oz	0.591
21376	McDONALD'S, Bacon Ranch Salad with Grilled Chicken	305.0	1.0 item 10.8 oz	0.253
21378	McDONALD'S, Bacon Ranch Salad without chicken	223.0	1.0 item 7.8 oz	0.129
21327	McDONALD'S, Bacon, Egg & Cheese McGRIDDLES	165.0	1.0 item 5.8 oz	0.495
21324	McDONALD'S, Baked Apple Pie	77.0	2.7 oz	0.164
21310	McDONALD'S, Barbeque Sauce	28.0	1.0 package	0.012
21341	McDONALD'S, BIG BREAKFAST	269.0	1.0 item 9.5 oz	0.947
21237	McDONALD'S, BIG MAC	219.0	1.0 item 7.6 oz	0.458
21350	McDONALD'S, BIG MAC (without Big Mac Sauce)	200.0	1.0 item	0.446
21233	McDONALD'S, Cheeseburger	119.0	1.0 item 4 oz	0.309
21309	McDONALD'S, Chicken McNUGGETS	64.0	4.0 pieces	0.070
21311	McDONALD'S, Creamy Ranch Sauce	43.0	1.5 oz	0.034
21363	McDONALD'S, Deluxe Breakfast, with syrup and margarine	420.0	1.0 item 14.8 oz	1.155

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
21344	McDONALD'S, Double Cheeseburger	155.0	1.0 sandwich	0.383
21345	McDONALD'S, DOUBLE QUARTER POUNDER with Cheese	280.0	1.0 item	0.848
21357	McDONALD'S, Egg McMUFFIN	126.0	1.0 sandwich	0.464
21232	McDONALD'S, FILET-O-FISH	134.0	1.0 sandwich	0.174
21382	McDONALD'S, FILET-O-FISH (without tartar sauce)	124.0	1.0 item	0.249
21238	McDONALD'S, french fries	71.0	1.0 small serving	0.026
21380	McDONALD'S, Fruit 'n Yogurt Parfait	149.0	1.0 item 5.2 oz	0.171
21381	McDONALD'S, Fruit 'n Yogurt Parfait (without granola)	142.0	1.0 item	0.166
21228	McDONALD'S, Hamburger	95.0	1.0 sandwich	0.227
21319	McDONALD'S, Hash Brown	53.0	1.0 serving 1 patty	0.017
21335	McDONALD'S, Hot Caramel Sundae	182.0	1.0 item (6.4 oz)	0.406
21336	McDONALD'S, Hot Fudge Sundae	179.0	1.0 item (6.3 oz)	0.405
21313	McDONALD'S, Hot Mustard Sauce	28.0	1.0 package	0.016
21321	McDONALD'S, Hotcakes (plain)	149.0	3.0 hotcakes 5.3 oz	0.398
21365	McDONALD'S, Hotcakes (with 2 pats margarine & syrup)	221.0	1.0 item	0.398
21364	McDONALD'S, Hotcakes and Sausage	192.0	1.0 item	0.342
21343	McDONALD'S, Low Fat Caramel Sauce	21.0	0.8 oz	0.028
21355	McDONALD'S, McCHICKEN Sandwich	131.0	1.0 sandwich	0.262
21356	McDONALD'S, McCHICKEN Sandwich (without mayonnaise)	138.0	1.0 item	0.298
21338	McDONALD'S, McFLURRY with M&M'S CANDIES	348.0	1.0 regular (12 fl oz)	0.846
21339	McDONALD'S, McFLURRY with OREO cookies	337.0	1.0 regular (12 fl oz)	0.772
21346	McDONALD'S, NEWMAN'S OWN Cobb Dressing	62.0	2.0 fl oz	0.012
21347	McDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing	59.0	2.0 fl oz	0.024
21348	McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette	47.0	2.0 fl oz	0.000
21349	McDONALD'S, NEWMAN'S OWN Ranch Dressing	56.0	2.0 fl oz	0.078
21337	McDONALD'S, Peanuts (for Sundaes)	7.0	0.3 oz	0.008
21403	McDONALD'S, Premium Crispy Chicken Classic Sandwich	230.0	1.0 item	0.393
21405	McDONALD'S, Premium Crispy Chicken Club Sandwich	254.0	1.0 item 9 oz	0.429
21407	McDONALD'S, Premium Crispy Chicken Ranch BLT Sandwich	240.0	1.0 item 8.5 oz	0.396
21402	McDONALD'S, Premium Grilled Chicken Classic Sandwich	200.0	1.0 item 7 oz	0.380
21404	McDONALD'S, Premium Grilled Chicken Club Sandwich	223.0	1.0 item 7.9 oz	0.415
21406	McDONALD'S, Premium Grilled Chicken Ranch BLT Sandwich	202.0	1.0 item 7.1 oz	0.370
21234	McDONALD'S, QUARTER POUNDER	171.0	1.0 item	0.588
21235	McDONALD'S, QUARTER POUNDER with Cheese	199.0	1.0 item 7.1 oz	0.704
21523	McDONALD'S, RANCH SNACK WRAP, Crispy	133.0	1.0 wrap	0.352
21524	McDONALD'S, RANCH SNACK WRAP, Grilled	123.0	1.0 wrap	0.314

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
21361	McDONALD'S, Sausage Biscuit	117.0	1.0 item 4.1 oz	0.329
21362	McDONALD'S, Sausage Biscuit with Egg	163.0	1.0 item 5.7 oz	0.621
21340	McDONALD'S, Sausage Burrito	109.0	1.0 burrito	0.455
21328	McDONALD'S, Sausage McGRIDDLES	135.0	1.0 item	0.211
21358	McDONALD'S, Sausage McMUFFIN	115.0	1.0 item 4 oz	0.331
21359	McDONALD'S, Sausage McMUFFIN with Egg	165.0	1.0 item 5.8 oz	0.568
21329	McDONALD'S, Sausage, Egg & Cheese McGRIDDLES	199.0	1.0 item 7 oz	0.577
21379	McDONALD'S, Side Salad	87.0	1.0 item 3.1 oz	0.033
21522	McDONALD'S, Southern Style Chicken Biscuit	132.0	1.0 biscuit regular size biscuit	0.363
21314	McDONALD'S, Spicy Buffalo Sauce	43.0	1.5 oz	0.024
21334	McDONALD'S, Strawberry Sundae	178.0	1.0 item (6.3 oz)	0.347
21315	McDONALD'S, Sweet 'N Sour Sauce	28.0	1.0 package	0.012
21316	McDONALD'S, Tangy Honey Mustard Sauce	43.0	1.5 oz	0.019
21333	McDONALD'S, Vanilla Reduced Fat Ice Cream Cone	90.0	1.0 item (3.2 oz)	0.221
04606	Meat drippings (lard, beef tallow, mutton tallow)	12.8	1.0 tablespoon	0.000
16106	Meat extender	88.0	1.0 cup	0.784
07972	Meatballs, frozen, Italian style	85.0	3.0 oz	0.196
43132	Meatballs, meatless	144.0	1.0 cup	0.307
09185	Melon balls, frozen	173.0	1.0 cup, unthawed	0.038
09181	Melons, cantaloupe, raw	177.0	1.0 cup, balls	0.034
09183	Melons, casaba, raw	170.0	1.0 cup, cubes	0.053
09184	Melons, honeydew, raw	170.0	1.0 cup, diced (approx 20 pieces per cup)	0.020
08510	Milk and cereal bar	25.0	1.0 bar	0.174
01244	Milk dessert bar, frozen, made from lowfat milk	68.0	1.0 bar	0.088
42131	Milk dessert, frozen, milk-fat free, chocolate	137.0	1.0 cup	0.356
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	0.063
01111	Milk shakes, thick vanilla	28.4	1.0 fl oz	0.055
01076	Milk substitutes, fluid, with lauric acid oil	244.0	1.0 cup	0.215
01094	Milk, buttermilk, dried	30.0	0.25 cup	0.474
01088	Milk, buttermilk, fluid, cultured, lowfat	245.0	1.0 cup	0.377
42189	Milk, buttermilk, fluid, cultured, reduced fat	245.0	1.0 cup	0.514
01230	Milk, buttermilk, fluid, whole	245.0	1.0 cup	0.421
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	0.159
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	0.099
01153	Milk, canned, evaporated, with added vitamin A	31.5	1.0 fl oz	0.100
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	0.100

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	252.0	1.0 cup	0.796
01105	Milk, chocolate beverage, hot cocoa, homemade	250.0	1.0 cup	0.455
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	250.0	1.0 cup	1.412
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	0.458
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	0.405
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	250.0	1.0 cup	0.618
01093	Milk, dry, nonfat, calcium reduced	28.35	1.0 oz	0.466
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	68.0	1.0 cup	1.186
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	68.0	1.0 cup	1.186
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	30.0	0.25 cup	0.465
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	30.0	0.25 cup	0.465
01090	Milk, dry, whole, with added vitamin D	32.0	0.25 cup	0.386
01212	Milk, dry, whole, without added vitamin D	128.0	1.0 cup	1.542
01291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	252.0	1.0 cup	0.796
01059	Milk, filled, fluid, with blend of hydrogenated vegetable oils	244.0	1.0 cup	0.300
01060	Milk, filled, fluid, with lauric acid oil	244.0	1.0 cup	0.300
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	244.0	1.0 cup	0.451
42290	Milk, fluid, nonfat, calcium fortified (fat free or skim)	247.0	1.0 cup	0.346
01106	Milk, goat, fluid, with added vitamin D	30.5	1.0 fl oz	0.042
01107	Milk, human, mature, fluid	30.8	1.0 fl oz	0.011
43543	Milk, imitation, non-soy	244.0	1.0 cup	0.000
01108	Milk, indian buffalo, fluid	244.0	1.0 cup	0.329
01089	Milk, low sodium, fluid	244.0	1.0 cup	0.256
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	0.472
01083	Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D	245.0	1.0 cup	0.424
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.451
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	246.0	1.0 cup	0.477
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.429
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.446
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.446
01078	Milk, producer, fluid, 3.7% milkfat	244.0	1.0 cup	0.393
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	0.477
01080	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D	245.0	1.0 cup	0.424
01152	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A	245.0	1.0 cup	0.475
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.451
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	246.0	1.0 cup	0.455

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
01109	Milk, sheep, fluid	245.0	1.0 cup	0.870
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244.0	1.0 cup	0.412
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	244.0	1.0 cup	0.412
20647	Millet flour	119.0	1.0 cup	0.087
20032	Millet, cooked	174.0	1.0 cup	0.143
43483	Millet, puffed	21.0	1.0 cup	0.057
20031	Millet, raw	200.0	1.0 cup	0.580
16112	Miso	17.0	1.0 tbsp	0.040
19304	Molasses	337.0	1.0 cup	0.007
15156	Mollusks, abalone, mixed species, cooked, fried	85.0	3.0 oz	0.110
15155	Mollusks, abalone, mixed species, raw	85.0	3.0 oz	0.085
15160	Mollusks, clam, mixed species, canned, drained solids	85.0	3.0 oz	0.056
15162	Mollusks, clam, mixed species, canned, liquid	85.0	3.0 oz	0.017
15158	Mollusks, clam, mixed species, cooked, breaded and fried	85.0	3.0 oz	0.207
15159	Mollusks, clam, mixed species, cooked, moist heat	85.0	3.0 oz	0.362
15157	Mollusks, clam, mixed species, raw	85.0	3.0 oz	0.034
15250	Mollusks, conch, baked or broiled	127.0	1.0 cup, sliced	0.102
15229	Mollusks, cuttlefish, mixed species, cooked, moist heat	85.0	3.0 oz	1.470
15163	Mollusks, cuttlefish, mixed species, raw	85.0	3.0 oz	0.774
15165	Mollusks, mussel, blue, cooked, moist heat	85.0	3.0 oz	0.357
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	0.315
15230	Mollusks, octopus, common, cooked, moist heat	85.0	3.0 oz	0.065
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	0.034
15170	Mollusks, oyster, eastern, canned	85.0	3.0 oz	0.141
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85.0	3.0 oz	0.172
15246	Mollusks, oyster, eastern, farmed, cooked, dry heat	85.0	3.0 oz	0.047
15245	Mollusks, oyster, eastern, farmed, raw	85.0	3.0 oz	0.055
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	0.095
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	0.153
15167	Mollusks, oyster, eastern, wild, raw	84.0	6.0 medium	0.076
15231	Mollusks, oyster, Pacific, cooked, moist heat	25.0	1.0 medium	0.111
15171	Mollusks, oyster, Pacific, raw	50.0	1.0 medium	0.116
90240	Mollusks, scallop, (bay and sea), cooked, steamed	85.0	3.0 oz	0.020
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	31.0	2.0 large	0.034
15174	Mollusks, scallop, mixed species, imitation, made from surimi	85.0	3.0 oz	0.014
15172	Mollusks, scallop, mixed species, raw	30.0	1.0 unit 2 large or 5 small	0.004

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
90560	Mollusks, snail, raw	85.0	3.0 oz	0.102
15176	Mollusks, squid, mixed species, cooked, fried	85.0	3.0 oz	0.389
15175	Mollusks, squid, mixed species, raw	28.35	1.0 oz, boneless	0.117
15178	Mollusks, whelk, unspecified, cooked, moist heat	85.0	3.0 oz	0.182
15177	Mollusks, whelk, unspecified, raw	85.0	3.0 oz	0.091
16163	MORI-NU, Tofu, silken, extra firm	84.0	1.0 slice	0.029
16162	MORI-NU, Tofu, silken, firm	84.0	1.0 slice	0.034
16165	MORI-NU, Tofu, silken, lite extra firm	84.0	1.0 slice	0.017
16164	MORI-NU, Tofu, silken, lite firm	84.0	1.0 slice	0.017
16161	MORI-NU, Tofu, silken, soft	84.0	1.0 slice	0.034
16551	MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared	67.0	1.0 burger	0.201
16590	MORNINGSTAR FARMS BBQ Riblets, frozen, unprepared	142.0	1.0 sauce	0.000
16542	MORNINGSTAR FARMS Breakfast Bacon Strips, frozen, unprepared	16.0	2.0 strips	0.064
16603	MORNINGSTAR FARMS Breakfast Biscuit Sausage, Egg & Cheese, frozen, unprepared	105.0	1.0 biscuit	0.315
16538	MORNINGSTAR FARMS Breakfast Pattie with Organic Soy, frozen, unprepared	38.0	1.0 Patty	0.076
16609	MORNINGSTAR FARMS Breakfast Pattie, frozen, unprepared	38.0	1.0 pattie	0.076
16546	MORNINGSTAR FARMS Breakfast Sausage Links, frozen, unprepared	45.0	2.0 links	0.270
22122	MORNINGSTAR FARMS Breakfast Sausage Patties, frozen, unprepared	38.0	1.0 patty	0.114
16607	MORNINGSTAR FARMS Buffalo Chik Patties, frozen, unprepared	71.0	1.0 patty	0.071
16555	MORNINGSTAR FARMS Buffalo Wings, frozen, unprepared	85.0	5.0 Wings	0.085
16592	MORNINGSTAR FARMS California Turk'y Burger, frozen, unprepared	64.0	1.0 burger	0.064
16608	MORNINGSTAR FARMS Chik Patties Original, frozen, unprepared	71.0	1.0 patty	0.071
16557	MORNINGSTAR FARMS Chik Patties, frozen, unprepared	71.0	1.0 patty	0.071
16588	MORNINGSTAR FARMS Chik'n Grill Veggie Patties, frozen, unprepared	67.0	1.0 patty	0.007
16556	MORNINGSTAR FARMS Chik'n Nuggets, frozen, unprepared	86.0	4.0 nuggets	0.086
16615	MORNINGSTAR FARMS Chipotle Black Bean Crumbles, frozen, unprepared	56.0	0.5 cup	0.056
16616	MORNINGSTAR FARMS Garden Veggie Nuggets, frozen, unprepared	80.0	5.0 nuggets	0.000
22118	MORNINGSTAR FARMS Garden Veggie Patties, frozen, unprepared	67.0	1.0 burger	0.201
22120	MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared	50.0	0.5 cup	0.100
16601	MORNINGSTAR FARMS Grillers Chik'n Veggie Patties, frozen, unprepared	67.0	1.0 patty	0.000
16548	MORNINGSTAR FARMS Grillers Original, frozen, unprepared	64.0	1.0 burger	0.192
16549	MORNINGSTAR FARMS Grillers Prime, frozen, unprepared	71.0	1.0 burger	0.142
16596	MORNINGSTAR FARMS Grillers Quarter Pound Veggie Burger, frozen, unprepared	114.0	1.0 burger	0.342
22121	MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared	71.0	1.0 Burger	0.071
16593	MORNINGSTAR FARMS Hot and Spicy Veggie Sausage Patties, frozen, unprepared	38.0	1.0 patty	0.114
16594	MORNINGSTAR FARMS Lasagna with Veggie Sausage, frozen, unprepared	284.0	1.0 entree	0.284

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
16602	MORNINGSTAR FARMS Meal Starters Veggie Meatballs, frozen, unprepared	80.0	5.0 meatballs	0.480
16606	MORNINGSTAR FARMS Mediterranean Chickpea, frozen, unprepared	67.0	1.0 Burger	0.134
16552	MORNINGSTAR FARMS Mushroom Lover's Burger, frozen, unprepared	64.0	1.0 burger	0.064
16611	MORNINGSTAR FARMS Parmesan Garlic Wings, frozen, unprepared	85.0	5.0 Wings	0.085
21515	MORNINGSTAR FARMS Pizza, Baja Black Bean, single serve, frozen, unprepared	160.0	1.0 pizza	0.320
16610	MORNINGSTAR FARMS Roasted Garlic & Quinoa Burger, frozen, unprepared	67.0	1.0 burger	0.000
16565	MORNINGSTAR FARMS Sausage Style Recipe Crumbles, frozen, unprepared	55.0	0.667 cup	0.110
16600	MORNINGSTAR FARMS Sesame Chik'n Entree, frozen, unprepared	269.0	1.0 package	0.350
22123	MORNINGSTAR FARMS Spicy Black Bean Burger, frozen, unprepared	67.0	1.0 burger	0.134
16617	MORNINGSTAR FARMS Spicy Black Bean Enchilada Entree, frozen, unprepared	255.0	1.0 entree	0.255
16618	MORNINGSTAR FARMS Spicy Indian Veggie Burger, frozen, unprepared	67.0	1.0 burger	0.000
16554	MORNINGSTAR FARMS Tomato & Basil Pizza Burger, frozen, unprepared	67.0	1.0 burger	0.134
16619	MORNINGSTAR FARMS Tuscan Greens & Beans, frozen, unprepared	241.0	1.0 entree	0.241
22119	MORNINGSTAR FARMS Veggie Dog, frozen, unprepared	40.0	1.0 link	0.560
07050	Mortadella, beef, pork	28.35	1.0 oz	0.043
16379	Mothbeans, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.041
16079	Mothbeans, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.041
16078	Mothbeans, mature seeds, raw	196.0	1.0 cup	0.178
07061	Mother's loaf, pork	28.35	1.0 oz	0.048
28194	MOTHER'S, 4th of July Circus Animal Cookies	29.0	6.0 cookies	0.058
28195	MOTHER'S, Chocolate Chip Cookies	30.0	4.0 cookies	0.066
28196	MOTHER'S, Circus Animal Cookies	29.0	6.0 cookies	0.058
28197	MOTHER'S, Coconut Cocadas Cookies	32.0	5.0 cookies	0.080
28198	MOTHER'S, Double Fudge Creme Sandwich Cookies	38.0	2.0 cookies	0.072
28199	MOTHER'S, English Tea Sandwich Cookies	38.0	2.0 cookies	0.084
28200	MOTHER'S, Halloween Circus Animals Cookies	29.0	6.0 cookies	0.058
28201	MOTHER'S, Holiday Circus Animal Cookies	29.0	6.0 cookies	0.058
28202	MOTHER'S, Iced Lemonade Cookies	29.0	4.0 cookies	0.064
28203	MOTHER'S, Iced Oatmeal Cookies	32.0	4.0 cookies	0.054
28204	MOTHER'S, Jungle Animal Cookies	29.0	6.0 cookies	0.058
28205	MOTHER'S, Macaroon Cookies	31.0	2.0 cookies	0.074
28206	MOTHER'S, Old Fashioned Chocolate Chip Cookies	32.0	2.0 cookies	0.067
28207	MOTHER'S, Old Fashioned Iced Oatmeal Cookies	31.0	2.0 cookies	0.065
28269	MOTHER'S, Old Fashioned Oatmeal Cookies	27.0	2.0 cookies	0.062
28208	MOTHER'S, Peanut Butter Gauchos Cookies	38.0	2.0 cookies	0.065
28209	MOTHER'S, Taffy Sandwich Cookies	38.0	2.0 cookies	0.065

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
28270	MOTHER'S, Vanilla Sandwich Cookies	38.0	2.0 cookies	0.095
11927	Mountain yam, hawaii, cooked, steamed, with salt	145.0	1.0 cup, cubes	0.020
11259	Mountain yam, hawaii, cooked, steamed, without salt	145.0	1.0 cup, cubes	0.020
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	0.013
18940	Muffin, blueberry, commercially prepared, low-fat	71.0	1.0 muffin small	0.124
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	28.35	1.0 oz	0.046
18275	Muffins, blueberry, dry mix	43.0	1.0 serving	0.100
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.082
18277	Muffins, blueberry, toaster-type	28.35	1.0 oz	0.082
18386	Muffins, blueberry, toaster-type, toasted	28.35	1.0 oz	0.079
18279	Muffins, corn, commercially prepared	28.35	1.0 oz	0.092
18280	Muffins, corn, dry mix, prepared	28.35	1.0 oz	0.078
18282	Muffins, corn, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.088
18281	Muffins, corn, toaster-type	28.35	1.0 oz	0.105
18283	Muffins, oat bran	28.35	1.0 oz	0.027
18273	Muffins, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.085
18284	Muffins, wheat bran, dry mix	28.35	1.0 oz	0.079
18388	Muffins, wheat bran, toaster-type with raisins, toasted	28.35	1.0 oz	0.081
09190	Mulberries, raw	140.0	1.0 cup	0.141
16381	Mung beans, mature seeds, cooked, boiled, with salt	202.0	1.0 cup	0.123
16081	Mung beans, mature seeds, cooked, boiled, without salt	202.0	1.0 cup	0.123
16080	Mung beans, mature seeds, raw	207.0	1.0 cup	0.482
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	124.0	1.0 cup	0.126
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	0.126
11045	Mung beans, mature seeds, sprouted, cooked, stir-fried	124.0	1.0 cup	0.223
11043	Mung beans, mature seeds, sprouted, raw	104.0	1.0 cup	0.129
16384	Mungo beans, mature seeds, cooked, boiled, with salt	180.0	1.0 cup	0.135
16084	Mungo beans, mature seeds, cooked, boiled, without salt	180.0	1.0 cup	0.135
16083	Mungo beans, mature seeds, raw	207.0	1.0 cup	0.526
28272	MURRAY, Chocolate Creme Sandwich Cookies	29.0	3.0 cookies	0.064
28211	MURRAY, Chocolatey Chip Thins Cookies	30.0	8.0 cookies	0.099
28271	MURRAY, COOKIE JAR CLASSICS, Butter Cookies	30.0	8.0 cookies	0.102
28212	MURRAY, COOKIE JAR CLASSICS, Coconut Bars Cookies	32.0	6.0 cookies	0.109
28213	MURRAY, Duplex Creme Sandwich Cookies	29.0	3.0 cookies	0.067
28274	MURRAY, Honey Graham	31.0	8.0 crackers	0.078
28215	MURRAY, JACKS Vanilla Wafers	32.0	9.0 cookies	0.074

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
28214	MURRAY, Lemon Creme Sandwich Cookies	29.0	3.0 cookies	0.067
28275	MURRAY, Old Fashioned Gingersnaps Cookies	30.0	5.0 cookies	0.072
28217	MURRAY, SOUTHERN KITCHEN, Chocolate Chip Cookies	28.0	2.0 cookies	0.064
28218	MURRAY, SOUTHERN KITCHEN, Coconut Cookies	29.0	2.0 cookies	0.067
28219	MURRAY, SOUTHERN KITCHEN, Iced Oatmeal Cookies	29.0	2.0 cookies	0.044
28276	MURRAY, SOUTHERN KITCHEN, Oatmeal Cookies	29.0	2.0 cookies	0.046
28221	MURRAY, SUGAR FREE, Chocolate Chip & Pecan Cookies	32.0	3.0 cookies	0.074
28277	MURRAY, SUGAR FREE, Chocolate Chip Cookies	32.0	3.0 cookies	0.074
28279	MURRAY, SUGAR FREE, Chocolate Creme Sandwich Cookies	28.0	3.0 cookies	0.062
28222	MURRAY, SUGAR FREE, Fudge Dipped Grahams	30.0	4.0 cookies	0.048
28223	MURRAY, SUGAR FREE, Fudge Dipped Mint Cookies	26.0	4.0 cookies	0.049
28224	MURRAY, SUGAR FREE, Fudge Dipped Wafers	31.0	4.0 cookies	0.025
28227	MURRAY, SUGAR FREE, Lemon Creme Sandwich Cookies	28.0	3.0 cookies	0.064
28278	MURRAY, SUGAR FREE, Oatmeal Cookies	32.0	3.0 cookies	0.074
28225	MURRAY, SUGAR FREE, Peanut Butter Cookies	29.0	3.0 cookies	0.067
28226	MURRAY, SUGAR FREE, Pecan Shortbread Cookies	32.0	3.0 cookies	0.083
28230	MURRAY, SUGAR FREE, Shortbread Bites	21.0	1.0 pouch	0.063
28229	MURRAY, SUGAR FREE, Shortbread Cookies	30.0	8.0 cookies	0.099
28228	MURRAY, SUGAR FREE, Vanilla Creme Sandwich Cookies	28.0	3.0 cookies	0.064
28210	MURRAY, SUGAR FREE, Vanilla Sugar Wafer	28.0	4.0 cookies	0.042
28231	MURRAY, SUGAR FREE, Vanilla Wafer	32.0	9.0 cookies	0.086
28273	MURRAY, Vanilla Creme Sandwich Cookies	29.0	3.0 cookies	0.070
28232	MURRAY, Vanilla Sugar Wafer	28.0	5.0 cookies	0.056
28233	MURRAY, Vanilla Wafer	30.0	8.0 cookies	0.069
11938	Mushroom, white, exposed to ultraviolet light, raw	70.0	1.0 cup pieces or slices	0.281
11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	87.0	1.0 cup whole	0.426
11266	Mushrooms, brown, italian, or crimini, raw	87.0	1.0 cup whole	0.426
11264	Mushrooms, canned, drained solids	156.0	1.0 cup	0.033
11239	Mushrooms, Chanterelle, raw	54.0	1.0 cup	0.116
11950	Mushrooms, enoki, raw	5.0	1.0 large	0.010
11993	Mushrooms, maitake, raw	70.0	1.0 cup diced	0.169
11240	Mushrooms, morel, raw	66.0	1.0 cup	0.135
11987	Mushrooms, oyster, raw	148.0	1.0 large	0.517
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	121.0	1.0 cup sliced	0.488
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	86.0	1.0 cup diced	0.112
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	0.488

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
11265	Mushrooms, portabella, raw	86.0	1.0 cup diced	0.112
11798	Mushrooms, shiitake, cooked, with salt	145.0	1.0 cup pieces	0.247
11269	Mushrooms, shiitake, cooked, without salt	145.0	1.0 cup pieces	0.247
11268	Mushrooms, shiitake, dried	3.6	1.0 mushroom	0.046
11238	Mushrooms, shiitake, raw	19.0	1.0 piece whole	0.041
11267	Mushrooms, shiitake, stir-fried	89.0	1.0 cup whole	0.244
11989	Mushrooms, straw, canned, drained solids	182.0	1.0 cup	0.127
11797	Mushrooms, white, cooked, boiled, drained, with salt	156.0	1.0 cup pieces	0.468
11261	Mushrooms, white, cooked, boiled, drained, without salt	156.0	1.0 cup pieces	0.468
11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices	0.281
11263	Mushrooms, white, stir-fried	108.0	1.0 cup sliced	0.500
11799	Mustard greens, cooked, boiled, drained, with salt	140.0	1.0 cup, chopped	0.088
11271	Mustard greens, cooked, boiled, drained, without salt	140.0	1.0 cup, chopped	0.088
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	150.0	1.0 cup, chopped or diced	0.080
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	150.0	1.0 cup, chopped	0.080
11272	Mustard greens, frozen, unprepared	146.0	1.0 cup, chopped	0.089
11270	Mustard greens, raw	56.0	1.0 cup, chopped	0.062
11801	Mustard spinach, (tendergreen), cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	0.112
11275	Mustard spinach, (tendergreen), cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	0.112
11274	Mustard spinach, (tendergreen), raw	150.0	1.0 cup, chopped	0.139
02046	Mustard, prepared, yellow	5.0	1.0 tsp or 1 packet	0.004
35141	Mutton, cooked, roasted (Navajo)	28.35	1.0 oz	0.085
18617	NABISCO, NABISCO GRAHAMS Crackers	28.0	1.0 serving	0.067
18619	NABISCO, NABISCO OREO CRUNCHIES, Cookie Crumb Topping	11.0	1.0 serving	0.018
18621	NABISCO, NABISCO RITZ Crackers	3.3	1.0 cracker	0.009
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16.0	1.0 serving	0.027
09448	Nance, canned, syrup, drained	11.1	3.0 fruit without pits	0.002
09449	Nance, frozen, unsweetened	112.0	1.0 cup without pits, thawed	0.020
09450	Naranjilla (lulo) pulp, frozen, unsweetened	120.0	1.0 cup thawed	0.000
16113	Natto	175.0	1.0 cup	0.332
09191	Nectarines, raw	143.0	1.0 cup slices	0.039
07091	New england brand sausage, pork, beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.057
11802	New zealand spinach, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	0.193
11277	New Zealand spinach, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	0.193
11276	New Zealand spinach, raw	56.0	1.0 cup, chopped	0.073
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	140.0	1.0 cup	0.000

