USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Fatty acids, total monounsaturated (g) ; Carbohydrate, by difference (g) ; Fiber, total dietary (g)

Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: 100 g
Report Run at: July 10, 2016 17:41 EDT

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
04584	Oil, sunflower, high oleic (70% and over)	83,69	0,00	--
04532	Oil, hazelnut	78,00	0,00	--
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	75,22	0,00	--
04560	Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)	73,70	0,00	--
04053	Oil, olive, salad or cooking	72,96	0,00	--
04698	Oil, industrial, canola, high oleic	72,73	0,00	--
04678	Oil, vegetable, Natreon canola, high stability, non trans, high oleic (70%)	71,99	0,00	--
04645	Oil, industrial, canola (partially hydrogenated) oil for deep fat frying	71,08	0,00	--
04667	Shortening, industrial, soy (partially hydrogenated) for baking and confections	71,02	0,00	--
04581	Oil, avocado	70,55	0,00	--
04529	Oil, almond	69,90	0,00	--
04582	Oil, canola	63,28	0,00	--
04643	Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying	62,09	0,00	--
04652	Oil, industrial, soy (partially hydrogenated), all purpose	61,25	0,00	--
04644	Oil, industrial, canola for salads, woks and light frying	61,15	0,00	--
04530	Oil, apricot kernel	60,00	0,00	--
04664	Oil, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings	59,72	0,00	--
12132	Nuts, macadamia nuts, dry roasted, without salt added	59,28	13,38	8,00
12632	Nuts, macadamia nuts, dry roasted, with salt added	59,28	12,83	8,00
04583	Oil, mustard	59,19	0,00	--
04654	Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening	59,13	0,00	--
12131	Nuts, macadamia nuts, raw	58,88	13,82	8,60
42289	Oil, corn and canola	58,54	0,00	--
04554	Shortening industrial, soybean (hydrogenated) and cottonseed	58,00	0,00	--
04642	Oil, industrial, mid-oleic, sunflower	57,33	0,00	--
04576	Fat, goose	56,70	0,00	--
04590	Fish oil, herring	56,56	0,00	--
04548	Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)	54,20	0,00	--

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
04516	Oil, teaseed	51,50	0,00	--
04595	Shortening, multipurpose, soybean (hydrogenated) and palm (hydrogenated)	50,97	0,00	--
04679	Oil, PAM cooking spray, original	49,79	20,69	0,00
04574	Fat, duck	49,30	0,00	--
12121	Nuts, hazelnuts or filberts, blanched	48,19	17,00	11,00
44005	Oil, corn, peanut, and olive	48,03	0,00	--
04589	Fish oil, cod liver	46,71	0,00	--
04665	Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated), for flaky pastries	46,69	0,00	--
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	46,61	17,60	9,40
04042	Oil, peanut, salad or cooking	46,20	0,00	--
04545	Oil, sunflower, linoleic, (partially hydrogenated)	46,20	0,00	--
12120	Nuts, hazelnuts or filberts	45,65	16,70	9,70
04060	Oil, sunflower, linoleic (less than 60%)	45,40	0,00	--
04684	Margarine, 80% fat, tub, CANOLA HARVEST Soft Spread (canola, palm and palm kernel oils)	45,26	1,39	--
04002	Lard	45,10	0,00	--
04609	Animal fat, bacon grease	44,87	0,00	--
04542	Fat, chicken	44,70	0,00	--
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	44,50	0,00	--
04544	Shortening, household, lard and vegetable oil	44,40	0,00	--
04536	Oil, sheanut	44,00	0,00	--
12143	Nuts, pecans, dry roasted, without salt added	43,96	13,55	9,40
12643	Nuts, pecans, dry roasted, with salt added	43,96	13,55	9,40
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	43,00	0,00	--
04575	Fat, turkey	42,90	0,00	--
04559	Shortening household soybean (hydrogenated) and palm	42,51	0,00	--
10004	Pork, fresh, backfat, raw	41,95	0,00	--
04648	Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables	41,93	0,00	--
04001	Fat, beef tallow	41,80	0,00	--
04606	Meat drippings (lard, beef tallow, mutton tallow)	41,77	0,00	--
10864	Pork, bacon, rendered fat, cooked	41,44	0,00	--
04615	Shortening, vegetable, household, composite	41,19	0,00	--
12144	Nuts, pecans, oil roasted, without salt added	40,97	13,01	9,50
12644	Nuts, pecans, oil roasted, with salt added	40,97	13,01	9,50
04666	Shortening, industrial, soy (partially hydrogenated) and corn for frying	40,82	0,00	--
12142	Nuts, pecans	40,80	13,86	9,60

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
04549	Shortening industrial, lard and vegetable oil	40,70	0,00	--
04520	Fat, mutton tallow	40,60	0,00	--
04556	Shortening frying (heavy duty), palm (hydrogenated)	40,60	0,00	--
04651	Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor	40,26	0,00	--
04626	Margarine-like spread with yogurt, 70% fat, stick, with salt	39,90	0,50	0,00
04058	Oil, sesame, salad or cooking	39,70	0,00	--
04037	Oil, rice bran	39,30	0,00	--
04073	Margarine, regular, hard, soybean (hydrogenated)	39,30	0,90	0,00
12040	Seeds, sunflower seed butter, without salt	39,02	23,32	5,70
12540	Seeds, sunflower seed butter, with salt added	39,02	23,32	5,70
04610	Margarine, regular, 80% fat, composite, stick, with salt	38,88	0,70	0,00
04617	Margarine, regular, 80% fat, composite, stick, without salt	38,88	0,70	0,00
04628	Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils	38,88	0,70	0,00
04691	Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D	38,88	0,70	0,00
04696	Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D	38,88	0,70	0,00
04649	Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening	38,87	0,00	--
04541	Oil, cupu assu	38,70	0,00	--
04550	Shortening frying (heavy duty), beef tallow and cottonseed	38,50	0,00	--
10165	Pork, cured, salt pork, raw	37,94	0,00	--
04668	Margarine, industrial, soy and partially hydrogenated soy oil, use for baking, sauces and candy	37,46	0,71	0,00
04655	Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries	37,24	0,00	--
12145	Nuts, pilinuts, dried	37,23	3,98	--
10109	Pork, fresh, variety meats and by-products, leaf fat, raw	37,22	0,00	--
04685	Oil, cooking and salad, ENOVA, 80% diglycerides	37,02	0,00	--
04055	Oil, palm	37,00	0,00	--
16399	Peanut butter with omega-3, creamy	36,61	17,00	6,10
04586	Shortening, special purpose for cakes and frostings, soybean (hydrogenated)	36,56	0,00	--
04611	Margarine, regular, 80% fat, composite, tub, with salt	36,44	0,75	0,00
04618	Margarine, regular, 80% fat, composite, tub, without salt	36,44	0,75	0,00
04692	Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D	36,44	0,75	0,00
23300	Beef, Australian, imported, Wagyu, external fat, Aust. marble score 9, raw	35,82	0,97	0,00
23301	Beef, Australian, imported, Wagyu, seam fat, Aust. marble score 9, raw	35,16	0,00	--
04588	Oil, oat	35,11	0,00	--
12665	Nuts, almonds, oil roasted, lightly salted	34,79	17,68	10,50
12065	Nuts, almonds, oil roasted, without salt added	34,79	17,68	10,50

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
12565	Nuts, almonds, oil roasted, with salt added	34,79	17,68	10,50
04653	Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry	34,63	0,00	--
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	34,53	22,42	6,40
04594	Fish oil, sardine	33,84	0,00	--
04629	Margarine, margarine-type vegetable oil spread, 70% fat, soybean and partially hydrogenated soybean, stick	33,47	1,53	--
12062	Nuts, almonds, blanched	33,42	18,67	9,90
12138	Nuts, mixed nuts, oil roasted, without peanuts, without salt added	33,14	22,27	5,50
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	33,14	22,27	5,50
12063	Nuts, almonds, dry roasted, without salt added	33,08	21,01	10,90
12563	Nuts, almonds, dry roasted, with salt added	33,08	21,01	10,90
04546	Shortening bread, soybean (hydrogenated) and cottonseed	33,00	0,00	--
04501	Oil, cocoa butter	32,90	0,00	--
10105	Pork, fresh, variety meats and by-products, jowl, raw	32,89	0,00	--
12130	Nuts, hickorynuts, dried	32,61	18,25	6,40
12195	Nuts, almond butter, plain, without salt added	32,44	18,82	10,30
12695	Nuts, almond butter, plain, with salt added	32,44	18,82	10,30
12206	Nuts, almonds, honey roasted, unblanched	32,40	27,90	13,70
42307	Margarine-like, butter-margarine blend, 80% fat, stick, without salt	31,83	0,60	0,00
23298	Beef, Australian, imported, Wagyu, external fat, Aust. marble score 4/5, raw	31,58	0,00	--
12061	Nuts, almonds	31,55	21,55	12,50
13335	Beef, variety meats and by-products, suet, raw	31,52	0,00	--
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	31,40	25,35	9,00
13019	Beef, retail cuts, separable fat, raw	30,94	0,00	--
23299	Beef, Australian, imported, Wagyu, seam fat, Aust. marble score 4/5, raw	30,89	0,00	--
13020	Beef, retail cuts, separable fat, cooked	30,45	0,00	--
05047	Chicken, broilers or fryers, separable fat, raw	30,30	0,00	--
04585	Margarine-like, margarine-butter blend, soybean oil and butter	30,29	0,77	0,00
10167	Pork, cured, separable fat (from ham and arm picnic), roasted	29,69	0,00	--
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	29,66	0,69	0,00
04693	Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D	29,66	0,69	0,00
04570	Shortening, confectionery, fractionated palm	29,60	0,00	--
04587	Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed	29,58	0,00	--
04708	Mayonnaise, reduced fat, with olive oil	29,54	0,00	--
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	29,50	0,00	--
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	29,47	0,09	0,00

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
12088	Nuts, cashew butter, plain, without salt added	29,12	27,57	2,00
17005	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw	29,11	0,00	--
04593	Fish oil, salmon	29,04	0,00	--
10007	Pork, fresh, separable fat, cooked	28,99	0,00	--
04700	Oil, industrial, soy, ultra low linolenic	28,88	0,00	--
01003	Butter oil, anhydrous	28,73	0,00	--
06630	Sauce, pesto, MEZZETTA, NAPA VALLEY BISTRO, basil pesto, ready-to-serve	28,65	5,12	1,30
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	28,57	25,00	7,10
43297	Pork, oriental style, dehydrated	28,56	1,40	0,00
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	28,49	21,05	7,00
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28,49	21,05	7,00
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28,49	21,05	7,00
17092	Veal, composite of trimmed retail cuts, separable fat, raw	28,44	0,00	--
10006	Pork, fresh, separable fat, raw	28,04	0,00	--
17093	Veal, composite of trimmed retail cuts, separable fat, cooked	27,98	0,00	--
17284	Lamb, Australian, imported, fresh, separable fat, raw	27,98	0,00	--
12136	Nuts, mixed nuts, dry roasted, with peanuts, salt added, PLANTERS pistachio blend	27,62	22,51	8,10
12141	Nuts, mixed nuts, dry roasted, with peanuts, salt added, CHOSEN ROASTER	27,60	19,02	7,10
04518	Oil, corn, industrial and retail, all purpose salad or cooking	27,58	0,00	--
12085	Nuts, cashew nuts, dry roasted, without salt added	27,32	32,69	3,00
12585	Nuts, cashew nuts, dry roasted, with salt added	27,32	32,69	3,00
16149	Peanut spread, reduced sugar	27,00	14,23	7,80
12588	Nuts, cashew butter, plain, with salt added	26,71	30,30	3,00
04591	Fish oil, menhaden	26,69	0,00	--
17270	Veal, breast, separable fat, cooked	26,41	0,00	--
17285	Lamb, Australian, imported, fresh, separable fat, cooked	26,38	0,00	--
04673	Margarine-like spread, SMART BALANCE Regular Buttery Spread with flax oil	26,21	0,14	0,00
16090	Peanuts, all types, dry-roasted, with salt	26,18	21,26	8,40
16390	Peanuts, all types, dry-roasted, without salt	26,18	21,26	8,40
16089	Peanuts, all types, oil-roasted, with salt	26,00	15,26	9,40
16389	Peanuts, all types, oil-roasted, without salt	25,98	15,26	9,40
16098	Peanut butter, smooth style, with salt	25,94	22,31	5,00
16398	Peanut butter, smooth style, without salt	25,94	22,31	5,00
17066	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw	25,93	0,00	--
12086	Nuts, cashew nuts, oil roasted, without salt added	25,92	29,87	3,30

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
12586	Nuts, cashew nuts, oil roasted, with salt added	25,92	30,16	3,30
21337	McDONALD'S, Peanuts (for Sundaes)	25,75	16,23	--
12200	Nuts, formulated, wheat-based, all flavors except macadamia, without salt	25,72	20,79	5,20
05282	Pate de foie gras, canned (goose liver pate), smoked	25,61	4,67	0,00
07054	Pate, goose liver, smoked, canned	25,61	4,67	0,00
16095	Peanuts, virginia, raw	25,58	16,54	8,50
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	25,34	0,00	--
04677	Margarine-like spread, SMART BALANCE Omega Plus Spread (with plant sterols & fish oil)	25,33	0,16	0,00
16096	Peanuts, virginia, oil-roasted, with salt	25,22	19,86	8,90
16396	Peanuts, virginia, oil-roasted, without salt	25,22	19,86	8,90
10000	Pork, fresh, composite of separable fat, with added solution, cooked	24,90	0,32	0,00
16155	Peanut butter, smooth, vitamin and mineral fortified	24,83	18,75	5,60
04683	Margarine, margarine-like vegetable oil spread, 67-70% fat, tub	24,75	0,59	--
23436	Beef, New Zealand, imported, subcutaneous fat, raw	24,70	0,00	--
10005	Pork, fresh, belly, raw	24,70	0,00	--
12152	Nuts, pistachio nuts, dry roasted, without salt added	24,53	28,28	10,30
12652	Nuts, pistachio nuts, dry roasted, with salt added	24,53	27,55	10,30
16087	Peanuts, all types, raw	24,43	16,13	8,50
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	24,40	0,00	--
16156	Peanut butter, chunky, vitamin and mineral fortified	24,37	17,69	5,70
12201	Seeds, sesame seed kernels, dried (decorticated)	23,92	11,73	11,60
10895	Pork, cured, ham, separable fat, boneless, unheated	23,90	1,87	0,00
12078	Nuts, brazilnuts, dried, unblanched	23,88	11,74	7,50
10894	Pork, cured, ham, separable fat, boneless, heated	23,80	2,00	0,00
12087	Nuts, cashew nuts, raw	23,80	30,19	3,30
42291	Peanut butter, reduced sodium	23,58	21,83	6,60
12140	Nuts, formulated, wheat-based, unflavored, with salt added	23,54	23,68	5,20
01145	Butter, without salt	23,43	0,06	0,00
01137	Egg, yolk, dried	23,38	0,66	0,00
12151	Nuts, pistachio nuts, raw	23,26	27,17	10,60
17067	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked	23,15	0,00	--
16097	Peanut butter, chunk style, with salt	23,12	21,57	8,00
16397	Peanut butter, chunk style, without salt	23,12	21,57	8,00
16094	Peanuts, valencia, oil-roasted, with salt	23,06	16,30	8,90
16394	Peanuts, valencia, oil-roasted, without salt	23,06	16,30	8,90

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
12149	Nuts, pine nuts, pinyon, dried	22,94	19,30	10,70
23297	Beef, Australian, imported, grass-fed, seam fat, raw	22,93	1,06	0,00
04515	Oil, tomatoseed	22,80	0,00	--
04528	Oil, walnut	22,80	0,00	--
04044	Oil, soybean, salad or cooking	22,78	0,00	--
04670	USDA Commodity Food, oil, vegetable, low saturated fat	22,73	0,00	--
04669	USDA Commodity Food, oil, vegetable, soybean, refined	22,73	0,00	--
04145	Salad dressing, mayonnaise, soybean oil, without salt	22,70	2,70	0,00
02024	Spices, mustard seed, ground	22,52	28,09	12,20
16091	Peanuts, spanish, raw	22,32	15,83	9,50
06626	Sauce, pesto, ready-to-serve, refrigerated	22,16	10,09	1,80
06628	Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated	22,16	10,09	1,80
16092	Peanuts, spanish, oil-roasted, with salt	22,07	17,45	8,90
16392	Peanuts, spanish, oil-roasted, without salt	22,07	17,45	8,90
07921	Bacon and beef sticks	21,90	0,80	0,00
12077	Nuts, beechnuts, dried	21,89	33,50	--
04650	Oil, industrial, soy, refined, for woks and light frying	21,70	0,00	--
18337	Puff pastry, frozen, ready-to-bake	21,60	45,10	1,50
10942	Pork, fresh, composite of separable fat, with added solution, raw	21,54	0,00	--
04699	Oil, industrial, soy, low linolenic	21,44	0,00	--
23296	Beef, Australian, imported, grass-fed, external fat, raw	21,43	0,39	0,00
16093	Peanuts, valencia, raw	21,41	20,91	8,70
12171	Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)	21,31	17,89	9,30
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	21,14	55,16	10,00
01001	Butter, salted	21,02	0,06	0,00
17154	Veal, Australian, separable fat, raw	20,78	0,00	--
07057	Pepperoni, beef and pork, sliced	20,77	1,18	0,00
42151	Vegetable oil-butter spread, reduced calorie	20,77	0,00	--
16167	USDA Commodity, Peanut Butter, smooth	20,73	23,98	5,70
04133	Salad dressing, french, home recipe	20,70	3,40	0,00
04707	Oil, flaxseed, contains added sliced flaxseed	20,63	0,39	--
19407	Snacks, beef sticks, smoked	20,47	5,40	--
17449	Lamb, Australian, imported, fresh, external fat, cooked	20,34	0,00	--
04614	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	20,32	0,00	--
04695	Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D	20,32	0,00	--

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	20,30	21,19	9,30
12698	Seeds, sesame butter, tahini, type of kernels unspecified	20,02	21,50	4,70
12059	Nuts, acorns, dried	19,90	53,66	--
01002	Butter, whipped, with salt	19,87	2,87	0,00
42309	Margarine-like, vegetable oil-butter spread, reduced calorie, tub, with salt	19,72	1,00	0,00
04662	Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)	19,70	0,00	--
04514	Oil, poppyseed	19,70	0,00	--
23322	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	19,58	0,42	0,00
04506	Oil, sunflower, linoleic, (approx. 65%)	19,50	0,00	--
18992	KELLOGG'S, BEANATURAL, Original 3-Bean Chips	19,50	46,50	14,20
23320	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, separable lean and fat, Aust. marble score 9, raw	19,46	0,22	0,00
06627	Sauce, pesto, ready-to-serve, shelf stable	19,35	6,14	1,70
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	19,35	0,86	0,00
04620	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt	19,35	0,86	0,00
04697	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt, with added vitamin D	19,35	0,86	0,00
04694	Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D	19,35	0,86	0,00
12169	Seeds, sesame butter, paste	19,21	24,05	5,50
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	19,18	0,00	--
12060	Nuts, acorn flour, full fat	19,11	54,65	--
10860	Pork, cured, bacon, cooked, baked	19,06	1,35	0,00
05674	Chicken, skin (drumsticks and thighs), raw	18,98	0,79	0,00
19411	Snacks, potato chips, plain, salted	18,96	53,83	3,10
05236	Turkey, young hen, skin only, cooked, roasted	18,94	0,00	--
04687	Margarine-like spread, BENECOL Light Spread	18,93	5,71	--
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	18,88	0,00	--
12147	Nuts, pine nuts, dried	18,76	13,08	3,70
12023	Seeds, sesame seeds, whole, dried	18,76	23,45	11,80
05673	Chicken, skin (drumsticks and thighs), cooked, braised	18,70	0,00	--
05139	Duck, domesticated, meat and skin, raw	18,69	0,00	--
13344	Beef, cured, breakfast strips, raw or unheated	18,68	0,70	0,00
18193	Cookies, shortbread, commercially prepared, pecan	18,63	58,30	1,80
12036	Seeds, sunflower seed kernels, dried	18,53	20,00	8,60
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	18,52	1,43	0,00
42231	Oil, flaxseed, cold pressed	18,44	0,00	--
04600	Margarine-like, vegetable oil-butter spread, tub, with salt	18,44	1,00	0,00

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
07019	Chorizo, pork and beef	18,40	1,86	0,00
07926	Salami, Italian, pork	18,20	1,20	0,00
12024	Seeds, sesame seeds, whole, roasted and toasted	18,13	25,74	14,00
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	18,13	26,04	16,90
12034	Seeds, sesame meal, partially defatted	18,13	26,04	--
12198	Seeds, sesame butter, tahini, from raw and stone ground kernels	18,13	26,19	9,30
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	18,13	26,04	16,90
42190	Pork sausage rice links, brown and serve, cooked	18,10	2,36	0,00
43598	Mayonnaise dressing, no cholesterol	18,03	0,30	0,00
12071	Nuts, almond paste	18,01	47,81	4,80
05017	Chicken, broilers or fryers, skin only, cooked, fried, flour	18,01	9,34	--
19809	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted	18,00	52,90	4,80
19810	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted	18,00	52,90	4,80
23420	Beef, New Zealand, imported, intermuscular fat, raw	17,89	0,01	0,00
18332	Pie crust, standard-type, dry mix	17,89	52,10	--
23419	Beef, New Zealand, imported, intermuscular fat, cooked	17,85	3,39	0,00
04502	Oil, cottonseed, salad or cooking	17,80	0,00	--
05146	Goose, domesticated, meat and skin, raw	17,77	0,00	--
01134	Egg, whole, dried, stabilized, glucose reduced	17,56	2,38	0,00
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	17,50	0,44	0,00
10123	Pork, cured, bacon, unprepared	17,44	1,28	0,00
18333	Pie crust, standard-type, dry mix, prepared, baked	17,29	50,40	1,80
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	17,20	1,00	0,00
07065	Pork and beef sausage, fresh, cooked	17,18	2,70	0,00
07089	Sausage, Italian, pork, cooked	17,11	4,27	0,10
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	17,10	0,01	0,00
05018	Chicken, broilers or fryers, skin only, cooked, roasted	17,03	0,00	--
42256	Margarine-like, vegetable oil spread, stick or tub, sweetened	17,00	16,70	0,00
18942	Pie Crust, Cookie-type, Graham Cracker, Ready Crust	16,93	64,30	1,90
10175	Pork, fresh, variety meats and by-products, tail, cooked, simmered	16,89	0,00	--
13345	Beef, cured, breakfast strips, cooked	16,85	1,40	0,00
04025	Salad dressing, mayonnaise, regular	16,84	0,57	0,00
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	16,79	0,11	0,00
10128	Pork, cured, breakfast strips, raw or unheated	16,79	0,70	0,00
01133	Egg, whole, dried	16,73	1,13	0,00

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
19147	Candies, peanut bar	16,72	47,40	4,10
04689	Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light	16,66	9,39	0,20
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	16,46	52,47	2,30
07953	Pork sausage, link/patty, fully cooked, microwaved	16,45	0,62	0,00
04630	Margarine Spread, approximately 48% fat, tub	16,42	0,86	0,00
13147	Beef, rib, shortribs, separable lean and fat, choice, raw	16,39	0,00	--
07954	Beef sausage, pre-cooked	16,39	0,03	0,00
12014	Seeds, pumpkin and squash seed kernels, dried	16,24	10,71	6,00
16150	Peanut butter, smooth, reduced fat	16,16	35,65	5,20
04517	Oil, grapeseed	16,10	0,00	--
18168	Cookies, chocolate sandwich, with extra creme filling	16,08	68,20	2,70
19078	Baking chocolate, unsweetened, squares	16,07	28,42	16,60
07071	Salami, dry or hard, pork	16,00	1,60	0,00
02007	Spices, celery seed	15,93	41,35	11,80
10001	Pork, fresh, carcass, separable lean and fat, raw	15,93	0,00	--
04601	Butter, light, stick, with salt	15,93	0,00	--
04602	Butter, light, stick, without salt	15,93	0,00	--
07005	Blood sausage	15,90	1,29	0,00
10174	Pork, fresh, variety meats and by-products, tail, raw	15,80	0,00	--
03209	Babyfood, crackers, vegetable	15,78	66,85	4,00
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	15,73	14,71	6,50
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	15,73	14,71	6,50
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	15,65	50,20	0,10
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	15,53	1,70	0,00
07207	OSCAR MAYER, Braunschweiger Liver Sausage (sliced)	15,48	2,60	0,20
12154	Nuts, walnuts, black, dried	15,44	9,58	6,80
25030	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	15,41	57,97	10,90
18201	Cookies, peanut butter sandwich, special dietary	15,39	50,80	--
23312	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	15,37	0,13	0,00
21349	McDONALD'S, NEWMAN'S OWN Ranch Dressing	15,35	16,75	0,30
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	15,33	1,39	0,00
13848	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	15,29	0,00	--
13861	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	15,28	0,00	--
10861	Pork, cured, bacon, cooked, microwaved	15,24	0,48	0,00
07201	OSCAR MAYER, Bologna (beef)	15,21	2,45	0,00

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
18336	Pie crust, standard-type, prepared from recipe, baked	15,17	47,50	1,70
12058	Nuts, acorns, raw	15,11	40,75	--
04038	Oil, wheat germ	15,10	0,00	--
05170	Turkey, skin from whole (light and dark), roasted	15,09	0,57	0,00
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	15,09	0,00	--
19857	Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	15,09	62,40	5,30
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	15,07	0,00	--
19408	Snacks, pork skins, barbecue-flavor	15,03	1,60	--
07230	OSCAR MAYER, Salami (hard)	15,01	1,60	0,00
25064	Snacks, potato chips, lightly salted	14,94	53,54	4,20
42137	Salad dressing, peppercorn dressing, commercial, regular	14,84	3,50	0,00
04135	Salad dressing, home recipe, vinegar and oil	14,80	2,50	0,00
19041	Snacks, pork skins, plain	14,78	0,00	--
07241	OSCAR MAYER, Wieners (beef franks)	14,74	2,78	0,00
07967	Pork sausage, link/patty, fully cooked, unheated	14,74	0,69	0,00
07072	Salami, dry or hard, pork, beef	14,72	0,72	0,00
07013	Bratwurst, pork, cooked	14,69	2,85	0,00
13835	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	14,69	0,00	--
19216	Candies, praline, prepared-from-recipe	14,68	59,59	3,50
03998	Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	14,68	61,59	0,00
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	14,58	66,40	5,20
25040	Snacks, vegetable chips, made from garden vegetables	14,57	60,43	4,70
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	14,55	0,90	0,00
18188	Cookies, peanut butter, refrigerated dough, baked	14,53	57,30	1,20
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	14,49	46,79	1,40
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	14,48	64,48	2,70
18962	Crackers, cream, LA MODERNA RIKIS CREAM CRACKERS	14,47	64,88	2,40
05356	Chicken, broiler, rotisserie, BBQ, skin	14,46	0,70	0,00
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	14,39	0,00	--
19236	Candies, HERSHEY'S MILK CHOCOLATE WITH ALMOND BITES	14,38	51,72	3,60
13847	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw	14,37	0,00	--
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	14,36	1,08	0,00
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	14,36	0,00	--
23314	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 9, raw	14,34	0,46	0,00
07036	Sausage, Italian, pork, raw	14,34	0,65	0,00

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
42183	Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars	14,32	56,00	3,00
18927	Crackers, cheese, sandwich-type with cheese filling	14,31	58,76	1,90
19063	Snacks, tortilla chips, taco-flavor	14,29	63,10	5,30
07045	Luncheon meat, pork, canned	14,29	2,10	0,00
13849	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	14,29	0,00	--
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	14,19	0,00	--
13498	Beef, ground, 70% lean meat / 30% fat, raw	14,17	0,00	--
13834	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	14,13	0,00	--
17029	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw	14,13	0,00	--
42117	Imitation cheese, american or cheddar, low cholesterol	14,13	1,00	0,00
02014	Spices, cumin seed	14,04	44,24	10,50
21078	Fast foods, nachos, with cheese	14,02	34,91	3,20
21268	TACO BELL, Nachos	14,02	34,91	3,20
12170	Seeds, sesame flour, high-fat	14,01	26,62	--
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	13,96	0,66	0,00
04690	Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	13,96	0,66	0,00
05714	Turkey, skin, from retail parts, from dark meat, raw	13,95	0,00	--
05169	Turkey, skin from whole, (light and dark), raw	13,91	0,16	0,00
05698	Turkey, skin from whole (light and dark), with added solution, raw	13,91	0,21	0,00
18186	Cookies, peanut butter, commercially prepared, soft-type	13,84	57,70	1,70
05019	Chicken, broilers or fryers, skin only, cooked, stewed	13,83	0,00	--
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	13,81	0,78	0,00
13833	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	13,77	0,00	--
01210	Egg Mix, USDA Commodity	13,74	23,97	--
19279	Candies, milk chocolate coated coffee beans	13,74	55,25	5,70
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	13,72	0,00	--
04674	Margarine-like spread, SMART BALANCE Light Buttery Spread	13,70	1,98	--
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	13,68	45,70	2,00
23321	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	13,68	0,00	--
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	13,68	1,82	0,20
07920	Swisswurst, pork and beef, with swiss cheese, smoked	13,68	1,60	0,00
07016	Cheesefurter, cheese smokie, pork, beef	13,64	1,51	0,00
43507	Frankfurter, low sodium	13,61	1,80	0,00
07942	Pate, truffle flavor	13,60	6,30	--
02013	Spices, coriander seed	13,58	54,99	41,90

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	13,56	56,24	3,30
07022	Frankfurter, beef, unheated	13,55	2,97	0,00
05015	Chicken, broilers or fryers, skin only, raw	13,54	0,00	--
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	13,54	44,90	--
07059	Polish sausage, pork	13,52	1,63	0,00
07908	Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)	13,50	4,60	0,00
43015	Salad dressing, caesar dressing, regular	13,50	3,30	0,50
18402	Pie crust, standard-type, prepared from recipe, unbaked	13,50	42,30	3,40
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	13,48	0,00	--
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	13,47	58,38	2,30
13843	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	13,39	0,00	--
19007	Snacks, corn-based, extruded, onion-flavor	13,36	65,10	3,90
07015	Brotwurst, pork, beef, link	13,34	2,98	0,00
07041	Liver sausage, liverwurst, pork	13,34	2,20	0,00
07913	Salami, pork, beef, less sodium	13,32	15,38	0,20
43384	Beef, bologna, reduced sodium	13,30	2,00	0,00
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	13,28	4,77	0,40
10146	Pork, cured, ham, patties, unheated	13,26	1,69	0,00
19042	Snacks, potato chips, barbecue-flavor	13,22	55,92	3,80
13842	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	13,21	0,00	--
07941	Salami, Italian, pork and beef, dry, sliced, 50% less sodium	13,20	6,40	0,00
07236	OSCAR MAYER, Smokies Sausage Little Cheese (pork, turkey)	13,19	1,70	0,00
07960	Bologna, chicken, pork	13,17	4,19	0,00
07006	Bockwurst, pork, veal, raw	13,14	2,95	1,00
18187	Cookies, peanut butter, refrigerated dough	13,12	52,10	1,10
19150	Candies, REESE'S Peanut Butter Cups	13,10	55,36	3,60
27066	Sauce, horseradish	13,09	10,05	1,00
18161	Cookies, chocolate chip, dry mix	13,08	66,10	--
07957	Pork and turkey sausage, pre-cooked	13,05	3,63	0,00
13386	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	13,04	0,00	--
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	13,03	44,90	5,00
18206	Cookies, sugar, refrigerated dough, baked	13,01	65,60	0,90
18215	Crackers, cheese, sandwich-type with peanut butter filling	13,00	56,74	3,40
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	13,00	2,70	0,00
07910	Bratwurst, veal, cooked	13,00	0,00	--

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	12,98	46,70	2,00
18417	Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	12,98	46,70	2,00
07078	Thuringer, cervelat, summer sausage, beef, pork	12,97	3,33	0,00
13357	Beef, cured, sausage, cooked, smoked	12,97	2,42	0,00
19126	Candies, milk chocolate coated peanuts	12,92	49,70	4,70
05140	Duck, domesticated, meat and skin, cooked, roasted	12,90	0,00	--
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	12,87	0,00	--
18436	Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	12,86	44,30	1,20
13859	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	12,84	0,00	--
19086	Candies, confectioner's coating, peanut butter	12,83	46,88	5,00
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	12,82	0,00	--
07038	Knackwurst, knockwurst, pork, beef	12,81	3,20	0,00
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	12,80	0,00	--
07937	Bologna, pork, turkey and beef	12,79	6,66	0,00
19904	Chocolate, dark, 70-85% cacao solids	12,78	45,90	10,90
07014	Braunschweiger (a liver sausage), pork	12,73	3,10	0,00
07945	Frankfurter, beef, heated	12,72	2,66	0,00
13371	Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	12,70	0,00	--
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	12,70	0,60	0,00
25022	Snacks, FRITOLAY, SUNCHIPS, multigrain, French onion flavor	12,70	65,49	7,80
18250	Doughnuts, cake-type, plain, sugared or glazed	12,70	50,80	1,50
07077	Smoked link sausage, pork and beef, nonfat dry milk added	12,64	1,92	0,00
07956	Beef sausage, fresh, cooked	12,64	0,35	0,00
19138	Candies, truffles, prepared-from-recipe	12,64	44,88	2,50
19239	Candies, REESE'S NUTRAGEOUS Candy Bar	12,63	52,80	3,90
13855	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	12,63	0,00	--
17239	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw	12,60	0,00	--
19154	Candies, sesame crunch	12,57	50,30	7,70
07968	Kielbasa, fully cooked, grilled	12,56	5,03	0,00
13841	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw	12,56	0,00	--
25023	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, Harvest Cheddar flavor	12,56	64,70	8,10
19059	Snacks, trail mix, regular	12,53	44,90	--
19821	Snacks, trail mix, regular, unsalted	12,53	44,90	--
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	12,52	0,00	--
18244	Danish pastry, cinnamon, enriched	12,52	44,60	1,30

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
18430	Danish pastry, cinnamon, unenriched	12,52	44,60	1,20
18446	Pie crust, standard-type, frozen, ready-to-bake, unenriched	12,41	44,10	0,90
07055	Pate, liver, not specified, canned	12,36	1,50	0,00
07917	Sausage, pork and beef, with cheddar cheese, smoked	12,36	2,13	0,00
05016	Chicken, broilers or fryers, skin only, cooked, fried, batter	12,35	23,15	--
07906	Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	12,34	3,40	0,00
19161	Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars	12,32	54,15	3,10
07916	Sausage, Polish, pork and beef, smoked	12,30	1,98	0,00
07911	Liverwurst spread	12,29	5,89	2,50
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	12,28	0,00	--
07040	Liver cheese, pork	12,26	2,10	0,00
10114	Pork, fresh, variety meats and by-products, mechanically separated, raw	12,26	0,00	--
05048	Chicken, broilers or fryers, back, meat and skin, raw	12,25	0,00	--
07075	Sausage, smoked link sausage, pork and beef	12,24	2,42	0,00
18225	Crackers, rye, sandwich-type with cheese filling	12,24	60,80	3,60
13808	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	12,21	0,00	--
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	12,20	0,00	--
07007	Bologna, beef	12,20	4,29	0,00
07970	Kielbasa, fully cooked, unheated	12,19	3,72	0,00
23319	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	12,18	0,17	0,00
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	12,17	48,62	2,50
21009	Fast foods, biscuit, with sausage	12,16	29,99	0,40
18202	Cookies, sugar wafer, with creme filling, sugar free	12,14	66,26	14,30
13828	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	12,12	0,00	--
13860	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	12,12	0,00	--
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	12,12	0,00	--
01223	Protein supplement, milk based, Muscle Milk, powder	12,10	18,50	7,10
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	12,08	0,00	--
18254	Doughnuts, yeast-leavened, with creme filling	12,08	30,00	0,80
19858	Candies, sugar-coated almonds	12,08	68,26	2,50
21384	BURGER KING, CROISSAN'WICH with Sausage and Cheese	12,02	23,00	0,70
13827	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	12,02	0,00	--
19132	Candies, milk chocolate, with almonds	11,96	53,40	6,20
15041	Fish, herring, Atlantic, pickled	11,95	9,64	0,00
21059	Fast foods, shrimp, breaded and fried	11,90	27,99	0,70

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
04016	Salad dressing, sesame seed dressing, regular	11,90	8,60	1,00
18434	Crackers, cheese, low sodium	11,85	58,20	2,40
18946	Pie crust, refrigerated, regular, baked	11,82	58,52	1,40
07969	Kielbasa, fully cooked, pan-fried	11,79	4,78	0,00
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	11,78	0,00	--
18234	Crackers, wheat, sandwich, with peanut butter filling	11,77	53,80	4,40
01125	Egg, yolk, raw, fresh	11,74	3,59	0,00
13852	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	11,73	0,00	--
18183	Cookies, oatmeal, refrigerated dough, baked	11,73	65,70	2,80
13838	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, raw	11,69	0,00	--
18422	Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched	11,67	66,80	2,50
23186	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	11,62	0,00	--
23188	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	11,62	0,00	--
23187	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	11,61	0,00	--
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	11,59	0,00	--
07064	Pork sausage, link/patty, cooked, pan-fried	11,54	1,42	0,00
19903	Chocolate, dark, 60-69% cacao solids	11,52	52,42	8,00
13839	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	11,51	0,00	--
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	11,50	67,26	8,80
42136	Cream substitute, powdered, light	11,50	73,40	0,00
04703	Salad dressing, honey mustard, regular	11,46	23,33	0,40
18428	Crackers, wheat, low salt	11,45	64,90	4,50
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	11,44	0,00	--
04513	Vegetable oil, palm kernel	11,40	0,00	--
04534	Oil, babassu	11,40	0,00	--
07950	Frankfurter, meat	11,39	4,17	0,00
23577	Beef, ground, 75% lean meat / 25% fat, raw	11,38	0,00	--
07050	Mortadella, beef, pork	11,38	3,05	0,00
13825	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	11,38	0,00	--
11409	Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	11,34	39,68	3,20
09195	Olives, pickled, canned or bottled, green	11,31	3,84	3,30
18245	Danish pastry, cheese	11,31	37,20	1,00
19002	Snacks, beef jerky, chopped and formed	11,30	11,00	1,80
42227	Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies	11,29	60,50	5,60
18251	Doughnuts, cake-type, chocolate, sugared or glazed	11,28	57,40	2,20

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
18164	Cookies, chocolate chip, refrigerated dough, baked	11,26	68,20	1,70
18230	Crackers, standard snack-type, sandwich, with cheese filling	11,25	61,70	1,90
23195	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	11,25	0,00	--
13824	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	11,24	0,00	--
19081	Candies, sweet chocolate	11,22	60,40	5,50
07074	Smoked link sausage, pork	11,21	0,94	0,00
18190	Cookies, peanut butter sandwich, regular	11,19	65,60	1,90
23189	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	11,18	0,00	--
18325	Pie, pecan, prepared from recipe	11,18	52,20	--
02022	Spices, mace, ground	11,17	50,50	20,20
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	11,14	63,90	1,50
07021	Dutch brand loaf, chicken, pork and beef	11,13	3,93	0,30
03938	Infant formula, PBM PRODUCTS, store brand, powder	11,13	56,00	0,00
18237	Cream puff shell, prepared from recipe	11,13	22,80	0,80
07069	Salami, cooked, beef and pork	11,13	2,40	0,00
28365	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza	11,11	65,11	3,50
21311	McDONALD'S, Creamy Ranch Sauce	11,09	3,49	0,00
18205	Cookies, sugar, refrigerated dough	11,08	61,22	0,90
13846	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	11,06	0,00	--
23199	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	11,04	0,00	--
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	11,04	0,00	--
10171	Pork, cured, shoulder, blade roll, separable lean and fat, roasted	11,03	0,37	0,00
13832	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	11,01	0,00	--
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	11,01	0,00	--
28363	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original	10,99	65,81	2,40
04531	Oil, soybean lecithin	10,98	0,00	--
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	10,97	0,00	--
08037	Cereals ready-to-eat, granola, homemade	10,95	53,88	8,90
17023	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw	10,94	0,00	--
13387	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted	10,93	0,00	--
16088	Peanuts, all types, cooked, boiled, with salt	10,92	21,26	8,80
19418	Snacks, sesame sticks, wheat-based, salted	10,91	46,50	2,80
19820	Snacks, sesame sticks, wheat-based, unsalted	10,91	46,50	--
28225	MURRAY, SUGAR FREE, Peanut Butter Cookies	10,90	55,80	5,70
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	10,89	0,00	--

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
07939	Frankfurter, pork	10,89	0,28	0,10
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	10,89	0,00	--
16100	Peanut flour, low fat	10,87	31,27	15,80
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	10,86	0,00	--
13845	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	10,85	0,00	--
25037	Snacks, pita chips, salted	10,84	68,26	3,80
12039	Seeds, sunflower seed kernels, toasted, without salt	10,84	20,59	11,50
12539	Seeds, sunflower seed kernels, toasted, with salt added	10,84	20,59	11,50
18154	Cookies, brownies, prepared from recipe	10,84	50,20	--
18189	Cookies, peanut butter, prepared from recipe	10,83	58,90	--
23191	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	10,82	0,00	--
19249	Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate	10,82	55,38	3,30
19910	Candies, crispy bar with peanut butter filling	10,82	55,53	3,30
13858	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	10,81	0,00	--
18185	Cookies, peanut butter, commercially prepared, regular	10,80	58,15	2,10
19227	Frostings, coconut-nut, ready-to-eat	10,79	52,70	2,50
03941	Infant formula, PBM PRODUCTS, store brand, soy, powder	10,78	52,20	0,00
03843	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted	10,78	53,57	0,00
03954	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, powder, not reconstituted	10,78	53,57	0,00
07963	Frankfurter, meat and poultry, cooked, boiled	10,76	4,96	0,00
07949	Frankfurter, meat, heated	10,74	4,90	0,00
15196	Fish, halibut, greenland, cooked, dry heat	10,74	0,00	--
06101	Soup, cream of vegetable, dry, powder	10,73	52,10	3,00
07964	Frankfurter, meat and poultry, cooked, grilled	10,72	5,24	0,00
10076	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted	10,72	0,00	--
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	10,71	0,00	--
21144	CHICK-FIL-A, hash browns	10,70	30,51	3,20
19115	Candies, MARS SNACKFOOD US, MARS Almond Bar	10,69	62,70	2,00
13844	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw	10,65	0,00	--
07068	Salami, cooked, beef	10,65	1,90	0,00
18427	Crackers, standard snack-type, regular, low salt	10,64	61,00	1,60
18961	Crackers, cream, GAMESA SABROSAS	10,62	64,55	2,40
15075	Fish, sablefish, smoked	10,60	0,00	--
19098	Candies, 5TH AVENUE Candy Bar	10,60	62,68	3,10
18180	Cookies, oatmeal, dry mix	10,57	67,30	--

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
07952	Bologna, chicken, turkey, pork	10,56	5,65	0,00
05084	Chicken, broilers or fryers, neck, meat and skin, raw	10,55	0,00	--
18182	Cookies, oatmeal, refrigerated dough	10,53	59,10	2,50
07008	Bologna, beef and pork	10,53	5,49	0,00
23197	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	10,52	0,00	--
14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	10,51	73,92	18,10
04029	Salad dressing, mayonnaise, imitation, soybean without cholesterol	10,50	15,80	0,00
13922	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	10,50	0,00	--
03945	Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA	10,49	51,75	0,00
03853	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted	10,49	54,73	0,00
03858	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted	10,49	54,78	0,00
03950	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted	10,49	54,73	0,00
13001	Beef, carcass, separable lean and fat, choice, raw	10,47	0,00	--
18253	Doughnuts, french crullers, glazed	10,45	59,50	1,20
05301	Poultry, mechanically deboned, from backs and necks with skin, raw	10,44	0,00	--
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	10,44	54,10	2,20
03869	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, with iron, powder, not reconstituted	10,43	57,00	0,00
13379	Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	10,43	0,00	--
12084	Nuts, butternuts, dried	10,42	12,05	4,70
18163	Cookies, chocolate chip, refrigerated dough	10,41	61,02	1,50
03827	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE LIPIL, with iron, powder, with ARA and DHA	10,40	56,30	0,00
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	10,38	58,40	2,80
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	10,36	0,00	--
18233	Crackers, wheat, sandwich, with cheese filling	10,35	58,20	3,10
17262	Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw	10,35	0,00	--
28331	Crackers, flavored, fish-shaped	10,34	65,67	3,10
07061	Mother's loaf, pork	10,34	7,53	0,00
15208	Fish, sablefish, cooked, dry heat	10,33	0,00	--
03826	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, with iron, powder, not reconstituted	10,32	54,30	0,00
03852	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE LIPIL, with iron, powder, not reconstituted, with ARA and DHA	10,32	53,00	0,00
13830	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw	10,32	0,00	--
03805	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, powder	10,30	56,20	0,00
03849	Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, with iron, powder, with ARA and DHA	10,30	56,00	0,00
23190	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	10,28	0,00	--
13831	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	10,28	0,00	--

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
23198	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	10,28	0,00	--
13919	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	10,27	0,00	--
07971	Bologna, meat and poultry	10,27	6,31	0,00
05147	Goose, domesticated, meat and skin, cooked, roasted	10,25	0,00	--
28367	SAGE VALLEY, Gluten Free Vanilla Sandwich Cookies	10,25	71,88	1,00
33871	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with ARA and DHA	10,23	52,20	0,00
18256	Doughnuts, yeast-leavened, with jelly filling	10,23	39,00	0,90
17085	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	10,22	0,00	--
18541	ARCHWAY Home Style Cookies, Peanut Butter	10,21	58,48	2,80
18948	Pie crust, refrigerated, regular, unbaked	10,21	51,11	1,80
18208	Cookies, sugar, prepared from recipe, made with margarine	10,19	60,00	1,20
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	10,18	0,00	--
16138	Falafel, home-prepared	10,17	31,84	--
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	10,17	0,00	--
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	10,14	0,00	--
32020	Chicken, thighs, frozen, breaded, reheated	10,12	14,23	0,10
03980	Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder	10,11	56,00	0,00
07002	Beerwurst, beer salami, pork and beef	10,10	3,76	0,90
07931	Beerwurst, pork and beef	10,10	4,27	0,90
13340	Beef, variety meats and by-products, tongue, cooked, simmered	10,10	0,00	--
17052	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	10,10	0,00	--
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	10,09	0,00	--
06629	Sauce, pesto, CLASSICO, basil pesto, ready-to-serve	10,05	6,93	2,10
01023	Cheese, gruyere	10,04	0,36	0,00
23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	10,04	0,00	--
17036	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	10,04	0,00	--
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	10,03	0,00	--
03967	Toddler formula, MEAD JOHNSON, ENFAGROW, PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), powder	10,03	56,00	0,00
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	10,03	47,80	1,90
18178	Cookies, oatmeal, commercially prepared, regular	10,02	68,70	2,80
03809	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, powder, not reconstituted	10,00	56,20	0,00
17221	Lamb, variety meats and by-products, tongue, cooked, braised	10,00	0,00	--
23134	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	10,00	0,00	--
33863	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder	9,99	57,00	0,00
33877	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, powder	9,99	57,00	0,00

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
21005	Fast Foods, biscuit, with egg and sausage	9,98	21,05	0,20
19080	Candies, semisweet chocolate	9,97	63,90	5,90
01126	Egg, yolk, raw, frozen, pasteurized	9,96	0,81	0,00
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	9,95	0,00	--
18121	Cake, pound, commercially prepared, other than all butter, enriched	9,94	52,50	1,00
18418	Cake, pound, commercially prepared, other than all butter, unenriched	9,94	52,50	1,00
07090	Luncheon sausage, pork and beef	9,93	1,58	0,00
17263	Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	9,93	0,00	--
19701	Candies, semisweet chocolate, made with butter	9,93	63,40	5,90
23193	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	9,93	0,00	--
07962	Frankfurter, meat and poultry, unheated	9,93	5,02	0,00
13925	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	9,92	0,00	--
02018	Spices, fennel seed	9,91	52,29	39,80
42283	Snacks, potato chips, white, restructured, baked	9,91	71,40	4,80
28221	MURRAY, SUGAR FREE, Chocolate Chip & Pecan Cookies	9,90	58,60	5,10
03808	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, powder, with ARA and DHA	9,90	56,20	0,00
19031	Snacks, oriental mix, rice-based	9,86	51,62	13,20
07063	Pork sausage, link/patty, unprepared	9,84	0,93	0,00
19811	Snacks, potato chips, plain, unsalted	9,84	52,90	4,80
13002	Beef, carcass, separable lean and fat, select, raw	9,82	0,00	--
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	9,82	13,59	0,80
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	9,81	45,06	8,10
19905	Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	9,80	59,97	7,20
04627	Margarine-like spread with yogurt, approximately 40% fat, tub, with salt	9,80	2,00	0,00
09037	Avocados, raw, all commercial varieties	9,80	8,53	6,70
09038	Avocados, raw, California	9,80	8,64	6,80
01069	Cream substitute, powdered	9,80	59,29	0,00
21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	9,80	13,52	0,60
05085	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, batter	9,79	8,70	--
02002	Spices, anise seed	9,78	50,02	14,60
13392	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	9,78	0,00	--
13915	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw	9,78	0,00	--
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	9,78	0,00	--
28326	Crackers, whole grain, sandwich-type, with peanut butter filling	9,78	54,59	9,40
10170	Pork, cured, shoulder, blade roll, separable lean and fat, unheated	9,76	0,00	--

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
21472	Fast Foods, Fried Chicken, Wing, meat and skin and breading	9,75	11,19	0,10
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	9,74	0,00	--
07010	Bologna, pork	9,73	0,73	0,00
07978	Pork sausage, reduced sodium, cooked	9,72	8,13	0,00
05160	Squab, (pigeon), meat and skin, raw	9,72	0,00	--
17243	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	9,72	0,00	--
42173	Turkey and pork sausage, fresh, bulk, patty or link, cooked	9,72	0,70	0,00
23192	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	9,72	0,00	--
19136	Candies, HERSHEY'S SKOR Toffee Bar	9,71	63,73	1,30
19040	Snacks, popcorn, cheese-flavor	9,70	51,60	9,90
05086	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, flour	9,70	4,24	--
07915	Sausage, Polish, beef with chicken, hot	9,70	3,60	0,00
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	9,70	0,00	--
07959	Bologna, chicken, pork, beef	9,70	5,61	0,00
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	9,68	0,00	--
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	9,67	0,00	--
13820	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	9,66	0,00	--
03838	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN LIPIL, with iron, powder, not reconstituted, with ARA and DHA	9,63	51,00	0,00
17247	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	9,63	0,00	--
07083	Sausage, Vienna, canned, chicken, beef, pork	9,63	2,60	0,00
17224	Lamb, ground, raw	9,60	0,00	--
21437	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	9,60	9,93	0,00
07030	Ham, minced	9,58	1,84	0,00
13095	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw	9,58	0,00	--
33869	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, powder	9,56	56,30	0,00
19902	Chocolate, dark, 45- 59% cacao solids	9,54	61,17	7,00
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	9,53	0,00	--
13807	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	9,53	0,00	--
03814	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, powder, not reconstituted	9,52	55,00	0,00
43364	Snacks, tortilla chips, unsalted, white corn	9,52	65,32	5,30
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	9,51	0,00	--
12037	Seeds, sunflower seed kernels, dry roasted, without salt	9,50	24,07	11,10
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	9,50	15,31	9,00
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	9,50	24,07	9,00

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
21024	Fast foods, french toast sticks	9,50	41,21	1,40
21386	BURGER KING, french toast sticks	9,50	41,21	1,40
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	9,50	0,00	--
18243	Croutons, seasoned	9,50	63,50	5,00
25038	Snacks, granola bars, soft, almond, confectioners coating	9,49	60,13	4,30
33867	Infant formula, GERBER, GOOD START, PROTECT PLUS, powder	9,49	57,00	0,00
25033	Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors	9,49	53,26	11,40
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	9,48	0,12	0,00
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	9,48	56,20	5,20
19804	Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour	9,48	56,20	--
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	9,48	0,00	--
23099	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	9,48	0,00	--
33873	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, AA LIPIL, powder, not reconstituted	9,48	51,00	0,00
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	9,47	0,00	--
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	9,47	0,00	--
28333	Cookies, gluten-free, chocolate wafer	9,46	62,82	1,60
28359	GLUTINO, Gluten Free Wafers, Milk Chocolate	9,46	62,82	1,60
19009	Snacks, KRAFT, CORNNUTS, plain	9,46	71,86	6,90
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	9,46	0,00	--
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	9,45	0,00	--
43031	Candies, chocolate covered, caramel with nuts	9,44	60,67	4,30
10219	Pork, fresh, ground, raw	9,44	0,00	--
23196	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	9,43	0,00	--
43017	Salad dressing, green goddess, regular	9,42	7,36	0,10
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	9,42	0,00	--
36416	Restaurant, Latino, bunuelos (fried yeast bread)	9,42	48,57	1,50
02016	Spices, dill seed	9,41	55,17	21,10
23194	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	9,40	0,00	--
13916	Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	9,39	0,00	--
07973	Turkey bacon, microwaved	9,38	4,24	0,00
17265	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	9,37	0,00	--
13817	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	9,36	0,00	--
13317	Beef, ground, patties, frozen, cooked, broiled	9,36	0,00	--
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	9,34	67,70	2,00

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
17236	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	9,34	0,00	--
01034	Cheese, port de salut	9,34	0,57	0,00
23202	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	9,32	0,00	--
05303	Poultry, mechanically deboned, from mature hens, raw	9,30	0,00	--
03943	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, powder, with ARA and DHA	9,29	56,03	0,00
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	9,29	0,00	--
01011	Cheese, colby	9,28	2,57	0,00
18166	Cookies, chocolate sandwich, with creme filling, regular	9,28	71,00	2,90
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	9,28	0,00	--
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	9,27	0,00	--
13926	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw	9,26	0,00	--
10220	Pork, fresh, ground, cooked	9,25	0,00	--
01009	Cheese, cheddar	9,25	3,09	0,00
19077	Baking chocolate, unsweetened, liquid	9,23	36,20	18,10
28364	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Parmesan	9,22	64,70	3,50
21388	Fast foods, miniature cinnamon rolls	9,22	53,38	2,20
13347	Beef, cured, corned beef, brisket, cooked	9,22	0,47	0,00
15026	Fish, eel, mixed species, cooked, dry heat	9,22	0,00	--
13854	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	9,21	0,00	--
18199	Cookies, chocolate sandwich, with creme filling, special dietary	9,21	68,00	4,10
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	9,21	0,00	--
04639	Salad dressing, ranch dressing, regular	9,20	5,90	0,00
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	9,20	0,00	--
01169	Cheese, low-sodium, cheddar or colby	9,19	1,91	0,00
07972	Meatballs, frozen, Italian style	9,19	8,06	2,30
21324	McDONALD'S, Baked Apple Pie	9,18	43,62	2,00
23006	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	9,17	0,00	--
23227	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	9,17	0,00	--
13927	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	9,17	0,00	--
07026	Ham, chopped, canned	9,16	0,26	0,00
25012	Snacks, sweet potato chips, unsalted	9,16	56,82	8,80
42129	Bologna, beef and pork, low fat	9,14	2,60	0,00
10803	USDA Commodity, pork, ground, fine/coarse, frozen, cooked	9,14	0,00	--
23200	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	9,14	0,00	--
19003	Snacks, corn-based, extruded, chips, plain	9,13	56,90	4,00

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
21458	POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	9,13	11,20	0,50
33868	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder	9,13	57,10	0,00
14055	Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, whey powder, 3-2-1 Plan,	9,11	50,00	18,20
17273	Veal, breast, plate half, boneless, separable lean and fat, cooked, braised	9,11	0,00	--
01053	Cream, fluid, heavy whipping	9,10	2,74	0,00
19087	Candies, white chocolate	9,10	59,24	0,20
01052	Cream, fluid, light whipping	9,09	2,96	0,00
19057	Snacks, tortilla chips, nacho cheese	9,09	60,81	5,10
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	9,08	61,14	2,90
17019	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw	9,08	0,00	--
01160	Egg, yolk, raw, frozen, salted, pasteurized	9,07	1,77	0,00
18355	Sweet rolls, cheese	9,06	43,70	1,20
43447	Snacks, corn-based, extruded, chips, unsalted	9,04	57,40	4,40
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	9,02	0,58	0,00
19226	Frostings, chocolate, creamy, ready-to-eat	9,02	63,20	0,90
28095	KEEBLER, FUDGE SHOPPE, Jumbo Fudge Sticks, Peanut Butter	9,00	60,60	3,20
28128	KEEBLER, SANDIES, Pecan Shortbread Cookies, bite size	9,00	58,70	1,60
43016	Salad dressing, coleslaw	9,00	23,80	0,10
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	8,99	1,42	0,00
05323	Chicken patty, frozen, uncooked	8,98	13,61	1,20
07003	Beerwurst, beer salami, pork	8,98	2,06	0,00
18151	Cookies, brownies, commercially prepared	8,96	63,90	2,10
19383	Candies, toffee, prepared-from-recipe	8,96	64,72	0,00
21003	Fast foods, biscuit, with egg and bacon	8,96	19,06	0,50
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	8,96	10,94	0,30
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	8,95	0,64	0,00
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	8,95	71,60	4,80
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	8,94	0,00	--
18522	ARCHWAY Home Style Cookies, Chocolate Chip Ice Box	8,94	65,02	2,00
19252	Candies, REESE'S, FAST BREAK, milk chocolate peanut butter and soft nougats	8,94	61,60	2,90
01043	Cheese, pasteurized process, pimento	8,94	1,73	0,10
14224	Beverages, coffee, instant, mocha, sweetened	8,93	74,04	1,90
18448	Taco shells, baked, without added salt	8,93	62,40	7,50
12155	Nuts, walnuts, english	8,93	13,71	6,70
43398	Cheese, pasteurized process, cheddar or American, low sodium	8,93	1,60	0,00

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	8,93	0,00	--
20113	Noodles, chinese, chow mein	8,93	72,80	3,70
23323	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	8,93	0,58	0,00
05049	Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter	8,91	10,25	--
01017	Cheese, cream	8,91	5,52	0,00
28125	KEEBLER, SANDIES, Chocolate Chip & Pecan Shortbread Cookies	8,90	59,20	2,40
05102	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour	8,89	2,39	0,10
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	8,89	0,00	--
01127	Egg, yolk, raw, frozen, sugared, pasteurized	8,88	10,95	0,00
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	8,86	0,00	--
17001	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	8,86	0,00	--
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	8,86	0,00	--
19248	Candies, HERSHEY'S, ALMOND JOY BITES	8,85	57,54	4,30
23572	Beef, ground, 80% lean meat / 20% fat, raw	8,85	0,00	--
21361	McDONALD'S, Sausage Biscuit	8,83	27,20	1,20
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	8,83	0,00	--
23201	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	8,83	0,00	--
18211	Puff pastry, frozen, ready-to-bake, baked	8,83	45,70	1,50
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	8,82	0,00	--
15197	Fish, herring, Pacific, cooked, dry heat	8,81	0,00	--
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	8,80	0,14	0,00
19243	Candies, HEATH BITES	8,80	63,39	2,00
28226	MURRAY, SUGAR FREE, Pecan Shortbread Cookies	8,80	57,30	4,60
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	8,79	0,00	--
02015	Spices, curry powder	8,78	55,83	53,20
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	8,76	0,00	--
10122	Pork, fresh, variety meats and by-products, tongue, cooked, braised	8,76	0,00	--
01025	Cheese, monterey	8,75	0,68	0,00
01146	Cheese, parmesan, shredded	8,73	3,41	0,00
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	8,73	0,00	--
18964	Cinnamon buns, frosted (includes honey buns)	8,72	48,60	1,20
43340	Cheese, parmesan, low sodium	8,72	3,70	0,00
17062	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw	8,72	0,00	--
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	8,72	0,00	--
01030	Cheese, muenster	8,71	1,12	0,00

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
07901	USDA Commodity, pork, sausage, bulk/links/patties, frozen, cooked	8,71	0,00	--
17020	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	8,71	0,00	--
10150	Pork, cured, ham, whole, separable lean and fat, unheated	8,70	0,06	0,00
17237	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	8,69	0,00	--
01020	Cheese, fontina	8,69	1,55	0,00
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	8,68	0,00	--
01010	Cheese, cheshire	8,67	4,78	0,00
11956	Tomatoes, sun-dried, packed in oil, drained	8,66	23,33	5,80
11408	Potatoes, frozen, french fried, par fried, extruded, unprepared	8,66	30,15	2,90
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	8,65	0,00	--
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	8,65	0,00	--
17327	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	8,64	0,00	--
13338	Beef, variety meats and by-products, thymus, cooked, braised	8,64	0,00	--
19134	Candies, milk chocolate, with rice cereal	8,64	59,67	3,30
18147	Cheesecake commercially prepared	8,63	25,50	0,40
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	8,62	0,00	--
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	8,62	51,33	1,90
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	8,62	0,00	--
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	8,61	0,20	0,00
21436	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	8,61	8,46	0,00
01024	Cheese, limburger	8,61	0,49	0,00
42230	Salad Dressing, coleslaw dressing, reduced fat	8,60	40,00	0,40
01005	Cheese, brick	8,60	2,79	0,00
07032	Ham and cheese loaf or roll	8,59	4,00	0,00
17063	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked	8,59	0,00	--
23389	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	8,59	0,00	--
25028	Tortilla chips, yellow, plain, salted	8,58	67,38	4,70
18010	Biscuits, plain or buttermilk, dry mix	8,58	63,40	2,10
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	8,58	0,00	--
17043	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw	8,58	0,00	--
17326	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	8,58	0,00	--
07974	Bacon, turkey, low sodium	8,57	4,80	0,00
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	8,54	47,06	1,70
18959	Pastry, Pastelitos de Guava (guava pastries)	8,54	47,76	2,20
10088	Pork, fresh, spareribs, separable lean and fat, raw	8,54	0,00	--

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
17051	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw	8,54	0,00	--
17234	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw	8,54	0,00	--
32032	Sausage, egg and cheese breakfast biscuit	8,54	21,57	2,00
32036	JIMMY DEAN, Sausage, Egg, and Cheese Breakfast Biscuit, frozen, unprepared	8,54	21,07	2,00
17319	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked	8,54	0,00	--
01165	Cheese, mexican, queso anejo	8,53	4,63	0,00
18127	Cake, snack cakes, creme-filled, chocolate with frosting	8,52	60,31	3,20
13803	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw	8,52	0,00	--
13815	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	8,52	0,00	--
23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	8,52	0,00	--
18994	BEAR NAKED, Fruit & Nut Cookies	8,50	61,60	7,10
28208	MOTHER'S, Peanut Butter Gauchos Cookies	8,50	65,70	2,70
03802	Infant formula, NESTLE, GOOD START SUPREME, with iron, powder	8,50	57,32	0,00
13393	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	8,49	0,00	--
21457	POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading	8,49	9,84	--
21471	Fast Foods, Fried Chicken, Thigh, meat and skin and breading	8,48	8,68	0,10
01039	Cheese, roquefort	8,47	2,00	0,00
01224	Protein supplement, milk based, Muscle Milk Light, powder	8,47	22,00	2,00
17260	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw	8,47	0,00	--
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	8,46	0,00	--
17220	Lamb, variety meats and by-products, tongue, raw	8,46	0,00	--
23313	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	8,45	0,00	--
17209	Lamb, variety meats and by-products, mechanically separated, raw	8,45	0,00	--
01167	Cheese, mexican, queso chihuahua	8,44	5,56	0,00
13330	Beef, variety meats and by-products, mechanically separated beef, raw	8,44	0,00	--
18210	Cookies, vanilla sandwich with creme filling	8,44	72,10	1,50
17463	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	8,44	0,00	--
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	8,43	0,00	--
04120	Salad dressing, french dressing, commercial, regular	8,43	15,58	0,00
04141	Salad dressing, french dressing, commercial, regular, without salt	8,43	15,58	0,00
18608	KEEBLER, KEEBLER Chocolate Graham SELECTS	8,43	71,80	--
01270	Cheese, cheddar, sharp, sliced	8,43	2,13	0,00
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	8,42	0,00	--
17054	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	8,42	0,00	--
43331	Salad dressing, bacon and tomato	8,42	2,00	0,20

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
18993	BEAR NAKED, Double Chocolate Cookies	8,40	66,90	7,00
28033	GIRL SCOUTS, Tagalongs Cookies	8,40	52,20	3,50
28127	KEEBLER, SANDIES, Pecan Shortbread Cookies	8,40	59,00	1,90
28256	AUSTIN, Peanut Butter on Cheese Crackers, sandwich-type	8,40	59,00	3,20
28265	KEEBLER, Cheese & Peanut Butter Sandwich Crackers	8,40	59,00	3,20
28290	Cookie, with peanut butter filling, chocolate-coated	8,40	52,90	3,50
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	8,39	0,27	0,00
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	8,39	0,00	--
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	8,38	0,00	--
15038	Fish, halibut, Greenland, raw	8,38	0,00	--
12157	Nuts, walnuts, dry roasted, with salt added	8,37	17,86	7,10
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	8,37	0,00	--
19027	Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip	8,36	62,20	4,20
13851	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	8,36	0,00	--
05324	Chicken patty, frozen, cooked	8,34	12,84	0,30
01267	Cheese, mexican, queso cotija	8,33	3,97	0,00
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	8,32	0,00	--
83110	Fish, mackerel, salted	8,32	0,00	--
17225	Lamb, ground, cooked, broiled	8,32	0,00	--
18324	Pie, pecan, commercially prepared	8,32	59,61	2,10
28334	Cookies, gluten-free, lemon wafer	8,31	74,39	0,00
28358	GLUTINO, Gluten Free Wafers, Lemon Flavored	8,31	74,39	0,00
28124	KEEBLER, SANDIES, Cashew Shortbread Cookies	8,30	59,30	1,50
17046	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	8,30	0,00	--
17235	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	8,30	0,00	--
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	8,29	0,00	--
42259	Snacks, popcorn, home-prepared, oil-popped, unsalted	8,29	58,10	10,00
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	8,29	0,00	--
17318	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	8,28	0,00	--
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	8,28	0,00	--
01008	Cheese, caraway	8,28	3,06	0,00
07934	Kielbasa, Polish, turkey and beef, smoked	8,27	3,90	0,00
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	8,27	0,00	--
28335	Cookies, gluten-free, vanilla sandwich, with creme filling	8,25	74,61	0,50
18378	Cookies, chocolate chip, prepared from recipe, made with butter	8,24	58,20	--

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
05123	Chicken, stewing, meat and skin, raw	8,24	0,00	--
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	8,24	0,00	--
01042	Cheese, pasteurized process, American, fortified with vitamin D	8,24	4,78	0,00
01253	Cheese, pasteurized process, American, without added vitamin D	8,24	3,70	0,00
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	8,24	0,00	--
04704	Salad dressing, poppyseed, creamy	8,21	23,73	0,30
19143	Candies, MR. GOODBAR Chocolate Bar	8,20	54,34	3,80
28110	KEEBLER, Toast & Peanut Butter Sandwich Crackers	8,20	60,20	3,20
28257	AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type	8,20	60,20	3,20
17261	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	8,20	0,00	--
19117	Candies, halavah, plain	8,19	60,49	4,50
05050	Chicken, broilers or fryers, back, meat and skin, cooked, fried, flour	8,18	6,50	--
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	8,18	0,00	--
17323	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	8,17	0,00	--
17038	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	8,17	0,00	--
19807	Snacks, popcorn, oil-popped, white popcorn, salt added	8,17	57,20	10,00
23310	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	8,17	0,57	0,00
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	8,16	0,03	0,00
13850	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	8,16	0,00	--
21309	McDONALD'S, Chicken McNUGGETS	8,13	15,09	--
33872	Infant formula, GERBER, GOOD START 2 SOY, with iron, powder	8,13	55,60	0,00
10121	Pork, fresh, variety meats and by-products, tongue, raw	8,13	0,00	--
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	8,13	0,35	0,00
01018	Cheese, edam	8,12	1,43	0,00
01156	Cheese, goat, hard type	8,12	2,17	0,00
23280	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	8,12	0,40	0,00
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	8,11	0,04	0,00
19896	Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar	8,10	63,90	3,60
17298	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw	8,10	0,00	--
03867	Infant formula, NESTLE, GOOD START SOY, with ARA and DHA, powder	8,10	55,60	0,00
03928	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, powder	8,10	55,70	0,00
28028	FAMOUS AMOS, Chocolate Chip Pecan Cookies	8,10	63,80	3,30
23213	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	8,09	0,00	--
23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	8,09	0,00	--
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	8,09	60,48	3,70

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
23503	USDA Commodity, beef, patties (100%), frozen, cooked	8,08	0,91	0,00
23181	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, raw	8,07	0,46	0,00
23438	Beef, New Zealand, imported, sweetbread, raw	8,07	0,00	--
43276	Cheese spread, cream cheese base	8,07	3,50	0,00
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	8,07	0,02	0,00
19148	Candies, peanut brittle, prepared-from-recipe	8,06	71,24	2,50
12038	Seeds, sunflower seed kernels, oil roasted, without salt	8,06	22,89	10,60
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	8,06	22,89	10,60
07907	USDA Commodity, pork sausage, bulk/links/patties, frozen, raw	8,06	0,00	--
15074	Fish, sablefish, raw	8,06	0,00	--
21319	McDONALD'S, Hash Brown	8,06	28,56	2,80
01040	Cheese, swiss	8,05	1,44	0,00
01166	Cheese, mexican, queso asadero	8,04	2,87	0,00
21007	Fast foods, biscuit, with egg, cheese, and bacon	8,04	24,44	0,20
23311	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	8,02	0,20	0,00
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	8,02	0,15	0,00
28303	Crackers, cheese, whole grain	8,02	57,29	6,40
01006	Cheese, brie	8,01	0,45	0,00
17272	Veal, breast, whole, boneless, separable lean and fat, cooked, braised	8,01	0,00	--
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	8,01	0,00	--
17045	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	8,01	0,00	--
10173	Pork, fresh, variety meats and by-products, feet, cooked, simmered	8,00	0,00	--
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	8,00	0,00	--
07004	Sausage, Berliner, pork, beef	8,00	2,59	0,00
07922	Bratwurst, beef and pork, smoked	8,00	2,00	0,00
28071	KEEBLER, CLUB Crackers, Snack Sticks, Original	8,00	65,00	2,40
18179	Cookies, oatmeal, commercially prepared, soft-type	7,99	65,70	2,70
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	7,99	0,00	--
13150	Beef, rib, shortribs, separable lean only, choice, cooked, braised	7,98	0,00	--
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	7,98	0,00	--
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	7,98	0,00	--
23293	Beef, Australian, imported, grass-fed, ground, 85% lean / 15% fat, raw	7,97	0,00	--
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	7,97	0,00	--
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	7,96	0,00	--
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	7,95	0,00	--

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
17353	Lamb, Australian, ground, 85% lean / 15% fat, raw	7,95	0,00	--
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	7,94	0,00	--
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	7,93	0,00	--
25041	Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors	7,93	62,78	10,00
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	7,93	0,00	--
01090	Milk, dry, whole, with added vitamin D	7,92	38,42	0,00
01212	Milk, dry, whole, without added vitamin D	7,92	38,42	0,00
03214	Babyfood, cookies, arrowroot	7,92	75,40	0,20
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	7,91	1,42	0,00
19093	Candies, SYMPHONY Milk Chocolate Bar	7,91	58,01	1,70
21006	Fast foods, biscuit with egg and steak	7,91	14,37	--
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	7,91	0,00	--
21020	Fast foods, english muffin, with cheese and sausage	7,90	25,28	0,50
28142	KEEBLER, TOWN HOUSE, Original Crackers	7,90	59,80	1,70
16616	MORNINGSTAR FARMS Garden Veggie Nuggets, frozen, unprepared	7,90	16,90	6,90
13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	7,90	0,00	--
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	7,90	0,40	0,00
13166	USDA Commodity, beef, canned	7,89	0,00	--
09193	Olives, ripe, canned (small-extra large)	7,89	6,26	3,20
23391	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	7,88	0,00	--
04017	Salad dressing, thousand island, commercial, regular	7,88	14,64	0,80
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	7,88	0,00	--
17252	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	7,88	0,00	--
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	7,88	0,12	0,00
01021	Cheese, gjetost	7,88	42,65	0,00
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	7,88	61,51	2,30
01251	Cheese, Mexican blend	7,87	1,75	0,00
07051	Olive loaf, pork	7,87	9,20	0,00
17037	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	7,87	0,00	--
18513	ARCHWAY Home Style Cookies, Sugar Free Oatmeal	7,86	67,20	1,90
21014	Fast foods, croissant, with egg, cheese, and sausage	7,84	15,90	1,80
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	7,84	15,90	1,80
01038	Cheese, romano	7,84	3,63	0,00
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	7,84	0,00	--
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	7,83	0,00	--

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
21026	Fast foods, potatoes, hash browns, round pieces or patty	7,83	28,88	2,70
18540	ARCHWAY Home Style Cookies, Old Fashioned Windmill Cookies	7,82	72,23	1,80
05121	Chicken, stewing, meat and skin, and giblets and neck, raw	7,82	0,19	0,00
21129	Fast foods, hush puppies	7,81	40,21	2,90
28039	KASHI, TLC, Happy Trail Mix Cookies	7,80	63,86	13,70
28040	KASHI, TLC, Oatmeal Dark Chocolate Cookies	7,80	67,00	12,20
03861	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DHA	7,80	57,10	0,00
03929	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted	7,80	57,10	0,00
18114	Cake, gingerbread, dry mix	7,79	74,60	1,70
17245	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	7,79	0,00	--
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	7,79	0,00	--
01004	Cheese, blue	7,78	2,34	0,00
17246	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw	7,77	0,00	--
19024	Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip	7,77	63,80	3,40
23545	Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	7,76	0,00	--
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	7,76	0,86	0,00
17242	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw	7,76	0,00	--
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	7,76	0,00	--
17244	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	7,75	0,00	--
21347	McDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing	7,75	6,85	0,10
21358	McDONALD'S, Sausage McMUFFIN	7,75	24,52	1,40
21362	McDONALD'S, Sausage Biscuit with Egg	7,75	19,28	0,80
01022	Cheese, gouda	7,75	2,22	0,00
19016	Snacks, granola bars, hard, almond	7,74	62,00	4,80
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	7,74	0,00	--
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	7,74	0,00	--
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	7,74	14,93	0,90
28301	Cookies, peanut butter, commercially prepared, sugar free	7,74	50,52	3,40
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	7,73	0,35	0,00
19421	Snacks, potato chips, cheese-flavor	7,72	57,70	5,20
23501	USDA Commodity, beef patties with VPP, frozen, cooked	7,71	7,89	1,40
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	7,71	0,00	--
42138	Mayonnaise, reduced-calorie or diet, cholesterol-free	7,71	6,70	0,00
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	7,71	0,00	--
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	7,70	0,00	--

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
28070	KEEBLER, CLUB Crackers, Snack Sticks, Honey Wheat	7,70	66,00	3,10
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	7,70	0,00	--
17322	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, raw	7,70	0,00	--
18209	Cookies, sugar wafers with creme filling, regular	7,70	70,64	1,60
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	7,69	0,00	--
07062	Picnic loaf, pork, beef	7,68	4,76	0,00
17249	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted	7,68	0,00	--
18377	Cookies, oatmeal, prepared from recipe, without raisins	7,67	66,40	--
28399	Cookies, animal crackers (includes arrowroot, tea biscuits)	7,67	74,10	1,10
21440	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading	7,66	10,30	--
17299	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	7,66	0,00	--
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	7,66	0,00	--
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	7,65	0,00	--
10805	USDA Commodity, pork, ground, fine/coarse, frozen, raw	7,65	0,00	--
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	7,65	0,00	--
17226	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	7,65	0,00	--
18191	Cookies, raisin, soft-type	7,65	68,00	1,20
23506	USDA Commodity, beef patties with VPP, frozen, raw	7,65	3,84	1,30
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	7,65	0,00	--
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	7,64	0,00	--
17227	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	7,63	0,00	--
20118	Noodles, flat, crunchy, Chinese restaurant	7,62	51,90	1,90
07940	Macaroni and cheese loaf, chicken, pork and beef	7,61	11,63	0,00
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	7,61	0,03	0,00
04675	Margarine-like spread, SMART BEAT Super Light without saturated fat	7,60	0,00	--
13819	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw	7,60	0,00	--
07073	Sandwich spread, pork, beef	7,58	11,94	0,20
05035	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter	7,58	9,38	--
17264	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	7,57	0,00	--
18141	Cake, yellow, commercially prepared, with vanilla frosting	7,56	56,20	0,30
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	7,56	0,00	--
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	7,55	11,38	0,00
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	7,55	0,00	--
18200	Cookies, oatmeal, commercially prepared, special dietary	7,55	69,90	2,90
20060	Rice bran, crude	7,55	49,69	21,00

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
07936	Bologna, pork and turkey, lite	7,55	3,45	0,00
21328	McDONALD'S, Sausage McGRIDDLES	7,53	31,25	1,00
21306	Fast foods, griddle cake sandwich, sausage	7,53	31,25	1,00
12220	Seeds, flaxseed	7,53	28,88	27,30
01033	Cheese, parmesan, hard	7,52	3,22	0,00
23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	7,51	0,00	--
23502	USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked	7,50	0,00	--
13857	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	7,50	0,00	--
16610	MORNINGSTAR FARMS Roasted Garlic & Quinoa Burger, frozen, unprepared	7,50	17,80	10,10
18976	KASHI, TLC, Country Cheddar Crackers	7,50	68,00	2,50
19403	Snacks, crisped rice bar, almond	7,50	64,60	3,60
23278	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	7,50	0,80	0,00
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	7,49	0,00	--
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	7,48	0,00	--
04633	Margarine-like, vegetable oil spread, 20% fat, with salt	7,48	0,40	0,00
04634	Margarine-like, vegetable oil spread, 20% fat, without salt	7,48	0,40	0,00
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	7,47	0,00	--
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	7,47	0,00	--
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	7,46	0,22	0,00
18319	Pie, fried pies, fruit	7,45	42,60	2,60
18444	Pie, fried pies, cherry	7,45	42,60	2,60
18445	Pie, fried pies, lemon	7,45	42,60	2,60
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	7,44	0,00	--
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	7,44	0,00	--
25050	Snacks, yucca (cassava) chips, salted	7,44	69,23	3,70
21099	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and ham	7,43	13,01	--
21441	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading	7,42	11,66	--
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	7,42	56,10	--
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	7,42	0,00	--
23508	USDA Commodity, beef, ground, bulk/coarse ground, frozen, raw	7,41	0,00	--
05302	Poultry, mechanically deboned, from backs and necks without skin, raw	7,41	0,00	--
13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	7,41	0,00	--
13921	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	7,41	0,00	--
12174	Seeds, watermelon seed kernels, dried	7,41	15,31	--
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	7,41	0,00	--

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	7,40	22,40	0,40
28094	KEEBLER, FUDGE SHOPPE, Jumbo Fudge Sticks, Vanilla	7,40	68,60	1,70
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	7,40	0,00	--
01035	Cheese, provolone	7,39	2,14	0,00
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	7,38	0,00	--
19859	Cocoa, dry powder, hi-fat or breakfast, plain	7,38	51,39	29,80
19860	Cocoa, dry powder, hi-fat or breakfast, processed with alkali	7,38	49,71	33,90
13979	Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	7,38	0,00	--
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	7,38	0,00	--
21238	McDONALD'S, french fries	7,38	42,58	3,90
21341	McDONALD'S, BIG BREAKFAST	7,37	17,50	1,10
28336	Bread, gluten-free, white, made with potato extract, rice starch, and rice flour	7,36	52,83	3,50
28366	RUDI'S, Gluten-Free Bakery, Original Sandwich Bread	7,36	52,83	3,50
19401	Snacks, cornnuts, barbecue-flavor	7,36	71,70	8,40
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	7,35	0,41	0,00
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	7,35	1,81	0,00
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	7,34	52,84	2,20
01240	Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	7,34	34,38	1,00
18310	Pie, chocolate creme, commercially prepared	7,34	38,44	0,80
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	7,33	0,60	0,00
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	7,32	0,00	--
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	7,32	0,00	--
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	7,31	0,00	--
05135	Chicken, capons, meat and skin, raw	7,31	0,00	--
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	7,30	28,51	3,20
21456	POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading	7,28	9,83	0,40
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	7,27	0,00	--
21507	WENDY'S, Double Stack, with cheese	7,27	15,35	--
18313	Pie, coconut creme, commercially prepared	7,26	37,30	1,30
43405	Cheese, swiss, low sodium	7,26	3,40	0,00
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	7,25	47,93	2,10
23113	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	7,24	0,00	--
13339	Beef, variety meats and by-products, tongue, raw	7,24	3,68	0,00
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	7,22	0,00	--
18952	Tostada shells, corn	7,22	64,43	5,80

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	7,21	55,36	1,50
10195	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised	7,21	0,00	--
21112	Fast foods, hamburger; single, large patty; plain	7,21	23,16	--
13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	7,20	0,00	--
28052	KEEBLER, CHIPS DELUXE, Chocolate Lovers Cookies	7,20	63,00	3,10
28058	KEEBLER, CHIPS DELUXE, Original Chocolate Chip Cookies	7,20	62,70	2,90
28236	SUNSHINE, CHEEZ-IT, BIG Crackers	7,20	57,40	2,40
28245	SUNSHINE, CHEEZ-IT, Crackers (made with Whole Grain)	7,20	58,20	4,30
28280	SUNSHINE, CHEEZ-IT, Original Crackers	7,20	57,40	2,40
05124	Chicken, stewing, meat and skin, cooked, stewed	7,19	0,00	--
15025	Fish, eel, mixed species, raw	7,19	0,00	--
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	7,19	0,00	--
19120	Candies, milk chocolate	7,19	59,40	3,40
13346	Beef, cured, corned beef, brisket, raw	7,18	0,14	0,00
07031	Ham salad spread	7,17	10,64	0,00
01045	Cheese food, cold pack, American	7,16	8,32	0,00
07924	Bratwurst, pork, beef and turkey, lite, smoked	7,16	1,62	0,00
07928	Sausage, chicken, beef, pork, skinless, smoked	7,16	8,10	0,00
17271	Veal, breast, whole, boneless, separable lean and fat, raw	7,16	0,00	--
05133	Chicken, capons, meat and skin and giblets and neck, raw	7,16	0,08	0,00
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	7,14	0,60	0,00
18478	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Brown sugar cinnamon	7,14	64,40	1,50
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	7,14	50,60	3,40
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	7,14	0,36	0,00
01041	Cheese, tilsit	7,14	1,88	0,00
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	7,14	0,00	--
01032	Cheese, parmesan, grated	7,13	13,91	0,00
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	7,13	9,03	--
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	7,13	0,00	--
18177	Cookies, molasses	7,13	73,80	1,00
18103	Coffeecake, cheese	7,13	44,30	1,00
02005	Spices, caraway seed	7,12	49,90	38,00
18116	Cake, gingerbread, prepared from recipe	7,12	49,20	--
36403	Restaurant, Latino, empanadas, beef, prepared	7,12	31,19	2,00
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	7,12	51,30	1,20

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	7,11	0,15	0,00
16618	MORNINGSTAR FARMS Spicy Indian Veggie Burger, frozen, unprepared	7,10	17,00	7,80
28238	SUNSHINE, CHEEZ-IT, Colby Crackers	7,10	59,25	2,20
28243	SUNSHINE, CHEEZ-IT, Hot & Spicy Crackers	7,10	61,20	2,90
16104	Bacon, meatless	7,10	5,31	2,60
33879	Babyfood, finger snacks, GERBER, GRADUATES, LIL CRUNCHIES - MILD CHEDDAR	7,09	57,61	5,20
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	7,09	9,42	0,30
23279	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	7,08	1,10	0,00
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	7,08	0,00	--
07033	Ham and cheese spread	7,08	2,28	0,00
10099	Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	7,07	0,00	--
10140	Pork, cured, ham, regular (approximately 13% fat), canned, roasted	7,07	0,42	0,00
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	7,07	0,00	--
19238	Candies, REESE'S BITES	7,06	55,18	3,10
07058	Pickle and pimiento loaf, pork	7,06	8,46	1,50
13337	Beef, variety meats and by-products, thymus, raw	7,05	0,00	--
19058	Snacks, tortilla chips, ranch-flavor	7,05	62,74	4,00
01044	Cheese, pasteurized process, swiss	7,05	2,10	0,00
21115	Fast foods, hamburger, large, triple patty, with condiments	7,04	11,04	--
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	7,04	0,00	--
01027	Cheese, mozzarella, whole milk, low moisture	7,03	2,47	0,00
01007	Cheese, camembert	7,02	0,46	0,00
07909	Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite	7,02	1,35	0,00
23106	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	7,02	0,40	0,00
10196	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled	7,01	0,00	--
15047	Fish, mackerel, Atlantic, cooked, dry heat	7,01	0,00	--
28345	Crackers, gluten-free, multi-seeded and multigrain	7,00	66,30	10,20
28355	CRUNCHMASTER, Multi-Grain Crisps, Snack Crackers, Gluten-Free	7,00	67,18	7,50
19420	Snacks, granola bars, hard, peanut butter	7,00	62,30	2,90
28126	KEEBLER, SANDIES, Dark Chocolate Almond Shortbread Cookies	7,00	59,90	2,60
17011	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw	7,00	0,00	--
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	7,00	0,00	--
21118	Fast foods, hotdog, plain	6,99	18,40	--
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	6,99	0,00	--
27059	Sauce, peanut, made from peanut butter, water, soy sauce	6,99	22,02	1,80

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	6,98	0,02	0,00
18160	Cookies, chocolate chip, commercially prepared, soft-type	6,97	65,75	1,80
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	6,97	67,34	1,30
33862	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder	6,97	57,00	0,00
19404	Snacks, granola bars, soft, uncoated, chocolate chip	6,97	70,20	3,80
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	6,96	0,00	--
17255	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	6,96	0,00	--
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	6,96	0,00	--
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	6,94	0,25	0,00
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	6,94	0,00	--
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	6,94	0,60	0,00
18360	Taco shells, baked	6,94	63,49	6,70
18016	Biscuits, plain or buttermilk, prepared from recipe	6,93	44,60	1,50
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	6,93	0,00	--
05300	Turkey sticks, breaded, battered, fried	6,92	17,00	--
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	6,92	0,00	--
12160	Seeds, cottonseed kernels, roasted (glandless)	6,92	21,90	5,50
17280	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	6,91	0,00	--
28055	KEEBLER, CHIPS DELUXE, Dark Chocolate Chunk Cookies	6,90	64,00	2,60
28112	KEEBLER, READY CRUST, Shortbread Pie Crust	6,90	69,10	1,30
28210	MURRAY, SUGAR FREE, Vanilla Sugar Wafer	6,90	68,50	14,30
13924	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	6,89	0,00	--
18184	Cookies, oatmeal, prepared from recipe, with raisins	6,89	68,40	--
21130	Fast foods, onion rings, breaded and fried	6,88	43,58	2,70
21509	BURGER KING, Onion Rings	6,88	43,58	2,70
15043	Fish, herring, Pacific, raw	6,87	0,00	--
13096	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	6,86	0,00	--
10192	Pork, fresh, backribs, separable lean and fat, raw	6,86	0,00	--
23507	USDA Commodity, beef, patties (100%), frozen, raw	6,86	0,00	--
10100	Pork, fresh, variety meats and by-products, ears, frozen, raw	6,86	0,60	0,00
01046	Cheese food, pasteurized process, American, vitamin D fortified	6,85	8,56	0,00
01254	Cheese food, pasteurized process, American, without added vitamin D	6,85	8,56	0,00
23115	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	6,84	0,00	--
18357	Sweet rolls, cinnamon, refrigerated dough with frosting	6,84	51,60	--
07011	Bologna, turkey	6,84	4,68	0,50

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	6,84	0,00	--
17314	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	6,83	0,00	--
18477	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted blueberry	6,83	71,77	1,10
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	6,83	1,53	0,00
23390	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	6,82	0,00	--
23105	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	6,81	0,21	0,00
01157	Cheese, goat, semisoft type	6,81	0,12	0,00
01047	Cheese food, pasteurized process, swiss	6,80	4,50	0,00
05144	Duck, wild, meat and skin, raw	6,80	0,00	--
28082	KEEBLER, FUDGE SHOPPE, Peanut Creme Filled Cookies	6,80	57,60	3,30
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	6,79	47,84	0,70
23103	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	6,79	0,00	--
17464	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, grilled	6,79	0,00	--
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	6,77	0,00	--
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	6,77	0,05	0,00
21022	Fast foods, english muffin, with egg, cheese, and sausage	6,76	17,44	0,20
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	6,75	0,20	0,00
17056	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	6,74	0,00	--
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	6,74	3,36	0,50
17105	Veal, loin, separable lean and fat, cooked, braised	6,73	0,00	--
18198	Cookies, chocolate chip, commercially prepared, special dietary	6,73	73,40	1,60
21100	Fast foods, cheeseburger; double, large patty, with condiments and vegetables	6,73	15,37	--
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	6,72	69,50	6,50
18412	Bread, cornbread, dry mix, unenriched (includes corn muffin mix)	6,72	69,50	6,50
21305	Fast foods, griddle cake sandwich, egg, cheese, and sausage	6,72	22,04	0,60
21329	McDONALD'S, Sausage, Egg & Cheese McGRIDDLES	6,72	22,04	0,60
17281	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	6,71	0,00	--
18192	Cookies, shortbread, commercially prepared, plain	6,71	63,78	1,30
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	6,71	0,00	--
16128	Tofu, dried-frozen (koyadofu)	6,70	10,03	7,20
16428	Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	6,70	8,30	1,20
04573	Oil, ucuhuba butter	6,70	0,00	--
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	6,70	9,08	0,30
28041	KASHI, TLC, Oatmeal Raisin Flax Cookies	6,70	67,00	12,80
28277	MURRAY, SUGAR FREE, Chocolate Chip Cookies	6,70	63,60	4,80

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
17274	Veal, breast, point half, boneless, separable lean and fat, cooked, braised	6,70	0,00	--
08679	Cereals ready-to-eat, GENERAL MILLS, FROSTED TOAST CRUNCH	6,69	78,59	4,90
18481	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted cherry	6,69	72,00	1,00
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	6,68	0,00	--
10198	Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted	6,68	0,00	--
10972	Pork, ground, 84% lean / 16% fat, raw	6,68	0,44	0,00
21002	Fast foods, biscuit, with egg	6,67	23,46	0,60
21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	6,67	24,79	0,70
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	6,67	0,00	--
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	6,66	21,39	3,70
21269	TACO BELL, Nachos Supreme	6,66	21,39	3,70
05036	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour	6,66	4,08	0,00
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	6,66	0,00	--
28111	KEEBLER, READY CRUST, Chocolate Pie Crust	6,65	67,70	1,80
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	6,65	0,00	--
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	6,64	0,00	--
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	6,64	0,24	0,00
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	6,63	0,00	--
10187	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw	6,63	0,00	--
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	6,63	3,68	0,00
23101	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	6,62	0,00	--
05075	Chicken, broilers or fryers, leg, meat and skin, raw	6,62	0,17	0,00
13352	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled	6,61	0,28	0,00
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	6,60	0,00	--
08054	Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey	6,60	73,65	10,20
17254	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	6,60	0,00	--
28138	KEEBLER, TOWN HOUSE, Bistro Multigrain Crackers	6,60	67,00	3,40
28159	KEEBLER, WHEATABLES, Nut Crisp Crackers, Toasted Pecan	6,60	65,70	3,80
28240	SUNSHINE, CHEEZ-IT, Duoz Smoked Cheddar Monterey Jack Crackers	6,60	60,80	2,20
19021	Snacks, granola bars, soft, uncoated, peanut butter	6,59	64,40	4,30
21359	McDONALD'S, Sausage McMUFFIN with Egg	6,58	17,28	0,90
05076	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, batter	6,58	8,72	0,30
01026	Cheese, mozzarella, whole milk	6,57	2,19	0,00
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	6,57	0,00	--
21111	Fast foods, hamburger; double, regular patty; with condiments	6,57	18,02	--

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
23102	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	6,57	0,00	--
31022	Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	6,57	33,99	3,60
08546	Rice and Wheat cereal bar	6,57	72,73	1,80
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	6,56	0,00	--
42139	Granola bar, soft, milk chocolate coated, peanut butter	6,56	54,10	3,80
21101	Fast foods, cheeseburger; triple, regular patty; plain	6,56	16,16	0,50
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	6,56	46,32	0,70
18314	Pie, coconut cream, prepared from mix, no-bake type	6,55	28,50	0,50
18229	Crackers, standard snack-type, regular	6,55	61,30	2,30
18939	Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	6,55	72,70	1,00
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	6,55	0,00	--
18212	Cookies, vanilla wafers, lower fat	6,54	73,60	1,90
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	6,54	53,40	2,80
01138	Egg, duck, whole, fresh, raw	6,52	1,45	0,00
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	6,52	0,20	0,00
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	6,51	0,00	--
18241	Croissants, cheese	6,51	47,00	2,60
08579	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH	6,50	78,19	11,20
18476	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Blueberry	6,50	68,41	1,10
23281	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	6,50	0,00	--
28031	GIRL SCOUTS, Do-si-dos Cookies	6,50	66,00	3,70
28157	KEEBLER, WHEATABLES, Honey Wheat Crackers	6,50	67,00	3,30
28232	MURRAY, Vanilla Sugar Wafer	6,50	70,00	1,00
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	6,50	0,00	--
23107	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	6,49	0,00	--
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	6,49	0,00	--
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	6,48	0,00	--
03021	Babyfood, meat, meat sticks, junior	6,48	1,10	0,20
05327	Chicken breast tenders, breaded, uncooked	6,48	15,01	1,10
23567	Beef, ground, 85% lean meat / 15% fat, raw	6,47	0,00	--
04023	Salad dressing, thousand island dressing, reduced fat	6,47	24,06	1,20
13372	Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	6,46	0,00	--
01229	Cheese, white, queso blanco	6,46	2,53	--
23395	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	6,46	0,00	--
42161	Bologna, beef, low fat	6,46	5,20	0,00

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
17040	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised	6,45	0,00	--
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	6,45	0,12	0,00
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	6,45	0,03	0,00
21470	Fast Foods, Fried Chicken, Drumstick, meat and skin with breading	6,45	7,59	0,50
13331	Beef, variety meats and by-products, pancreas, raw	6,44	0,00	--
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	6,44	0,00	--
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	6,43	8,28	0,30
18426	Crackers, saltines, unsalted tops (includes oyster, soda, soup)	6,42	71,50	3,00
01054	Cream, whipped, cream topping, pressurized	6,42	12,49	0,00
01227	Cheese, dry white, queso seco	6,42	2,04	--
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	6,40	0,00	--
18284	Muffins, wheat bran, dry mix	6,40	73,00	--
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	6,40	0,00	--
28059	KEEBLER, CHIPS DELUXE, Peanut Butter Cups Cookies	6,40	60,80	2,30
28131	KEEBLER, Sweet Cremes Cookies	6,40	71,00	1,30
28199	MOTHER'S, English Tea Sandwich Cookies	6,40	71,00	1,30
28267	KEEBLER, SANDIES, Simply Shortbread Cookies	6,40	62,20	1,40
23220	Beef, ground, unspecified fat content, cooked	6,40	0,62	0,00
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	6,39	0,09	0,00
05109	Chicken, roasting, meat and skin and giblets and neck, raw	6,39	0,09	0,00
08627	Cereals ready-to-eat, QUAKER, Natural Granola Apple Cranberry Almond	6,39	74,73	9,90
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	6,39	1,10	0,00
01237	Ice cream, bar or stick, chocolate covered	6,39	24,50	0,80
13351	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	6,38	0,14	0,00
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	6,37	74,29	4,40
05030	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, batter	6,37	9,50	--
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	6,37	0,00	--
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	6,36	0,17	0,00
36052	Restaurant, Mexican, cheese quesadilla	6,36	24,11	1,70
23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	6,35	0,60	0,00
23316	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean and fat, raw	6,34	0,11	0,00
43566	Snacks, tortilla chips, light (baked with less oil)	6,34	73,40	5,70
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	6,34	0,00	--
04047	Oil, coconut	6,33	0,00	--
04143	Salad dressing, italian dressing, commercial, regular, without salt	6,32	10,43	0,00

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
36051	ON THE BORDER, cheese quesadilla	6,31	24,25	2,20
28057	KEEBLER, CHIPS DELUXE, Oatmeal Chocolate Chip Cookies	6,30	65,30	4,40
28098	KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Peanut Butter	6,30	59,20	2,70
28100	KEEBLER, FUDGE SHOPPE, Fudge Sticks, Peanut Butter	6,30	60,00	2,70
21255	BURGER KING, DOUBLE WHOPPER, with cheese	6,30	13,52	1,60
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	6,30	0,00	--
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	6,30	3,84	0,90
10102	Pork, fresh, variety meats and by-products, feet, raw	6,29	0,00	--
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	6,28	0,00	--
18621	NABISCO, NABISCO RITZ Crackers	6,28	63,51	2,30
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	6,28	0,00	--
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	6,27	65,36	2,00
13389	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted	6,27	0,00	--
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	6,27	0,23	0,00
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	6,27	0,00	--
03014	Babyfood, meat, chicken sticks, junior	6,27	1,50	0,20
10208	Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised	6,26	0,00	--
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	6,26	0,00	--
28357	GLUTINO, Gluten Free Cookies, Vanilla Creme	6,25	77,34	0,00
19110	Candies, KRACKEL Chocolate Bar	6,25	63,96	2,20
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	6,25	0,00	--
21399	Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	6,25	12,62	1,30
01161	Cheese substitute, mozzarella	6,24	23,67	0,00
05006	Chicken, broilers or fryers, meat and skin, raw	6,24	0,00	--
03913	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, powder	6,23	62,23	0,00
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	6,23	0,00	--
23104	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	6,23	0,00	--
18146	Cake, yellow, prepared from recipe without frosting	6,23	53,00	0,70
17290	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	6,23	0,00	--
43212	Bacon bits, meatless	6,22	28,60	10,20
07254	Turkey bacon, unprepared	6,22	1,89	--
17330	Game meat , bison, ground, raw	6,22	0,00	--
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	6,22	0,00	--
01048	Cheese spread, pasteurized process, American	6,22	8,73	0,00
23388	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	6,20	0,00	--

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
21417	POPEYES, Mild Chicken Strips, analyzed 2006	6,20	19,31	0,80
18488	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Strawberry	6,20	71,10	1,10
28239	SUNSHINE, CHEEZ-IT, Duoz Sharp Cheddar Parmesan Crackers	6,20	60,50	2,30
16535	WORTHINGTON Stripples, frozen, unprepared	6,20	14,30	5,10
16542	MORNINGSTAR FARMS Breakfast Bacon Strips, frozen, unprepared	6,20	14,30	5,10
16591	WORTHINGTON Leanies, frozen, unprepared	6,20	6,10	3,80
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	6,20	0,00	--
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	6,20	0,00	--
05037	Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted	6,19	0,00	--
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	6,19	0,00	--
17256	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	6,19	0,00	--
06982	Soup, ramen noodle, beef flavor, dry	6,19	60,34	3,00
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	6,18	0,00	--
01128	Egg, whole, cooked, fried	6,18	0,83	0,00
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	6,18	0,00	--
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	6,17	0,00	--
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	6,17	0,00	--
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	6,17	0,00	--
18486	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted raspberry	6,17	71,62	1,00
23304	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	6,17	0,00	--
21143	CHICK-FIL-A, Chick-n-Strips	6,16	10,39	0,90
19415	Snacks, potato sticks	6,16	53,30	3,40
05307	Chicken, cornish game hens, meat and skin, raw	6,16	0,00	--
17142	Veal, ground, raw	6,16	0,00	--
06583	Soup, ramen noodle, any flavor, dry	6,16	60,26	2,90
07951	Scrapple, pork	6,16	14,06	0,30
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	6,14	1,35	0,00
28332	Cookies, gluten-free, chocolate sandwich, with creme filling	6,14	76,03	2,50
28356	GLUTINO, Gluten Free Cookies, Chocolate Vanilla Creme	6,14	76,03	2,50
19410	Snack, potato chips, made from dried potatoes, plain	6,14	55,38	2,90
17087	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised	6,14	0,00	--
06983	Soup, ramen noodle, chicken flavor, dry	6,14	60,23	2,90
21246	WENDY'S, Chicken Nuggets	6,14	14,31	--
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	6,13	0,00	--
17448	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	6,12	0,00	--

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	6,12	0,00	--
17231	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	6,12	0,00	--
19043	Snacks, potato chips, sour-cream-and-onion-flavor	6,12	51,50	5,20
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	6,12	0,00	--
21254	BURGER KING, DOUBLE WHOPPER, no cheese	6,12	13,74	1,40
21389	Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	6,12	13,74	1,40
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	6,12	0,00	--
10003	Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	6,10	0,00	--
17257	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	6,10	0,00	--
18982	KASHI, H2H Woven Wheat Cracker, Roasted Garlic	6,10	73,20	12,20
28158	KEEBLER, WHEATABLES, Nut Crisp Crackers, Roasted Almond	6,10	66,50	3,90
01204	Cheese, parmesan, dry grated, reduced fat	6,10	1,37	0,00
10142	Pork, cured, ham, center slice, separable lean and fat, unheated	6,09	0,05	0,00
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	6,09	0,00	--
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	6,09	0,00	--
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	6,09	0,00	--
17291	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	6,09	0,00	--
23146	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	6,08	0,00	--
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	6,08	0,19	0,00
05001	Chicken, broilers or fryers, meat and skin and giblets and neck, raw	6,08	0,13	0,00
21506	BURGER KING, Double Cheeseburger	6,08	17,43	--
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	6,07	0,21	0,00
18969	Cream puff, eclair, custard or cream filled, iced	6,07	37,43	0,90
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	6,07	46,66	1,80
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	6,06	0,00	--
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	6,06	0,00	--
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	6,05	1,10	0,00
25046	Snacks, bagel chips, plain	6,05	66,36	4,10
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	6,05	0,00	--
21439	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading	6,05	7,96	--
18126	Cake, shortcake, biscuit-type, prepared from recipe	6,04	48,50	--
18328	Pie, vanilla cream, prepared from recipe	6,04	32,60	0,60
23109	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	6,04	0,53	0,00
19144	Candies, NESTLE, 100 GRAND Bar	6,04	70,97	1,00
18101	Cake, chocolate, prepared from recipe without frosting	6,04	53,40	1,60

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	6,04	0,03	0,00
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	6,04	0,00	--
13391	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	6,03	0,00	--
13952	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	6,03	0,00	--
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	6,03	0,00	--
12163	Seeds, pumpkin and squash seeds, whole, roasted, without salt	6,03	53,75	18,40
12663	Seeds, pumpkin and squash seeds, whole, roasted, with salt added	6,03	53,75	18,40
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	6,03	0,43	0,00
21410	Fast foods, bagel, with egg, sausage patty, cheese, and condiments	6,03	22,64	0,20
16135	Winged beans, mature seeds, raw	6,01	41,71	25,90
21469	Fast Foods, Fried Chicken, Breast, meat and skin and breading	6,01	6,03	0,10
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	6,01	0,00	--
17073	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted	6,01	0,00	--
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	6,00	26,26	2,30
21094	Fast foods, cheeseburger, double, regular patty and bun, with condiments	6,00	17,97	1,00
21395	Fast foods, cheeseburger; double, regular patty; with condiments	6,00	17,97	0,90
18979	KASHI, H2H Woven Wheat Cracker, Original	6,00	73,40	12,20
18988	AUSTIN, Peanut Butter on Cheese Crackers, sandwich-type, reduced fat	6,00	66,30	2,70
18989	AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type, reduced fat	6,00	67,20	2,70
28148	KEEBLER, TOWN HOUSE, Wheat Crackers	6,00	63,20	2,80
28217	MURRAY, SOUTHERN KITCHEN, Chocolate Chip Cookies	6,00	66,50	2,50
28237	SUNSHINE, CHEEZ-IT, Cheddar Jack Crackers	6,00	57,60	2,40
28241	SUNSHINE, GRIPZ, Cheez-It Crackers	6,00	61,00	2,50
03213	Babyfood, cookies	5,99	67,10	0,20
05003	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour	5,99	3,27	--
02033	Spices, poppy seed	5,98	28,13	19,50
10079	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted	5,98	0,00	--
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	5,98	0,00	--
21138	Fast foods, potato, french fried in vegetable oil	5,97	41,44	3,80
01228	Cheese, fresh, queso fresco	5,97	2,98	0,00
13348	Beef, cured, corned beef, canned	5,96	0,00	--
17287	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	5,96	0,00	--
21398	Fast foods, cheeseburger; single, large patty; with condiments	5,96	19,72	1,20
21492	DOMINO'S 14" Pepperoni Pizza, Crunchy Thin Crust	5,94	25,35	2,60
18528	ARCHWAY Home Style Cookies, Dutch Cocoa	5,94	69,44	2,60

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
21011	Fast foods, croissant, with egg and cheese	5,94	22,45	--
18431	Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	5,94	47,80	1,90
18433	Danish pastry, lemon, unenriched	5,94	47,80	1,90
18435	Danish pastry, raspberry, unenriched	5,94	47,80	1,90
04646	Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts	5,94	0,00	--
10158	USDA Commodity, pork, canned	5,94	0,59	0,00
15096	Fish, shark, mixed species, cooked, batter-dipped and fried	5,94	6,39	0,00
07024	Frankfurter, chicken	5,93	2,74	0,00
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	5,93	0,00	--
13332	Beef, variety meats and by-products, pancreas, cooked, braised	5,93	0,00	--
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	5,93	0,00	--
04015	Salad dressing, russian dressing	5,93	31,90	0,70
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	5,92	0,03	0,00
18632	PILLSBURY, Traditional Fudge Brownie Mix, dry	5,91	78,30	--
17230	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw	5,91	0,00	--
17331	Game meat, bison, ground, cooked, pan-broiled	5,91	0,00	--
13788	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	5,91	0,00	--
18487	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, S'mores	5,90	69,60	1,40
18977	KASHI, TLC, Toasted Asiago Crackers	5,90	66,40	9,60
18990	AUSTIN, PB & J Crackers, sandwich-type	5,90	65,70	2,00
28053	KEEBLER, CHIPS DELUXE, Chocolate Malt Chunk Cookies	5,90	61,80	1,70
28206	MOTHER'S, Old Fashioned Chocolate Chip Cookies	5,90	66,00	2,20
28247	SUNSHINE, CHEEZ-IT, Parmesan Garlic Crackers	5,90	62,00	2,10
28248	SUNSHINE, CHEEZ-IT, Pepper Jack Crackers	5,90	61,90	2,60
04142	Salad dressing, french dressing, reduced fat, without salt	5,90	29,28	1,10
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	5,89	3,15	0,10
07965	Pork sausage, link/patty, reduced fat, unprepared	5,89	0,20	0,00
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	5,89	25,14	2,20
21018	Fast foods, egg, scrambled	5,89	2,08	0,00
05693	Chicken, broiler, rotisserie, BBQ, back meat only	5,88	0,31	0,00
18429	Crackers, whole-wheat, low salt	5,88	68,60	10,50
17302	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, raw	5,88	0,00	--
05093	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, flour	5,87	3,18	0,10
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	5,87	74,67	9,40
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	5,87	0,00	--

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	5,87	0,19	0,00
21345	McDONALD'S, DOUBLE QUARTER POUNDER with Cheese	5,86	14,43	1,00
21396	Fast foods, cheeseburger; double, large patty; with condiments	5,86	14,43	1,00
06167	Sauce, homemade, white, thick	5,85	11,61	0,30
23287	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	5,85	1,00	0,00
19109	Candies, KIT KAT Wafer Bar	5,84	64,59	1,00
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	5,84	0,00	--
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	5,84	0,00	--
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	5,84	0,00	--
18308	Pie, cherry, commercially prepared	5,84	39,80	0,80
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	5,83	0,00	--
07212	OSCAR MAYER, Ham (chopped with natural juice)	5,83	3,65	0,00
23157	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	5,83	0,00	--
23387	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	5,83	0,00	--
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	5,82	0,00	--
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	5,82	0,00	--
36058	OLIVE GARDEN, chicken parmigiana without pasta	5,80	12,28	0,90
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	5,80	0,00	--
13446	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	5,80	0,00	--
18981	KASHI, TLC, Fire Roasted Vegetable Crackers	5,80	64,60	8,70
18985	AUSTIN, Chocolatey Peanut Butter Crackers, sandwich-type	5,80	66,20	2,00
28027	FAMOUS AMOS, Chocolate Chip Cookies	5,80	67,70	2,80
28056	KEEBLER, CHIPS DELUXE, Mini Chocolate Chip Cookies	5,80	68,00	2,40
28133	KEEBLER, TOASTEDS, Buttercrisps Crackers	5,80	65,00	1,80
28134	KEEBLER, TOASTEDS, Party Pack Cracker Assortment	5,80	64,40	2,90
28234	SUNSHINE, CHEEZ-IT, Asiago Crackers	5,80	62,60	2,10
28235	SUNSHINE, CHEEZ-IT, Baby Swiss Crackers	5,80	63,10	2,20
28244	SUNSHINE, CHEEZ-IT, Italian Four Cheese Crackers	5,80	62,40	2,20
42261	Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	5,80	73,00	9,70
18944	Pie, Dutch Apple, Commercially Prepared	5,80	44,54	1,60
21092	Fast foods, cheeseburger; double, regular patty; plain	5,79	20,80	0,70
21119	Fast foods, hotdog, with chili	5,78	27,45	--
01031	Cheese, neufchatel	5,78	3,59	0,00
18082	Bread stuffing, bread, dry mix, prepared	5,77	18,84	0,80
21096	Fast foods, cheeseburger; single, large patty; plain	5,77	24,07	1,70

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
05312	Chicken, wing, frozen, glazed, barbecue flavored	5,77	3,34	0,60
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	5,76	0,00	--
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	5,76	0,00	--
21012	Fast foods, croissant, with egg, cheese, and bacon	5,75	20,79	1,00
18529	ARCHWAY Home Style Cookies, Frosty Lemon	5,75	64,78	0,70
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	5,75	0,00	--
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	5,75	0,00	--
01139	Egg, goose, whole, fresh, raw	5,75	1,35	0,00
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	5,74	0,00	--
18214	Crackers, cheese, regular	5,74	59,42	2,30
15210	Fish, salmon, chinook, cooked, dry heat	5,74	0,00	--
01029	Cheese, mozzarella, low moisture, part-skim	5,74	5,58	0,00
21243	WENDY'S, CLASSIC DOUBLE, with cheese	5,74	11,71	1,10
11295	Onion rings, breaded, par fried, frozen, unprepared	5,74	30,53	1,80
07025	Frankfurter, turkey	5,74	3,81	0,00
13791	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw	5,73	0,00	--
05054	Chicken, broilers or fryers, back, meat only, cooked, fried	5,73	5,68	0,00
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	5,73	0,00	--
13965	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled	5,73	0,00	--
15094	Fish, shad, american, raw	5,72	0,00	--
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	5,72	0,29	0,00
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	5,72	0,10	0,00
18304	Pie, banana cream, prepared from recipe	5,72	32,90	0,70
23042	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	5,71	0,00	--
21004	Fast foods, biscuit, with egg and ham	5,71	16,37	0,40
05326	Chicken breast tenders, breaded, cooked, microwaved	5,71	17,56	0,00
04663	Oil, industrial, palm kernel (hydrogenated), filling fat	5,70	0,00	--
25048	Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	5,70	66,72	7,50
21251	BURGER KING, Cheeseburger	5,70	23,71	1,00
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	5,70	0,00	--
08681	Cereals ready-to-eat, CASCADIAN FARM, Cinnamon Crunch	5,70	81,59	11,00
28147	KEEBLER, TOWN HOUSE, TOPPERS, Original Crackers	5,70	66,80	2,60
08693	Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry	5,70	66,73	7,10
21415	POPEYES, biscuit	5,69	40,95	3,80
07044	USDA Commodity, luncheon meat, canned	5,68	1,04	0,00

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
04659	Oil, industrial, coconut, confection fat, typical basis for ice cream coatings	5,68	0,00	--
05077	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, flour	5,68	2,50	0,10
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	5,68	0,00	--
17008	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	5,68	0,00	--
17229	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	5,68	0,00	--
10132	Pork, cured, feet, pickled	5,68	0,01	0,00
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	5,68	0,05	0,00
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	5,67	0,00	--
18973	Focaccia, Italian flatbread, plain	5,67	35,82	1,80
17424	Veal, ground, cooked, pan-fried	5,66	1,51	0,00
18105	Coffeecake, creme-filled with chocolate frosting	5,66	53,80	2,00
19056	Snacks, tortilla chips, plain, white corn, salted	5,66	67,78	5,40
18537	ARCHWAY Home Style Cookies, Oatmeal	5,66	68,17	2,90
21422	KFC, Popcorn Chicken	5,66	21,18	1,00
17147	Game meat, bear, cooked, simmered	5,66	0,00	--
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	5,66	0,23	0,00
21344	McDONALD'S, Double Cheeseburger	5,66	18,79	0,80
01252	Cheese product, pasteurized process, American, vitamin D fortified	5,66	8,85	0,00
23108	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	5,64	0,36	0,00
42155	Cheese, monterey, low fat	5,64	0,70	0,00
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	5,64	0,00	--
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	5,64	0,80	0,00
04114	Salad dressing, italian dressing, commercial, regular	5,64	12,12	0,00
25027	Snacks, plantain chips, salted	5,63	63,84	3,50
23156	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	5,63	0,00	--
43283	Pheasant, cooked, total edible	5,63	0,00	--
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	5,63	0,00	--
21485	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	5,62	29,00	2,30
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	5,62	0,00	--
05317	Duck, young duckling, domesticated, White Pekin, leg, meat and skin, bone in, cooked, roasted	5,62	0,00	--
15011	Fish, catfish, channel, cooked, breaded and fried	5,61	8,04	0,70
10020	Pork, fresh, loin, whole, separable lean and fat, raw	5,61	0,00	--
16110	Soybeans, mature seeds, roasted, salted	5,61	30,22	17,70
16410	Soybeans, mature seeds, roasted, no salt added	5,61	30,22	17,70
18533	ARCHWAY Home Style Cookies, Iced Oatmeal	5,61	66,76	2,00