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
20113	Noodles, chinese, chow mein	28.0	0.5 cup dry	0.118
20310	Noodles, egg, cooked, enriched, with added salt	160.0	1.0 cup	0.218
20510	Noodles, egg, cooked, unenriched, with added salt	160.0	1.0 cup	0.032
20109	Noodles, egg, dry, enriched	38.0	1.0 cup	0.162
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	0.034
20110	Noodles, egg, enriched, cooked	160.0	1.0 cup	0.218
20112	Noodles, egg, spinach, enriched, cooked	160.0	1.0 cup	0.197
20111	Noodles, egg, spinach, enriched, dry	38.0	1.0 cup	0.181
20410	Noodles, egg, unenriched, cooked, without added salt	160.0	1.0 cup	0.032
20118	Noodles, flat, crunchy, Chinese restaurant	45.0	1.0 cup	0.050
20115	Noodles, japanese, soba, cooked	114.0	1.0 cup	0.030
20114	Noodles, japanese, soba, dry	57.0	2.0 oz	0.074
20117	Noodles, japanese, somen, cooked	176.0	1.0 cup	0.058
20116	Noodles, japanese, somen, dry	57.0	2.0 oz	0.015
11964	Nopales, cooked, without salt	149.0	1.0 cup	0.060
11963	Nopales, raw	86.0	1.0 cup, sliced	0.035
01250	Nutritional supplement for people with diabetes, liquid	227.0	1.0 can	0.424
12060	Nuts, acorn flour, full fat	28.35	1.0 oz	0.044
12059	Nuts, acorns, dried	28.35	1.0 oz	0.044
12058	Nuts, acorns, raw	28.35	1.0 oz	0.033
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	0.150
12195	Nuts, almond butter, plain, without salt added	16.0	1.0 tbsp	0.150
12071	Nuts, almond paste	28.35	1.0 oz	0.117
12061	Nuts, almonds	143.0	1.0 cup, whole	1.627
12062	Nuts, almonds, blanched	145.0	1.0 cup whole kernels	1.031
12563	Nuts, almonds, dry roasted, with salt added	138.0	1.0 cup whole kernels	1.652
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	1.652
12206	Nuts, almonds, honey roasted, unblanched	144.0	1.0 cup whole kernels	1.372
12665	Nuts, almonds, oil roasted, lightly salted	157.0	1.0 cup whole kernels	1.226
12565	Nuts, almonds, oil roasted, with salt added	157.0	1.0 cup whole kernels	1.226
12065	Nuts, almonds, oil roasted, without salt added	157.0	1.0 cup whole kernels	1.226
12077	Nuts, beechnuts, dried	28.35	1.0 oz	0.105
12078	Nuts, brazilnuts, dried, unblanched	133.0	1.0 cup, whole	0.047
12084	Nuts, butternuts, dried	120.0	1.0 cup	0.178
12588	Nuts, cashew butter, plain, with salt added	16.0	1.0 tbsp	0.025
12088	Nuts, cashew butter, plain, without salt added	16.0	1.0 tbsp	0.030

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
12585	Nuts, cashew nuts, dry roasted, with salt added	137.0	1.0 cup, halves and whole	0.274
12085	Nuts, cashew nuts, dry roasted, without salt added	137.0	1.0 cup, halves and whole	0.274
12586	Nuts, cashew nuts, oil roasted, with salt added	129.0	1.0 cup, whole	0.281
12086	Nuts, cashew nuts, oil roasted, without salt added	129.0	1.0 cup, whole	0.281
12087	Nuts, cashew nuts, raw	28.35	1.0 oz	0.016
12095	Nuts, chestnuts, chinese, boiled and steamed	28.35	1.0 oz	0.035
12094	Nuts, chestnuts, chinese, dried	28.35	1.0 oz	0.083
12093	Nuts, chestnuts, chinese, raw	28.35	1.0 oz	0.051
12096	Nuts, chestnuts, chinese, roasted	28.35	1.0 oz	0.026
12101	Nuts, chestnuts, european, boiled and steamed	28.35	1.0 oz	0.029
12100	Nuts, chestnuts, european, dried, peeled	28.35	1.0 oz	0.015
12099	Nuts, chestnuts, european, dried, unpeeled	28.35	1.0 oz	0.102
12098	Nuts, chestnuts, european, raw, peeled	28.35	1.0 oz	0.005
12097	Nuts, chestnuts, european, raw, unpeeled	145.0	1.0 cup	0.244
12167	Nuts, chestnuts, european, roasted	143.0	1.0 cup	0.250
12203	Nuts, chestnuts, japanese, boiled and steamed	28.35	1.0 oz	0.017
12175	Nuts, chestnuts, japanese, dried	155.0	1.0 cup	0.589
12202	Nuts, chestnuts, japanese, raw	28.35	1.0 oz	0.046
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	0.008
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	15.0	1.0 tbsp	0.000
12177	Nuts, coconut meat, dried (desiccated), creamed	28.35	1.0 oz	0.029
12108	Nuts, coconut meat, dried (desiccated), not sweetened	28.35	1.0 oz	0.028
12110	Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned	77.0	1.0 cup	0.015
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	0.013
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93.0	1.0 cup, shredded	0.019
12114	Nuts, coconut meat, dried (desiccated), toasted	28.35	1.0 oz	0.029
12104	Nuts, coconut meat, raw	80.0	1.0 cup, shredded	0.016
12118	Nuts, coconut milk, canned (liquid expressed from grated meat and water)	226.0	1.0 cup	0.000
12176	Nuts, coconut milk, frozen (liquid expressed from grated meat and water)	240.0	1.0 cup	0.000
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	240.0	1.0 cup	0.000
12119	Nuts, coconut water (liquid from coconuts)	240.0	1.0 cup	0.137
12200	Nuts, formulated, wheat-based, all flavors except macadamia, without salt	28.35	1.0 oz	0.085
12140	Nuts, formulated, wheat-based, unflavored, with salt added	28.35	1.0 oz	0.085
12129	Nuts, ginkgo nuts, canned	155.0	1.0 cup (78 kernels)	0.084
12128	Nuts, ginkgo nuts, dried	28.35	1.0 oz	0.050
12127	Nuts, ginkgo nuts, raw	28.35	1.0 oz	0.026

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	0.130
12121	Nuts, hazelnuts or filberts, blanched	28.35	1.0 oz	0.031
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	28.35	1.0 oz	0.035
12130	Nuts, hickorynuts, dried	120.0	1.0 cup	0.157
12632	Nuts, macadamia nuts, dry roasted, with salt added	132.0	1.0 cup, whole or halves	0.115
12132	Nuts, macadamia nuts, dry roasted, without salt added	132.0	1.0 cup, whole or halves	0.115
12131	Nuts, macadamia nuts, raw	134.0	1.0 cup, whole or halves	0.217
12136	Nuts, mixed nuts, dry roasted, with peanuts, salt added, PLANTERS pistachio blend	147.0	1.0 cup	0.838
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	137.0	1.0 cup	0.274
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	131.0	1.0 cup	0.524
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	0.056
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	134.0	1.0 cup	0.263
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	134.0	1.0 cup	0.263
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	28.35	1.0 oz	0.091
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	144.0	1.0 cup	0.700
12138	Nuts, mixed nuts, oil roasted, without peanuts, without salt added	144.0	1.0 cup	0.700
12142	Nuts, pecans	109.0	1.0 cup, chopped	0.142
12643	Nuts, pecans, dry roasted, with salt added	28.35	1.0 oz	0.030
12143	Nuts, pecans, dry roasted, without salt added	28.35	1.0 oz	0.030
12644	Nuts, pecans, oil roasted, with salt added	110.0	1.0 cup	0.121
12144	Nuts, pecans, oil roasted, without salt added	110.0	1.0 cup	0.121
12145	Nuts, pilinuts, dried	120.0	1.0 cup	0.112
12147	Nuts, pine nuts, dried	135.0	1.0 cup	0.306
12149	Nuts, pine nuts, pinyon, dried	28.35	1.0 oz	0.063
12652	Nuts, pistachio nuts, dry roasted, with salt added	123.0	1.0 cup	0.288
12152	Nuts, pistachio nuts, dry roasted, without salt added	123.0	1.0 cup	0.288
12151	Nuts, pistachio nuts, raw	123.0	1.0 cup	0.197
12154	Nuts, walnuts, black, dried	125.0	1.0 cup, chopped	0.162
12157	Nuts, walnuts, dry roasted, with salt added	28.0	1.0 oz	0.083
12155	Nuts, walnuts, english	117.0	1.0 cup, chopped	0.176
20034	Oat bran, cooked	219.0	1.0 cup	0.074
20033	Oat bran, raw	94.0	1.0 cup	0.207
20132	Oat flour, partially debranned	104.0	1.0 cup	0.130
20038	Oats	156.0	1.0 cup	0.217
09192	Oheloberries, raw	140.0	1.0 cup	0.050
04529	Oil, almond	13.6	1.0 tablespoon	0.000

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
04530	Oil, apricot kernel	13.6	1.0 tablespoon	0.000
04581	Oil, avocado	14.0	1.0 tbsp	0.000
04534	Oil, babassu	13.6	1.0 tbsp	0.000
04582	Oil, canola	14.0	1.0 tbsp	0.000
04501	Oil, cocoa butter	13.6	1.0 tablespoon	0.000
04047	Oil, coconut	13.6	1.0 tbsp	0.000
42289	Oil, corn and canola	14.0	1.0 tbsp	0.000
04518	Oil, corn, industrial and retail, all purpose salad or cooking	13.6	1.0 tbsp	0.000
44005	Oil, corn, peanut, and olive	14.0	1.0 tablespoon	0.000
04502	Oil, cottonseed, salad or cooking	13.6	1.0 tablespoon	0.000
04541	Oil, cupu assu	13.6	1.0 tablespoon	0.000
42231	Oil, flaxseed, cold pressed	13.6	1.0 tbsp	0.000
04517	Oil, grapeseed	13.6	1.0 tablespoon	0.000
04532	Oil, hazelnut	13.6	1.0 tablespoon	0.000
04645	Oil, industrial, canola (partially hydrogenated) oil for deep fat frying	13.6	1.0 tablespoon	0.000
04644	Oil, industrial, canola for salads, woks and light frying	13.6	1.0 tablespoon	0.000
04643	Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying	13.6	1.0 tablespoon	0.000
04698	Oil, industrial, canola, high oleic	14.0	1.0 tablespoon	0.000
04661	Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners	13.6	1.0 tbsp	0.000
04659	Oil, industrial, coconut, confection fat, typical basis for ice cream coatings	13.6	1.0 tbsp	0.000
04646	Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts	13.6	1.0 tbsp	0.000
04702	Oil, industrial, cottonseed, fully hydrogenated	13.6	1.0 tablespoon	0.000
04642	Oil, industrial, mid-oleic, sunflower	13.6	1.0 tablespoon	0.000
04662	Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)	13.6	1.0 tbsp	0.000
04660	Oil, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy	13.6	1.0 tbsp	0.000
04658	Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product	13.6	1.0 tbsp	0.000
04657	Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter	13.6	1.0 tbsp	0.000
04663	Oil, industrial, palm kernel (hydrogenated), filling fat	13.6	1.0 tbsp	0.000
04656	Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter	13.6	1.0 tbsp	0.000
04652	Oil, industrial, soy (partially hydrogenated), all purpose	13.6	1.0 tbsp	0.000
04653	Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry	13.6	1.0 tbsp	0.000
04664	Oil, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings	13.6	1.0 tbsp	0.000
04654	Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening	13.6	1.0 tbsp	0.000
04651	Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor	13.6	1.0 tbsp	0.000
04648	Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables	13.6	1.0 tbsp	0.000
04701	Oil, industrial, soy, fully hydrogenated	13.6	1.0 tablespoon	0.000

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
04699	Oil, industrial, soy, low linolenic	14.0	1.0 tablespoon	0.000
04650	Oil, industrial, soy, refined, for woks and light frying	13.6	1.0 tbsp	0.000
04700	Oil, industrial, soy, ultra low linolenic	13.6	1.0 tablespoon	0.000
04583	Oil, mustard	14.0	1.0 tbsp	0.000
04572	Oil, nutmeg butter	13.6	1.0 tbsp	0.000
04588	Oil, oat	13.6	1.0 tbsp	0.000
04053	Oil, olive, salad or cooking	13.5	1.0 tablespoon	0.000
04055	Oil, palm	13.6	1.0 tbsp	0.000
04679	Oil, PAM cooking spray, original	0.3	1.0 spray , about 1/3 second (1 NLEA serving)	0.000
04042	Oil, peanut, salad or cooking	13.5	1.0 tbsp	0.000
04514	Oil, poppyseed	13.6	1.0 tablespoon	0.000
04037	Oil, rice bran	13.6	1.0 tablespoon	0.000
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	13.6	1.0 tablespoon	0.000
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	13.6	1.0 tbsp	0.000
04058	Oil, sesame, salad or cooking	13.6	1.0 tablespoon	0.000
04536	Oil, sheanut	13.6	1.0 tablespoon	0.000
04531	Oil, soybean lecithin	13.6	1.0 tablespoon	0.000
04044	Oil, soybean, salad or cooking	13.6	1.0 tbsp	0.000
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1.0 tbsp	0.000
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1.0 tablespoon	0.000
04584	Oil, sunflower, high oleic (70% and over)	14.0	1.0 tbsp	0.000
04060	Oil, sunflower, linoleic (less than 60%)	13.6	1.0 tbsp	0.000
04506	Oil, sunflower, linoleic, (approx. 65%)	13.6	1.0 tbsp	0.000
04545	Oil, sunflower, linoleic, (partially hydrogenated)	13.6	1.0 tbsp	0.000
04516	Oil, teaseed	13.6	1.0 tablespoon	0.000
04515	Oil, tomatoseed	13.6	1.0 tablespoon	0.000
04573	Oil, ucuhuba butter	13.6	1.0 tbsp	0.000
04678	Oil, vegetable, Natreon canola, high stability, non trans, high oleic (70%)	14.0	1.0 tbsp	0.000
04528	Oil, walnut	13.6	1.0 tbsp	0.000
04038	Oil, wheat germ	4.5	1.0 tsp	0.000
16130	Okara	122.0	1.0 cup	0.024
11803	Okra, cooked, boiled, drained, with salt	80.0	0.5 cup slices	0.044
11279	Okra, cooked, boiled, drained, without salt	80.0	0.5 cup slices	0.044
11804	Okra, frozen, cooked, boiled, drained, with salt	92.0	0.5 cup slices	0.088
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	0.088
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	0.100

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
11278	Okra, raw	100.0	1.0 cup	0.060
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	454.0	1.0 serving varied from 7-9 ravioli per serving	1.076
36058	OLIVE GARDEN, chicken parmigiana without pasta	304.0	1.0 serving	0.496
36042	OLIVE GARDEN, lasagna classico	422.0	1.0 serving	1.152
36631	OLIVE GARDEN, spaghetti with meat sauce	525.0	1.0 serving	0.751
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	478.0	1.0 serving	0.559
07051	Olive loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.073
09195	Olives, pickled, canned or bottled, green	2.7	1.0 olive	0.000
09194	Olives, ripe, canned (jumbo-super colossal)	15.0	1.0 super colossal	0.000
09193	Olives, ripe, canned (small-extra large)	8.4	1.0 tbsp	0.000
36049	ON THE BORDER, cheese enchilada	250.0	1.0 serving serving size varied from 1 to 3 enchiladas	0.550
36051	ON THE BORDER, cheese quesadilla	203.0	1.0 serving 1 quesadilla	0.690
36044	ON THE BORDER, Mexican rice	114.0	1.0 cup	0.098
36045	ON THE BORDER, refried beans	135.0	1.0 cup	0.142
36060	ON THE BORDER, soft taco with ground beef, cheese and lettuce	324.0	1.0 serving varied from 2-3 tacos per serving	0.713
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	48.0	1.0 cup	0.056
11295	Onion rings, breaded, par fried, frozen, unprepared	85.0	6.0 rings	0.067
11285	Onions, canned, solids and liquids	63.0	1.0 onion	0.004
11805	Onions, cooked, boiled, drained, with salt	210.0	1.0 cup	0.048
11283	Onions, cooked, boiled, drained, without salt	210.0	1.0 cup	0.048
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	0.005
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	15.0	1.0 tbsp chopped	0.004
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	0.004
11287	Onions, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.026
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	210.0	1.0 cup	0.038
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	0.038
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	0.023
11282	Onions, raw	160.0	1.0 cup, chopped	0.043
11291	Onions, spring or scallions (includes tops and bulb), raw	100.0	1.0 cup, chopped	0.080
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	0.030
11286	Onions, yellow, sauteed	87.0	1.0 cup chopped	0.036
11292	Onions, young green, tops only	6.0	1.0 tbsp	0.002
09207	Orange juice, canned, unsweetened	249.0	1.0 cup	0.052
09209	Orange juice, chilled, includes from concentrate	249.0	1.0 cup	0.097
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	0.097
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	0.097

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	249.0	1.0 cup	0.097
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249.0	1.0 cup	0.110
09212	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium	249.0	1.0 cup	0.110
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	0.458
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	262.0	1.0 cup	0.458
09206	Orange juice, raw	248.0	1.0 cup	0.074
09216	Orange peel, raw	6.0	1.0 tbsp	0.005
09452	Orange Pineapple Juice Blend	246.0	8.0 fl oz	0.062
09217	Orange-grapefruit juice, canned or bottled, unsweetened	247.0	1.0 cup	0.074
09200	Oranges, raw, all commercial varieties	180.0	1.0 cup, sections	0.072
09201	Oranges, raw, California, valencias	180.0	1.0 cup sections, without membranes	0.072
09203	Oranges, raw, Florida	185.0	1.0 cup sections, without membranes	0.074
09202	Oranges, raw, navels	165.0	1.0 cup sections, without membranes	0.084
09205	Oranges, raw, with peel	170.0	1.0 cup	0.085
07201	OSCAR MAYER, Bologna (beef)	28.0	1.0 serving (1 slice)	0.031
07207	OSCAR MAYER, Braunschweiger Liver Sausage (sliced)	85.0	3.0 oz	1.360
07230	OSCAR MAYER, Salami (hard)	27.0	1.0 serving 3 slices	0.070
07241	OSCAR MAYER, Wieners (beef franks)	45.0	1.0 serving	0.045
05643	Ostrich, fan, raw	85.0	1.0 serving (cooked from 4oz raw)	0.245
05642	Ostrich, ground, cooked, pan-broiled	93.0	1.0 patty	0.249
05641	Ostrich, ground, raw	109.0	1.0 patty	0.291
05645	Ostrich, inside leg, cooked	85.0	1.0 serving (3 oz)	0.253
05644	Ostrich, inside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.251
05647	Ostrich, inside strip, cooked	85.0	1.0 serving (3 oz)	0.256
05646	Ostrich, inside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.265
05648	Ostrich, outside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.257
05650	Ostrich, outside strip, cooked	85.0	1.0 serving (3 oz)	0.249
05649	Ostrich, outside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.262
05652	Ostrich, oyster, cooked	85.0	1.0 serving (3 oz)	0.252
05651	Ostrich, oyster, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.241
05653	Ostrich, round, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.246
05654	Ostrich, tenderloin, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.247
05656	Ostrich, tip trimmed, cooked	85.0	1.0 serving (3 oz)	0.248
05655	Ostrich, tip trimmed, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.245
05658	Ostrich, top loin, cooked	85.0	1.0 serving (3 oz)	0.246
05657	Ostrich, top loin, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.243

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
07935	Oven-roasted chicken breast roll	56.0	1.0 serving 2 oz	0.035
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	28.35	1.0 oz	0.108
18294	Pancakes, blueberry, prepared from recipe	28.35	1.0 oz	0.077
18295	Pancakes, buckwheat, dry mix, incomplete	28.35	1.0 oz	0.071
18390	Pancakes, buttermilk, prepared from recipe	28.35	1.0 oz	0.083
28347	Pancakes, gluten-free, frozen, ready-to-heat	48.0	1.0 pancake	0.019
18289	Pancakes, plain, dry mix, complete (includes buttermilk)	52.0	0.333 cup	0.139
18290	Pancakes, plain, dry mix, complete, prepared	28.35	1.0 oz	0.062
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	28.35	1.0 oz	0.105
18292	Pancakes, plain, dry mix, incomplete, prepared	28.35	1.0 oz	0.088
18936	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	28.35	1.0 oz	0.095
28323	Pancakes, plain, low fat, dry mix, incomplete (includes buttermilk)	41.0	0.33 cup 1 serving	0.173
18293	Pancakes, plain, prepared from recipe	28.35	1.0 oz	0.080
28305	Pancakes, plain, reduced fat	105.0	1.0 serving 3 pancakes	0.255
18297	Pancakes, special dietary, dry mix	28.35	1.0 oz	0.059
28324	Pancakes, whole wheat, dry mix, incomplete	38.0	0.25 cup mix 1 serving	0.340
18299	Pancakes, whole-wheat, dry mix, incomplete	28.35	1.0 oz	0.307
18300	Pancakes, whole-wheat, dry mix, incomplete, prepared	28.35	1.0 oz	0.150
21283	PAPA JOHN'S 14" Cheese Pizza, Original Crust	117.0	1.0 slice	1.433
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	87.0	1.0 slice	0.188
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	123.0	1.0 slice	0.598
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	153.0	1.0 slice	0.447
09229	Papaya nectar, canned	250.0	1.0 cup	0.010
09228	Papaya, canned, heavy syrup, drained	39.0	1.0 piece	0.006
09226	Papayas, raw	145.0	1.0 cup 1" pieces	0.039
01185	Parmesan cheese topping, fat free	5.0	1.0 tablespoon	0.002
11625	Parsley, freeze-dried	0.4	1.0 tbsp	0.009
11297	Parsley, fresh	60.0	1.0 cup chopped	0.059
11808	Parsnips, cooked, boiled, drained, with salt	78.0	0.5 cup slices	0.040
11299	Parsnips, cooked, boiled, drained, without salt	78.0	0.5 cup slices	0.040
11298	Parsnips, raw	133.0	1.0 cup slices	0.066
09232	Passion-fruit juice, purple, raw	247.0	1.0 cup	0.324
09233	Passion-fruit juice, yellow, raw	247.0	1.0 cup	0.249
09231	Passion-fruit, (granadilla), purple, raw	236.0	1.0 cup	0.307
32009	Pasta mix, classic beef, unprepared	122.0	1.0 package	0.516
32008	Pasta mix, classic cheeseburger macaroni, unprepared	123.0	1.0 package	0.533

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
32017	Pasta mix, Italian four cheese lasagna, unprepared	117.0	1.0 package	0.628
32010	Pasta mix, Italian lasagna, unprepared	141.0	1.0 package	0.602
22522	Pasta with Sliced Franks in Tomato Sauce, canned entree	252.0	1.0 serving (1 cup)	0.174
22914	Pasta with tomato sauce, no meat, canned	252.0	1.0 serving (1 NLEA serving)	0.131
20321	Pasta, cooked, enriched, with added salt	124.0	1.0 cup spaghetti not packed	0.169
20121	Pasta, cooked, enriched, without added salt	124.0	1.0 cup spaghetti not packed	0.169
20521	Pasta, cooked, unenriched, with added salt	124.0	1.0 cup spaghetti not packed	0.025
20421	Pasta, cooked, unenriched, without added salt	124.0	1.0 cup spaghetti not packed	0.025
20120	Pasta, dry, enriched	91.0	1.0 cup spaghetti	0.364
20420	Pasta, dry, unenriched	91.0	1.0 cup spaghetti	0.055
20093	Pasta, fresh-refrigerated, plain, as purchased	128.0	4.5 oz	0.562
20094	Pasta, fresh-refrigerated, plain, cooked	128.0	2.0 oz	0.192
20095	Pasta, fresh-refrigerated, spinach, as purchased	128.0	4.5 oz	0.509
20096	Pasta, fresh-refrigerated, spinach, cooked	57.0	2.0 oz	0.076
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	169.0	1.0 cup spaghetti not packed	0.139
20657	Pasta, gluten-free, corn and rice flour, cooked	141.0	1.0 cup spaghetti	0.111
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	166.0	1.0 cup spaghetti packed	0.154
20092	Pasta, gluten-free, corn, cooked	140.0	1.0 cup	0.032
20091	Pasta, gluten-free, corn, dry	105.0	1.0 cup	0.091
20097	Pasta, homemade, made with egg, cooked	57.0	2.0 oz	0.099
20098	Pasta, homemade, made without egg, cooked	57.0	2.0 oz	0.084
20652	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, cooked	116.0	1.0 cup spaghetti not packed	0.154
20653	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry	91.0	1.0 cup spaghetti	0.285
20136	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, cooked	116.0	1.0 cup spaghetti not packed	0.119
20135	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, dry	91.0	1.0 cup spaghetti	0.176
20125	Pasta, whole-wheat, cooked	117.0	1.0 cup spaghetti not packed	0.116
20124	Pasta, whole-wheat, dry	91.0	1.0 cup spaghetti	0.198
07925	Pastrami, beef, 98% fat-free	57.0	1.0 serving 6 slices	0.097
07052	Pastrami, turkey	57.0	2.0 slices	0.142
18959	Pastry, Pastelitos de Guava (guava pastries)	86.0	1.0 piece	0.101
05282	Pate de foie gras, canned (goose liver pate), smoked	13.0	1.0 tbsp	0.039
07053	Pate, chicken liver, canned	13.0	1.0 tbsp	0.182
07054	Pate, goose liver, smoked, canned	13.0	1.0 tbsp	0.039
07055	Pate, liver, not specified, canned	13.0	1.0 tbsp	0.078
07942	Pate, truffle flavor	56.0	1.0 serving 2 oz	0.336
09407	Peach nectar, canned, with added ascorbic acid	249.0	1.0 cup	0.035

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
09251	Peach nectar, canned, without added ascorbic acid	249.0	1.0 cup	0.035
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	262.0	1.0 cup, halves or slices	0.055
09239	Peaches, canned, extra light syrup, solids and liquids	247.0	1.0 cup, halves or slices	0.049
09241	Peaches, canned, heavy syrup pack, solids and liquids	262.0	1.0 cup	0.063
09370	Peaches, canned, heavy syrup, drained	222.0	1.0 cup	0.044
09238	Peaches, canned, juice pack, solids and liquids	250.0	1.0 cup	0.042
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	0.063
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	0.046
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	242.0	1.0 cup	0.145
09244	Peaches, dehydrated (low-moisture), sulfured, uncooked	116.0	1.0 cup	0.128
09248	Peaches, dried, sulfured, stewed, with added sugar	270.0	1.0 cup	0.051
09247	Peaches, dried, sulfured, stewed, without added sugar	258.0	1.0 cup	0.054
09246	Peaches, dried, sulfured, uncooked	160.0	1.0 cup, halves	0.339
09250	Peaches, frozen, sliced, sweetened	250.0	1.0 cup, thawed	0.088
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	242.0	1.0 cup, whole	0.085
09236	Peaches, yellow, raw	154.0	1.0 cup slices	0.048
16399	Peanut butter with omega-3, creamy	16.0	1.0 tbsp	0.014
16097	Peanut butter, chunk style, with salt	32.0	2.0 tbsp	0.036
16397	Peanut butter, chunk style, without salt	32.0	2.0 tbsp	0.036
16156	Peanut butter, chunky, vitamin and mineral fortified	32.0	2.0 tbsp	0.036
42291	Peanut butter, reduced sodium	16.0	1.0 tbsp	0.018
16098	Peanut butter, smooth style, with salt	32.0	2.0 tbsp	0.061
16398	Peanut butter, smooth style, without salt	32.0	2.0 tbsp	0.061
16150	Peanut butter, smooth, reduced fat	36.0	2.0 tablespoon	0.022
16155	Peanut butter, smooth, vitamin and mineral fortified	32.0	2.0 tbsp	0.034
16099	Peanut flour, defatted	60.0	1.0 cup	0.288
16100	Peanut flour, low fat	60.0	1.0 cup	0.103
16149	Peanut spread, reduced sugar	31.0	2.0 tbsp	0.038
16088	Peanuts, all types, cooked, boiled, with salt	63.0	1.0 cup in shell, edible yield	0.040
16090	Peanuts, all types, dry-roasted, with salt	28.35	1.0 oz	0.056
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	0.288
16089	Peanuts, all types, oil-roasted, with salt	144.0	1.0 cup, chopped	0.128
16389	Peanuts, all types, oil-roasted, without salt	144.0	1.0 cup,	0.128
16087	Peanuts, all types, raw	28.35	1.0 oz	0.038
16092	Peanuts, spanish, oil-roasted, with salt	147.0	1.0 cup	0.125
16392	Peanuts, spanish, oil-roasted, without salt	147.0	1.0 cup	0.125