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
21493	DOMINO'S 14" Sausage Pizza, Crunchy Thin Crust	5,60	25,30	2,60
28352	Cookies, vanilla sandwich with creme filling, reduced fat	5,60	78,16	2,10
07034	Headcheese, pork	5,60	0,00	--
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	5,60	0,00	--
16549	MORNINGSTAR FARMS Grillers Prime, frozen, unprepared	5,60	5,90	2,60
28029	GIRL SCOUTS, Caramel Dulce De Leche Cookies	5,60	64,80	1,30
28129	KEEBLER, SANDIES, Pecan Shortbread Cookies, Reduced Fat	5,60	67,10	2,10
28140	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Garlic Herb	5,60	63,00	2,20
28141	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Original	5,60	64,30	2,10
28246	SUNSHINE, CHEEZ-IT, Mozzarella Crackers	5,60	64,10	2,20
28279	MURRAY, SUGAR FREE, Chocolate Creme Sandwich Cookies	5,60	65,90	4,50
17329	Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	5,59	0,00	--
07912	Roast beef spread	5,59	3,73	0,20
18321	Pie, lemon meringue, prepared from recipe	5,58	39,10	--
04686	Salad dressing, honey mustard dressing, reduced calorie	5,57	28,26	0,80
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	5,57	0,00	--
17303	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	5,57	0,00	--
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	5,56	0,00	--
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	5,56	0,00	--
18106	Coffeecake, fruit	5,56	51,50	2,50
19111	Candies, NESTLE, BABY RUTH Bar	5,56	64,80	2,00
28314	Crackers, sandwich-type, peanut butter filled, reduced fat	5,56	63,49	2,80
17295	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	5,55	0,00	--
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	5,55	0,00	--
17294	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, raw	5,55	0,00	--
21360	McDONALD'S, Bacon Egg & Cheese Biscuit	5,55	22,26	0,90
21095	Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables	5,54	23,30	--
19914	Candies, M&M MARS 3 MUSKETEERS Truffle Crisp	5,54	63,15	0,00
19118	Candies, NESTLE, OH HENRY! Bar	5,53	65,50	1,90
17015	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw	5,53	0,00	--
18239	Croissants, butter	5,52	45,80	2,60
22974	Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	5,52	16,09	1,60
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	5,52	1,31	0,00
21483	Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	5,52	27,00	2,50
18155	Cookies, butter, commercially prepared, enriched	5,52	68,90	0,80

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
18421	Cookies, butter, commercially prepared, unenriched	5,52	68,90	0,80
09039	Avocados, raw, Florida	5,51	7,82	5,60
19301	Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe	5,51	67,69	2,10
18975	KASHI, TLC, Original 7-Grain Crackers	5,50	63,20	9,00
28049	KEEBLER, Cheese & Cheddar Sandwich Crackers	5,50	59,50	1,30
28054	KEEBLER, CHIPS DELUXE, Coconut Cookies	5,50	61,50	3,70
28150	KEEBLER, TRADITIONS, Iced Lemonade Cookies	5,50	66,30	1,00
28202	MOTHER'S, Iced Lemonade Cookies	5,50	66,30	1,00
28274	MURRAY, Honey Graham	5,50	75,70	2,70
05335	Chicken, feet, boiled	5,50	0,20	0,00
18142	Cake, pudding-type, yellow, dry mix	5,50	80,00	0,70
18316	Pie, coconut custard, commercially prepared	5,50	30,20	1,80
21110	Fast foods, hamburger; double, regular, patty; plain	5,50	24,10	0,90
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	5,49	0,00	--
13885	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw	5,49	0,00	--
17007	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw	5,49	0,00	--
17228	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw	5,49	0,00	--
06957	Gravy, brown instant, dry	5,49	59,78	3,20
18223	Crackers, milk	5,48	71,73	3,40
15014	Fish, cisco, smoked	5,48	0,00	--
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	5,48	0,00	--
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	5,48	0,20	0,00
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	5,48	0,00	--
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	5,48	0,00	--
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	5,48	1,35	0,00
21387	BURGER KING, Hash Brown Rounds	5,47	29,37	2,30
43287	Dove, cooked (includes squab)	5,46	0,00	--
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	5,46	0,00	--
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	5,46	0,00	--
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	5,46	8,99	0,30
15046	Fish, mackerel, Atlantic, raw	5,46	0,00	--
21010	Fast foods, biscuit, with crispy chicken fillet	5,46	30,56	1,40
21522	McDONALD'S, Southern Style Chicken Biscuit	5,46	30,56	1,40
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	5,45	0,67	0,00
17211	Lamb, variety meats and by-products, pancreas, cooked, braised	5,45	0,00	--

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
23305	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean and fat, raw	5,45	0,11	0,00
21496	PIZZA HUT 14" Sausage Pizza, THIN 'N CRISPY Crust	5,44	28,70	2,40
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	5,44	0,00	--
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	5,44	0,00	--
17112	Veal, rib, separable lean and fat, cooked, roasted	5,44	0,00	--
28339	Bread, gluten-free, whole grain, made with tapioca starch and brown rice flour	5,44	49,09	4,90
28372	UDI'S, Gluten Free, Soft & Hearty Whole Grain Bread	5,44	49,09	4,90
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	5,43	0,00	--
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	5,43	0,00	--
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	5,43	0,00	--
05315	Duck, young duckling, domesticated, White Pekin, breast, meat and skin, boneless, cooked, roasted	5,43	0,00	--
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	5,43	18,89	1,30
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	5,42	0,00	--
21438	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading	5,42	8,47	--
05100	Chicken, broilers or fryers, wing, meat and skin, raw	5,42	0,00	--
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	5,42	67,49	3,00
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	5,42	1,63	0,10
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	5,41	0,60	0,00
21089	Fast foods, cheeseburger; single, regular patty; plain	5,41	28,03	2,00
10046	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	5,41	0,00	--
04656	Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter	5,41	0,00	--
21202	Fast foods, hamburger, large, single patty, with condiments	5,40	22,14	1,10
18984	AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type	5,40	60,00	1,30
28064	KEEBLER, CLUB, Dash of Salt Crackers	5,40	66,30	2,10
28068	KEEBLER, CLUB, Original Crackers	5,40	66,20	1,90
28145	KEEBLER, TOWN HOUSE, TOPPERS, Garlic Herb Crackers	5,40	71,60	2,80
28205	MOTHER'S, Macaroon Cookies	5,40	55,70	4,10
28227	MURRAY, SUGAR FREE, Lemon Creme Sandwich Cookies	5,40	68,30	3,30
05112	Chicken, roasting, meat and skin, cooked, roasted	5,40	0,00	--
12012	Seeds, hemp seed, hulled	5,40	8,67	4,00
16528	WORTHINGTON Dinner Roast, frozen, unprepared	5,40	6,90	3,10
17259	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	5,40	0,00	--
18302	Pie, apple, prepared from recipe	5,39	37,10	--
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	5,39	70,90	2,40
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	5,39	0,00	--

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
17310	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, raw	5,37	0,00	--
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	5,37	0,00	--
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	5,37	0,00	--
10098	Pork, fresh, variety meats and by-products, chitterlings, raw	5,37	0,00	--
06981	Soup, bouillon cubes and granules, low sodium, dry	5,36	64,88	0,20
18172	Cookies, gingersnaps	5,36	76,90	2,20
06080	Soup, chicken broth or bouillon, dry	5,36	18,01	0,00
12156	Nuts, walnuts, glazed	5,36	47,59	3,60
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	5,36	0,00	--
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	5,35	17,73	1,10
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	5,35	17,73	1,10
28343	Rolls, gluten-free, whole grain, made with tapioca starch and brown rice flour	5,35	44,29	11,20
28373	UDI'S, Gluten Free, Whole Grain Dinner Rolls	5,35	44,29	11,20
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	5,35	0,00	--
01144	Egg substitute, powder	5,34	21,80	0,00
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	5,34	0,00	--
23060	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	5,33	0,00	--
23158	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	5,33	0,00	--
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	5,32	18,52	1,20
15021	Fish, croaker, Atlantic, cooked, breaded and fried	5,32	7,54	0,40
18309	Pie, cherry, prepared from recipe	5,31	38,50	--
22529	Beef Pot Pie, frozen entree, prepared	5,31	22,05	0,80
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	5,31	0,00	--
18139	Cake, white, prepared from recipe without frosting	5,31	57,20	0,80
21491	PIZZA HUT 14" Pepperoni Pizza, THIN 'N CRISPY Crust	5,30	32,66	2,10
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	5,30	0,00	--
01260	Cheese, cheddar, reduced fat	5,30	4,06	0,00
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	5,30	0,00	--
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	5,30	69,40	3,10
18983	AUSTIN, Cheddar Cheese on Wheat Crackers, sandwich-type	5,30	61,40	1,80
28051	KEEBLER, Cheese on Wheat Sandwich Crackers	5,30	59,80	1,80
11370	Potatoes, hash brown, home-prepared	5,30	35,11	3,20
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	5,30	0,00	--
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	5,30	0,00	--
17286	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	5,29	0,00	--

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	5,29	48,39	2,60
19075	Candies, CARAMELLO Candy Bar	5,29	63,81	1,20
17016	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	5,29	0,00	--
33870	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Toddler, LIPIL, powder	5,28	56,00	0,00
23147	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	5,28	0,00	--
07053	Pate, chicken liver, canned	5,28	6,55	0,00
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	5,28	0,05	0,00
23159	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	5,27	0,00	--
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	5,26	1,15	0,00
17321	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, cooked	5,26	0,00	--
19065	Candies, ALMOND JOY Candy Bar	5,26	59,51	5,00
22908	Beef, corned beef hash, with potato, canned	5,26	9,27	1,10
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	5,25	0,00	--
06959	Gravy, instant turkey, dry	5,25	57,56	3,80
18280	Muffins, corn, dry mix, prepared	5,25	49,10	2,40
23295	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	5,25	0,00	--
42178	Mayonnaise, made with tofu	5,25	3,06	1,10
03837	Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not reconstituted	5,24	54,94	0,00
08692	Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry	5,24	68,61	7,40
05132	Chicken, stewing, dark meat, meat only, cooked, stewed	5,24	0,00	--
21023	Fast foods, french toast with butter	5,24	26,70	--
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	5,24	18,35	--
18196	Cookies, brownies, dry mix, sugar free	5,23	80,40	4,20
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	5,23	0,00	--
05110	Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	5,22	0,05	0,00
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	5,22	0,02	0,00
13977	Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	5,22	0,00	--
21363	McDONALD'S, Deluxe Breakfast, with syrup and margarine	5,22	29,48	1,00
17033	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	5,21	0,00	--
17182	Game meat, raccoon, cooked, roasted	5,21	0,00	--
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	5,21	0,00	--
13951	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	5,20	0,00	--
19379	Candies, fudge, chocolate marshmallow, prepared-from-recipe	5,20	71,34	1,70
21120	Fast foods, hotdog, with corn flour coating (corndog)	5,20	31,88	--
28060	KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies	5,20	65,00	2,40

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
28132	KEEBLER, Toasted Coconut Cookies	5,20	69,90	2,30
28136	KEEBLER, TOASTEDS, Sesame Crackers	5,20	62,60	2,80
28160	KELLOGG'S, ALL-BRAN, Garlic and Herb Crackers	5,20	63,50	16,30
28195	MOTHER'S, Chocolate Chip Cookies	5,20	67,60	1,70
28209	MOTHER'S, Taffy Sandwich Cookies	5,20	69,90	2,30
28228	MURRAY, SUGAR FREE, Vanilla Creme Sandwich Cookies	5,20	70,00	3,40
28242	SUNSHINE, GRIPZ, Cheez-It Mixx and Cheesy Pizza Crackers	5,20	63,70	2,50
28266	KEEBLER, READY CRUST, Graham Pie Crust (10"), Reduced Fat	5,20	73,50	2,50
28278	MURRAY, SUGAR FREE, Oatmeal Cookies	5,20	66,60	8,50
18935	Waffle, plain, frozen, ready-to-heat, microwave	5,20	45,41	2,40
18119	Cake, pineapple upside-down, prepared from recipe	5,19	50,50	0,80
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	5,19	0,00	--
17155	Veal, Australian, rib, rib roast, separable lean and fat, raw	5,19	1,15	0,00
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	5,18	71,19	2,80
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	5,18	0,00	--
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	5,18	0,00	--
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	5,18	0,00	--
18107	Coffeecake, cinnamon with crumb topping, dry mix	5,17	77,70	1,80
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	5,17	1,75	0,00
23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	5,17	0,40	0,00
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	5,17	0,06	0,00
13236	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	5,16	0,00	--
07919	Sausage, turkey, breakfast links, mild	5,16	1,56	0,00
18152	Cookies, brownies, dry mix, regular	5,16	76,60	--
32035	BANQUET, Salisbury Steak With Gravy, family size, frozen, unprepared	5,16	6,96	1,00
17135	Veal, sirloin, separable lean and fat, cooked, braised	5,15	0,00	--
17306	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	5,15	0,00	--
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	5,14	0,00	--
19164	Candies, SPECIAL DARK Chocolate Bar	5,14	60,49	6,50
10898	Pork, pickled pork hocks	5,13	0,00	--
17258	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	5,13	0,00	--
18365	Waffles, plain, frozen, ready-to-heat	5,13	42,98	2,20
32007	Taquitos, frozen, beef and cheese, oven-heated	5,13	33,46	2,80
18306	Pie, blueberry, prepared from recipe	5,12	33,50	--
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	5,12	0,33	0,00

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
19069	Candies, NESTLE, BUTTERFINGER Bar	5,12	72,90	2,00
21428	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	5,12	1,76	--
21435	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading	5,12	5,39	--
15042	Fish, herring, Atlantic, kippered	5,11	0,00	--
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	5,11	0,00	--
01271	Cheese, mozzarella, low moisture, part-skim, shredded	5,10	8,06	0,00
28036	GIRL SCOUTS, Trefoils Cookies	5,10	68,00	1,60
28065	KEEBLER, CLUB, Minis Original Crackers	5,10	66,40	2,20
42303	Cheese, muenster, low fat	5,09	3,50	0,00
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	5,09	21,53	1,40
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	5,09	0,32	0,00
18312	Pie, chocolate mousse, prepared from mix, no-bake type	5,08	29,60	--
13445	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	5,08	0,00	--
21340	McDONALD'S, Sausage Burrito	5,07	22,97	1,20
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	5,07	22,97	1,20
09194	Olives, ripe, canned (jumbo-super colossal)	5,07	5,61	2,50
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	5,07	0,00	--
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	5,07	0,00	--
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	5,07	0,00	--
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	5,06	0,00	--
21253	BURGER KING, WHOPPER, with cheese	5,06	16,70	1,00
04018	Salad dressing, mayonnaise type, regular, with salt	5,05	14,78	0,00
23110	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	5,05	0,09	0,00
19124	Baking chocolate, mexican, squares	5,04	77,41	4,00
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	5,04	0,00	--
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	5,04	0,00	--
23452	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	5,04	0,00	--
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	5,04	0,00	--
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	5,04	0,90	0,00
21090	Fast foods, cheeseburger; single, regular patty, with condiments	5,04	25,46	1,90
22928	Burrito, beef and bean, microwaved	5,04	38,95	6,90
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	5,03	0,00	--
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	5,03	0,00	--
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	5,03	0,00	--
17213	Veal, variety meats and by-products, pancreas, cooked, braised	5,03	0,00	--

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
19182	Desserts, mousse, chocolate, prepared-from-recipe	5,03	16,07	0,60
01182	USDA Commodity, cheese, cheddar, reduced fat	5,02	2,00	0,00
01209	Cheese, Mexican, blend, reduced fat	5,02	3,41	0,00
05304	Turkey, mechanically deboned, from turkey frames, raw	5,02	0,00	--
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	5,02	0,00	--
04641	Salad dressing, mayonnaise, light	5,01	9,23	0,00
17456	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	5,00	0,00	--
05190	Turkey, all classes, back, meat and skin, cooked, roasted	5,00	0,16	0,00
08594	Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX	5,00	81,09	2,00
08634	Cereals ready-to-eat, GENERAL MILLS, PEANUT BUTTER TOAST CRUNCH	5,00	76,19	5,50
13883	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw	5,00	0,00	--
18501	KELLOGG, KELLOG'S NUTRI-GRAIN CEREAL BARS, Mixed Berry	5,00	72,80	1,90
18974	KASHI, TLC, Honey Sesame Crackers	5,00	72,20	5,80
18986	AUSTIN, Grilled Cheese on Wafer Crackers, sandwich-type	5,00	62,00	1,30
28050	KEEBLER, Club & Cheddar Sandwich Crackers	5,00	61,30	1,30
28067	KEEBLER, CLUB, Multigrain Crackers	5,00	65,90	3,50
28072	KEEBLER, Country Style Oatmeal Cookies with Raisins	5,00	67,00	3,60
28135	KEEBLER, TOASTEDS, Onion Crackers	5,00	67,70	2,20
28137	KEEBLER, TOASTEDS, Wheat Crackers	5,00	66,10	4,00
28139	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Cheese	5,00	61,30	2,10
28292	Crackers, multigrain	5,00	67,60	3,50
43595	Breakfast bar, corn flake crust with fruit	5,00	72,90	2,10
21411	Fast foods, bagel, with breakfast steak, egg, cheese, and condiments	5,00	22,99	0,20
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	4,99	0,14	0,00
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	4,99	0,00	--
43506	Frozen novelties, ice cream type, chocolate or caramel covered, with nuts	4,98	30,90	0,60
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	4,98	0,66	0,00
05195	Turkey, all classes, wing, meat and skin, raw	4,97	0,00	--
19367	Toppings, nuts in syrup	4,97	58,08	2,30
42272	Snacks, granola bar, with coconut, chocolate coated	4,97	55,20	6,20
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	4,96	0,00	--
17057	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	4,96	0,00	--
28061	KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite size	4,95	68,55	1,70
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	4,94	0,00	--
13395	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	4,94	0,00	--

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
04660	Oil, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy	4,93	0,00	--
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	4,93	0,00	--
17457	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	4,93	0,08	0,00
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	4,92	77,99	6,80
18403	Waffles, plain, frozen, ready -to-heat, toasted	4,91	49,29	2,40
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	4,91	0,00	--
10101	Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered	4,91	0,20	0,00
19250	Candies, HERSHEY, KIT KAT BIG KAT Bar	4,91	63,64	1,90
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	4,91	0,00	--
18128	Cake, snack cakes, creme-filled, sponge	4,91	64,03	1,00
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	4,90	0,13	0,00
36020	T.G.I. FRIDAY'S, chicken fingers	4,90	16,84	0,80
28102	KEEBLER, GRIPZ, CHIPS DELUXE, Chocolate Chip Cookies, bite-size	4,90	71,30	2,50
28117	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Brownies	4,90	65,10	2,80
28198	MOTHER'S, Double Fudge Creme Sandwich Cookies	4,90	70,00	3,30
28258	AUSTIN, Cheddar Cheese on Wafer Crackers, sandwich-type	4,90	62,60	1,30
28264	KEEBLER, Oatmeal Cookies	4,90	67,70	4,50
28276	MURRAY, SOUTHERN KITCHEN, Oatmeal Cookies	4,90	67,70	4,50
08023	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN	4,90	70,30	12,70
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	4,90	0,00	--
07027	Ham, chopped, not canned	4,90	4,20	0,00
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	4,89	17,72	0,90
43282	Quail, cooked, total edible	4,89	0,00	--
01208	Cheese, provolone, reduced fat	4,89	3,50	0,00
13356	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw	4,89	0,49	0,00
17311	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	4,89	0,00	--
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	4,89	0,00	--
28344	Crackers, gluten-free, multigrain and vegetable, made with corn starch and white rice flour	4,88	76,94	3,00
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	4,88	1,10	0,00
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	4,88	0,00	--
05333	Chicken, ground, crumbles, cooked, pan-browned	4,88	0,00	--
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	4,88	0,00	--
36059	Restaurant, Italian, chicken parmesan without pasta	4,87	10,92	0,90
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	4,87	0,00	--
23100	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	4,87	0,00	--

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	4,87	0,00	--
28311	Cookies, sugar wafer, chocolate-covered	4,87	65,99	3,40
03206	Babyfood, cookie, baby, fruit	4,86	73,70	3,40
16137	Hummus, home prepared	4,86	20,12	4,00
18157	Cookies, chocolate wafers	4,86	72,70	3,40
18934	Waffle, buttermilk, frozen, ready-to-heat, microwaved	4,86	44,16	2,40
18535	ARCHWAY Home Style Cookies, Molasses	4,86	69,41	1,20
19230	Frostings, vanilla, creamy, ready-to-eat	4,86	67,89	0,00
17233	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	4,86	0,00	--
18420	Cake, yellow, unenriched, dry mix	4,86	78,10	1,10
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	4,85	0,00	--
18538	ARCHWAY Home Style Cookies, Oatmeal Raisin	4,85	69,27	2,70
12021	Seeds, safflower seed kernels, dried	4,85	34,29	--
43597	Cheese, mozzarella, low sodium	4,84	3,10	0,00
01130	Egg, whole, cooked, omelet	4,84	0,64	0,00
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	4,84	0,00	--
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	4,84	0,00	--
21107	Fast foods, hamburger; single, regular patty; plain	4,84	31,50	1,70
32006	Taquitos, frozen, chicken and cheese, oven-heated	4,84	33,63	2,90
21401	Fast foods, chicken tenders	4,83	17,25	1,20
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	4,83	0,00	--
16116	Soy flour, full-fat, roasted	4,83	30,38	9,70
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	4,82	53,00	1,10
05005	Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	4,82	0,06	0,00
07088	Honey roll sausage, beef	4,82	2,18	0,00
18527	ARCHWAY Home Style Cookies, Date Filled Oatmeal	4,82	68,16	2,10
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	4,82	0,54	0,10
21109	Fast foods, hamburger; single, regular patty; with condiments and vegetables	4,81	24,81	--
36019	APPLEBEE'S, chili	4,81	4,57	1,40
17104	Veal, loin, separable lean and fat, raw	4,81	0,07	0,00
01159	Cheese, goat, soft type	4,81	0,00	--
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	4,80	0,30	0,00
18539	ARCHWAY Home Style Cookies, Old Fashioned Molasses	4,80	70,55	1,10
19422	Snacks, potato chips, reduced fat	4,80	66,90	5,90
19823	Potato chips, without salt, reduced fat	4,80	67,80	6,10

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
28066	KEEBLER, CLUB, Minis Multigrain Crackers	4,80	67,40	3,70
28096	KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Original	4,80	62,50	1,90
28161	KELLOGG'S, ALL-BRAN, Multigrain Crackers	4,80	65,70	16,40
04572	Oil, nutmeg butter	4,80	0,00	--
05031	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	4,80	1,82	0,10
07018	Chicken spread	4,80	4,05	0,30
08704	Cereals, KELLOGG'S SPECIAL K NOURISH, Maple Brown Sugar Crunch, dry	4,80	62,09	9,30
13047	Beef, grass-fed, ground, raw	4,80	0,00	--
32031	Salisbury steak with gravy, frozen	4,80	6,78	1,00
18317	Pie, egg custard, commercially prepared	4,80	20,80	1,60
18356	Sweet rolls, cinnamon, commercially prepared with raisins	4,80	50,90	2,40
43541	Ice creams, chocolate, rich	4,79	19,78	0,90
15040	Fish, herring, Atlantic, cooked, dry heat	4,79	0,00	--
17317	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, grilled	4,79	0,00	--
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	4,79	0,04	0,00
17106	Veal, loin, separable lean and fat, cooked, roasted	4,78	0,00	--
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	4,78	22,69	1,40
28270	MOTHER'S, Vanilla Sandwich Cookies	4,78	68,90	1,30
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	4,78	0,15	0,00
17454	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	4,78	0,00	--
16111	Soybeans, mature seeds, dry roasted	4,78	28,98	8,10
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	4,77	0,00	--
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	4,77	0,00	--
36612	DENNY'S, golden fried shrimp	4,77	20,93	1,50
13390	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted	4,77	0,00	--
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	4,76	0,13	0,00
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	4,76	0,00	--
13867	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	4,76	0,00	--
13895	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	4,76	0,00	--
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	4,76	2,13	0,00
17307	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	4,76	0,00	--
23511	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	4,75	0,00	--
18532	ARCHWAY Home Style Cookies, Iced Molasses	4,75	69,12	1,00
05136	Chicken, capons, meat and skin, cooked, roasted	4,75	0,00	--
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	4,75	0,12	0,00

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
18117	Cake, pudding-type, marble, dry mix	4,75	79,50	2,90
21013	Fast foods, croissant, with egg, cheese, and ham	4,74	18,98	0,90
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	4,74	1,51	0,00
01164	Cheese sauce, prepared from recipe	4,74	5,48	0,10
21497	PIZZA HUT 14" Sausage Pizza, Hand-Tossed Crust	4,73	29,39	2,30
22973	Corn dogs, frozen, prepared	4,73	26,96	1,00
13354	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled	4,73	0,00	--
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	4,73	0,00	--
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	4,72	0,00	--
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	4,72	0,00	--
28338	Bread, gluten-free, white, made with tapioca starch and brown rice flour	4,72	51,15	5,50
28371	UDI'S, Gluten Free, Soft & Delicious White Sandwich Bread	4,72	51,15	5,50
19440	Snacks, M&M MARS, KUDOS Whole Grain Bar, chocolate chip	4,71	72,31	2,60
05134	Chicken, capons, meat and skin and giblets and neck, cooked, roasted	4,71	0,04	0,00
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	4,70	21,20	--
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	4,70	0,00	--
15168	Mollusks, oyster, eastern, cooked, breaded and fried	4,70	11,62	--
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	--	75,60	4,70
17232	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw	4,70	0,00	--
28130	KEEBLER, SOFT BATCH, Chocolate Chip Cookies	4,70	66,20	1,70
28218	MURRAY, SOUTHERN KITCHEN, Coconut Cookies	4,70	65,50	3,00
28254	SUNSHINE, CHEEZ-IT, Snack Mix, White Cheddar	4,70	65,70	3,20
18960	Crackers, snack, GOYA CRACKERS	4,70	64,35	3,80
17461	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled	4,70	0,00	--
13822	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	4,69	0,00	--
08702	Cereals, KELLOGG'S SPECIAL K NOURISH, Cinnamon Raisin Pecan, dry	4,69	61,90	9,20
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	4,69	0,16	0,00
21327	McDONALD'S, Bacon, Egg & Cheese McGRIDDLES	4,69	26,19	0,80
36050	Restaurant, Mexican, cheese enchilada	4,69	15,45	1,90
21252	BURGER KING, WHOPPER, no cheese	4,68	18,55	1,80
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	4,68	0,06	0,00
06115	Gravy, au jus, dry	4,68	47,49	--
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	4,68	0,00	--
17058	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	4,68	0,00	--
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	4,67	0,00	--

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
03017	Babyfood, meat, turkey sticks, junior	4,67	1,40	0,20
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	4,67	17,33	1,50
18963	Garlic bread, frozen	4,67	41,72	2,50
17453	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	4,67	0,00	--
22975	Chicken, nuggets, white meat, precooked, frozen, not reheated	4,67	16,24	0,70
36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	4,66	7,80	0,90
36037	Restaurant, family style, chili with meat and beans	4,66	4,57	1,40
28299	Cookies, chocolate sandwich, with creme filling, reduced fat	4,66	76,17	2,90
42140	Salad dressing, italian dressing, reduced calorie	4,66	6,70	0,20
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	4,66	0,00	--
18322	Pie, mince, prepared from recipe	4,65	48,00	2,60
21434	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading	4,65	6,28	--
43366	Turkey, wing, smoked, cooked, with skin, bone removed	4,65	0,00	--
07278	HORMEL Pillow Pak Sliced Turkey Pepperoni	4,65	3,78	0,00
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	4,65	0,00	--
17111	Veal, rib, separable lean and fat, cooked, braised	4,65	0,00	--
06120	Gravy, chicken, dry	4,65	62,09	--
18009	Biscuits, plain or buttermilk, frozen, baked	4,65	53,87	1,30
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	4,64	0,00	--
05734	Turkey, retail parts, wing, meat and skin, raw	4,64	0,05	0,00
42196	Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar	4,64	71,22	2,90
21307	Fast foods, griddle cake sandwich, egg, cheese, and bacon	4,64	26,19	0,80
15012	Fish, caviar, black and red, granular	4,63	4,00	0,00
43329	Salad dressing, mayonnaise and mayonnaise-type, low calorie	4,63	23,90	0,00
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	4,62	0,00	--
15251	USDA Commodity, salmon nuggets, breaded, frozen, heated	4,62	13,96	0,00
01019	Cheese, feta	4,62	4,09	0,00
13866	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	4,62	0,00	--
36031	DENNY'S, onion rings	4,61	41,05	2,40
17223	Veal, variety meats and by-products, tongue, cooked, braised	4,61	0,00	--
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	4,61	0,00	--
13479	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	4,61	0,00	--
21235	McDONALD'S, QUARTER POUNDER with Cheese	4,61	19,95	1,40
28062	KEEBLER, CHIPS DELUXE, Soft 'n Chewy Chocolate Chip Cookies	4,60	67,40	2,50
28106	KEEBLER, Almond Crescents Cookies, Holiday	4,60	70,10	1,60

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
03821	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, not reconstituted	4,60	52,80	0,00
10115	Pork, fresh, variety meats and by-products, pancreas, raw	4,60	0,00	--
10201	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled	4,60	0,00	--
18326	Pie, pumpkin, commercially prepared	4,60	34,83	1,80
01056	Cream, sour, cultured	4,59	4,63	0,00
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	4,59	0,00	--
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	4,59	0,00	--
23392	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	4,59	0,00	--
08678	Cereals ready-to-eat, GENERAL MILLS, Apple Cinnamon CHEX	4,59	82,80	2,00
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	4,59	0,00	--
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	4,58	72,27	3,80
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	4,58	0,13	0,00
36606	CRACKER BARREL, farm raised catfish platter	4,58	5,31	1,60
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	4,57	0,00	--
01141	Egg, turkey, whole, fresh, raw	4,57	1,15	0,00
05089	Chicken, broilers or fryers, neck, meat only, cooked, fried	4,57	1,77	0,00
19165	Cocoa, dry powder, unsweetened	4,57	57,90	37,00
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	4,57	17,82	--
23044	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	4,57	0,00	--
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	4,56	0,00	--
16115	Soy flour, full-fat, raw	4,56	31,92	9,60
18303	Pie, banana cream, prepared from mix, no-bake type	4,56	31,60	0,60
19045	Snacks, potato chips, made from dried potatoes, reduced fat	4,55	64,76	3,20
05668	Ground turkey, 85% lean, 15% fat, raw	4,55	0,00	--
15158	Mollusks, clam, mixed species, cooked, breaded and fried	4,54	10,33	--
11399	Potato puffs, frozen, oven-heated	4,54	27,29	2,00
18090	Cake, boston cream pie, commercially prepared	4,54	42,90	1,40
20086	Wheat flour, white, tortilla mix, enriched	4,54	67,14	--
28308	Crackers, standard snack-type, with whole wheat	4,54	68,37	4,90
17212	Veal, variety meats and by-products, pancreas, raw	4,54	0,00	--
23151	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	4,53	0,00	--
18932	Waffles, buttermilk, frozen, ready-to-heat	4,53	41,05	2,20
28300	Cookies, oatmeal sandwich, with creme filling	4,53	55,62	2,60
01050	Cream, fluid, light (coffee cream or table cream)	4,52	2,82	0,00
18269	French toast, prepared from recipe, made with low fat (2%) milk	4,52	25,00	--

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	4,52	0,00	--
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	4,52	0,00	--
18148	Cheesecake prepared from mix, no-bake type	4,52	35,50	1,90
04020	Salad dressing, french dressing, reduced fat	4,52	31,22	1,50
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	4,52	0,00	--
01028	Cheese, mozzarella, part skim milk	4,51	2,77	0,00
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	4,51	0,00	--
17275	Veal, breast, whole, boneless, separable lean only, cooked, braised	4,51	0,00	--
28328	Cookies, chocolate chip sandwich, with creme filling	4,50	63,52	0,00
21462	Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise	4,50	22,61	1,20
28034	GIRL SCOUTS, Thank U Berry Munch Cookies	4,50	70,00	1,80
28146	KEEBLER, TOWN HOUSE, TOPPERS, Multigrain Crackers	4,50	68,40	3,40
28272	MURRAY, Chocolate Creme Sandwich Cookies	4,50	71,30	2,20
43355	Mayonnaise, low sodium, low calorie or diet	4,50	16,00	0,00
04027	Salad dressing, mayonnaise, imitation, soybean	4,50	16,00	0,00
16532	WORTHINGTON Prosage Roll, frozen, unprepared	4,50	6,00	3,50
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	4,50	0,00	--
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	4,50	10,13	--
16107	Sausage, meatless	4,50	8,09	2,80
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	4,49	0,00	--
10203	Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted	4,49	0,00	--
21102	Fast foods, chicken fillet sandwich, plain with pickles	4,48	20,89	1,40
21526	CHICK-FIL-A, chicken sandwich	4,48	20,89	1,40
36008	T.G.I. FRIDAY'S, fried mozzarella	4,48	25,33	2,20
18019	Bread, banana, prepared from recipe, made with margarine	4,48	54,60	1,10
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	4,47	0,00	--
19913	Candies, NESTLE, BUTTERFINGER Crisp	4,46	68,45	1,70
36060	ON THE BORDER, soft taco with ground beef, cheese and lettuce	4,46	19,28	1,80
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	4,46	0,51	0,00
19089	Ice creams, vanilla, rich	4,46	22,29	0,00
19151	Candies, REESE'S PIECES Candy	4,46	59,86	3,00
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	4,46	75,69	5,80
35141	Mutton, cooked, roasted (Navajo)	4,46	0,08	--
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	4,46	0,00	--
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	4,46	20,90	0,00

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
16129	Tofu, fried	4,46	8,86	3,90
16429	Tofu, fried, prepared with calcium sulfate	4,46	8,86	3,90
28346	Waffles, gluten-free, frozen, ready-to-heat	4,46	43,05	1,40
28375	VAN'S, Gluten Free, Totally Original Waffles	4,46	40,54	--
06118	Gravy, brown, dry	4,45	59,38	2,00
18213	Cookies, vanilla wafers, higher fat	4,45	72,60	1,60
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	4,45	0,00	--
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	4,45	0,00	--
13887	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw	4,45	0,00	--
42148	Candies, MARS SNACKFOOD US, M&M's Peanut Butter Chocolate Candies	4,45	56,89	4,00
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	4,44	0,00	--
01132	Egg, whole, cooked, scrambled	4,44	1,61	0,00
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	4,44	0,00	--
07039	Lebanon bologna, beef	4,44	0,44	0,00
10855	HORMEL ALWAYS TENDER, Center Cut Chops, Fresh Pork	4,43	0,84	--
19524	Snacks, taro chips	4,43	68,10	7,20
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	4,43	0,00	--
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	4,42	0,88	0,00
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	4,42	22,85	1,60
05021	Chicken, broilers or fryers, giblets, cooked, fried	4,42	4,35	0,00
06166	Sauce, homemade, white, medium	4,42	9,17	0,20
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	4,42	0,00	--
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	4,42	30,49	1,80
18954	Bread, pound cake type, pan de torta salvadoran	4,41	51,29	1,70
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	4,41	19,85	3,90
21260	TACO BELL, Original Taco with beef, cheese and lettuce	4,41	19,85	3,90
35142	Frybread, made with lard (Navajo)	4,41	48,26	--
27064	Wasabi	4,41	46,13	6,10
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	4,41	0,00	--
36022	APPLEBEE'S, crunchy onion rings	4,41	40,17	3,10
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	4,41	14,20	1,40
21517	Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce	4,41	23,22	1,30
21523	McDONALD'S, RANCH SNACK WRAP, Crispy	4,41	23,22	1,30
12032	Seeds, sesame flour, partially defatted	4,40	35,14	--
16108	Soybeans, mature seeds, raw	4,40	30,16	9,30

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
21355	McDONALD'S, McCHICKEN Sandwich	4,40	27,97	1,30
28017	KASHI, TLC, Pita Crisps, Sea Salt	4,40	72,40	14,70
28020	KASHI, TLC, Pita Crisps, Zesty Salsa	4,40	71,60	15,30
28109	KEEBLER, Iced Oatmeal Cookies	4,40	69,50	4,10
28219	MURRAY, SOUTHERN KITCHEN, Iced Oatmeal Cookies	4,40	69,50	4,10
28261	FAMOUS AMOS, Chocolate Sandwich Creme Cookies	4,40	72,30	2,20
28262	FAMOUS AMOS, Vanilla Sandwich Creme Cookies	4,40	73,80	1,30
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	4,40	0,15	0,00
08554	Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch	4,40	77,40	7,40
08560	Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax	4,40	66,90	15,00
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	4,40	0,00	--
18095	Cake, cherry fudge with chocolate frosting	4,40	38,00	0,50
15078	Fish, salmon, chinook, raw	4,40	0,00	--
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	4,40	24,97	1,40
21242	WENDY'S, Jr. Hamburger, with cheese	4,40	24,97	1,40
21610	School Lunch, chicken patty, whole grain breaded	4,40	12,50	2,30
19166	Cocoa, dry powder, unsweetened, processed with alkali	4,39	58,30	29,80
18443	Pie, apple, commercially prepared, unenriched flour	4,39	34,00	1,60
18301	Pie, apple, commercially prepared, enriched flour	4,39	34,00	1,60
36023	APPLEBEE'S, chicken tenders platter	4,38	17,98	1,00
36006	T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	4,38	20,87	--
19015	Snacks, granola bars, hard, plain	4,38	64,40	5,30
13149	Beef, rib, shortribs, separable lean only, choice, raw	4,38	0,00	--
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	4,38	0,00	--
07979	Sausage, pork, turkey, and beef, reduced sodium	4,38	0,11	0,10
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	4,38	0,00	--
43134	Vegetarian fillets	4,38	9,00	6,10
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	4,36	0,05	0,00
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	4,36	0,60	0,00
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	4,36	0,00	--
07029	Ham, sliced, regular (approximately 11% fat)	4,35	3,83	1,30
21478	DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked	4,35	28,67	2,80
09446	Plantains, green, fried	4,35	49,17	3,50
36000	APPLEBEE'S, 9 oz house sirloin steak	4,35	0,00	--
21227	Pizza, meat and vegetable topping, rising crust, frozen, cooked	4,34	28,78	2,30

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
05149	Goose, domesticated, meat only, cooked, roasted	4,34	0,00	--
18972	Bread, cheese	4,34	44,83	2,10
21296	PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust	4,34	32,11	2,60
03013	Babyfood, meat, chicken, junior	4,33	0,00	--
15252	USDA Commodity, salmon nuggets, cooked as purchased, unheated	4,33	11,85	0,00
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	4,33	0,00	--
36012	Restaurant, family style, fried mozzarella sticks	4,33	25,14	2,00
01140	Egg, quail, whole, fresh, raw	4,32	0,41	0,00
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	4,32	0,00	--
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	4,32	2,59	0,00
05153	Pheasant, raw, meat and skin	4,32	0,00	--
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	4,32	0,00	--
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	4,32	0,00	--
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	4,31	0,00	--
18375	Leavening agents, yeast, baker's, active dry	4,31	41,22	26,90
21421	KFC, Crispy Chicken Strips	4,31	13,66	1,40
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	4,31	0,00	--
08595	Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX	4,30	82,40	2,40
28075	KEEBLER, E.L. FUDGE, Double Stuffed Cookies	4,30	67,60	4,10
28083	KEEBLER, FUDGE SHOPPE, Triple Fudge Filled Cookies	4,30	64,20	3,00
28213	MURRAY, Duplex Creme Sandwich Cookies	4,30	72,60	1,80
28214	MURRAY, Lemon Creme Sandwich Cookies	4,30	73,70	1,20
28269	MOTHER'S, Old Fashioned Oatmeal Cookies	4,30	71,20	3,00
32028	Turnover, filled with egg, meat and cheese, frozen	4,30	20,67	0,80
36016	Restaurant, family style, shrimp, breaded and fried	4,29	22,29	1,50
36611	DENNY'S, mozzarella cheese sticks	4,29	27,22	1,60
25063	Snacks, potato chips, made from dried potatoes (preformed), multigrain	4,28	65,34	2,70
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	4,28	0,00	--
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	4,28	0,00	--
21008	Fast foods, biscuit, with ham	4,28	38,75	0,70
21498	PIZZA HUT 14" Sausage Pizza, Pan Crust	4,27	29,56	2,00
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	4,27	0,41	0,00
05032	Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted	4,26	0,00	--
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	4,26	0,00	--
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	4,26	0,00	--

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
21250	BURGER KING, Hamburger	4,25	26,76	1,00
21224	Pizza, cheese topping, regular crust, frozen, cooked	4,25	29,02	2,20
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	4,25	0,00	--
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	4,25	0,16	0,00
03217	Zwieback	4,24	74,20	2,50
18305	Pie, blueberry, commercially prepared	4,24	34,90	1,00
18323	Pie, peach	4,24	32,90	0,80
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	4,24	0,00	--
36001	APPLEBEE'S, Double Crunch Shrimp	4,24	25,96	2,60
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	4,23	0,00	--
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	4,23	17,92	1,50
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	4,22	0,00	--
21405	McDONALD'S, Premium Crispy Chicken Club Sandwich	4,22	22,61	1,20
19406	Snacks, granola bars, soft, uncoated, nut and raisin	4,22	63,60	5,60
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	4,22	0,00	--
10229	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked	4,22	0,00	--
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	4,22	0,00	--
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	4,22	0,00	--
36004	APPLEBEE'S, mozzarella sticks	4,22	22,87	2,10
36036	Restaurant, family style, onion rings	4,22	40,72	2,60
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	4,21	2,72	0,00
17190	Veal, variety meats and by-products, brain, cooked, pan-fried	4,21	0,00	--
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	4,21	0,00	--
28330	Cookies, marshmallow, with rice cereal and chocolate chips	4,21	63,26	0,00
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	4,21	0,00	--
18011	Biscuits, plain or buttermilk, dry mix, prepared	4,21	48,40	1,80
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	4,20	0,00	--
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	4,20	0,00	--
21234	McDONALD'S, QUARTER POUNDER	4,20	22,17	1,60
21256	BURGER KING, Chicken Strips	4,20	20,49	1,30
28030	GIRL SCOUTS, Chalet Cookies	4,20	72,30	1,50
28151	KEEBLER, TRADITIONS, Iced Oatmeal Cookies	4,20	71,00	2,70
28203	MOTHER'S, Iced Oatmeal Cookies	4,20	71,00	2,70
18110	Cake, fruitcake, commercially prepared	4,20	61,60	3,70
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	4,20	0,00	--

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
23562	Beef, ground, 90% lean meat / 10% fat, raw	4,19	0,00	--
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	4,19	0,00	--
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	4,19	0,00	--
17301	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	4,18	0,00	--
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	4,18	0,00	--
05157	Quail, meat and skin, raw	4,18	0,00	--
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	4,17	0,00	--
15219	Fish, trout, mixed species, cooked, dry heat	4,17	0,00	--
17004	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked	4,17	0,00	--
17445	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	4,17	0,00	--
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	4,17	0,00	--
13821	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	4,17	0,00	--
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	4,16	0,00	--
21432	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed	4,16	0,00	--
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	4,16	0,00	--
17325	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, cooked, braised	4,16	0,00	--
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	4,16	0,00	--
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	4,15	0,13	0,00
01239	Ice cream cookie sandwich	4,15	39,60	1,20
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	4,15	0,00	--
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	4,14	0,00	--
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	4,14	0,00	--
07001	Barbecue loaf, pork, beef	4,14	6,40	0,00
18544	ARCHWAY Home Style Cookies, Raspberry Filled	4,14	65,92	2,20
18547	ARCHWAY Home Style Cookies, Strawberry Filled	4,14	65,92	2,20
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	4,14	0,00	--
01215	Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D	4,13	10,60	0,00
23150	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	4,13	0,00	--
42258	Cheese product, pasteurized process, cheddar, reduced fat	4,13	10,60	0,00
17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	4,12	0,03	0,00
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	4,12	0,00	--
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	4,11	0,00	--
21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed	4,11	0,85	--
43278	Cheese, american cheddar, imitation	4,10	11,60	0,00
22903	Pizza, pepperoni topping, regular crust, frozen, cooked	4,10	24,69	2,00

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
28037	JACKSON'S, Old Fashioned Lemon Jumble Cookies	4,10	71,70	1,40
28152	KEEBLER, Vanilla Wafers Minis, Rainbow	4,10	72,30	1,30
28197	MOTHER'S, Coconut Cocadas Cookies	4,10	65,10	3,00
28273	MURRAY, Vanilla Creme Sandwich Cookies	4,10	73,90	1,30
01178	Sour cream, reduced fat	4,10	7,00	0,00
18135	Cake, pudding-type, white, enriched, dry mix	4,09	80,90	0,70
18419	Cake, pudding-type, white, unenriched, dry mix	4,09	81,00	0,70
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	4,09	0,00	--
36049	ON THE BORDER, cheese enchilada	4,09	16,20	1,80
25001	Snacks, popcorn, microwave, low fat	4,08	72,00	14,20
43572	Popcorn, microwave, low fat and sodium	4,08	73,39	14,20
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	4,08	1,15	0,00
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	4,08	0,64	0,00
22978	Chicken tenders, breaded, frozen, prepared	4,08	14,86	1,70
17136	Veal, sirloin, separable lean and fat, cooked, roasted	4,08	0,00	--
01129	Egg, whole, cooked, hard-boiled	4,08	1,12	0,00
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	4,08	27,40	1,40
21239	WENDY'S, CLASSIC SINGLE Hamburger, no cheese	4,08	16,82	1,30
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	4,07	0,00	--
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	4,07	0,00	--
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	4,06	23,10	2,10
10185	Pork, cured, ham, extra lean and regular, canned, roasted	4,06	0,49	0,00
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	4,06	0,00	--
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	4,06	0,05	0,00
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	4,06	31,66	2,80
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	4,06	0,04	0,00
05126	Chicken, stewing, meat only, cooked, stewed	4,05	0,00	--
21484	Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	4,05	30,62	2,30
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	4,05	0,21	0,00
28327	Crackers, water biscuits	4,04	72,81	7,10
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	4,04	0,00	--
16158	Hummus, commercial	4,04	14,29	6,00
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	4,04	0,00	--
18092	Cake, pudding-type, carrot, dry mix	4,04	79,20	--
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	4,03	1,54	0,00

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
35190	Salmon, red (sockeye), filets with skin, smoked (Alaska Native)	4,02	0,00	--
21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	4,02	2,90	--
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	4,02	0,00	--
08571	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola	4,02	66,10	8,40
17022	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	4,02	0,00	--
17187	Lamb, variety meats and by-products, brain, cooked, pan-fried	4,02	0,00	--
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	4,02	31,55	1,70
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	4,02	0,00	--
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	4,02	0,00	--
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	4,01	0,36	0,00
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	4,01	0,00	--
21106	Fast foods, fish sandwich, with tartar sauce and cheese	4,00	26,39	0,80
21232	McDONALD'S, FILET-O-FISH	4,00	26,39	1,40
43326	Pork, cured, ham, low sodium, lean and fat, cooked	4,00	0,30	0,00
01205	Cream substitute, flavored, liquid	4,00	35,07	1,10
13447	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	4,00	0,00	--
01255	Egg, whole, raw, frozen, salted, pasteurized	4,00	0,83	0,00
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	4,00	0,00	--
28047	KEEBLER, BAKER'S TREASURES, Chocolate Chip Cookie, soft	4,00	69,90	2,40
28074	KEEBLER, E.L. FUDGE, Butter Flavored Cookies	4,00	70,00	3,40
28103	KEEBLER, GRIPZ, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite-size	4,00	74,30	1,80
28207	MOTHER'S, Old Fashioned Iced Oatmeal Cookies	4,00	72,80	2,70
28216	MURRAY, Old Fashioned Iced Oatmeal Cookies	4,00	71,00	1,70
28251	SUNSHINE, CHEEZ-IT, 100 Calorie Right Bites, Reduced Fat	4,00	67,00	2,20
28281	SUNSHINE, CHEEZ-IT, Reduced Fat Crackers	4,00	67,00	2,20
42240	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds	4,00	79,60	5,50
43274	Cheese, cream, low fat	4,00	8,13	0,00
19010	Snacks, crisped rice bar, chocolate chip	3,99	73,00	2,20
17123	Veal, shoulder, arm, separable lean and fat, cooked, braised	3,99	0,00	--
21121	Fast foods, roast beef sandwich, plain	3,99	22,21	1,30
21527	ARBY'S, roast beef sandwich, classic	3,99	22,21	1,30
23394	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	3,98	0,00	--
13319	Beef, variety meats and by-products, brain, cooked, pan-fried	3,98	0,00	--
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	3,98	0,00	--
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	3,98	0,00	--

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
17462	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, roasted	3,97	0,00	--
21270	TACO BELL, Taco Salad	3,97	15,10	3,00
28329	Cookies, chocolate, made with rice cereal	3,97	63,26	1,60
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	3,97	0,52	0,00
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	3,97	0,00	--
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	3,96	23,02	2,60
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	3,96	0,17	0,00
36015	Restaurant, family style, chicken fingers, from kid's menu	3,96	18,77	1,10
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	3,96	0,00	--
21480	DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked	3,96	28,05	2,80
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	3,96	0,21	0,00
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	3,95	25,62	2,00
17028	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	3,95	0,00	--
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	3,95	0,00	--
19372	Frostings, chocolate, creamy, dry mix, prepared with margarine	3,94	71,02	1,90
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	3,94	0,00	--
19371	Frostings, vanilla, creamy, dry mix, prepared with margarine	3,94	74,28	0,10
21482	Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	3,94	30,36	2,30
23339	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	3,94	0,00	--
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	3,94	2,28	0,00
16076	Lupins, mature seeds, raw	3,94	40,37	18,90
21263	TACO BELL, Soft Taco with steak	3,94	17,22	1,60
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	3,94	0,00	--
17458	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	3,93	0,00	--
32034	HUNGRY MAN, Salisbury Steak With Gravy, frozen, unprepared	3,93	6,96	1,30
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	3,92	50,30	6,70
05033	Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed	3,92	0,00	--
08494	Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS	3,92	78,33	5,00
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	3,92	0,99	0,00
21433	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed	3,92	2,97	--
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	3,91	30,04	1,20
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	3,91	0,83	0,00
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	3,91	0,00	--
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	3,91	0,00	--

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	3,91	0,24	0,00
01171	Egg, whole, raw, frozen, pasteurized	3,90	1,01	0,00
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	3,90	0,00	--
05706	Turkey, whole, meat and skin, with added solution, raw	3,90	0,15	0,00
08589	Cereals ready-to-eat, KASHI GOLEAN CRISP Toasted Berry Crumble	3,90	66,69	15,80
16533	WORTHINGTON Smoked Turkey Roll, frozen, unprepared	3,90	7,90	1,10
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	3,90	0,00	--
18609	KEEBLER, Vanilla Wafers	3,90	73,10	1,40
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	3,90	67,93	2,50
28076	KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Dark Chocolate	3,90	64,70	4,10
28224	MURRAY, SUGAR FREE, Fudge Dipped Wafers	3,90	61,20	13,30
28229	MURRAY, SUGAR FREE, Shortbread Cookies	3,90	71,60	5,70
28233	MURRAY, Vanilla Wafer	3,90	72,90	1,40
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	3,90	0,00	--
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	3,89	0,00	--
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	3,89	0,00	--
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	3,89	0,00	--
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	3,88	0,00	--
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	3,88	0,00	--
06124	Gravy, pork, dry, powder	3,88	63,57	2,40
36618	Restaurant, Chinese, general tso's chicken	3,88	23,99	0,90
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	3,88	10,92	0,30
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	3,88	0,00	--
13448	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	3,88	0,00	--
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	3,87	0,00	--
36034	Restaurant, family style, chicken tenders	3,86	19,29	0,90
21108	Fast foods, hamburger; single, regular patty; with condiments	3,86	29,57	1,80
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	3,86	0,82	0,00
05142	Duck, domesticated, meat only, cooked, roasted	3,86	0,00	--
17283	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	3,86	0,00	--
19348	Syrups, chocolate, fudge-type	3,86	62,90	2,80
18085	Bread stuffing, cornbread, dry mix, prepared	3,86	21,90	2,90
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	3,85	31,98	2,30
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	3,85	0,00	--
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	3,85	52,80	1,20

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	3,85	0,00	--
32012	Pizza rolls, frozen, unprepared	3,85	50,72	1,20
21297	PIZZA HUT 14" Pepperoni Pizza, Pan Crust	3,84	31,79	2,00
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	3,84	0,70	0,00
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	3,84	0,00	--
28286	Bread, paratha, whole wheat, commercially prepared, frozen	3,84	45,35	9,60
21427	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	3,83	0,01	--
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	3,83	0,00	--
25031	Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors	3,83	45,00	2,00
06930	Sauce, cheese, ready-to-serve	3,82	6,83	0,50
36056	Restaurant, Mexican, cheese tamales	3,82	17,97	2,20
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	3,82	0,30	0,00
05057	Chicken, broilers or fryers, breast, meat and skin, raw	3,82	0,00	--
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	3,82	1,18	0,00
19020	Snacks, granola bars, soft, uncoated, plain	3,82	67,30	4,60
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	3,82	0,02	0,00
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	3,82	0,00	--
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	3,81	11,47	0,40
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	3,81	0,00	--
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	3,81	28,64	1,60
19049	Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel	3,81	66,50	3,60
42179	Frankfurter, beef, low fat	3,81	1,60	0,00
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	3,80	26,01	2,30
21350	McDONALD'S, BIG MAC (without Big Mac Sauce)	3,80	21,01	1,70
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	3,80	49,27	2,40
28073	KEEBLER, Danish Wedding Cookies	3,80	68,30	2,60
28108	KEEBLER, Holiday Jingles Cookies	3,80	73,90	1,50
28144	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Reduced Fat	3,80	70,40	2,30
28253	SUNSHINE, CHEEZ-IT, Snack Mix	3,80	66,70	3,70
42265	Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & Pecan	3,80	74,30	9,30
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	3,79	0,64	0,00
08703	Cereals, KELLOGG'S SPECIAL K NOURISH, Cranberry Almond, dry	3,79	63,29	9,30
22917	Burrito, beef and bean, frozen	3,79	30,84	4,20
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	3,79	0,04	0,00
28323	Pancakes, plain, low fat, dry mix, incomplete (includes buttermilk)	3,79	74,69	2,50

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
17455	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, braised	3,79	0,00	--
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	3,79	25,38	2,20
36605	CRACKER BARREL, country fried shrimp platter	3,79	21,40	0,30
13483	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	3,78	0,00	--
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	3,78	0,00	--
19162	Candies, WHATCHAMACALLIT Candy Bar	3,78	63,23	1,90
42297	Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch	3,78	70,90	11,20
21407	McDONALD'S, Premium Crispy Chicken Ranch BLT Sandwich	3,77	24,93	1,40
17176	Game meat, opossum, cooked, roasted	3,77	0,00	--
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	3,77	0,00	--
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	3,77	0,00	--
15002	Fish, anchovy, european, canned in oil, drained solids	3,77	0,00	--
15236	Fish, salmon, Atlantic, farmed, raw	3,77	0,00	--
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	3,77	0,00	--
18450	Tortillas, ready-to-bake or -fry, flour, without added calcium	3,77	55,60	3,30
21228	McDONALD'S, Hamburger	3,77	30,28	1,30
23451	Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	3,77	0,00	--
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	3,77	0,00	--
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	3,77	0,00	--
21488	Fast foods, quesadilla, with chicken	3,76	24,04	1,70
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	3,76	1,07	0,00
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	3,76	0,00	--
43325	Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted	3,76	0,50	0,00
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	3,76	0,00	--
17050	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	3,76	0,00	--
23050	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	3,76	0,00	--
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	3,76	0,00	--
19228	Frostings, cream cheese-flavor, ready-to-eat	3,76	67,32	0,00
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	3,75	25,59	2,30
18175	Cookies, ladyfingers, with lemon juice and rind	3,75	59,70	1,00
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	3,75	0,00	--
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	3,75	0,00	--
06336	CAMPBELL'S, Cream of Chicken Soup, condensed	3,75	6,03	4,10
10116	Pork, fresh, variety meats and by-products, pancreas, cooked, braised	3,75	0,00	--
35183	Corn, dried, yellow (Northern Plains Indians)	3,75	66,27	20,50

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	3,75	28,18	2,50
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	3,75	0,00	--
18423	Cookies, ladyfingers, without lemon juice and rind	3,74	59,70	1,00
19001	Candies, TOBLERONE, milk chocolate with honey and almond nougat	3,74	61,21	2,50
18566	Artificial Blueberry Muffin Mix, dry	3,74	77,45	--
08689	Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry	3,74	69,47	7,70
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	3,74	0,50	0,00
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	3,74	0,00	--
15039	Fish, herring, Atlantic, raw	3,74	0,00	--
21303	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	3,73	31,84	2,20
11672	Potato pancakes	3,73	27,81	3,30
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	3,73	0,00	--
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	3,72	0,11	0,00
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	3,72	20,43	1,20
21213	SUBWAY, cold cut sub on white bread with lettuce and tomato	3,72	20,43	1,20
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	3,71	0,00	--
17032	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw	3,71	0,00	--
21259	BURGER KING, Original Chicken Sandwich	3,70	26,22	2,40
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	3,70	35,58	5,70
18987	AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type, reduced fat	3,70	68,00	1,40
28077	KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Original Graham Cookies	3,70	65,50	3,20
28078	KEEBLER, FUDGE SHOPPE, Mint Creme Middles, Chocolate Graham Cookies	3,70	65,40	3,20
28153	KEEBLER, Vienna Fingers with Creme Filling	3,70	73,20	1,50
28231	MURRAY, SUGAR FREE, Vanilla Wafer	3,70	74,00	5,60
28275	MURRAY, Old Fashioned Gingersnaps Cookies	3,70	73,90	1,30
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	3,70	0,00	--
16538	MORNINGSTAR FARMS Breakfast Pattie with Organic Soy, frozen, unprepared	3,70	12,60	7,60
16609	MORNINGSTAR FARMS Breakfast Pattie, frozen, unprepared	3,70	12,60	7,60
18327	Pie, pumpkin, prepared from recipe	3,70	26,40	--
18102	Cake, white, prepared from recipe with coconut frosting	3,69	63,20	1,00
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	3,69	0,00	--
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	3,69	23,93	1,20
21346	McDONALD'S, NEWMAN'S OWN Cobb Dressing	3,67	15,49	0,30
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	3,67	0,00	--
13396	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled	3,67	0,00	--

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	3,67	0,00	--
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	3,67	0,00	--
06958	Gravy, instant beef, dry	3,66	61,10	4,30
01123	Egg, whole, raw, fresh	3,66	0,72	0,00
36013	Restaurant, family style, sirloin steak	3,65	0,00	--
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	3,65	26,69	2,50
17049	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	3,65	0,00	--
01131	Egg, whole, cooked, poached	3,64	0,71	0,00
17128	Veal, shoulder, blade chop, separable lean and fat, raw	3,64	0,03	0,00
07091	New england brand sausage, pork, beef	3,64	4,83	0,00
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	3,64	0,00	--
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	3,63	0,00	--
21233	McDONALD'S, Cheeseburger	3,63	27,81	1,10
36026	CRACKER BARREL, onion rings, thick-cut	3,63	40,95	2,20
07914	Sausage, Italian, sweet, links	3,63	2,10	0,00
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	3,63	0,30	0,00
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	3,63	25,72	2,00
01036	Cheese, ricotta, whole milk	3,63	3,04	0,00
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	3,62	0,00	--
15239	Fish, salmon, coho, farmed, cooked, dry heat	3,62	0,00	--
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	3,62	31,89	2,40
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	3,62	0,00	--
06075	Soup, beef broth or bouillon, powder, dry	3,62	17,40	0,00
22906	Chicken pot pie, frozen entree, prepared	3,61	19,21	1,10
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	3,61	0,00	--
10059	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted	3,61	0,00	--
05332	Chicken, ground, raw	3,61	0,04	0,00
17328	Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	3,61	0,00	--
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	3,61	0,54	0,00
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	3,61	0,00	--
21495	DOMINO'S 14" Sausage Pizza, Ultimate Deep Dish Crust	3,61	31,17	2,60
27049	Sauce, tartar, ready-to-serve	3,60	13,30	0,50
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	3,60	0,00	--
16607	MORNINGSTAR FARMS Buffalo Chik Patties, frozen, unprepared	3,60	25,20	5,10
18617	NABISCO, NABISCO GRAHAMS Crackers	3,60	76,20	3,40

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
28122	KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies	3,60	73,90	1,40
28255	KEEBLER, ZESTA, Export Sodas Crackers	3,60	74,00	3,30
36032	DENNY'S, spaghetti and meatballs	3,60	15,51	1,50
36038	Restaurant, family style, spaghetti and meatballs	3,60	15,51	1,50
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	3,60	0,00	--
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	3,59	0,07	0,00
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	3,59	0,41	0,00
21611	School Lunch, chicken nuggets, whole grain breaded	3,59	22,86	2,20
10119	Pork, fresh, variety meats and by-products, stomach, raw	3,59	0,00	--
13901	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	3,59	0,00	--
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	3,58	0,00	--
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	3,58	0,00	--
18562	ARCHWAY Home Style Cookies, Reduced Fat Ginger Snaps	3,58	76,23	1,10
03007	Babyfood, meat, pork, strained	3,58	0,00	--
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	3,58	1,41	0,00
36043	CARRABBA'S ITALIAN GRILL, lasagne	3,58	12,36	1,30
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	3,58	0,00	--
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	3,58	0,00	--
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	3,57	0,03	0,00
21157	SUBWAY, meatball marinara sub on white bread (no toppings)	3,57	26,01	2,10
21158	Fast foods, submarine sandwich, meatball marinara on white bread	3,57	26,01	2,10
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	3,57	0,00	--
10184	Pork, cured, ham, extra lean and regular, canned, unheated	3,57	0,00	--
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	3,57	0,00	--
18080	Bread sticks, plain	3,57	68,40	3,00
36005	APPLEBEE'S, chicken tenders, from kids' menu	3,57	18,36	1,20
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	3,56	0,00	--
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	3,56	0,00	--
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	3,56	0,00	--
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	3,56	0,00	--
03012	Babyfood, meat, chicken, strained	3,56	0,10	0,00
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	3,56	0,00	--
13097	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw	3,56	0,00	--
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	3,55	0,00	--
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	3,55	0,00	--

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	3,55	0,02	0,00
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	3,55	0,00	--
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	3,55	0,11	0,00
36633	Restaurant, Chinese, sesame chicken	3,55	26,88	0,70
15111	Fish, swordfish, cooked, dry heat	3,54	0,00	--
17060	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised	3,54	0,00	--
17210	Lamb, variety meats and by-products, pancreas, raw	3,54	0,00	--
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	3,54	0,00	--
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	3,53	0,00	--
21241	WENDY'S, Jr. Hamburger, without cheese	3,53	28,45	1,70
23152	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	3,53	0,00	--
36622	Restaurant, Chinese, sweet and sour pork	3,53	23,34	1,00
23307	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean only, raw	3,52	0,00	--
25045	Formulated bar, high fiber, chewy, oats and chocolate	3,52	69,78	22,50
18367	Waffles, plain, prepared from recipe	3,52	32,90	--
08487	Cereals ready-to-eat, MALT-O-MEAL, Blueberry MUFFIN TOPS Cereal	3,52	79,91	4,70
21098	Fast foods, cheeseburger; single, large patty; with condiments and vegetables	3,52	16,81	1,40
28296	Cake, snack cakes, creme-filled, chocolate with frosting, low-fat, with added fiber	3,52	69,37	14,90
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	3,52	0,00	--
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	3,51	0,00	--
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	3,51	0,00	--
21301	Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	3,51	31,20	2,50
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	3,50	0,00	--
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	3,50	0,00	--
18980	KASHI, Original Waffle	3,50	35,40	9,30
19434	Cheese puffs and twists, corn based, baked, low fat	3,50	72,35	3,60
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	3,50	0,00	--
28026	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Original	3,50	37,40	1,10
28045	KEEBLER, ANIMALS, Iced Cookies	3,50	74,20	1,60
28250	SUNSHINE, CHEEZ-IT, 100 Calorie RIGHT BITES, Extra Cheesy Party Mix	3,50	65,30	3,10
28271	MURRAY, COOKIE JAR CLASSICS, Butter Cookies	3,50	74,30	1,90
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	3,50	1,64	0,10
08649	Cereals ready-to-eat, KASHI GOLEAN CRISP Cinnamon Crumble	3,50	62,59	16,80
10859	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, pan-broiled	3,50	0,00	--
16500	LOMA LINDA Little Links, canned, unprepared	3,50	5,50	4,20

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
16527	WORTHINGTON Meatless Corned Beef Roll, frozen, unprepared	3,50	9,90	0,00
16534	WORTHINGTON Stakelets, frozen, unprepared	3,50	9,60	2,80
17313	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, cooked, broiled	3,50	0,00	--
18955	Bread, pan dulce, sweet yeast bread	3,50	56,38	2,30
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	3,50	64,96	3,20
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	3,50	0,73	0,00
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	3,49	54,46	2,30
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	3,49	0,00	--
01236	Ice cream, soft serve, chocolate	3,49	22,20	0,70
19090	Ice creams, french vanilla, soft-serve	3,49	22,20	0,70
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	3,48	0,00	--
17065	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked	3,48	0,00	--
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	3,48	79,60	--
21237	McDONALD'S, BIG MAC	3,47	20,08	1,60
36629	Restaurant, Chinese, orange chicken	3,47	22,46	0,80
18232	Crackers, wheat, regular	3,47	70,73	6,90
01055	Cream, sour, reduced fat, cultured	3,47	4,26	0,00
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	3,46	0,00	--
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	3,46	0,00	--
13023	Beef, brisket, whole, separable lean only, all grades, raw	3,46	0,00	--
22528	Turkey Pot Pie, frozen entree	3,46	17,70	1,10
05306	Ground turkey, cooked	3,46	0,00	--
23517	Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	3,45	0,00	--
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	3,45	0,00	--
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	3,45	27,50	2,30
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	3,44	0,00	--
23037	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw	3,44	0,00	--
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	3,44	0,00	--
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	3,43	0,04	0,00
28298	Cookies, brownies, commercially prepared, reduced fat, with added fiber	3,43	61,58	11,10
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	3,43	0,65	0,00
17110	Veal, rib, separable lean and fat, raw	3,43	0,00	--
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	3,43	0,00	--
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	3,43	20,24	1,00
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	3,42	71,80	1,90

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
22535	HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen	3,42	30,40	1,10
10856	HORMEL ALWAYS TENDER, Boneless Pork Loin, Fresh Pork	3,42	0,76	--
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	3,42	0,00	--
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	3,41	0,00	--
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	3,41	22,39	2,90
36610	DENNY'S, french fries	3,41	35,20	3,50
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	3,41	0,76	0,00
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	3,41	0,00	--
28297	Cake, snack cakes, not chocolate, with icing or filling, low-fat, with added fiber	3,41	74,30	14,90
21356	McDONALD'S, McCHICKEN Sandwich (without mayonnaise)	3,40	30,95	1,40
36608	CRACKER BARREL, grilled sirloin steak	3,40	0,00	--
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	3,40	0,00	--
23241	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	3,40	0,73	0,00
18978	KASHI, Blueberry Waffle	3,40	34,60	9,00
28038	JACKSON'S, Old Fashioned Vanilla Wafers	3,40	74,00	1,10
28212	MURRAY, COOKIE JAR CLASSICS, Coconut Bars Cookies	3,40	73,90	2,00
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	3,40	0,00	--
42158	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	3,39	16,00	0,00
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	3,39	0,00	--
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	3,39	9,91	0,30
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	3,38	0,00	--
13823	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	3,38	0,00	--
15007	Fish, butterfish, raw	3,38	0,00	--
23038	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	3,38	0,00	--
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	3,38	0,00	--
11398	Potato puffs, frozen, unprepared	3,38	24,80	2,30
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	3,37	0,00	--
21479	DIGIORNO Pizza, supreme topping, rising crust, frozen, baked	3,37	27,93	2,30
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	3,37	0,00	--
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	3,37	31,86	2,10
21494	DOMINO'S 14" Sausage Pizza, Classic Hand-Tossed Crust	3,37	31,84	2,40
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	3,36	0,00	--
36014	Restaurant, family style, french fries	3,36	37,20	3,90
36007	T.G.I. FRIDAY'S, french fries	3,36	36,90	4,10
22902	Pizza, meat topping, thick crust, frozen, cooked	3,36	30,76	2,30

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	3,35	0,00	--
05012	Chicken, broilers or fryers, meat only, cooked, fried	3,35	1,69	0,10
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	3,35	0,00	--
35009	Whale, beluga, meat, dried (Alaska Native)	3,34	0,00	--
10221	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled	3,34	0,00	--
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	3,34	0,00	--
21416	POPEYES, Coleslaw	3,34	14,12	1,70
18459	Breakfast tart, low fat	3,34	76,80	1,50
28349	Cookies, oatmeal, reduced fat	3,33	64,62	16,10
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	3,33	0,00	--
15238	Fish, salmon, coho, farmed, raw	3,33	0,00	--
11407	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	3,33	34,03	3,20
11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	3,33	34,03	3,20
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	3,33	0,00	--
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	3,32	0,00	--
01049	Cream, fluid, half and half	3,32	4,73	0,00
36024	CRACKER BARREL, chicken tenderloin platter, fried	3,32	20,29	0,70
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	3,32	0,00	--
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	3,32	0,00	--
15069	Fish, pompano, florida, cooked, dry heat	3,32	0,00	--
36041	Restaurant, Italian, lasagna with meat	3,31	11,36	1,50
36002	APPLEBEE'S, french fries	3,31	39,50	3,90
05120	Chicken, roasting, dark meat, meat only, cooked, roasted	3,31	0,00	--
17293	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	3,30	0,00	--
19917	Candies, M&M MARS Pretzel Chocolate Candies	3,30	72,94	2,50
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	3,30	0,00	--
08668	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Nutty Clusters & Almonds	3,30	79,50	18,20
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	3,30	0,00	--
28048	KEEBLER, BAKER'S TREASURES, Oatmeal Raisin Cookie, soft	3,30	69,10	3,60
28069	KEEBLER, CLUB, Reduced Fat Crackers	3,30	73,10	2,00
28113	KEEBLER, 100 Calorie RIGHT BITES, CHIPS DELUXE, Chocolate Chip Cookies	3,30	77,70	3,10
28211	MURRAY, Chocolatey Chip Thins Cookies	3,30	73,60	2,00
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	3,30	0,00	--
18950	Crackers, wheat, reduced fat	3,30	71,52	3,40
23515	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	3,29	0,00	--

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	3,29	0,00	--
25060	Snack, Pretzel, hard chocolate coated	3,29	70,07	3,50
17148	Bison, ground, grass-fed, cooked	3,29	0,00	--
08661	Cereals ready-to-eat, KELLOGG'S CINNAMON JACKS	3,29	83,00	9,00
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	3,29	0,00	--
21476	DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked	3,29	29,46	2,10
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	3,28	0,00	--
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	3,28	0,09	0,00
05311	Chicken, canned, no broth	3,28	0,90	0,00
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	3,28	0,00	--
23153	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	3,28	0,00	--
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	3,28	0,00	--
28325	Crackers, toast thins, low sodium	3,28	67,66	9,70
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	3,28	0,00	--
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	3,28	0,00	--
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	3,27	0,06	0,00
42116	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie	3,27	7,00	0,00
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	3,27	0,00	--
17108	Veal, loin, separable lean only, cooked, braised	3,27	0,00	--
18227	Crackers, rye, wafers, seasoned	3,27	73,80	20,90
21249	BURGER KING, french fries	3,27	38,70	2,90
23514	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	3,27	0,00	--
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	3,27	0,00	--
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	3,27	0,00	--
18354	Strudel, apple	3,27	41,10	2,20
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	3,27	0,00	--
21295	PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust	3,26	34,22	2,40
18270	Hush puppies, prepared from recipe	3,26	46,00	2,80
15124	Fish, tuna, white, canned in oil, drained solids	3,26	0,00	--
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	3,26	0,00	--
21063	Fast foods, burrito, with beans and beef	3,26	19,52	3,00
15114	Fish, trout, mixed species, raw	3,25	0,00	--
07067	Poultry salad sandwich spread	3,25	7,41	0,00
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	3,25	0,00	--
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	3,25	0,00	--

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
18235	Crackers, whole-wheat	3,25	69,55	10,30
36412	Restaurant, Latino, tamale, pork	3,24	15,75	2,40
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	3,24	20,23	2,90
21486	Fast foods, taco with beef, cheese and lettuce, soft	3,24	20,23	2,90
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	3,24	0,39	0,00
17130	Veal, shoulder, blade, separable lean and fat, cooked, roasted	3,24	0,00	--
11841	Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated	3,24	28,71	2,60
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	3,23	0,00	--
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	3,23	0,00	--
10072	Pork, fresh, shoulder, whole, separable lean only, raw	3,23	0,00	--
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	3,23	0,00	--
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	3,23	0,00	--
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	3,23	0,00	--
43410	Chicken, meatless, breaded, fried	3,23	8,51	4,30
21314	McDONALD'S, Spicy Buffalo Sauce	3,22	1,81	1,50
02025	Spices, nutmeg, ground	3,22	49,29	20,80
17079	Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled	3,22	0,00	--
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	3,21	0,00	--
17320	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, raw	3,21	0,00	--
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	3,21	29,93	1,70
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	3,21	0,00	--
02009	Spices, chili powder	3,21	49,70	34,80
19270	Ice creams, chocolate	3,21	28,20	1,20
19899	Ice creams, regular, low carbohydrate, chocolate	3,21	26,80	4,80
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	3,21	0,00	--
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	3,21	0,17	0,00
16114	Tempeh	3,20	7,64	--
43241	Cereals ready-to-eat, FAMILIA	3,20	73,80	8,50
36042	OLIVE GARDEN, lasagna classico	3,20	10,33	1,60
28043	KEEBLER, ANIMALS, Cookies	3,20	75,30	1,40
28046	KEEBLER, ANIMALS, Crackers	3,20	75,30	1,40
28086	KEEBLER, FUDGE SHOPPE, Fudge Sticks	3,20	68,80	1,30
28097	KEEBLER, FUDGE SHOPPE, Merry Mint Patties, Holiday	3,20	66,70	1,40
36027	DENNY'S, chicken strips	3,20	22,03	1,10
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	3,20	0,14	0,00

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
16555	MORNINGSTAR FARMS Buffalo Wings, frozen, unprepared	3,20	22,60	4,80
17124	Veal, shoulder, arm, separable lean and fat, cooked, roasted	3,20	0,00	--
36028	DENNY'S, coleslaw	3,20	10,88	1,30
21247	WENDY'S, french fries	3,20	39,73	4,00
25036	Snacks, granola bites, mixed flavors	3,19	66,27	5,70
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	3,19	0,01	0,00
15027	Fish, fish sticks, frozen, prepared	3,19	21,66	1,50
21508	WEND'YS, Crispy Chicken Sandwich	3,19	26,36	--
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	3,19	0,00	--
43390	Turkey, light or dark meat, smoked, cooked, with skin, bone removed	3,18	0,00	--
21403	McDONALD'S, Premium Crispy Chicken Classic Sandwich	3,18	25,46	1,40
17305	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, cooked, broiled	3,18	0,00	--
14631	Beverages, Horchata, dry mix, unprepared, variety of brands, all with morro seeds	3,17	79,05	4,00
23064	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	3,17	0,00	--
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	3,17	0,00	--
07070	Salami, cooked, turkey	3,17	1,55	0,10
18619	NABISCO, NABISCO OREO CRUNCHIES, Cookie Crumb Topping	3,17	70,23	3,20
19898	Ice creams, regular, low carbohydrate, vanilla	3,17	22,23	4,80
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	3,16	0,00	--
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	3,16	24,81	1,90
13293	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	3,16	0,31	0,00
17118	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	3,16	0,00	--
36607	CRACKER BARREL, steak fries	3,16	30,87	3,50
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	3,15	29,03	1,50
05277	Chicken, canned, meat only, with broth	3,15	0,00	--
06127	Gravy, unspecified type, dry	3,15	58,00	--
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	3,15	0,00	--
18338	Phyllo dough	3,15	52,60	1,90
23413	Beef, New Zealand, imported, flat, separable lean only, raw	3,14	0,00	--
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	3,14	0,00	--
08481	Cereals ready-to-eat, MALT-O-MEAL, HONEY GRAHAM SQUARES	3,14	74,68	4,40
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	3,13	0,00	--
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	3,13	0,00	--
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	3,13	0,09	0,00
28310	Cookies, shortbread, reduced fat	3,13	75,99	1,30

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
42284	Babyfood, baked product, finger snacks cereal fortified	3,13	76,68	2,30
17309	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	3,13	0,00	--
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	3,12	0,00	--
03055	Babyfood, dinner, beef with vegetables	3,12	6,36	1,80
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	3,12	0,00	--
15235	Fish, catfish, channel, farmed, cooked, dry heat	3,12	0,00	--
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	3,11	0,00	--
08351	Cereals ready-to-eat, QUAKER, MOTHER'S PEANUT BUTTER BUMPERS Cereal	3,11	79,68	2,50
13972	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw	3,11	0,00	--
18347	Rolls, dinner, wheat	3,11	46,00	3,80
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	3,11	31,01	1,70
44048	Cheese food, pasteurized process, American, imitation, without added vitamin D	3,11	16,18	0,00
03964	Babyfood, fortified cereal bar, fruit filling	3,11	68,63	1,70
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	3,10	23,96	2,00
01179	Sour cream, light	3,10	7,10	0,00
08202	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Crunchy Almond	3,10	78,09	8,20
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	3,10	0,00	--
16519	WORTHINGTON Super Links, canned, unprepared	3,10	5,50	1,80
18479	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted brown sugar cinnamon	3,10	69,00	1,40
21499	KASHI Pizza, Roasted Vegetable, frozen, unprepared	3,10	24,50	3,70
22126	LOMA LINDA Big Franks, canned, unprepared	3,10	5,80	3,50
28011	KELLOGG'S, EGGO, Waffles, Cinnamon Toast	3,10	49,50	1,40
28022	KELLOGG'S, EGGO Seasons, Waffles, Pumpkin Spice	3,10	41,40	1,50
28025	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Brown Sugar	3,10	44,50	1,10
28091	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Oatmeal	3,10	66,40	7,10
28104	KEEBLER, GRIPZ, Chocolate Chip Grahams, bite-size	3,10	75,60	11,00
28149	KEEBLER, TOWN HOUSE, FLATBREAD CRISPS, Sea Salt and Olive Oil Crackers	3,10	72,80	3,60
28167	KELLOGG'S, POP-TARTS, Frosted Cinnamon Roll Toaster Pastries	3,10	67,80	1,40
28230	MURRAY, SUGAR FREE, Shortbread Bites	3,10	75,30	14,90
28252	SUNSHINE, CHEEZ-IT, Scrabble Jr. Crackers	3,10	67,90	2,60
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	3,10	0,00	--
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	3,09	0,00	--
17447	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, roasted	3,09	0,00	--
05183	Turkey, dark meat, meat and skin, raw	3,09	0,15	0,00
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	3,09	0,00	--

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
08666	Cereals ready-to-eat, GENERAL MILLS, Cinnamon Burst CHEERIOS	3,09	83,20	9,40
19083	Candies, sweet chocolate coated fondant	3,09	80,40	2,10
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	3,08	0,00	--
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	3,08	0,00	--
21443	POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed	3,08	0,04	--
17055	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw	3,07	0,00	--
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	3,07	0,00	--
23393	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	3,06	0,00	--
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	3,06	0,00	--
28295	Tortillas, ready-to-bake or -fry, whole wheat	3,06	45,89	9,80
18242	Croutons, plain	3,06	73,50	5,10
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	3,05	0,20	0,00
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	3,05	1,38	0,00
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	3,05	0,00	--
21293	PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust	3,05	33,42	2,40
23638	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	3,05	0,00	--
23302	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	3,05	0,01	0,00
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	3,04	0,00	--
23058	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	3,04	0,00	--
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	3,04	0,00	--
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	3,04	0,03	0,00
17134	Veal, sirloin, separable lean and fat, raw	3,04	0,00	--
17350	Veal, Australian, shank, fore, bone-in, separable lean and fat, raw	3,04	0,00	--
36601	Restaurant, Chinese, egg rolls, assorted	3,04	27,29	2,60
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	3,03	2,03	0,00
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	3,03	0,00	--
42171	Salad dressing, french dressing, reduced calorie	3,03	27,00	0,00
21505	Pizza, cheese topping, thin crust, frozen, cooked	3,03	28,80	3,00
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	3,03	0,00	--
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	3,03	0,00	--
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	3,02	0,74	0,00
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	3,02	0,00	--
11658	Spinach souffle	3,02	5,90	0,70
17297	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	3,02	0,00	--
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	3,02	53,64	0,60

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
02036	Spices, rosemary, dried	3,01	64,06	42,60
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	3,01	0,00	--
32015	Turnover, cheese-filled, tomato-based sauce, frozen, unprepared	3,01	27,29	1,60
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	3,01	0,05	0,00
18282	Muffins, corn, prepared from recipe, made with low fat (2%) milk	3,01	44,20	--
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	3,01	0,00	--
03205	Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified	3,01	74,10	7,80
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	3,00	0,00	--
18170	Cookies, fig bars	3,00	70,90	4,60
07056	Peppered loaf, pork, beef	3,00	4,53	0,00
08544	Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	3,00	76,60	11,10
08588	Cereals ready-to-eat, KELLOGG, KELLOGG'S CINNABON cereal	3,00	83,30	3,90
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	3,00	33,79	2,20
28249	SUNSHINE, CHEEZ-IT, White Cheddar, Reduced Fat Crackers	3,00	72,00	2,50
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	3,00	0,07	0,00
05742	Turkey, retail parts, thigh, meat and skin, raw	2,99	0,00	--
07958	Turkey sausage, fresh, cooked	2,99	0,00	--
18028	Bread, egg, toasted	2,99	52,60	2,50
19160	Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars	2,99	64,80	1,10
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	2,99	31,49	5,80
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	2,98	0,00	--
15009	Fish, carp, cooked, dry heat	2,98	0,00	--
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	2,98	0,00	--
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	2,98	0,00	--
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	2,98	0,00	--
17371	Lamb, New Zealand, imported, ground lamb, raw	2,98	0,00	--
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	2,98	0,00	--
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	2,98	0,09	0,00
18453	Cake, yellow, light, dry mix	2,97	84,10	1,30
15110	Fish, swordfish, raw	2,97	0,00	--
19095	Ice creams, vanilla	2,97	23,60	0,70
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	2,97	0,00	--
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	2,96	0,17	0,00
11842	Potatoes, french fried, all types, salt not added in processing, frozen, as purchased	2,96	24,81	1,90
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	2,96	0,00	--

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	2,96	0,00	--
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	2,95	0,00	--
17061	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, broiled	2,95	0,00	--
15119	Fish, tuna, light, canned in oil, drained solids	2,95	0,00	--
15183	Fish, tuna, light, canned in oil, without salt, drained solids	2,95	0,00	--
21461	Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise	2,95	19,87	1,20
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	2,95	0,00	--
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	2,95	0,00	--
25052	Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar	2,94	79,17	4,20
19100	Candies, fudge, chocolate, prepared-from-recipe	2,94	76,44	1,70
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	2,94	0,00	--
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	2,94	0,00	--
05128	Chicken, stewing, giblets, cooked, simmered	2,94	0,11	0,00
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	2,94	0,00	--
12177	Nuts, coconut meat, dried (desiccated), creamed	2,94	21,52	--
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	2,94	0,00	--
23057	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw	2,94	0,00	--
21465	Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed	2,93	0,00	--
23054	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	2,93	0,00	--
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	2,93	52,49	4,30
18017	Biscuits, mixed grain, refrigerated dough	2,93	47,40	--
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	2,93	0,00	--
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	2,93	0,00	--
18344	Rolls, dinner, egg	2,93	52,00	3,70
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	2,92	0,00	--
21244	WENDY'S, Homestyle Chicken Fillet Sandwich	2,92	21,55	1,30
19405	Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow	2,92	70,80	4,00
13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	2,92	0,00	--
17018	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	2,92	0,00	--
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	2,92	31,22	1,80
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	2,92	0,00	--
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	2,91	0,00	--
14654	Beverages, nutritional shake mix, high protein, powder	2,91	20,38	0,00
21473	DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked	2,90	29,86	1,90
21431	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed	2,90	0,00	--

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
21501	KASHI Pizza, Margherita, frozen, unprepared	2,90	25,70	3,80
28000	KELLOGG'S, EGGO, Mini Muffin Tops, Chocolate Chip	2,90	45,00	1,20
28007	KELLOGG'S, EGGO, Wafflers, Brown Sugar Cinnamon Roll	2,90	52,20	1,30
28014	KELLOGG'S, EGGO, Waffles, French Toast	2,90	43,40	1,20
28089	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Mini	2,90	68,70	1,80
28101	KEEBLER, Cinnamon Toast Grahams	2,90	73,90	4,80
28222	MURRAY, SUGAR FREE, Fudge Dipped Grahams	2,90	63,30	3,80
28223	MURRAY, SUGAR FREE, Fudge Dipped Mint Cookies	2,90	63,50	4,60
28263	KEEBLER, Grahams, Cinnamon Crisp	2,90	76,30	3,30
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	2,90	0,00	--
08192	Cereals ready-to-eat, POST SELECTS Blueberry Morning	2,90	81,60	4,70
08699	Cereals ready-to-eat, KELLOGG'S KRAVE Smores	2,90	76,40	9,40
16509	LOMA LINDA Linketts, canned, unprepared	2,90	4,40	3,00
25062	Snack, Mixed Berry Bar	2,90	58,84	7,90
03948	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), powder, with ARA and DHA	2,89	55,67	0,00
21603	School Lunch, pizza, pepperoni topping, thick crust, whole grain, frozen, cooked	2,89	28,30	4,30
21605	School Lunch, pizza, sausage topping, thick crust, whole grain, frozen, cooked	2,89	30,58	4,00
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	2,89	0,00	--
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	2,89	0,00	--
15128	Fish, tuna salad	2,89	9,41	0,00
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	2,88	0,00	--
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	2,88	0,00	--
18396	Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	2,88	53,40	1,90
08094	Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry	2,88	72,96	4,20
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	2,88	0,00	--
19039	Snacks, popcorn, caramel-coated, without peanuts	2,88	79,10	5,20
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	2,87	0,00	--
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	2,87	0,00	--
19102	Candies, fudge, peanut butter, prepared-from-recipe	2,87	77,75	0,70
20132	Oat flour, partially debranned	2,87	65,70	6,50
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	2,87	0,23	0,00
23472	Beef, ground, 93% lean meat / 7% fat, raw	2,87	0,00	--
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	2,86	0,22	0,00
43367	Turkey, drumstick, smoked, cooked, with skin, bone removed	2,86	0,00	--
10802	USDA Commodity, pork, cured, ham, boneless, cooked, heated	2,86	0,00	--

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	2,86	0,00	--
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	2,86	0,00	--
05707	Turkey, whole, meat and skin, with added solution, roasted	2,85	0,00	--
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	2,85	55,00	0,00
05665	Ground turkey, 93% lean, 7% fat, raw	2,84	0,00	--
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	2,84	0,00	--
19022	Snacks, granola bars, soft, uncoated, raisin	2,84	66,40	4,20
36615	DENNY'S, top sirloin steak	2,84	0,14	--
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	2,84	0,00	--
17143	Veal, ground, cooked, broiled	2,84	0,00	--
18351	Rolls, hamburger or hotdog, mixed-grain	2,84	44,60	3,80
21214	SUBWAY, tuna sub on white bread with lettuce and tomato	2,84	15,95	0,70
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	2,83	0,00	--
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	2,83	0,00	--
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	2,83	81,19	4,20
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	2,83	0,00	--
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	2,83	0,00	--
16008	Beans, baked, canned, with franks	2,83	15,39	6,90
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	2,83	0,00	--
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	2,82	15,58	0,70
06334	CAMPBELL'S Red and White, Cream of Celery Soup, condensed	2,82	7,26	2,40
21267	TACO BELL, BURRITO SUPREME with steak	2,82	20,32	2,40
13430	Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	2,82	0,00	--
07935	Oven-roasted chicken breast roll	2,82	1,79	0,00
21426	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed	2,82	0,11	--
15142	Crustaceans, crab, blue, crab cakes, home recipe	2,82	0,48	0,00
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	2,81	0,74	0,00
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	2,81	0,00	--
36040	CRACKER BARREL, macaroni n' cheese	2,81	15,61	1,10
15195	Fish, drum, freshwater, cooked, dry heat	2,81	0,00	--
18097	Cake, pudding-type, chocolate, dry mix	2,80	80,16	2,30
03937	Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted	2,80	13,90	0,00
03940	Infant formula, PBM PRODUCTS, store brand, soy, liquid concentrate, not reconstituted	2,80	12,18	0,00
08602	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan	2,80	81,20	10,30
08615	Cereals ready-to-eat, KELLOGG'S CRUNCHY NUT Golden Honey Nut flakes	2,80	83,30	2,40

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
08652	Cereals ready-to-eat, KELLOGG'S KRAVE chocolate cereal	2,80	76,10	9,90
08658	Cereals ready-to-eat, KELLOGG'S KRAVE double chocolate cereal	2,80	75,90	10,60
16592	MORNINGSTAR FARMS California Turk'y Burger, frozen, unprepared	2,80	12,60	7,60
28008	KELLOGG'S, EGGO, Wafflers, Strawberry Strudel	2,80	50,00	1,20
28010	KELLOGG'S, EGGO, Waffles, Buttermilk	2,80	39,00	1,20
28013	KELLOGG'S, EGGO, FIBERPLUS Waffles, Chocolate Chip	2,80	44,40	12,90
28032	GIRL SCOUTS, Samoas Cookies	2,80	64,10	4,40
28105	KEEBLER, GRIPZ, Cinnamon Grahams, bite-size	2,80	75,60	10,40
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	2,80	64,10	4,40
17352	Veal, Australian, shank, hind, bone-in, separable lean and fat	2,80	0,00	--
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	2,80	51,60	2,30
04640	Salad dressing, ranch dressing, reduced fat	2,79	21,33	1,10
43215	Salad dressing, buttermilk, lite	2,79	21,33	1,10
18966	Crackers, saltines, whole wheat (includes multi-grain)	2,79	68,25	6,70
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	2,79	79,90	7,30
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	2,79	30,45	2,20
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	2,78	0,00	--
21520	Fast foods, breadstick, soft, prepared with garlic and parmesan cheese	2,78	44,48	2,40
21525	PIZZA HUT, breadstick, parmesan garlic	2,78	44,48	2,40
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	2,78	0,00	--
15182	Fish, salmon, sockeye, canned, without salt, drained solids with bone	2,78	0,00	--
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	2,78	0,27	0,00
18616	MISSION FOODS, MISSION Flour Tortillas, Soft Taco, 8 inch	2,77	49,60	--
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	2,77	30,00	1,70
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	2,77	30,00	1,70
13284	Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw	2,77	0,00	--
21477	DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked	2,77	31,15	2,30
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	2,77	0,00	--
21382	McDONALD'S, FILET-O-FISH (without tartar sauce)	2,77	31,08	1,00
25000	Snacks, popcorn, microwave, 94% fat free	2,77	76,04	13,60
13478	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw	2,77	0,00	--
10204	Pork, fresh, loin, country-style ribs, separable lean and fat, raw	2,76	0,00	--
27052	Dip, salsa con queso, cheese and salsa- medium	2,76	11,14	0,70
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	2,76	30,10	1,30
17339	Game meat, elk, ground, cooked, pan-broiled	2,76	0,00	--

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
18273	Muffins, plain, prepared from recipe, made with low fat (2%) milk	2,76	41,40	2,70
10044	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw	2,76	0,00	--
18224	Crackers, rusk toast	2,76	72,30	--
21294	PIZZA HUT 14" Cheese Pizza, Pan Crust	2,76	32,85	2,10
17149	Bison, ground, grass-fed, raw	2,75	0,05	0,00
36025	CRACKER BARREL, coleslaw	2,75	13,01	1,60
21146	School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Turkey Pepperoni Pizza, frozen	2,75	27,35	4,10
28015	KELLOGG'S, EGGO, Waffles, Homestyle	2,75	39,80	1,20
02031	Spices, pepper, red or cayenne	2,75	56,63	27,20
05127	Chicken, stewing, giblets, raw	2,75	2,13	0,00
17075	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted	2,75	0,00	--
15176	Mollusks, squid, mixed species, cooked, fried	2,75	7,79	0,00
36617	Restaurant, Chinese, lemon chicken	2,75	20,61	1,00
12108	Nuts, coconut meat, dried (desiccated), not sweetened	2,74	23,65	16,30
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	2,74	0,41	0,00
15156	Mollusks, abalone, mixed species, cooked, fried	2,74	11,05	0,00
35147	Tamales (Navajo)	2,74	18,12	3,10
21475	DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked	2,74	26,47	3,00
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	2,73	0,00	--
19183	Puddings, chocolate, ready-to-eat	2,73	23,01	0,00
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	2,73	0,00	--
19038	Snacks, popcorn, caramel-coated, with peanuts	2,73	80,70	3,80
05088	Chicken, broilers or fryers, neck, meat only, raw	2,73	0,00	--
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	2,73	0,00	--
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	2,73	0,00	--
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	2,72	70,32	1,00
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	2,72	21,67	0,40
21357	McDONALD'S, Egg McMUFFIN	2,72	21,67	1,10
23519	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	2,72	0,00	--
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	2,72	0,00	--
03824	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, liquid concentrate, not reconstituted	2,72	13,58	0,00
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	2,72	0,00	--
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	2,72	0,00	--
36621	Restaurant, Chinese, sweet and sour chicken	2,72	23,86	1,00
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	2,72	0,00	--

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	2,71	0,00	--
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	2,71	0,00	--
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	2,71	0,00	--
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	2,71	0,00	--
23386	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	2,71	0,00	--
13961	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	2,71	0,00	--
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	2,71	0,00	--
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	2,70	0,00	--
15082	Fish, salmon, coho, wild, cooked, moist heat	2,70	0,00	--
08655	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches	2,70	82,00	5,20
08682	Cereals ready-to-eat, GENERAL MILLS, Multi Grain CHEERIOS, Peanut Butter	2,70	82,00	6,00
16556	MORNINGSTAR FARMS Chik'n Nuggets, frozen, unprepared	2,70	21,80	4,90
18174	Cookies, graham crackers, chocolate-coated	2,70	66,78	2,20
18991	BARBARA DEE, Winter Mints Cookies	2,70	67,10	2,00
28080	KEEBLER, FUDGE SHOPPE, Deluxe Grahams Cookies	2,70	66,60	2,20
28088	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Holiday/Spiderman	2,70	68,80	1,90
28092	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Original	2,70	68,60	1,90
28107	KEEBLER, Gingerbread Men Cookies, Holiday	2,70	77,90	2,10
28121	KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies, Fudge Dipped	2,70	72,40	13,20
28154	KEEBLER, Vienna Fingers with Creme Filling, Reduced Fat	2,70	78,10	1,50
28293	Cookie, butter or sugar, with chocolate icing or filling	2,70	68,83	1,90
42074	Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated	2,70	26,11	0,80
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	2,70	0,00	--
15209	Fish, salmon, Atlantic, wild, cooked, dry heat	2,70	0,00	--
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	2,70	0,00	--
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	2,70	0,00	--
28351	Cookies, Marie biscuit	2,69	70,54	3,50
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	2,69	0,00	--
05130	Chicken, stewing, light meat, meat only, cooked, stewed	2,69	0,00	--
08685	Cereals ready-to-eat, QUAKER WHOLE HEARTS oat cereal	2,69	80,10	9,10
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	2,69	0,00	--
18320	Pie, lemon meringue, commercially prepared	2,68	47,20	1,20
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	2,68	0,00	--
07020	Corned beef loaf, jellied	2,68	0,00	--
17153	Game meat, beefalo, composite of cuts, cooked, roasted	2,68	0,00	--

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	2,68	0,00	--
21127	Fast foods, coleslaw	2,67	14,89	1,90
06165	Sauce, homemade, white, thin	2,67	7,40	0,10
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	2,67	0,00	--
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	2,66	15,95	0,70
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	2,66	0,27	0,00
01238	Ice cream sandwich	2,66	37,14	0,00
03842	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid concentrate	2,66	13,21	0,00
03952	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, liquid concentrate	2,66	13,21	0,00
05013	Chicken, broilers or fryers, meat only, roasted	2,66	0,00	--
05161	Squab, (pigeon), meat only, raw	2,66	0,00	--
05191	Turkey, all classes, breast, meat and skin, raw	2,66	0,00	--
10228	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw	2,66	0,00	--
17115	Veal, rib, separable lean only, cooked, roasted	2,66	0,00	--
03818	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, liquid concentrate, with ARA and DHA	2,66	14,24	0,00
28288	Bread, roll, Mexican, bollilo	2,66	55,77	2,20
03812	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, liquid concentrate, with ARA and DHA	2,66	14,34	0,00
10804	USDA Commodity, pork, cured, ham, boneless, cooked, unheated	2,66	0,69	0,00
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	2,66	0,00	--
05641	Ostrich, ground, raw	2,65	0,00	--
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	2,65	0,00	--
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	2,65	0,00	--
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	2,65	0,07	0,00
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	2,65	0,00	--
05166	Turkey, whole, meat and skin, cooked, roasted	2,65	0,06	0,00
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	2,65	0,00	--
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	2,64	50,50	12,50
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	2,64	0,05	0,00
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	2,64	0,00	--
03830	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, LIPIL, with iron, liquid concentrate, not reconstituted, with ARA and DHA	2,64	14,42	0,00
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	2,64	78,65	2,70
17010	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	2,64	0,00	--
17201	Lamb, variety meats and by-products, liver, cooked, pan-fried	2,64	3,78	0,00
05318	Duck, young duckling, domesticated, White Pekin, leg, meat only, bone in, cooked without skin, braised	2,64	0,00	--

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
36011	T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	2,64	0,47	--
05305	Ground turkey, raw	2,64	0,00	--
23317	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean and fat, raw	2,63	0,01	0,00
33865	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, Liquid concentrate, not reconstituted	2,63	14,34	0,00
19017	Snacks, granola bars, hard, chocolate chip	2,63	72,10	4,40
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	2,63	0,00	--
15050	Fish, mackerel, Pacific and jack, mixed species, raw	2,63	0,00	--
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	2,63	0,00	--
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	2,63	0,00	--
18281	Muffins, corn, toaster-type	2,62	57,90	1,60
07955	Turkey sausage, fresh, raw	2,62	0,47	0,00
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	2,62	0,00	--
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	2,62	0,00	--
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	2,62	0,00	--
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	2,62	1,50	0,00
10152	Pork, cured, ham, whole, separable lean only, unheated	2,62	0,05	0,00
17114	Veal, rib, separable lean only, cooked, braised	2,62	0,00	--
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	2,62	0,00	--
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	2,61	0,00	--
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	2,61	0,00	--
08231	Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry	2,61	62,94	14,30
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	2,61	33,33	2,30
23509	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	2,61	0,00	--
36029	DENNY'S, fish fillet, battered or breaded, fried	2,61	17,41	1,00
43327	Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted	2,61	1,50	0,00
21083	Fast foods, taco salad	2,61	11,91	--
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	2,60	0,00	--
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	2,60	0,00	--
16548	MORNINGSTAR FARMS Grillers Original, frozen, unprepared	2,60	8,50	4,40
21503	KASHI Pizza, Mediterranean, frozen, unprepared	2,60	31,00	4,10
28016	KELLOGG'S, EGGO Protein, Waffles, Homestyle	2,60	37,00	1,20
28035	GIRL SCOUTS, Thin Mints Cookies	2,60	67,30	2,30
28079	KEEBLER, FUDGE SHOPPE, Coconut Dreams Cookies	2,60	61,40	3,30
28081	KEEBLER, FUDGE SHOPPE, Caramel Filled Cookies	2,60	66,70	1,60
28143	KEEBLER, TOWN HOUSE, Reduced Fat Crackers	2,60	77,10	2,20

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
28215	MURRAY, JACKS Vanilla Wafers	2,60	78,10	1,10
28294	Cookie, chocolate, with icing or coating	2,60	67,87	2,30
03854	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, LIPIL, liquid concentrate, not reconstituted, with ARA and DHA	2,60	13,58	0,00
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	2,60	40,70	--
21105	Fast foods, fish sandwich, with tartar sauce	2,60	26,69	1,00
21258	BURGER KING, Premium Fish Sandwich	2,60	26,69	0,90
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	2,60	33,17	2,20
05354	USDA Commodity, turkey taco meat, frozen, cooked	2,59	3,03	0,00
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	2,59	0,00	--
11843	Potatoes, au gratin, home-prepared from recipe using margarine	2,59	11,27	1,80
15068	Fish, pompano, florida, raw	2,59	0,00	--
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	2,58	0,00	--
36035	Restaurant, family style, coleslaw	2,58	12,35	1,90
10223	Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	2,58	0,00	--
15053	Fish, milkfish, raw	2,58	0,00	--
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	2,58	0,00	--
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	2,58	0,00	--
06126	Gravy, turkey, dry	2,58	65,12	--
15234	Fish, catfish, channel, farmed, raw	2,57	0,00	--
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	2,57	1,42	0,00
17088	Veal, composite of trimmed retail cuts, separable lean and fat, raw	2,57	0,00	--
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	2,57	0,00	--
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	2,57	0,00	--
18951	Waffles, chocolate chip, frozen, ready-to-heat	2,56	45,68	1,50
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	2,56	0,08	0,00
21266	TACO BELL, BURRITO SUPREME with chicken	2,56	20,51	2,40
10024	Pork, fresh, loin, whole, separable lean only, raw	2,56	0,00	--
15223	Fish, whitefish, mixed species, cooked, dry heat	2,56	0,00	--
25032	Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	2,56	63,42	7,70
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	2,56	0,00	--
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	2,55	0,00	--
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	2,55	0,00	--
03851	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not reconstituted	2,55	13,76	0,00
03856	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, liquid concentrate, not reconstituted	2,55	13,76	0,00
03951	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, liquid concentrate, not reconstituted	2,55	13,52	0,00

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
14041	Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	2,55	17,29	1,20
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	2,55	80,57	9,60
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	2,55	30,55	1,50
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	2,55	0,00	--
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	2,54	0,00	--
22905	Beef stew, canned entree	2,54	7,85	0,90
43130	Frankfurter, meatless	2,54	7,70	3,90
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	2,54	0,00	--
19218	Puddings, tapioca, ready-to-eat	2,54	21,69	0,00
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	2,54	0,00	--
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	2,54	0,00	--
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	2,53	0,00	--
05294	Turkey thigh, pre-basted, meat and skin, cooked, roasted	2,53	0,00	--
10153	Pork, cured, ham, whole, separable lean only, roasted	2,53	0,00	--
17282	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	2,53	0,00	--
05180	Turkey from whole, neck, meat only, cooked, simmered	2,53	0,00	--
33864	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, Liquid concentrate, not reconstituted	2,53	14,42	0,00
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	2,52	0,00	--
05131	Chicken, stewing, dark meat, meat only, raw	2,52	0,00	--
17308	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	2,52	0,00	--
32013	Potsticker or wonton, pork and vegetable, frozen, unprepared	2,52	13,28	1,40
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	2,51	1,18	0,00
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	2,51	0,00	--
17222	Veal, variety meats and by-products, tongue, raw	2,51	1,91	0,00
23095	Beef, chuck for stew, separable lean and fat, choice, raw	2,51	0,12	0,00
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	2,51	77,66	3,40
21404	McDONALD'S, Premium Grilled Chicken Club Sandwich	2,51	19,87	1,20
17338	Game meat, elk, ground, raw	2,51	0,00	--
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	2,50	0,00	--
18999	KELLOGG'S, EGGO, Mini Muffin Tops, Blueberry	2,50	45,80	1,00
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	2,50	80,50	0,00
28087	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Dark Chocolate	2,50	70,10	3,10
28183	KELLOGG'S, POP-TARTS MINI CRISPS, Cinnamon Brown Sugar Baked Bites	2,50	79,00	1,70
28184	KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Chocolate Baked Bites	2,50	78,90	2,20
05114	Chicken, roasting, meat only, cooked, roasted	2,50	0,00	--

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
08189	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins	2,50	80,90	7,00
08286	Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX	2,50	74,90	7,70
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	2,50	81,80	7,80
08662	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with real strawberries	2,50	83,30	5,40
08665	Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	2,50	82,80	5,80
16536	WORTHINGTON Wham (roll), frozen, unprepared	2,50	5,70	0,00
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	2,50	0,00	--
25034	Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	2,50	59,58	5,90
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	2,50	0,00	--
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	2,50	0,00	--
15087	Fish, salmon, sockeye, canned, drained solids	2,49	0,00	--
18048	Bread, raisin, enriched, toasted	2,49	56,90	4,70
03816	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, liquid concentrate, not reconstituted	2,49	13,12	0,00
10138	Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted	2,49	0,52	0,00
10857	HORMEL Canadian Style Bacon	2,49	1,87	--
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	2,49	1,54	0,00
17109	Veal, loin, separable lean only, cooked, roasted	2,49	0,00	--
19061	Snacks, trail mix, tropical	2,49	65,60	--
21142	Fast food, biscuit	2,49	42,82	2,50
03844	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA	2,49	13,12	0,00
15105	Fish, sturgeon, mixed species, cooked, dry heat	2,49	0,00	--
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	2,48	0,00	--
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	2,48	0,00	--
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	2,48	0,00	--
11414	Potato salad, home-prepared	2,48	11,17	1,30
15185	Fish, tuna, white, canned in oil, without salt, drained solids	2,48	0,00	--
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	2,48	0,00	--
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	2,48	0,00	--
21283	PAPA JOHN'S 14" Cheese Pizza, Original Crust	2,48	32,74	1,90
18293	Pancakes, plain, prepared from recipe	2,47	28,30	--
15253	Salmon, sockeye, canned, total can contents	2,47	0,00	--
17133	Veal, shoulder, blade, separable lean only, cooked, roasted	2,47	0,00	--
21141	BURGER KING, Vanilla Shake	2,47	19,03	0,00
21149	School Lunch, pizza, TONY'S Breakfast Pizza Sausage, frozen	2,47	26,99	2,00

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	2,47	0,00	--
22911	Chili, no beans, canned entree	2,47	6,10	0,50
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	2,47	0,00	--
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	2,47	0,00	--
21377	McDONALD'S Bacon Ranch Salad with Crispy Chicken	2,47	6,08	1,00
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	2,46	0,00	--
17312	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	2,46	0,00	--
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	2,46	0,00	--
06728	Soup, potato ham chowder, chunky, ready-to-serve, single brand	2,46	5,60	0,60
13963	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	2,46	0,00	--
01259	Cheese spread, American or Cheddar cheese base, reduced fat	2,46	10,71	0,00
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	2,46	4,61	0,00
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	2,46	4,61	0,00
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	2,46	0,00	--
19104	Candies, fudge, vanilla with nuts	2,45	74,61	0,90
18936	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	2,45	43,33	2,50
05192	Turkey, all classes, breast, meat and skin, cooked, roasted	2,45	0,00	--
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	2,44	0,00	--
36411	Restaurant, Latino, tamale, corn	2,44	26,68	3,20
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	2,44	0,18	0,00
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	2,43	33,48	2,40
05181	Turkey from whole, light meat, meat and skin, raw	2,43	0,15	0,00
05151	Guinea hen, meat and skin, raw	2,43	0,00	--
16113	Natto	2,43	12,68	5,40
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	2,43	0,00	--
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	2,43	60,21	5,10
01095	Milk, canned, condensed, sweetened	2,43	54,40	0,00
17324	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, raw	2,42	0,00	--
06214	CAMPBELL'S, 25% Less Sodium Cream of Mushroom Soup, condensed	2,42	6,45	1,60
13490	Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled	2,42	0,00	--
21601	School Lunch, pizza, cheese topping, thick crust, whole grain, frozen, cooked	2,41	28,08	2,90
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	2,41	0,00	--
23294	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean only, raw	2,41	0,00	--
10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	2,41	0,00	--
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	2,40	43,70	2,00

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
08386	Cereals ready-to-eat, KASHI GOLEAN CRUNCH!	2,40	71,40	14,50
08635	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar	2,40	82,69	6,70
16513	WORTHINGTON FriChik Original, canned, unprepared	2,40	3,40	1,50
16588	MORNINGSTAR FARMS Chik'n Grill Veggie Patties, frozen, unprepared	2,40	10,20	5,70
16601	MORNINGSTAR FARMS Grillers Chik'n Veggie Patties, frozen, unprepared	2,40	10,20	5,70
17121	Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted	2,40	0,00	--
19169	Egg custards, dry mix	2,40	82,80	0,00
28044	KEEBLER, ANIMALS, Frosted Cookies	2,40	70,00	0,90
28093	KEEBLER, FUDGE SHOPPE, Grasshopper Cookies, Fudge Mint	--	68,30	2,40
28163	KELLOGG'S, POP-TARTS, Frosted Apple Strudel Toaster Pastries	2,40	70,50	1,50
28164	KELLOGG'S, POP-TARTS, Frosted Blueberry Muffin Toaster Pastries	2,40	70,90	1,10
28165	KELLOGG'S, POP-TARTS, Chocolate Chip Cookie Dough Toaster Pastries	2,40	69,40	1,50
28170	KELLOGG'S, POP-TARTS, Frosted Orange Cream Toaster Pastries	2,40	70,60	1,10
28181	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Strawberry Milkshake Toaster Pastries	2,40	70,00	2,70
28182	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Vanilla Milkshake Toaster Pastries	2,40	70,10	2,70
28185	KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Strawberry Baked Bites	2,40	79,10	1,50
28284	KEEBLER, ZESTA, Saltines with Whole Wheat	2,40	75,10	3,20
28291	Cookies, animal, with frosting or icing	2,40	70,09	0,90
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	2,40	0,00	--
18240	Croissants, apple	2,39	37,10	2,50
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	2,39	0,00	--
05014	Chicken, broilers or fryers, meat only, stewed	2,39	0,00	--
17026	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw	2,39	0,00	--
11392	Potatoes, hash brown, frozen, with butter sauce, unprepared	2,39	18,28	2,90
03015	Babyfood, meat, turkey, strained	2,38	1,40	0,00
03016	Babyfood, meat, turkey, junior	2,38	1,40	0,00
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	2,38	0,00	--
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	2,38	31,50	1,70
07927	Sausage, Italian, turkey, smoked	2,38	4,65	0,90
07929	Sausage, turkey, hot, smoked	2,38	4,65	0,30
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	2,38	0,34	0,00
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	2,38	73,23	9,40
20033	Oat bran, raw	2,38	66,22	15,40
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	2,38	0,00	--
28347	Pancakes, gluten-free, frozen, ready-to-heat	2,38	40,32	1,50

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
28374	VAN'S, Gluten Free, Totally Original Pancakes	2,38	40,32	1,50
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	2,38	0,00	--
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	2,37	77,77	1,50
23040	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	2,37	0,00	--
18386	Muffins, blueberry, toaster-type, toasted	2,37	56,70	1,90
05025	Chicken, heart, all classes, raw	2,37	0,71	0,00
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	2,37	0,00	--
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	2,36	0,00	--
15241	Fish, trout, rainbow, farmed, cooked, dry heat	2,36	0,00	--
18390	Pancakes, buttermilk, prepared from recipe	2,36	28,70	--
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	2,36	0,57	0,00
17095	Veal, leg (top round), separable lean and fat, cooked, braised	2,36	0,00	--
15106	Fish, sturgeon, mixed species, smoked	2,36	0,00	--
21161	SUBWAY, B.L.T. sub on white bread with bacon, lettuce and tomato	2,36	26,66	1,60
21162	Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread	2,36	26,66	1,60
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	2,36	0,00	--
43128	Chicken, meatless	2,36	3,64	3,60
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	2,35	0,00	--
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	2,35	0,00	--
22953	Egg rolls, pork, refrigerated, heated	2,35	29,50	2,10
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	2,35	0,00	--
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	2,35	0,00	--
17444	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	2,35	0,00	--
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	2,34	23,98	3,00
17277	Veal, shank (fore and hind), separable lean and fat, cooked, braised	2,34	0,00	--
43285	Eggs, scrambled, frozen mixture	2,34	7,50	0,00
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	2,34	0,00	--
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	2,34	0,00	--
17289	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	2,34	0,00	--
11339	Peppers, sweet, green, sauteed	2,34	4,22	1,80
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	2,34	0,00	--
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	2,34	10,04	0,00
01153	Milk, canned, evaporated, with added vitamin A	2,34	10,04	0,00
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	2,34	10,04	0,00
05353	USDA Commodity, chicken fajita strips, frozen	2,33	2,23	0,00

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	2,33	0,00	--
07060	Luxury loaf, pork	2,33	4,90	0,00
17138	Veal, sirloin, separable lean only, cooked, braised	2,33	0,00	--
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	2,33	0,18	0,00
15008	Fish, carp, raw	2,33	0,00	--
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	2,33	0,00	--
08122	Cereals, oats, instant, fortified, plain, dry	2,32	69,52	10,00
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	2,32	0,00	--
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	2,32	0,00	--
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	2,32	1,72	0,00
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	2,32	0,16	0,00
09447	Plantains, yellow, fried, Latino restaurant	2,32	40,77	3,20
01250	Nutritional supplement for people with diabetes, liquid	2,32	11,88	2,20
18294	Pancakes, blueberry, prepared from recipe	2,32	29,00	--
01037	Cheese, ricotta, part skim milk	2,31	5,14	0,00
05736	Turkey, retail parts, drumstick, meat and skin, raw	2,31	0,00	--
21425	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	2,31	0,00	--
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	2,31	18,43	0,90
21524	McDONALD'S, RANCH SNACK WRAP, Grilled	2,31	18,43	0,90
36033	Restaurant, family style, fish fillet, battered or breaded, fried	2,31	16,89	0,90
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	2,31	0,00	--
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	2,31	0,46	0,00
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	2,31	0,00	--
17132	Veal, shoulder, blade, separable lean only, cooked, braised	2,31	0,00	--
12006	Seeds, chia seeds, dried	2,31	42,12	34,40
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	2,31	49,05	2,80
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	2,31	15,02	2,30
08641	Cereals, QUAKER, Instant Oatmeal, fruit and cream, variety of flavors, reduced sugar	2,30	71,57	8,30
18027	Bread, egg	2,30	47,80	2,30
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	2,30	0,00	--
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	2,30	0,00	--
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	2,30	0,00	--
16525	WORTHINGTON Chic-Ketts, frozen, unprepared	2,30	5,10	1,20
21500	KASHI Pizza, Mushroom Trio & Spinach, frozen, unprepared	2,30	24,60	3,90
28114	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Dark Chocolate Fudge Stripes Cookies	2,30	71,20	3,20