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
16091	Peanuts, spanish, raw	146.0	1.0 cup	0.197
16094	Peanuts, valencia, oil-roasted, with salt	144.0	1.0 cup	0.220
16394	Peanuts, valencia, oil-roasted, without salt	144.0	1.0 cup	0.220
16093	Peanuts, valencia, raw	146.0	1.0 cup	0.438
16096	Peanuts, virginia, oil-roasted, with salt	143.0	1.0 cup	0.160
16396	Peanuts, virginia, oil-roasted, without salt	143.0	1.0 cup	0.160
16095	Peanuts, virginia, raw	146.0	1.0 cup	0.191
09408	Pear nectar, canned, with added ascorbic acid	250.0	1.0 cup	0.032
09262	Pear nectar, canned, without added ascorbic acid	250.0	1.0 cup	0.032
09340	Pears, asian, raw	122.0	1.0 fruit 2-1/4" high x 2-1/2" dia	0.012
09258	Pears, canned, extra heavy syrup pack, solids and liquids	266.0	1.0 cup, halves	0.059
09255	Pears, canned, extra light syrup pack, solids and liquids	247.0	1.0 cup, halves	0.049
09257	Pears, canned, heavy syrup pack, solids and liquids	266.0	1.0 cup	0.059
09374	Pears, canned, heavy syrup, drained	201.0	1.0 cup	0.048
09254	Pears, canned, juice pack, solids and liquids	248.0	1.0 cup, halves	0.027
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	0.040
09253	Pears, canned, water pack, solids and liquids	244.0	1.0 cup, halves	0.024
09261	Pears, dried, sulfured, stewed, with added sugar	280.0	1.0 cup, halves	0.053
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	0.051
09259	Pears, dried, sulfured, uncooked	180.0	1.0 cup, halves	0.261
09252	Pears, raw	140.0	1.0 cup, slices	0.036
09412	Pears, raw, bartlett	140.0	1.0 cup, sliced	0.036
09414	Pears, raw, bosc	140.0	1.0 cup, sliced	0.032
09415	Pears, raw, green anjou	140.0	1.0 cup, sliced	0.031
09413	Pears, raw, red anjou	126.0	1.0 small	0.035
11816	Peas and carrots, canned, no salt added, solids and liquids	255.0	1.0 cup	0.135
11318	Peas and carrots, canned, regular pack, solids and liquids	255.0	1.0 cup	0.135
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0.051
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	0.178
11322	Peas and carrots, frozen, unprepared	70.0	0.5 cup	0.057
11324	Peas and onions, canned, solids and liquids	120.0	1.0 cup	0.084
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	0.124
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0.124
11326	Peas and onions, frozen, unprepared	69.0	0.5 cup	0.079
11301	Peas, edible-podded, boiled, drained, without salt	160.0	1.0 cup	0.122
11809	Peas, edible-podded, cooked, boiled, drained, with salt	160.0	1.0 cup	0.122

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	160.0	1.0 cup	0.190
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160.0	1.0 cup	0.190
11302	Peas, edible-podded, frozen, unprepared	144.0	1.0 cup	0.144
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	0.078
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	175.0	1.0 cup	0.093
11311	Peas, green, canned, drained solids, rinsed in tap water	257.0	1.0 can	0.103
11813	Peas, green, canned, no salt added, drained solids	85.0	0.5 cup	0.066
11812	Peas, green, canned, no salt added, solids and liquids	124.0	0.5 cup	0.091
11306	Peas, green, canned, regular pack, solids and liquids	124.0	0.5 cup	0.030
11310	Peas, green, canned, seasoned, solids and liquids	227.0	1.0 cup	0.161
11811	Peas, green, cooked, boiled, drained, with salt	160.0	1.0 cup	0.238
11305	Peas, green, cooked, boiled, drained, without salt	160.0	1.0 cup	0.238
11814	Peas, green, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0.080
11313	Peas, green, frozen, cooked, boiled, drained, without salt	80.0	0.5 cup	0.080
11312	Peas, green, frozen, unprepared	134.0	1.0 cup	0.134
11304	Peas, green, raw	145.0	1.0 cup	0.191
16085	Peas, green, split, mature seeds, raw	197.0	1.0 cup	0.424
11316	Peas, mature seeds, sprouted, raw	120.0	1.0 cup	0.186
16386	Peas, split, mature seeds, cooked, boiled, with salt	196.0	1.0 cup	0.110
16086	Peas, split, mature seeds, cooked, boiled, without salt	196.0	1.0 cup	0.110
19310	Pectin, unsweetened, dry mix	50.0	1.0 package (1.75 oz)	0.030
11230	Pepeao, dried	24.0	1.0 cup	0.084
11976	Pepper, banana, raw	124.0	1.0 cup	0.067
07056	Peppered loaf, pork, beef	100.0	3.52 slices	0.300
28377	PEPPERIDGE FARM, 100% Whole Wheat Hamburger Buns	51.0	1.0 serving	0.143
28392	PEPPERIDGE FARM, Farmhouse 100% Whole Wheat Bread	43.0	1.0 serving	0.069
28381	PEPPERIDGE FARM, Farmhouse Hearty White Bread	43.0	1.0 serving	0.120
28382	PEPPERIDGE FARM, Farmhouse Oatmeal Bread	43.0	1.0 serving	0.099
28384	PEPPERIDGE FARM, Farmhouse Sourdough Bread	43.0	1.0 serving	0.150
28362	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Explosive Pizza	5.3	10.0 goldfish	0.029
28363	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original	5.2	10.0 goldfish	0.026
28364	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Parmesan	5.3	10.0 goldfish	0.025
28365	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza	5.1	10.0 goldfish	0.029
28394	PEPPERIDGE FARM, Hamburger Bun	51.0	1.0 serving	0.158
28387	PEPPERIDGE FARM, Hamburger Buns w/Sesame	53.0	1.0 serving	0.159
28385	PEPPERIDGE FARM, Jewish Rye Bread (Seedless)	32.0	1.0 serving	0.096

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
28390	PEPPERIDGE FARM, Light Style Wheat Bread	57.0	1.0 serving	0.114
28386	PEPPERIDGE FARM, Pumpernickel Bread	32.0	1.0 serving	0.096
28391	PEPPERIDGE FARM, Seeded Jewish Rye Bread	32.0	1.0 serving	0.096
28389	PEPPERIDGE FARM, White Bread	45.0	1.0 serving	0.090
28393	PEPPERIDGE FARM, White Hoagie Roll	69.0	1.0 serving	0.005
28380	PEPPERIDGE FARM, Whole Grain 15 Grain Bread	43.0	1.0 serving	0.086
28395	PEPPERIDGE FARM, Whole Grain Honey Whole Wheat Bread	43.0	1.0 serving	0.086
28396	PEPPERIDGE FARM, Whole Grain Oatmeal Bread	43.0	1.0 serving	0.086
02064	Peppermint, fresh	0.1	2.0 leaves	0.000
07057	Pepperoni, beef and pork, sliced	85.0	3.0 oz	0.218
11978	Peppers, ancho, dried	17.0	1.0 pepper	0.383
11980	Peppers, chili, green, canned	139.0	1.0 cup	0.042
11962	Peppers, hot chile, sun-dried	37.0	1.0 cup	0.446
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	73.0	1.0 pepper	0.037
11670	Peppers, hot chili, green, raw	45.0	1.0 pepper	0.040
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	73.0	1.0 pepper	0.037
11819	Peppers, hot chili, red, raw	45.0	1.0 pepper	0.039
31034	Peppers, hot pickled, canned	34.0	0.25 cup drained	0.008
11981	Peppers, hungarian, raw	27.0	1.0 pepper	0.015
11632	Peppers, jalapeno, canned, solids and liquids	136.0	1.0 cup, chopped	0.052
11979	Peppers, jalapeno, raw	90.0	1.0 cup, sliced	0.063
11982	Peppers, pasilla, dried	7.0	1.0 pepper	0.224
11977	Peppers, serrano, raw	105.0	1.0 cup, chopped	0.085
11335	Peppers, sweet, green, canned, solids and liquids	140.0	1.0 cup, halves	0.042
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	11.6	1.0 tbsp	0.003
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0.040
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	0.005
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	0.042
11337	Peppers, sweet, green, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.036
11333	Peppers, sweet, green, raw	149.0	1.0 cup, chopped	0.042
11339	Peppers, sweet, green, sauteed	115.0	1.0 cup chopped	0.055
11916	Peppers, sweet, red, canned, solids and liquids	140.0	1.0 cup, halves	0.042
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	12.0	1.0 tbsp	0.004
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	135.0	1.0 cup, strips	0.040
11931	Peppers, sweet, red, freeze-dried	0.4	1.0 tbsp	0.005
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	0.042

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0.042
11917	Peppers, sweet, red, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.036
11821	Peppers, sweet, red, raw	149.0	1.0 cup, chopped	0.127
11921	Peppers, sweet, red, sauteed	106.0	1.0 cup chopped	0.116
11951	Peppers, sweet, yellow, raw	186.0	1.0 pepper, large (3-3/4" long, 3" dia)	0.047
09264	Persimmons, japanese, dried	34.0	1.0 fruit without refuse	0.010
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	0.034
05155	Pheasant, breast, meat only, raw	85.0	3.0 oz	0.101
43283	Pheasant, cooked, total edible	140.0	1.0 cup, chopped or diced	0.252
05156	Pheasant, leg, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-eat pheasant)	0.208
05153	Pheasant, raw, meat and skin	85.0	3.0 oz	0.122
05154	Pheasant, raw, meat only	85.0	3.0 oz	0.130
18338	Phyllo dough	28.35	1.0 oz	0.097
07058	Pickle and pimiento loaf, pork	38.0	1.0 slice	0.044
11958	Pickle relish, hamburger	15.0	1.0 tbsp	0.006
11944	Pickle relish, hot dog	15.0	1.0 tbsp	0.006
11945	Pickle relish, sweet	15.0	1.0 tbsp	0.005
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	245.0	1.0 cup	0.049
11937	Pickles, cucumber, dill or kosher dill	35.0	1.0 spear, small	0.020
11947	Pickles, cucumber, dill, reduced sodium	35.0	1.0 spear, small	0.020
11941	Pickles, cucumber, sour	155.0	1.0 cup	0.016
11946	Pickles, cucumber, sour, low sodium	143.0	1.0 cup, chopped or diced	0.014
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	160.0	1.0 cup, chopped	0.048
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	6.0	1.0 slice	0.002
07062	Picnic loaf, pork, beef	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.068
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	0.482
18942	Pie Crust, Cookie-type, Graham Cracker, Ready Crust	28.35	1.0 oz	0.060
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	30.0	1.0 piece (1/8 of 9" crust)	0.052
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	129.0	1.0 cup	0.295
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	202.0	1.0 pie crust (average weight)	0.263
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	225.0	1.0 pie crust (average weight)	0.322
18946	Pie crust, refrigerated, regular, baked	198.0	1.0 pie crust	0.073
18948	Pie crust, refrigerated, regular, unbaked	229.0	1.0 pie crust (average weight)	0.119
18332	Pie crust, standard-type, dry mix	28.35	1.0 oz	0.060
18333	Pie crust, standard-type, dry mix, prepared, baked	20.0	1.0 piece (1/8 of 9" crust)	0.037
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	18.0	1.0 piece (1/8 of 9" crust)	0.031

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	154.0	1.0 pie crust (average weight of 1 baked crust)	0.239
18446	Pie crust, standard-type, frozen, ready-to-bake, unenriched	142.0	1.0 crust, single 9"	0.014
18336	Pie crust, standard-type, prepared from recipe, baked	23.0	1.0 piece (1/8 of 9" crust)	0.064
18402	Pie crust, standard-type, prepared from recipe, unbaked	24.0	1.0 piece (1/8 of 9" crust)	0.059
19312	Pie fillings, apple, canned	74.0	0.125 can	0.008
44158	Pie fillings, blueberry, canned	151.0	1.0 serving	0.051
19314	Pie fillings, canned, cherry	74.0	0.125 can	0.012
43098	Pie fillings, cherry, low calorie	85.0	1.0 serving	0.033
18301	Pie, apple, commercially prepared, enriched flour	28.35	1.0 oz	0.008
18443	Pie, apple, commercially prepared, unenriched flour	28.35	1.0 oz	0.045
18302	Pie, apple, prepared from recipe	28.35	1.0 oz	0.030
18303	Pie, banana cream, prepared from mix, no-bake type	28.35	1.0 oz	0.041
18304	Pie, banana cream, prepared from recipe	28.35	1.0 oz	0.059
18305	Pie, blueberry, commercially prepared	28.35	1.0 oz	0.009
18306	Pie, blueberry, prepared from recipe	28.35	1.0 oz	0.037
18308	Pie, cherry, commercially prepared	28.35	1.0 oz	0.008
18309	Pie, cherry, prepared from recipe	28.35	1.0 oz	0.035
18310	Pie, chocolate creme, commercially prepared	120.0	1.0 serving .167 pie	0.168
18312	Pie, chocolate mousse, prepared from mix, no-bake type	28.35	1.0 oz	0.042
18314	Pie, coconut cream, prepared from mix, no-bake type	28.35	1.0 oz	0.029
18313	Pie, coconut creme, commercially prepared	28.35	1.0 oz	0.023
18316	Pie, coconut custard, commercially prepared	28.35	1.0 oz	0.042
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	0.088
18317	Pie, egg custard, commercially prepared	28.35	1.0 oz	0.059
18444	Pie, fried pies, cherry	28.35	1.0 oz	0.030
18319	Pie, fried pies, fruit	28.35	1.0 oz	0.030
18445	Pie, fried pies, lemon	28.35	1.0 oz	0.030
18320	Pie, lemon meringue, commercially prepared	28.35	1.0 oz	0.059
18321	Pie, lemon meringue, prepared from recipe	28.35	1.0 oz	0.045
18322	Pie, mince, prepared from recipe	28.35	1.0 oz	0.030
18323	Pie, peach	28.35	1.0 oz	0.009
18324	Pie, pecan, commercially prepared	28.35	1.0 oz	0.022
18325	Pie, pecan, prepared from recipe	28.35	1.0 oz	0.051
18326	Pie, pumpkin, commercially prepared	28.35	1.0 oz	0.035
18327	Pie, pumpkin, prepared from recipe	28.35	1.0 oz	0.057
18328	Pie, vanilla cream, prepared from recipe	28.35	1.0 oz	0.061

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
16402	Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	168.0	1.0 cup	0.099
16102	Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	168.0	1.0 cup	0.099
16101	Pigeon peas (red gram), mature seeds, raw	205.0	1.0 cup	0.383
11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	153.0	1.0 cup	0.254
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	153.0	1.0 cup	0.254
11344	Pigeonpeas, immature seeds, raw	154.0	1.0 cup	0.262
35234	Piki bread, made from blue cornmeal (Hopi)	28.0	1.0 piece	0.014
11943	Pimento, canned	12.0	1.0 tbsp	0.007
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	250.0	1.0 cup	0.052
09273	Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	250.0	1.0 cup	0.052
09510	Pineapple juice, canned, not from concentrate, unsweetened, with added vitamins A, C and E	250.0	1.0 cup	0.040
09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	250.0	1.0 cup	0.050
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	216.0	1.0 can (6 fl oz)	0.130
09271	Pineapple, canned, extra heavy syrup pack, solids and liquids	260.0	1.0 cup, crushed, sliced, or chunks	0.065
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup, crushed, sliced, or chunks	0.064
09354	Pineapple, canned, juice pack, drained	181.0	1.0 cup, chunks	0.038
09268	Pineapple, canned, juice pack, solids and liquids	249.0	1.0 cup, crushed, sliced, or chunks	0.047
09269	Pineapple, canned, light syrup pack, solids and liquids	252.0	1.0 cup, crushed, sliced, or chunks	0.063
09267	Pineapple, canned, water pack, solids and liquids	246.0	1.0 cup, crushed, sliced, or chunks	0.064
09272	Pineapple, frozen, chunks, sweetened	245.0	1.0 cup, chunks	0.074
09266	Pineapple, raw, all varieties	165.0	1.0 cup, chunks	0.053
09430	Pineapple, raw, extra sweet variety	165.0	1.0 cup, chunks	0.054
09429	Pineapple, raw, traditional varieties	165.0	1.0 cup, chunks	0.048
09276	Pitanga, (surinam-cherry), raw	173.0	1.0 cup	0.069
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	96.0	1.0 slice	0.246
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	100.0	1.0 slice	0.251
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	69.0	1.0 slice	0.190
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	96.0	1.0 slice	0.260
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	96.0	1.0 slice	0.244
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	127.0	1.0 slice	0.307
21293	PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust	105.0	1.0 slice	0.231
21294	PIZZA HUT 14" Cheese Pizza, Pan Crust	112.0	1.0 slice	0.246
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	117.0	1.0 slice	0.390
21295	PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust	79.0	1.0 slice	0.190
21296	PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust	110.0	1.0 slice	0.264
21297	PIZZA HUT 14" Pepperoni Pizza, Pan Crust	113.0	1.0 slice	0.237

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
21491	PIZZA HUT 14" Pepperoni Pizza, THIN 'N CRISPY Crust	80.0	1.0 slice	0.184
21497	PIZZA HUT 14" Sausage Pizza, Hand-Tossed Crust	119.0	1.0 slice	0.262
21498	PIZZA HUT 14" Sausage Pizza, Pan Crust	125.0	1.0 slice	0.250
21496	PIZZA HUT 14" Sausage Pizza, THIN 'N CRISPY Crust	92.0	1.0 slice	0.202
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	123.0	1.0 slice	0.357
21525	PIZZA HUT, breadstick, parmesan garlic	43.0	1.0 breadstick	0.241
32012	Pizza rolls, frozen, unprepared	80.0	1.0 serving 6 rolls	0.170
21224	Pizza, cheese topping, regular crust, frozen, cooked	81.0	1.0 serving 9 servings per 24 oz package	0.209
21225	Pizza, cheese topping, rising crust, frozen, cooked	139.0	1.0 serving 6 servings per 29.25 oz package	0.342
21505	Pizza, cheese topping, thin crust, frozen, cooked	69.0	1.0 slice	0.088
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	143.0	1.0 serving 5 servings per 24.2 oz package	0.333
21227	Pizza, meat and vegetable topping, rising crust, frozen, cooked	170.0	1.0 serving 6 servings per 34.98 oz package	0.350
22902	Pizza, meat topping, thick crust, frozen, cooked	103.0	1.0 slice 1/8 of 12" pizza	0.140
22903	Pizza, pepperoni topping, regular crust, frozen, cooked	127.0	0.25 pizza 12" diameter	0.419
09278	Plantains, cooked	200.0	1.0 cup, mashed	0.104
09446	Plantains, green, fried	118.0	1.0 cup	0.120
09277	Plantains, raw	148.0	1.0 cup, sliced	0.080
09447	Plantains, yellow, fried, Latino restaurant	169.0	1.0 cup	0.034
09379	Plums, canned, heavy syrup, drained	183.0	1.0 cup, with pits, yields	0.075
09285	Plums, canned, purple, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	0.097
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258.0	1.0 cup, pitted	0.098
09282	Plums, canned, purple, juice pack, solids and liquids	252.0	1.0 cup, pitted	0.149
09283	Plums, canned, purple, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	0.098
09281	Plums, canned, purple, water pack, solids and liquids	249.0	1.0 cup, pitted	0.102
09293	Plums, dried (prunes), stewed, with added sugar	248.0	1.0 cup, pitted	0.231
09292	Plums, dried (prunes), stewed, without added sugar	248.0	1.0 cup, pitted	0.248
09291	Plums, dried (prunes), uncooked	174.0	1.0 cup, pitted	0.324
09279	Plums, raw	165.0	1.0 cup, sliced	0.043
35206	Plums, wild (Northern Plains Indians)	161.0	1.0 cup	0.068
11349	Poi	240.0	1.0 cup	0.096
11827	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	165.0	1.0 cup	0.412
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	165.0	1.0 cup	0.412
11350	Pokeberry shoots, (poke), raw	160.0	1.0 cup	0.528
07059	Polish sausage, pork	85.0	3.0 oz	0.126
09442	Pomegranate juice, bottled	249.0	1.0 cup	0.037
09286	Pomegranates, raw	87.0	0.5 cup arils (seed/juice sacs)	0.046

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
43572	Popcorn, microwave, low fat and sodium	28.35	1.0 oz	0.031
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	7.9	1.0 cup	0.005
19436	Popcorn, sugar syrup/caramel, fat-free	28.35	1.0 oz	0.016
21415	POPEYES, biscuit	60.0	1.0 biscuit	0.166
21416	POPEYES, Coleslaw	120.0	1.0 package	0.030
21456	POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading	194.0	1.0 breast, with skin	0.318
21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	132.0	1.0 breast without skin	0.317
21457	POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading	76.0	1.0 drumstick, with skin	0.190
21443	POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed	44.0	1.0 drumstick, bone and skin removed	0.150
21458	POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	138.0	1.0 thigh with skin	0.476
21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed	83.0	1.0 thigh thigh without skin	0.338
21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	57.0	1.0 wing, with skin	0.165
21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	16.0	1.0 wing without skin, bone and breading	0.048
21417	POPEYES, Mild Chicken Strips, analyzed 2006	54.0	1.0 strip	0.066
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	53.0	1.0 strip	0.069
18339	Popovers, dry mix, enriched	28.35	1.0 oz	0.042
18447	Popovers, dry mix, unenriched	28.35	1.0 oz	0.007
07065	Pork and beef sausage, fresh, cooked	13.0	1.0 link (raw dimensions: 4" long x 7/8" dia), cooked	0.019
07957	Pork and turkey sausage, pre-cooked	57.0	1.0 serving	0.056
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	85.0	3.0 oz	0.296
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	114.0	4.0 oz	0.377
42190	Pork sausage rice links, brown and serve, cooked	45.0	2.0 links 1 NLEA serving	0.054
07064	Pork sausage, link/patty, cooked, pan-fried	27.0	1.0 patty	0.048
07953	Pork sausage, link/patty, fully cooked, microwaved	30.0	1.0 patty	0.054
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	0.041
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	85.0	3.0 oz	0.178
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	0.145
07063	Pork sausage, link/patty, unprepared	25.0	1.0 link	0.037
07978	Pork sausage, reduced sodium, cooked	85.0	3.0 oz	0.117
10864	Pork, bacon, rendered fat, cooked	85.0	3.0 oz	0.013
10860	Pork, cured, bacon, cooked, baked	8.1	1.0 slice cooked	0.020
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	8.0	1.0 slice cooked	0.021
10861	Pork, cured, bacon, cooked, microwaved	9.1	1.0 slice cooked	0.023
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	11.5	1.0 slice	0.027
10123	Pork, cured, bacon, unprepared	28.0	1.0 slice raw	0.023
10128	Pork, cured, breakfast strips, raw or unheated	85.0	3.0 oz	0.153

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
10132	Pork, cured, feet, pickled	28.35	1.0 oz	0.004
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.153
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.050
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.161
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0.181
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.147
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.052
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.163
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0.185
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.148
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.052
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.155
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.182
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.160
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.161
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.154
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.052
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	85.0	3.0 oz	0.156
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.159
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.149
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.053
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.160
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.063
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.145
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.045
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.169
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	85.0	3.0 oz	0.191
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.150
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.045
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.156
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.151
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	0.186
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	138.0	1.0 slice	0.189
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.120
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.041
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.120

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.124
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.189
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.052
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.202
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0.191
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.157
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.060
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.168
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0.209
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.210
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0.196
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.222
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.213
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.184
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.185
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	0.328
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	28.35	1.0 oz spiral slice	0.053
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	28.35	1.0 oz spiral slice	0.056
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	145.0	1.0 slice	0.334
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.183
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.059
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.184
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	28.35	1.0 oz	0.059
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	140.0	1.0 cup	0.283
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	140.0	1.0 cup	0.392
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	140.0	1.0 cup	0.336
43327	Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted	28.35	1.0 oz	0.057
43325	Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted	28.35	1.0 oz, boneless	0.079
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	140.0	1.0 cup	0.462
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	28.35	1.0 oz	0.069
10142	Pork, cured, ham, center slice, separable lean and fat, unheated	28.35	1.0 oz	0.058
10138	Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted	140.0	1.0 cup	0.346
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	140.0	1.0 cup	0.322
10185	Pork, cured, ham, extra lean and regular, canned, roasted	140.0	1.0 cup	0.351
10184	Pork, cured, ham, extra lean and regular, canned, unheated	140.0	1.0 cup	0.322
43326	Pork, cured, ham, low sodium, lean and fat, cooked	28.35	1.0 oz, boneless	0.088

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
10146	Pork, cured, ham, patties, unheated	28.35	1.0 oz	0.044
10140	Pork, cured, ham, regular (approximately 13% fat), canned, roasted	140.0	1.0 cup	0.364
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.241
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0.169
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.264
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.064
10894	Pork, cured, ham, separable fat, boneless, heated	85.0	3.0 oz	0.082
10895	Pork, cured, ham, separable fat, boneless, unheated	117.0	4.0 oz	0.025
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.253
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.062
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.277
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	0.071
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.252
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	85.0	1.0 serving (3 oz)	0.191
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.269
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	85.0	1.0 serving (3 oz)	0.213
10149	Pork, cured, ham, steak, boneless, extra lean, unheated	28.35	1.0 oz	0.057
10150	Pork, cured, ham, whole, separable lean and fat, unheated	140.0	1.0 cup	0.265
10153	Pork, cured, ham, whole, separable lean only, roasted	140.0	1.0 cup	0.356
10152	Pork, cured, ham, whole, separable lean only, unheated	140.0	1.0 cup	0.316
10165	Pork, cured, salt pork, raw	28.35	1.0 oz	0.017
10167	Pork, cured, separable fat (from ham and arm picnic), roasted	28.35	1.0 oz	0.026
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	28.35	1.0 oz	0.019
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	140.0	1.0 cup	0.266
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	140.0	1.0 cup	0.316
10171	Pork, cured, shoulder, blade roll, separable lean and fat, roasted	85.0	3.0 oz	0.242
10170	Pork, cured, shoulder, blade roll, separable lean and fat, unheated	28.35	1.0 oz	0.062
10004	Pork, fresh, backfat, raw	28.35	1.0 oz	0.014
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.281
10192	Pork, fresh, backribs, separable lean and fat, raw	85.0	3.0 oz	0.259
10005	Pork, fresh, belly, raw	28.35	1.0 oz	0.069
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	131.0	1.0 chop	0.330
10001	Pork, fresh, carcass, separable lean and fat, raw	28.35	1.0 oz	0.059
10000	Pork, fresh, composite of separable fat, with added solution, cooked	85.0	3.0 oz	0.118
10942	Pork, fresh, composite of separable fat, with added solution, raw	28.35	1.0 oz	0.029

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
10003	Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	28.35	1.0 oz	0.072
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	85.0	3.0 oz	0.264
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	28.35	1.0 oz	0.072
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	85.0	3.0 oz	0.246
10187	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw	28.35	1.0 oz	0.072
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	85.0	3.0 oz	0.249
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	28.35	1.0 oz	0.067
10229	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked	85.0	3.0 oz	0.292
10228	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw	28.35	1.0 oz	0.077
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.286
10220	Pork, fresh, ground, cooked	85.0	3.0 oz	0.187
10219	Pork, fresh, ground, raw	28.35	1.0 oz	0.067
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.512
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	28.35	1.0 oz	0.088
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	85.0	3.0 oz	0.347
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	85.0	3.0 oz	0.289
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.299
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	85.0	3.0 oz	0.261
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	85.0	3.0 oz	0.317
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	85.0	3.0 oz	0.292
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.423
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	28.35	1.0 oz	0.057
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	0.471
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	28.35	1.0 oz	0.065
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.267
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.287
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	0.193
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.201
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.269
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.266
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.285
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.282
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.280
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.300

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	85.0	3.0 oz	0.218
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.322
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.343
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.229
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.232
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.286
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.199
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.314
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.161
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.304
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	146.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g)	0.355
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.336
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	85.0	3.0 oz	0.168
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	85.0	3.0 oz	0.199
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0.173
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	114.0	4.0 oz	0.274
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	114.0	4.0 oz	0.231
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.359
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.382
10044	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw	133.0	1.0 chop without refuse (Yield from 1 raw chop, with refuse, weighing 201g)	0.235
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.158
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.210
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.228
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.270
10046	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	112.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 172g)	0.235
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.304
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.292
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.186
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.327
10195	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.206
10196	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.255
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.266
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.219

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
10201	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	0.275
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.289
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.251
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.265
10198	Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.246
10203	Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.265
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	0.425
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	138.0	1.0 rack	0.454
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	122.0	1.0 rack	0.432
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	138.0	1.0 rack	0.384
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	86.0	1.0 rib without refuse (Yield from 1 cooked rib, with refuse, weighing 140g)	0.243
10204	Pork, fresh, loin, country-style ribs, separable lean and fat, raw	128.0	1.0 rib without refuse (Yield from 1 raw rib, with refuse, weighing 196g)	0.324
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	122.0	1.0 rack	0.448
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	138.0	1.0 rack	0.632
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	122.0	1.0 rack	0.448
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	138.0	1.0 rack	0.399
10208	Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised	80.0	1.0 rib without refuse (yield from 1 cooked rib, with refuse, weighing 141g)	0.237
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	85.0	3.0 oz	0.230
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.235
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.248
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.214
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.218
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.224
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.236
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.230
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.244
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.225
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.246
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.226
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	0.248
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.306
10059	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz (Yield from 1 cooked roast, with refuse, weighing 1515g)	0.320

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.278
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.282
10221	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.321
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.327
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	85.0	3.0 oz	0.286
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	85.0	3.0 oz	0.304
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	85.0	3.0 oz	0.283
10223	Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	85.0	3.0 oz	0.329
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	85.0	3.0 oz	0.329
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.291
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	85.0	3.0 oz	0.306
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	135.0	1.0 chop	0.321
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	145.0	1.0 chop	0.276
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	142.0	1.0 chop	0.325
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0.157
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	107.0	1.0 chop	0.249
10859	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless (yield from 189g raw meat)	0.276
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	146.0	1.0 chop	0.285
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	135.0	1.0 chop	0.331
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	145.0	1.0 chop	0.283
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	142.0	1.0 chop	0.331
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	85.0	3.0 oz	0.161
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	107.0	1.0 chop	0.257
10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless	0.282
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	114.0	4.0 oz	0.239
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.197
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.154
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.201
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.159
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	85.0	3.0 oz	0.216
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.273
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.266
10020	Pork, fresh, loin, whole, separable lean and fat, raw	85.0	3.0 oz	0.211
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	85.0	3.0 oz	0.227
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	85.0	3.0 oz	0.287

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	85.0	3.0 oz	0.280
10024	Pork, fresh, loin, whole, separable lean only, raw	85.0	3.0 oz	0.227
10007	Pork, fresh, separable fat, cooked	28.35	1.0 oz	0.057
10006	Pork, fresh, separable fat, raw	28.35	1.0 oz	0.026
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	0.310
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	85.0	3.0 oz	0.300
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	85.0	3.0 oz	0.303
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	85.0	3.0 oz	0.285
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	85.0	3.0 oz	0.330
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	85.0	3.0 oz	0.326
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	85.0	3.0 oz	0.324
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	85.0	3.0 oz	0.312
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85.0	3.0 oz	0.274
10076	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.408
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	85.0	3.0 oz	0.209
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85.0	3.0 oz	0.285
10079	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted	85.0	3.0 oz	0.303
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	85.0	3.0 oz	0.231
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.302
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	85.0	3.0 oz	0.340
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	85.0	3.0 oz	0.337
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	0.374
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.444
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	28.35	1.0 oz	0.078
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	0.500
10072	Pork, fresh, shoulder, whole, separable lean only, raw	28.35	1.0 oz	0.089
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85.0	3.0 oz	0.325
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.279
10088	Pork, fresh, spareribs, separable lean and fat, raw	85.0	3.0 oz	0.213
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.190
10096	Pork, fresh, variety meats and by-products, brain, raw	28.35	1.0 oz	0.078
10099	Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	85.0	3.0 oz	0.039
10098	Pork, fresh, variety meats and by-products, chitterlings, raw	28.35	1.0 oz	0.026
10101	Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered	111.0	1.0 ear (yield after cooking)	0.078

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
10100	Pork, fresh, variety meats and by-products, ears, frozen, raw	28.35	1.0 oz	0.031
10173	Pork, fresh, variety meats and by-products, feet, cooked, simmered	85.0	3.0 oz	0.048
10102	Pork, fresh, variety meats and by-products, feet, raw	28.35	1.0 oz	0.030
10104	Pork, fresh, variety meats and by-products, heart, cooked, braised	145.0	1.0 cup	2.468
10103	Pork, fresh, variety meats and by-products, heart, raw	28.35	1.0 oz	0.336
10105	Pork, fresh, variety meats and by-products, jowl, raw	28.35	1.0 oz	0.067
10107	Pork, fresh, variety meats and by-products, kidneys, cooked, braised	140.0	1.0 cup	2.220
10106	Pork, fresh, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.481
10109	Pork, fresh, variety meats and by-products, leaf fat, raw	28.35	1.0 oz	0.018
10111	Pork, fresh, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	1.867
10110	Pork, fresh, variety meats and by-products, liver, raw	28.35	1.0 oz	0.852
10113	Pork, fresh, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.274
10112	Pork, fresh, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.122
10114	Pork, fresh, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	0.057
10116	Pork, fresh, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0.559
10115	Pork, fresh, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.130
10118	Pork, fresh, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0.219
10117	Pork, fresh, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.085
10863	Pork, fresh, variety meats and by-products, stomach, cooked, simmered	85.0	3.0 oz	0.160
10119	Pork, fresh, variety meats and by-products, stomach, raw	28.35	1.0 oz	0.057
10175	Pork, fresh, variety meats and by-products, tail, cooked, simmered	85.0	3.0 oz	0.060
10174	Pork, fresh, variety meats and by-products, tail, raw	28.35	1.0 oz	0.031
10122	Pork, fresh, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	0.434
10121	Pork, fresh, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.137
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	113.0	4.0 oz	0.551
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.415
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0.413
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.393
10972	Pork, ground, 84% lean / 16% fat, raw	113.0	4.0 oz	0.382
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0.411
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.370
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	0.416
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	85.0	3.0 oz	0.360
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.434
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.303
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.329

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
43297	Pork, oriental style, dehydrated	22.0	1.0 cup	0.031
10898	Pork, pickled pork hocks	117.0	3.0 oz	0.080
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.367
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.395
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	105.0	1.0 piece	0.630
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	92.0	1.0 piece	0.428
19823	Potato chips, without salt, reduced fat	28.35	1.0 oz	0.077
11413	Potato flour	160.0	1.0 cup	0.082
11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.	0.038
11399	Potato puffs, frozen, oven-heated	79.0	10.0 puffs	0.029
11398	Potato puffs, frozen, unprepared	120.0	1.0 cup	0.073
22971	Potato salad with egg	125.0	0.5 cup	0.021
11414	Potato salad, home-prepared	250.0	1.0 cup	0.150
06969	Potato soup, instant, dry mix	39.0	1.0 serving 1/3 cup	0.086
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	137.0	0.167 package (5.5 oz) yields	0.111
11384	Potatoes, au gratin, dry mix, unprepared	26.0	0.167 package (5.5 oz)	0.066
11373	Potatoes, au gratin, home-prepared from recipe using butter	245.0	1.0 cup	0.284
11843	Potatoes, au gratin, home-prepared from recipe using margarine	245.0	1.0 cup	0.284
11828	Potatoes, baked, flesh and skin, with salt	61.0	0.5 cup	0.029
11674	Potatoes, baked, flesh and skin, without salt	148.0	1.0 NLEA serving	0.071
11829	Potatoes, baked, flesh, with salt	61.0	0.5 cup	0.013
11363	Potatoes, baked, flesh, without salt	61.0	0.5 cup	0.013
11830	Potatoes, baked, skin only, with salt	58.0	1.0 skin	0.061
11364	Potatoes, baked, skin, without salt	58.0	1.0 skin	0.061
11831	Potatoes, boiled, cooked in skin, flesh, with salt	78.0	0.5 cup	0.016
11365	Potatoes, boiled, cooked in skin, flesh, without salt	78.0	0.5 cup	0.016
11832	Potatoes, boiled, cooked in skin, skin, with salt	34.0	1.0 skin	0.012
11366	Potatoes, boiled, cooked in skin, skin, without salt	34.0	1.0 skin	0.012
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	0.015
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	0.015
11376	Potatoes, canned, drained solids	180.0	1.0 cup	0.023
43311	Potatoes, canned, drained solids, no salt added	180.0	1.0 cup	0.018
11374	Potatoes, canned, solids and liquids	300.0	1.0 cup, whole	0.060
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	0.024
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	76.0	10.0 fries	0.024
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	89.0	10.0 strip	0.043

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
11842	Potatoes, french fried, all types, salt not added in processing, frozen, as purchased	65.0	10.0 strips	0.031
11841	Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated	74.0	10.0 strip	0.023
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	65.0	10.0 strips	0.015
11407	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	50.0	10.0 strips	0.016
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	82.0	10.0 strip	0.030
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	69.0	10.0 strip	0.021
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	30.0	10.0 strip	0.010
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	21.0	10.0 strip	0.007
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	153.0	10.0 strip	0.110
11412	Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated	133.0	10.0 strip	0.039
11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	50.0	10.0 strips	0.016
11409	Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	50.0	10.0 strips	0.018
11408	Potatoes, frozen, french fried, par fried, extruded, unprepared	65.0	10.0 strips	0.020
11400	Potatoes, frozen, whole, unprepared	182.0	1.0 cup	0.056
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	0.050
11390	Potatoes, hash brown, frozen, plain, unprepared	105.0	0.5 cup	0.015
11392	Potatoes, hash brown, frozen, with butter sauce, unprepared	170.0	1.0 package (6 oz)	0.042
11370	Potatoes, hash brown, home-prepared	156.0	1.0 cup	0.051
31022	Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	130.0	1.0 cup prepared	0.065
31021	Potatoes, hash brown, refrigerated, unprepared	159.0	1.0 cup unprepared	0.035
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	0.066
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	200.0	1.0 cup	0.600
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	200.0	1.0 cup	0.506
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	0.113
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	210.0	1.0 cup	0.105
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	0.174
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	210.0	1.0 cup	0.162
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	0.086
11934	Potatoes, mashed, home-prepared, whole milk and butter added	210.0	1.0 cup	0.086
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	0.088
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	210.0	1.0 cup	0.162
31036	Potatoes, mashed, ready-to-eat	229.0	1.0 cup	0.202
11675	Potatoes, microwaved, cooked in skin, flesh and skin, without salt	202.0	1.0 potato (2-3/4" dia by 4-3/4" long)	0.065
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	78.0	0.5 cup	0.020
11368	Potatoes, microwaved, cooked in skin, flesh, without salt	78.0	0.5 cup	0.020
11369	Potatoes, microwaved, cooked in skin, skin, without salt	58.0	1.0 skin	0.044

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	202.0	1.0 potato (2-1/3" x 4-3/4")	0.065
11836	Potatoes, microwaved, cooked, in skin, skin with salt	58.0	1.0 skin	0.044
11671	Potatoes, o'brien, home-prepared	194.0	1.0 cup	0.109
11362	Potatoes, raw, skin	38.0	1.0 skin	0.014
11358	Potatoes, red, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	0.150
11355	Potatoes, red, flesh and skin, raw	75.0	0.5 cup, diced	0.023
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	0.144
11353	Potatoes, russet, flesh and skin, raw	75.0	0.5 cup, diced	0.025
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245.0	1.0 cup (unprepared)	0.137
11386	Potatoes, scalloped, dry mix, unprepared	26.0	0.167 package (5.5 oz)	0.032
11372	Potatoes, scalloped, home-prepared with butter	245.0	1.0 cup	0.225
11844	Potatoes, scalloped, home-prepared with margarine	245.0	1.0 cup	0.225
11357	Potatoes, white, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia)	0.129
11354	Potatoes, white, flesh and skin, raw	75.0	0.5 cup, diced	0.026
32013	Potsticker or wonton, pork and vegetable, frozen, unprepared	145.0	5.0 pieces 1 serving	0.184
07067	Poultry salad sandwich spread	13.0	1.0 tbsp	0.009
05301	Poultry, mechanically deboned, from backs and necks with skin, raw	227.0	0.5 lb	0.293
05302	Poultry, mechanically deboned, from backs and necks without skin, raw	227.0	0.5 lb	0.397
05303	Poultry, mechanically deboned, from mature hens, raw	227.0	0.5 lb	0.318
35201	Prairie Turnips, boiled (Northern Plains Indians)	14.0	1.0 bulb	0.005
35200	Prairie Turnips, raw (Northern Plains Indians)	12.6	1.0 bulb peeled	0.011
43109	Pretzels, soft	143.0	1.0 large	0.415
25024	Pretzels, soft, unsalted	143.0	1.0 large	0.415
35199	Prickly pears, broiled (Northern Plains Indians)	7.5	1.0 pad	0.003
09287	Prickly pears, raw	149.0	1.0 cup	0.089
35198	Prickly pears, raw (Northern Plains Indians)	19.0	1.0 pad peeled	0.006
01224	Protein supplement, milk based, Muscle Milk Light, powder	50.0	2.0 scoop	0.600
01223	Protein supplement, milk based, Muscle Milk, powder	11.0	1.0 tbsp	0.094
09294	Prune juice, canned	256.0	1.0 cup	0.179
09288	Prunes, canned, heavy syrup pack, solids and liquids	234.0	1.0 cup	0.285
09290	Prunes, dehydrated (low-moisture), stewed	280.0	1.0 cup	0.084
09289	Prunes, dehydrated (low-moisture), uncooked	132.0	1.0 cup	0.218
19333	Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water	127.0	0.5 cup	0.029
44260	Puddings, all flavors except chocolate, low calorie, instant, dry mix	8.0	1.0 serving	0.002
44259	Puddings, all flavors except chocolate, low calorie, regular, dry mix	113.0	1.0 serving	0.000
19318	Puddings, banana, dry mix, instant	99.0	1.0 package (3.5 oz)	0.003

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
19121	Puddings, banana, dry mix, instant, prepared with 2% milk	147.0	0.5 cup From 19191	0.201
19319	Puddings, banana, dry mix, instant, prepared with whole milk	127.0	0.5 cup	0.178
19705	Puddings, banana, dry mix, instant, with added oil	99.0	1.0 package (3.5 oz)	0.003
19320	Puddings, banana, dry mix, regular	88.0	1.0 package (3.12 oz)	0.000
19122	Puddings, banana, dry mix, regular, prepared with 2% milk	142.0	0.5 cup From 19211	0.204
19321	Puddings, banana, dry mix, regular, prepared with whole milk	127.0	0.5 cup	0.187
19706	Puddings, banana, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0.000
44061	Puddings, chocolate flavor, low calorie, instant, dry mix	9.9	1.0 serving	0.009
44258	Puddings, chocolate flavor, low calorie, regular, dry mix	9.9	1.0 serving	0.010
19184	Puddings, chocolate, dry mix, instant	99.0	1.0 package (3.5 oz)	0.054
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	142.0	0.5 cup From 19211	0.209
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.207
19188	Puddings, chocolate, dry mix, regular	99.0	1.0 package (3.5 oz)	0.070
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	0.219
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	142.0	0.5 cup	0.223
19183	Puddings, chocolate, ready-to-eat	28.35	1.0 oz	0.020
19235	Puddings, chocolate, ready-to-eat, fat free	113.0	1.0 serving 4 oz	0.084
19322	Puddings, coconut cream, dry mix, instant	99.0	1.0 package (3.5 oz)	0.052
19191	Puddings, coconut cream, dry mix, instant, prepared with 2% milk	147.0	0.5 cup	0.203
19323	Puddings, coconut cream, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.200
19324	Puddings, coconut cream, dry mix, regular	88.0	1.0 package (3.12 oz)	0.026
19219	Puddings, coconut cream, dry mix, regular, prepared with 2% milk	140.0	0.5 cup	0.204
19325	Puddings, coconut cream, dry mix, regular, prepared with whole milk	140.0	0.5 cup	0.200
19330	Puddings, lemon, dry mix, instant	99.0	1.0 package (3.5 oz)	0.003
19204	Puddings, lemon, dry mix, instant, prepared with 2% milk	8.0	1.0 serving	0.011
19331	Puddings, lemon, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.198
19332	Puddings, lemon, dry mix, regular	85.0	1.0 package (3 oz)	0.020
19708	Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	85.0	1.0 package (3 oz)	0.020
19194	Puddings, rice, dry mix	106.0	1.0 package	0.013
19208	Puddings, rice, dry mix, prepared with 2% milk	128.0	0.5 cup	0.180
19195	Puddings, rice, dry mix, prepared with whole milk	128.0	0.5 cup	0.177
19193	Puddings, rice, ready-to-eat	113.0	1.0 serving 4 oz pudding cup	0.207
19198	Puddings, tapioca, dry mix	92.0	1.0 package (3.5 oz)	0.006
19209	Puddings, tapioca, dry mix, prepared with 2% milk	128.0	0.5 cup	0.183
19199	Puddings, tapioca, dry mix, prepared with whole milk	128.0	0.5 cup	0.179
19709	Puddings, tapioca, dry mix, with no added salt	92.0	1.0 package (3.5 oz)	0.006

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
19218	Puddings, tapioca, ready-to-eat	28.35	1.0 oz	0.027
19234	Puddings, tapioca, ready-to-eat, fat free	112.0	1.0 container refrigerated 4 oz	0.084
19202	Puddings, vanilla, dry mix, instant	99.0	1.0 package (3.5 oz)	0.028
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	142.0	0.5 cup	0.193
19206	Puddings, vanilla, dry mix, regular	88.0	1.0 package (3.12 oz)	0.011
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	0.187
19207	Puddings, vanilla, dry mix, regular, prepared with whole milk	140.0	0.5 cup	0.209
19710	Puddings, vanilla, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0.000
19201	Puddings, vanilla, ready-to-eat	28.35	1.0 oz	0.020
19233	Puddings, vanilla, ready-to-eat, fat free	99.0	1.0 serving 3.5 oz shelf stable	0.087
18337	Puff pastry, frozen, ready-to-bake	28.35	1.0 oz	0.080
18211	Puff pastry, frozen, ready-to-bake, baked	28.35	1.0 oz	0.073
22972	Pulled pork in barbecue sauce	249.0	1.0 cup	0.319
09295	Pummelo, raw	190.0	1.0 cup, sections	0.051
11417	Pumpkin flowers, cooked, boiled, drained, without salt	134.0	1.0 cup	0.043
11416	Pumpkin flowers, raw	33.0	1.0 cup	0.025
11848	Pumpkin leaves, cooked, boiled, drained, with salt	71.0	1.0 cup	0.097
11419	Pumpkin leaves, cooked, boiled, drained, without salt	71.0	1.0 cup	0.097
11418	Pumpkin leaves, raw	39.0	1.0 cup	0.050
11426	Pumpkin pie mix, canned	270.0	1.0 cup	0.319
11846	Pumpkin, canned, with salt	245.0	1.0 cup	0.132
11424	Pumpkin, canned, without salt	245.0	1.0 cup	0.132
11845	Pumpkin, cooked, boiled, drained, with salt	245.0	1.0 cup, mashed	0.191
11423	Pumpkin, cooked, boiled, drained, without salt	245.0	1.0 cup, mashed	0.191
11847	Pumpkin, flowers, cooked, boiled, drained, with salt	134.0	1.0 cup	0.043
11422	Pumpkin, raw	116.0	1.0 cup (1" cubes)	0.128
11849	Purslane, cooked, boiled, drained, with salt	115.0	1.0 cup	0.104
11428	Purslane, cooked, boiled, drained, without salt	115.0	1.0 cup	0.104
11427	Purslane, raw	43.0	1.0 cup	0.048
05159	Quail, breast, meat only, raw	85.0	3.0 oz	0.207
43282	Quail, cooked, total edible	28.35	1.0 oz	0.085
05157	Quail, meat and skin, raw	109.0	1.0 quail	0.283
05158	Quail, meat only, raw	92.0	1.0 quail	0.262
09296	Quinces, raw	92.0	1.0 fruit without refuse	0.028
20137	Quinoa, cooked	185.0	1.0 cup	0.204
20035	Quinoa, uncooked	170.0	1.0 cup	0.541

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
11952	Radicchio, raw	40.0	1.0 cup, shredded	0.011
11676	Radish seeds, sprouted, raw	38.0	1.0 cup	0.039
43142	Radishes, hawaiian style, pickled	150.0	1.0 cup	0.045
11850	Radishes, oriental, cooked, boiled, drained, with salt	147.0	1.0 cup slices	0.034
11431	Radishes, oriental, cooked, boiled, drained, without salt	147.0	1.0 cup, sliced	0.034
11432	Radishes, oriental, dried	116.0	1.0 cup	0.789
11430	Radishes, oriental, raw	116.0	1.0 cup slices	0.023
11429	Radishes, raw	116.0	1.0 cup slices	0.045
11637	Radishes, white icicle, raw	50.0	0.5 cup slices	0.010
09297	Raisins, golden seedless	165.0	1.0 cup, packed	0.315
09299	Raisins, seeded	165.0	1.0 cup, packed	0.300
09298	Raisins, seedless	165.0	1.0 cup, packed	0.206
09301	Rambutan, canned, syrup pack	150.0	1.0 cup, drained	0.033
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	256.0	1.0 cup	0.079
09306	Raspberries, frozen, red, sweetened	250.0	1.0 cup, thawed	0.112
09518	Raspberries, frozen, unsweetened	140.0	1.0 cup, unthawed	0.053
09302	Raspberries, raw	123.0	1.0 cup	0.047
35202	Raspberries, wild (Northern Plains Indians)	130.0	1.0 cup	0.104
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	159.0	1.0 cup	0.184
22899	Ravioli, cheese-filled, canned	242.0	1.0 cup	0.194
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	262.0	1.0 cup	0.149
01200	Reddi Wip Fat Free Whipped Topping	4.0	1.0 tablespoon	0.025
16172	Refried beans, canned, fat-free	231.0	1.0 cup	0.035
16103	Refried beans, canned, traditional style (includes USDA commodity)	238.0	1.0 cup	0.188
16403	Refried beans, canned, traditional, reduced sodium	238.0	1.0 cup	0.188
16171	Refried beans, canned, vegetarian	242.0	1.0 cup	0.036
36603	Restaurant, Chinese, beef and vegetables	574.0	1.0 order	0.316
36626	Restaurant, Chinese, chicken and vegetables	693.0	1.0 order	0.832
36623	Restaurant, Chinese, chicken chow mein	604.0	1.0 order	0.139
36601	Restaurant, Chinese, egg rolls, assorted	89.0	1.0 piece	0.069
36602	Restaurant, Chinese, fried rice, without meat	137.0	1.0 cup	0.036
36618	Restaurant, Chinese, general tso's chicken	535.0	1.0 order	0.631
36619	Restaurant, Chinese, kung pao chicken	604.0	1.0 order	0.332
36617	Restaurant, Chinese, lemon chicken	623.0	1.0 order	0.436
36629	Restaurant, Chinese, orange chicken	648.0	1.0 order	1.426
36633	Restaurant, Chinese, sesame chicken	547.0	1.0 order	1.231

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
36620	Restaurant, Chinese, shrimp and vegetables	601.0	1.0 order	0.198
36621	Restaurant, Chinese, sweet and sour chicken	706.0	1.0 order	0.304
36622	Restaurant, Chinese, sweet and sour pork	609.0	1.0 order	0.627
36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	777.0	1.0 order	0.761
36625	Restaurant, Chinese, vegetable lo mein, without meat	741.0	1.0 order	0.919
36015	Restaurant, family style, chicken fingers, from kid's menu	114.0	1.0 serving	0.189
36034	Restaurant, family style, chicken tenders	201.0	1.0 serving	0.334
36037	Restaurant, family style, chili with meat and beans	136.0	1.0 cup	0.282
36035	Restaurant, family style, coleslaw	108.0	1.0 serving	0.063
36033	Restaurant, family style, fish fillet, battered or breaded, fried	226.0	1.0 serving	0.217
36014	Restaurant, family style, french fries	170.0	1.0 serving	0.097
36012	Restaurant, family style, fried mozzarella sticks	245.0	1.0 serving	0.639
36039	Restaurant, family style, hash browns	94.0	1.0 cup	0.045
36017	Restaurant, family style, macaroni & cheese, from kids' menu	136.0	1.0 cup	0.345
36036	Restaurant, family style, onion rings	259.0	1.0 serving	0.202
36016	Restaurant, family style, shrimp, breaded and fried	169.0	1.0 serving	0.218
36013	Restaurant, family style, sirloin steak	166.0	1.0 serving	0.576
36038	Restaurant, family style, spaghetti and meatballs	134.0	1.0 cup	0.224
36055	Restaurant, Italian, cheese ravioli with marinara sauce	427.0	1.0 serving serving size varied by diameter and count of raviloi	0.867
36059	Restaurant, Italian, chicken parmesan without pasta	301.0	1.0 serving	0.581
36041	Restaurant, Italian, lasagna with meat	457.0	1.0 serving	1.083
36630	Restaurant, Italian, spaghetti with meat sauce	554.0	1.0 serving	0.814
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	510.0	1.0 serving	0.627
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	98.0	1.0 piece	0.041
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	461.0	1.0 serving	0.097
36407	Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	653.0	1.0 serving	0.098
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	590.0	1.0 serving	0.088
36404	Restaurant, Latino, arroz con leche (rice pudding)	283.0	1.0 serving	0.275
36413	Restaurant, Latino, black bean soup	246.0	1.0 cup	0.062
36416	Restaurant, Latino, bunuelos (fried yeast bread)	70.0	1.0 piece	0.100
36401	Restaurant, Latino, chicken and rice, entree, prepared	141.0	1.0 cup	0.079
36403	Restaurant, Latino, empanadas, beef, prepared	89.0	1.0 piece	0.169
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	126.0	1.0 piece	0.038
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	117.0	1.0 piece	0.149
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	122.0	1.0 piece	0.106

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
36411	Restaurant, Latino, tamale, corn	166.0	1.0 piece	0.088
36412	Restaurant, Latino, tamale, pork	142.0	1.0 piece	0.071
36414	Restaurant, Latino, tripe soup	200.0	1.0 cup	0.040
36050	Restaurant, Mexican, cheese enchilada	244.0	1.0 serving serving size varied from 1 to 3 enchiladas	0.544
36052	Restaurant, Mexican, cheese quesadilla	205.0	1.0 serving serving size varied on diameter and count of quesadila	0.662
36056	Restaurant, Mexican, cheese tamales	302.0	1.0 serving serving size varied from 1 to 3 tamales	0.399
36418	Restaurant, Mexican, refried beans	148.0	1.0 cup	0.164
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	281.0	1.0 serving varied from 1 to 3 tacos per serving	0.697
36417	Restaurant, Mexican, spanish rice	116.0	1.0 cup	0.086
09310	Rhubarb, frozen, cooked, with sugar	240.0	1.0 cup	0.055
09309	Rhubarb, frozen, uncooked	137.0	1.0 cup, diced	0.040
09307	Rhubarb, raw	122.0	1.0 cup, diced	0.037
32001	Rice and vermicelli mix, beef flavor, prepared with 80% margarine	247.0	1.0 cup	0.044
32000	Rice and vermicelli mix, beef flavor, unprepared	61.0	0.333 cup	0.069
22999	Rice and vermicelli mix, chicken flavor, prepared with 80% margarine	233.0	1.0 cup	0.063
22998	Rice and vermicelli mix, chicken flavor, unprepared	56.0	0.333 cup	0.054
32003	Rice and vermicelli mix, rice pilaf flavor, prepared with 80% margarine	238.0	1.0 cup	0.064
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	68.0	0.333 cup	0.059
08546	Rice and Wheat cereal bar	22.0	1.0 bar	0.170
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	340.0	1.0 bowl	0.187
20060	Rice bran, crude	118.0	1.0 cup	0.335
42204	Rice cake, cracker (include hain mini rice cakes)	4.2	1.0 cubic inch	0.007
20090	Rice flour, brown	158.0	1.0 cup	0.126
20061	Rice flour, white, unenriched	158.0	1.0 cup	0.033
32024	Rice mix, cheese flavor, dry mix, unprepared	57.0	0.25 cup dry rice mix	0.382
32029	Rice mix, white and wild, flavored, unprepared	57.0	2.0 oz (1/4 c dry rice mix and 4 tsp seasoning mix)	0.172
20134	Rice noodles, cooked	176.0	1.0 cup	0.007
20133	Rice noodles, dry	57.0	2.0 oz	0.010
20037	Rice, brown, long-grain, cooked	202.0	1.0 cup	0.139
20036	Rice, brown, long-grain, raw	185.0	1.0 cup	0.176
20041	Rice, brown, medium-grain, cooked	195.0	1.0 cup	0.023
20040	Rice, brown, medium-grain, raw	190.0	1.0 cup	0.082
20651	Rice, brown, parboiled, cooked, UNCLE BENS	155.0	1.0 cup	0.109
20042	Rice, brown, parboiled, dry, UNCLE BEN'S	48.0	0.25 cup	0.044
20055	Rice, white, glutinous, unenriched, cooked	174.0	1.0 cup	0.023