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
28171	KELLOGG'S, POP-TARTS, Frosted Pumpkin Pie Toaster Pastries	2,30	70,60	1,50
28173	KELLOGG'S, POP-TARTS, Frosted Sugar Cookie Toaster Pastries	2,30	70,20	1,30
28180	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Rainbow Chip Toaster Pastries	2,30	70,80	1,10
28193	KELLOGG'S, POP-TARTS, Yum-azing Vanilla Milkshake Toaster Pastries	2,30	70,20	2,70
15189	Fish, bluefish, cooked, dry heat	2,30	0,00	--
18047	Bread, raisin, enriched	2,29	52,30	4,30
18414	Bread, raisin, unenriched	2,29	52,30	4,30
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	2,29	0,00	--
17300	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	2,29	0,00	--
17440	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, cooked, braised	2,29	0,00	--
32014	Macaroni or noodles with cheese, made from reduced fat packaged mix, unprepared	2,29	52,06	2,00
21145	School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Cheese Pizza, frozen	2,29	27,10	2,70
08270	Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA	2,29	84,50	5,00
08449	Cereals, QUAKER, Instant Grits Product with American Cheese Flavor, dry	2,29	74,18	4,30
08670	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS, MEDLEY CRUNCH	2,29	79,50	7,50
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	2,29	0,00	--
11921	Peppers, sweet, red, sauteed	2,29	6,57	1,80
19201	Puddings, vanilla, ready-to-eat	2,29	22,60	0,00
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	2,28	0,00	--
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	2,28	0,00	--
17139	Veal, sirloin, separable lean only, cooked, roasted	2,28	0,00	--
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	2,28	0,00	--
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	2,28	0,00	--
23431	Beef, New Zealand, imported, ribs prepared, raw	2,28	0,00	--
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	2,28	0,00	--
03957	Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA	2,28	51,91	0,00
19085	Candies, confectioner's coating, butterscotch	2,27	67,10	0,00
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	2,27	0,00	--
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	2,27	0,00	--
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	2,27	0,00	--
06128	Soup, chicken noodle, dry, mix	2,27	62,32	3,20
05284	Turkey, canned, meat only, with broth	2,26	1,47	0,00
08450	Cereals, QUAKER, Instant Grits, Ham 'n' Cheese flavor, dry	2,26	71,08	4,20
08675	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey & almonds	2,25	77,26	6,10
13436	Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised	2,25	0,00	--

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	2,25	0,00	--
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	2,25	74,34	2,90
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	2,25	0,00	--
21604	School Lunch, pizza, sausage topping, thin crust, whole grain, frozen, cooked	2,24	32,24	3,90
17358	Lamb, New Zealand, imported, brains, raw	2,24	0,00	--
23056	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	2,24	0,00	--
08657	Cereals ready-to-eat, BARBARA'S PUFFINS, original	2,24	84,00	18,50
02012	Spices, coriander leaf, dried	2,23	52,10	10,40
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	2,23	71,17	1,00
15048	Fish, mackerel, jack, canned, drained solids	2,22	0,00	--
08694	Cereals, QUAKER, Instant Oatmeal, weight control, cinnamon	2,22	64,21	13,00
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	2,22	0,00	--
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	2,22	0,00	--
18388	Muffins, wheat bran, toaster-type with raisins, toasted	2,22	55,50	8,20
13158	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled	2,22	0,00	--
17192	Lamb, variety meats and by-products, heart, cooked, braised	2,22	1,93	0,00
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	2,22	0,00	--
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	2,22	0,00	--
32005	Macaroni and cheese, box mix with cheese sauce, prepared	2,22	23,10	1,20
27054	Dip, TOSTITOS, salsa con queso, medium	2,21	11,72	0,60
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	2,21	0,00	--
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	2,21	0,00	--
03201	Babyfood, cereal, egg yolks and bacon, junior	2,21	6,20	0,90
11412	Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated	2,21	26,98	2,60
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	2,21	0,00	--
16160	Tofu, hard, prepared with nigari	2,20	4,39	0,60
04551	Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)	2,20	0,00	--
08284	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins	2,20	80,10	7,40
16529	WORTHINGTON FriPats, frozen, unprepared	2,20	8,00	2,80
16570	GARDENBURGER Black Bean Chipotle Burger, frozen, unprepared	2,20	22,00	6,10
21515	MORNINGSTAR FARMS Pizza, Baja Black Bean, single serve, frozen, unprepared	2,20	36,90	5,20
28019	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Honey Oat	2,20	44,10	3,80
28024	KELLOGG'S, EGGO, Waffles, Strawberry	2,20	41,60	1,10
28169	KELLOGG'S, POP-TARTS, Frosted Cookies & Creme Toaster Pastries	2,20	69,30	2,60
28178	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Hot Fudge Sundae Toaster Pastries	2,20	69,80	3,30

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
28179	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Ice Creme Sandwich Toaster Pastries	2,20	69,40	3,50
28190	KELLOGG'S, SPECIAL K, Multigrain Crackers	2,20	75,40	8,60
28191	KELLOGG'S, SPECIAL K, Savory Herb Crackers	2,20	73,80	9,80
28192	KELLOGG'S, POP-TARTS, Gingerbread Toaster Pastries	2,20	70,80	1,40
28283	KEEBLER, ZESTA, Saltines, Original	2,20	76,10	2,50
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	2,20	0,00	--
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	2,20	0,11	0,00
03966	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, liquid concentrate	2,20	14,71	0,00
21225	Pizza, cheese topping, rising crust, frozen, cooked	2,20	32,91	2,50
08686	Cereals, QUAKER, Weight Control Instant Oatmeal, maple and brown sugar	2,20	64,25	13,00
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	2,19	0,00	--
05732	Turkey, retail parts, breast, meat and skin, raw	2,19	0,00	--
04144	Salad dressing, italian dressing, reduced fat, without salt	2,19	4,57	0,00
08639	Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar	2,19	69,45	8,80
15024	Fish, drum, freshwater, raw	2,19	0,00	--
17292	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	2,19	0,00	--
21348	McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette	2,19	24,65	0,40
43132	Meatballs, meatless	2,19	8,00	4,60
43135	Sandwich spread, meatless	2,19	9,00	3,30
43137	Vegetarian meatloaf or patties	2,19	8,00	4,60
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	2,19	71,83	1,80
08687	Cereals, QUAKER, Weight Control Instant Oatmeal, banana bread	2,18	64,42	12,60
11286	Onions, yellow, sauteed	2,18	7,86	1,70
21060	Fast foods, burrito, with beans	2,18	32,92	--
02046	Mustard, prepared, yellow	2,18	5,83	4,00
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	2,18	0,00	--
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	2,18	0,00	--
27053	Dip, OLD EL PASO, Cheese 'n Salsa, medium	2,18	10,65	0,60
17120	Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised	2,18	0,00	--
20038	Oats	2,18	66,27	10,60
36619	Restaurant, Chinese, kung pao chicken	2,17	6,87	1,50
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	2,17	0,00	--
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	2,17	0,00	--
17178	Game meat, rabbit, domesticated, composite of cuts, cooked, roasted	2,17	0,00	--
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	2,17	0,00	--

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	2,17	0,00	--
21277	DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	2,16	33,24	2,20
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	2,16	0,04	0,00
18277	Muffins, blueberry, toaster-type	2,16	53,30	1,80
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	2,16	4,69	0,00
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	2,16	9,84	0,20
17127	Veal, shoulder, arm, separable lean only, cooked, roasted	2,16	0,00	--
23094	Beef, chuck for stew, separable lean and fat, select, raw	2,16	0,21	0,00
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	2,16	0,00	--
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	2,16	0,00	--
14311	Beverages, Malted drink mix, natural, powder, dairy based.	2,16	71,21	0,10
17296	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	2,16	0,00	--
05642	Ostrich, ground, cooked, pan-broiled	2,16	0,00	--
16136	Winged beans, mature seeds, cooked, boiled, without salt	2,15	14,94	--
16436	Winged beans, mature seeds, cooked, boiled, with salt	2,15	14,94	--
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	2,15	0,00	--
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	2,15	0,00	--
11373	Potatoes, au gratin, home-prepared from recipe using butter	2,15	11,27	1,80
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	2,14	0,00	--
01225	Dulce de Leche	2,14	55,35	0,00
15052	Fish, mackerel, spanish, cooked, dry heat	2,14	0,00	--
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	2,14	0,00	--
15081	Fish, salmon, coho, wild, raw	2,13	0,00	--
16005	Beans, baked, home prepared	2,13	21,63	5,50
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	2,13	1,02	0,00
13432	Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised	2,13	0,00	--
17059	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw	2,13	0,00	--
15207	Fish, roe, mixed species, cooked, dry heat	2,13	1,92	0,00
23308	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean only, raw	2,13	0,00	--
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	2,13	1,15	0,00
10863	Pork, fresh, variety meats and by-products, stomach, cooked, simmered	2,13	0,09	0,00
06149	Soup, chicken mushroom, canned, condensed	2,12	11,95	3,20
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	2,12	4,69	0,00
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	2,12	0,00	--
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	2,12	0,00	--

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	2,12	0,00	--
18965	Crackers, cheese, reduced fat	2,12	68,19	3,30
23411	Beef, New Zealand, imported, flank, separable lean only, raw	2,12	0,00	--
21148	School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Pepperoni Pizza 50/50 Cheese, frozen	2,12	28,84	4,10
21602	School Lunch, pizza, pepperoni topping, thin crust, whole grain, frozen, cooked	2,12	31,24	4,30
08501	Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES	2,12	90,10	1,00
17171	Game meat, horse, cooked, roasted	2,12	0,00	--
14063	Beverages, chocolate powder, no sugar added	2,12	63,64	9,10
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	2,12	0,00	--
13355	Beef, cured, pastrami	2,12	0,36	0,00
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	2,11	0,00	--
17003	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw	2,11	0,00	--
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	2,11	0,00	--
18279	Muffins, corn, commercially prepared	2,10	51,00	3,40
19152	Candies, ROLO Caramels in Milk Chocolate	2,10	67,95	0,90
15076	Fish, salmon, Atlantic, wild, raw	2,10	0,00	--
08277	Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA	2,10	79,40	5,00
08513	Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS	2,10	84,40	5,30
14044	Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan	2,10	0,85	0,40
16554	MORNINGSTAR FARMS Tomato & Basil Pizza Burger, frozen, unprepared	2,10	14,00	9,10
16608	MORNINGSTAR FARMS Chik Patties Original, frozen, unprepared	2,10	20,50	3,70
16617	MORNINGSTAR FARMS Spicy Black Bean Enchilada Entree, frozen, unprepared	2,10	15,90	2,60
18489	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted strawberry	2,10	71,70	1,30
18490	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted wild berry	2,10	72,40	1,30
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	2,10	0,00	--
28009	KELLOGG'S, EGGO, Waffles, Blueberry	2,10	41,70	1,10
28021	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Original	2,10	37,60	3,90
28116	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Cookies 'N Creme	2,10	72,20	2,40
28118	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Fudge Grahams Cookies	2,10	73,20	2,30
28172	KELLOGG'S, POP-TARTS, Frosted Spring Berry Toaster Pastries	2,10	72,30	1,30
28175	KELLOGG'S, POP-TARTS, Frosted Wild Fruit Fusion Toaster Pastries	2,10	72,30	1,30
28176	KELLOGG'S, POP-TARTS, Frosted Wild Grape Toaster Pastries	2,10	71,80	1,30
28177	KELLOGG'S, POP-TARTS, Frosted Wild Strawberry Toaster Pastries	2,10	72,10	1,30
28187	KELLOGG'S, SPECIAL K, Cracker Chips, Sea Salt	2,10	75,40	10,80
28260	KELLOGG'S, EGGO, Waffles, Chocolate Chip	2,10	44,80	1,50

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28282	SUNSHINE, KRISPY, Soup & Oyster Crackers (large)	2,10	76,10	2,60
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	2,10	4,21	0,00
08225	Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry	2,09	75,42	6,00
28285	Bread, chapati or roti, whole wheat, commercially prepared, frozen	2,09	46,13	9,70
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	2,09	0,00	--
08268	Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY	2,09	85,40	4,20
08273	Cereals ready-to-eat, GENERAL MILLS, BOO BERRY	2,09	85,40	4,20
08596	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Caramel Delight	2,09	82,69	19,10
08707	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolate Almond	2,09	81,50	10,30
17047	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw	2,09	0,00	--
17460	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	2,09	0,00	--
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	2,09	0,00	--
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	2,08	0,00	--
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	2,08	0,00	--
01168	Cheese, low fat, cheddar or colby	2,08	1,91	0,00
06006	Soup, bean with frankfurters, canned, condensed	2,08	16,75	4,60
17122	Veal, shoulder, arm, separable lean and fat, raw	2,08	0,00	--
21464	Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	2,08	0,00	--
08204	Cereals ready-to-eat, chocolate-flavored frosted puffed corn	2,08	87,20	3,80
17427	Veal, loin, chop, separable lean only, cooked, grilled	2,08	0,07	0,00
17459	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	2,08	0,00	--
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	2,07	0,00	--
18292	Pancakes, plain, dry mix, incomplete, prepared	2,07	28,90	1,90
23303	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean only, raw	2,07	0,00	--
22901	Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased	2,07	47,00	1,90
28350	Cookies, chocolate cream covered biscuit sticks	2,06	51,08	5,00
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	2,06	0,00	--
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	2,06	0,00	--
05188	Turkey, from whole, dark meat, cooked, roasted	2,06	0,00	--
05216	Turkey, back, from whole bird, meat only, roasted	2,06	0,00	--
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	2,06	0,00	--
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	2,06	0,00	--
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	2,06	0,00	--
05741	Turkey, thigh, from whole bird, meat only, roasted	2,06	0,00	--
03011	Babyfood, meat, lamb, junior	2,06	0,00	--

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03801	Infant formula, NESTLE, GOOD START SUPREME, with iron, liquid concentrate, not reconstituted	2,06	14,20	0,00
05193	Turkey, all classes, leg, meat and skin, raw	2,06	0,00	--
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	2,06	0,00	--
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	2,06	0,00	--
06016	Soup, cream of chicken, canned, condensed	2,06	7,16	0,00
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	2,06	0,00	--
19114	Ice creams, chocolate, light	2,06	25,70	0,80
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	2,06	0,00	--
43131	Luncheon slices, meatless	2,06	4,44	1,10
15118	Fish, tuna, fresh, bluefin, cooked, dry heat	2,05	0,00	--
05336	USDA Commodity Chicken, canned, meat only, drained	2,05	0,00	--
36613	DENNY'S, macaroni & cheese, from kid's menu	2,05	21,16	1,20
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	2,04	0,00	--
05175	Turkey, heart, all classes, raw	2,04	0,40	0,00
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	2,04	4,22	0,00
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	2,04	14,40	2,20
17021	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw	2,04	0,00	--
17152	Game meat, beefalo, composite of cuts, raw	2,04	0,00	--
18268	French toast, frozen, ready-to-heat	2,04	32,10	1,10
18603	GEORGE WESTON BAKERIES, Brownberry Sage and Onion Stuffing Mix, dry	2,04	72,70	5,40
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	2,04	0,00	--
36030	DENNY'S, hash browns	2,04	26,59	2,70
36039	Restaurant, family style, hash browns	2,04	26,59	2,70
17304	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, raw	2,03	0,00	--
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	2,03	0,00	--
42141	Cream substitute, liquid, light	2,03	9,10	0,00
03926	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted	2,03	14,10	0,00
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	2,03	0,00	--
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	2,03	0,00	--
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	2,02	23,51	1,90
15077	Fish, salmon, chinook, smoked	2,02	0,00	--
15179	Fish, salmon, chinook, smoked, (lox), regular	2,02	0,00	--
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	2,02	0,00	--
06014	CAMPBELL'S Red and White, Broccoli Cheese Soup, condensed	2,02	9,68	0,00
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	2,01	0,00	--

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	2,01	0,00	--
36018	APPLEBEE'S, fish, hand battered	2,01	16,65	0,90
05026	Chicken, heart, all classes, cooked, simmered	2,01	0,10	0,00
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	2,01	0,00	--
28337	Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca	2,01	45,78	4,30
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	2,01	0,00	--
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	2,01	0,00	--
23052	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	2,01	0,00	--
43275	Cheese, pasteurized process, American, low fat	2,00	3,50	0,00
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	2,00	0,00	--
06584	Soup, broccoli cheese, canned, condensed, commercial	2,00	7,70	1,80
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	2,00	80,00	12,20
08543	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond	2,00	83,00	9,60
16524	WORTHINGTON Veja-Links, canned, unprepared	2,00	4,10	3,30
16581	GARDENBURGER Flame Grilled Burger, frozen, unprepared	2,00	6,80	3,70
16596	MORNINGSTAR FARMS Grillers Quarter Pound Veggie Burger, frozen, unprepared	2,00	8,90	2,50
16606	MORNINGSTAR FARMS Mediterranean Chickpea, frozen, unprepared	2,00	19,80	10,10
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	2,00	70,40	2,10
18499	KELLOGG, KELLOGG'S EGGO, Buttermilk Pancake	2,00	38,60	1,00
18640	HEINZ, WEIGHT WATCHER, Chocolate Eclair, frozen	2,00	40,30	2,10
22971	Potato salad with egg	2,00	16,18	1,30
22979	KASHI Black Bean Mango, frozen, unprepared	2,00	18,00	6,00
28004	KELLOGG'S, EGGO, Pancakes, Chocolate Chip	2,00	39,90	1,30
28012	KELLOGG'S, EGGO, FIBERPLUS Waffles, Buttermilk	2,00	41,80	13,20
28023	KELLOGG'S, SIMPLY EGGO, Original	2,00	43,30	1,30
28188	KELLOGG'S, SPECIAL K, Cracker Chips, Sour Cream & Onion	2,00	74,30	9,80
28268	KEEBLER, Sugar Cones	2,00	78,00	2,10
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	2,00	0,00	--
12114	Nuts, coconut meat, dried (desiccated), toasted	2,00	44,40	--
18032	Bread, irish soda, prepared from recipe	2,00	56,00	2,60
15130	Fish, whitefish, mixed species, raw	2,00	0,00	--
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	2,00	0,48	0,00
23557	Beef, ground, 95% lean meat / 5% fat, raw	1,99	0,00	--
15135	Fish, yellowtail, mixed species, raw	1,99	0,00	--
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	1,99	1,48	0,00

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
18228	Crackers, saltines (includes oyster, soda, soup)	1,99	74,05	2,80
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	1,98	0,05	0,00
18339	Popovers, dry mix, enriched	1,98	71,00	--
18447	Popovers, dry mix, unenriched	1,98	71,00	--
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	1,98	1,57	0,00
16109	Soybeans, mature cooked, boiled, without salt	1,98	8,36	6,00
16409	Soybeans, mature seeds, cooked, boiled, with salt	1,98	8,36	6,00
05285	Turkey, diced, light and dark meat, seasoned	1,98	1,00	0,00
08120	Cereals, oats, regular and quick, not fortified, dry	1,98	67,70	10,10
08402	Cereals, QUAKER, Quick Oats, Dry	1,98	68,18	9,40
08451	Cereals, QUAKER, Quick Oats with Iron, Dry	1,98	68,18	9,40
08640	Cereals, QUAKER, Instant Oatmeal Organic, Regular	1,98	67,00	9,80
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	1,98	0,00	--
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	1,98	0,00	--
15240	Fish, trout, rainbow, farmed, raw	1,98	0,00	--
15211	Fish, salmon, chum, cooked, dry heat	1,98	0,00	--
18076	Bread, whole-wheat, commercially prepared, toasted	1,97	51,16	7,50
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	1,97	0,00	--
22963	Lean Pockets, Meatballs & Mozzarella	1,97	32,28	2,00
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	1,97	0,00	--
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	1,97	0,42	0,00
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	1,97	0,00	--
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	1,97	1,26	0,00
23513	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw	1,96	0,00	--
08690	Cereals, QUAKER, oatmeal, REAL MEDLEYS, apple walnut, dry	1,96	70,53	7,00
21420	KFC, Coleslaw	1,96	15,65	2,00
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	1,96	0,05	0,00
18349	Rolls, french	1,96	50,20	3,20
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	1,96	0,00	--
10149	Pork, cured, ham, steak, boneless, extra lean, unheated	1,96	0,00	--
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	1,96	0,00	--
01058	Sour dressing, non-butterfat, cultured, filled cream-type	1,96	4,68	0,00
08642	Cereals, QUAKER, Instant Oatmeal, Apple and Cinnamon, reduced sugar	1,96	72,17	9,70
21032	Fast foods, sundae, caramel	1,96	31,81	0,00
36017	Restaurant, family style, macaroni & cheese, from kids' menu	1,95	18,80	1,10

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
05622	Emu, ground, cooked, pan-broiled	1,95	0,00	--
17442	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	1,95	0,00	--
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	1,95	0,00	--
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	1,95	0,00	--
36003	APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	1,95	21,08	1,30
43245	Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits	1,95	76,20	9,70
19400	Snacks, banana chips	1,95	58,40	7,70
28287	Bread, naan, whole wheat, commercially prepared, refrigerated	1,95	46,21	4,80
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	1,94	0,00	--
17349	Veal, Australian, shank, fore, bone-in, separable lean only, raw	1,94	0,00	--
05125	Chicken, stewing, meat only, raw	1,94	0,00	--
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	1,94	0,00	--
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	1,94	0,00	--
15104	Fish, sturgeon, mixed species, raw	1,94	0,00	--
17344	Game meat, deer, ground, cooked, pan-broiled	1,94	0,00	--
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	1,94	1,45	0,00
05631	Emu, oyster, raw	1,94	0,00	--
03860	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed	1,94	11,15	0,00
03870	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber	1,94	11,28	0,50
23351	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	1,94	0,00	--
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	1,93	0,00	--
23039	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw	1,93	0,00	--
43100	Breakfast bars, oats, sugar, raisins, coconut (include granola bar)	1,93	66,70	3,10
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	1,93	0,00	--
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	1,93	0,00	--
07052	Pastrami, turkey	1,93	3,34	0,10
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	1,93	87,73	0,10
19076	Candies, caramels, chocolate-flavor roll	1,93	87,73	0,10
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	1,93	0,00	--
01072	Dessert topping, pressurized	1,93	16,07	0,00
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	1,92	1,06	0,00
15264	Salmon, sockeye, canned, drained solids, without skin and bones	1,92	0,00	--
16426	Tofu, raw, firm, prepared with calcium sulfate	1,92	2,78	2,30
36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	1,92	17,62	1,40
14632	Beverages, Meal supplement drink, canned, peanut flavor	1,92	14,74	--

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
06081	Soup, chicken broth cubes, dry	1,92	23,50	0,00
15080	Fish, salmon, chum, canned, drained solids with bone	1,92	0,00	--
15180	Fish, salmon, chum, canned, without salt, drained solids with bone	1,92	0,00	--
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	1,92	0,00	--
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	1,92	0,00	--
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	1,91	1,20	0,00
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	1,91	0,89	0,00
08228	Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry	1,90	72,41	6,90
18025	Bread, cracked-wheat	1,90	49,50	5,50
08582	Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLORER	1,90	82,80	10,20
16275	Vitasoy USA Organic Nasoya Sprouted, Tofu Plus Super Firm	1,90	2,16	1,20
16552	MORNINGSTAR FARMS Mushroom Lover's Burger, frozen, unprepared	1,90	9,20	5,10
16611	MORNINGSTAR FARMS Parmesan Garlic Wings, frozen, unprepared	1,90	24,10	3,10
17126	Veal, shoulder, arm, separable lean only, cooked, braised	1,90	0,00	--
22122	MORNINGSTAR FARMS Breakfast Sausage Patties, frozen, unprepared	1,90	8,80	4,10
22987	KASHI Pesto Pasta Primavera, frozen, unprepared	1,90	13,00	2,40
22997	KASHI, Tuscan Veggie Bake, Frozen Entree	1,90	15,00	2,90
28018	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Blueberry	1,90	43,60	3,90
28085	KEEBLER, FUDGE SHOPPE, Fudge Grahams, 1/2 Dipped, Reduced Fat	1,90	73,70	3,20
28189	KELLOGG'S, SPECIAL K, Cracker Chips, Southwest Ranch	1,90	74,80	9,30
28259	KELLOGG'S, EGGO Minis, Pancakes, Buttermilk	1,90	39,60	1,00
28393	PEPPERIDGE FARM, White Hoagie Roll	1,90	50,70	4,50
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	1,89	72,18	1,10
28306	Bread, chapati or roti, plain, commercially prepared	1,89	46,36	4,90
08568	Cereals, KASHI HEART TO HEART, Instant Oatmeal, Apple Cinnamon, dry	1,89	73,80	12,50
08569	Cereals, KASHI HEART TO HEART, Instant Oatmeal, golden brown maple, dry	1,89	73,59	12,70
08671	Cereals ready-to-eat, GENERAL MILLS, Dulce De Leche CHEERIOS	1,89	82,00	7,30
10973	Pork, ground, 96% lean / 4% fat, raw	1,89	0,21	0,00
13318	Beef, variety meats and by-products, brain, raw	1,89	1,05	0,00
17151	Game meat, beaver, cooked, roasted	1,89	0,00	--
42193	Salad Dressing, mayonnaise-like, fat-free	1,89	15,50	1,90
13320	Beef, variety meats and by-products, brain, cooked, simmered	1,88	1,48	0,00
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	1,88	52,04	2,00
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	1,88	0,00	--
19092	Candies, TWIZZLERS NIBS CHERRY BITS	1,88	79,37	0,60

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	1,88	1,75	0,00
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	1,88	0,00	--
13415	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	1,88	0,00	--
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	1,87	25,55	2,00
02038	Spices, sage, ground	1,87	60,73	40,30
21406	McDONALD'S, Premium Grilled Chicken Ranch BLT Sandwich	1,86	21,91	1,40
15086	Fish, salmon, sockeye, cooked, dry heat	1,86	0,00	--
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	1,86	0,00	--
23309	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean only, raw	1,86	0,00	--
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	1,86	0,00	--
28155	KEEBLER, Waffle Bowls	1,86	87,70	1,80
28156	KEEBLER, Waffle Cones	1,86	87,70	1,80
19260	Ice creams, vanilla, light, no sugar added	1,86	21,42	0,00
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	1,86	0,00	--
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	1,85	31,78	2,40
28348	Rolls, dinner, sweet	1,85	53,58	3,10
05148	Goose, domesticated, meat only, raw	1,85	0,00	--
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	1,85	0,00	--
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	1,85	0,00	--
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	1,85	1,20	0,00
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	1,85	0,00	--
23318	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean and fat, raw	1,85	0,00	--
18271	Ice cream cones, cake or wafer-type	1,84	79,00	3,00
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	1,84	0,00	--
05053	Chicken, broilers or fryers, back, meat only, raw	1,84	0,00	--
17100	Veal, leg (top round), separable lean only, cooked, braised	1,84	0,00	--
17186	Lamb, variety meats and by-products, brain, cooked, braised	1,84	0,00	--
17200	Lamb, variety meats and by-products, liver, cooked, braised	1,84	2,53	0,00
21600	School Lunch, pizza, cheese topping, thin crust, whole grain, frozen, cooked	1,84	31,31	4,00
15187	Fish, bass, freshwater, mixed species, cooked, dry heat	1,84	0,00	--
36418	Restaurant, Mexican, refried beans	1,83	16,79	8,00
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	1,83	0,06	0,00
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	1,83	0,00	--
10854	HORMEL ALWAYS TENDER, Pork Loin Filets, Lemon Garlic-Flavored	1,83	1,79	--
13358	Beef, cured, smoked, chopped beef	1,83	1,86	0,00

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	1,83	43,50	--
05165	Turkey, whole, meat and skin, raw	1,83	0,13	0,00
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	1,82	0,00	--
05179	Turkey from whole, neck, meat only, raw	1,82	0,00	--
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	1,82	0,00	--
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	1,82	0,00	--
17446	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw	1,82	0,00	--
17000	Veal, Australian, rib, rib roast, separable lean only, raw	1,81	1,40	0,00
18156	Cookies, fudge, cake-type (includes trolley cakes)	1,81	78,30	2,80
22972	Pulled pork in barbecue sauce	1,81	18,74	1,20
22955	Egg rolls, vegetable, frozen, prepared	1,81	31,77	2,40
17013	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw	1,81	0,00	--
15095	Fish, shark, mixed species, raw	1,81	0,00	--
03009	Babyfood, meat, ham, junior	1,80	3,70	0,00
03008	Babyfood, meat, ham, strained	1,80	3,70	0,00
21064	Fast foods, burrito, with beans, cheese, and beef	1,80	23,37	3,70
21265	TACO BELL, BURRITO SUPREME with beef	1,80	23,37	3,70
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	1,80	0,00	--
28307	Bread, naan, plain, commercially prepared, refrigerated	1,80	50,43	2,20
18997	KELLOGG'S, EGGO, French Toaster Sticks, Cinnamon	1,80	42,60	1,00
18998	KELLOGG'S, EGGO, French Toaster Sticks, Original	1,80	39,40	0,90
19439	Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar	1,80	78,00	6,20
21516	KASHI Pizza, Mushroom and Spinach, single serve, frozen, unprepared	1,80	36,50	4,10
28186	KELLOGG'S, SPECIAL K, Cracker Chips, Cheddar	1,80	73,70	9,20
06216	Soup, cream of chicken, canned, prepared with equal volume milk	1,80	6,04	0,10
16526	WORTHINGTON Meatless Chicken Roll, frozen, unprepared	1,80	4,30	2,40
16531	WORTHINGTON Prosage Links, frozen, unprepared	1,80	5,00	2,80
16546	MORNINGSTAR FARMS Breakfast Sausage Links, frozen, unprepared	1,80	6,80	4,00
16600	MORNINGSTAR FARMS Sesame Chik'n Entree, frozen, unprepared	1,80	17,30	1,30
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	1,80	0,00	--
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	1,80	0,00	--
36401	Restaurant, Latino, chicken and rice, entree, prepared	1,80	20,03	1,20
18384	Bread, rice bran, toasted	1,80	47,30	5,30
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	1,79	0,00	--
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	1,79	0,00	--

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
15005	Fish, bluefish, raw	1,79	0,00	--
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	1,79	86,19	3,90
08387	Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat	1,79	78,69	13,70
08561	Cereals, KASHI GO LEAN Hot Cereal, Hearty Honey & Cinnamon, dry	1,79	68,00	12,00
08583	Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS	1,79	84,19	5,90
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	1,79	0,00	--
21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	1,79	0,00	--
43299	Soybean, curd cheese	1,79	6,90	0,00
01108	Milk, indian buffalo, fluid	1,79	5,18	0,00
08074	Cereals ready-to-eat, RALSTON TASTEEOS	1,79	75,50	10,70
17184	Game meat, squirrel, cooked, roasted	1,79	0,00	--
14347	Shake, fast food, vanilla	1,78	19,59	0,90
01059	Milk, filled, fluid, with blend of hydrogenated vegetable oils	1,78	4,74	0,00
35234	Piki bread, made from blue cornmeal (Hopi)	1,78	72,22	9,20
43020	Salad dressing, blue or roquefort cheese, low calorie	1,78	2,90	0,00
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	1,78	0,00	--
16147	Veggie burgers or soyburgers, unprepared	1,78	14,27	4,90
22919	Macaroni and Cheese, canned, microwavable	1,77	13,96	0,40
18432	Bread, white, commercially prepared, toasted, low sodium no salt	1,77	54,40	--
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	1,77	0,00	--
16132	Tofu, salted and fermented (fuyu)	1,77	4,38	--
16432	Tofu, salted and fermented (fuyu), prepared with calcium sulfate	1,77	5,15	--
17443	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	1,77	0,00	--
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	1,76	0,00	--
13227	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw	1,76	0,00	--
22977	Lasagna with meat sauce, frozen, prepared	1,76	15,36	1,70
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	1,76	0,00	--
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	1,76	0,00	--
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	1,76	0,00	--
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	1,75	0,00	--
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	1,75	0,00	--
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	1,75	49,38	3,50
10851	HORMEL, Cure 81 Ham	1,75	0,21	--
19393	Frozen yogurts, chocolate, soft-serve	1,75	24,90	2,20
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	1,75	0,00	--

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	1,75	0,00	--
35146	Stew, mutton, corn, squash (Navajo)	1,75	7,27	1,70
18038	Bread, oat bran, toasted	1,75	43,70	4,90
15116	Fish, trout, rainbow, wild, cooked, dry heat	1,75	0,00	--
18300	Pancakes, whole-wheat, dry mix, incomplete, prepared	1,74	29,40	2,80
05647	Ostrich, inside strip, cooked	1,74	0,00	--
17189	Veal, variety meats and by-products, brain, cooked, braised	1,74	0,00	--
21034	Fast foods, sundae, strawberry	1,74	29,18	0,00
21159	SUBWAY, steak & cheese sub on white bread with American cheese, lettuce and tomato	1,74	21,49	1,20
21160	Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato	1,74	21,49	1,20
36055	Restaurant, Italian, cheese ravioli with marinara sauce	1,73	18,50	1,20
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	1,73	15,71	1,50
23315	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean and fat, raw	1,73	0,01	0,00
08417	Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry	1,73	75,70	6,70
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	1,73	2,82	0,00
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	1,73	0,00	--
04021	Salad dressing, italian dressing, commercial, reduced fat	1,72	9,99	0,00
01109	Milk, sheep, fluid	1,72	5,36	0,00
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	1,72	0,00	--
19269	Snacks, GENERAL MILLS, BETTY CROCKER Fruit Roll Ups, berry flavored, with vitamin C	1,72	85,20	--
19274	Snacks, fruit leather, pieces, with vitamin C	1,72	85,20	3,50
21313	McDONALD'S, Hot Mustard Sauce	1,72	29,08	5,00
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	1,72	0,00	--
22956	Lasagna, Vegetable, frozen, baked	1,72	14,18	1,90
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	1,72	0,00	--
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	1,72	0,51	0,00
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	1,72	0,00	--
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	1,72	0,00	--
28302	Cookies, graham crackers, plain or honey, lowfat	1,72	77,96	5,70
21339	McDONALD'S, McFLURRY with OREO cookies	1,72	25,55	0,10
21413	Light Ice Cream, soft serve, blended with cookie pieces	1,72	25,55	0,10
18040	Bread, oatmeal, toasted	1,72	52,70	4,30
08688	Cereals, QUAKER, Instant Oatmeal, Cinnamon Swirl, high fiber	1,71	75,67	22,30
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	1,71	0,00	--
17288	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	1,71	0,00	--

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
17159	Game meat, boar, wild, cooked, roasted	1,71	0,00	--
17351	Veal, Australian, shank, hind, bone-in, separable lean only, raw	1,71	0,00	--
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	1,71	16,13	1,30
15216	Fish, spot, cooked, dry heat	1,71	0,00	--
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	1,70	0,00	--
43401	Beverages, coffee, instant, with whitener, reduced calorie	1,70	59,94	0,50
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	1,70	0,00	--
03072	Babyfood, dinner, chicken stew, toddler	1,70	6,40	0,60
04028	Salad dressing, mayonnaise, imitation, milk cream	1,70	11,10	0,00
08267	Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS	1,70	79,80	7,50
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	1,70	83,70	5,70
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	1,70	83,90	5,80
08305	Cereals ready-to-eat, Post, Waffle Crisp	1,70	83,00	4,40
08586	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIX	1,70	85,50	4,30
16517	WORTHINGTON Prime Stakes, canned, unprepared	1,70	7,50	1,40
16551	MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared	1,70	18,20	5,10
16593	MORNINGSTAR FARMS Hot and Spicy Veggie Sausage Patties, frozen, unprepared	1,70	8,50	2,30
16619	MORNINGSTAR FARMS Tuscan Greens & Beans, frozen, unprepared	1,70	11,70	3,80
19005	Snacks, corn-based, extruded, cones, plain	1,70	62,90	1,10
21147	School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Cheese Pizza 50/50 Cheese, frozen	1,70	29,27	3,80
21513	KASHI Pizza, Greek Tzatziki, single serve, frozen, unprepared	1,70	29,70	5,90
22123	MORNINGSTAR FARMS Spicy Black Bean Burger, frozen, unprepared	1,70	19,10	6,00
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	1,70	0,00	--
28006	KELLOGG'S, CINNABON, Pancakes, Original	1,70	43,10	1,10
28120	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Mints Grasshopper Cookies	1,70	75,00	2,90
02028	Spices, paprika	1,70	53,99	34,90
18283	Muffins, oat bran	1,70	48,30	4,60
05338	USDA Commodity, Chicken, canned, meat only, with broth	1,69	0,23	0,00
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	1,69	0,00	--
21140	Side dishes, potato salad	1,69	13,53	--
22988	KASHI, Pilaf, 7 Whole Grain, unprepared	1,69	71,00	12,30
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	1,69	0,00	--
08411	Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS, Brown Sugar, dry	1,69	73,68	6,40
17017	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw	1,69	0,00	--
17064	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw	1,69	0,00	--

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	1,69	0,00	--
20001	Amaranth grain, uncooked	1,68	65,25	6,70
21430	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed	1,68	0,25	--
32027	Turnover, meat- and cheese-filled, tomato-based sauce, reduced fat, frozen	1,68	31,89	0,80
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	1,68	0,00	--
05713	Turkey, retail parts, wing, meat only, cooked, roasted	1,68	0,00	--
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	1,68	0,00	--
16173	Frijoles rojos volteados (Refried beans, red, canned)	1,68	15,47	4,70
06046	Soup, cream of onion, canned, condensed	1,67	10,40	0,40
06076	Soup, beef broth, cubed, dry	1,67	16,10	0,00
21338	McDONALD'S, McFLURRY with M&M'S CANDIES	1,67	26,82	0,20
21412	Light Ice Cream, soft serve, blended with milk chocolate candies	1,67	26,82	0,20
01094	Milk, buttermilk, dried	1,67	49,00	0,00
05176	Turkey, heart, all classes, cooked, simmered	1,67	0,00	--
08553	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry	1,67	81,75	6,70
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	1,66	1,35	0,00
18084	Bread stuffing, cornbread, dry mix	1,66	76,70	14,30
15072	Fish, roe, mixed species, raw	1,66	1,50	0,00
25025	Snacks, soy chips or crisps, salted	1,66	53,15	3,50
19433	Tortilla chips, low fat, baked without fat	1,66	80,00	5,30
19833	Snacks, tortilla chips, low fat, unsalted	1,66	80,10	5,30
08674	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey	1,66	84,94	5,00
10096	Pork, fresh, variety meats and by-products, brain, raw	1,66	0,00	--
01107	Milk, human, mature, fluid	1,66	6,89	0,00
18059	Bread, rice bran	1,65	43,50	4,90
06549	Soup, chicken mushroom, canned, prepared with equal volume water	1,65	3,80	0,10
08352	Cereals ready-to-eat, QUAKER, MOTHER'S Toasted Oat Bran cereal	1,65	75,41	8,60
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	1,65	0,00	--
35237	Tamales, masa and pork filling (Hopi)	1,65	18,28	3,30
36045	ON THE BORDER, refried beans	1,65	17,52	8,20
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	1,65	0,00	--
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	1,64	0,00	--
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	1,64	0,00	--
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	1,64	0,00	--
02004	Spices, bay leaf	1,64	74,97	26,30

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
06736	Soup, cream of chicken, canned, condensed, single brand	1,64	7,70	--
08124	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry	1,64	76,74	8,30
17188	Veal, variety meats and by-products, brain, raw	1,64	0,00	--
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	1,64	0,00	--
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	1,64	0,00	--
05337	USDA Commodity, Chicken, canned, meat only, with water	1,64	0,00	--
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	1,64	0,82	0,00
22912	Spaghetti, with meatballs in tomato sauce, canned	1,63	11,45	2,70
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	1,63	0,43	0,00
06211	Soup, cheese, canned, prepared with equal volume milk	1,63	6,47	0,40
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	1,63	0,00	--
32016	Macaroni or noodles with cheese, microwaveable, unprepared	1,62	70,75	1,60
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	1,62	19,69	1,20
21487	Fast foods, taco with chicken, lettuce and cheese, soft	1,62	19,69	1,20
06004	Soup, bean with pork, canned, condensed	1,62	16,97	5,90
07028	Ham, sliced, pre-packaged, deli meat (96%fat free, water added)	1,62	0,70	0,00
18066	Bread, wheat bran	1,62	47,80	4,00
15212	Fish, salmon, pink, cooked, dry heat	1,62	0,00	--
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	1,62	13,26	1,50
01073	Dessert topping, semi solid, frozen	1,62	23,05	0,00
06353	CAMPBELL'S Red and White, Fiesta Nacho Cheese Soup, condensed	1,61	8,06	0,80
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	1,61	0,74	0,00
20035	Quinoa, uncooked	1,61	64,16	7,00
18416	Bread, white, commercially prepared, low sodium, no salt	1,61	49,60	2,30
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	1,61	0,00	--
18524	ARCHWAY Home Style Cookies, Coconut Macaroon	1,61	61,23	5,10
28309	Cookies, coconut macaroon	1,61	61,22	5,10
05162	Squab, (pigeon), light meat without skin, raw	1,61	0,00	--
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	1,61	0,87	0,00
17170	Game meat, horse, raw	1,61	0,00	--
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	1,61	0,01	0,00
18949	Crackers, whole-wheat, reduced fat	1,61	75,52	10,90
05621	Emu, ground, raw	1,61	0,00	--
06208	Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve	1,60	5,20	0,30
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	1,60	0,00	--

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
23640	Beef, variety meats and by-products, tripe, cooked, simmered	1,60	1,99	0,00
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	1,60	0,00	--
16059	Chili with beans, canned	1,60	13,24	3,30
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	1,60	85,10	5,60
08215	Cereals ready-to-eat, QUAKER, Oatmeal Squares, cinnamon	1,60	78,09	8,70
08239	Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry	1,60	80,50	7,60
08562	Cereals, KASHI GO LEAN Hot Cereal, Creamy TRULY VANILLA, dry	1,60	61,09	18,50
08587	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Low Fat Granola	1,60	74,80	11,30
08590	Cereals ready-to-eat, KASHI HEART TO HEART, Warm Cinnamon	1,60	78,50	13,20
08593	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate	1,60	83,50	6,20
08637	Cereals ready-to-eat, GENERAL MILLS, Oat Cluster CHEERIOS Crunch	1,60	80,70	7,00
08672	Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS	1,60	88,18	2,50
08706	Cereals ready-to-eat, KELLOGG SCOOBY-DOO! cereal	1,60	84,00	9,80
15117	Fish, tuna, fresh, bluefin, raw	1,60	0,00	--
16505	LOMA LINDA Swiss Stake with Gravy, canned, unprepared	1,60	10,40	3,20
16603	MORNINGSTAR FARMS Breakfast Biscuit Sausage, Egg & Cheese, frozen, unprepared	1,60	37,50	1,50
17191	Lamb, variety meats and by-products, heart, raw	1,60	0,21	0,00
22916	Lasagna with meat & sauce, frozen entree	1,60	14,39	1,40
22990	KASHI, STEAM MEAL, Roasted Garlic Chicken Farfalle, Frozen Entree	--	14,60	1,60
28001	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Mixed Berry Granola	1,60	41,40	3,00
28002	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Strawberry Granola	1,60	43,70	2,70
28003	KELLOGG'S, EGGO, Pancakes, Blueberry	1,60	39,90	1,00
28005	KELLOGG'S, CINNABON, Pancakes, Caramel	1,60	43,40	1,00
05174	Turkey, gizzard, all classes, cooked, simmered	1,60	0,00	--
08632	Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple	1,60	78,04	8,30
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	1,60	0,00	--
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	1,60	0,30	0,00
22969	Chili with beans, microwavable bowls	1,60	10,88	2,90
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	1,59	0,00	--
08214	Cereals ready-to-eat, QUAKER, Oatmeal Squares	1,59	77,77	8,30
05650	Ostrich, outside strip, cooked	1,59	0,00	--
18037	Bread, oat bran	1,59	39,80	4,50
19293	Frozen yogurts, vanilla, soft-serve	1,59	24,20	0,00
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	1,59	80,89	5,00
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	1,58	0,00	--

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23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	1,58	0,00	--
42204	Rice cake, cracker (include hain mini rice cakes)	1,58	81,10	4,20
03901	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, liquid concentrate, not reconstituted	1,58	16,50	0,00
15247	Fish, salmon, coho, wild, cooked, dry heat	1,58	0,00	--
06007	Soup, bean with ham, canned, chunky, ready-to-serve	1,58	11,16	4,60
08216	Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps	1,58	74,90	10,20
18039	Bread, oatmeal	1,58	48,50	4,00
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	1,58	0,00	--
18134	Cake, sponge, prepared from recipe	1,58	57,70	--
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	1,58	74,52	8,20
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	1,58	0,67	0,00
22910	Lasagna, cheese, frozen, prepared	1,57	13,84	1,70
03189	Babyfood, cereal, oatmeal, dry fortified	1,56	73,48	7,30
17435	Veal, shank, separable lean and fat, raw	1,56	0,00	--
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	1,56	0,00	--
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	1,56	0,00	--
06980	Soup, beef stroganoff, canned, chunky style, ready-to-serve	1,56	9,00	0,60
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	1,55	37,75	1,00
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	1,55	0,00	--
22962	LEAN POCKETS, Ham N Cheddar	1,55	32,52	1,70
10107	Pork, fresh, variety meats and by-products, kidneys, cooked, braised	1,55	0,00	--
13438	Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised	1,55	0,00	--
17185	Lamb, variety meats and by-products, brain, raw	1,55	0,00	--
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	1,55	0,00	--
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	1,55	1,32	0,00
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	1,55	0,00	--
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	1,55	0,00	--
17279	Veal, shank (fore and hind), separable lean only, cooked, braised	1,55	0,00	--
19074	Candies, caramels	1,54	77,00	0,00
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	1,54	0,00	--
23418	Beef, New Zealand, imported, inside, raw	1,54	0,10	0,00
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	1,54	0,00	--
15079	Fish, salmon, chum, raw	1,54	0,00	--
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	1,54	0,00	--
05141	Duck, domesticated, meat only, raw	1,54	0,94	0,00

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
32003	Rice and vermicelli mix, rice pilaf flavor, prepared with 80% margarine	1,54	25,67	0,60
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	1,54	0,00	--
43125	Beans, liquid from stewed kidney beans	1,54	2,80	0,10
12099	Nuts, chestnuts, european, dried, unpeeled	1,54	77,31	11,70
13341	Beef, variety meats and by-products, tripe, raw	1,53	0,00	--
35144	Stew, dumpling with mutton (Navajo)	1,53	8,03	--
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	1,53	75,47	4,60
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	1,53	1,24	0,00
15051	Fish, mackerel, spanish, raw	1,53	0,00	--
04702	Oil, industrial, cottonseed, fully hydrogenated	1,53	0,00	--
07043	Roast beef, deli style, prepackaged, sliced	1,52	0,64	0,00
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	1,52	0,00	--
05118	Chicken, roasting, light meat, meat only, cooked, roasted	1,52	0,00	--
11452	Soybeans, mature seeds, sprouted, raw	1,52	9,57	1,10
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	1,51	0,00	--
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	1,51	37,14	2,60
36417	Restaurant, Mexican, spanish rice	1,51	31,16	1,20
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	1,51	47,67	4,50
16157	Chickpea flour (besan)	1,50	57,82	10,80
08002	Cereals ready-to-eat, POST, ALPHA-BITS	1,50	80,30	7,10
08039	Cereals ready-to-eat, POST, GRAPE-NUTS Flakes	1,50	82,00	10,20
08084	Cereals ready-to-eat, wheat germ, toasted, plain	1,50	49,60	15,10
16586	GARDENBURGER Veggie Medley Burger, frozen, unprepared	1,50	24,00	7,10
17177	Game meat, rabbit, domesticated, composite of cuts, raw	1,50	0,00	--
18995	KELLOGG'S, EGGO, Biscuit Scramblers, Bacon, Egg & Cheese	1,50	38,30	2,10
18996	KELLOGG'S, EGGO, Biscuit Scramblers, Egg & Cheese	1,50	38,30	2,30
21514	KASHI Pizza, Tikka Masala, single serve, frozen, unprepared	1,50	29,50	6,00
22118	MORNINGSTAR FARMS Garden Veggie Patties, frozen, unprepared	1,50	13,70	4,50
28119	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Fudge Stripes Cookies	1,50	74,30	1,90
28168	KELLOGG'S, POP-TARTS, Frosted Confetti Cake Toaster Pastries	1,50	73,00	1,30
32022	KASHI Three Cheese Ravioli with Mediterranean Tomato Sauce, frozen, unprepared	1,50	19,70	2,10
11656	Corn pudding, home prepared	1,50	16,97	1,20
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	1,50	0,00	--
23306	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean only, raw	1,50	0,00	--
35211	Caribou, hind quarter, meat, cooked (Alaska Native)	1,50	0,00	--

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
18081	Bread stuffing, bread, dry mix	1,49	76,20	3,20
08353	Cereals ready-to-eat, QUAKER, MOTHER'S Cinnamon Oat Crunch	1,49	79,79	8,10
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	1,49	0,00	--
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	1,49	0,00	--
18345	Rolls, dinner, oat bran	1,49	40,20	4,10
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	1,49	76,08	8,00
12193	Seeds, sisymbrium sp. seeds, whole, dried	1,49	58,26	--
36630	Restaurant, Italian, spaghetti with meat sauce	1,49	16,40	1,60
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	1,48	0,00	--
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	1,48	0,00	--
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	1,48	0,00	--
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	1,48	0,00	--
19013	Snacks, fruit leather, pieces	1,48	82,82	0,00
19014	Snacks, fruit leather, rolls	1,48	85,80	0,00
19706	Puddings, banana, dry mix, regular, with added oil	1,48	88,40	0,30
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	1,48	77,74	6,60
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	1,48	0,84	0,00
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	1,48	0,00	--
21033	Fast foods, sundae, hot fudge	1,48	30,17	0,00
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	1,48	6,65	2,20
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	1,47	0,00	--
08346	Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH	1,47	81,59	1,70
08349	Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	1,47	85,94	2,20
18272	Ice cream cones, sugar, rolled-type	1,47	84,10	1,70
16118	Soy flour, low-fat	1,46	30,63	16,00
21245	WENDY'S, Ultimate Chicken Grill Sandwich	1,46	18,88	1,10
08130	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry	1,45	76,91	7,20
03181	Babyfood, cereal, barley, dry fortified	1,45	69,40	6,60
05652	Ostrich, oyster, cooked	1,45	0,00	--
10853	HORMEL ALWAYS TENDER, Pork Tenderloin, Peppercorn-Flavored	1,45	1,82	--
13353	Beef, cured, luncheon meat, jellied	1,45	0,00	--
01185	Parmesan cheese topping, fat free	1,45	40,00	0,00
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	1,44	1,04	0,00
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	1,44	0,00	--
05080	Chicken, broilers or fryers, leg, meat only, raw	1,44	0,00	--

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	1,44	16,94	1,50
18061	Bread, rye, toasted	1,44	53,10	6,40
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	1,44	0,00	--
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	1,43	0,68	0,00
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	1,43	0,00	--
22970	Macaroni and cheese, frozen entree	1,43	17,28	1,10
08680	Cereals, oats, instant, fortified, maple and brown sugar, dry	1,43	76,67	7,20
18385	Bread, wheat germ, toasted	1,43	54,30	2,30
15003	Fish, bass, fresh water, mixed species, raw	1,43	0,00	--
20111	Noodles, egg, spinach, enriched, dry	1,43	70,32	6,80
03190	Babyfood, cereal, oatmeal, with bananas, dry	1,43	78,07	5,20
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	1,43	19,64	1,10
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	1,42	0,00	--
12104	Nuts, coconut meat, raw	1,42	15,23	9,00
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	1,42	0,31	0,00
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	1,42	0,84	0,00
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	1,42	0,00	--
22999	Rice and vermicelli mix, chicken flavor, prepared with 80% margarine	1,42	23,54	0,70
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	1,42	0,00	--
08138	Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS	1,42	82,77	4,90
17194	Veal, variety meats and by-products, heart, cooked, braised	1,42	0,13	0,00
08435	Cereals ready-to-eat, UNCLE SAM CEREAL	1,42	65,78	20,30
05028	Chicken, liver, all classes, cooked, simmered	1,42	0,87	0,00
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	1,41	0,00	--
22904	Chili con carne with beans, canned entree	1,41	13,10	3,30
32026	Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	1,41	21,74	3,10
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	1,40	14,36	2,20
36021	APPLEBEE'S, coleslaw	1,40	13,17	2,80
08549	Cereals ready-to-eat, QUAKER, QUAKER Honey Graham LIFE Cereal	1,40	78,56	6,30
03936	Infant formula, PBM PRODUCTS, store brand, ready-to-feed	1,40	6,39	0,00
03939	Infant formula, PBM PRODUCTS, store brand, soy, ready-to-feed	1,40	6,09	0,00
08017	Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP	1,40	84,50	5,10
16212	Vitasoy USA, Organic Nasoya Extra Firm Tofu	1,40	2,60	1,30
16276	Vitasoy USA Azumaya, Extra Firm Tofu	1,40	1,53	0,90
16557	MORNINGSTAR FARMS Chik Patties, frozen, unprepared	1,40	22,90	3,00

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
16590	MORNINGSTAR FARMS BBQ Riblets, frozen, unprepared	1,40	24,60	4,70
22993	KASHI Spicy Black Bean Enchilada, frozen, unprepared	1,40	17,70	3,10
28174	KELLOGG'S, POP-TARTS, Frosted Waffle Cone Toaster Pastries	1,40	74,30	1,20
19103	Candies, fudge, vanilla, prepared-from-recipe	1,40	82,15	0,00
02008	Spices, chervil, dried	1,40	49,10	11,30
02011	Spices, cloves, ground	1,39	65,53	33,90
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	1,39	0,00	--
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	1,39	0,00	--
17141	Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised	1,39	0,00	--
05661	Chicken, liver, all classes, cooked, pan-fried	1,39	1,11	0,00
16007	Beans, baked, canned, with beef	1,38	16,91	--
23033	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	1,38	0,00	--
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	1,38	0,00	--
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	1,38	1,22	0,00
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	1,38	0,00	--
15056	Fish, mullet, striped, cooked, dry heat	1,38	0,00	--
03968	Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), ready-to-feed	1,38	7,18	0,00
05156	Pheasant, leg, meat only, raw	1,38	0,00	--
06061	Soup, tomato beef with noodle, canned, condensed	1,38	16,87	1,20
19168	Desserts, egg custard, baked, prepared-from-recipe	1,38	11,00	0,00
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	1,38	65,22	6,40
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	1,38	0,00	--
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	1,38	51,85	9,90
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	1,38	62,95	12,20
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	1,37	1,02	0,00
03841	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed	1,37	6,70	0,00
03953	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, ready-to-feed	1,37	6,70	0,00
15085	Fish, salmon, sockeye, raw	1,37	0,00	--
05138	Chicken, capons, giblets, cooked, simmered	1,37	0,76	0,00
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	1,37	79,02	6,30
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	1,37	0,00	--
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	1,37	0,00	--
20078	Wheat germ, crude	1,36	51,80	13,20
08691	Cereals, QUAKER, oatmeal, REAL MEDLEYS, summer berry, dry	1,36	72,58	8,50
17131	Veal, shoulder, blade chop, separable lean only, raw	1,36	0,00	--

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
17169	Game meat, goat, cooked, roasted	1,36	0,00	--
19812	Snacks, pretzels, hard, plain, made with unenriched flour, salted	1,36	79,20	2,80
19813	Snacks, pretzels, hard, plain, made with unenriched flour, unsalted	1,36	79,20	2,80
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	1,36	79,20	2,80
08625	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S Halloween Crunch	1,36	85,14	2,50
43268	Whipped cream substitute, dietetic, made from powdered mix	1,36	10,60	0,00
06618	Sauce, peanut, made from coconut, water, sugar, peanuts	1,36	28,46	1,10
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	1,36	0,00	--
08628	Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal	1,35	78,86	6,30
17107	Veal, loin, separable lean only, raw	1,35	0,00	--
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	1,35	0,00	--
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	1,35	0,00	--
28341	Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch	1,35	50,47	5,10
28368	SCHAR, Gluten-Free, Classic White Rolls	1,35	50,47	5,10
11844	Potatoes, scalloped, home-prepared with margarine	1,35	10,78	1,90
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	1,35	0,00	--
43379	Cheese, pasteurized process, swiss, low fat	1,35	4,30	0,00
43589	Cheese, swiss, low fat	1,35	3,40	0,00
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	1,35	0,00	--
12100	Nuts, chestnuts, european, dried, peeled	1,35	78,43	--
12110	Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned	1,35	40,91	4,50
15083	Fish, salmon, pink, raw	1,35	0,00	--
03059	Babyfood, dinner, vegetables and bacon, strained	1,35	8,81	1,70
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	1,35	0,00	--
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	1,35	0,00	--
18171	Cookies, fortune	1,34	84,00	1,60
17343	Game meat, deer, ground, raw	1,34	0,00	--
04701	Oil, industrial, soy, fully hydrogenated	1,34	0,00	--
05043	Chicken, broilers or fryers, dark meat, meat only, raw	1,34	0,00	--
06051	Soup, pea, split with ham, canned, condensed	1,34	20,81	1,70
06416	Soup, cream of chicken, canned, prepared with equal volume water	1,34	3,80	0,10
21490	Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread	1,34	16,78	0,90
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	1,34	0,00	--
05600	USDA Commodity, turkey ham, dark meat, smoked, frozen	1,34	3,10	0,00
17441	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, raw	1,34	0,00	--

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	1,33	0,00	--
19186	Desserts, apple crisp, prepared-from-recipe	1,33	30,84	1,40
21316	McDONALD'S, Tangy Honey Mustard Sauce	1,33	28,81	2,70
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	1,33	1,05	0,00
15113	Fish, tilefish, cooked, dry heat	1,33	0,00	--
03803	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, ready-to-feed	1,33	7,20	0,00
03955	Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, ready-to-feed, with ARA and DHA	1,33	7,40	0,00
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	1,33	0,00	--
05116	Chicken, roasting, giblets, cooked, simmered	1,33	0,86	0,00
15103	Fish, spot, raw	1,33	0,00	--
17163	Game meat, caribou, cooked, roasted	1,33	0,00	--
22954	Egg rolls, chicken, refrigerated, heated	1,33	28,54	2,40
43218	Cereals ready-to-eat, ALPEN	1,33	75,70	9,10
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	1,32	0,00	--
14192	Beverages, Cocoa mix, powder	1,32	83,73	3,70
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	1,32	0,00	--
05137	Chicken, capons, giblets, raw	1,32	1,42	0,00
06246	Soup, cream of onion, canned, prepared with equal volume milk	1,32	7,40	0,30
06729	Soup, sirloin burger with vegetables, ready-to-serve, single brand	1,32	6,80	2,30
17009	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw	1,32	0,00	--
16159	Tofu, extra firm, prepared with nigari	1,32	1,18	1,00
03850	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, ready-to-feed	1,31	6,92	0,00
03855	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, ready-to-feed	1,31	6,93	0,00
03949	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, ready-to-feed	1,31	6,77	0,00
18060	Bread, rye	1,31	48,30	5,80
06122	Gravy, mushroom, dry, powder	1,31	64,66	4,80
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	1,31	10,87	0,80
19416	Snacks, rice cakes, brown rice, rye	1,31	79,90	4,00
01057	Eggnog	1,30	8,05	0,00
03963	Infant Formula, MEAD JOHNSON, ENFAMIL GENTLEASE LIPIL, with iron, prepared from powder	1,30	6,39	0,00
08245	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Hearty Raisin	1,30	80,80	7,50
08684	Cereals ready-to-eat, CASCADIAN FARM, Honey Nut O's	1,30	83,09	8,50
16211	Vitasoy USA, Organic Nasoya Super Firm Cubed Tofu	1,30	2,80	2,00
16273	Vitasoy USA Organic Nasoya, Tofu Plus Extra Firm	1,30	1,82	1,00
16504	LOMA LINDA Tender Rounds with Gravy, canned, unprepared	1,30	7,40	3,50

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
16602	MORNINGSTAR FARMS Meal Starters Veggie Meatballs, frozen, unprepared	1,30	9,90	3,60
17158	Game meat, boar, wild, raw	1,30	0,00	--
19705	Puddings, banana, dry mix, instant, with added oil	1,30	89,00	0,00
28389	PEPPERIDGE FARM, White Bread	1,30	50,20	1,60
22918	Burrito, bean and cheese, frozen	1,30	34,01	3,40
18073	Bread, white, prepared from recipe, made with low fat (2%) milk	1,30	49,60	2,00
19866	Candies, soft fruit and nut squares	1,30	73,81	2,40
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	1,30	0,00	--
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	1,29	6,67	0,70
03823	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-feed	1,29	6,11	0,00
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	1,29	0,00	--
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	1,29	0,00	--
03806	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, ready-to-feed	1,29	7,18	0,00
03868	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, ready-to-feed	1,29	7,18	0,00
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	1,29	0,00	--
03054	Babyfood, dinner, vegetables and beef, junior	1,29	8,84	1,30
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	1,28	6,59	0,60
11450	Soybeans, green, raw	1,28	11,05	4,20
11212	Edamame, frozen, prepared	1,28	8,91	5,20
19088	Ice creams, vanilla, light	1,28	29,46	0,30
05115	Chicken, roasting, giblets, raw	1,28	1,14	0,00
05158	Quail, meat only, raw	1,28	0,00	--
03184	Babyfood, cereal, whole wheat, with apples, dry fortified	1,28	83,20	6,70
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	1,28	0,00	--
08347	Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH	1,27	86,55	1,80
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	1,27	1,03	0,00
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	1,27	0,00	--
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	1,27	0,00	--
17422	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	1,27	0,00	--
18078	Bread, whole-wheat, prepared from recipe, toasted	1,27	56,40	6,70
04658	Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product	1,27	0,00	--
18289	Pancakes, plain, dry mix, complete (includes buttermilk)	1,27	73,65	2,90
03010	Babyfood, meat, lamb, strained	1,27	0,85	0,00
05658	Ostrich, top loin, cooked	1,27	0,00	--
06725	Soup, chicken corn chowder, chunky, ready-to-serve, single brand	1,27	7,50	0,90

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
17215	Lamb, variety meats and by-products, spleen, cooked, braised	1,27	0,00	--
19094	Desserts, flan, caramel custard, prepared-from-recipe	1,27	22,78	0,00
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	1,27	0,00	--
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	1,27	0,00	--
05168	Turkey, whole, meat only, cooked, roasted	1,26	0,00	--
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	1,26	0,00	--
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	1,26	0,00	--
10852	HORMEL ALWAYS TENDER, Pork Tenderloin, Teriyaki-Flavored	1,26	4,63	--
21061	Fast foods, burrito, with beans and cheese	1,26	31,23	4,20
21264	TACO BELL, Bean Burrito	1,26	31,23	4,20
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	1,26	0,00	--
17276	Veal, shank (fore and hind), separable lean and fat, raw	1,26	0,00	--
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	1,26	0,22	0,00
03815	Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with iron, ready-to-feed, with ARA and DHA	1,26	7,10	0,00
03825	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, ready to feed, with ARA and DHA	1,26	7,18	0,00
03832	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, ready-to-feed, with ARA and DHA	1,26	6,44	0,00
03845	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, ready-to-feed, with ARA and DHA	1,26	6,81	0,00
03857	Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA	1,26	6,11	0,00
03942	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, ready-to-feed, with ARA and DHA	1,26	7,53	0,00
10998	Canadian bacon, cooked, pan-fried	1,26	1,80	0,00
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	1,26	0,00	--
03988	Infant formula, GERBER, GOOD START, PROTECT PLUS, ready-to-feed	1,25	7,17	0,00
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	1,25	7,39	0,00
20109	Noodles, egg, dry, enriched	1,25	71,27	3,30
20409	Noodles, egg, dry, unenriched	1,25	71,27	3,30
20014	Corn grain, yellow	1,25	74,26	7,30
20314	Corn grain, white	1,25	74,26	--
01200	Reddi Wip Fat Free Whipped Topping	1,25	25,00	0,40
05129	Chicken, stewing, light meat, meat only, raw	1,25	0,00	--
05651	Ostrich, oyster, raw	1,25	0,00	--
08366	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Wheat Germ, Regular	1,25	49,38	11,90
17113	Veal, rib, separable lean only, raw	1,25	0,00	--
05027	Chicken, liver, all classes, raw	1,25	0,73	0,00
05632	Emu, top loin, cooked, broiled	1,25	0,00	--
05694	Turkey, dark meat from whole, meat only, with added solution, raw	1,24	0,10	0,00

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
05719	Turkey, back, from whole bird, meat only, with added solution, raw	1,24	0,15	0,00
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	1,24	0,15	0,00
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	1,24	0,15	0,00
21419	KFC, biscuit	1,24	43,55	2,00
32025	Dumpling, potato- or cheese-filled, frozen	1,24	29,64	0,90
36631	OLIVE GARDEN, spaghetti with meat sauce	1,24	17,19	1,70
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	1,24	0,00	--
05310	Chicken, cornish game hens, meat only, cooked, roasted	1,24	0,00	--
07938	Ham, honey, smoked, cooked	1,24	7,27	0,00
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	1,24	0,18	0,00
17198	Veal, variety meats and by-products, kidneys, cooked, braised	1,24	0,00	--
02003	Spices, basil, dried	1,24	47,75	37,70
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	1,24	0,00	--
21321	McDONALD'S, Hotcakes (plain)	1,24	38,27	1,40
31036	Potatoes, mashed, ready-to-eat	1,24	13,29	1,90
18346	Rolls, dinner, rye	1,24	53,10	4,90
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	1,24	16,32	1,30
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	1,23	0,00	--
03211	Babyfood, cereal, high protein, with apple and orange, dry	1,23	57,60	7,10
05654	Ostrich, tenderloin, raw	1,23	0,00	--
17334	Game meat, bison, chuck, shoulder clod, separable lean only, raw	1,23	0,00	--
03186	Babyfood, cereal, mixed, with bananas, dry	1,22	77,10	7,80
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	1,22	0,00	--
06043	Soup, cream of mushroom, canned, condensed	1,22	6,80	0,70
23427	Beef, New Zealand, imported, manufacturing beef, raw	1,22	0,23	0,00
05705	Turkey, whole, meat only, with added solution, roasted	1,22	0,00	--
36603	Restaurant, Chinese, beef and vegetables	1,22	7,29	1,50
22966	SPAGHETTIOS, SpaghettiOs with Meatballs - Easy Open	1,21	11,65	1,50
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	1,21	0,00	--
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	1,21	12,77	1,10
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	1,21	0,00	--
15260	Fish, salmon, pink, canned, drained solids	1,21	0,00	--
05145	Duck, wild, breast, meat only, raw	1,21	0,00	--
06337	CAMPBELL'S, Cream of Chicken with Herbs Soup, condensed	1,21	7,26	0,00
06340	CAMPBELL'S Red and White, Cream of Onion Soup, condensed	1,21	8,06	2,40

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
06343	CAMPBELL'S Red and White, Creamy Chicken Noodle Soup, condensed	1,21	8,87	3,20
21335	McDONALD'S, Hot Caramel Sundae	1,21	33,36	0,00
11451	Soybeans, green, cooked, boiled, drained, without salt	1,21	11,05	4,20
11853	Soybeans, green, cooked, boiled, drained, with salt	1,21	11,05	4,20
08132	Cereals, oats, instant, fortified, with raisins and spice, dry	1,21	76,33	5,70
02034	Spices, poultry seasoning	1,21	65,59	11,30
03185	Babyfood, cereal, mixed, dry fortified	1,21	78,21	6,70
03813	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, ready-to-feed	1,21	6,81	0,00
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	1,21	26,36	0,10
21333	McDONALD'S, Vanilla Reduced Fat Ice Cream Cone	1,21	26,36	0,10
15084	Fish, salmon, pink, canned, total can contents	1,20	0,00	--
18494	Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted brown sugar cinnamon	1,20	73,70	5,50
22121	MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared	1,20	9,10	5,20
06411	Soup, cheese, canned, prepared with equal volume water	1,20	4,26	0,40
08081	Cereals ready-to-eat, POST, Honey Nut Shredded Wheat	1,20	83,60	10,70
08087	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain CHEERIOS	1,20	81,40	8,70
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	1,20	79,09	9,10
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	1,20	85,59	0,40
08592	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut	1,20	84,69	6,10
08696	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN, Cinnamon Almond	1,20	81,19	9,20
16213	Vitasoy USA, Organic Nasoya Firm Tofu	1,20	2,30	0,80
16277	Vitasoy USA Azumaya, Firm Tofu	1,20	1,52	0,60
16585	GARDENBURGER Sun-Dried Tomato Basil Burger, frozen, unprepared	1,20	23,70	5,20
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	1,20	0,31	0,00
18348	Rolls, dinner, whole-wheat	1,20	51,10	7,50
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	1,20	0,00	--
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	1,19	4,47	0,00
08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	1,19	75,68	5,80
06056	Soup, cream of shrimp, canned, condensed	1,19	6,53	0,20
17103	Veal, leg (top round), separable lean only, cooked, roasted	1,19	0,00	--
22940	SPAGHETTIOS, SpaghettiOs with Meatballs	1,19	12,70	1,60
22942	SPAGHETTIOS, SpaghettiOs A to Z's with Meatballs	1,19	12,70	1,60
42280	Frankfurter, meat and poultry, low fat	1,19	8,40	0,10
43260	Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted	1,19	41,00	2,00
43273	Cheese, cottage, with vegetables	1,19	3,00	0,10

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
03859	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed	1,19	7,13	0,00
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	1,19	7,15	0,00
08510	Milk and cereal bar	1,19	72,05	0,40
06969	Potato soup, instant, dry mix	1,18	76,14	7,60
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	1,18	0,00	--
15001	Fish, anchovy, european, raw	1,18	0,00	--
06015	Soup, chicken, canned, chunky, ready-to-serve	1,18	6,88	0,60
10104	Pork, fresh, variety meats and by-products, heart, cooked, braised	1,18	0,40	0,00
16077	Lupins, mature seeds, cooked, boiled, without salt	1,18	9,88	2,80
16377	Lupins, mature seeds, cooked, boiled, with salt	1,18	9,29	2,80
17183	Game meat, squirrel, raw	1,18	0,00	--
05646	Ostrich, inside strip, raw	1,18	0,00	--
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	1,18	12,84	0,90
01264	Ice cream bar, stick or nugget, with crunch coating	1,17	37,12	1,10
05154	Pheasant, raw, meat only	1,17	0,00	--
06121	Gravy, mushroom, canned	1,17	5,47	0,40
18376	Bread crumbs, dry, grated, seasoned	1,17	68,49	4,90
14317	Beverages, malted drink mix, chocolate, powder	1,17	86,94	4,80
05716	Turkey, retail parts, drumstick, meat only, raw	1,16	0,00	--
02063	Rosemary, fresh	1,16	20,70	14,10
19414	Snacks, rice cakes, brown rice, multigrain	1,16	80,10	3,00
19818	Snacks, rice cakes, brown rice, multigrain, unsalted	1,16	80,10	--
18077	Bread, whole-wheat, prepared from recipe	1,16	51,40	6,00
21402	McDONALD'S, Premium Grilled Chicken Classic Sandwich	1,16	22,28	1,40
36044	ON THE BORDER, Mexican rice	1,16	34,15	1,10
44061	Puddings, chocolate flavor, low calorie, instant, dry mix	1,15	78,20	6,10
14163	Beverages, chocolate drink, milk and soy based, ready to drink, fortified	1,15	17,30	1,30
18507	KELLOGG'S EGGO Lowfat Blueberry Nutri-Grain Waffles	1,15	42,71	3,50
44258	Puddings, chocolate flavor, low calorie, regular, dry mix	1,15	74,42	10,10
15020	Fish, croaker, Atlantic, raw	1,15	0,00	--
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	1,15	0,00	--
06256	Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk	1,15	5,64	0,10
17203	Veal, variety meats and by-products, liver, cooked, braised	1,15	3,77	0,00
07081	Turkey breast, sliced, prepackaged	1,14	2,20	0,00
05293	Turkey breast, pre-basted, meat and skin, cooked, roasted	1,14	0,00	--

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
19413	Snacks, rice cakes, brown rice, corn	1,14	81,20	2,90
13321	Beef, variety meats and by-products, heart, raw	1,14	0,14	0,00
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	1,14	0,00	--
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	1,14	0,00	--
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	1,14	0,00	--
23477	Beef, ground, 97% lean meat / 3% fat, raw	1,13	0,00	--
12007	Seeds, cottonseed flour, partially defatted (glandless)	1,13	40,54	3,00
15214	Fish, seatrout, mixed species, cooked, dry heat	1,13	0,00	--
18353	Rolls, hard (includes kaiser)	1,13	52,70	2,30
20067	Sorghum grain	1,13	72,09	6,70
15115	Fish, trout, rainbow, wild, raw	1,13	0,00	--
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	1,13	2,85	0,90
19170	Egg custards, dry mix, prepared with whole milk	1,13	17,60	0,00
32001	Rice and vermicelli mix, beef flavor, prepared with 80% margarine	1,13	22,03	0,60
36414	Restaurant, Latino, tripe soup	1,12	4,07	--
43021	Salad dressing, caesar, low calorie	1,12	18,60	0,10
13326	Beef, variety meats and by-products, liver, cooked, braised	1,12	5,13	0,00
17375	Lamb, New Zealand, imported, sweetbread, raw	1,12	0,00	--
05020	Chicken, broilers or fryers, giblets, raw	1,12	1,80	0,00
05119	Chicken, roasting, dark meat, meat only, raw	1,12	0,00	--
06044	Soup, mushroom with beef stock, canned, condensed	1,12	7,41	0,10
13334	Beef, variety meats and by-products, spleen, cooked, braised	1,12	0,00	--
17094	Veal, leg (top round), separable lean and fat, raw	1,12	0,00	--
16112	Miso	1,12	25,37	5,40
08676	Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS	1,11	79,62	6,30
19052	Snacks, rice cakes, brown rice, buckwheat	1,11	80,10	3,80
19817	Snacks, rice cakes, brown rice, buckwheat, unsalted	1,11	80,10	--
01106	Milk, goat, fluid, with added vitamin D	1,11	4,45	0,00
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	1,11	5,16	0,00
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	1,10	0,00	--
27061	Gravy, HEINZ Home Style, classic chicken	1,10	5,01	--
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	1,10	79,69	7,10
02035	Spices, pumpkin pie spice	1,10	69,28	14,80
08538	Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Blueberry Clusters	1,10	80,30	7,40
08610	Cereals ready-to-eat, KASHI Honey Sunshine	1,10	82,00	17,90

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
16274	Vitasoy USA Organic Nasoya, Tofu Plus Firm	1,10	1,71	0,80
16502	LOMA LINDA Low Fat Big Franks, canned, unprepared	1,10	4,90	4,10
16508	LOMA LINDA Tender Bits, canned, unprepared	1,10	8,30	4,30
16515	WORTHINGTON Low Fat Veja-Links, canned, unprepared	1,10	4,30	1,20
18497	Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted strawberry	1,10	74,40	5,60
19053	Snacks, rice cakes, brown rice, sesame seed	1,10	81,50	5,40
19806	Snacks, popcorn, air-popped (Unsalted)	1,10	77,90	15,10
19819	Snacks, rice cakes, brown rice, sesame seed, unsalted	1,10	81,50	--
22983	KASHI, Chicken Florentine, Frozen Entree	1,10	11,00	1,80
22994	KASHI Spinach Artichoke Pasta, frozen, unprepared	1,10	15,10	3,00
28378	PEPPERIDGE FARM, Cinnamon Swirl Bread	1,10	52,90	3,20
28379	PEPPERIDGE FARM, Raisin Cinnamon Swirl Bread	1,10	52,10	1,40
42236	Cereals ready-to-eat, frosted oat cereal with marshmallows	1,10	84,70	4,30
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	1,10	0,00	--
15233	Fish, catfish, channel, wild, cooked, dry heat	1,10	0,00	--
43528	Beverages, ABBOTT, ENSURE PLUS, ready-to-drink	1,10	19,88	0,00
25051	Snacks, CLIF BAR, mixed flavors	1,09	65,44	7,40
42153	Salad dressing, blue or roquefort cheese dressing, light	1,09	13,20	0,00
17340	Game meat, elk, loin, separable lean only, cooked, broiled	1,09	0,00	--
06406	Soup, bean with frankfurters, canned, prepared with equal volume water	1,09	8,80	--
10130	Canadian bacon, unprepared	1,09	1,34	0,00
36626	Restaurant, Chinese, chicken and vegetables	1,09	5,38	0,90
42285	Babyfood, cereal, brown rice, dry, instant	1,08	85,98	6,50
06011	Soup, cheese, canned, condensed	1,08	11,30	2,20
03800	Infant formula, NESTLE, GOOD START SUPREME, with iron, ready-to-feed	1,08	7,39	0,00
03960	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, ready-to-feed	1,08	7,39	0,00
03961	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, prepared from liquid concentrate	1,08	7,39	0,00
19220	Desserts, rennin, chocolate, dry mix	1,08	91,50	5,10
05627	Emu, full rump, cooked, broiled	1,08	0,00	--
03864	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA	1,08	8,09	0,00
03930	Infant formula, MEAD JOHNSON,NEXT STEP PROSOBEE, prepared from powder	1,08	8,08	0,00
15055	Fish, mullet, striped, raw	1,08	0,00	--
18057	Bread, reduced-calorie, white	1,08	44,30	9,70
32019	Lasagna, cheese, frozen, unprepared	1,08	21,61	1,70
15224	Fish, wolffish, Atlantic, cooked, dry heat	1,07	0,00	--

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
25024	Pretzels, soft, unsalted	1,07	71,04	1,70
43109	Pretzels, soft	1,07	69,39	1,70
05309	Chicken, cornish game hens, meat only, raw	1,07	0,00	--
10106	Pork, fresh, variety meats and by-products, kidneys, raw	1,07	0,00	--
11934	Potatoes, mashed, home-prepared, whole milk and butter added	1,07	16,81	1,50
06977	Gravy, meat or poultry, low sodium, prepared	1,07	6,16	0,30
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	1,07	0,68	0,00
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	1,06	55,04	3,00
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	1,06	1,23	0,00
03290	Babyfood, carrots and beef, strained	1,06	5,70	2,60
05657	Ostrich, top loin, raw	1,06	0,00	--
01078	Milk, producer, fluid, 3.7% milkfat	1,06	4,65	0,00
14067	Beverages, Protein powder soy based	1,06	28,89	6,70
21378	McDONALD'S, Bacon Ranch Salad without chicken	1,06	4,20	1,50
16427	Tofu, raw, regular, prepared with calcium sulfate	1,06	1,87	0,30
11384	Potatoes, au gratin, dry mix, unprepared	1,06	74,31	4,10
03005	Babyfood, meat, veal, strained	1,05	1,51	0,00
20036	Rice, brown, long-grain, raw	1,05	76,25	3,60
25017	Formulated bar, POWER BAR, chocolate	1,05	69,63	5,70
08491	Cereals ready-to-eat, MOM'S BEST, Honey Nut TOASTY O'S	1,05	79,84	6,30
17199	Lamb, variety meats and by-products, liver, raw	1,05	1,78	0,00
11660	Tomatoes, red, ripe, cooked, stewed	1,05	13,05	1,70
18374	Leavening agents, yeast, baker's, compressed	1,05	18,10	8,10
21336	McDONALD'S, Hot Fudge Sundae	1,04	30,05	0,40
05172	Turkey, whole, giblets, cooked, simmered	1,04	0,00	--
05155	Pheasant, breast, meat only, raw	1,04	0,00	--
06025	Soup, chicken vegetable, canned, condensed	1,04	7,01	0,70
08085	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ	1,04	58,11	10,20
20008	Buckwheat	1,04	71,50	10,00
11372	Potatoes, scalloped, home-prepared with butter	1,04	10,78	1,90
05178	Turkey, liver, all classes, cooked, simmered	1,04	0,00	--
01013	Cheese, cottage, creamed, with fruit	1,04	4,61	0,20
43391	Turkey, light or dark meat, smoked, cooked, skin and bone removed	1,04	0,00	--
36413	Restaurant, Latino, black bean soup	1,04	14,79	4,90
01263	Ice cream, light, soft serve, chocolate	1,03	23,15	0,00

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	1,03	0,00	--
06010	Soup, cream of celery, canned, condensed	1,03	7,03	0,60
17168	Goat, raw	1,03	0,00	--
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	1,03	81,30	7,70
19051	Snacks, rice cracker brown rice, plain	1,03	81,50	4,20
19068	Candies, NESTLE, BIT-O'-HONEY Candy Chews	1,03	80,89	0,20
19816	Snacks, rice cakes, brown rice, plain, unsalted	1,03	81,50	4,20
25059	Snacks, brown rice chips	1,03	81,50	4,20
06119	Gravy, chicken, canned or bottled, ready-to-serve	1,03	5,29	0,10
07900	Turkey, pork, and beef sausage, low fat, smoked	1,03	11,54	0,60
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	1,02	0,00	--
20042	Rice, brown, parboiled, dry, UNCLE BEN'S	1,02	78,68	3,50
22522	Pasta with Sliced Franks in Tomato Sauce, canned entree	1,02	12,70	1,60
18045	Bread, pumpernickel, toasted	1,02	52,20	7,10
18079	Bread crumbs, dry, grated, plain	1,02	71,98	4,50
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	1,02	0,00	--
10103	Pork, fresh, variety meats and by-products, heart, raw	1,02	1,33	0,00
18065	Bread, wheat, toasted	1,02	55,77	4,70
20016	Corn flour, whole-grain, yellow	1,02	76,85	7,30
20316	Corn flour, whole-grain, white	1,02	76,85	7,30
36404	Restaurant, Latino, arroz con leche (rice pudding)	1,02	24,92	0,50
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	1,02	0,32	0,00
05171	Turkey, whole, giblets, raw	1,02	0,07	0,00
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	1,02	0,73	0,00
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	1,01	5,54	2,20
15165	Mollusks, mussel, blue, cooked, moist heat	1,01	7,39	0,00
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	1,01	1,48	0,00
21376	McDONALD'S, Bacon Ranch Salad with Grilled Chicken	1,01	3,64	1,00
06026	Soup, chili beef, canned, condensed	1,01	18,86	2,50
13322	Beef, variety meats and by-products, heart, cooked, simmered	1,01	0,15	0,00
17162	Game meat, caribou, raw	1,01	0,00	--
11453	Soybeans, mature seeds, sprouted, cooked, steamed	1,01	6,53	0,80
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	1,01	6,53	0,80
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	1,01	1,35	0,00
20090	Rice flour, brown	1,01	76,48	4,60

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	1,01	0,00	--
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	1,00	0,00	--
36407	Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	1,00	30,75	1,40
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	1,00	0,00	--
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	1,00	0,00	--
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	1,00	83,00	8,30
03925	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed	1,00	7,17	0,00
06147	Soup, beef mushroom, canned, condensed	1,00	5,20	0,20
08309	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES	1,00	87,00	3,40
08647	Cereals ready-to-eat, KASHI INDIGO MORNING	1,00	82,80	7,10
08648	Cereals ready-to-eat, KASHI Simply Maize	1,00	83,30	6,10
16561	MORNINGSTAR FARMS Corn Dog Mini, frozen, unprepared	1,00	32,60	2,60
16584	GARDENBURGER Savory Portabella Veggie Burger, frozen, unprepared	1,00	22,10	7,10
16615	MORNINGSTAR FARMS Chipotle Black Bean Crumbles, frozen, unprepared	1,00	10,20	4,30
22981	KASHI, Chicken Enchilada with Ancho Sauce, Frozen Entree	1,00	14,90	2,30
22996	KASHI Three Cheese Penne, frozen, unprepared	1,00	16,80	2,70
01089	Milk, low sodium, fluid	1,00	4,46	0,00
20017	Corn flour, masa, enriched, white	1,00	76,59	6,40
20019	Corn flour, masa, unenriched, white	1,00	76,59	6,40
20317	Corn flour, yellow, masa, enriched	1,00	76,59	6,40
17268	Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw	1,00	0,00	--
13000	Beef, grass-fed, strip steaks, lean only, raw	1,00	0,00	--
22941	SPAGHETTIOS, SpaghettiOs with Sliced Franks	0,99	12,70	1,60
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	0,99	10,34	0,80
06009	Soup, beef noodle, canned, condensed	0,99	7,16	0,60
06210	Soup, cream of celery, canned, prepared with equal volume milk	0,99	5,86	0,30
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	0,99	82,82	8,80
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	0,99	0,00	--
18400	Crackers, matzo, egg and onion	0,99	77,10	5,00
03212	Babyfood, cereal, rice, with bananas, dry	0,99	79,90	1,00
17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	0,99	0,00	--
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	0,99	0,00	--
42187	Frozen yogurts, flavors other than chocolate	0,99	21,60	0,00
25043	Snacks, candy bits, yogurt covered with vitamin C	0,98	86,90	0,20
17278	Veal, shank (fore and hind), separable lean only, raw	0,98	0,00	--

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
03303	Babyfood, dinner, sweet potatoes and chicken, strained	0,98	11,04	1,30
14196	Beverages, Cocoa mix, no sugar added, powder	0,98	71,93	7,50
14538	Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A	0,98	58,00	1,10
15200	Fish, mackerel, king, cooked, dry heat	0,98	0,00	--
21334	McDONALD'S, Strawberry Sundae	0,98	28,09	0,00
20040	Rice, brown, medium-grain, raw	0,97	76,17	3,40
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	0,97	0,00	--
05286	Turkey and gravy, frozen	0,97	4,61	0,00
05656	Ostrich, tip trimmed, cooked	0,97	0,00	--
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	0,97	7,74	1,60
16281	HOUSE FOODS Premium Firm Tofu	--	0,97	0,90
17342	Game meat, elk, tenderloin, separable lean only, cooked, broiled	0,97	0,00	--
42278	Babyfood, vegetable and brown rice, strained	0,97	12,10	1,10
03302	Babyfood, snack, GERBER, GRADUATES, YOGURT MELTS	0,97	71,82	2,30
17202	Veal, variety meats and by-products, liver, raw	0,97	2,91	0,00
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	0,97	0,00	--
03061	Babyfood, dinner, vegetables and ham, strained	0,96	7,80	1,60
06175	Sauce, hoisin, ready-to-serve	0,96	44,08	2,80
05022	Chicken, broilers or fryers, giblets, cooked, simmered	0,96	0,00	--
06116	Gravy, beef, canned, ready-to-serve	0,96	4,81	0,40
42186	Frozen yogurts, chocolate	0,96	21,60	2,30
19323	Puddings, coconut cream, dry mix, instant, prepared with whole milk	0,96	19,10	0,10
13324	Beef, variety meats and by-products, kidneys, cooked, simmered	0,96	0,00	--
17119	Veal, shoulder, whole (arm and blade), separable lean only, raw	0,96	0,00	--
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	0,96	0,00	--
14421	Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk	0,96	5,60	0,10
15262	Fish, tilapia, cooked, dry heat	0,96	0,00	--
14204	Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener	0,95	71,40	4,80
19034	Snacks, popcorn, air-popped	0,95	77,78	14,50
03002	Babyfood, meat, beef, strained	0,95	2,43	0,00
03003	Babyfood, meat, beef, junior	0,95	2,43	0,00
05643	Ostrich, fan, raw	0,95	0,00	--
13329	Beef, variety meats and by-products, lungs, cooked, braised	0,95	0,00	--
17157	Game meat, bison, separable lean only, cooked, roasted	0,95	0,00	--
17181	Game meat, rabbit, wild, cooked, stewed	0,95	0,00	--

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
17337	Game meat, bison, top round, separable lean only, 1" steak, raw	0,95	0,00	--
18133	Cake, sponge, commercially prepared	0,95	61,00	0,50
20011	Buckwheat flour, whole-groat	0,95	70,59	10,00
20020	Cornmeal, whole-grain, yellow	0,95	76,89	7,30
20320	Cornmeal, whole-grain, white	0,95	76,89	7,30
12094	Nuts, chestnuts, chinese, dried	0,94	79,76	--
20648	Sorghum flour, whole-grain	0,94	76,64	6,60
01241	Ice cream sandwich, made with light ice cream, vanilla	0,94	39,64	0,00
01242	Ice cream sandwich, vanilla, light, no sugar added	0,94	42,86	7,10
03047	Babyfood, dinner, beef noodle, strained	0,94	8,18	1,30
02023	Spices, marjoram, dried	0,94	60,56	40,30
05708	Turkey, retail parts, breast, meat only, with added solution, raw	0,94	0,00	--
08221	Cereals, QUAKER, Instant Grits, Butter flavor, dry	0,94	74,83	4,70
21154	Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato	0,93	21,35	1,20
21211	SUBWAY, oven roasted chicken sub on white bread with lettuce and tomato	0,93	21,35	1,20
18044	Bread, pumpernickel	0,93	47,50	6,50
19265	Ice creams, chocolate, light, no sugar added	0,93	26,79	0,90
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	0,93	18,63	1,70
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	0,93	17,77	1,70
20647	Millet flour	0,92	75,12	3,50
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	0,92	0,00	--
17090	Veal, composite of trimmed retail cuts, separable lean only, raw	0,92	0,00	--
19036	Snacks, popcorn, cakes	0,92	80,10	2,90
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	0,92	18,80	1,00
43417	Babyfood, meat, beef with vegetables, toddler	0,92	8,72	1,80
33876	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, ready-to-feed	0,92	7,39	0,00
05624	Emu, fan fillet, cooked, broiled	0,92	0,00	--
03956	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified	0,92	13,22	0,30
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	0,91	6,69	0,00
28392	PEPPERIDGE FARM, Farmhouse 100% Whole Wheat Bread	0,91	46,10	7,70
27043	Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve	0,91	5,68	0,80
12118	Nuts, coconut milk, canned (liquid expressed from grated meat and water)	0,91	2,81	--
18221	Crackers, melba toast, rye (includes pumpernickel)	0,91	77,30	8,00
15217	Fish, sucker, white, cooked, dry heat	0,90	0,00	--
14312	Beverages, Malted drink mix, natural, powder, prepared with whole milk	0,90	10,23	0,10

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
17219	Veal, variety meats and by-products, thymus, cooked, braised	0,90	0,00	--
04022	Salad dressing, russian dressing, low calorie	0,90	27,60	0,30
05011	Chicken, broilers or fryers, meat only, raw	0,90	0,00	--
06123	Gravy, onion, dry, mix	0,90	67,64	6,00
06125	Gravy, turkey, canned, ready-to-serve	0,90	5,10	0,40
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	0,90	75,27	16,60
16510	WORTHINGTON Chili, canned, unprepared	0,90	10,90	3,40
16565	MORNINGSTAR FARMS Sausage Style Recipe Crumbles, frozen, unprepared	0,90	9,90	4,60
22120	MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared	0,90	8,30	5,60
22982	KASHI, STEAM MEAL, Chicken Fettuccine, Frozen Entree	0,90	14,00	2,00
22989	KASHI, Red Curry Chicken, Frozen Entree	0,90	15,60	2,30
22991	KASHI, STEAM MEAL, Sesame Chicken, Frozen Entree	0,90	15,70	2,90
28380	PEPPERIDGE FARM, Whole Grain 15 Grain Bread	0,90	45,80	10,70
36009	T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	0,90	17,40	1,00
18261	English muffins, mixed-grain, toasted (includes granola)	0,90	50,30	3,00
20023	Cornmeal, yellow, self-rising, bolted, plain, enriched	0,90	70,28	6,70
20323	Cornmeal, white, self-rising, bolted, plain, enriched	0,90	70,28	6,70
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	0,90	0,00	--
35145	Stew, hominy with mutton (Navajo)	0,90	9,38	2,00
19205	Egg custards, dry mix, prepared with 2% milk	0,90	17,61	0,00
03986	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, ready-to-feed	0,90	7,39	0,00
06974	Soup, vegetable chicken, canned, prepared with water, low sodium	0,90	8,76	0,40
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	0,90	0,00	--
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	0,89	4,66	0,00
06738	Soup, split pea with ham and bacon, canned, condensed, single brand	0,89	21,20	3,00
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	0,89	74,24	29,30
08608	Cereals ready-to-eat, KASHI Berry Blossom	0,89	83,09	18,90
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	0,89	24,40	3,40
08206	Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS	0,89	86,75	3,30
14351	Beverages, Strawberry-flavor beverage mix, powder, prepared with whole milk	0,89	12,30	0,00
12176	Nuts, coconut milk, frozen (liquid expressed from grated meat and water)	0,88	5,58	--
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	0,88	0,00	--
14036	Beverages, CYTOSPORT, Muscle Milk, ready-to-drink	0,88	2,06	0,20
15093	Fish, seatrout, mixed species, raw	0,88	0,00	--
11659	Sweet potato, cooked, candied, home-prepared	0,88	32,12	2,10

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
18290	Pancakes, plain, dry mix, complete, prepared	0,88	36,70	1,30
19325	Puddings, coconut cream, dry mix, regular, prepared with whole milk	0,88	17,70	0,20
28382	PEPPERIDGE FARM, Farmhouse Oatmeal Bread	0,88	50,70	3,00
17165	Game meat, deer, cooked, roasted	0,88	0,00	--
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	0,88	5,76	0,30
01111	Milk shakes, thick vanilla	0,88	17,75	0,00
05649	Ostrich, outside strip, raw	0,87	0,00	--
05316	Duck, young duckling, domesticated, White Pekin, breast, meat only, boneless, cooked without skin, broiled	0,87	0,00	--
02006	Spices, cardamom	0,87	68,47	28,00
03900	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, ready-to-feed	0,87	8,54	0,00
28387	PEPPERIDGE FARM, Hamburger Buns w/Sesame	0,87	49,90	3,10
42128	Turkey ham, sliced, extra lean, prepackaged or deli-sliced	0,86	2,93	0,00
21365	McDONALD'S, Hotcakes (with 2 pats margarine & syrup)	0,86	46,08	0,90
06999	Gravy, CAMPBELL'S, chicken	0,86	5,87	--
12011	Seeds, cottonseed meal, partially defatted (glandless)	0,86	38,43	--
17269	Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw	0,86	0,00	--
06249	Soup, pea, green, canned, prepared with equal volume milk	0,86	12,69	1,10
06446	Soup, cream of onion, canned, prepared with equal volume water	0,86	5,20	0,40
10118	Pork, fresh, variety meats and by-products, spleen, cooked, braised	0,86	0,00	--
18940	Muffin, blueberry, commercially prepared, low-fat	0,86	50,05	4,20
27065	Dip, bean, original flavor	0,86	15,89	4,90
27068	Dip, FRITO'S, bean, original flavor	0,86	15,89	4,90
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	0,86	10,00	0,40
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	0,86	10,00	0,40
05629	Emu, inside drums, cooked, broiled	0,86	0,00	--
03685	Babyfood, cereal, mixed, prepared with whole milk	0,86	12,30	0,80
03068	Babyfood, dinner, chicken noodle, strained	0,85	9,08	2,10
05105	Chicken, broilers or fryers, wing, meat only, raw	0,85	0,00	--
05653	Ostrich, round, raw	0,85	0,00	--
06248	Soup, oyster stew, canned, prepared with equal volume milk	0,85	3,99	0,00
19331	Puddings, lemon, dry mix, instant, prepared with whole milk	0,85	20,10	0,00
33875	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calories ready-to-feed Low iron	0,85	7,19	0,00
18641	INTERSTATE BRANDS CORP, WONDER Hamburger Rolls	0,85	50,84	2,60
03694	Babyfood, cereal, rice, prepared with whole milk	0,85	10,31	0,00
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	0,85	7,61	0,00

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
15188	Fish, bass, striped, cooked, dry heat	0,85	0,00	--
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	0,85	48,10	2,60
19070	Candies, butterscotch	0,84	90,40	0,00
14062	Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink	0,84	16,88	0,00
15010	Fish, catfish, channel, wild, raw	0,84	0,00	--
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	0,84	17,13	0,00
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	0,84	19,70	0,00
05159	Quail, breast, meat only, raw	0,84	0,00	--
06201	Soup, cream of asparagus, canned, prepared with equal volume milk	0,84	6,61	0,30
13350	Beef, cured, dried	0,84	2,76	0,00
17193	Veal, variety meats and by-products, heart, raw	0,84	0,08	0,00
03287	Babyfood, dinner, beef noodle, junior	0,84	7,30	1,10
19382	Candies, taffy, prepared-from-recipe	0,84	91,56	0,00
42135	Whipped topping, frozen, low fat	0,84	23,60	0,00
06726	Soup, chicken mushroom chowder, chunky, ready-to-serve, single brand	0,84	7,10	1,40
15134	Fish, wolffish, Atlantic, raw	0,84	0,00	--
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	0,84	17,14	1,70
32021	Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine)	0,83	22,74	1,50
14059	Beverages, KELLOGG'S, SPECIAL K Protein Shake	0,83	9,20	1,70
05113	Chicken, roasting, meat only, raw	0,83	0,00	--
17137	Veal, sirloin, separable lean only, raw	0,83	0,00	--
14177	Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	0,83	11,91	0,40
20009	Buckwheat groats, roasted, dry	0,83	74,95	10,30
01230	Milk, buttermilk, fluid, whole	0,83	4,88	0,00
14318	Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	0,83	11,20	0,50
18260	English muffins, mixed-grain (includes granola)	0,83	46,30	2,80
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	0,83	10,49	0,10
18036	Bread, multi-grain, toasted (includes whole-grain)	0,83	47,11	8,10
15030	Fish, gefiltefish, commercial, sweet recipe	0,82	7,41	0,00
14316	Beverages, Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	0,82	11,19	0,40
03066	Babyfood, dinner, vegetables and lamb, strained	0,82	6,90	1,10
15100	Fish, smelt, rainbow, cooked, dry heat	0,82	0,00	--
18051	Bread, reduced-calorie, oatmeal	0,82	43,30	--
03053	Babyfood, dinner, vegetables and beef, strained	0,82	8,84	1,30
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	0,82	19,64	0,80

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
36620	Restaurant, Chinese, shrimp and vegetables	0,82	4,52	1,40
05111	Canada Goose, breast meat, skinless, raw	0,82	0,00	--
05177	Turkey, liver, all classes, raw	0,82	0,00	--
17369	Lamb, New Zealand, imported, liver, raw	0,82	2,22	0,00
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	0,82	17,99	1,40
15274	Fish, trout, brook, raw, New York State	0,82	0,00	--
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	0,81	1,18	0,20
18050	Bread, reduced-calorie, oat bran, toasted	0,81	49,20	14,30
01077	Milk, whole, 3.25% milkfat, with added vitamin D	0,81	4,80	0,00
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	0,81	4,78	0,00
18033	Bread, italian	0,81	50,10	3,20
03062	Babyfood, dinner, vegetables and ham, junior	0,81	8,64	1,00
05150	Goose, liver, raw	0,81	6,32	0,00
17214	Lamb, variety meats and by-products, spleen, raw	0,81	0,00	--
06312	CAMPBELL'S Red and White, Cream of Asparagus Soup, condensed	0,81	7,26	2,40
06333	CAMPBELL'S Red and White, Cream of Broccoli Soup, condensed	0,81	9,68	0,80
06342	CAMPBELL'S Red and White, Cream of Shrimp Soup, condensed	0,81	6,45	0,00
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	0,81	0,71	0,00
02045	Dill weed, fresh	0,80	7,02	2,10
03681	Babyfood, cereal, barley, prepared with whole milk	0,80	9,94	0,60
14310	Beverages, Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	0,80	10,67	0,00
06042	Soup, mushroom barley, canned, condensed	0,80	9,60	--
08363	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Toasted Wheat Bran	0,80	59,51	41,30
08631	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS LITTLE BITES, chocolate	0,80	81,40	10,90
08653	Cereals ready-to-eat, KELLOGG'S RICE KRISPIES, Gluten Free	0,80	82,40	2,70
08711	Cereals ready-to-eat, KELLOGG'S, SPECIAL K protein, cinnamon brown sugar crunch	0,80	69,80	9,50
16560	MORNINGSTAR FARMS Corn Dog, frozen, unprepared	0,80	36,00	3,80
17140	Veal, cubed for stew (leg and shoulder), separable lean only, raw	0,80	0,00	--
17206	Lamb, variety meats and by-products, lungs, cooked, braised	0,80	0,00	--
18505	KELLOGG'S, EGGO, Waffles, Homestyle, Low Fat	0,80	44,90	1,30
18506	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Low Fat	0,80	39,00	4,00
22992	KASHI, Southwest Style Chicken, Frozen Entree	0,80	17,40	2,10
28115	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Fudge Covered Pretzels	0,80	71,30	3,90
08500	Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS	0,80	81,81	10,90
18070	Bread, white, commercially prepared, toasted	0,80	54,50	2,90

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
05173	Turkey, gizzard, all classes, raw	0,80	0,00	--
06047	CAMPBELL'S Red and White, Chicken and Stars Soup, condensed	0,79	8,73	0,80
06082	CAMPBELL'S Red and White, Chicken NOODLEO's Soup, condensed	0,79	11,90	0,80
06349	CAMPBELL'S Red and White, SCOOBY-DOO Soup, condensed	0,79	8,73	0,80
06350	CAMPBELL'S Red and White, DOUBLE NOODLE in Chicken Broth Soup, condensed	0,79	15,87	0,80
06357	CAMPBELL'S Red and White, GOLDFISH Pasta with Chicken in Chicken Broth, condensed	0,79	9,52	0,80
06365	CAMPBELL'S Red and White, Mega Noodle in Chicken Broth, condensed	0,79	11,90	0,80
27015	CAMPBELL'S Red and White, PHINEAS and FERB Soup, condensed	0,79	8,73	0,80
06404	Soup, bean with pork, canned, prepared with equal volume water	0,79	8,31	2,90
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	0,79	0,00	--
03197	Babyfood, cereal, with egg yolks, strained	0,79	7,00	0,90
03198	Babyfood, cereal, with egg yolks, junior	0,79	7,10	0,90
05655	Ostrich, tip trimmed, raw	0,79	0,00	--
02032	Spices, pepper, white	0,79	68,61	26,20
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	0,79	20,34	0,70
21210	SUBWAY, roast beef sub on white bread with lettuce and tomato	0,79	20,34	0,70
19199	Puddings, tapioca, dry mix, prepared with whole milk	0,79	19,43	0,00
15126	Fish, tuna, white, canned in water, drained solids	0,78	0,00	--
15186	Fish, tuna, white, canned in water, without salt, drained solids	0,78	0,00	--
18220	Crackers, melba toast, plain	0,78	76,60	6,30
18424	Crackers, melba toast, plain, without salt	0,78	76,60	6,30
43432	Babyfood, dinner, macaroni, beef and tomato sauce, toddler	0,78	11,53	1,10
06117	CAMPBELL'S Red and White, Bean with Bacon Soup, condensed	0,78	19,53	6,30
06380	CAMPBELL'S Red and White, Split Pea with Ham and Bacon Soup, condensed	0,78	23,44	3,10
01110	Milk shakes, thick chocolate	0,78	21,15	0,30
12097	Nuts, chestnuts, european, raw, unpeeled	0,78	45,54	8,10
13333	Beef, variety meats and by-products, spleen, raw	0,78	0,00	--
17217	Veal, variety meats and by-products, spleen, cooked, braised	0,78	0,00	--
01012	Cheese, cottage, creamed, large or small curd	0,78	3,38	0,00
14169	Beverages, Carob-flavor beverage mix, powder, prepared with whole milk	0,78	8,68	0,40
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	0,78	83,68	15,30
15231	Mollusks, oyster, Pacific, cooked, moist heat	0,78	9,90	0,00
17218	Veal, variety meats and by-products, thymus, raw	0,78	0,00	--
20031	Millet, raw	0,77	72,85	8,50
21343	McDONALD'S, Low Fat Caramel Sauce	0,77	71,53	--

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	0,77	0,00	--
03298	Babyfood, dinner, broccoli and chicken, junior	0,77	6,34	1,40
17196	Lamb, variety meats and by-products, kidneys, cooked, braised	0,77	0,99	0,00
27033	PREGO Pasta, Heart Smart- Traditional Sauce, ready-to-serve	0,77	10,00	2,30
19195	Puddings, rice, dry mix, prepared with whole milk	0,77	20,68	0,10
14245	Beverages, Eggnog-flavor mix, powder, prepared with whole milk	0,77	14,20	0,00
15049	Fish, mackerel, king, raw	0,76	0,00	--
21156	Fast foods, submarine sandwich, ham on white bread with lettuce and tomato	0,76	22,91	1,30
21209	SUBWAY, black forest ham sub on white bread with lettuce and tomato	0,76	22,91	1,30
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	0,76	0,00	--
02029	Spices, parsley, dried	0,76	50,64	26,70
06049	Soup, pea, green, canned, condensed	0,76	20,18	3,90
19096	Ice creams, vanilla, light, soft-serve	0,76	21,80	0,00
19419	Snacks, corn cakes	0,76	83,40	1,90
19800	Snacks, corn cakes, very low sodium	0,76	83,40	--
28397	Bread, multi-grain (includes whole-grain)	0,76	43,34	7,40
12167	Nuts, chestnuts, european, roasted	0,76	52,96	5,10
17428	Veal, shank, separable lean only, raw	0,76	0,00	--
05187	Turkey from whole, dark meat, meat only, raw	0,76	0,15	0,00
05740	Turkey, thigh, from whole bird, meat only, raw	0,76	0,15	0,00
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	0,75	74,64	3,30
20024	Cornmeal, yellow, self-rising, bolted, with wheat flour added, enriched	0,75	73,43	6,30
20324	Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	0,75	73,43	6,30
05663	Ground turkey, fat free, pan-broiled crumbles	0,75	0,00	--
06001	Soup, cream of asparagus, canned, condensed	0,75	8,52	0,40
06064	Soup, turkey, chunky, canned, ready-to-serve	0,75	5,96	--
06358	Soup, tomato bisque, canned, prepared with equal volume milk	0,75	11,73	0,20
17341	Game meat, elk, round, separable lean only, cooked, broiled	0,75	0,00	--
32024	Rice mix, cheese flavor, dry mix, unprepared	0,75	73,88	1,80
05717	Turkey, retail parts, thigh, meat only, raw	0,75	0,00	--
18350	Rolls, hamburger or hotdog, plain	0,75	50,12	1,80
06731	Soup, bean with bacon, condensed, single brand	0,75	18,00	4,60
01276	Yogurt, Greek, strawberry, DANNON OIKOS	0,74	11,67	1,00
14558	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk	0,74	11,87	0,40
22984	KASHI, Chicken Pasta Pomodoro, Frozen Entree	0,74	13,00	2,60

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified	0,74	13,00	0,60
04624	Margarine-like, vegetable oil spread, fat free, liquid, with salt	0,74	2,50	0,00
06023	Soup, chicken with rice, canned, condensed	0,74	11,57	0,90
06048	Soup, oyster stew, canned, condensed	0,74	3,32	0,00
07905	Frankfurter, beef, pork, and turkey, fat free	0,74	11,21	0,00
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	0,74	2,92	0,00
14182	Beverages, chocolate syrup, prepared with whole milk	0,74	12,78	0,30
02030	Spices, pepper, black	0,74	63,95	25,30
12128	Nuts, ginkgo nuts, dried	0,74	72,45	--
05704	Turkey, whole, meat only, with added solution, raw	0,74	0,14	0,00
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	0,73	11,97	1,20
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	0,73	0,00	--
14092	Beverages, chocolate almond milk, unsweetened, shelf-stable, fortified with vitamin D2 and E	0,73	1,25	0,40
15097	Fish, sheepshead, raw	0,73	0,00	--
03982	Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed	0,73	7,64	0,00
19047	Snacks, pretzels, hard, plain, salted	0,73	80,39	3,40
21139	Fast foods, potato, mashed	0,72	14,65	1,30
28384	PEPPERIDGE FARM, Farmhouse Sourdough Bread	0,72	50,30	1,60
17156	Game meat, bison, separable lean only, raw	0,72	0,00	--
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	0,72	0,00	--
28313	Rolls, hamburger or hot dog, whole wheat	0,72	44,93	6,10
43483	Millet, puffed	0,72	80,00	2,70
02027	Spices, oregano, dried	0,72	68,92	42,50
03947	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA	0,72	13,64	0,00
19207	Puddings, vanilla, dry mix, regular, prepared with whole milk	0,71	18,92	0,10
28304	Waffles, whole wheat, lowfat, frozen, ready-to-heat	0,71	49,16	4,30
28312	Rolls, hamburger or hot dog, wheat/cracked wheat	0,71	47,31	4,20
05664	Ground turkey, fat free, patties, broiled	0,71	0,00	--
03073	Babyfood, dinner, vegetables chicken, strained	0,71	8,42	2,10
12001	Seeds, breadfruit seeds, raw	0,71	29,24	5,20
19321	Puddings, banana, dry mix, regular, prepared with whole milk	0,71	18,44	0,00
28394	PEPPERIDGE FARM, Hamburger Bun	0,71	50,00	1,80
05143	Duck, domesticated, liver, raw	0,71	3,53	0,00
06451	Soup, pea, split with ham, canned, prepared with equal volume water	0,71	11,05	0,90
04706	Dressing, honey mustard, fat-free	0,71	38,43	1,20

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
14091	Beverages, almond milk, unsweetened, shelf stable	0,71	0,58	0,00
15107	Fish, sucker, white, raw	0,71	0,00	--
06968	Soup, cream of mushroom, low sodium, ready-to-serve, canned	0,70	4,53	0,20
08211	Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S	0,70	83,65	2,10
43495	Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY	0,70	78,00	8,00
19188	Puddings, chocolate, dry mix, regular	0,70	89,30	4,50
22985	KASHI, Lemongrass Coconut Chicken, Frozen Entree	0,70	13,40	3,00
28395	PEPPERIDGE FARM, Whole Grain Honey Whole Wheat Bread	0,70	47,70	9,80
28396	PEPPERIDGE FARM, Whole Grain Oatmeal Bread	0,70	46,50	9,80
32023	KASHI Mushroom & Asparagus Risotto, frozen, unprepared	0,70	17,00	2,60
03048	Babyfood, macaroni and cheese, toddler	0,70	11,20	0,50
06253	Soup, cream of potato, canned, prepared with equal volume milk	0,70	6,92	0,20
08651	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Honey Squares	0,70	85,19	38,50
10113	Pork, fresh, variety meats and by-products, lungs, cooked, braised	0,70	0,00	--
16271	Vitasoy USA Organic Nasoya, Soft Tofu	0,70	0,74	0,60
16514	WORTHINGTON Low Fat Fri Chik, canned, unprepared	0,70	4,90	1,00
19319	Puddings, banana, dry mix, instant, prepared with whole milk	0,70	19,76	0,00
22915	Lasagna with meat & sauce, low-fat, frozen entree	0,70	13,50	1,30
18275	Muffins, blueberry, dry mix	0,70	61,00	1,40
08059	Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP	0,70	85,03	2,30
18112	Cake, pudding-type, german chocolate, dry mix	0,69	81,25	2,10
18144	Cake, yellow, enriched, dry mix	0,69	81,92	1,20
18363	Tortillas, ready-to-bake or -fry, corn	0,69	44,64	6,30
21248	WENDY'S, Frosty Dairy Dessert	0,69	23,62	3,30
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	0,69	23,74	2,60
03067	Babyfood, dinner, vegetables and lamb, junior	0,69	7,10	1,10
06309	CAMPBELL'S, Chicken with Rice Soup, condensed	0,69	11,28	0,90
06461	Soup, tomato beef with noodle, canned, prepared with equal volume water	0,69	8,44	0,60
08669	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Chocolate Squares	0,69	84,00	35,20
08710	Cereals ready-to-eat, KELLOGG'S, SPECIAL K gluten free, touch of brown sugar	0,69	86,50	9,30
10117	Pork, fresh, variety meats and by-products, spleen, raw	0,69	0,00	--
17125	Veal, shoulder, arm, separable lean only, raw	0,69	0,00	--
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	0,69	0,00	--
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	0,69	17,31	1,40
03085	Babyfood, dinner, vegetables and turkey, junior	0,69	7,55	0,90

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	0,69	0,00	--
27035	Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium	0,68	70,95	2,70
18049	Bread, reduced-calorie, oat bran	0,68	41,30	12,00
03819	Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted	0,68	54,80	0,00
03245	Babyfood, dessert, custard pudding, vanilla, strained	0,68	16,00	0,00
05152	Guinea hen, meat only, raw	0,68	0,00	--
06038	CAMPBELL'S, Cheddar Cheese Soup, condensed	0,68	11,44	2,20
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	0,68	11,17	1,70
06068	Soup, vegetarian vegetable, canned, condensed	0,68	9,78	0,50
17197	Veal, variety meats and by-products, kidneys, raw	0,68	0,85	0,00
17208	Veal, variety meats and by-products, lungs, cooked, braised	0,68	0,00	--
12116	Nuts, coconut cream, canned, sweetened	0,68	53,21	0,20
01105	Milk, chocolate beverage, hot cocoa, homemade	0,68	10,74	1,00
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	0,68	1,08	0,00
11667	Seaweed, spirulina, dried	0,68	23,90	3,60
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	0,67	0,00	--
16009	Beans, baked, canned, with pork	0,67	19,99	5,50
18053	Bread, reduced-calorie, rye	0,67	40,50	12,00
05645	Ostrich, inside leg, cooked	0,67	0,00	--
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	0,67	0,00	--
17164	Game meat, deer, raw	0,67	0,00	--
17205	Lamb, variety meats and by-products, lungs, raw	0,67	0,00	--
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	0,66	70,12	3,20
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	0,66	31,11	3,30
02001	Spices, allspice, ground	0,66	72,12	21,60
15004	Fish, bass, striped, raw	0,66	0,00	--
20095	Pasta, fresh-refrigerated, spinach, as purchased	0,66	55,72	--
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	0,66	0,00	--
06482	CAMPBELL'S Low Sodium Soups, Chicken with Noodles Soup	0,66	5,57	0,70
16065	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	0,66	16,53	3,30
01284	Yogurt, Greek, strawberry, lowfat	0,65	11,89	1,00
12175	Nuts, chestnuts, japanese, dried	0,65	81,43	--
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	0,65	0,00	--
18449	Tortillas, ready-to-bake or -fry, corn, without added salt	0,65	46,60	5,20
19871	Frozen novelties, No Sugar Added, FUDGSICLE pops	0,65	23,11	1,50