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
20054	Rice, white, glutinous, unenriched, uncooked	185.0	1.0 cup	0.102
20047	Rice, white, long-grain, parboiled, enriched, cooked	158.0	1.0 cup	0.030
20046	Rice, white, long-grain, parboiled, enriched, dry	185.0	1.0 cup	0.092
20447	Rice, white, long-grain, parboiled, unenriched, cooked	158.0	1.0 cup	0.030
20446	Rice, white, long-grain, parboiled, unenriched, dry	185.0	1.0 cup	0.092
20048	Rice, white, long-grain, precooked or instant, enriched, dry	95.0	1.0 cup	0.027
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165.0	1.0 cup	0.013
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	158.0	1.0 cup	0.021
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	158.0	1.0 cup	0.021
20045	Rice, white, long-grain, regular, enriched, cooked	158.0	1.0 cup	0.021
20044	Rice, white, long-grain, regular, raw, enriched	185.0	1.0 cup	0.091
20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	0.091
20445	Rice, white, long-grain, regular, unenriched, cooked without salt	158.0	1.0 cup	0.021
20451	Rice, white, medium-grain, cooked, unenriched	186.0	1.0 cup	0.030
20051	Rice, white, medium-grain, enriched, cooked	186.0	1.0 cup	0.030
20050	Rice, white, medium-grain, raw, enriched	195.0	1.0 cup	0.094
20450	Rice, white, medium-grain, raw, unenriched	195.0	1.0 cup	0.094
20453	Rice, white, short-grain, cooked, unenriched	205.0	1.0 cup	0.033
20053	Rice, white, short-grain, enriched, cooked	186.0	1.0 cup	0.030
20052	Rice, white, short-grain, enriched, uncooked	200.0	1.0 cup	0.096
20452	Rice, white, short-grain, raw, unenriched	200.0	1.0 cup	0.096
20058	Rice, white, steamed, Chinese restaurant	132.0	1.0 cup, loosely packed	0.020
07912	Roast beef spread	57.0	1.0 serving .25 cup	0.131
07043	Roast beef, deli style, prepackaged, sliced	9.3	1.0 slice oval	0.020
18344	Rolls, dinner, egg	28.35	1.0 oz	0.147
18345	Rolls, dinner, oat bran	28.35	1.0 oz	0.082
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28.0	1.0 roll (1 oz)	0.105
18396	Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.116
18346	Rolls, dinner, rye	43.0	1.0 large (approx 3-1/2" to 4" dia)	0.116
28348	Rolls, dinner, sweet	30.0	1.0 roll	0.098
18347	Rolls, dinner, wheat	28.0	1.0 roll (1 oz)	0.076
18348	Rolls, dinner, whole-wheat	28.0	1.0 roll (1 oz)	0.043
18349	Rolls, french	28.35	1.0 oz	0.085
28341	Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch	78.0	1.0 roll	0.374
28343	Rolls, gluten-free, whole grain, made with tapioca starch and brown rice flour	44.0	1.0 roll	0.158
28312	Rolls, hamburger or hot dog, wheat/cracked wheat	51.0	1.0 roll	0.148

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
28313	Rolls, hamburger or hot dog, whole wheat	56.0	1.0 roll	0.105
18351	Rolls, hamburger or hotdog, mixed-grain	28.35	1.0 oz	0.088
18350	Rolls, hamburger or hotdog, plain	44.0	1.0 roll 1 serving	0.131
18352	Rolls, hamburger or hotdog, reduced-calorie	28.35	1.0 oz	0.050
28321	Rolls, hamburger, whole grain white, calcium-fortified	43.0	1.0 piece roll	0.136
18353	Rolls, hard (includes kaiser)	28.35	1.0 oz	0.095
43441	Rolls, pumpernickel	36.0	1.0 medium (2-1/2" dia)	0.108
35203	Rose Hips, wild (Northern Plains Indians)	127.0	1.0 cup	0.211
09311	Roselle, raw	57.0	1.0 cup, without refuse	0.016
02063	Rosemary, fresh	0.7	1.0 tsp	0.001
05363	Ruffed Grouse, breast meat, skinless, raw	113.0	4.0 oz	0.316
11851	Rutabagas, cooked, boiled, drained, with salt	120.0	0.5 cup, mashed	0.049
11436	Rutabagas, cooked, boiled, drained, without salt	170.0	1.0 cup, cubes	0.070
11435	Rutabagas, raw	140.0	1.0 cup, cubes	0.056
20063	Rye flour, dark	128.0	1.0 cup	0.321
20065	Rye flour, light	102.0	1.0 cup	0.092
20064	Rye flour, medium	102.0	1.0 cup	0.116
20062	Rye grain	169.0	1.0 cup	0.424
43331	Salad dressing, bacon and tomato	15.0	1.0 tbsp	0.003
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.0	1.0 tbsp	0.015
42192	Salad dressing, blue or roquefort cheese dressing, fat-free	17.0	1.0 tbsp	0.028
42153	Salad dressing, blue or roquefort cheese dressing, light	16.0	1.0 tbsp	0.006
43020	Salad dressing, blue or roquefort cheese, low calorie	15.0	1.0 tbsp	0.015
43215	Salad dressing, buttermilk, lite	15.0	1.0 tablespoon	0.004
43015	Salad dressing, caesar dressing, regular	14.7	1.0 tbsp	0.001
04705	Salad dressing, caesar, fat-free	34.0	2.0 tbsp (1 NLEA serving)	0.003
43021	Salad dressing, caesar, low calorie	15.0	1.0 tbsp	0.002
43016	Salad dressing, coleslaw	16.0	1.0 tbsp	0.003
42230	Salad Dressing, coleslaw dressing, reduced fat	17.0	1.0 tbsp	0.002
04120	Salad dressing, french dressing, commercial, regular	16.0	1.0 tbsp	0.008
04141	Salad dressing, french dressing, commercial, regular, without salt	15.0	1.0 tablespoon	0.008
04367	Salad dressing, french dressing, fat-free	16.0	1.0 tablespoon	0.004
42171	Salad dressing, french dressing, reduced calorie	16.0	1.0 tbsp	0.000
04020	Salad dressing, french dressing, reduced fat	16.0	1.0 tablespoon	0.008
04142	Salad dressing, french dressing, reduced fat, without salt	16.0	1.0 tablespoon	0.008
04146	Salad dressing, french, cottonseed, oil, home recipe	14.0	1.0 tablespoon	0.003

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
04133	Salad dressing, french, home recipe	14.0	1.0 tablespoon	0.003
43017	Salad dressing, green goddess, regular	15.0	1.0 tbsp	0.008
04135	Salad dressing, home recipe, vinegar and oil	16.0	1.0 tablespoon	0.000
04686	Salad dressing, honey mustard dressing, reduced calorie	30.0	2.0 tbsp (1 serving)	0.004
04703	Salad dressing, honey mustard, regular	30.0	2.0 tbsp	0.007
04021	Salad dressing, italian dressing, commercial, reduced fat	15.0	1.0 tablespoon	0.001
04114	Salad dressing, italian dressing, commercial, regular	14.7	1.0 tbsp	0.000
04143	Salad dressing, italian dressing, commercial, regular, without salt	14.7	1.0 tablespoon	0.003
04636	Salad dressing, italian dressing, fat-free	14.0	1.0 tbsp	0.007
42140	Salad dressing, italian dressing, reduced calorie	14.0	1.0 tbsp	0.001
04144	Salad dressing, italian dressing, reduced fat, without salt	15.0	1.0 tablespoon	0.002
04013	Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	16.0	1.0 tbsp	0.000
43329	Salad dressing, mayonnaise and mayonnaise-type, low calorie	14.5	1.0 tbsp	0.003
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	0.004
04028	Salad dressing, mayonnaise, imitation, milk cream	15.0	1.0 tablespoon	0.015
04027	Salad dressing, mayonnaise, imitation, soybean	15.0	1.0 tbsp	0.000
04029	Salad dressing, mayonnaise, imitation, soybean without cholesterol	14.1	1.0 tablespoon	0.000
04641	Salad dressing, mayonnaise, light	15.0	1.0 tablespoon	0.000
04689	Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light	14.0	1.0 tbsp (1 NLEA serving)	0.004
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	0.003
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	13.8	1.0 tablespoon	0.000
04145	Salad dressing, mayonnaise, soybean oil, without salt	13.8	1.0 tablespoon	0.000
42193	Salad Dressing, mayonnaise-like, fat-free	16.0	1.0 tbsp	0.002
42137	Salad dressing, peppercorn dressing, commercial, regular	13.4	1.0 tbsp	0.000
04704	Salad dressing, poppyseed, creamy	33.0	2.0 tbsp	0.019
04638	Salad dressing, ranch dressing, fat-free	14.0	1.0 tablespoon	0.004
04640	Salad dressing, ranch dressing, reduced fat	15.0	1.0 tablespoon	0.004
04639	Salad dressing, ranch dressing, regular	15.0	1.0 tablespoon	0.013
04015	Salad dressing, russian dressing	15.0	1.0 tbsp	0.007
04022	Salad dressing, russian dressing, low calorie	16.0	1.0 tablespoon	0.002
04016	Salad dressing, sesame seed dressing, regular	15.0	1.0 tablespoon	0.000
43019	Salad dressing, sweet and sour	16.0	1.0 tbsp	0.000
04635	Salad dressing, thousand island dressing, fat-free	16.0	1.0 tbsp	0.008
04023	Salad dressing, thousand island dressing, reduced fat	15.0	1.0 tablespoon	0.006
04017	Salad dressing, thousand island, commercial, regular	16.0	1.0 tbsp	0.009
07068	Salami, cooked, beef	26.0	1.0 slice	0.049

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
07069	Salami, cooked, beef and pork	12.3	1.0 slice round	0.044
07070	Salami, cooked, turkey	28.0	1.0 serving	0.085
07071	Salami, dry or hard, pork	113.0	1.0 package (4 oz)	0.373
07072	Salami, dry or hard, pork, beef	9.8	1.0 slice	0.019
07926	Salami, Italian, pork	28.0	1.0 oz	0.092
07941	Salami, Italian, pork and beef, dry, sliced, 50% less sodium	28.0	1.0 serving 5 slices	0.080
07913	Salami, pork, beef, less sodium	100.0	3.527 oz	0.336
32031	Salisbury steak with gravy, frozen	63.0	1.0 patty	0.074
35190	Salmon, red (sockeye), filets with skin, smoked (Alaska Native)	108.0	1.0 filet	0.586
15264	Salmon, sockeye, canned, drained solids, without skin and bones	85.0	3.0 oz	0.182
15253	Salmon, sockeye, canned, total can contents	85.0	3.0 oz	0.170
11437	Salsify, (vegetable oyster), raw	133.0	1.0 cup slices	0.293
11852	Salsify, cooked, boiled, drained, with salt	135.0	1.0 cup slices	0.234
11438	Salsify, cooked, boiled, drained, without salt	135.0	1.0 cup, sliced	0.234
02047	Salt, table	6.0	1.0 tsp	0.000
43135	Sandwich spread, meatless	15.0	1.0 tbsp	0.105
07073	Sandwich spread, pork, beef	15.0	1.0 tbsp	0.020
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	15.0	1.0 tablespoon	0.003
09313	Sapodilla, raw	241.0	1.0 cup, pulp	0.048
09314	Sapote, mamey, raw	175.0	1.0 cup 1" pieces	0.203
06150	Sauce, barbecue	17.0	1.0 tbsp	0.010
27056	Sauce, barbecue, BULL'S-EYE, original	16.0	1.0 tbsp	0.010
27057	Sauce, barbecue, KC MASTERPIECE, original	18.0	1.0 tbsp	0.013
06307	Sauce, barbecue, KRAFT, original	16.0	1.0 tbsp	0.008
27058	Sauce, barbecue, OPEN PIT, original	17.0	1.0 tbsp	0.004
27055	Sauce, barbecue, SWEET BABY RAY'S, original	18.0	1.0 tbsp	0.012
06930	Sauce, cheese, ready-to-serve	63.0	0.25 cup	0.072
06962	Sauce, chili, peppers, hot, immature green, canned	15.0	1.0 tbsp	0.004
27051	Sauce, cocktail, ready-to-serve	60.0	0.25 cup	0.028
27046	Sauce, duck, ready-to-serve	33.0	2.0 Tbsp	0.005
27063	Sauce, enchilada, red, mild, ready to serve	56.0	0.25 cup	0.031
06179	Sauce, fish, ready-to-serve	18.0	1.0 tbsp	0.010
06175	Sauce, hoisin, ready-to-serve	16.0	1.0 tbsp	0.035
06166	Sauce, homemade, white, medium	250.0	1.0 cup	0.462
06167	Sauce, homemade, white, thick	250.0	1.0 cup	0.475
06165	Sauce, homemade, white, thin	250.0	1.0 cup	0.460

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
27066	Sauce, horseradish	5.6	1.0 tsp	0.003
06631	Sauce, hot chile, sriracha	6.5	1.0 tsp	0.014
06632	Sauce, hot chile, sriracha, CHA! BY TEXAS PETE	6.9	1.0 tsp	0.017
06633	Sauce, hot chile, sriracha, TUONG OT SRIRACHA	6.2	1.0 tsp	0.013
27067	Sauce, OLD EL PASO, enchilada, red, mild, ready to serve	58.0	0.25 cup	0.025
06176	Sauce, oyster, ready-to-serve	18.0	1.0 tbsp	0.022
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	132.0	1.0 serving 1/2 cup	0.081
06976	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	128.0	1.0 serving 1/2 cup	0.078
06618	Sauce, peanut, made from coconut, water, sugar, peanuts	17.0	1.0 tbsp	0.007
27059	Sauce, peanut, made from peanut butter, water, soy sauce	18.0	1.0 tbsp	0.023
06961	Sauce, peppers, hot, chili, mature red, canned	15.0	1.0 tbsp	0.013
06628	Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated	63.0	0.25 cup	0.452
06629	Sauce, pesto, CLASSICO, basil pesto, ready-to-serve	62.0	0.25 cup	0.169
06630	Sauce, pesto, MEZZETTA, NAPA VALLEY BISTRO, basil pesto, ready-to-serve	60.0	0.25 cup	0.204
06626	Sauce, pesto, ready-to-serve, refrigerated	63.0	0.25 cup	0.452
06627	Sauce, pesto, ready-to-serve, shelf stable	61.0	0.25 cup	0.187
06152	Sauce, pizza, canned, ready-to-serve	63.0	0.25 cup	0.033
06151	Sauce, plum, ready-to-serve	19.0	1.0 tbsp	0.016
06168	Sauce, ready-to-serve, pepper or hot	4.7	1.0 tsp	0.004
06169	Sauce, ready-to-serve, pepper, TABASCO	4.7	1.0 tsp	0.004
06164	Sauce, salsa, ready-to-serve	36.0	2.0 tbsp	0.012
27047	Sauce, salsa, verde, ready-to-serve	30.0	2.0 Tbsp	0.011
06142	Sauce, sofrito, prepared from recipe	103.0	0.5 cup	0.218
27048	Sauce, steak, tomato based	34.0	2.0 Tbsp	0.018
27050	Sauce, sweet and sour, ready-to-serve	35.0	2.0 Tbsp	0.007
27049	Sauce, tartar, ready-to-serve	30.0	2.0 tablespoons	0.009
06112	Sauce, teriyaki, ready-to-serve	18.0	1.0 tbsp	0.013
06189	Sauce, teriyaki, ready-to-serve, reduced sodium	36.0	2.0 Tbsp	0.025
06972	Sauce, tomato chili sauce, bottled, with salt	6.0	1.0 packet	0.004
06971	Sauce, worcestershire	17.0	1.0 tbsp	0.022
11439	Sauerkraut, canned, solids and liquids	142.0	1.0 cup	0.031
07004	Sausage, Berliner, pork, beef	23.0	1.0 slice	0.049
07928	Sausage, chicken, beef, pork, skinless, smoked	84.0	1.0 link	0.139
32032	Sausage, egg and cheese breakfast biscuit	126.0	1.0 biscuit	0.403
07089	Sausage, Italian, pork, cooked	83.0	1.0 link, 4/lb	0.193
07036	Sausage, Italian, pork, raw	113.0	1.0 link, 4/lb	0.190

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
07914	Sausage, Italian, sweet, links	84.0	1.0 link 3 oz	0.105
07927	Sausage, Italian, turkey, smoked	56.0	1.0 serving 2 oz	0.097
16107	Sausage, meatless	25.0	1.0 link	0.100
07915	Sausage, Polish, beef with chicken, hot	55.0	1.0 serving 5 pieces	0.081
07916	Sausage, Polish, pork and beef, smoked	76.0	1.0 serving 2.67 oz	0.129
07917	Sausage, pork and beef, with cheddar cheese, smoked	77.0	12.0 oz serving 2.7 oz	0.123
07979	Sausage, pork, turkey, and beef, reduced sodium	85.0	3.0 oz	0.343
07075	Sausage, smoked link sausage, pork and beef	85.0	3.0 oz	0.090
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	28.35	1.0 oz	0.045
07919	Sausage, turkey, breakfast links, mild	56.0	2.0 oz, 2 links	0.092
07929	Sausage, turkey, hot, smoked	56.0	2.0 oz	0.097
07083	Sausage, Vienna, canned, chicken, beef, pork	16.0	1.0 sausage (7/8" dia x 2" long)	0.017
28368	SCHAR, Gluten-Free, Classic White Rolls	78.0	1.0 roll	0.374
21611	School Lunch, chicken nuggets, whole grain breaded	88.0	5.0 pieces	0.180
21610	School Lunch, chicken patty, whole grain breaded	86.0	1.0 patty	0.139
21145	School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Cheese Pizza, frozen	155.0	1.0 slice 1/8 per pizza	0.264
21146	School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Turkey Pepperoni Pizza, frozen	156.0	1.0 slice 1/8 per pizza	0.421
21601	School Lunch, pizza, cheese topping, thick crust, whole grain, frozen, cooked	124.0	1.0 slice per 1/10 pizza	0.222
21600	School Lunch, pizza, cheese topping, thin crust, whole grain, frozen, cooked	130.0	1.0 piece 4"x6"	0.451
21603	School Lunch, pizza, pepperoni topping, thick crust, whole grain, frozen, cooked	124.0	1.0 slice per 1/10 pizza	0.352
21602	School Lunch, pizza, pepperoni topping, thin crust, whole grain, frozen, cooked	127.0	1.0 piece 4"x6"	0.428
21605	School Lunch, pizza, sausage topping, thick crust, whole grain, frozen, cooked	129.0	1.0 slice per 1/10 pizza	0.401
21604	School Lunch, pizza, sausage topping, thin crust, whole grain, frozen, cooked	133.0	1.0 piece 4" x 6"	0.452
21149	School Lunch, pizza, TONY'S Breakfast Pizza Sausage, frozen	91.0	1.0 piece 3.2 oz	0.255
21147	School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Cheese Pizza 50/50 Cheese, frozen	130.0	1.0 piece 4" x 6"	0.429
21148	School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Pepperoni Pizza 50/50 Cheese, frozen	127.0	1.0 piece 4"x6"	0.406
07951	Scrapple, pork	17.0	1.0 cubic inch	0.049
11442	Seaweed, agar, raw	10.0	2.0 tbsp (1/8 cup)	0.002
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	5.0	0.25 cup	0.080
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	25.0	0.25 cup	0.048
11444	Seaweed, irishmoss, raw	10.0	2.0 tbsp (1/8 cup)	0.047
11445	Seaweed, kelp, raw	10.0	2.0 tbsp (1/8 cup)	0.015
11446	Seaweed, laver, raw	26.0	10.0 sheets	0.116
11667	Seaweed, spirulina, dried	112.0	1.0 cup	4.110
11669	Seaweed, wakame, raw	10.0	2.0 tbsp (1/8 cup)	0.023

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
12003	Seeds, breadfruit seeds, boiled	28.35	1.0 oz	0.048
12001	Seeds, breadfruit seeds, raw	28.35	1.0 oz	0.085
12158	Seeds, breadfruit seeds, roasted	28.35	1.0 oz	0.068
12005	Seeds, breadnut tree seeds, dried	160.0	1.0 cup	0.224
12004	Seeds, breadnut tree seeds, raw	28.35	1.0 oz (8-14 seeds)	0.016
12006	Seeds, chia seeds, dried	28.35	1.0 oz	0.048
12008	Seeds, cottonseed flour, low fat (glandless)	28.35	1.0 oz	0.112
12007	Seeds, cottonseed flour, partially defatted (glandless)	94.0	1.0 cup	0.375
12160	Seeds, cottonseed kernels, roasted (glandless)	149.0	1.0 cup	0.380
12011	Seeds, cottonseed meal, partially defatted (glandless)	28.35	1.0 oz	0.119
12220	Seeds, flaxseed	10.3	1.0 tbsp, whole	0.017
12012	Seeds, hemp seed, hulled	30.0	3.0 tbsp	0.085
12013	Seeds, lotus seeds, dried	32.0	1.0 cup	0.048
12205	Seeds, lotus seeds, raw	28.35	1.0 oz	0.011
12014	Seeds, pumpkin and squash seed kernels, dried	129.0	1.0 cup	0.197
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	0.177
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	118.0	1.0 cup	0.177
12663	Seeds, pumpkin and squash seeds, whole, roasted, with salt added	64.0	1.0 cup	0.033
12163	Seeds, pumpkin and squash seeds, whole, roasted, without salt	64.0	1.0 cup	0.033
12021	Seeds, safflower seed kernels, dried	28.35	1.0 oz	0.118
12022	Seeds, safflower seed meal, partially defatted	28.35	1.0 oz	0.117
12169	Seeds, sesame butter, paste	16.0	1.0 tbsp	0.032
12198	Seeds, sesame butter, tahini, from raw and stone ground kernels	15.0	1.0 tbsp	0.076
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15.0	1.0 tbsp	0.071
12171	Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)	14.0	1.0 tbsp	0.017
12698	Seeds, sesame butter, tahini, type of kernels unspecified	15.0	1.0 tbsp	0.018
12170	Seeds, sesame flour, high-fat	28.35	1.0 oz	0.081
12033	Seeds, sesame flour, low-fat	28.35	1.0 oz	0.076
12032	Seeds, sesame flour, partially defatted	28.35	1.0 oz	0.077
12034	Seeds, sesame meal, partially defatted	28.35	1.0 oz	0.078
12201	Seeds, sesame seed kernels, dried (decorticated)	150.0	1.0 cup	0.135
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	128.0	1.0 cup	0.596
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	128.0	1.0 cup	0.596
12023	Seeds, sesame seeds, whole, dried	144.0	1.0 cup	0.356
12024	Seeds, sesame seeds, whole, roasted and toasted	28.35	1.0 oz	0.071
12193	Seeds, sisymbrium sp. seeds, whole, dried	74.0	1.0 cup	0.313

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
12540	Seeds, sunflower seed butter, with salt added	16.0	1.0 tbsp	0.026
12040	Seeds, sunflower seed butter, without salt	16.0	1.0 tbsp	0.026
12041	Seeds, sunflower seed flour, partially defatted	64.0	1.0 cup	0.170
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	128.0	1.0 cup	0.315
12036	Seeds, sunflower seed kernels, dried	46.0	1.0 cup, with hulls, edible yield	0.163
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	128.0	1.0 cup	0.315
12037	Seeds, sunflower seed kernels, dry roasted, without salt	128.0	1.0 cup	0.315
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	135.0	1.0 cup	0.378
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	0.378
12539	Seeds, sunflower seed kernels, toasted, with salt added	134.0	1.0 cup	0.382
12039	Seeds, sunflower seed kernels, toasted, without salt	134.0	1.0 cup	0.382
12174	Seeds, watermelon seed kernels, dried	108.0	1.0 cup	0.157
20066	Semolina, enriched	167.0	1.0 cup	0.954
20466	Semolina, unenriched	167.0	1.0 cup	0.134
11922	Sesbania flower, cooked, steamed, with salt	104.0	1.0 cup	0.045
11448	Sesbania flower, cooked, steamed, without salt	104.0	1.0 cup	0.045
11447	Sesbania flower, raw	3.0	1.0 flower	0.002
14347	Shake, fast food, vanilla	20.8	1.0 fl oz	0.137
11640	Shallots, freeze-dried	0.9	1.0 tbsp	0.001
11677	Shallots, raw	10.0	1.0 tbsp chopped	0.002
19097	Sherbet, orange	74.0	0.5 cup (4 fl oz)	0.072
04546	Shortening bread, soybean (hydrogenated) and cottonseed	12.8	1.0 tablespoon	0.000
04548	Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)	12.8	1.0 tbsp	0.000
04551	Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)	12.8	1.0 tbsp	0.000
04550	Shortening frying (heavy duty), beef tallow and cottonseed	12.8	1.0 tbsp	0.000
04556	Shortening frying (heavy duty), palm (hydrogenated)	12.8	1.0 tbsp	0.000
04560	Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)	12.8	1.0 tbsp	0.000
04559	Shortening household soybean (hydrogenated) and palm	12.8	1.0 tbsp	0.000
04549	Shortening industrial, lard and vegetable oil	12.8	1.0 tbsp	0.000
04554	Shortening industrial, soybean (hydrogenated) and cottonseed	12.8	1.0 tbsp	0.000
04570	Shortening, confectionery, fractionated palm	13.6	1.0 tbsp	0.000
04544	Shortening, household, lard and vegetable oil	12.8	1.0 tablespoon	0.000
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	12.8	1.0 tbsp	0.000
04666	Shortening, industrial, soy (partially hydrogenated) and corn for frying	12.8	1.0 tbsp	0.000
04667	Shortening, industrial, soy (partially hydrogenated) for baking and confections	12.8	1.0 tbsp	0.000
04649	Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening	13.6	1.0 tbsp	0.000

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
04595	Shortening, multipurpose, soybean (hydrogenated) and palm (hydrogenated)	12.8	1.0 tbsp	0.000
04587	Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed	12.8	1.0 tbsp	0.000
04586	Shortening, special purpose for cakes and frostings, soybean (hydrogenated)	12.8	1.0 tbsp	0.000
04615	Shortening, vegetable, household, composite	12.8	1.0 tbsp	0.000
21140	Side dishes, potato salad	95.0	0.333 cup	0.104
16247	SILK Chai, soymilk	243.0	1.0 cup	0.340
16237	SILK Chocolate, soymilk	243.0	1.0 cup	0.510
16249	SILK Coffee, soymilk	243.0	1.0 cup	0.510
16240	SILK Light Chocolate, soymilk	243.0	1.0 cup	0.510
16238	SILK Light Plain, soymilk	243.0	1.0 cup	0.510
16239	SILK Light Vanilla, soymilk	243.0	1.0 cup	0.510
16248	SILK Mocha, soymilk	243.0	1.0 cup	0.340
16246	SILK Nog, soymilk	122.0	0.5 cup	0.000
16235	SILK Plain, soymilk	243.0	1.0 cup	0.510
16243	SILK Plus Fiber, soymilk	243.0	1.0 cup	0.510
16242	SILK Plus for Bone Health, soymilk	243.0	1.0 cup	0.510
16241	SILK Plus Omega-3 DHA, soymilk	243.0	1.0 cup	0.510
16244	SILK Unsweetened, soymilk	243.0	1.0 cup	0.510
16236	SILK Vanilla, soymilk	243.0	1.0 cup	0.510
16245	SILK Very Vanilla, soymilk	243.0	1.0 cup	0.510
07074	Smoked link sausage, pork	68.0	1.0 link (4" long x 1-1/8" dia)	0.122
07077	Smoked link sausage, pork and beef, nonfat dry milk added	68.0	1.0 link (4" long x 1-1/8" dia)	0.146
25062	Snack, Mixed Berry Bar	38.0	1.0 bar	0.108
19410	Snack, potato chips, made from dried potatoes, plain	28.0	1.0 oz	0.020
25060	Snack, Pretzel, hard chocolate coated	28.0	1.0 serving	0.089
25046	Snacks, bagel chips, plain	28.35	1.0 oz	0.096
19400	Snacks, banana chips	28.35	1.0 oz	0.005
19002	Snacks, beef jerky, chopped and formed	28.35	1.0 oz	0.040
19407	Snacks, beef sticks, smoked	28.35	1.0 oz	0.124
25059	Snacks, brown rice chips	9.0	1.0 cake	0.015
25043	Snacks, candy bits, yogurt covered with vitamin C	20.0	1.0 package	0.069
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	23.0	1.0 Roll	0.006
25051	Snacks, CLIF BAR, mixed flavors	68.0	1.0 bar	0.255
19419	Snacks, corn cakes	9.0	1.0 cake	0.005
19800	Snacks, corn cakes, very low sodium	9.0	1.0 cake	0.005
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1.0 oz	0.060

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
19804	Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour	28.35	1.0 oz	0.136
19003	Snacks, corn-based, extruded, chips, plain	28.0	1.0 oz	0.022
43447	Snacks, corn-based, extruded, chips, unsalted	88.0	1.0 cup, crushed	0.141
19005	Snacks, corn-based, extruded, cones, plain	28.35	1.0 oz	0.068
19007	Snacks, corn-based, extruded, onion-flavor	28.35	1.0 oz	0.088
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz, crunchy (about 21 pieces)	0.108
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	28.35	1.0 oz	0.057
19401	Snacks, cornnuts, barbecue-flavor	28.35	1.0 oz	0.040
19403	Snacks, crisped rice bar, almond	28.0	1.0 bar (1 oz)	0.420
19010	Snacks, crisped rice bar, chocolate chip	28.0	1.0 bar (1 oz)	0.168
25023	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, Harvest Cheddar flavor	28.35	1.0 oz	0.034
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	28.35	1.0 oz	0.006
25022	Snacks, FRITOLAY, SUNCHIPS, multigrain, French onion flavor	28.35	1.0 oz	0.005
19013	Snacks, fruit leather, pieces	28.35	1.0 oz	0.028
19274	Snacks, fruit leather, pieces, with vitamin C	21.0	1.0 serving	0.021
19014	Snacks, fruit leather, rolls	21.0	1.0 large	0.004
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	28.35	1.0 oz	0.090
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	24.0	1.0 bar	0.028
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	35.0	1.0 bar	0.185
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	35.0	1.0 bar	0.137
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	35.0	1.0 bar	0.190
25032	Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	78.0	1.0 bar	0.118
25034	Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	47.0	1.0 bar	0.084
25033	Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors	35.0	1.0 bar	0.101
25041	Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors	40.0	2.0 bar	0.065
25052	Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar	24.0	1.0 bar	0.018
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	31.0	1.0 bar	0.030
42272	Snacks, granola bar, with coconut, chocolate coated	28.35	1.0 oz	0.023
19016	Snacks, granola bars, hard, almond	28.35	1.0 oz	0.020
19017	Snacks, granola bars, hard, chocolate chip	28.35	1.0 oz	0.028
19420	Snacks, granola bars, hard, peanut butter	28.35	1.0 oz	0.026
19015	Snacks, granola bars, hard, plain	21.0	1.0 bar	0.025
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	60.0	1.0 bar	0.340
25038	Snacks, granola bars, soft, almond, confectioners coating	35.0	1.0 bar	0.126
19024	Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip	35.0	1.0 bar (1.25 oz)	0.088
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1.0 oz	0.060