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
36602	Restaurant, Chinese, fried rice, without meat	0,65	32,79	1,10
16106	Meat extender	0,65	34,71	17,50
16122	Soy protein isolate	0,64	0,00	--
08047	Cereals ready-to-eat, QUAKER, KING VITAMAN	0,64	83,85	3,40
14035	Beverages, ABBOTT, EAS soy protein powder	0,64	43,94	0,00
21150	SUBWAY, sweet onion chicken teriyaki sub on white bread with lettuce, tomato and sweet onion sauce	0,64	22,54	1,20
21151	Fast foods, submarine sandwich, sweet onion chicken teriyaki on white bread with lettuce, tomato and sweet onion sauce	0,64	22,54	1,20
15099	Fish, smelt, rainbow, raw	0,64	0,00	--
05711	Turkey, retail parts, breast, meat only, cooked, roasted	0,64	0,00	--
06071	Soup, vegetable beef, canned, condensed	0,64	8,11	1,60
13328	Beef, variety meats and by-products, lungs, raw	0,64	0,00	--
42157	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free	0,64	20,00	0,00
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	0,64	85,51	2,50
20077	Wheat bran, crude	0,64	64,51	42,80
43373	Babyfood, dinner, chicken and noodle with vegetables, toddler	0,63	8,89	0,60
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	0,63	85,93	2,60
10111	Pork, fresh, variety meats and by-products, liver, cooked, braised	0,63	3,76	0,00
16279	HOUSE FOODS Premium Soft Tofu	0,63	2,19	0,80
17145	Game meat, antelope, cooked, roasted	0,63	0,00	--
17180	Game meat, rabbit, wild, raw	0,63	0,00	--
17195	Lamb, variety meats and by-products, kidneys, raw	0,63	0,82	0,00
01291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	0,63	15,74	0,00
08550	Cereals ready-to-eat, QUAKER, Christmas Crunch	0,63	85,92	2,60
05186	Turkey, all classes, light meat, cooked, roasted	0,63	0,00	--
05220	Turkey, breast, from whole bird, meat only, roasted	0,63	0,00	--
05228	Turkey, wing, from whole bird, meat only, roasted	0,63	0,00	--
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	0,63	0,00	--
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	0,63	0,00	--
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	0,63	0,00	--
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	0,63	0,00	--
05739	Turkey, drumstick, from whole bird, meat only, roasted	0,63	0,00	--
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	0,62	6,59	0,40
14054	Beverages, almond milk, chocolate, ready-to-drink	0,62	9,38	0,40
14639	Beverages, rice milk, unsweetened	0,62	9,17	0,30
12096	Nuts, chestnuts, chinese, roasted	0,62	52,36	--

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
18075	Bread, whole-wheat, commercially prepared	0,62	42,71	6,00
19191	Puddings, coconut cream, dry mix, instant, prepared with 2% milk	0,62	19,20	0,10
12127	Nuts, ginkgo nuts, raw	0,62	37,60	--
01206	Cream substitute, flavored, powdered	0,62	75,42	1,20
21152	SUBWAY, SUBWAY CLUB sub on white bread with lettuce and tomato	0,62	20,36	1,40
21153	Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato	0,62	20,36	1,40
43529	Babyfood, rice and apples, dry	0,62	86,89	3,00
36623	Restaurant, Chinese, chicken chow mein	0,61	8,29	1,00
27008	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Microwavable Bowls, Grilled Chicken & Sausage Gumbo Soup	0,61	7,35	0,80
18064	Bread, wheat	0,61	47,54	4,00
18218	Crackers, matzo, egg	0,61	78,60	2,80
03199	Babyfood, cereal, with eggs, strained	0,61	8,00	--
06045	Soup, onion, canned, condensed	0,61	6,68	0,70
10112	Pork, fresh, variety meats and by-products, lungs, raw	0,61	0,00	--
15129	Fish, turbot, european, raw	0,61	0,00	--
43441	Rolls, pumpernickel	0,61	51,87	5,40
35140	Bread, kneel down (Navajo)	0,60	39,47	--
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	0,60	19,76	0,80
16103	Refried beans, canned, traditional style (includes USDA commodity)	0,60	13,55	3,70
16403	Refried beans, canned, traditional, reduced sodium	0,60	13,55	3,70
01070	Dessert topping, powdered	0,60	52,54	0,00
05644	Ostrich, inside leg, raw	0,60	0,00	--
06022	Soup, chicken rice, canned, chunky, ready-to-serve	0,60	5,41	0,40
06212	CAMPBELL'S, 25% Less Sodium Chicken Noodle Soup, condensed	0,60	6,30	0,80
06986	CAMPBELL'S HEALTHY REQUEST, Chicken Noodle Soup, condensed	0,60	6,51	1,00
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	0,60	88,20	9,30
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	0,60	85,00	4,70
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	0,60	88,00	9,30
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	0,60	86,63	3,20
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	0,60	85,09	2,00
08073	Cereals ready-to-eat, POST, GOLDEN CRISP	0,60	90,10	5,00
08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	0,60	72,62	11,90
08390	Cereals ready-to-eat, KASHI GOOD FRIENDS	0,60	79,30	21,70
08567	Cereals ready-to-eat, KASHI 7 Whole Grain Nuggets	0,60	81,00	11,70
08659	Cereals ready-to-eat, KELLOGG'S FROSTED FLAKES, CHOCO ZUCARITAS	0,60	85,10	1,40

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
16214	Vitasoy USA, Organic Nasoya Silken Tofu	0,60	1,40	0,30
16507	LOMA LINDA Redi-Burger, canned, unprepared	0,60	8,20	4,30
22247	Macaroni and Cheese, canned entree	0,60	11,52	0,50
22980	KASHI, Chicken and Chipotle BBQ Sauce with Mango, Frozen Entree	0,60	17,60	2,20
22986	KASHI Mayan Harvest Bake, frozen, unprepared	0,60	21,00	3,00
28123	KEEBLER, 100 Calorie RIGHT BITES, White Fudge Dipped Pretzels	0,60	68,80	2,30
28385	PEPPERIDGE FARM, Jewish Rye Bread (Seedless)	0,60	45,00	4,70
28386	PEPPERIDGE FARM, Pumpernickel Bread	0,60	46,90	5,30
28388	PEPPERIDGE FARM, Deli Swirl Bread	0,60	44,70	4,70
28391	PEPPERIDGE FARM, Seeded Jewish Rye Bread	0,60	48,40	6,60
12129	Nuts, ginkgo nuts, canned	0,60	22,10	9,30
18069	Bread, white, commercially prepared (includes soft bread crumbs)	0,60	49,42	2,70
06443	Soup, cream of mushroom, canned, prepared with equal volume water	0,60	3,33	0,30
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	0,60	32,20	1,70
06456	Soup, cream of shrimp, canned, prepared with equal volume water	0,60	3,27	0,10
03044	Babyfood, dinner, macaroni and tomato and beef, strained	0,59	9,45	1,20
27044	Soup, chicken noodle, reduced sodium, canned, ready-to-serve	0,59	3,84	0,80
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	0,59	85,05	0,40
08629	Cereals ready-to-eat, QUAKER, Cap'n Crunch's OOPS! All Berries Cereal	0,59	87,10	2,60
36625	Restaurant, Chinese, vegetable lo mein, without meat	0,59	20,16	1,30
07944	Turkey, white, rotisserie, deli cut	0,59	7,70	0,40
05648	Ostrich, outside leg, raw	0,59	0,00	--
17207	Veal, variety meats and by-products, lungs, raw	0,59	0,00	--
17216	Veal, variety meats and by-products, spleen, raw	0,59	0,00	--
20142	Teff, uncooked	0,59	73,13	8,00
01074	Sour cream, imitation, cultured	0,59	6,63	0,00
13323	Beef, variety meats and by-products, kidneys, raw	0,59	0,29	0,00
03822	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, prepared from powder	0,58	6,63	0,00
06180	Soup, shark fin, restaurant-prepared	0,58	3,80	0,00
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	0,58	27,42	7,60
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	0,58	27,42	7,60
06172	Soup, stock, chicken, home-prepared	0,58	3,53	0,00
03089	Babyfood, dinner, macaroni and cheese, strained	0,58	8,95	0,70
12093	Nuts, chestnuts, chinese, raw	0,58	49,07	--
18295	Pancakes, buckwheat, dry mix, incomplete	0,58	71,30	8,50

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
20110	Noodles, egg, enriched, cooked	0,58	25,16	1,20
20310	Noodles, egg, cooked, enriched, with added salt	0,58	25,16	1,20
20410	Noodles, egg, unenriched, cooked, without added salt	0,58	25,16	1,20
20510	Noodles, egg, cooked, unenriched, with added salt	0,58	25,16	1,20
28381	PEPPERIDGE FARM, Farmhouse Hearty White Bread	0,58	60,16	2,00
03077	Babyfood, dinner, pasta with vegetables	0,58	8,40	1,50
06444	Soup, mushroom with beef stock, canned, prepared with equal volume water	0,58	3,81	0,30
08388	Cereals ready-to-eat, KASHI 7 Whole Grain Puffs	0,58	78,60	8,00
42189	Milk, buttermilk, fluid, cultured, reduced fat	0,58	5,30	0,00
15058	Fish, ocean perch, Atlantic, cooked, dry heat	0,58	0,00	--
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	0,57	0,00	--
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	0,57	5,49	0,00
15112	Fish, tilefish, raw	0,57	0,00	--
03046	Babyfood, ravioli, cheese filled, with tomato sauce	0,57	16,30	0,10
06219	CAMPBELL'S, 98% Fat Free Cream of Chicken Soup, condensed	0,57	7,46	0,40
28377	PEPPERIDGE FARM, 100% Whole Wheat Hamburger Buns	0,57	43,20	5,90
06733	Soup, beef with vegetables and barley, canned, condensed, single brand	0,57	8,20	--
07209	OSCAR MAYER, Chicken Breast (honey glazed)	0,56	4,30	0,00
28321	Rolls, hamburger, whole grain white, calcium-fortified	0,56	46,50	2,30
05710	Turkey, retail parts, breast, meat only, raw	0,56	0,00	--
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	0,56	18,89	0,40
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	0,56	4,80	0,00
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	0,56	4,80	0,00
06040	Soup, minestrone, canned, condensed	0,56	9,17	0,80
06363	CAMPBELL'S, Homestyle Chicken Noodle Soup, condensed	0,56	7,53	0,80
06391	CAMPBELL'S CHUNKY, Creamy Chicken and Dumplings Soup	0,56	7,09	1,50
07925	Pastrami, beef, 98% fat-free	0,56	1,54	0,00
15090	Fish, scup, raw	0,56	0,00	--
17099	Veal, leg (top round), separable lean only, raw	0,56	0,00	--
08389	Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs	0,56	79,00	6,00
18267	English muffins, whole-wheat, toasted	0,56	44,10	7,30
19193	Puddings, rice, ready-to-eat	0,56	18,39	0,30
01080	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D	0,56	4,97	0,00
03296	Babyfood, dinner, turkey, rice, and vegetables, toddler	0,56	7,50	0,80
17347	Game meat, deer, tenderloin, separable lean only, cooked, broiled	0,55	0,00	--

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
06466	Soup, turkey vegetable, canned, prepared with equal volume water	0,55	3,58	0,20
08493	Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS	0,55	87,30	2,30
17161	Game meat, buffalo, water, cooked, roasted	0,55	0,00	--
06734	Soup, chicken with star-shaped pasta, canned, condensed, single brand	0,55	7,10	--
32017	Pasta mix, Italian four cheese lasagna, unprepared	0,55	70,26	2,60
15092	Fish, sea bass, mixed species, cooked, dry heat	0,54	0,00	--
18222	Crackers, melba toast, wheat	0,54	76,40	7,40
12033	Seeds, sesame flour, low-fat	0,54	35,51	--
20091	Pasta, gluten-free, corn, dry	0,54	79,26	11,00
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	0,54	9,86	0,10
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	0,54	0,00	--
03096	Babyfood, vegetable, green beans and potatoes	0,54	9,00	1,40
16162	MORI-NU, Tofu, silken, firm	0,54	2,40	0,10
06019	Soup, chicken noodle, canned, condensed	0,54	6,07	0,90
15028	Fish, flatfish (flounder and sole species), raw	0,54	0,00	--
03090	Babyfood, dinner, macaroni and cheese, junior	0,53	8,20	0,30
06062	CAMPBELL'S, Red and White, Chicken Noodle Soup, condensed	0,53	5,97	--
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	0,53	0,00	--
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	0,53	3,78	0,00
28305	Pancakes, plain, reduced fat	0,53	57,32	1,00
05628	Emu, inside drum, raw	0,53	0,00	--
06158	Soup, tomato bisque, canned, condensed	0,53	18,47	0,80
06410	Soup, cream of celery, canned, prepared with equal volume water	0,53	3,62	0,30
19097	Sherbet, orange	0,53	30,40	1,30
20137	Quinoa, cooked	0,53	21,30	2,80
05024	Chicken, gizzard, all classes, cooked, simmered	0,53	0,00	--
18071	Bread, white, prepared from recipe, made with nonfat dry milk	0,53	53,60	2,00
19079	Candies, confectioner's coating, yogurt	0,53	63,94	0,00
18352	Rolls, hamburger or hotdog, reduced-calorie	0,52	42,10	6,20
18055	Bread, reduced-calorie, wheat	0,52	42,47	11,10
16161	MORI-NU, Tofu, silken, soft	0,52	2,90	0,10
09313	Sapodilla, raw	0,52	19,96	5,30
21155	Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato	0,52	22,42	1,30
21207	SUBWAY, turkey breast sub on white bread with lettuce and tomato	0,52	22,42	1,30
19219	Puddings, coconut cream, dry mix, regular, prepared with 2% milk	0,52	17,80	0,20

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
06017	Soup, chicken gumbo, canned, condensed	0,52	6,67	1,60
06037	Soup, lentil with ham, canned, ready-to-serve	0,52	8,16	--
10110	Pork, fresh, variety meats and by-products, liver, raw	0,52	2,47	0,00
17373	Lamb, New Zealand, imported, heart, raw	0,52	0,00	--
01015	Cheese, cottage, lowfat, 2% milkfat	0,52	4,76	0,00
05626	Emu, full rump, raw	0,52	0,00	--
18266	English muffins, whole-wheat	0,51	40,40	6,70
05023	Chicken, gizzard, all classes, raw	0,51	0,00	--
05662	Ground turkey, fat free, raw	0,51	0,00	--
06547	Soup, beef mushroom, canned, prepared with equal volume water	0,51	2,60	0,10
20097	Pasta, homemade, made with egg, cooked	0,51	23,54	--
15164	Mollusks, mussel, blue, raw	0,51	3,69	0,00
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	0,51	5,45	0,00
06487	CAMPBELL'S Low Sodium Soups, Cream of Mushroom Soup	0,50	6,38	0,00
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	0,50	22,46	0,70
32009	Pasta mix, classic beef, unprepared	0,50	72,20	2,00
28084	KEEBLER, FUDGE SHOPPE, Fudge-Dipped Ice Cream Cups	0,50	73,10	2,20
08005	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS	0,50	81,00	42,50
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	0,50	86,67	3,90
08244	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	0,50	84,30	46,20
08376	Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS	0,50	89,30	7,40
08613	Cereals ready-to-eat, KELLOGG'S SPECIAL K Multigrain Oats and Honey	0,50	85,00	8,60
16144	Lentils, pink or red, raw	0,50	63,10	10,80
16216	Vitasoy USA, Vitasoy Organic Classic Original Soymilk	0,50	4,50	0,40
16278	Vitasoy USA Azumaya, Silken Tofu	0,50	0,58	0,20
16523	WORTHINGTON Vegetarian Burger, canned, unprepared	0,50	6,20	2,70
16579	GARDENBURGER Original, frozen, unprepared	0,50	22,10	5,00
16594	MORNINGSTAR FARMS Lasagna with Veggie Sausage, frozen, unprepared	0,50	14,40	2,30
15261	Fish, tilapia, raw	0,50	0,00	--
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	0,50	11,42	1,10
06426	Soup, chili beef, canned, prepared with equal volume water	0,50	9,23	1,20
14422	Beverages, Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder	0,50	51,40	9,40
06409	Soup, beef noodle, canned, prepared with equal volume water	0,50	3,58	0,30
08476	Cereals ready-to-eat, MALT-O-MEAL, Honey BUZZERS	0,50	89,66	3,40
20112	Noodles, egg, spinach, enriched, cooked	0,49	24,25	2,30

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
11978	Peppers, ancho, dried	0,49	51,42	21,60
05696	Turkey from whole, light meat, meat only, with added solution, raw	0,49	0,00	--
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	0,49	0,14	0,00
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	0,49	0,14	0,00
11615	Chives, freeze-dried	0,49	64,29	26,20
19067	Candies, TWIZZLERS CHERRY BITES	0,49	79,38	0,10
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	0,49	22,53	6,40
11955	Tomatoes, sun-dried	0,49	55,76	12,30
19184	Puddings, chocolate, dry mix, instant	0,49	87,90	3,60
01287	Yogurt, Greek, plain, lowfat	0,49	3,94	0,00
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	0,48	22,87	6,30
19204	Puddings, lemon, dry mix, instant, prepared with 2% milk	0,48	20,20	0,00
43543	Milk, imitation, non-soy	0,48	5,30	0,00
19071	Candies, carob, unsweetened	0,48	56,29	3,80
09289	Prunes, dehydrated (low-moisture), uncooked	0,48	89,07	--
05117	Chicken, roasting, light meat, meat only, raw	0,48	0,00	--
06002	Soup, black bean, canned, condensed	0,48	15,42	6,80
17144	Game meat, antelope, raw	0,48	0,00	--
17167	Game meat, elk, cooked, roasted	0,48	0,00	--
19181	Candies, YORK BITES	0,48	81,64	2,00
02021	Spices, ginger, ground	0,48	71,62	14,10
13325	Beef, variety meats and by-products, liver, raw	0,48	3,89	0,00
05712	Turkey, retail parts, wing, meat only, raw	0,48	0,00	--
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	0,48	52,65	2,80
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	0,48	54,54	0,80
05167	Turkey, whole, meat only, raw	0,48	0,14	0,00
12101	Nuts, chestnuts, european, boiled and steamed	0,48	27,76	--
15057	Fish, ocean perch, Atlantic, raw	0,48	0,00	--
02041	Spices, tarragon, dried	0,47	50,22	7,40
11223	Drumstick leaves, cooked, boiled, drained, without salt	0,47	11,15	2,00
15036	Fish, halibut, Atlantic and Pacific, raw	0,47	0,00	--
02042	Spices, thyme, dried	0,47	63,94	37,00
04676	Margarine-like spread, SMART BEAT Smart Squeeze	0,47	7,10	0,00
05295	Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	0,47	6,40	0,00
06013	Soup, chicken broth, canned, condensed	0,47	0,75	0,00

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
06063	Soup, tomato rice, canned, condensed	0,47	17,08	1,30
14634	Beverages, milk beverage, reduced fat, flavored and sweetened, Ready-to-drink, added calcium, vitamin A and vitamin D	0,47	12,08	0,40
19333	Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water	0,47	24,20	0,00
15013	Fish, cisco, raw	0,47	0,00	--
11962	Peppers, hot chile, sun-dried	0,47	69,86	28,70
03069	Babyfood, dinner, chicken noodle, junior	0,47	8,79	0,90
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	0,47	0,00	--
06070	Soup, chunky beef, canned, ready-to-serve	0,46	10,08	0,60
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	0,46	3,60	0,00
19122	Puddings, banana, dry mix, regular, prepared with 2% milk	0,46	18,43	0,00
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	0,46	18,53	0,00
01244	Milk dessert bar, frozen, made from lowfat milk	0,46	33,09	6,60
06152	Sauce, pizza, canned, ready-to-serve	0,46	8,66	2,00
19121	Puddings, banana, dry mix, instant, prepared with 2% milk	0,46	19,74	0,00
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	0,46	12,13	0,70
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	0,46	12,13	0,70
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	0,45	0,18	0,00
19209	Puddings, tapioca, dry mix, prepared with 2% milk	0,45	19,56	0,00
06072	Soup, vegetable with beef broth, canned, condensed	0,45	10,70	1,30
06483	Soup, cream of chicken, dry, mix, prepared with water	0,45	5,11	0,10
02043	Spices, turmeric, ground	0,45	67,14	22,70
03045	Babyfood, dinner, macaroni and tomato and beef, junior	0,45	9,40	1,10
15199	Fish, lingcod, cooked, dry heat	0,45	0,00	--
03082	Babyfood, dinner, turkey and rice, strained	0,45	7,94	0,90
15133	Fish, whiting, mixed species, cooked, dry heat	0,44	0,00	--
20140	Spelt, uncooked	0,44	70,19	10,70
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	0,44	13,49	4,40
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	0,44	13,49	4,40
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	0,44	79,77	16,90
14015	Alcoholic beverage, pina colada, canned	0,44	27,60	0,10
20061	Rice flour, white, unenriched	0,44	80,13	2,40
19208	Puddings, rice, dry mix, prepared with 2% milk	0,44	20,81	0,10
42192	Salad dressing, blue or roquefort cheese dressing, fat-free	0,44	25,60	1,80
19708	Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	0,44	90,30	0,10
03052	Babyfood, dinner, beef stew, toddler	0,44	5,50	1,10

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
06053	Soup, cream of potato, canned, condensed	0,44	12,79	1,30
06182	Soup, cream of mushroom, canned, condensed, reduced sodium	0,44	8,10	0,60
15232	Fish, roughy, orange, cooked, dry heat	0,44	0,00	--
42150	Babyfood, apple yogurt dessert, strained	0,44	19,50	0,50
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	0,44	12,00	1,70
08180	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt	0,44	12,00	1,70
06985	Gravy, HEINZ Home Style, savory beef	0,43	6,24	0,70
11167	Corn, sweet, yellow, raw	0,43	18,70	2,00
12098	Nuts, chestnuts, european, raw, peeled	0,43	44,17	--
32011	Yellow rice with seasoning, dry packet mix, unprepared	0,43	74,68	1,80
20025	Cornmeal, yellow, self-rising, degermed, enriched	0,43	74,79	7,10
20325	Cornmeal, white, self-rising, degermed, enriched	0,43	74,79	7,10
02037	Spices, saffron	0,43	65,37	3,90
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	0,43	14,20	2,90
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	0,43	7,04	0,00
03070	Babyfood, dinner, chicken soup, strained	0,42	7,20	1,10
15091	Fish, sea bass, mixed species, raw	0,42	0,00	--
32010	Pasta mix, Italian lasagna, unprepared	0,42	73,77	2,80
15206	Fish, pout, ocean, cooked, dry heat	0,42	0,00	--
03194	Babyfood, cereal, Rice, dry, fortified	0,42	83,14	1,30
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	0,42	13,02	1,70
17160	Game meat, buffalo, water, raw	0,42	0,00	--
18003	Bagels, egg	0,42	53,00	2,30
11676	Radish seeds, sprouted, raw	0,42	3,60	--
12204	Nuts, chestnuts, japanese, roasted	0,42	45,13	--
06966	Soup, chicken noodle, low sodium, canned, prepared with equal volume water	0,42	2,95	0,20
22899	Ravioli, cheese-filled, canned	0,42	13,64	1,30
06190	Soup, bean & ham, canned, reduced sodium, prepared with water or ready-to-serve	0,42	13,66	4,00
16223	Soymilk (All flavors), enhanced	0,41	3,45	0,40
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	0,41	0,00	--
03297	Babyfood, dinner, apples and chicken, strained	0,41	10,88	1,80
06961	Sauce, peppers, hot, chili, mature red, canned	0,41	3,90	0,70
36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	0,41	5,74	1,20
19091	Candies, YORK Peppermint Pattie	0,41	80,99	2,00
22995	KASHI, Sweet and Sour Chicken, Frozen Entree	0,41	19,00	2,50

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
27034	CAMPBELL'S, 98% Fat Free Cream of Mushroom Soup, condensed	0,41	7,63	1,20
06027	Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	0,41	7,84	1,20
06442	Soup, mushroom barley, canned, prepared with equal volume water	0,41	4,80	0,30
08142	Cereals, WHEATENA, dry	0,41	75,60	12,80
08444	Cereals, QUAKER, Instant Grits, Redeye Gravy & Country Ham flavor, dry	0,41	75,86	4,60
16119	Soy meal, defatted, raw	0,41	35,89	--
27007	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Microwavable Bowls, Chicken Noodle Soup	0,41	6,94	0,40
27009	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST New England Clam Chowder	0,41	8,16	0,80
27021	CAMPBELL'S Homestyle HEALTHY REQUEST Chicken with Whole Grain Pasta Soup	0,41	4,28	0,70
09163	Blueberries, dried, sweetened	0,40	80,00	7,50
06730	Soup, split pea with ham, chunky, reduced fat, reduced sodium, ready-to-serve, single brand	0,40	11,30	--
06218	CAMPBELL'S, 98% Fat Free Cream of Celery Soup, condensed	0,40	7,26	1,60
06339	CAMPBELL'S, Cream of Mushroom with Roasted Garlic Soup, condensed	0,40	8,06	1,60
06355	CAMPBELL'S Red and White, Golden Mushroom Soup, condensed	0,40	8,06	0,80
06987	HEALTHY REQUEST, Cream of Celery Soup, condensed	0,40	9,68	0,80
03274	Babyfood, dinner, vegetables and chicken, junior	0,40	8,66	1,10
03839	Infant formula, ABBOTT NUTRITION, SIMILAC, NATURAL CARE, ADVANCE, ready-to-feed, with ARA and DHA	0,40	8,20	0,00
16120	Soymilk, original and vanilla, unfortified	0,40	6,28	0,60
06195	CAMPBELL'S, HEALTHY REQUEST, cream of chicken soup, condensed	--	7,50	0,40
06405	CAMPBELL'S CHUNKY, HEALTHY REQUEST Chicken Noodle Soup	0,40	5,88	0,80
06955	Soup, cream of chicken, canned, condensed, reduced sodium	--	9,50	0,40
06989	CAMPBELL'S HEALTHY REQUEST, Homestyle Chicken Noodle Soup, condensed	0,40	7,80	0,60
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	0,40	81,60	17,30
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	0,40	84,30	2,80
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	0,40	88,50	5,00
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	0,40	83,30	10,10
08096	Cereals, QUAKER, Instant Grits, Country Bacon flavor, dry	0,40	75,39	5,10
08537	Cereals ready-to-eat, KASHI 7 Whole Grain Flakes	0,40	81,40	11,80
08660	Cereals ready-to-eat, KELLOGG'S APPLE JACKS with marshmallows	0,40	89,60	7,40
08700	Cereals ready-to-eat, KELLOGG RAISIN BRAN with Omega-3 from flaxseed	0,40	82,69	9,60
16215	Vitasoy USA, Vitasoy Organic Creamy Original Soymilk	--	4,50	0,40
28204	MOTHER'S, Jungle Animal Cookies	0,40	68,30	0,80
28390	PEPPERIDGE FARM, Light Style Wheat Bread	0,40	45,60	7,50
43476	Tofu yogurt	0,40	15,96	0,20
12095	Nuts, chestnuts, chinese, boiled and steamed	0,40	33,64	--

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
06003	CAMPBELL'S Red and White, Beefy Mushroom Soup, condensed	0,40	4,76	0,00
06029	CAMPBELL'S, HEALTHY REQUEST, chicken with rice, condensed	0,40	7,19	0,80
06054	CAMPBELL'S Red and White, Chicken Alphabet Soup, condensed	0,40	9,52	0,80
06145	CAMPBELL'S Red and White, Beef Noodle Soup, condensed	0,40	6,35	0,80
06146	CAMPBELL'S Red and White, Beef with Vegetables and Barley Soup, condensed	0,40	11,90	2,40
06311	CAMPBELL'S Red and White, Chicken Won Ton Soup, condensed	0,40	6,35	0,00
06379	CAMPBELL'S Red and White, Tomato Bisque, condensed	0,40	18,25	0,80
08092	Cereals, QUAKER, corn grits, instant, plain, dry	0,40	78,42	4,20
06978	Soup, beef and mushroom, low sodium, chunk style	0,39	9,58	0,20
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	0,39	4,23	0,00
18967	Bread, white wheat	0,39	43,91	9,20
43008	Babyfood, dinner, chicken and rice	0,39	9,20	1,10
16222	Soymilk (all flavors), unsweetened, with added calcium, vitamins A and D	0,39	1,74	0,50
06361	CAMPBELL'S Red and White, Green Pea Soup, condensed	0,39	21,88	3,10
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	0,39	11,67	1,70
17367	Lamb, New Zealand, imported, kidney, raw	0,39	0,03	0,00
05039	Chicken, broilers or fryers, light meat, meat only, raw	0,39	0,00	--
06401	Soup, cream of asparagus, canned, prepared with equal volume water	0,39	4,38	0,20
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	0,39	52,38	1,60
19142	Candies, MOUNDS Candy Bar	0,39	58,59	3,70
20022	Cornmeal, degermed, enriched, yellow	0,39	79,45	3,90
20322	Cornmeal, degermed, enriched, white	0,39	79,45	3,90
20422	Cornmeal, degermed, unenriched, yellow	0,39	79,45	3,90
20522	Cornmeal, degermed, unenriched, white	0,39	79,45	3,90
04638	Salad dressing, ranch dressing, fat-free	0,39	26,51	0,10
12013	Seeds, lotus seeds, dried	0,39	64,47	--
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	0,39	18,60	0,00
01203	Yogurt, fruit, lowfat, with low calorie sweetener	0,39	18,60	0,00
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	0,39	18,60	0,00
03944	Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA	0,39	6,94	0,00
18030	Bread, french or vienna, toasted (includes sourdough)	0,39	61,93	3,10
06221	PREGO Pasta, Chunky Garden Mushroom Supreme Italian Sauce, ready-to-serve	0,38	10,00	2,30
15070	Fish, rockfish, Pacific, mixed species, raw	0,38	0,00	--
20650	Sorghum flour, refined, unenriched	0,38	76,85	1,90
01199	Cream, half and half, fat free	0,38	9,00	0,00

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
03946	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-to-feed, with ARA and DHA	0,38	7,40	0,00
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	0,38	44,17	3,50
16029	Beans, kidney, all types, mature seeds, canned	0,38	14,50	4,30
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	0,38	4,92	0,20
06415	CAMPBELL'S CHUNKY Soups, Hearty Beef Barley Soup	0,38	8,98	1,00
06039	Soup, minestrone, canned, chunky, ready-to-serve	0,38	8,64	2,40
06448	Soup, oyster stew, canned, prepared with equal volume water	0,38	1,69	--
11555	Tomato products, canned, sauce, with herbs and cheese	0,38	10,24	2,20
16166	Soymilk, chocolate, unfortified	0,38	9,95	0,40
16168	Soymilk, chocolate, with added calcium, vitamins A and D	0,38	9,95	0,40
06976	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	0,38	8,06	1,80
09244	Peaches, dehydrated (low-moisture), sulfured, uncooked	0,38	83,18	--
15204	Fish, pike, walleye, cooked, dry heat	0,38	0,00	--
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	0,37	20,98	2,40
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	0,37	14,34	2,00
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	0,37	20,98	2,40
11901	Corn, sweet, white, cooked, boiled, drained, without salt	0,37	21,71	2,70
11902	Corn, sweet, white, cooked, boiled, drained, with salt	0,37	21,71	2,70
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	0,37	57,26	10,00
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	0,37	76,31	1,20
06449	Soup, pea, green, canned, prepared with equal volume water	0,37	9,88	1,90
06965	Soup, pea, low sodium, prepared with equal volume water	0,37	9,88	1,90
08129	Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water	0,37	18,95	2,00
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	0,37	7,47	1,20
06192	Split pea soup, canned, reduced sodium, prepared with water or ready-to serve	0,37	11,83	1,90
06423	Soup, chicken with rice, canned, prepared with equal volume water	0,37	2,92	0,30
20037	Rice, brown, long-grain, cooked	0,37	25,58	1,60
03246	Babyfood, dessert, custard pudding, vanilla, junior	0,36	17,58	0,20
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	0,36	7,19	0,00
18029	Bread, french or vienna (includes sourdough)	0,36	51,88	2,20
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	0,36	1,52	0,00
20124	Pasta, whole-wheat, dry	0,36	73,37	9,20
03289	Babyfood, apples with ham, strained	0,36	10,90	1,80
17166	Game meat, elk, raw	0,36	0,00	--
15171	Mollusks, oyster, Pacific, raw	0,36	4,95	0,00

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
08484	Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal	0,36	80,37	10,20
17377	Lamb, New Zealand, imported, testes, raw	0,36	0,14	0,00
04631	Margarine-like, vegetable oil spread, fat-free, tub	0,36	4,34	0,00
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	0,36	9,82	0,50
14236	Beverages, coffee substitute, cereal grain beverage, powder	0,36	78,42	23,30
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	0,35	3,12	0,00
20521	Pasta, cooked, unenriched, with added salt	0,35	30,59	1,80
42237	Cereals ready-to-eat, WEETABIX whole grain cereal	0,35	81,50	11,40
15045	Fish, lingcod, raw	0,35	0,00	--
15098	Fish, sheepshead, cooked, dry heat	0,35	0,00	--
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	0,35	78,90	13,70
27062	Soup, beef barley, ready to serve	0,35	7,94	0,90
11671	Potatoes, o'brien, home-prepared	0,35	15,47	--
11900	Corn, sweet, white, raw	0,35	19,02	2,70
16163	MORI-NU, Tofu, silken, extra firm	0,34	2,00	0,10
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	0,34	0,00	--
20076	Wheat, durum	0,34	71,13	--
12158	Seeds, breadfruit seeds, roasted	0,34	40,10	6,00
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	0,34	13,80	0,00
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	0,34	13,80	0,00
04635	Salad dressing, thousand island dressing, fat-free	0,34	29,27	3,30
15018	Fish, cod, Atlantic, dried and salted	0,34	0,00	--
32018	Spanish rice mix, dry mix, unprepared	0,34	76,45	3,10
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	0,34	4,89	0,30
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	0,34	77,29	11,40
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	0,34	5,52	0,00
06748	Soup, PROGRESSO, beef barley, traditional, ready to serve	0,34	6,69	0,90
15250	Mollusks, conch, baked or broiled	0,33	1,70	0,00
03127	Babyfood, vegetables, spinach, creamed, strained	0,33	5,70	1,80
43078	Beverage, milkshake mix, dry, not chocolate	0,33	52,90	1,60
22401	Spaghetti with meat sauce, frozen entree	0,33	15,24	1,80
43393	Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	0,33	80,65	14,70
06465	Soup, turkey noodle, canned, prepared with equal volume water	0,33	3,54	0,30
06988	CAMPBELL'S HEALTHY REQUEST, Cream of Mushroom Soup, condensed	0,33	8,60	1,00
08354	Cereals ready-to-eat, QUAKER, MOTHER'S GRAHAM BUMPERS	0,33	88,89	2,60

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
15059	Fish, pout, ocean, raw	0,33	0,00	--
42131	Milk dessert, frozen, milk-fat free, chocolate	0,33	37,70	0,00
22998	Rice and vermicelli mix, chicken flavor, unprepared	0,33	75,80	1,20
27022	CAMPBELL'S Soup on the GO, HEALTHY REQUEST Chicken with Mini Noodles Soup	0,33	2,62	0,70
09165	Litchis, dried	0,33	70,70	4,60
15227	Crustaceans, crab, queen, cooked, moist heat	0,33	0,00	--
03840	Infant formula, ABBOTT NUTRITION, SIMILAC, SPECIAL CARE, ADVANCE 24, with iron, ready-to-feed, with ARA and DHA	0,32	8,73	0,00
15230	Mollusks, octopus, common, cooked, moist heat	0,32	4,40	0,00
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	0,32	73,60	5,40
15102	Fish, snapper, mixed species, cooked, dry heat	0,32	0,00	--
06471	Soup, vegetable beef, canned, prepared with equal volume water	0,32	4,06	0,80
08355	Cereals ready-to-eat, QUAKER, MOTHER'S COCOA BUMPERS	0,32	89,91	2,70
19710	Puddings, vanilla, dry mix, regular, with added oil	0,32	92,40	0,00
05623	Emu, fan fillet, raw	0,32	0,00	--
11268	Mushrooms, shiitake, dried	0,32	75,37	11,50
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	0,32	18,64	0,00
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	0,32	18,64	0,00
08090	Cereals, corn grits, white, regular and quick, enriched, dry	0,32	79,09	4,60
28322	Bagels, multigrain	0,31	47,47	6,20
43205	Beverage, instant breakfast powder, chocolate, not reconstituted	0,31	66,20	0,40
01231	Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener	0,31	13,80	0,00
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	0,31	76,39	9,40
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	0,31	79,91	3,90
08452	Cereals, QUAKER, Whole Wheat Natural Cereal, dry	0,31	74,80	9,90
21463	Yogurt parfait, lowfat, with fruit and granola	0,31	15,86	1,10
06028	Soup, clam chowder, manhattan, canned, condensed	0,30	9,74	1,20
18265	English muffins, wheat, toasted	0,30	48,70	5,00
03083	Babyfood, dinner, turkey and rice, junior	0,30	9,57	1,00
08365	Cereals ready-to-eat, QUAKER, Shredded Wheat, bagged cereal	0,30	81,01	11,80
16052	Broadbeans (fava beans), mature seeds, raw	0,30	58,29	25,00
18639	GEORGE WESTON BAKERIES, Thomas English Muffins	0,30	46,00	--
20071	Wheat, hard red spring	0,30	68,03	12,20
18437	English muffins, plain, enriched, without calcium propionate(includes sourdough)	0,30	46,00	2,70
18438	English muffins, plain, unenriched, with calcium propionate (includes sourdough)	0,30	46,00	2,70

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
18439	English muffins, plain, unenriched, without calcium propionate (includes sourdough)	0,30	46,00	2,70
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	0,30	56,00	7,30
20041	Rice, brown, medium-grain, cooked	0,30	23,51	1,80
20651	Rice, brown, parboiled, cooked, UNCLE BENS	0,30	31,33	1,70
32030	KASHI Italian Vegetable Medley Pasta, frozen, unprepared	0,30	16,30	2,70
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	0,30	87,90	1,40
08029	Cereals ready-to-eat, POST Bran Flakes	0,30	80,50	18,30
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	0,30	73,40	1,40
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	0,30	74,70	9,10
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	0,30	82,20	12,20
08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	0,30	81,40	12,40
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	0,30	79,60	1,60
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	0,30	76,80	9,10
08316	Cereals, QUAKER, hominy grits, white, regular, dry	0,30	79,20	1,60
08348	Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice	0,30	86,40	0,40
08380	Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH	0,30	84,90	8,00
08383	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Red Berries	0,30	87,09	8,50
08384	Cereals ready-to-eat, KELLOGG, KELLOGG'S MINI-WHEATS, unfrosted bite size	0,30	81,00	13,80
08393	Cereals ready-to-eat, KASHI GOLEAN	0,30	67,19	20,10
08471	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Protein Plus	0,30	60,60	8,30
08591	Cereals ready-to-eat, KASHI ORGANIC PROMISE, ISLAND VANILLA	0,30	80,80	10,70
08677	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS Touch of Fruit in the Middle, Raspberry	0,30	82,10	10,60
08708	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Touch of Fruit in the Middle, raisin	0,30	82,10	10,80
16210	Vitasoy USA, Nasoya Lite Firm Tofu	0,30	1,30	0,60
06018	Soup, chunky chicken noodle, canned, ready-to-serve	0,30	4,46	0,80
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	0,30	7,43	1,80
09079	Cranberries, dried, sweetened	0,30	82,80	5,30
01115	Whey, sweet, dried	0,30	74,46	0,00
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	0,30	19,05	0,00
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	0,30	19,05	0,00
06749	Soup, beef and vegetables, canned, ready-to-serve	0,30	6,16	1,20
20096	Pasta, fresh-refrigerated, spinach, cooked	0,30	25,04	--
20004	Barley, hulled	0,30	73,48	17,30
05625	Emu, flat fillet, raw	0,30	0,00	--
11297	Parsley, fresh	0,30	6,33	3,30

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
16130	Okara	0,30	12,23	--
03084	Babyfood, dinner, vegetables and turkey, strained	0,29	7,62	1,50
03846	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed	0,29	6,77	0,00
03935	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with ARA and DHA	0,29	6,77	0,00
15064	Fish, pike, walleye, raw	0,29	0,00	--
12003	Seeds, breadfruit seeds, boiled	0,29	32,00	4,80
14173	Beverages, coffee, ready to drink, vanilla, light, milk based, sweetened	0,29	4,27	0,00
14179	Beverages, coffee, ready to drink, milk based, sweetened	0,29	12,60	0,00
32008	Pasta mix, classic cheeseburger macaroni, unprepared	0,29	71,51	2,70
20034	Oat bran, cooked	0,29	11,44	2,60
01016	Cheese, cottage, lowfat, 1% milkfat	0,29	2,72	0,00
06440	Soup, minestrone, canned, prepared with equal volume water	0,29	4,66	0,40
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	0,29	78,96	12,40
08314	Cereals, QUAKER, hominy grits, white, quick, dry	0,29	79,60	4,80
18968	Bagels, wheat	0,29	48,89	4,10
42235	Cheese, cottage, lowfat, 1% milkfat, lactose reduced	0,29	3,20	0,60
27001	Soup, hot and sour, Chinese restaurant	0,29	4,35	0,50
11182	Corn, yellow, whole kernel, frozen, microwaved	0,29	25,87	2,60
14181	Beverages, chocolate syrup	0,29	65,10	2,60
20063	Rye flour, dark	0,28	68,63	23,80
43352	Cheese, cottage, lowfat, 1% milkfat, no sodium added	0,28	2,70	0,00
20080	Wheat flour, whole-grain	0,28	71,97	10,70
32000	Rice and vermicelli mix, beef flavor, unprepared	0,28	76,02	1,60
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	0,28	17,91	1,30
08144	Cereals, whole wheat hot natural cereal, dry	0,28	75,20	9,50
06193	Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve	0,28	11,40	1,90
43396	Cheese, cottage, lowfat, 1% milkfat, with vegetables	0,28	3,00	0,00
20135	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, dry	0,28	73,10	10,10
14033	Beverages, ABBOTT, EAS whey protein powder	0,28	17,95	0,00
01083	Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D	0,28	4,97	0,00
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	0,28	9,00	2,40
06341	CAMPBELL'S, Cream of Potato Soup, condensed	0,28	13,25	1,30
06558	Soup, tomato bisque, canned, prepared with equal volume water	0,28	9,60	0,20
18264	English muffins, wheat	0,28	44,80	4,60
19330	Puddings, lemon, dry mix, instant	0,28	95,40	0,00

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
15132	Fish, whiting, mixed species, raw	0,28	0,00	--
18299	Pancakes, whole-wheat, dry mix, incomplete	0,28	71,00	--
09246	Peaches, dried, sulfured, uncooked	0,28	61,33	8,20
12202	Nuts, chestnuts, japanese, raw	0,28	34,91	--
15131	Fish, whitefish, mixed species, smoked	0,28	0,00	--
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	0,28	4,99	0,00
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	0,28	4,99	0,00
16011	Beans, baked, canned, with pork and tomato sauce	0,28	18,69	4,00
43004	Babyfood, dessert, banana pudding, strained	0,28	14,14	0,80
43214	Butter replacement, without fat, powder	0,28	89,00	0,00
14164	Beverages, chocolate malt powder, prepared with 1% milk, fortified	0,28	8,81	0,00
18297	Pancakes, special dietary, dry mix	0,28	73,90	--
11165	Coriander (cilantro) leaves, raw	0,28	3,67	2,80
15138	Crustaceans, crab, alaska king, imitation, made from surimi	0,28	15,00	0,50
15154	Crustaceans, spiny lobster, mixed species, raw	0,28	2,43	0,00
06970	Soup, chicken broth, low sodium, canned	0,27	1,20	0,00
20018	Corn flour, yellow, degermed, unenriched	0,27	82,75	1,90
12022	Seeds, safflower seed meal, partially defatted	0,27	48,73	--
08191	Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size	0,27	83,80	9,60
20093	Pasta, fresh-refrigerated, plain, as purchased	0,27	54,73	--
20622	Spaghetti, protein-fortified, dry, enriched (n x 6.25)	0,27	65,65	2,40
21310	McDONALD'S, Barbeque Sauce	0,27	36,93	1,30
42286	Babyfood, green beans and turkey, strained	0,27	5,35	1,40
06417	Soup, chicken gumbo, canned, prepared with equal volume water	0,27	3,43	0,80
11958	Pickle relish, hamburger	0,27	34,48	3,20
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	0,27	7,46	0,30
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	0,27	82,89	--
15032	Fish, grouper, mixed species, cooked, dry heat	0,27	0,00	--
04661	Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners	0,27	0,00	--
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	0,26	89,20	2,20
05185	Turkey from whole, light meat, raw	0,26	0,14	0,00
05219	Turkey, breast, from whole bird, meat only, raw	0,26	0,14	0,00
05227	Turkey, wing, from whole bird, meat only, raw	0,26	0,14	0,00
05738	Turkey, drumstick, from whole bird, meat only, raw	0,26	0,14	0,00
16228	Soymilk, original and vanilla, light, unsweetened, with added calcium, vitamins A and D	0,26	3,85	0,60

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
06419	Soup, chicken noodle, canned, prepared with equal volume water	0,26	2,97	0,50
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	0,26	3,51	0,50
19436	Popcorn, sugar syrup/caramel, fat-free	0,26	90,06	2,50
20657	Pasta, gluten-free, corn and rice flour, cooked	0,26	38,05	1,40
90560	Mollusks, snail, raw	0,26	2,00	0,00
20046	Rice, white, long-grain, parboiled, enriched, dry	0,26	80,89	1,80
20446	Rice, white, long-grain, parboiled, unenriched, dry	0,26	80,89	1,80
03226	Babyfood, dessert, fruit pudding, orange, strained	0,26	17,70	0,60
04657	Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter	0,26	0,00	--
15144	Crustaceans, crab, queen, raw	0,26	0,00	--
01088	Milk, buttermilk, fluid, cultured, lowfat	0,25	4,79	0,00
20131	Barley malt flour	0,25	78,30	7,10
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	0,25	86,04	0,70
15148	Crustaceans, lobster, northern, cooked, moist heat	0,25	0,00	--
15167	Mollusks, oyster, eastern, wild, raw	0,25	2,72	0,00
12041	Seeds, sunflower seed flour, partially defatted	0,25	35,83	5,20
43544	Babyfood, cereal, rice with pears and apple, dry, instant fortified	0,25	88,50	2,60
15101	Fish, snapper, mixed species, raw	0,25	0,00	--
15243	Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	0,25	0,00	--
01186	Cheese, cream, fat free	0,25	7,66	0,00
07943	Turkey, breast, smoked, lemon pepper flavor, 97% fat-free	0,25	1,31	0,00
08495	Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYNO-BITES	0,25	87,93	1,10
11595	Winged beans, immature seeds, raw	0,25	4,31	--
15170	Mollusks, oyster, eastern, canned	0,25	3,91	0,00
18007	Bagels, oat bran	0,25	53,30	3,60
18042	Bread, pita, whole-wheat	0,25	55,89	6,10
02010	Spices, cinnamon, ground	0,25	80,59	53,10
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	0,25	74,25	1,60
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	0,24	57,39	1,80
08290	Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes	0,24	78,15	14,10
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	0,24	0,00	--
08025	Cereals ready-to-eat, RALSTON CRISP RICE	0,24	86,22	0,70
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	0,24	0,00	--
20015	Corn bran, crude	0,24	85,64	79,00
16085	Peas, green, split, mature seeds, raw	0,24	63,74	25,50

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
20653	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry	0,24	73,30	11,30
21315	McDONALD'S, Sweet 'N Sour Sauce	0,24	39,38	0,00
06151	Sauce, plum, ready-to-serve	0,24	42,81	0,70
06402	Soup, black bean, canned, prepared with equal volume water	0,24	7,71	3,40
06413	Soup, chicken broth, canned, prepared with equal volume water	0,24	0,38	0,00
15054	Fish, monkfish, raw	0,24	0,00	--
11203	Cress, garden, raw	0,24	5,50	1,10
15073	Fish, roughy, orange, raw	0,24	0,00	--
03215	Babyfood, pretzels	0,24	82,20	2,30
06498	Soup, tomato, dry, mix, prepared with water	0,24	7,17	0,40
11896	Winged bean, immature seeds, cooked, boiled, drained, with salt	0,24	3,21	--
06174	Soup, stock, fish, home-prepared	0,24	0,00	--
04636	Salad dressing, italian dressing, fat-free	0,24	8,75	0,60
06463	Soup, tomato rice, canned, prepared with equal volume water	0,24	8,54	0,70
20030	Hominy, canned, white	0,23	14,26	2,50
20330	Hominy, canned, yellow	0,23	14,26	2,50
33866	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, LIPIL, powder	0,23	52,00	0,00
06315	Soup, HEALTHY CHOICE Chicken and Rice Soup, canned	0,23	5,71	0,80
06453	Soup, cream of potato, canned, prepared with equal volume water	0,23	4,70	0,20
15246	Mollusks, oyster, eastern, farmed, cooked, dry heat	0,23	7,28	0,00
16042	Beans, pinto, mature seeds, raw	0,23	62,55	15,50
35239	Tortilla, blue corn, Sakwavikaviki (Hopi)	0,23	58,12	3,40
42205	Cheese, pasteurized process, cheddar or American, fat-free	0,23	13,40	0,00
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	0,23	23,50	2,80
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	0,23	23,50	2,80
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	0,23	20,71	2,10
11944	Pickle relish, hot dog	0,23	23,35	1,50
20075	Wheat, soft white	0,23	75,36	12,70
14424	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate. Not manufactured anymore.	0,23	42,90	0,20
16047	Beans, yellow, mature seeds, raw	0,23	60,70	25,10
06472	Soup, vegetable with beef broth, canned, prepared with equal volume water	0,22	5,35	0,70
16099	Peanut flour, defatted	0,22	34,70	15,80
03997	Babyfood, Baby MUM MUM Rice Biscuits	0,22	83,21	0,00
06742	Soup, vegetable beef, microwavable, ready-to-serve, single brand	0,22	3,30	1,50
11905	Corn, sweet, white, canned, whole kernel, drained solids	0,22	15,06	2,30

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
16010	Beans, baked, canned, with pork and sweet sauce	0,22	21,57	4,40
12008	Seeds, cottonseed flour, low fat (glandless)	0,22	36,10	--
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	0,22	89,72	2,60
15147	Crustaceans, lobster, northern, raw	0,22	0,00	--
15153	Crustaceans, shrimp, mixed species, imitation, made from surimi	0,22	9,13	0,00
42281	Gums, seed gums (includes locust bean, guar)	0,22	77,30	--
42119	Babyfood, banana juice with low fat yogurt	0,22	17,54	0,40
42120	Babyfood, mixed fruit juice with low fat yogurt	0,22	14,68	0,40
43523	Babyfood, mixed fruit yogurt, strained	0,22	16,23	0,40
27056	Sauce, barbecue, BULL'S-EYE, original	0,22	39,95	1,00
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	0,22	15,62	0,90
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior, fortified	0,22	16,03	0,90
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	0,22	22,33	2,80
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	0,22	22,33	2,80
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	0,22	22,33	2,10
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	0,22	22,33	2,80
12005	Seeds, breadnut tree seeds, dried	0,21	79,39	14,90
15226	Crustaceans, crab, dungeness, cooked, moist heat	0,21	0,95	0,00
42185	Frozen yogurts, chocolate, nonfat milk, sweetened without sugar	0,21	19,70	2,00
20138	Wheat, KAMUT khorasan, uncooked	0,21	70,58	11,10
20069	Triticale	0,21	72,13	--
11613	Borage, raw	0,21	3,06	--
02066	Spearmint, dried	0,21	52,04	29,80
08038	Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	0,21	80,49	13,00
11945	Pickle relish, sweet	0,21	35,06	1,10
16117	Soy flour, defatted	0,21	33,92	17,50
20062	Rye grain	0,21	75,86	15,10
18021	Bread, boston brown, canned	0,21	43,30	4,70
16171	Refried beans, canned, vegetarian	0,21	13,50	4,70
16229	Soymilk (All flavors), lowfat, with added calcium, vitamins A and D	0,21	7,20	0,80
20044	Rice, white, long-grain, regular, raw, enriched	0,21	79,95	1,30
20444	Rice, white, long-grain, regular, raw, unenriched	0,21	79,95	1,30
20130	Barley flour or meal	0,20	74,52	10,10
01235	Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener	0,20	19,70	2,00
06528	Soup, chicken noodle, dry, mix, prepared with water	0,20	3,67	0,10

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	0,20	76,50	3,80
09175	Mammy-apple, (mamey), raw	0,20	12,50	3,00
11204	Cress, garden, cooked, boiled, drained, without salt	0,20	3,80	0,70
11781	Cress, garden, cooked, boiled, drained, with salt	0,20	3,80	0,70
06537	CAMPBELL'S Homestyle HEALTHY REQUEST Mexican Style Chicken Tortilla	0,20	7,76	1,20
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	0,20	86,85	1,40
27017	CAMPBELL'S Homestyle Microwaveable Bowls, HEALTHY REQUEST Italian Wedding Soup	0,20	5,31	0,80
27018	CAMPBELL'S Homestyle Microwaveable Bowls, HEALTHY REQUEST Mexican Style Tortilla	0,20	7,76	1,20
20074	Wheat, hard white	0,20	75,90	12,20
06217	Soup, vegetable, canned, low sodium, condensed	0,20	12,11	2,10
02026	Spices, onion powder	0,20	79,12	15,20
05630	Emu, outside drum, raw	0,20	0,00	--
11634	Peppers, sweet, green, freeze-dried	0,20	68,70	21,30
11931	Peppers, sweet, red, freeze-dried	0,20	68,70	21,30
15031	Fish, grouper, mixed species, raw	0,20	0,00	--
16225	Soymilk, original and vanilla, light, with added calcium, vitamins A and D	0,20	3,51	0,30
43497	Jellyfish, dried, salted	0,20	0,00	--
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	0,20	51,98	0,00
15063	Fish, pike, northern, cooked, dry heat	0,20	0,00	--
18383	Bread, protein, (includes gluten), toasted	0,20	48,10	3,30
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	0,20	51,98	0,00
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	0,20	85,70	1,60
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	0,20	83,40	10,80
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	0,20	89,70	8,40
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	0,20	85,20	6,30
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	0,20	87,19	1,00
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	0,20	83,40	10,80
08453	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Chocolatey Strawberry	0,20	83,30	9,50
08459	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS, Maple & Brown Sugar, Bite Size	0,20	84,70	10,30
08462	Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat	0,20	79,00	11,20
08539	Cereals ready-to-eat, KASHI ORGANIC PROMISE, CINNAMON HARVEST	0,20	79,00	10,70
08542	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS Bite Size Strawberry Delight	0,20	84,60	10,20
08584	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight	0,20	81,20	10,60
08598	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, HONEY CLUSTERS	0,20	83,90	19,00
08599	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS	0,20	83,40	17,90

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
08617	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Bite Size Blueberry Muffin	0,20	84,80	10,20
08663	Cereals ready-to-eat, KASHI ORGANIC PROMISE, Berry Fruitful	0,20	76,20	10,50
08673	Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	0,20	79,40	10,30
08683	Cereals ready-to-eat, CASCADIAN FARM, Multi-Grain Squares	0,20	83,00	7,50
08695	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, little bites	0,20	83,40	10,80
08705	Cereals ready-to-eat, KASHI GOLEAN Vanilla Graham Clusters	0,20	70,09	17,30
08712	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN with cranberries	0,20	84,19	9,20
16219	Vitasoy USA, Vitasoy Light Vanilla Soymilk	0,20	4,10	0,10
16506	LOMA LINDA Vege-Burger, canned, unprepared	0,20	3,70	2,60
16516	WORTHINGTON Multigrain Cutlets, canned, unprepared	0,20	7,30	4,50
17173	Game meat, moose, cooked, roasted	0,20	0,00	--
20054	Rice, white, glutinous, unenriched, uncooked	0,20	81,68	2,80
20072	Wheat, hard red winter	0,20	71,18	12,20
22119	MORNINGSTAR FARMS Veggie Dog, frozen, unprepared	0,20	11,20	2,30
28194	MOTHER'S, 4th of July Circus Animal Cookies	0,20	68,30	0,80
28196	MOTHER'S, Circus Animal Cookies	0,20	68,30	0,80
28200	MOTHER'S, Halloween Circus Animals Cookies	0,20	68,10	0,80
28201	MOTHER'S, Holiday Circus Animal Cookies	0,20	68,30	0,80
15160	Mollusks, clam, mixed species, canned, drained solids	0,20	5,90	0,00
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	0,20	19,30	2,40
16055	Carob flour	0,20	88,88	39,80
15061	Fish, perch, mixed species, cooked, dry heat	0,20	0,00	--
18368	Wonton wrappers (includes egg roll wrappers)	0,20	57,90	1,80
18219	Crackers, matzo, whole-wheat	0,19	78,90	11,80
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	0,19	86,78	1,50
16069	Lentils, raw	0,19	63,35	10,70
43537	Babyfood, dessert, blueberry yogurt, strained	0,19	17,05	0,40
08106	Cereals, CREAM OF WHEAT, instant, dry	0,19	75,50	3,30
15139	Crustaceans, crab, blue, raw	0,19	0,04	0,00
20092	Pasta, gluten-free, corn, cooked	0,19	27,91	4,80
27000	Soup, egg drop, Chinese restaurant	0,19	4,29	0,40
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	0,19	52,19	0,00
15123	Fish, tuna, fresh, skipjack, raw	0,19	0,00	--
11596	Winged beans, immature seeds, cooked, boiled, drained, without salt	0,19	3,21	--
20064	Rye flour, medium	0,19	75,43	11,80