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
19404	Snacks, granola bars, soft, uncoated, chocolate chip	43.0	1.0 bar (1.5 oz)	0.035
19405	Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow	28.0	1.0 bar (1 oz)	0.042
19406	Snacks, granola bars, soft, uncoated, nut and raisin	28.0	1.0 bar (1 oz)	0.053
19021	Snacks, granola bars, soft, uncoated, peanut butter	28.0	1.0 bar (1 oz)	0.041
19027	Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip	28.0	1.0 bar (1 oz)	0.034
19020	Snacks, granola bars, soft, uncoated, plain	28.0	1.0 bar (1 oz)	0.046
19022	Snacks, granola bars, soft, uncoated, raisin	43.0	1.0 bar (1.5 oz)	0.070
25036	Snacks, granola bites, mixed flavors	20.0	1.0 package	0.029
19439	Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar	37.0	1.0 bar	0.296
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22.0	1.0 serving	0.176
19009	Snacks, KRAFT, CORNNUTS, plain	28.35	1.0 oz	0.037
19049	Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel	28.35	1.0 oz	0.158
19440	Snacks, M&M MARS, KUDOS Whole Grain Bar, chocolate chip	28.0	1.0 bar	0.056
25048	Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	32.0	1.0 bar	0.197
19031	Snacks, oriental mix, rice-based	28.35	1.0 oz	0.040
25037	Snacks, pita chips, salted	28.35	1.0 oz	0.087
25027	Snacks, plantain chips, salted	28.35	1.0 oz	0.011
19034	Snacks, popcorn, air-popped	8.0	1.0 cup	0.007
19806	Snacks, popcorn, air-popped (Unsalted)	8.0	1.0 cup	0.023
19036	Snacks, popcorn, cakes	10.0	1.0 cake	0.018
19038	Snacks, popcorn, caramel-coated, with peanuts	28.35	1.0 oz (approx 2/3 cup)	0.036
19039	Snacks, popcorn, caramel-coated, without peanuts	28.35	1.0 oz	0.020
19040	Snacks, popcorn, cheese-flavor	11.0	1.0 cup	0.027
42259	Snacks, popcorn, home-prepared, oil-popped, unsalted	8.0	1.0 cup	0.011
25000	Snacks, popcorn, microwave, 94% fat free	28.35	1.0 oz	0.043
25001	Snacks, popcorn, microwave, low fat	28.35	1.0 oz	0.031
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	7.9	1.0 cup	0.004
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	11.0	1.0 cup	0.006
19807	Snacks, popcorn, oil-popped, white popcorn, salt added	11.0	1.0 cup	0.015
19408	Snacks, pork skins, barbecue-flavor	28.35	1.0 oz	0.122
19041	Snacks, pork skins, plain	28.35	1.0 oz	0.080
19042	Snacks, potato chips, barbecue-flavor	28.35	1.0 oz	0.034
19421	Snacks, potato chips, cheese-flavor	28.35	1.0 oz	0.045
19437	Snacks, potato chips, fat free, salted	28.35	1.0 oz	0.033
19423	Snacks, potato chips, fat-free, made with olestra	28.35	1.0 oz	0.014
25064	Snacks, potato chips, lightly salted	28.0	23.0 pieces	0.048

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
25063	Snacks, potato chips, made from dried potatoes (preformed), multigrain	28.35	1.0 oz	0.024
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	28.35	1.0 oz	0.034
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	28.35	1.0 oz	0.005
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1.0 oz	0.004
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1.0 oz	0.028
19809	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted	28.35	1.0 oz	0.056
19810	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted	28.35	1.0 oz	0.056
19411	Snacks, potato chips, plain, salted	28.0	1.0 oz	0.025
19811	Snacks, potato chips, plain, unsalted	28.35	1.0 oz	0.056
19422	Snacks, potato chips, reduced fat	28.35	1.0 oz	0.076
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1.0 oz	0.057
42283	Snacks, potato chips, white, restructured, baked	34.0	1.0 cup	0.024
19415	Snacks, potato sticks	28.35	1.0 oz	0.033
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	28.35	1.0 oz	0.057
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	28.35	1.0 oz	0.177
19812	Snacks, pretzels, hard, plain, made with unenriched flour, salted	28.35	1.0 oz	0.028
19813	Snacks, pretzels, hard, plain, made with unenriched flour, unsalted	28.35	1.0 oz	0.028
19047	Snacks, pretzels, hard, plain, salted	28.35	1.0 oz	0.094
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	28.35	1.0 oz	0.082
19052	Snacks, rice cakes, brown rice, buckwheat	9.0	1.0 cake	0.009
19817	Snacks, rice cakes, brown rice, buckwheat, unsalted	9.0	1.0 cake	0.009
19413	Snacks, rice cakes, brown rice, corn	9.0	1.0 cake	0.009
19414	Snacks, rice cakes, brown rice, multigrain	9.0	1.0 cake	0.017
19818	Snacks, rice cakes, brown rice, multigrain, unsalted	9.0	1.0 cake	0.017
19816	Snacks, rice cakes, brown rice, plain, unsalted	9.0	1.0 cake	0.015
19416	Snacks, rice cakes, brown rice, rye	9.0	1.0 cake	0.008
19053	Snacks, rice cakes, brown rice, sesame seed	9.0	1.0 cake	0.008
19819	Snacks, rice cakes, brown rice, sesame seed, unsalted	9.0	1.0 cake	0.008
19051	Snacks, rice cracker brown rice, plain	9.0	1.0 cake	0.015
19418	Snacks, sesame sticks, wheat-based, salted	28.35	1.0 oz	0.018
19820	Snacks, sesame sticks, wheat-based, unsalted	28.35	1.0 oz	0.018
25025	Snacks, soy chips or crisps, salted	28.35	1.0 oz	0.099
25012	Snacks, sweet potato chips, unsalted	28.35	1.0 oz	0.046
19524	Snacks, taro chips	28.35	1.0 oz	0.008
43566	Snacks, tortilla chips, light (baked with less oil)	63.0	1.0 cup, crushed	0.176
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	28.35	1.0 oz	0.037

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
19833	Snacks, tortilla chips, low fat, unsalted	28.35	1.0 oz	0.079
19057	Snacks, tortilla chips, nacho cheese	28.35	1.0 oz	0.039
19857	Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	28.35	1.0 oz	0.099
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1.0 oz	0.078
19056	Snacks, tortilla chips, plain, white corn, salted	28.35	1.0 oz	0.020
19058	Snacks, tortilla chips, ranch-flavor	28.35	1.0 oz	0.017
19063	Snacks, tortilla chips, taco-flavor	28.35	1.0 oz	0.058
43364	Snacks, tortilla chips, unsalted, white corn	26.0	1.0 cup	0.026
19059	Snacks, trail mix, regular	150.0	1.0 cup	0.297
19821	Snacks, trail mix, regular, unsalted	150.0	1.0 cup	0.297
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146.0	1.0 cup	0.327
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	146.0	1.0 cup	0.327
19061	Snacks, trail mix, tropical	140.0	1.0 cup	0.161
25030	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	28.35	1.0 oz	0.037
25040	Snacks, vegetable chips, made from garden vegetables	28.35	1.0 oz	0.017
25050	Snacks, yucca (cassava) chips, salted	28.35	1.0 oz	0.008
20650	Sorghum flour, refined, unenriched	161.0	1.0 cup	0.008
20648	Sorghum flour, whole-grain	121.0	1.0 cup	0.074
20067	Sorghum grain	192.0	1.0 cup	0.184
06190	Soup, bean & ham, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	0.071
06006	Soup, bean with frankfurters, canned, condensed	263.0	1.0 cup (8 fl oz)	0.129
06406	Soup, bean with frankfurters, canned, prepared with equal volume water	250.0	1.0 cup (8 fl oz)	0.065
06007	Soup, bean with ham, canned, chunky, ready-to-serve	243.0	1.0 cup (8 fl oz)	0.146
06004	Soup, bean with pork, canned, condensed	130.0	0.5 cup	0.032
06404	Soup, bean with pork, canned, prepared with equal volume water	266.0	1.0 serving 1 cup	0.032
06978	Soup, beef and mushroom, low sodium, chunk style	251.0	1.0 cup	0.276
06749	Soup, beef and vegetables, canned, ready-to-serve	250.0	1.0 cup	0.040
27045	Soup, beef and vegetables, reduced sodium, canned, ready-to-serve	245.0	1.0 cup	0.037
27062	Soup, beef barley, ready to serve	208.0	1.0 cup	0.177
06032	Soup, beef broth bouillon and consomme, canned, condensed	124.0	0.5 cup	0.029
06008	Soup, beef broth or bouillon canned, ready-to-serve	240.0	1.0 cup	0.050
06075	Soup, beef broth or bouillon, powder, dry	3.6	1.0 cube	0.009
06475	Soup, beef broth or bouillon, powder, prepared with water	240.0	1.0 serving 1 cup	0.007
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.029
06076	Soup, beef broth, cubed, dry	3.6	1.0 cube	0.009
06476	Soup, beef broth, cubed, prepared with water	240.0	1.0 serving 1 cup	0.007

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
06188	Soup, beef broth, less/reduced sodium, ready to serve	219.0	1.0 cup	0.160
06147	Soup, beef mushroom, canned, condensed	126.0	0.5 cup (4 fl oz)	0.076
06547	Soup, beef mushroom, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.056
06009	Soup, beef noodle, canned, condensed	125.0	0.5 cup	0.059
06409	Soup, beef noodle, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.059
06980	Soup, beef stroganoff, canned, chunky style, ready-to-serve	240.0	1.0 cup	0.216
06002	Soup, black bean, canned, condensed	257.0	1.0 cup (8 fl oz)	0.100
06402	Soup, black bean, canned, prepared with equal volume water	247.0	1.0 cup	0.049
06981	Soup, bouillon cubes and granules, low sodium, dry	2.6	1.0 tsp	0.011
06584	Soup, broccoli cheese, canned, condensed, commercial	121.0	1.0 serving 1/2 cup	0.048
06011	Soup, cheese, canned, condensed	124.0	0.5 cup	0.130
06211	Soup, cheese, canned, prepared with equal volume milk	251.0	1.0 cup	0.334
06411	Soup, cheese, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	0.136
06024	Soup, chicken and vegetable, canned, ready-to-serve	255.0	1.0 cup	0.250
06081	Soup, chicken broth cubes, dry	4.8	1.0 cube	0.018
06481	Soup, chicken broth cubes, dry, prepared with water	243.0	1.0 cup (8 fl oz)	0.024
06080	Soup, chicken broth or bouillon, dry	4.0	1.0 cube	0.017
06480	Soup, chicken broth or bouillon, dry, prepared with water	241.0	1.0 cup 8 fl oz	0.017
06013	Soup, chicken broth, canned, condensed	126.0	0.5 cup (4 fl oz)	0.058
06413	Soup, chicken broth, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.071
06183	Soup, chicken broth, less/reduced sodium, ready to serve	240.0	1.0 cup	0.034
06970	Soup, chicken broth, low sodium, canned	240.0	1.0 cup	0.072
06194	Soup, chicken broth, ready-to-serve	249.0	1.0 cup	0.147
06017	Soup, chicken gumbo, canned, condensed	126.0	0.5 cup (4 fl oz)	0.378
06417	Soup, chicken gumbo, canned, prepared with equal volume water	244.0	1.0 cup	0.049
06149	Soup, chicken mushroom, canned, condensed	124.0	0.5 cup	0.112
06549	Soup, chicken mushroom, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.112
06019	Soup, chicken noodle, canned, condensed	124.0	0.5 cup	0.087
06419	Soup, chicken noodle, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.084
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	0.282
06528	Soup, chicken noodle, dry, mix, prepared with water	245.0	1.0 cup	0.074
06966	Soup, chicken noodle, low sodium, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.112
27044	Soup, chicken noodle, reduced sodium, canned, ready-to-serve	245.0	1.0 cup	0.054
06022	Soup, chicken rice, canned, chunky, ready-to-serve	240.0	1.0 cup	0.098
06208	Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve	245.0	1.0 cup	0.042
06025	Soup, chicken vegetable, canned, condensed	121.0	0.5 cup	0.056

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
06023	Soup, chicken with rice, canned, condensed	126.0	0.5 cup	0.025
06423	Soup, chicken with rice, canned, prepared with equal volume water	243.0	1.0 serving 1 cup	0.024
06015	Soup, chicken, canned, chunky, ready-to-serve	245.0	1.0 cup	0.169
06026	Soup, chili beef, canned, condensed	263.0	1.0 cup (8 fl oz)	0.153
06426	Soup, chili beef, canned, prepared with equal volume water	261.0	1.0 cup	0.073
06070	Soup, chunky beef, canned, ready-to-serve	245.0	1.0 cup	0.154
06018	Soup, chunky chicken noodle, canned, ready-to-serve	530.0	1.0 can	0.106
06067	Soup, chunky vegetable, canned, ready-to-serve	230.0	1.0 cup	0.099
27060	Soup, chunky vegetable, reduced sodium, canned, ready-to-serve	240.0	1.0 cup	0.240
06027	Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	240.0	1.0 cup (8 fl oz)	0.062
06028	Soup, clam chowder, manhattan, canned, condensed	126.0	0.5 cup (4 fl oz)	0.040
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	249.0	1.0 serving 1 cup	0.040
06030	Soup, clam chowder, new england, canned, condensed	126.0	0.5 cup	0.208
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.444
06430	Soup, clam chowder, new england, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.201
27042	Soup, clam chowder, new england, canned, ready-to-serve	254.0	1.0 cup	0.038
27043	Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve	519.0	1.0 can	0.078
06001	Soup, cream of asparagus, canned, condensed	126.0	0.5 cup (4 fl oz)	0.078
06201	Soup, cream of asparagus, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.275
06401	Soup, cream of asparagus, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.078
06010	Soup, cream of celery, canned, condensed	126.0	0.5 cup	0.049
06210	Soup, cream of celery, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.248
06410	Soup, cream of celery, canned, prepared with equal volume water	248.0	1.0 cup	0.050
06016	Soup, cream of chicken, canned, condensed	126.0	0.5 cup (4 fl oz)	0.058
06955	Soup, cream of chicken, canned, condensed, reduced sodium	124.0	0.5 cup	0.027
06216	Soup, cream of chicken, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.258
06416	Soup, cream of chicken, canned, prepared with equal volume water	244.0	1.0 cup	0.061
06483	Soup, cream of chicken, dry, mix, prepared with water	261.0	1.0 cup 8 fl oz	0.204
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	0.020
06182	Soup, cream of mushroom, canned, condensed, reduced sodium	251.0	1.0 cup	0.482
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.262
06443	Soup, cream of mushroom, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.020
06968	Soup, cream of mushroom, low sodium, ready-to-serve, canned	244.0	1.0 cup	0.098
06046	Soup, cream of onion, canned, condensed	126.0	0.5 cup	0.076
06246	Soup, cream of onion, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.273
06446	Soup, cream of onion, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.076

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
06053	Soup, cream of potato, canned, condensed	124.0	0.5 cup	0.036
06253	Soup, cream of potato, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.236
06453	Soup, cream of potato, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.037
06056	Soup, cream of shrimp, canned, condensed	126.0	0.5 cup	0.028
06256	Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk	253.0	1.0 cup (8 fl oz)	0.271
06456	Soup, cream of shrimp, canned, prepared with equal volume water	244.0	1.0 cup	0.027
06101	Soup, cream of vegetable, dry, powder	18.0	1.0 packet	0.081
27000	Soup, egg drop, Chinese restaurant	241.0	1.0 cup	0.046
27001	Soup, hot and sour, Chinese restaurant	233.0	1.0 cup	0.072
06037	Soup, lentil with ham, canned, ready-to-serve	248.0	1.0 cup (8 fl oz)	0.112
06039	Soup, minestrone, canned, chunky, ready-to-serve	240.0	1.0 cup	0.118
06040	Soup, minestrone, canned, condensed	123.0	0.5 cup (4 fl oz)	0.044
06440	Soup, minestrone, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.043
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	245.0	1.0 cup	0.098
06042	Soup, mushroom barley, canned, condensed	126.0	0.5 cup (4 fl oz)	0.088
06442	Soup, mushroom barley, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.088
06044	Soup, mushroom with beef stock, canned, condensed	126.0	0.5 cup (4 fl oz)	0.096
06444	Soup, mushroom with beef stock, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.095
06045	Soup, onion, canned, condensed	123.0	0.5 cup (4 fl oz)	0.025
06094	Soup, onion, dry, mix	7.5	1.0 serving 1 tbsp	0.021
06494	Soup, onion, dry, mix, prepared with water	230.0	1.0 serving 1 cup	0.028
06048	Soup, oyster stew, canned, condensed	123.0	0.5 cup (4 fl oz)	0.036
06248	Soup, oyster stew, canned, prepared with equal volume milk	245.0	1.0 cup (8 fl oz)	0.233
06448	Soup, oyster stew, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.036
06049	Soup, pea, green, canned, condensed	128.0	0.5 cup	0.067
06249	Soup, pea, green, canned, prepared with equal volume milk	254.0	1.0 cup (8 fl oz)	0.267
06449	Soup, pea, green, canned, prepared with equal volume water	259.0	1.0 serving 1 cup	0.065
06965	Soup, pea, low sodium, prepared with equal volume water	259.0	1.0 cup	0.065
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	240.0	1.0 cup	0.094
06051	Soup, pea, split with ham, canned, condensed	135.0	0.5 cup (4 fl oz)	0.076
06451	Soup, pea, split with ham, canned, prepared with equal volume water	253.0	1.0 cup (8 fl oz)	0.076
06748	Soup, PROGRESSO, beef barley, traditional, ready to serve	210.0	1.0 cup	0.181
06583	Soup, ramen noodle, any flavor, dry	81.0	1.0 package without flavor packet	0.207
06982	Soup, ramen noodle, beef flavor, dry	82.0	1.0 package without flavor packet	0.212
06983	Soup, ramen noodle, chicken flavor, dry	81.0	1.0 package without flavor packet	0.206
27035	Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium	40.0	1.41 oz dry (half noodle block)	0.164

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
06180	Soup, shark fin, restaurant-prepared	216.0	1.0 cup	0.084
06170	Soup, stock, beef, home-prepared	240.0	1.0 cup	0.218
06172	Soup, stock, chicken, home-prepared	240.0	1.0 cup	0.204
06174	Soup, stock, fish, home-prepared	233.0	1.0 cup	0.177
06984	Soup, SWANSON Chicken Broth 99% Fat Free	227.0	1.0 serving 1 cup 8 oz	0.048
06611	Soup, SWANSON, beef broth, lower sodium	213.0	1.0 cup	0.181
06615	Soup, SWANSON, vegetable broth	220.0	1.0 cup	0.033
06061	Soup, tomato beef with noodle, canned, condensed	251.0	1.0 cup (8 fl oz)	0.178
06461	Soup, tomato beef with noodle, canned, prepared with equal volume water	244.0	1.0 cup	0.088
06158	Soup, tomato bisque, canned, condensed	129.0	0.5 cup (4 fl oz)	0.071
06358	Soup, tomato bisque, canned, prepared with equal volume milk	251.0	1.0 cup (8 fl oz)	0.269
06558	Soup, tomato bisque, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	0.072
06063	Soup, tomato rice, canned, condensed	129.0	0.5 cup (4 fl oz)	0.050
06463	Soup, tomato rice, canned, prepared with equal volume water	247.0	1.0 cup	0.049
06159	Soup, tomato, canned, condensed	148.0	1.0 cup	0.022
06956	Soup, tomato, canned, condensed, reduced sodium	121.0	1.0 serving 1/2 cup	0.076
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.260
06559	Soup, tomato, canned, prepared with equal volume water, commercial	248.0	1.0 serving 1 cup	0.017
06498	Soup, tomato, dry, mix, prepared with water	265.0	1.0 cup 8 fl oz	0.464
06964	Soup, tomato, low sodium, with water	248.0	1.0 serving 1 cup	0.077
06465	Soup, turkey noodle, canned, prepared with equal volume water	244.0	1.0 cup	0.063
06466	Soup, turkey vegetable, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.039
06064	Soup, turkey, chunky, canned, ready-to-serve	236.0	1.0 cup (8 fl oz)	0.106
06071	Soup, vegetable beef, canned, condensed	126.0	0.5 cup	0.049
06471	Soup, vegetable beef, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.049
06700	Soup, vegetable broth, ready to serve	221.0	1.0 cup	0.049
06974	Soup, vegetable chicken, canned, prepared with water, low sodium	241.0	1.0 cup	0.169
06967	Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	253.0	1.0 cup	0.116
06072	Soup, vegetable with beef broth, canned, condensed	123.0	0.5 cup	0.046
06472	Soup, vegetable with beef broth, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.046
06217	Soup, vegetable, canned, low sodium, condensed	126.0	0.5 cup	0.116
06068	Soup, vegetarian vegetable, canned, condensed	126.0	0.5 cup	0.047
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241.0	1.0 cup	0.046
27002	Soup, wonton, Chinese restaurant	223.0	1.0 cup	0.036
01180	Sour cream, fat free	12.0	1.0 tablespoon	0.018
01074	Sour cream, imitation, cultured	28.35	1.0 oz	0.000

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
01179	Sour cream, light	12.0	1.0 tablespoon	0.014
01178	Sour cream, reduced fat	12.0	1.0 tablespoon	0.029
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12.0	1.0 tbsp	0.020
09315	Soursop, raw	225.0	1.0 cup, pulp	0.112
16117	Soy flour, defatted	105.0	1.0 cup	0.266
16115	Soy flour, full-fat, raw	84.0	1.0 cup, stirred	0.974
16116	Soy flour, full-fat, roasted	85.0	1.0 cup, stirred	0.800
16118	Soy flour, low-fat	88.0	1.0 cup, stirred	0.246
16119	Soy meal, defatted, raw	122.0	1.0 cup	0.306
16420	Soy protein concentrate, produced by acid wash	28.35	1.0 oz	0.040
16121	Soy protein concentrate, produced by alcohol extraction	28.35	1.0 oz	0.040
16122	Soy protein isolate	28.35	1.0 oz	0.028
16422	Soy protein isolate, potassium type	28.35	1.0 oz	0.028
16125	Soy sauce made from hydrolyzed vegetable protein	18.0	1.0 tbsp	0.020
16124	Soy sauce made from soy (tamari)	18.0	1.0 tbsp	0.027
16123	Soy sauce made from soy and wheat (shoyu)	16.0	1.0 tbsp	0.026
16424	Soy sauce made from soy and wheat (shoyu), low sodium	14.2	1.0 tbsp	0.034
16425	Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	15.0	1.0 tbsp	0.006
43299	Soybean, curd cheese	225.0	1.0 cup	0.315
11853	Soybeans, green, cooked, boiled, drained, with salt	180.0	1.0 cup	0.279
11451	Soybeans, green, cooked, boiled, drained, without salt	180.0	1.0 cup	0.279
11450	Soybeans, green, raw	256.0	1.0 cup	0.448
16109	Soybeans, mature cooked, boiled, without salt	172.0	1.0 cup	0.490
16409	Soybeans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0.490
16111	Soybeans, mature seeds, dry roasted	93.0	1.0 cup	0.702
16108	Soybeans, mature seeds, raw	186.0	1.0 cup	1.618
16410	Soybeans, mature seeds, roasted, no salt added	172.0	1.0 cup	0.249
16110	Soybeans, mature seeds, roasted, salted	172.0	1.0 cup	0.249
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	0.050
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	94.0	1.0 cup	0.050
11452	Soybeans, mature seeds, sprouted, raw	35.0	0.5 cup	0.041
16223	Soymilk (All flavors), enhanced	243.0	1.0 cup	0.484
16230	Soymilk (all flavors), nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	0.423
16222	Soymilk (all flavors), unsweetened, with added calcium, vitamins A and D	243.0	1.0 cup	0.503
16227	Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D	243.0	1.0 cup	0.488
16231	Soymilk, chocolate, nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	0.423

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
16166	Soymilk, chocolate, unfortified	243.0	1.0 cup	0.637
16168	Soymilk, chocolate, with added calcium, vitamins A and D	243.0	1.0 cup	0.637
16228	Soymilk, original and vanilla, light, unsweetened, with added calcium, vitamins A and D	243.0	1.0 cup	0.423
16225	Soymilk, original and vanilla, light, with added calcium, vitamins A and D	243.0	1.0 cup	0.488
16120	Soymilk, original and vanilla, unfortified	243.0	1.0 cup	0.168
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	243.0	1.0 cup	0.447
22401	Spaghetti with meat sauce, frozen entree	283.0	1.0 serving	3.772
20523	Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	140.0	1.0 cup	0.225
20622	Spaghetti, protein-fortified, dry, enriched (n x 6.25)	57.0	2.0 oz	0.271
20127	Spaghetti, spinach, cooked	140.0	1.0 cup	0.144
20126	Spaghetti, spinach, dry	57.0	2.0 oz	0.112
22912	Spaghetti, with meatballs in tomato sauce, canned	246.0	1.0 cup	0.162
22929	SPAGHETTIOS, Mini Beef Ravioli in Meat Sauce	259.0	1.0 cup	0.171
22930	SPAGHETTIOS, Spaghetti in Tomato & Cheese Sauce	252.0	1.0 cup (1 serving)	0.169
22932	SPAGHETTIOS, SpaghettiOs A to Z's	252.0	1.0 cup (1 serving)	0.255
22966	SPAGHETTIOS, SpaghettiOs with Meatballs - Easy Open	206.0	1.0 can (1 serving)	0.171
22942	SPAGHETTIOS, SpaghettiOs A to Z's with Meatballs	252.0	1.0 cup (1 serving)	0.255
22937	SPAGHETTIOS, SpaghettiOs in Meat Sauce	252.0	1.0 cup (1 serving)	0.169
22931	SPAGHETTIOS, SpaghettiOs Original	252.0	1.0 cup (1 serving)	0.255
22965	SPAGHETTIOS, SpaghettiOs Original, easy open	213.0	1.0 can (1 serving)	0.170
22938	SPAGHETTIOS, SpaghettiOs plus Calcium	252.0	1.0 cup (1 serving)	0.169
22939	SPAGHETTIOS, SpaghettiOs RavioliOs Beef Ravioli in Meat Sauce	252.0	1.0 cup (1 serving)	0.255
22940	SPAGHETTIOS, SpaghettiOs with Meatballs	252.0	1.0 cup (1 serving)	0.169
22941	SPAGHETTIOS, SpaghettiOs with Sliced Franks	252.0	1.0 cup (1 serving)	0.255
32021	Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine)	198.0	1.0 cup	0.267
32018	Spanish rice mix, dry mix, unprepared	70.0	0.5 cup	0.202
02066	Spearmint, dried	0.5	1.0 tsp	0.007
02065	Spearmint, fresh	0.3	2.0 leaves	0.001
20141	Spelt, cooked	194.0	1.0 cup	0.058
20140	Spelt, uncooked	174.0	1.0 cup	0.197
02001	Spices, allspice, ground	1.9	1.0 tsp	0.001
02002	Spices, anise seed	2.1	1.0 tsp, whole	0.006
02003	Spices, basil, dried	0.7	1.0 tsp, leaves	0.008
02004	Spices, bay leaf	0.6	1.0 tsp, crumbled	0.003
02005	Spices, caraway seed	2.1	1.0 tsp	0.008
02006	Spices, cardamom	2.0	1.0 tsp, ground	0.004

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
02007	Spices, celery seed	2.0	1.0 tsp	0.006
02008	Spices, chervil, dried	0.6	1.0 tsp	0.004
02009	Spices, chili powder	2.7	1.0 tsp	0.025
02010	Spices, cinnamon, ground	2.6	1.0 tsp	0.001
02011	Spices, cloves, ground	2.1	1.0 tsp	0.005
02012	Spices, coriander leaf, dried	0.6	1.0 tsp	0.009
02013	Spices, coriander seed	1.8	1.0 tsp	0.005
02014	Spices, cumin seed	2.1	1.0 tsp, whole	0.007
02015	Spices, curry powder	2.0	1.0 tsp	0.004
02016	Spices, dill seed	2.1	1.0 tsp	0.006
02017	Spices, dill weed, dried	1.0	1.0 tsp	0.003
02018	Spices, fennel seed	2.0	1.0 tsp, whole	0.007
02019	Spices, fenugreek seed	3.7	1.0 tsp	0.014
02020	Spices, garlic powder	3.1	1.0 tsp	0.004
02021	Spices, ginger, ground	1.8	1.0 tsp	0.003
02022	Spices, mace, ground	1.7	1.0 tsp	0.008
02023	Spices, marjoram, dried	0.6	1.0 tsp	0.002
02024	Spices, mustard seed, ground	2.0	1.0 tsp	0.005
02025	Spices, nutmeg, ground	2.2	1.0 tsp	0.001
02026	Spices, onion powder	2.4	1.0 tsp	0.002
02027	Spices, oregano, dried	1.0	1.0 tsp, leaves	0.005
02028	Spices, paprika	2.3	1.0 tsp	0.028
02029	Spices, parsley, dried	0.5	1.0 tsp	0.012
02030	Spices, pepper, black	2.3	1.0 tsp, ground	0.004
02031	Spices, pepper, red or cayenne	1.8	1.0 tsp	0.017
02032	Spices, pepper, white	2.4	1.0 tsp, ground	0.003
02033	Spices, poppy seed	2.8	1.0 tsp	0.003
02034	Spices, poultry seasoning	1.5	1.0 tsp	0.003
02035	Spices, pumpkin pie spice	1.7	1.0 tsp	0.002
02036	Spices, rosemary, dried	1.2	1.0 tsp	0.005
02037	Spices, saffron	0.7	1.0 tsp	0.002
02038	Spices, sage, ground	0.7	1.0 tsp	0.002
02041	Spices, tarragon, dried	0.6	1.0 tsp, leaves	0.008
02042	Spices, thyme, dried	1.0	1.0 tsp, leaves	0.004
02043	Spices, turmeric, ground	3.0	1.0 tsp	0.004
11658	Spinach souffle	136.0	1.0 cup	0.358

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
11855	Spinach, canned, no salt added, solids and liquids	234.0	1.0 cup	0.248
11461	Spinach, canned, regular pack, drained solids	214.0	1.0 cup	0.295
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	0.248
11854	Spinach, cooked, boiled, drained, with salt	180.0	1.0 cup	0.425
11458	Spinach, cooked, boiled, drained, without salt	180.0	1.0 cup	0.425
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	95.0	0.5 cup	0.167
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	95.0	0.5 cup	0.167
11463	Spinach, frozen, chopped or leaf, unprepared	156.0	1.0 cup	0.349
11457	Spinach, raw	30.0	1.0 cup	0.057
06192	Split pea soup, canned, reduced sodium, prepared with water or ready-to serve	253.0	1.0 cup	0.073
06193	Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	0.093
05162	Squab, (pigeon), light meat without skin, raw	101.0	1.0 breast, bone removed	0.245
05160	Squab, (pigeon), meat and skin, raw	85.0	3.0 oz	0.190
05161	Squab, (pigeon), meat only, raw	251.0	1.0 unit (yield from 1 lb ready-to-cook squab)	0.715
35139	Squash, Indian, cooked, boiled (Navajo)	28.35	1.0 oz	0.004
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0.074
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.074
11641	Squash, summer, all varieties, raw	113.0	1.0 cup, sliced	0.160
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	210.0	1.0 cup, diced	0.057
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0.045
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.045
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	192.0	1.0 cup slices	0.090
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	0.090
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	130.0	1.0 cup slices	0.062
11467	Squash, summer, crookneck and straightneck, raw	127.0	1.0 cup sliced	0.052
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0.022
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	240.0	1.0 cup, mashed	0.060
11475	Squash, summer, scallop, raw	130.0	1.0 cup slices	0.039
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0.022
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.043
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	223.0	1.0 cup	0.089
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	223.0	1.0 cup	0.089
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	95.0	0.33 package (10 oz)	0.040
11477	Squash, summer, zucchini, includes skin, raw	124.0	1.0 cup, chopped	0.117
11481	Squash, summer, zucchini, italian style, canned	227.0	1.0 cup	0.091
11864	Squash, winter, acorn, cooked, baked, with salt	205.0	1.0 cup, cubes	0.027

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
11483	Squash, winter, acorn, cooked, baked, without salt	205.0	1.0 cup, cubes	0.027
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	245.0	1.0 cup, mashed	0.020
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	0.020
11482	Squash, winter, acorn, raw	140.0	1.0 cup, cubes	0.014
11863	Squash, winter, all varieties, cooked, baked, with salt	205.0	1.0 cup, cubes	0.137
11644	Squash, winter, all varieties, cooked, baked, without salt	205.0	1.0 cup, cubes	0.137
11643	Squash, winter, all varieties, raw	116.0	1.0 cup, cubes	0.072
11866	Squash, winter, butternut, cooked, baked, with salt	205.0	1.0 cup, cubes	0.035
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	0.035
11867	Squash, winter, butternut, frozen, cooked, boiled, with salt	240.0	1.0 cup, mashed	0.094
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240.0	1.0 cup, mashed	0.094
11487	Squash, winter, butternut, frozen, unprepared	113.0	0.33 package (12 oz)	0.067
11485	Squash, winter, butternut, raw	140.0	1.0 cup, cubes	0.028
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	0.096
11490	Squash, winter, hubbard, baked, without salt	205.0	1.0 cup, cubes	0.096
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	0.066
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	0.066
11489	Squash, winter, hubbard, raw	116.0	1.0 cup, cubes	0.046
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	155.0	1.0 cup	0.034
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	155.0	1.0 cup	0.034
11492	Squash, winter, spaghetti, raw	101.0	1.0 cup, cubes	0.018
11953	Squash, zucchini, baby, raw	16.0	1.0 large	0.006
35144	Stew, dumpling with mutton (Navajo)	308.0	1.0 serving	0.280
35145	Stew, hominy with mutton (Navajo)	411.0	1.0 serving	0.288
35146	Stew, mutton, corn, squash (Navajo)	303.0	1.0 serving	0.333
35236	Stew, pinto bean and hominy, badufsuki (Hopi)	227.0	8.0 oz	0.000
35205	Stinging Nettles, blanched (Northern Plains Indians)	89.0	1.0 cup	0.142
09317	Strawberries, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup	0.086
09320	Strawberries, frozen, sweetened, sliced	255.0	1.0 cup, thawed	0.130
09319	Strawberries, frozen, sweetened, whole	255.0	1.0 cup, thawed	0.196
09318	Strawberries, frozen, unsweetened	221.0	1.0 cup, thawed	0.082
09316	Strawberries, raw	152.0	1.0 cup, halves	0.033
14350	Strawberry-flavor beverage mix, powder	22.0	1.0 serving (2-3 heaping tsp)	0.024
18354	Strudel, apple	28.35	1.0 oz	0.007
21161	SUBWAY, B.L.T. sub on white bread with bacon, lettuce and tomato	148.0	6.0 inch sub	0.414
21209	SUBWAY, black forest ham sub on white bread with lettuce and tomato	184.0	6.0 inch sub	0.447

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
21213	SUBWAY, cold cut sub on white bread with lettuce and tomato	196.0	6.0 inch sub	0.523
21157	SUBWAY, meatball marinara sub on white bread (no toppings)	209.0	6.0 inch sub	0.529
21211	SUBWAY, oven roasted chicken sub on white bread with lettuce and tomato	198.0	6.0 inch sub	0.455
21210	SUBWAY, roast beef sub on white bread with lettuce and tomato	190.0	6.0 inch sub	0.488
21159	SUBWAY, steak & cheese sub on white bread with American cheese, lettuce and tomato	201.0	6.0 inch sub	0.529
21152	SUBWAY, SUBWAY CLUB sub on white bread with lettuce and tomato	207.0	6.0 inch sub	0.497
21150	SUBWAY, sweet onion chicken teriyaki sub on white bread with lettuce, tomato and sweet onion sauce	228.0	6.0 inch sub	0.486
21214	SUBWAY, tuna sub on white bread with lettuce and tomato	237.0	6.0 inch sub	0.514
21207	SUBWAY, turkey breast sub on white bread with lettuce and tomato	184.0	6.0 inch sub	0.418
11497	Succotash, (corn and limas), canned, with cream style corn	266.0	1.0 cup	0.173
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	255.0	1.0 cup	0.148
11871	Succotash, (corn and limas), cooked, boiled, drained, with salt	192.0	1.0 cup	0.184
11496	Succotash, (corn and limas), cooked, boiled, drained, without salt	192.0	1.0 cup	0.184
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	0.116
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	0.116
11501	Succotash, (corn and limas), frozen, unprepared	156.0	1.0 cup	0.112
09321	Sugar-apples, (sweetsop), raw	250.0	1.0 cup, pulp	0.282
19334	Sugars, brown	3.0	1.0 tsp unpacked	0.000
19335	Sugars, granulated	2.8	1.0 serving packet	0.001
19340	Sugars, maple	3.0	1.0 tsp	0.000
19336	Sugars, powdered	120.0	1.0 cup unsifted	0.023
28250	SUNSHINE, CHEEZ-IT, 100 Calorie RIGHT BITES, Extra Cheesy Party Mix	21.0	1.0 pouch	0.027
28251	SUNSHINE, CHEEZ-IT, 100 Calorie Right Bites, Reduced Fat	21.0	1.0 package	0.086
28234	SUNSHINE, CHEEZ-IT, Asiago Crackers	30.0	25.0 crackers	0.105
28235	SUNSHINE, CHEEZ-IT, Baby Swiss Crackers	30.0	25.0 crackers	0.105
28236	SUNSHINE, CHEEZ-IT, BIG Crackers	30.0	13.0 crackers	0.099
28237	SUNSHINE, CHEEZ-IT, Cheddar Jack Crackers	30.0	25.0 crackers	0.102
28238	SUNSHINE, CHEEZ-IT, Colby Crackers	30.0	25.0 crackers	0.099
28245	SUNSHINE, CHEEZ-IT, Crackers (made with Whole Grain)	30.0	27.0 crackers	0.078
28239	SUNSHINE, CHEEZ-IT, Duoz Sharp Cheddar Parmesan Crackers	30.0	25.0 crackers	0.105
28240	SUNSHINE, CHEEZ-IT, Duoz Smoked Cheddar Monterey Jack Crackers	30.0	25.0 crackers	0.102
28243	SUNSHINE, CHEEZ-IT, Hot & Spicy Crackers	30.0	25.0 crackers	0.108
28244	SUNSHINE, CHEEZ-IT, Italian Four Cheese Crackers	30.0	25.0 crackers	0.105
28246	SUNSHINE, CHEEZ-IT, Mozzarella Crackers	30.0	25.0 crackers	0.108
28280	SUNSHINE, CHEEZ-IT, Original Crackers	30.0	27.0 crackers	0.099
28247	SUNSHINE, CHEEZ-IT, Parmesan Garlic Crackers	30.0	25.0 crackers	0.105

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
28248	SUNSHINE, CHEEZ-IT, Pepper Jack Crackers	30.0	25.0 crackers	0.111
28281	SUNSHINE, CHEEZ-IT, Reduced Fat Crackers	30.0	29.0 crackers	0.123
28252	SUNSHINE, CHEEZ-IT, Scrabble Jr. Crackers	30.0	26.0 crackers	0.117
28253	SUNSHINE, CHEEZ-IT, Snack Mix	30.0	0.5 cup	0.039
28254	SUNSHINE, CHEEZ-IT, Snack Mix, White Cheddar	30.0	0.5 cup 25 crackers	0.084
28249	SUNSHINE, CHEEZ-IT, White Cheddar, Reduced Fat Crackers	30.0	25.0 crackers	0.123
28241	SUNSHINE, GRIPZ, Cheez-It Crackers	25.0	1.0 package	0.092
28242	SUNSHINE, GRIPZ, Cheez-It Mixx and Cheesy Pizza Crackers	25.0	1.0 pouch	0.092
28282	SUNSHINE, KRISPY, Soup & Oyster Crackers (large)	15.0	16.0 crackers	0.068
11504	Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt	98.0	1.0 cup, chopped	0.078
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	98.0	1.0 cup, chopped	0.078
11503	Swamp cabbage, (skunk cabbage), raw	56.0	1.0 cup, chopped	0.056
11874	Sweet potato leaves, cooked, steamed, with salt	64.0	1.0 cup	0.171
11506	Sweet potato leaves, cooked, steamed, without salt	64.0	1.0 cup	0.171
11505	Sweet potato leaves, raw	35.0	1.0 cup, chopped	0.121
11514	Sweet potato, canned, mashed	255.0	1.0 cup	0.229
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	0.074
11645	Sweet potato, canned, syrup pack, solids and liquids	228.0	1.0 cup	0.105
11512	Sweet potato, canned, vacuum pack	255.0	1.0 cup, mashed	0.145
11875	Sweet potato, cooked, baked in skin, flesh, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	0.121
11508	Sweet potato, cooked, baked in skin, flesh, without salt	200.0	1.0 cup	0.212
11510	Sweet potato, cooked, boiled, without skin	328.0	1.0 cup, mashed	0.154
11876	Sweet potato, cooked, boiled, without skin, with salt	328.0	1.0 cup, mashed	0.154
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	0.043
11877	Sweet potato, frozen, cooked, baked, with salt	176.0	1.0 cup, cubes	0.099
11517	Sweet potato, frozen, cooked, baked, without salt	176.0	1.0 cup, cubes	0.099
11516	Sweet potato, frozen, unprepared	176.0	1.0 cup, cubes	0.090
11507	Sweet potato, raw, unprepared	133.0	1.0 cup, cubes	0.081
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	51.0	12.0 fries	0.047
18355	Sweet rolls, cheese	28.35	1.0 oz	0.037
18356	Sweet rolls, cinnamon, commercially prepared with raisins	28.35	1.0 oz	0.075
18357	Sweet rolls, cinnamon, refrigerated dough with frosting	28.35	1.0 oz	0.071
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	28.35	1.0 oz	0.069
19918	Sweetener, herbal extract powder from Stevia leaf	1.0	1.0 package	0.000
19912	Sweetener, syrup, agave	6.9	1.0 tsp	0.011
19906	Sweeteners, for baking, brown, contains sugar and sucralose	12.9	1.0 tbsp	0.002

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
19909	Sweeteners, sugar substitute, granulated, brown	0.5	1.0 tsp	0.000
19337	Sweeteners, tabletop, aspartame, EQUAL, packets	3.5	1.0 tsp	0.000
43216	Sweeteners, tabletop, fructose, dry, powder	196.0	1.0 cup	0.000
44018	Sweeteners, tabletop, fructose, liquid	0.1	1.0 serving	0.000
43158	Sweeteners, tabletop, saccharin (sodium saccharin)	1.0	1.0 serving 1 packet	0.000
19868	Sweeteners, tabletop, sucralose, SPLENDA packets	1.0	1.0 serving 1 packet	0.000
07920	Swisswurst, pork and beef, with swiss cheese, smoked	77.0	1.0 serving 2.7 oz	0.123
90480	Syrup, Cane	21.0	1.0 serving	0.013
19030	Syrup, fruit flavored	20.0	1.0 serving	0.002
19911	Syrup, maple, Canadian	80.0	60.0 milliliter	1.016
19924	Syrup, NESTLE, chocolate	20.0	1.0 tablespoon	0.006
19348	Syrups, chocolate, fudge-type	304.0	1.0 cup	0.277
19345	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	35.0	2.0 tbsp	0.014
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	35.0	2.0 tbsp	0.025
19349	Syrups, corn, dark	328.0	1.0 cup	0.030
19351	Syrups, corn, high-fructose	310.0	1.0 cup	0.059
19350	Syrups, corn, light	341.0	1.0 cup	0.000
42040	Syrups, grenadine	20.0	1.0 tbsp	0.002
19352	Syrups, malt	332.0	1.0 cup	1.305
19353	Syrups, maple	20.0	1.0 tbsp	0.254
19355	Syrups, sorghum	330.0	1.0 cup	0.512
43026	Syrups, sugar free	240.0	1.0 cup	0.000
19361	Syrups, table blends, cane and 15% maple	315.0	1.0 cup	0.044
19362	Syrups, table blends, corn, refiner, and sugar	316.0	1.0 cup	0.149
19129	Syrups, table blends, pancake	314.0	1.0 cup	0.025
19128	Syrups, table blends, pancake, reduced-calorie	73.0	1.0 serving 1/4 cup	0.002
19360	Syrups, table blends, pancake, with 2% maple	20.0	1.0 tbsp	0.003
19720	Syrups, table blends, pancake, with 2% maple, with added potassium	315.0	1.0 cup	0.054
19113	Syrups, table blends, pancake, with butter	73.0	1.0 serving 1/4 cup	0.007
36020	T.G.I. FRIDAY'S, chicken fingers	225.0	1.0 serving	0.405
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	41.0	1.0 piece	0.075
36011	T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	176.0	1.0 serving	0.709
36007	T.G.I. FRIDAY'S, french fries	184.0	1.0 serving	0.118
36006	T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	175.0	1.0 serving	0.159
36008	T.G.I. FRIDAY'S, fried mozzarella	35.0	1.0 piece	0.093
36009	T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	144.0	1.0 cup	0.298

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
21264	TACO BELL, Bean Burrito	185.0	1.0 each burrito	0.185
21265	TACO BELL, BURRITO SUPREME with beef	241.0	1.0 burrito	0.537
21266	TACO BELL, BURRITO SUPREME with chicken	248.0	1.0 item	0.424
21267	TACO BELL, BURRITO SUPREME with steak	248.0	1.0 item	0.454
21268	TACO BELL, Nachos	80.0	1.0 serving	0.106
21269	TACO BELL, Nachos Supreme	222.0	1.0 serving	0.304
21260	TACO BELL, Original Taco with beef, cheese and lettuce	69.0	1.0 each taco	0.041
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	102.0	1.0 each taco	0.133
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	98.0	1.0 each taco	0.108
21263	TACO BELL, Soft Taco with steak	127.0	1.0 item	0.246
21270	TACO BELL, Taco Salad	533.0	1.0 item	0.565
18360	Taco shells, baked	12.9	1.0 shell	0.010
18448	Taco shells, baked, without added salt	28.35	1.0 oz	0.015
35147	Tamales (Navajo)	186.0	1.0 piece	0.149
35237	Tamales, masa and pork filling (Hopi)	113.0	4.0 oz	0.079
09437	Tamarind nectar, canned	251.0	1.0 cup	0.008
09322	Tamarinds, raw	120.0	1.0 cup, pulp	0.182
09223	Tangerine juice, canned, sweetened	249.0	1.0 cup	0.050
09221	Tangerine juice, raw	247.0	1.0 cup	0.049
09219	Tangerines, (mandarin oranges), canned, juice pack	249.0	1.0 cup	0.072
09383	Tangerines, (mandarin oranges), canned, juice pack, drained	189.0	1.0 cup	0.059
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252.0	1.0 cup	0.111
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	0.070
20068	Tapioca, pearl, dry	152.0	1.0 cup	0.000
32007	Taquitos, frozen, beef and cheese, oven-heated	42.0	1.0 piece	0.130
32006	Taquitos, frozen, chicken and cheese, oven-heated	42.0	1.0 piece	0.116
11521	Taro leaves, cooked, steamed, without salt	145.0	1.0 cup	0.551
11520	Taro leaves, raw	28.0	1.0 cup	0.128
11523	Taro shoots, cooked, without salt	140.0	1.0 cup slices	0.074
11522	Taro shoots, raw	43.0	0.5 cup slices	0.022
11878	Taro, cooked, with salt	132.0	1.0 cup slices	0.037
11519	Taro, cooked, without salt	132.0	1.0 cup, sliced	0.037
11879	Taro, leaves, cooked, steamed, with salt	145.0	1.0 cup	0.551
11518	Taro, raw	104.0	1.0 cup, sliced	0.026
11880	Taro, shoots, cooked, with salt	140.0	1.0 cup slices	0.074
11881	Taro, tahitian, cooked, with salt	137.0	1.0 cup slices	0.271

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
11526	Taro, tahitian, cooked, without salt	137.0	1.0 cup slices	0.271
11525	Taro, tahitian, raw	125.0	1.0 cup slices	0.305
20143	Teff, cooked	252.0	1.0 cup	0.083
20142	Teff, uncooked	193.0	1.0 cup	0.521
16114	Tempeh	166.0	1.0 cup	0.594
07078	Thuringer, cervelat, summer sausage, beef, pork	56.0	2.0 oz 1 serving	0.185
02049	Thyme, fresh	0.8	1.0 tsp	0.004
18361	Toaster pastries, brown-sugar-cinnamon	28.35	1.0 oz	0.170
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	28.35	1.0 oz	0.158
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	53.0	1.0 piece	0.262
18939	Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	51.0	1.0 pastry	0.212
18494	Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted brown sugar cinnamon	50.0	1.0 pastry	0.170
18497	Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted strawberry	50.0	1.0 pastry	0.170
18476	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Blueberry	52.0	1.0 pastry	0.172
18478	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Brown sugar cinnamon	50.0	1.0 pastry	0.170
18477	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted blueberry	52.0	1.0 pastry	0.172
18479	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted brown sugar cinnamon	50.0	1.0 pastry	0.260
18481	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted cherry	52.0	1.0 pastry	0.172
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52.0	1.0 pastry	0.172
18486	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted raspberry	52.0	1.0 pastry	0.172
18489	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted strawberry	52.0	1.0 pastry	0.172
18490	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted wild berry	52.0	1.0 pastry	0.172
18487	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, S'mores	52.0	1.0 pastry	0.156
18488	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Strawberry	52.0	1.0 pastry	0.156
03968	Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), ready-to-feed	29.2	1.0 fl oz	0.028
03967	Toddler formula, MEAD JOHNSON, ENFAGROW, PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), powder	8.8	1.0 scoop	0.066
43476	Tofu yogurt	262.0	1.0 cup	0.052
16128	Tofu, dried-frozen (koyadofu)	17.0	1.0 piece	0.054
16428	Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	17.0	1.0 piece	0.054
16159	Tofu, extra firm, prepared with nigari	91.0	0.2 block	0.044
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	126.0	0.5 cup	0.079
16129	Tofu, fried	28.35	1.0 oz	0.014
16429	Tofu, fried, prepared with calcium sulfate	13.0	1.0 piece	0.007
16160	Tofu, hard, prepared with nigari	122.0	0.25 block	0.094

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
16426	Tofu, raw, firm, prepared with calcium sulfate	126.0	0.5 cup	0.129
16427	Tofu, raw, regular, prepared with calcium sulfate	124.0	0.5 cup	0.064
16132	Tofu, salted and fermented (fuyu)	11.0	1.0 block	0.011
16432	Tofu, salted and fermented (fuyu), prepared with calcium sulfate	11.0	1.0 block	0.011
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120.0	1.0 piece (2-1/2" x 2-3/4" x 1")	0.044
11954	Tomatillos, raw	34.0	1.0 medium	0.012
43365	Tomato and vegetable juice, low sodium	242.0	1.0 cup	0.073
11540	Tomato juice, canned, with salt added	243.0	1.0 cup	0.190
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	0.190
11546	Tomato products, canned, paste, without salt added	66.0	0.25 cup	0.101
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	0.200
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	0.200
11549	Tomato products, canned, sauce	245.0	1.0 cup	0.159
11649	Tomato products, canned, sauce, spanish style	244.0	1.0 cup	0.151
11555	Tomato products, canned, sauce, with herbs and cheese	122.0	0.5 cup	0.151
11551	Tomato products, canned, sauce, with mushrooms	245.0	1.0 cup	0.265
11553	Tomato products, canned, sauce, with onions	245.0	1.0 cup	0.326
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	0.300
11559	Tomato products, canned, sauce, with tomato tidbits	244.0	1.0 cup	0.237
43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	0.159
11693	Tomatoes, crushed, canned	121.0	0.5 cup	0.063
11527	Tomatoes, green, raw	180.0	1.0 cup	0.072
11695	Tomatoes, orange, raw	158.0	1.0 cup, chopped	0.054
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	0.132
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	240.0	1.0 cup	0.132
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	0.089
11537	Tomatoes, red, ripe, canned, with green chilies	241.0	1.0 cup	0.046
11530	Tomatoes, red, ripe, cooked	240.0	1.0 cup	0.053
11660	Tomatoes, red, ripe, cooked, stewed	101.0	1.0 cup	0.081
11884	Tomatoes, red, ripe, cooked, with salt	240.0	1.0 cup	0.053
11529	Tomatoes, red, ripe, raw, year round average	149.0	1.0 cup cherry tomatoes	0.028
11955	Tomatoes, sun-dried	54.0	1.0 cup	0.264
11956	Tomatoes, sun-dried, packed in oil, drained	110.0	1.0 cup	0.421
11696	Tomatoes, yellow, raw	139.0	1.0 cup, chopped	0.065
19364	Toppings, butterscotch or caramel	41.0	2.0 tbsp	0.000
19365	Toppings, marshmallow cream	28.35	1.0 oz	0.000

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
19367	Toppings, nuts in syrup	328.0	1.0 cup	0.394
19366	Toppings, pineapple	340.0	1.0 cup	0.061
19137	Toppings, strawberry	42.0	2.0 tbsp	0.010
22901	Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased	81.0	0.75 cup	0.251
19433	Tortilla chips, low fat, baked without fat	28.35	1.0 oz	0.079
25028	Tortilla chips, yellow, plain, salted	28.35	1.0 oz	0.012
35239	Tortilla, blue corn, Sakwavikaviki (Hopi)	57.0	1.0 piece	0.097
35143	Tortilla, includes plain and from mutton sandwich (Navajo)	197.0	1.0 serving	0.225
18363	Tortillas, ready-to-bake or -fry, corn	28.35	1.0 oz	0.018
18449	Tortillas, ready-to-bake or -fry, corn, without added salt	28.35	1.0 oz	0.021
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	48.0	1.0 tortilla	0.135
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	0.061
18450	Tortillas, ready-to-bake or -fry, flour, without added calcium	28.35	1.0 oz	0.083
28295	Tortillas, ready-to-bake or -fry, whole wheat	41.0	1.0 tortilla 1 serving	0.118
18952	Tostada shells, corn	12.3	1.0 piece	0.012
11928	Tree fern, cooked, with salt	31.0	1.0 frond (6-1/2" long)	0.093
11563	Tree fern, cooked, without salt	71.0	0.5 cup, chopped	0.213
20069	Triticale	192.0	1.0 cup	0.257
20070	Triticale flour, whole-grain	130.0	1.0 cup	0.172
05286	Turkey and gravy, frozen	85.0	3.0 oz	0.108
42173	Turkey and pork sausage, fresh, bulk, patty or link, cooked	130.0	1.0 cup, cooked	0.325
07973	Turkey bacon, microwaved	8.1	1.0 slice	0.032
07254	Turkey bacon, unprepared	14.0	1.0 serving	0.033
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	28.0	1.0 slice	0.090
05293	Turkey breast, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	0.113
07081	Turkey breast, sliced, prepackaged	16.0	1.0 slice	0.023
05187	Turkey from whole, dark meat, meat only, raw	85.0	1.0 serving	0.217
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	85.0	1.0 serving	0.181
05181	Turkey from whole, light meat, meat and skin, raw	85.0	3.0 oz	0.118
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	0.179
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	114.0	4.0 oz	0.156
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.177
05696	Turkey from whole, light meat, meat only, with added solution, raw	114.0	4.0 oz	0.165
05185	Turkey from whole, light meat, raw	85.0	1.0 serving	0.123
05180	Turkey from whole, neck, meat only, cooked, simmered	85.0	1.0 serving	0.245
05179	Turkey from whole, neck, meat only, raw	28.35	1.0 oz	0.060

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
42128	Turkey ham, sliced, extra lean, prepackaged or deli-sliced	138.0	1.0 cup pieces	0.345
05295	Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	85.0	3.0 oz	0.102
07958	Turkey sausage, fresh, cooked	57.0	1.0 serving	0.145
07955	Turkey sausage, fresh, raw	57.0	1.0 serving	0.133
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	128.0	1.0 cup	0.193
05300	Turkey sticks, breaded, battered, fried	64.0	1.0 stick (2.25 oz)	0.115
05294	Turkey thigh, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	0.217
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.314
05192	Turkey, all classes, breast, meat and skin, cooked, roasted	112.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.147
05191	Turkey, all classes, breast, meat and skin, raw	146.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.168
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.171
05193	Turkey, all classes, leg, meat and skin, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.222
05186	Turkey, all classes, light meat, cooked, roasted	85.0	1.0 serving	0.174
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.032
05195	Turkey, all classes, wing, meat and skin, raw	33.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.036
05215	Turkey, back from whole bird, meat only, raw	114.0	4.0 oz	0.291
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	114.0	4.0 oz	0.221
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	85.0	3.0 oz	0.183
05216	Turkey, back, from whole bird, meat only, roasted	85.0	3.0 oz	0.319
05719	Turkey, back, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.282
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.177
05219	Turkey, breast, from whole bird, meat only, raw	114.0	4.0 oz	0.165
05220	Turkey, breast, from whole bird, meat only, roasted	85.0	3.0 oz	0.174
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.165
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.177
05284	Turkey, canned, meat only, with broth	135.0	1.0 cup, drained	0.231
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	0.310
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	0.273
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	114.0	4.0 oz	0.246
05694	Turkey, dark meat from whole, meat only, with added solution, raw	114.0	4.0 oz	0.282
05183	Turkey, dark meat, meat and skin, raw	28.35	1.0 oz	0.065
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.285
05285	Turkey, diced, light and dark meat, seasoned	28.35	1.0 oz	0.031
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	0.123
05739	Turkey, drumstick, from whole bird, meat only, roasted	85.0	3.0 oz	0.174

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.282
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.285
43367	Turkey, drumstick, smoked, cooked, with skin, bone removed	21.0	1.0 oz with bone, cooked (yield after bone removed)	0.050
05188	Turkey, from whole, dark meat, cooked, roasted	85.0	1.0 serving	0.319
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	85.0	3.0 oz	0.156
05174	Turkey, gizzard, all classes, cooked, simmered	45.0	1.0 gizzard cooked	0.161
05173	Turkey, gizzard, all classes, raw	63.0	1.0 raw gizzard	0.206
05176	Turkey, heart, all classes, cooked, simmered	20.0	1.0 heart	0.308
05175	Turkey, heart, all classes, raw	24.0	1.0 piece	0.271
43391	Turkey, light or dark meat, smoked, cooked, skin and bone removed	28.0	1.0 medium slice (approx 3" x 2" x 1/4")	0.050
43390	Turkey, light or dark meat, smoked, cooked, with skin, bone removed	85.0	3.0 oz, boneless	0.153
05178	Turkey, liver, all classes, cooked, simmered	53.0	1.0 liver cooked	1.424
05177	Turkey, liver, all classes, raw	78.0	1.0 raw liver	1.753
05304	Turkey, mechanically deboned, from turkey frames, raw	227.0	0.5 lb	0.304
07900	Turkey, pork, and beef sausage, low fat, smoked	85.0	3.0 oz	0.068
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	85.0	3.0 oz	0.169
05732	Turkey, retail parts, breast, meat and skin, raw	85.0	3.0 oz	0.133
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	85.0	3.0 oz	0.126
05711	Turkey, retail parts, breast, meat only, cooked, roasted	863.0	1.0 breast	1.640
05710	Turkey, retail parts, breast, meat only, raw	85.0	3.0 oz	0.140
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.166
05708	Turkey, retail parts, breast, meat only, with added solution, raw	1171.0	1.0 breast	1.815
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	85.0	3.0 oz	0.290
05736	Turkey, retail parts, drumstick, meat and skin, raw	85.0	3.0 oz	0.238
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	28.0	3.0 oz	0.099
05716	Turkey, retail parts, drumstick, meat only, raw	85.0	3.0 oz	0.255
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	0.252
05742	Turkey, retail parts, thigh, meat and skin, raw	85.0	3.0 oz	0.228
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	85.0	3.0 oz	0.275
05717	Turkey, retail parts, thigh, meat only, raw	85.0	3.0 oz	0.261
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	85.0	3.0 oz	0.174
05734	Turkey, retail parts, wing, meat and skin, raw	85.0	3.0 oz	0.103
05713	Turkey, retail parts, wing, meat only, cooked, roasted	85.0	3.0 oz	0.153
05712	Turkey, retail parts, wing, meat only, raw	28.0	3.0 oz	0.036
05170	Turkey, skin from whole (light and dark), roasted	85.0	1.0 serving	0.246
05698	Turkey, skin from whole (light and dark), with added solution, raw	28.35	1.0 oz	0.027

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
05169	Turkey, skin from whole, (light and dark), raw	28.35	1.0 oz	0.031
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	28.35	1.0 oz	0.067
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	28.35	1.0 oz	0.067
05714	Turkey, skin, from retail parts, from dark meat, raw	28.35	1.0 oz	0.023
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	385.0	1.0 serving	0.970
05740	Turkey, thigh, from whole bird, meat only, raw	85.0	3.0 oz	0.217
05741	Turkey, thigh, from whole bird, meat only, roasted	85.0	3.0 oz	0.319
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.210
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.285
07944	Turkey, white, rotisserie, deli cut	48.0	1.69 oz (1 serving)	0.055
05172	Turkey, whole, giblets, cooked, simmered	95.0	1.0 giblets	1.466
05171	Turkey, whole, giblets, raw	85.0	3.0 oz	1.184
05166	Turkey, whole, meat and skin, cooked, roasted	85.0	3.0 oz	0.239
05165	Turkey, whole, meat and skin, raw	85.0	3.0 oz	0.157
05706	Turkey, whole, meat and skin, with added solution, raw	85.0	3.0 oz	0.145
05707	Turkey, whole, meat and skin, with added solution, roasted	85.0	3.0 oz	0.218
05168	Turkey, whole, meat only, cooked, roasted	85.0	3.0 oz	0.238
05167	Turkey, whole, meat only, raw	85.0	3.0 oz	0.163
05704	Turkey, whole, meat only, with added solution, raw	85.0	3.0 oz	0.149
05705	Turkey, whole, meat only, with added solution, roasted	28.0	3.0 oz	0.073
05227	Turkey, wing, from whole bird, meat only, raw	85.0	3.0 oz	0.123
05228	Turkey, wing, from whole bird, meat only, roasted	85.0	3.0 oz	0.174
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.123
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.177
43366	Turkey, wing, smoked, cooked, with skin, bone removed	19.0	1.0 oz with bone, cooked (yield after bone removed)	0.025
05236	Turkey, young hen, skin only, cooked, roasted	31.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.041
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	0.106
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	163.0	1.0 cup	0.106
11576	Turnip greens and turnips, frozen, unprepared	95.0	0.33 package (10 oz)	0.084
43387	Turnip greens, canned, no salt added	144.0	1.0 cup	0.086
11570	Turnip greens, canned, solids and liquids	117.0	0.5 cup	0.074
11891	Turnip greens, cooked, boiled, drained, with salt	144.0	1.0 cup, chopped	0.104
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	0.104
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	0.061
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	0.121
11574	Turnip greens, frozen, unprepared	82.0	0.5 cup, chopped or diced	0.075

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
11568	Turnip greens, raw	55.0	1.0 cup, chopped	0.055
11889	Turnips, cooked, boiled, drained, with salt	156.0	1.0 cup, cubes	0.036
11565	Turnips, cooked, boiled, drained, without salt	156.0	1.0 cup, cubes	0.036
11890	Turnips, frozen, cooked, boiled, drained, with salt	156.0	1.0 cup	0.044
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	0.044
11566	Turnips, frozen, unprepared	94.0	0.333 package, mashed (10 oz)	0.019
11564	Turnips, raw	130.0	1.0 cup, cubes	0.039
32015	Turnover, cheese-filled, tomato-based sauce, frozen, unprepared	127.0	1.0 serving 4.5 oz	0.255
32026	Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	0.249
32028	Turnover, filled with egg, meat and cheese, frozen	127.0	1.0 piece turnover 1 serving	0.284
32027	Turnover, meat- and cheese-filled, tomato-based sauce, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	0.378
93600	Turtle, green, raw	85.0	3.0 oz	0.128
28371	UDI'S, Gluten Free, Soft & Delicious White Sandwich Bread	28.0	1.0 slice	0.076
28372	UDI'S, Gluten Free, Soft & Hearty Whole Grain Bread	25.0	1.0 slice	0.080
28373	UDI'S, Gluten Free, Whole Grain Dinner Rolls	44.0	1.0 roll	0.158
05336	USDA Commodity Chicken, canned, meat only, drained	135.0	1.0 cup drained	0.231
04670	USDA Commodity Food, oil, vegetable, low saturated fat	13.6	1.0 tbsp	0.000
04669	USDA Commodity Food, oil, vegetable, soybean, refined	13.6	1.0 tablespoon	0.000
23501	USDA Commodity, beef patties with VPP, frozen, cooked	68.0	1.0 patty	0.142
23506	USDA Commodity, beef patties with VPP, frozen, raw	85.0	1.0 serving	0.187
13166	USDA Commodity, beef, canned	45.0	1.0 serving	0.076
23502	USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked	28.35	1.0 oz	0.034
23508	USDA Commodity, beef, ground, bulk/coarse ground, frozen, raw	85.0	1.0 serving	0.197
23503	USDA Commodity, beef, patties (100%), frozen, cooked	64.0	1.0 patty	0.119
23507	USDA Commodity, beef, patties (100%), frozen, raw	85.0	3.0 oz	0.136
01182	USDA Commodity, cheese, cheddar, reduced fat	113.0	1.0 cup shredded	0.339
05353	USDA Commodity, chicken fajita strips, frozen	9.4	1.0 strip	0.020
05338	USDA Commodity, Chicken, canned, meat only, with broth	135.0	1.0 cup drained	0.193
05337	USDA Commodity, Chicken, canned, meat only, with water	135.0	1.0 cup drained	0.185
07044	USDA Commodity, luncheon meat, canned	45.0	1.0 serving	0.096
16167	USDA Commodity, Peanut Butter, smooth	32.0	2.0 tbsp	0.034
07907	USDA Commodity, pork sausage, bulk/links/patties, frozen, raw	28.0	1.0 link	0.062
10158	USDA Commodity, pork, canned	85.0	3.0 oz	0.153
10802	USDA Commodity, pork, cured, ham, boneless, cooked, heated	28.35	1.0 oz boneless	0.067
10804	USDA Commodity, pork, cured, ham, boneless, cooked, unheated	28.35	1.0 oz boneless	0.053
10803	USDA Commodity, pork, ground, fine/coarse, frozen, cooked	28.35	1.0 oz grilled patties	0.070

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
10805	USDA Commodity, pork, ground, fine/coarse, frozen, raw	113.0	1.0 oz crumbles	0.242
07901	USDA Commodity, pork, sausage, bulk/links/patties, frozen, cooked	28.35	1.0 oz	0.068
15251	USDA Commodity, salmon nuggets, breaded, frozen, heated	28.35	1.0 oz	0.044
15252	USDA Commodity, salmon nuggets, cooked as purchased, unheated	28.35	1.0 oz	0.040
05600	USDA Commodity, turkey ham, dark meat, smoked, frozen	28.35	1.0 oz	0.077
05354	USDA Commodity, turkey taco meat, frozen, cooked	85.0	3.0 oz	0.284
28374	VAN'S, Gluten Free, Totally Original Pancakes	48.0	1.0 pancake	0.019
28375	VAN'S, Gluten Free, Totally Original Waffles	47.0	1.0 waffle	0.019
02050	Vanilla extract	4.2	1.0 tsp	0.004
02051	Vanilla extract, imitation, alcohol	4.2	1.0 tsp	0.003
02052	Vanilla extract, imitation, no alcohol	4.2	1.0 tsp	0.001
17273	Veal, breast, plate half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.252
17274	Veal, breast, point half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.263
17270	Veal, breast, separable fat, cooked	28.35	1.0 oz	0.034
17272	Veal, breast, whole, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.252
17275	Veal, breast, whole, boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.280
17093	Veal, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	0.102
17092	Veal, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	0.023
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	0.272
17088	Veal, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0.077
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	0.289
17090	Veal, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0.079
17141	Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised	85.0	3.0 oz	0.340
17140	Veal, cubed for stew (leg and shoulder), separable lean only, raw	28.35	1.0 oz	0.082
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	85.0	3.0 oz	0.286
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	85.0	3.0 oz	0.298
17143	Veal, ground, cooked, broiled	85.0	3.0 oz	0.230
17424	Veal, ground, cooked, pan-fried	85.0	3.0 oz	0.366
17142	Veal, ground, raw	85.0	3.0 oz	0.238
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85.0	3.0 oz	0.298
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	85.0	3.0 oz	0.298
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	85.0	3.0 oz	0.298
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.272
17094	Veal, leg (top round), separable lean and fat, raw	28.35	1.0 oz	0.077
17100	Veal, leg (top round), separable lean only, cooked, braised	85.0	3.0 oz	0.306
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	85.0	3.0 oz	0.306

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	85.0	3.0 oz	0.314
17103	Veal, leg (top round), separable lean only, cooked, roasted	85.0	3.0 oz	0.280
17099	Veal, leg (top round), separable lean only, raw	28.35	1.0 oz	0.079
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	85.0	3.0 oz	0.399
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	85.0	3.0 oz	0.289
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	0.265
17427	Veal, loin, chop, separable lean only, cooked, grilled	85.0	3.0 oz	0.280
17105	Veal, loin, separable lean and fat, cooked, braised	85.0	3.0 oz	0.255
17106	Veal, loin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.238
17104	Veal, loin, separable lean and fat, raw	85.0	3.0 oz	0.238
17108	Veal, loin, separable lean only, cooked, braised	85.0	3.0 oz	0.289
17109	Veal, loin, separable lean only, cooked, roasted	85.0	3.0 oz	0.255
17107	Veal, loin, separable lean only, raw	85.0	3.0 oz	0.264
17111	Veal, rib, separable lean and fat, cooked, braised	85.0	3.0 oz	0.246
17112	Veal, rib, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.230
17110	Veal, rib, separable lean and fat, raw	28.35	1.0 oz	0.065
17114	Veal, rib, separable lean only, cooked, braised	85.0	3.0 oz	0.264
17115	Veal, rib, separable lean only, cooked, roasted	85.0	3.0 oz	0.246
17113	Veal, rib, separable lean only, raw	28.35	1.0 oz	0.068
17277	Veal, shank (fore and hind), separable lean and fat, cooked, braised	85.0	3.0 oz	0.251
17276	Veal, shank (fore and hind), separable lean and fat, raw	28.35	1.0 oz	0.076
17279	Veal, shank (fore and hind), separable lean only, cooked, braised	85.0	3.0 oz	0.255
17278	Veal, shank (fore and hind), separable lean only, raw	28.35	1.0 oz	0.077
17435	Veal, shank, separable lean and fat, raw	85.0	3.0 oz	0.320
17428	Veal, shank, separable lean only, raw	85.0	3.0 oz	0.331
17123	Veal, shoulder, arm, separable lean and fat, cooked, braised	85.0	3.0 oz	0.264
17124	Veal, shoulder, arm, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.272
17122	Veal, shoulder, arm, separable lean and fat, raw	28.35	1.0 oz	0.077
17126	Veal, shoulder, arm, separable lean only, cooked, braised	85.0	3.0 oz	0.280
17127	Veal, shoulder, arm, separable lean only, cooked, roasted	85.0	3.0 oz	0.280
17125	Veal, shoulder, arm, separable lean only, raw	28.35	1.0 oz	0.079
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	0.378
17128	Veal, shoulder, blade chop, separable lean and fat, raw	85.0	3.0 oz	0.337
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	85.0	3.0 oz	0.408
17131	Veal, shoulder, blade chop, separable lean only, raw	85.0	3.0 oz	0.366
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	85.0	3.0 oz	0.298

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
17130	Veal, shoulder, blade, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.298
17132	Veal, shoulder, blade, separable lean only, cooked, braised	85.0	3.0 oz	0.306
17133	Veal, shoulder, blade, separable lean only, cooked, roasted	85.0	3.0 oz	0.306
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	0.289
17118	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.289
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	28.35	1.0 oz	0.082
17120	Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	0.298
17121	Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted	85.0	3.0 oz	0.289
17119	Veal, shoulder, whole (arm and blade), separable lean only, raw	28.35	1.0 oz	0.082
17135	Veal, sirloin, separable lean and fat, cooked, braised	85.0	3.0 oz	0.298
17136	Veal, sirloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.298
17134	Veal, sirloin, separable lean and fat, raw	28.35	1.0 oz	0.085
17138	Veal, sirloin, separable lean only, cooked, braised	85.0	3.0 oz	0.323
17139	Veal, sirloin, separable lean only, cooked, roasted	85.0	3.0 oz	0.314
17137	Veal, sirloin, separable lean only, raw	28.35	1.0 oz	0.088
17189	Veal, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.170
17190	Veal, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.306
17188	Veal, variety meats and by-products, brain, raw	28.35	1.0 oz	0.074
17194	Veal, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	0.790
17193	Veal, variety meats and by-products, heart, raw	28.35	1.0 oz	0.284
17198	Veal, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	1.692
17197	Veal, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.539
17203	Veal, variety meats and by-products, liver, cooked, braised	80.0	1.0 slice	2.288
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	67.0	1.0 slice	2.050
17202	Veal, variety meats and by-products, liver, raw	28.35	1.0 oz	0.692
17208	Veal, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.111
17207	Veal, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.065
17213	Veal, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0.430
17212	Veal, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.120
17217	Veal, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0.245
17216	Veal, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.099
17219	Veal, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	0.085
17218	Veal, variety meats and by-products, thymus, raw	28.35	1.0 oz	0.053
17223	Veal, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	0.298
17222	Veal, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.116
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	0.083

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
11585	Vegetable juice cocktail, low sodium, canned	254.0	1.0 cup	0.084
31035	Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	269.0	1.0 cup	0.067
04513	Vegetable oil, palm kernel	13.6	1.0 tablespoon	0.000
42151	Vegetable oil-butter spread, reduced calorie	13.0	1.0 tbsp	0.001
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	268.0	1.0 cup	0.281
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	182.0	1.0 cup	0.073
11581	Vegetables, mixed, canned, drained solids	163.0	1.0 cup	0.078
11579	Vegetables, mixed, canned, solids and liquids	245.0	1.0 cup	0.098
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	91.0	0.5 cup	0.109
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	91.0	0.5 cup	0.109
11583	Vegetables, mixed, frozen, unprepared	95.0	0.33 package (10 oz)	0.081
43134	Vegetarian fillets	85.0	1.0 fillet	0.765
43137	Vegetarian meatloaf or patties	56.0	1.0 slice	0.336
16147	Veggie burgers or soyburgers, unprepared	70.0	1.0 pattie	0.171
43114	Vermicelli, made from soy	140.0	1.0 cup	0.000
02048	Vinegar, cider	14.9	1.0 tbsp	0.000
02053	Vinegar, distilled	14.9	1.0 tbsp	0.000
16273	Vitasoy USA Organic Nasoya, Tofu Plus Extra Firm	85.0	3.0 oz	0.374
16274	Vitasoy USA Organic Nasoya, Tofu Plus Firm	85.0	3.0 oz	0.340
16219	Vitasoy USA, Vitasoy Light Vanilla Soymilk	243.0	1.0 cup	0.340
16215	Vitasoy USA, Vitasoy Organic Creamy Original Soymilk	243.0	1.0 cup	0.364
18934	Waffle, buttermilk, frozen, ready-to-heat, microwaved	35.0	1.0 waffle	0.243
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	28.0	1.0 oz	0.181
18935	Waffle, plain, frozen, ready-to-heat, microwave	32.0	1.0 waffle, round (4"dia)	0.210
18932	Waffles, buttermilk, frozen, ready-to-heat	39.0	1.0 waffle, square	0.259
18951	Waffles, chocolate chip, frozen, ready-to-heat	70.0	2.0 waffles	0.343
28346	Waffles, gluten-free, frozen, ready-to-heat	45.0	1.0 waffle	0.018
18403	Waffles, plain, frozen, ready -to-heat, toasted	28.35	1.0 oz	0.200
18365	Waffles, plain, frozen, ready-to-heat	28.35	1.0 oz	0.176
18367	Waffles, plain, prepared from recipe	28.35	1.0 oz	0.098
28304	Waffles, whole wheat, lowfat, frozen, ready-to-heat	70.0	1.0 serving 2 waffles	0.340
27064	Wasabi	20.0	1.0 tablespoon	0.014
11990	Wasabi, root, raw	130.0	1.0 cup, sliced	0.148
14555	Water, bottled, generic	29.6	1.0 fl oz	0.000
14604	Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener	29.6	1.0 fl oz	0.000
14637	Water, with corn syrup and/or sugar and low calorie sweetener, fruit flavored	200.0	1.0 pouch	0.000

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
11588	Waterchestnuts, chinese, (matai), raw	62.0	0.5 cup slices	0.124
11590	Waterchestnuts, chinese, canned, solids and liquids	70.0	0.5 cup slices	0.017
11591	Watercress, raw	34.0	1.0 cup, chopped	0.041
09326	Watermelon, raw	154.0	1.0 cup, balls	0.032
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	175.0	1.0 cup, cubes	0.002
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	175.0	1.0 cup, cubes	0.002
11593	Waxgourd, (chinese preserving melon), raw	132.0	1.0 cup, cubes	0.145
21246	WENDY'S, Chicken Nuggets	68.0	5.0 pieces	0.083
21243	WENDY'S, CLASSIC DOUBLE, with cheese	310.0	1.0 item	0.778
21239	WENDY'S, CLASSIC SINGLE Hamburger, no cheese	218.0	1.0 item	0.447
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	236.0	1.0 item	0.604
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	215.0	1.0 sandwich	0.553
21247	WENDY'S, french fries	71.0	1.0 kid's meal Serving	0.038
21248	WENDY'S, Frosty Dairy Dessert	113.0	1.0 junior 6 oz. cup	0.814
21244	WENDY'S, Homestyle Chicken Fillet Sandwich	230.0	1.0 item	0.299
21242	WENDY'S, Jr. Hamburger, with cheese	129.0	1.0 item	0.221
21241	WENDY'S, Jr. Hamburger, without cheese	117.0	1.0 item	0.275
21245	WENDY'S, Ultimate Chicken Grill Sandwich	225.0	1.0 item	0.585
35009	Whale, beluga, meat, dried (Alaska Native)	45.0	1.0 strip	0.234
20077	Wheat bran, crude	58.0	1.0 cup	0.335
20081	Wheat flour, white, all-purpose, enriched, bleached	125.0	1.0 cup	0.618
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	125.0	1.0 cup	0.618
20581	Wheat flour, white, all-purpose, enriched, unbleached	125.0	1.0 cup	0.618
20082	Wheat flour, white, all-purpose, self-rising, enriched	125.0	1.0 cup	0.518
20481	Wheat flour, white, all-purpose, unenriched	125.0	1.0 cup	0.050
20083	Wheat flour, white, bread, enriched	137.0	1.0 cup	0.701
20084	Wheat flour, white, cake, enriched	137.0	1.0 cup unsifted, dipped	0.589
20086	Wheat flour, white, tortilla mix, enriched	111.0	1.0 cup	0.547
20080	Wheat flour, whole-grain	120.0	1.0 cup	0.198
20129	Wheat flours, bread, unenriched	137.0	1.0 cup unsifted, dipped	0.082
20078	Wheat germ, crude	115.0	1.0 cup	0.574
20076	Wheat, durum	192.0	1.0 cup	0.232
20071	Wheat, hard red spring	192.0	1.0 cup	0.211
20072	Wheat, hard red winter	192.0	1.0 cup	0.221
20074	Wheat, hard white	192.0	1.0 cup	0.207
20139	Wheat, KAMUT khorasan, cooked	172.0	1.0 cup	0.052

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
20138	Wheat, KAMUT khorasan, uncooked	186.0	1.0 cup	0.342
20073	Wheat, soft red winter	168.0	1.0 cup	0.161
20075	Wheat, soft white	168.0	1.0 cup	0.180
20087	Wheat, sprouted	108.0	1.0 cup	0.167
01113	Whey, acid, dried	57.0	1.0 cup	1.174
01112	Whey, acid, fluid	246.0	1.0 cup	0.344
01115	Whey, sweet, dried	145.0	1.0 cup	3.202
01114	Whey, sweet, fluid	246.0	1.0 cup	0.389
43268	Whipped cream substitute, dietetic, made from powdered mix	80.0	1.0 cup	0.000
42135	Whipped topping, frozen, low fat	75.0	1.0 cup	0.068
14530	Whiskey sour mix, bottled, with added potassium and sodium	32.3	1.0 fl oz	0.003
20089	Wild rice, cooked	164.0	1.0 cup	0.143
20088	Wild rice, raw	160.0	1.0 cup	0.419
11896	Winged bean, immature seeds, cooked, boiled, drained, with salt	62.0	1.0 cup	0.045
11596	Winged beans, immature seeds, cooked, boiled, drained, without salt	62.0	1.0 cup	0.045
11595	Winged beans, immature seeds, raw	44.0	1.0 cup slices	0.044
16436	Winged beans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0.222
16136	Winged beans, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	0.222
16135	Winged beans, mature seeds, raw	182.0	1.0 cup	0.819
35232	Wocas, dried seeds, Oregon, yellow pond lily (Klamath)	28.35	1.0 oz	0.020
35235	Wocas, tuber, cooked, Oregon, yellow pond lily (Klamath)	28.35	1.0 oz	0.004
18368	Wonton wrappers (includes egg roll wrappers)	28.35	1.0 oz	0.107
16525	WORTHINGTON Chic-Ketts, frozen, unprepared	55.0	2.0 slices (3/8" thick)	0.946
16510	WORTHINGTON Chili, canned, unprepared	230.0	1.0 cup	0.230
16511	WORTHINGTON Choplets, canned, unprepared	92.0	2.0 slices	0.000
16512	WORTHINGTON Diced Chik, canned, unprepared	55.0	0.25 cup	0.110
16528	WORTHINGTON Dinner Roast, frozen, unprepared	85.0	1.0 slice , 3/4"	0.255
16513	WORTHINGTON FriChik Original, canned, unprepared	90.0	2.0 pieces	0.180
16529	WORTHINGTON FriPats, frozen, unprepared	64.0	1.0 patty	0.192
16591	WORTHINGTON Leanies, frozen, unprepared	40.0	1.0 link	0.120
16514	WORTHINGTON Low Fat Fri Chik, canned, unprepared	85.0	2.0 pieces	0.170
16515	WORTHINGTON Low Fat Veja-Links, canned, unprepared	31.0	1.0 link	0.093
16526	WORTHINGTON Meatless Chicken Roll, frozen, unprepared	55.0	1.0 slices , 3/8"	0.110
16527	WORTHINGTON Meatless Corned Beef Roll, frozen, unprepared	55.0	2.0 slices , 3/8"	0.165
16516	WORTHINGTON Multigrain Cutlets, canned, unprepared	92.0	2.0 slices	1.224
16517	WORTHINGTON Prime Stakes, canned, unprepared	92.0	1.0 piece	0.184

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
16531	WORTHINGTON Prosage Links, frozen, unprepared	45.0	2.0 links	0.180
16532	WORTHINGTON Prosage Roll, frozen, unprepared	55.0	1.0 slice , 5/8"	0.165
16518	WORTHINGTON Saucettes, canned, unprepared	38.0	1.0 link	0.076
16533	WORTHINGTON Smoked Turkey Roll, frozen, unprepared	55.0	1.0 slice , 3/8"	0.165
16534	WORTHINGTON Stakelets, frozen, unprepared	71.0	1.0 piece	0.142
16535	WORTHINGTON Stripples, frozen, unprepared	16.0	2.0 strip	0.064
16519	WORTHINGTON Super Links, canned, unprepared	48.0	1.0 link	0.096
16522	WORTHINGTON Vegetable Steaks, canned, unprepared	72.0	2.0 slices	0.072
16523	WORTHINGTON Vegetarian Burger, canned, unprepared	55.0	0.25 cup	0.110
16524	WORTHINGTON Veja-Links, canned, unprepared	31.0	1.0 link	0.093
16536	WORTHINGTON Wham (roll), frozen, unprepared	55.0	1.0 slice , 3/8"	0.165
11897	Yam, cooked, boiled, drained, or baked, with salt	136.0	1.0 cup, cubes	0.038
11602	Yam, cooked, boiled, drained, or baked, without salt	136.0	1.0 cup, cubes	0.038
11601	Yam, raw	150.0	1.0 cup, cubes	0.048
11603	Yambean (jicama), raw	120.0	1.0 cup slices	0.035
11899	Yardlong bean, cooked, boiled, drained, with salt	104.0	1.0 cup slices	0.103
11200	Yardlong bean, cooked, boiled, drained, without salt	104.0	1.0 cup slices	0.103
11199	Yardlong bean, raw	91.0	1.0 cup slices	0.100
16434	Yardlong beans, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.109
16134	Yardlong beans, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.109
16133	Yardlong beans, mature seeds, raw	167.0	1.0 cup	0.392
11991	Yautia (tannier), raw	135.0	1.0 cup, sliced	0.054
43406	Yeast extract spread	6.0	1.0 tsp	1.050
32011	Yellow rice with seasoning, dry packet mix, unprepared	57.0	1.0 serving (2 oz)	0.073
21463	Yogurt parfait, lowfat, with fruit and granola	149.0	1.0 item	0.258
01187	Yogurt, chocolate, nonfat milk	170.0	1.0 container (6 oz)	0.366
01222	Yogurt, chocolate, nonfat milk, fortified with vitamin D	170.0	1.0 container (6 oz)	0.366
01235	Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener	68.0	0.5 cup	0.122
43261	Yogurt, fruit variety, nonfat	170.0	1.0 container (6 oz)	0.306
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	170.0	1.0 container (6 oz)	0.306
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.303
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.303
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.337
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.275
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.275
01203	Yogurt, fruit, lowfat, with low calorie sweetener	170.0	1.0 container (6 oz)	0.306

NDB_No	Description	Weight(g)	Measure	Riboflavin(mg) Per Measure
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	0.306
01281	Yogurt, Greek, nonfat, strawberry, CHOBANI	150.0	5.3 oz	0.420
01280	Yogurt, Greek, nonfat, strawberry, DANNON OIKOS	150.0	5.3 oz	0.325
01275	Yogurt, Greek, nonfat, vanilla, CHOBANI	150.0	5.3 oz	0.350
01278	Yogurt, Greek, nonfat, vanilla, DANNON OIKOS	150.0	5.3 oz	0.390
01287	Yogurt, Greek, plain, lowfat	200.0	1.0 container (7 oz)	0.466
01256	Yogurt, Greek, plain, nonfat	170.0	1.0 container	0.473
01276	Yogurt, Greek, strawberry, DANNON OIKOS	150.0	5.3 oz	0.340
01284	Yogurt, Greek, strawberry, lowfat	150.0	1.0 container (5.3 oz)	0.352
01285	Yogurt, Greek, strawberry, nonfat	150.0	1.0 container (5.3 oz)	0.380
01286	Yogurt, Greek, vanilla, nonfat	150.0	1.0 container (5.3 oz)	0.360
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.364
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.398
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.241
01231	Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener	170.0	1.0 container	0.342
01184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	170.0	1.0 container (6 oz)	0.275
01221	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	0.275
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.342
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.342
01295	Yogurt, vanilla, non-fat	245.0	1.0 cup (8 fl oz)	0.490
16004	Yokan, prepared from adzuki beans and sugar	14.0	1.0 slice	0.001
03217	Zwieback	28.35	1.0 oz	0.068