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
20010	Buckwheat groats, roasted, cooked	0,19	19,94	2,70
18006	Bagels, cinnamon-raisin, toasted	0,19	59,30	2,50
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	0,19	52,19	0,00
20098	Pasta, homemade, made without egg, cooked	0,19	25,12	--
20114	Noodles, japanese, soba, dry	0,18	74,62	--
35143	Tortilla, includes plain and from mutton sandwich (Navajo)	0,18	49,94	2,40
15137	Crustaceans, crab, alaska king, cooked, moist heat	0,18	0,00	--
20032	Millet, cooked	0,18	23,67	1,30
20070	Triticale flour, whole-grain	0,18	73,14	14,60
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	0,18	72,63	4,40
14194	Beverages, Cocoa mix, powder, prepared with water	0,18	11,54	0,50
18043	Bread, protein (includes gluten)	0,18	43,80	3,00
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	0,18	20,73	2,90
09322	Tamarinds, raw	0,18	62,50	5,10
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	0,18	0,91	0,00
20050	Rice, white, medium-grain, raw, enriched	0,18	79,34	1,40
20126	Spaghetti, spinach, dry	0,18	74,81	10,60
20450	Rice, white, medium-grain, raw, unenriched	0,18	79,34	--
19423	Snacks, potato chips, fat-free, made with olestra	0,18	65,00	6,80
28318	Bread, french or vienna, whole wheat	0,18	49,10	4,20
32029	Rice mix, white and wild, flavored, unprepared	0,18	76,14	1,80
42279	Babyfood, peas and brown rice	0,18	11,49	2,50
08066	Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice	0,18	87,78	1,40
08177	Cereals, MALT-O-MEAL, chocolate, dry	0,18	79,55	2,80
06956	Soup, tomato, canned, condensed, reduced sodium	0,18	13,41	1,20
15242	Crustaceans, crayfish, mixed species, farmed, raw	0,18	0,00	--
20073	Wheat, soft red winter	0,18	74,24	12,50
09044	Cherries, tart, dried, sweetened	0,18	80,45	2,50
01076	Milk substitutes, fluid, with lauric acid oil	0,18	6,16	0,00
06739	Soup, vegetable beef, canned, condensed, single brand	0,18	7,70	--
20125	Pasta, whole-wheat, cooked	0,18	30,07	3,90
20133	Rice noodles, dry	0,18	80,18	1,60
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	0,18	71,79	4,40
18005	Bagels, cinnamon-raisin	0,18	55,20	2,30
15145	Crustaceans, crayfish, mixed species, wild, raw	0,17	0,00	--

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
11501	Succotash, (corn and limas), frozen, unprepared	0,17	19,94	4,00
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	0,17	19,95	4,10
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	0,17	19,95	4,10
16060	Cowpeas, catjang, mature seeds, raw	0,17	59,64	10,70
20012	Bulgur, dry	0,17	75,87	12,50
15159	Mollusks, clam, mixed species, cooked, moist heat	0,17	5,13	0,00
08409	Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes	0,17	90,20	1,20
20120	Pasta, dry, enriched	0,17	74,67	3,20
20136	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, cooked	0,17	31,51	4,60
20420	Pasta, dry, unenriched	0,17	74,67	3,20
09021	Apricots, raw	0,17	11,12	2,00
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	0,17	26,64	1,50
15190	Fish, burbot, cooked, dry heat	0,17	0,00	--
06740	Soup, chicken vegetable, chunky, reduced fat, reduced sodium, ready-to-serve, single brand	0,17	6,30	--
15143	Crustaceans, crab, dungeness, raw	0,17	0,74	0,00
03114	Babyfood, vegetable, butternut squash and corn	0,17	9,26	2,00
18451	Cake, pound, commercially prepared, fat-free	0,17	61,00	1,10
18216	Crackers, crispbread, rye	0,16	82,20	16,50
15166	Mollusks, octopus, common, raw	0,16	2,20	0,00
15229	Mollusks, cuttlefish, mixed species, cooked, moist heat	0,16	1,64	0,00
09290	Prunes, dehydrated (low-moisture), stewed	0,16	29,70	--
16080	Mung beans, mature seeds, raw	0,16	62,62	16,30
20052	Rice, white, short-grain, enriched, uncooked	0,16	79,15	2,80
20452	Rice, white, short-grain, raw, unenriched	0,16	79,15	--
07932	Chicken breast, fat-free, mesquite flavor, sliced	0,16	2,25	0,00
08034	Cereals ready-to-eat, POST, FRUITY PEBBLES	0,16	86,10	0,80
09094	Figs, dried, uncooked	0,16	63,87	9,80
15184	Fish, tuna, light, canned in water, without salt, drained solids	0,16	0,00	--
20088	Wild rice, raw	0,16	74,90	6,20
20065	Rye flour, light	0,16	76,68	8,00
06024	Soup, chicken and vegetable, canned, ready-to-serve	0,16	4,68	0,90
14066	Beverages, Protein powder whey based	0,16	6,25	3,10
11184	Corn with red and green peppers, canned, solids and liquids	0,16	18,17	--
15035	Fish, haddock, smoked	0,16	0,00	--
15062	Fish, pike, northern, raw	0,16	0,00	--

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
08100	Cereals, CREAM OF RICE, dry	0,16	82,40	0,70
09144	Jackfruit, raw	0,16	23,25	1,50
11496	Succotash, (corn and limas), cooked, boiled, drained, without salt	0,16	24,38	4,50
11871	Succotash, (corn and limas), cooked, boiled, drained, with salt	0,16	24,37	--
11954	Tomatillos, raw	0,16	5,84	1,90
15194	Fish, mahimahi, cooked, dry heat	0,16	0,00	--
09149	Kumquats, raw	0,15	15,90	6,50
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	0,15	34,14	--
11216	Ginger root, raw	0,15	17,77	2,00
09041	Bananas, dehydrated, or banana powder	0,15	88,28	9,90
16146	Beans, pinto, canned, drained solids	0,15	20,22	5,50
06067	Soup, chunky vegetable, canned, ready-to-serve	0,15	7,90	1,10
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	0,15	77,70	6,60
15060	Fish, perch, mixed species, raw	0,15	0,00	--
15245	Mollusks, oyster, eastern, farmed, raw	0,15	5,53	0,00
18226	Crackers, rye, wafers, plain	0,15	80,40	22,90
18236	Cracker meal	0,15	80,90	2,60
20087	Wheat, sprouted	0,15	42,53	1,10
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	0,15	73,19	4,20
15218	Fish, sunfish, pumpkin seed, cooked, dry heat	0,15	0,00	--
17172	Game meat, moose, raw	0,15	0,00	--
01113	Whey, acid, dried	0,15	73,45	0,00
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	0,15	4,77	0,60
14058	Beverages, Whey protein powder isolate	0,15	29,07	0,00
15109	Fish, surimi	0,15	6,85	0,00
20005	Barley, pearled, raw	0,15	77,72	15,60
43007	Babyfood, fruit, tutti frutti, junior	0,15	16,00	0,40
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	0,15	19,44	2,00
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	0,15	19,44	2,00
11908	Corn, sweet, white, canned, vacuum pack, regular pack	0,15	19,44	2,00
11909	Corn, sweet, white, canned, vacuum pack, no salt added	0,15	19,44	2,00
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	0,15	14,83	4,30
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	0,15	14,83	5,30
14068	Beverages, KELLOGG'S SPECIAL K20 protein powder	0,15	58,40	37,50
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	0,14	13,86	1,70

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	0,14	13,86	1,70
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	0,14	15,41	1,70
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	0,14	15,41	0,70
20048	Rice, white, long-grain, precooked or instant, enriched, dry	0,14	82,32	1,90
03820	Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder	0,14	8,57	0,00
15205	Fish, pollock, Atlantic, cooked, dry heat	0,14	0,00	--
09293	Plums, dried (prunes), stewed, with added sugar	0,14	32,88	3,80
16038	Beans, navy, mature seeds, cooked, boiled, without salt	0,14	26,05	10,50
18457	Crackers, saltines, fat-free, low-sodium	0,14	82,30	2,70
04367	Salad dressing, french dressing, fat-free	0,14	32,14	2,20
09176	Mangos, raw	0,14	14,98	1,60
19318	Puddings, banana, dry mix, instant	0,14	92,70	0,00
20083	Wheat flour, white, bread, enriched	0,14	72,53	2,40
20129	Wheat flours, bread, unenriched	0,14	72,53	2,40
11274	Mustard spinach, (tendergreen), raw	0,14	3,90	2,80
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	0,14	0,00	--
16022	Beans, french, mature seeds, raw	0,14	64,11	25,20
19375	Frostings, glaze, prepared-from-recipe	0,14	83,65	0,00
06159	Soup, tomato, canned, condensed	0,14	15,22	1,10
16164	MORI-NU, Tofu, silken, lite firm	0,14	1,10	0,00
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	0,14	18,38	1,00
09279	Plums, raw	0,13	11,42	1,40
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	0,13	0,00	--
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	0,13	85,79	2,60
15006	Fish, burbot, raw	0,13	0,00	--
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	0,13	26,22	9,00
09259	Pears, dried, sulfured, uncooked	0,13	69,70	7,50
11245	Lambsquarters, cooked, boiled, drained, without salt	0,13	5,00	2,10
11794	Lambsquarters, cooked, boiled, drained, with salt	0,13	5,00	2,10
18406	Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	0,13	53,40	2,30
18407	Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	0,13	53,40	2,30
18408	Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)	0,13	53,40	2,30
20121	Pasta, cooked, enriched, without added salt	0,13	30,86	1,80
20321	Pasta, cooked, enriched, with added salt	0,13	30,59	1,80
20421	Pasta, cooked, unenriched, without added salt	0,13	30,86	1,80

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
02055	Horseradish, prepared	0,13	11,29	3,30
03139	Babyfood, prunes, without vitamin c, strained	0,13	23,52	2,70
09288	Prunes, canned, heavy syrup pack, solids and liquids	0,13	27,80	3,80
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	0,13	9,20	--
11788	Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	0,13	9,20	--
14296	Beverages, lemonade-flavor drink, powder	0,13	97,90	0,00
15140	Crustaceans, crab, blue, cooked, moist heat	0,13	0,00	--
15141	Crustaceans, crab, blue, canned	0,13	0,00	--
16078	Mothbeans, mature seeds, raw	0,13	61,52	--
16037	Beans, navy, mature seeds, raw	0,13	60,75	15,30
18217	Crackers, matzo, plain	0,13	83,70	3,00
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	0,13	18,71	2,40
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	0,13	19,56	2,40
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	0,13	19,56	2,40
12004	Seeds, breadnut tree seeds, raw	0,13	46,28	--
01258	Egg, white, dried, stabilized, glucose reduced	0,12	4,51	0,00
11272	Mustard greens, frozen, unprepared	0,12	3,41	3,30
11657	Potatoes, mashed, home-prepared, whole milk added	0,12	17,57	1,50
15016	Fish, cod, Atlantic, cooked, dry heat	0,12	0,00	--
15017	Fish, cod, Atlantic, canned, solids and liquid	0,12	0,00	--
20066	Semolina, enriched	0,12	72,83	3,90
20094	Pasta, fresh-refrigerated, plain, cooked	0,12	24,93	--
20466	Semolina, unenriched	0,12	72,83	3,90
11174	Corn, sweet, yellow, canned, cream style, regular pack	0,12	18,13	1,20
11772	Corn, sweet, yellow, canned, cream style, no salt added	0,12	18,13	1,20
11906	Corn, sweet, white, canned, cream style, regular pack	0,12	18,62	1,20
11907	Corn, sweet, white, canned, cream style, no salt added	0,12	18,13	1,20
16014	Beans, black, mature seeds, raw	0,12	62,36	15,50
07933	Chicken breast, oven-roasted, fat-free, sliced	0,12	2,17	0,00
15023	Fish, mahimahi, raw	0,12	0,00	--
03293	Babyfood, plums, bananas and rice, strained	0,12	12,70	1,30
09068	Cherries, sour, red, frozen, unsweetened	0,12	11,02	1,60
09164	Litchis, raw	0,12	16,53	1,30
15157	Mollusks, clam, mixed species, raw	0,12	3,57	0,00
19202	Puddings, vanilla, dry mix, instant	0,12	92,90	0,00

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
20105	Macaroni, vegetable, enriched, dry	0,12	74,88	4,30
43539	Babyfood, dessert, banana yogurt, strained	0,12	17,35	0,50
11432	Radishes, oriental, dried	0,12	63,37	23,90
03286	Babyfood, vegetables, mix vegetables strained	0,12	8,25	1,50
16165	MORI-NU, Tofu, silken, lite extra firm	0,12	1,00	0,00
15108	Fish, sunfish, pumpkin seed, raw	0,12	0,00	--
16422	Soy protein isolate, potassium type	0,12	2,59	0,00
03119	Babyfood, vegetables, corn, creamed, strained	0,12	14,10	2,10
03120	Babyfood, vegetables, corn, creamed, junior	0,12	16,25	2,10
15127	Fish, tuna, fresh, yellowfin, raw	0,12	0,00	--
44260	Puddings, all flavors except chocolate, low calorie, instant, dry mix	0,12	84,66	0,80
02020	Spices, garlic powder	0,12	72,73	9,00
09321	Sugar-apples, (sweetsop), raw	0,11	23,64	4,40
16044	Beans, pinto, mature seeds, canned, solids and liquids	0,11	15,18	4,60
16133	Yardlong beans, mature seeds, raw	0,11	61,91	11,00
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	0,11	15,18	4,60
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	0,11	3,11	2,80
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	0,11	3,11	2,80
43006	Babyfood, fruit, tutti frutti, strained	0,11	15,48	0,60
11298	Parsnips, raw	0,11	17,99	4,90
11299	Parsnips, cooked, boiled, drained, without salt	0,11	17,01	3,60
11808	Parsnips, cooked, boiled, drained, with salt	0,11	17,01	4,00
15065	Fish, pollock, Atlantic, raw	0,11	0,00	--
14287	Beverages, Lemonade, powder	0,11	97,57	0,40
19387	Frozen novelties, ice type, pineapple-coconut	0,11	23,90	0,70
27060	Soup, chunky vegetable, reduced sodium, canned, ready-to-serve	0,11	10,28	1,10
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	0,11	46,24	36,70
11271	Mustard greens, cooked, boiled, drained, without salt	0,11	4,51	2,00
11799	Mustard greens, cooked, boiled, drained, with salt	0,11	4,51	2,00
03233	Babyfood, dessert, fruit pudding, pineapple, strained	0,11	20,30	0,70
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior, fortified	0,11	18,79	1,00
06963	Fish broth	0,11	0,40	0,00
15152	Crustaceans, shrimp, mixed species, canned	0,11	0,00	--
08506	Cereals ready-to-eat, RALSTON Corn Flakes	0,11	88,01	2,70
15121	Fish, tuna, light, canned in water, drained solids	0,11	0,00	--

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
15155	Mollusks, abalone, mixed species, raw	0,11	6,01	0,00
15175	Mollusks, squid, mixed species, raw	0,11	3,08	0,00
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	0,11	11,38	0,00
16019	Beans, cranberry (roman), mature seeds, raw	0,11	60,05	24,70
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	0,11	60,03	10,60
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	0,11	26,22	9,00
21380	McDONALD'S, Fruit 'n Yogurt Parfait	0,11	20,72	1,00
03224	Babyfood, dessert, cherry vanilla pudding, strained	0,10	17,80	0,30
09031	Apricots, dehydrated (low-moisture), sulfured, stewed	0,10	32,62	--
11497	Succotash, (corn and limas), canned, with cream style corn	0,10	17,61	3,00
18041	Bread, pita, white, enriched	0,10	55,70	2,20
18413	Bread, pita, white, unenriched	0,10	55,70	2,20
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	0,10	17,10	1,00
11248	Lentils, sprouted, raw	0,10	22,14	--
11973	Beans, fava, in pod, raw	0,10	17,63	7,50
12205	Seeds, lotus seeds, raw	0,10	17,28	--
11237	Kanpyo, (dried gourd strips)	0,10	65,03	9,80
11961	Hearts of palm, canned	0,10	4,62	2,40
06967	Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	0,10	6,06	1,10
09314	Sapote, mamey, raw	0,10	32,10	5,40
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	0,10	8,77	1,40
11620	Drumstick pods, raw	0,10	8,53	3,20
16045	Beans, small white, mature seeds, raw	0,10	62,25	24,90
12203	Nuts, chestnuts, japanese, boiled and steamed	0,10	12,64	--
01060	Milk, filled, fluid, with lauric acid oil	0,10	4,74	0,00
01114	Whey, sweet, fluid	0,10	5,14	0,00
06375	CAMPBELL'S, Vegetable Beef Soup, condensed	0,10	11,80	2,10
08032	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES	0,10	91,30	0,50
08318	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Strong Heart Antioxidants Cereal	0,10	86,80	5,40
08463	Cereals ready-to-eat, KASHI ORGANIC PROMISE, STRAWBERRY FIELDS	0,10	83,50	5,00
08469	Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal	0,10	87,30	10,10
08531	Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt	0,10	85,30	8,10
08603	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Blueberry	0,10	86,30	8,60
08697	Cereals ready-to-eat, KASHI ORGANIC PROMISE, RAISIN VINEYARD	0,10	79,90	5,00
08701	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Multi-grain	0,10	86,59	9,60

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
11386	Potatoes, scalloped, dry mix, unprepared	0,10	73,93	8,60
16272	Vitasoy USA Nasoya, Lite Silken Tofu	0,10	0,00	--
16511	WORTHINGTON Choplets, canned, unprepared	0,10	4,10	2,80
16521	WORTHINGTON Vegetable Skallops, canned, unprepared	0,10	4,60	3,40
28162	KELLOGG'S, Corn Flakes Crumbs	0,10	84,40	1,20
35232	Wocas, dried seeds, Oregon, yellow pond lily (Klamath)	0,10	80,02	19,20
11445	Seaweed, kelp, raw	0,10	9,57	1,30
16040	Beans, pink, mature seeds, raw	0,10	64,19	12,70
11621	Drumstick pods, cooked, boiled, drained, without salt	0,10	8,18	4,20
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	0,10	13,98	2,60
11156	Chives, raw	0,10	4,35	2,50
11224	Hyacinth-beans, immature seeds, raw	0,10	9,19	3,30
16006	Beans, baked, canned, plain or vegetarian	0,10	21,14	4,10
20116	Noodles, japanese, somen, dry	0,10	74,10	4,30
15015	Fish, cod, Atlantic, raw	0,09	0,00	--
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	0,09	25,28	10,40
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	0,09	25,28	10,40
09286	Pomegranates, raw	0,09	18,70	4,00
43060	Chewing gum, sugarless	0,09	94,80	2,40
43057	Candies, gum drops, no sugar or low calorie (sorbitol)	0,09	88,10	0,00
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	0,09	76,61	2,00
06307	Sauce, barbecue, KRAFT, original	0,09	40,77	0,40
11270	Mustard greens, raw	0,09	4,67	3,20
09054	Blueberries, frozen, unsweetened	0,09	12,17	2,70
06008	Soup, beef broth or bouillon canned, ready-to-serve	0,09	0,04	0,00
09315	Soursop, raw	0,09	16,84	3,30
09379	Plums, canned, heavy syrup, drained	0,09	23,12	1,50
15022	Fish, cusk, raw	0,09	0,00	--
15044	Fish, ling, raw	0,09	0,00	--
06480	Soup, chicken broth or bouillon, dry, prepared with water	0,09	0,30	0,00
09247	Peaches, dried, sulfured, stewed, without added sugar	0,09	19,69	2,70
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	0,09	0,00	--
20028	Couscous, dry	0,09	77,43	5,00
20045	Rice, white, long-grain, regular, enriched, cooked	0,09	28,17	0,40
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	0,09	28,17	0,40

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
20445	Rice, white, long-grain, regular, unenriched, cooked without salt	0,09	28,17	0,40
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	0,09	28,17	0,40
22914	Pasta with tomato sauce, no meat, canned	0,09	14,22	0,90
93600	Turtle, green, raw	0,09	0,00	--
02044	Basil, fresh	0,09	2,65	1,60
06964	Soup, tomato, low sodium, with water	0,09	6,57	0,60
09191	Nectarines, raw	0,09	10,55	1,70
16123	Soy sauce made from soy and wheat (shoyu)	0,09	4,93	0,80
09139	Guavas, common, raw	0,09	14,32	5,40
20081	Wheat flour, white, all-purpose, enriched, bleached	0,09	76,31	2,70
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	0,09	76,31	2,70
20481	Wheat flour, white, all-purpose, unenriched	0,09	76,31	2,70
20581	Wheat flour, white, all-purpose, enriched, unbleached	0,09	76,31	2,70
20082	Wheat flour, white, all-purpose, self-rising, enriched	0,09	74,22	2,70
09231	Passion-fruit, (granadilla), purple, raw	0,09	23,38	10,40
14405	Beverages, fruit punch juice drink, frozen concentrate	0,09	43,10	0,20
15270	Crustaceans, shrimp, raw (not previously frozen)	0,09	0,00	--
11311	Peas, green, canned, drained solids, rinsed in tap water	0,08	11,82	--
16083	Mungo beans, mature seeds, raw	0,08	58,99	18,30
08083	Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS	0,08	90,59	1,90
09252	Pears, raw	0,08	15,23	3,10
16074	Lima beans, thin seeded (baby), mature seeds, raw	0,08	62,83	20,60
20139	Wheat, KAMUT khorasan, cooked	0,08	27,60	4,30
90240	Mollusks, scallop, (bay and sea), cooked, steamed	0,08	5,41	0,00
06150	Sauce, barbecue	0,08	40,77	0,90
09001	Acerola, (west indian cherry), raw	0,08	7,69	1,10
09002	Acerola juice, raw	0,08	4,80	0,30
09063	Cherries, sour, red, raw	0,08	12,18	1,60
09248	Peaches, dried, sulfured, stewed, with added sugar	0,08	26,60	2,40
14017	Alcoholic beverage, pina colada, prepared-from-recipe	0,08	22,66	0,30
16032	Beans, kidney, red, mature seeds, raw	0,08	61,29	15,20
02049	Thyme, fresh	0,08	24,45	14,00
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	0,08	15,95	1,10
11974	Grape leaves, raw	0,08	17,31	11,00
15163	Mollusks, cuttlefish, mixed species, raw	0,08	0,82	0,00

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
16086	Peas, split, mature seeds, cooked, boiled, without salt	0,08	21,10	8,30
16386	Peas, split, mature seeds, cooked, boiled, with salt	0,08	20,51	8,30
03220	Babyfood, dessert, dutch apple, strained	0,08	19,74	1,40
06114	Gravy, au jus, canned	0,08	2,50	0,00
09088	Elderberries, raw	0,08	18,40	7,00
09292	Plums, dried (prunes), stewed, without added sugar	0,08	28,08	3,10
15136	Crustaceans, crab, alaska king, raw	0,08	0,00	--
19116	Candies, marshmallows	0,08	81,30	0,10
19365	Toppings, marshmallow cream	0,08	79,00	0,10
35236	Stew, pinto bean and hominy, badufsuki (Hopi)	0,08	5,38	1,50
19163	Chewing gum	0,08	96,70	2,40
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	0,08	6,66	0,00
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	0,08	0,00	--
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	0,08	19,65	5,40
16121	Soy protein concentrate, produced by alcohol extraction	0,08	25,41	5,50
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	0,08	19,65	5,40
16420	Soy protein concentrate, produced by acid wash	0,08	25,41	5,50
11525	Taro, tahitian, raw	0,08	6,91	--
16016	Beans, black turtle, mature seeds, raw	0,08	63,25	15,50
27002	Soup, wonton, Chinese restaurant	0,08	5,25	0,20
43112	Beans, chili, barbecue, ranch style, cooked	0,08	16,90	4,20
09228	Papaya, canned, heavy syrup, drained	0,08	55,83	1,50
11003	Amaranth leaves, raw	0,08	4,02	--
11683	Carrot, dehydrated	0,08	79,57	23,60
11975	Grape leaves, canned	0,08	11,71	9,90
14390	Beverages, cocoa mix, with aspartame, powder, prepared with water	0,08	5,61	0,60
16067	Hyacinth beans, mature seeds, raw	0,08	60,74	25,60
09287	Prickly pears, raw	0,08	9,57	3,60
11134	Cassava, raw	0,08	38,06	1,80
09032	Apricots, dried, sulfured, uncooked	0,07	62,64	7,30
15034	Fish, haddock, cooked, dry heat	0,07	0,00	--
16049	Beans, white, mature seeds, raw	0,07	60,27	15,20
20047	Rice, white, long-grain, parboiled, enriched, cooked	0,07	26,05	0,90
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	0,07	26,76	0,60
20447	Rice, white, long-grain, parboiled, unenriched, cooked	0,07	26,05	0,90

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
20084	Wheat flour, white, cake, enriched	0,07	78,03	1,70
06176	Sauce, oyster, ready-to-serve	0,07	10,92	0,30
15019	Fish, cod, Pacific, raw (may have been previously frozen)	0,07	0,00	--
09226	Papayas, raw	0,07	10,82	1,70
20127	Spaghetti, spinach, cooked	0,07	26,15	--
03934	Babyfood, corn and sweet potatoes, strained	0,07	15,23	1,80
08143	Cereals, WHEATENA, cooked with water	0,07	11,80	2,70
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	0,07	11,36	4,90
18086	Cake, angelfood, commercially prepared	0,07	57,80	1,50
03122	Babyfood, peas, dices, toddler	0,07	10,30	3,90
03225	Babyfood, dessert, cherry vanilla pudding, junior	0,07	18,40	0,30
06316	Soup, HEALTHY CHOICE Garden Vegetable Soup, canned	0,07	10,04	1,90
11269	Mushrooms, shiitake, cooked, without salt	0,07	14,39	2,10
11640	Shallots, freeze-dried	0,07	80,70	15,70
11798	Mushrooms, shiitake, cooked, with salt	0,07	14,39	2,10
20055	Rice, white, glutinous, unenriched, cooked	0,07	21,09	1,00
09022	Apricots, canned, water pack, with skin, solids and liquids	0,07	6,39	1,60
09283	Plums, canned, purple, light syrup pack, solids and liquids	0,07	16,28	0,90
06962	Sauce, chili, peppers, hot, immature green, canned	0,07	5,00	1,90
09095	Figs, dried, stewed	0,07	27,57	4,20
11957	Fennel, bulb, raw	0,07	7,30	3,10
27063	Sauce, enchilada, red, mild, ready to serve	0,07	4,87	0,50
06094	Soup, onion, dry, mix	0,07	65,07	6,60
06559	Soup, tomato, canned, prepared with equal volume water, commercial	0,07	7,45	0,50
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	0,07	84,10	3,30
08182	Cereals, WHEATENA, cooked with water, with salt	0,07	11,74	2,00
09236	Peaches, yellow, raw	0,07	9,54	1,50
11546	Tomato products, canned, paste, without salt added	0,07	18,91	4,10
03136	Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained	0,07	18,50	2,70
03137	Babyfood, fruit, prunes with tapioca, without ascorbic acid, junior	0,07	18,70	2,70
09089	Figs, raw	0,07	19,18	2,90
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	0,07	23,24	0,90
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	0,06	5,02	0,00
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	0,06	5,56	0,00
01152	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A	0,06	5,49	0,00

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
09285	Plums, canned, purple, extra heavy syrup pack, solids and liquids	0,06	26,31	1,00
20051	Rice, white, medium-grain, enriched, cooked	0,06	28,59	0,30
20451	Rice, white, medium-grain, cooked, unenriched	0,06	28,59	--
19340	Sugars, maple	0,06	90,90	0,00
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	0,06	14,76	0,80
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	0,06	14,76	0,80
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	0,06	11,16	0,40
09034	Apricots, dried, sulfured, stewed, with added sugar	0,06	29,26	4,10
09260	Pears, dried, sulfured, stewed, without added sugar	0,06	33,81	6,40
09302	Raspberries, raw	0,06	11,94	6,50
09515	Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	0,06	13,04	0,60
11284	Onions, dehydrated flakes	0,06	83,28	9,20
14425	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water	0,06	12,21	0,00
16027	Beans, kidney, all types, mature seeds, raw	0,06	60,01	24,90
16070	Lentils, mature seeds, cooked, boiled, without salt	0,06	20,13	7,90
16370	Lentils, mature seeds, cooked, boiled, with salt	0,06	19,54	7,90
02054	Capers, canned	0,06	4,89	3,20
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	0,06	34,56	0,40
11195	Cowpeas (blackeyes), immature seeds, frozen, unprepared	0,06	25,13	5,00
11221	Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt	0,06	14,34	2,90
11785	Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt	0,06	13,75	2,90
43146	Eggplant, pickled	0,06	9,77	2,50
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	0,06	11,35	0,00
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	0,06	13,86	0,70
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	0,06	13,86	0,70
09352	Blueberries, canned, light syrup, drained	0,06	22,66	2,60
16071	Lima beans, large, mature seeds, raw	0,06	63,38	19,00
06169	Sauce, ready-to-serve, pepper, TABASCO	0,06	0,80	0,60
09261	Pears, dried, sulfured, stewed, with added sugar	0,06	37,14	5,80
11316	Peas, mature seeds, sprouted, raw	0,06	27,11	--
11585	Vegetable juice cocktail, low sodium, canned	0,06	3,83	0,50
15033	Fish, haddock, raw	0,06	0,00	--
01275	Yogurt, Greek, nonfat, vanilla, CHOBANI	0,06	8,09	0,30
03140	Babyfood, fruit dessert, mango with tapioca	0,06	19,00	1,10
08172	Cereals, farina, unenriched, dry	0,06	78,00	1,90

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
09218	Tangerines, (mandarin oranges), raw	0,06	13,34	1,80
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	0,06	23,76	6,40
11520	Taro leaves, raw	0,06	6,70	3,70
11578	Vegetable juice cocktail, canned	0,06	3,87	0,50
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	0,06	23,50	6,40
14168	Beverages, Carob-flavor beverage mix, powder	0,06	93,30	8,00
15174	Mollusks, scallop, mixed species, imitation, made from surimi	0,06	10,62	0,00
16125	Soy sauce made from hydrolyzed vegetable protein	0,06	7,84	0,50
19177	Gelatins, dry powder, unsweetened	0,06	0,00	--
09442	Pomegranate juice, bottled	0,06	13,13	0,10
15267	Fish, pollock, Alaska, cooked (not previously frozen)	0,06	0,00	--
16061	Cowpeas, catjang, mature seeds, cooked, boiled, without salt	0,06	20,32	3,60
16361	Cowpeas, catjang, mature seeds, cooked, boiled, with salt	0,06	20,32	3,60
01093	Milk, dry, nonfat, calcium reduced	0,06	51,80	0,00
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	0,06	10,10	0,70
09043	Blackberry juice, canned	0,06	7,80	0,10
09083	Currants, european black, raw	0,06	15,38	--
11141	Celeriac, raw	0,06	9,20	1,80
11559	Tomato products, canned, sauce, with tomato tidbits	0,06	7,09	1,40
11669	Seaweed, wakame, raw	0,06	9,14	0,50
20053	Rice, white, short-grain, enriched, cooked	0,06	28,73	--
20453	Rice, white, short-grain, cooked, unenriched	0,06	28,73	--
20006	Barley, pearled, cooked	0,06	28,22	3,80
28324	Pancakes, whole wheat, dry mix, incomplete	0,06	74,11	7,90
08145	Cereals, whole wheat hot natural cereal, cooked with water, without salt	0,06	13,70	1,60
08183	Cereals, whole wheat hot natural cereal, cooked with water, with salt	0,06	13,70	1,60
09334	Feijoa, raw	0,06	15,21	6,40
11001	Alfalfa seeds, sprouted, raw	0,06	2,10	1,90
11045	Mung beans, mature seeds, sprouted, cooked, stir-fried	0,06	10,59	1,90
15178	Mollusks, whelk, unspecified, cooked, moist heat	0,06	15,52	0,00
16046	Beans, small white, mature seeds, cooked, boiled, without salt	0,06	25,81	10,40
16346	Beans, small white, mature seeds, cooked, boiled, with salt	0,06	25,81	10,40
09062	Cherimoya, raw	0,06	17,71	3,00
09140	Guavas, strawberry, raw	0,06	17,36	5,40
09201	Oranges, raw, California, valencias	0,06	11,89	2,50

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
09205	Oranges, raw, with peel	0,06	15,50	4,50
11526	Taro, tahitian, cooked, without salt	0,06	6,85	--
11881	Taro, tahitian, cooked, with salt	0,06	6,85	--
15269	Fish, cod, Pacific, cooked (not previously frozen)	0,06	0,00	--
11972	Lemon grass (citronella), raw	0,05	25,31	--
16081	Mung beans, mature seeds, cooked, boiled, without salt	0,05	19,15	7,60
16381	Mung beans, mature seeds, cooked, boiled, with salt	0,05	19,15	7,60
01256	Yogurt, Greek, plain, nonfat	0,05	3,60	0,00
09291	Plums, dried (prunes), uncooked	0,05	63,88	7,10
11632	Peppers, jalapeno, canned, solids and liquids	0,05	4,74	2,60
16024	Beans, great northern, mature seeds, raw	0,05	62,37	20,20
80200	Frog legs, raw	0,05	0,00	--
11046	Beans, navy, mature seeds, sprouted, raw	0,05	13,05	--
11233	Kale, raw	0,05	8,75	3,60
11240	Mushrooms, morel, raw	0,05	5,10	2,80
11418	Pumpkin leaves, raw	0,05	2,33	--
16023	Beans, french, mature seeds, cooked, boiled, without salt	0,05	24,02	9,40
16323	Beans, french, mature seeds, cooked, boiled, with salt	0,05	24,02	9,40
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	0,05	20,80	6,00
09107	Gooseberries, raw	0,05	10,18	4,30
09298	Raisins, seedless	0,05	79,18	3,70
09434	Guanabana nectar, canned	0,05	14,93	0,10
15268	Fish, cod, Pacific, raw (not previously frozen)	0,05	0,00	--
19283	Frozen novelties, ice type, pop	0,05	19,23	0,00
27067	Sauce, OLD EL PASO, enchilada, red, mild, ready to serve	0,05	5,04	0,60
20089	Wild rice, cooked	0,05	21,34	1,80
43142	Radishes, hawaiian style, pickled	0,05	5,20	2,20
43261	Yogurt, fruit variety, nonfat	0,05	19,00	0,00
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	0,05	19,00	0,00
03121	Babyfood, vegetables, peas, strained	0,05	8,36	2,00
03172	Babyfood, juice, orange	0,05	10,20	0,10
06481	Soup, chicken broth cubes, dry, prepared with water	0,05	0,62	--
08116	Cereals, MALT-O-MEAL, original, plain, dry	0,05	77,25	2,10
08488	Cereals, MALT-O-MEAL, Farina Hot Wheat Cereal, dry	0,05	77,20	2,90
08489	Cereals, MALT-O-MEAL, Maple & Brown Sugar Hot Wheat Cereal, dry	0,05	80,52	1,80

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	0,05	33,86	1,00
09214	Orange juice, frozen concentrate, unsweetened, undiluted	0,05	35,19	1,00
11031	Lima beans, immature seeds, raw	0,05	20,17	4,90
11969	Broccoli, chinese, cooked	0,05	3,81	2,50
16001	Beans, adzuki, mature seeds, raw	0,05	62,90	12,70
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	0,05	7,68	0,00
01184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	0,05	7,50	0,00
01221	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D	0,05	7,50	0,00
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	0,05	10,67	1,50
09328	Maraschino cherries, canned, drained	0,05	41,97	3,20
09340	Pears, asian, raw	0,05	10,65	3,60
09367	Cherries, sweet, canned, pitted, heavy syrup, drained	0,05	21,07	2,30
11959	Arugula, raw	0,05	3,65	1,60
21521	Fast foods, strawberry banana smoothie made with ice and low-fat yogurt	0,05	15,05	0,90
43369	Beverages, Chocolate-flavored drink, whey and milk based	0,05	10,68	0,60
43536	Babyfood, dessert, peach yogurt	0,05	17,60	0,40
09250	Peaches, frozen, sliced, sweetened	0,05	23,98	1,80
15172	Mollusks, scallop, mixed species, raw	0,05	3,18	0,00
15271	Crustaceans, shrimp, cooked (not previously frozen)	0,05	0,20	--
09042	Blackberries, raw	0,05	9,61	5,30
09050	Blueberries, raw	0,05	14,49	2,40
09052	Blueberries, canned, heavy syrup, solids and liquids	0,05	22,06	1,60
09070	Cherries, sweet, raw	0,05	16,01	2,10
09085	Currants, zante, dried	0,05	74,08	6,80
09148	Kiwifruit, green, raw	0,05	14,66	3,00
09370	Peaches, canned, heavy syrup, drained	0,05	18,43	1,20
16015	Beans, black, mature seeds, cooked, boiled, without salt	0,05	23,71	8,70
16315	Beans, black, mature seeds, cooked, boiled, with salt	0,05	23,71	8,70
42290	Milk, fluid, nonfat, calcium fortified (fat free or skim)	0,05	4,85	0,00
03161	Babyfood, peaches, dices, toddler	0,05	11,80	0,80
09516	Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	0,05	12,37	0,60
11490	Squash, winter, hubbard, baked, without salt	0,05	10,81	4,90
11868	Squash, winter, hubbard, baked, with salt	0,05	10,81	4,90
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	0,05	13,63	3,30
16338	Beans, navy, mature seeds, cooked, boiled, with salt	0,05	26,05	10,50

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
04705	Salad dressing, caesar, fat-free	0,04	30,73	0,20
09357	Apricots, canned, heavy syrup, drained	0,04	21,31	2,70
11549	Tomato products, canned, sauce	0,04	5,31	1,50
11622	Kale, scotch, raw	0,04	8,32	1,70
14083	Beverages, chocolate malt, powder, prepared with fat free milk	0,04	8,64	0,00
09035	Apricots, frozen, sweetened	0,04	25,10	2,20
16054	Broadbeans (fava beans), mature seeds, canned	0,04	12,41	3,70
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	0,04	20,76	6,50
16079	Mothbeans, mature seeds, cooked, boiled, without salt	0,04	20,96	--
16172	Refried beans, canned, fat-free	0,04	13,50	4,70
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	0,04	20,76	6,50
16379	Mothbeans, mature seeds, cooked, boiled, with salt	0,04	20,96	--
43217	Tomato sauce, canned, no salt added	0,04	5,31	1,50
03141	Babyfood, pears, dices, toddler	0,04	13,60	1,20
06170	Soup, stock, beef, home-prepared	0,04	1,20	0,00
09025	Apricots, canned, extra light syrup pack, with skin, solids and liquids	0,04	12,50	1,60
09316	Strawberries, raw	0,04	7,68	2,00
11306	Peas, green, canned, regular pack, solids and liquids	0,04	10,60	3,30
11693	Tomatoes, crushed, canned	0,04	7,29	1,90
14423	Beverages, dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice	0,04	4,51	0,80
15266	Fish, pollock, Alaska, raw (not previously frozen)	0,04	0,00	--
03132	Babyfood, fruit, pears, strained	0,04	10,80	2,80
05363	Ruffed Grouse, breast meat, skinless, raw	0,04	0,00	--
09073	Cherries, sweet, canned, light syrup pack, solids and liquids	0,04	17,29	1,50
11492	Squash, winter, spaghetti, raw	0,04	6,91	1,50
16041	Beans, pink, mature seeds, cooked, boiled, without salt	0,04	27,91	5,30
16341	Beans, pink, mature seeds, cooked, boiled, with salt	0,04	27,91	5,30
16424	Soy sauce made from soy and wheat (shoyu), low sodium	0,04	5,59	0,70
43028	Jams and preserves, no sugar (with sodium saccharin), any flavor	0,04	53,42	2,50
09048	Blackberries, frozen, unsweetened	0,04	15,67	5,00
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	0,04	21,27	1,40
09190	Mulberries, raw	0,04	9,80	1,70
09229	Papaya nectar, canned	0,04	14,51	0,60
11004	Amaranth leaves, cooked, boiled, drained, without salt	0,04	4,11	--
11280	Okra, frozen, unprepared	0,04	6,63	2,20

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
11700	Amaranth leaves, cooked, boiled, drained, with salt	0,04	4,11	--
14203	Beverages, coffee, instant, regular, half the caffeine	0,04	73,18	0,00
14214	Beverages, coffee, instant, regular, powder	0,04	75,40	0,00
09075	Cherries, sweet, canned, extra heavy syrup pack, solids and liquids	0,04	26,23	1,50
09508	Fruit juice smoothie, NAKED JUICE, GREEN MACHINE	0,04	12,53	0,70
09513	Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	0,04	11,51	0,60
11091	Broccoli, cooked, boiled, drained, without salt	0,04	7,18	3,30
11147	Chard, swiss, raw	0,04	3,74	1,60
11281	Okra, frozen, cooked, boiled, drained, without salt	0,04	6,41	2,10
11431	Radishes, oriental, cooked, boiled, drained, without salt	0,04	3,43	1,60
11531	Tomatoes, red, ripe, canned, packed in tomato juice	0,04	3,47	1,90
11649	Tomato products, canned, sauce, spanish style	0,04	7,24	1,40
11696	Tomatoes, yellow, raw	0,04	2,98	0,70
11742	Broccoli, cooked, boiled, drained, with salt	0,04	7,18	3,30
11804	Okra, frozen, cooked, boiled, drained, with salt	0,04	6,41	2,10
11850	Radishes, oriental, cooked, boiled, drained, with salt	0,04	3,43	1,60
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	0,04	3,47	1,90
16020	Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	0,04	24,46	8,60
16320	Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	0,04	24,46	8,60
01286	Yogurt, Greek, vanilla, nonfat	0,04	10,37	0,50
09203	Oranges, raw, Florida	0,04	11,54	2,40
09307	Rhubarb, raw	0,04	4,54	1,80
11029	Beans, kidney, mature seeds, sprouted, raw	0,04	4,10	--
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	0,04	9,02	3,10
11322	Peas and carrots, frozen, unprepared	0,04	11,15	3,40
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	0,04	8,43	3,10
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	0,04	22,80	6,40
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	0,04	22,80	7,40
16134	Yardlong beans, mature seeds, cooked, boiled, without salt	0,04	21,09	3,80
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	0,04	22,80	6,40
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	0,04	22,80	7,40
16434	Yardlong beans, mature seeds, cooked, boiled, with salt	0,04	21,09	3,80
06972	Sauce, tomato chili sauce, bottled, with salt	0,04	19,79	2,40
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	0,04	10,92	0,80
08113	Cereals, farina, enriched, cooked with water, without salt	0,04	10,92	0,80

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
08173	Cereals, farina, enriched, cooked with water, with salt	0,04	10,92	0,80
09036	Apricot nectar, canned, without added ascorbic acid	0,04	14,39	0,60
09403	Apricot nectar, canned, with added ascorbic acid	0,04	14,39	0,60
11087	Beet greens, cooked, boiled, drained, without salt	0,04	5,46	2,90
11099	Brussels sprouts, cooked, boiled, drained, without salt	0,04	7,10	2,60
11736	Beet greens, cooked, boiled, drained, with salt	0,04	5,46	2,90
11745	Brussels sprouts, cooked, boiled, drained, with salt	0,04	7,10	2,60
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	0,04	4,44	2,20
16039	Beans, navy, mature seeds, canned	0,04	20,45	5,10
19225	Desserts, rennin, tablets, unsweetened	0,04	19,80	0,00
19297	Jams and preserves	0,04	68,86	1,10
43345	Beverages, fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie	0,04	91,00	2,20
03142	Babyfood, fruit, applesauce and apricots, strained	0,04	11,64	1,80
09028	Apricots, canned, heavy syrup pack, without skin, solids and liquids	0,04	21,45	1,60
09263	Persimmons, japanese, raw	0,04	18,59	3,60
09326	Watermelon, raw	0,04	7,55	0,40
09374	Pears, canned, heavy syrup, drained	0,04	19,08	2,70
11048	Beans, pinto, immature seeds, frozen, unprepared	0,04	32,50	5,70
11104	Burdock root, raw	0,04	17,34	3,30
11118	Cabbage, kimchi	0,04	2,40	1,60
11220	Gourd, dishcloth (towelgourd), raw	0,04	4,35	1,10
11424	Pumpkin, canned, without salt	0,04	8,09	2,90
11489	Squash, winter, hubbard, raw	0,04	8,70	3,90
11593	Waxgourd, (chinese preserving melon), raw	0,04	3,00	2,90
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	0,04	3,04	1,00
11846	Pumpkin, canned, with salt	0,04	8,09	2,90
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	0,04	2,45	1,00
16227	Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D	0,04	8,24	0,70
03994	Babyfood, fruit, banana and strawberry, junior	0,04	25,78	1,40
03995	Babyfood, banana with mixed berries, strained	0,04	21,31	1,00
09076	Cherries, sweet, frozen, sweetened	0,04	22,36	2,10
09087	Dates, deglet noor	0,04	75,03	8,00
09206	Orange juice, raw	0,04	10,40	0,20
09216	Orange peel, raw	0,04	25,00	10,60
09221	Tangerine juice, raw	0,04	10,10	0,20

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
09239	Peaches, canned, extra light syrup, solids and liquids	0,04	11,10	1,00
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	0,04	20,08	1,30
09296	Quinces, raw	0,04	15,30	1,90
09317	Strawberries, canned, heavy syrup pack, solids and liquids	0,04	23,53	1,70
11199	Yardlong bean, raw	0,04	8,35	--
11236	Kale, frozen, cooked, boiled, drained, without salt	0,04	5,23	2,00
11324	Peas and onions, canned, solids and liquids	0,04	8,57	2,30
11791	Kale, frozen, cooked, boiled, drained, with salt	0,04	5,23	2,00
09241	Peaches, canned, heavy syrup pack, solids and liquids	0,04	19,94	1,30
11049	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt	0,04	30,87	5,40
11081	Beets, cooked, boiled, drained	0,04	9,96	2,00
11105	Burdock root, cooked, boiled, drained, without salt	0,04	21,15	1,80
11304	Peas, green, raw	0,04	14,45	5,70
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	0,04	10,12	3,10
11720	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt	0,04	30,87	5,40
11734	Beets, cooked, boiled. drained, with salt	0,04	9,96	2,00
11760	Carrots, frozen, cooked, boiled, drained, with salt	0,04	7,73	3,30
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	0,04	10,12	3,10
16035	Beans, kidney, royal red, mature seeds, raw	0,04	58,33	24,90
43449	Beans, baked, canned, no salt added	0,04	20,49	5,50
09059	Breadfruit, raw	0,03	27,12	4,90
09071	Cherries, sweet, canned, water pack, solids and liquids	0,03	11,76	1,50
11135	Cauliflower, raw	0,03	4,97	2,00
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	0,03	20,32	5,00
11235	Kale, frozen, unprepared	0,03	4,90	2,00
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	0,03	19,73	5,00
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	0,03	20,88	7,00
16075	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	0,03	23,31	7,70
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	0,03	20,88	7,00
16375	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	0,03	23,31	7,70
02064	Peppermint, fresh	0,03	14,89	8,00
06475	Soup, beef broth or bouillon, powder, prepared with water	0,03	0,25	0,00
06476	Soup, beef broth, cubed, prepared with water	0,03	0,25	0,00
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	0,03	13,08	0,60
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	0,03	21,47	1,60

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
11025	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	0,03	4,32	2,00
11312	Peas, green, frozen, unprepared	0,03	13,62	4,50
11521	Taro leaves, cooked, steamed, without salt	0,03	4,02	2,00
11879	Taro, leaves, cooked, steamed, with salt	0,03	3,89	2,00
14370	Beverages, tea, instant, lemon, sweetened, powder	0,03	98,55	0,70
19304	Molasses	0,03	74,73	0,00
19360	Syrups, table blends, pancake, with 2% maple	0,03	69,60	0,00
19361	Syrups, table blends, cane and 15% maple	0,03	69,52	0,10
19366	Toppings, pineapple	0,03	66,40	0,40
44259	Puddings, all flavors except chocolate, low calorie, regular, dry mix	0,03	86,04	0,90
09040	Bananas, raw	0,03	22,84	2,60
09277	Plantains, raw	0,03	31,89	2,30
11080	Beets, raw	0,03	9,56	2,80
11136	Cauliflower, cooked, boiled, drained, without salt	0,03	4,11	2,30
11143	Celery, raw	0,03	2,97	1,60
11191	Cowpeas (blackeyes), immature seeds, raw	0,03	18,83	5,00
11761	Cauliflower, cooked, boiled, drained, with salt	0,03	4,11	2,30
16425	Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	0,03	14,44	0,30
03159	Babyfood, fruit, pears and pineapple, junior	0,03	11,40	2,60
03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	0,03	6,90	0,00
03983	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN AA, ready-to-feed	0,03	6,76	0,00
08101	Cereals, CREAM OF RICE, cooked with water, without salt	0,03	11,40	0,10
08168	Cereals, CREAM OF RICE, cooked with water, with salt	0,03	11,50	0,10
11100	Brussels sprouts, frozen, unprepared	0,03	7,86	3,80
11131	Carrots, frozen, cooked, boiled, drained, without salt	0,03	7,73	3,30
11302	Peas, edible-podded, frozen, unprepared	0,03	7,20	3,10
11326	Peas and onions, frozen, unprepared	0,03	13,51	3,50
11529	Tomatoes, red, ripe, raw, year round average	0,03	3,89	1,20
11547	Tomato products, canned, puree, without salt added	0,03	8,98	1,90
11583	Vegetables, mixed, frozen, unprepared	0,03	13,47	4,00
11813	Peas, green, canned, no salt added, drained solids	0,03	12,58	4,10
11888	Tomato products, canned, puree, with salt added	0,03	8,98	1,90
11953	Squash, zucchini, baby, raw	0,03	3,11	1,10
11987	Mushrooms, oyster, raw	0,03	6,09	2,30
14327	Beverages, orange and apricot juice drink, canned	0,03	12,70	0,10

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
16050	Beans, white, mature seeds, cooked, boiled, without salt	0,03	25,09	6,30
16350	Beans, white, mature seeds, cooked, boiled, with salt	0,03	25,09	6,30
20013	Bulgur, cooked	0,03	18,58	4,50
19206	Puddings, vanilla, dry mix, regular	0,03	93,50	0,60
19320	Puddings, banana, dry mix, regular	0,03	93,00	0,30
03143	Babyfood, fruit, applesauce and apricots, junior	0,03	12,40	1,80
06168	Sauce, ready-to-serve, pepper or hot	0,03	1,75	0,30
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	0,03	11,74	0,70
09060	Carambola, (starfruit), raw	0,03	6,73	2,80
09167	Loganberries, frozen	0,03	13,02	5,30
09202	Oranges, raw, navels	0,03	12,54	2,20
11097	Broccoli raab, cooked	0,03	3,12	2,80
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	0,03	8,32	4,10
11144	Celery, cooked, boiled, drained, without salt	0,03	4,00	1,60
11161	Collards, raw	0,03	5,42	4,00
11234	Kale, cooked, boiled, drained, without salt	0,03	5,63	2,00
11527	Tomatoes, green, raw	0,03	5,10	1,10
11623	Kale, scotch, cooked, boiled, drained, without salt	0,03	5,63	1,20
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	0,03	8,32	4,10
11764	Celery, cooked, boiled, drained, with salt	0,03	4,00	1,60
11790	Kale, cooked, boiled, drained, with salt	0,03	5,63	2,00
11792	Kale, scotch, cooked, boiled, drained, with salt	0,03	5,62	--
11967	Cauliflower, green, cooked, no salt added	0,03	6,28	3,30
11993	Mushrooms, maitake, raw	0,03	6,97	2,70
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	0,03	24,35	8,30
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	0,03	24,35	8,30
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	0,03	10,66	0,50
11419	Pumpkin leaves, cooked, boiled, drained, without salt	0,03	3,39	2,70
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	0,03	2,69	1,00
11533	Tomatoes, red, ripe, canned, stewed	0,03	6,19	1,00
11624	Leeks, (bulb and lower-leaf portion), freeze-dried	0,03	74,65	10,40
11848	Pumpkin leaves, cooked, boiled, drained, with salt	0,03	3,39	2,70
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	0,03	2,69	1,00
11968	Cauliflower, green, cooked, with salt	0,03	6,28	3,30
11979	Peppers, jalapeno, raw	0,03	6,50	2,80

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
16084	Mungo beans, mature seeds, cooked, boiled, without salt	0,03	18,34	6,40
16145	Beans, kidney, red, mature seeds, canned, drained solids	0,03	21,49	5,50
16384	Mungo beans, mature seeds, cooked, boiled, with salt	0,03	18,34	6,40
03163	Babyfood, fruit, bananas with apples and pears, strained	0,03	19,31	1,40
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	0,03	10,52	0,50
09084	Currants, red and white, raw	0,03	13,80	4,30
11279	Okra, cooked, boiled, drained, without salt	0,03	4,51	2,50
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	0,03	6,46	2,90
11553	Tomato products, canned, sauce, with onions	0,03	9,94	1,80
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	0,03	4,98	3,40
11695	Tomatoes, orange, raw	0,03	3,18	0,90
11803	Okra, cooked, boiled, drained, with salt	0,03	4,51	2,50
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	0,03	6,46	2,90
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	0,03	4,98	3,40
11965	Cauliflower, green, raw	0,03	6,09	3,20
15177	Mollusks, whelk, unspecified, raw	0,03	7,76	0,00
43546	Babyfood, banana no tapioca, strained	0,03	21,34	1,60
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	0,03	8,94	1,10
09257	Pears, canned, heavy syrup pack, solids and liquids	0,03	19,17	1,60
11084	Beets, canned, drained solids	0,03	7,21	1,80
11163	Collards, frozen, chopped, unprepared	0,03	6,46	3,60
11197	Cowpeas, young pods with seeds, raw	0,03	9,50	3,30
11198	Cowpeas, young pods with seeds, cooked, boiled, drained, without salt	0,03	7,00	--
11283	Onions, cooked, boiled, drained, without salt	0,03	10,15	1,40
11291	Onions, spring or scallions (includes tops and bulb), raw	0,03	7,34	2,60
11436	Rutabagas, cooked, boiled, drained, without salt	0,03	6,84	1,80
11779	Cowpeas, young pods with seeds, cooked, boiled, drained, with salt	0,03	7,00	--
11805	Onions, cooked, boiled, drained, with salt	0,03	9,56	1,40
11812	Peas, green, canned, no salt added, solids and liquids	0,03	9,75	3,30
11851	Rutabagas, cooked, boiled, drained, with salt	0,03	6,84	1,80
11976	Pepper, banana, raw	0,03	5,35	3,40
14357	Beverages, tea, instant, decaffeinated, lemon, sweetened	0,03	98,55	0,00
01285	Yogurt, Greek, strawberry, nonfat	0,03	12,07	0,60
06188	Soup, beef broth, less/reduced sodium, ready to serve	0,03	0,20	0,00
09033	Apricots, dried, sulfured, stewed, without added sugar	0,03	22,15	2,60

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
09065	Cherries, sour, red, canned, light syrup pack, solids and liquids	0,03	19,30	0,80
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	0,03	23,27	1,10
09258	Pears, canned, extra heavy syrup pack, solids and liquids	0,03	25,25	1,60
09530	Fruit juice smoothie, ODWALLA, strawberry banana	0,03	11,05	0,60
11039	Lima beans, immature seeds, frozen, baby, unprepared	0,03	25,14	6,00
11086	Beet greens, raw	0,03	4,33	3,70
11096	Broccoli raab, raw	0,03	2,85	2,70
11162	Collards, cooked, boiled, drained, without salt	0,03	5,65	4,00
11644	Squash, winter, all varieties, cooked, baked, without salt	0,03	8,85	2,80
11768	Collards, cooked, boiled, drained, with salt	0,03	5,65	4,00
11863	Squash, winter, all varieties, cooked, baked, with salt	0,03	8,85	2,80
16068	Hyacinth beans, mature seeds, cooked, boiled, without salt	0,03	20,69	--
16368	Hyacinth beans, mature seeds, cooked, boiled, with salt	0,03	20,70	--
18088	Cake, angelfood, dry mix, prepared	0,03	58,70	0,20
20115	Noodles, japanese, soba, cooked	0,03	21,44	--
20134	Rice noodles, cooked	0,03	24,01	1,00
20523	Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	0,03	30,88	2,00
43585	Babyfood, fruit supreme dessert	0,02	17,18	2,00
01112	Whey, acid, fluid	0,02	5,12	0,00
02065	Spearmint, fresh	0,02	8,41	6,80
03282	Babyfood, vegetables, mix vegetables junior	0,02	8,20	1,50
09057	Boysenberries, frozen, unsweetened	0,02	12,19	5,30
09067	Cherries, sour, red, canned, extra heavy syrup pack, solids and liquids	0,02	29,23	0,80
09207	Orange juice, canned, unsweetened	0,02	11,01	0,30
11435	Rutabagas, raw	0,02	8,62	2,30
11446	Seaweed, laver, raw	0,02	5,11	0,30
16018	Beans, black turtle, mature seeds, canned	0,02	16,55	6,90
16051	Beans, white, mature seeds, canned	0,02	21,20	4,80
16316	Beans, black, mature seeds, canned, low sodium	0,02	16,55	6,90
01280	Yogurt, Greek, nonfat, strawberry, DANNON OIKOS	0,02	12,53	0,40
01281	Yogurt, Greek, nonfat, strawberry, CHOBANI	0,02	11,62	0,70
09009	Apples, dehydrated (low moisture), sulfured, uncooked	0,02	93,53	12,40
09531	Fruit juice smoothie, NAKED JUICE, strawberry banana	0,02	11,66	0,60
11094	Broccoli, frozen, spears, unprepared	0,02	5,35	3,00
11310	Peas, green, canned, seasoned, solids and liquids	0,02	9,25	2,00

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
11313	Peas, green, frozen, cooked, boiled, drained, without salt	0,02	14,26	4,50
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	0,02	4,85	3,10
11740	Broccoli, flower clusters, raw	0,02	5,06	2,30
11741	Broccoli, stalks, raw	0,02	5,24	--
11814	Peas, green, frozen, cooked, boiled, drained, with salt	0,02	14,26	4,50
11819	Peppers, hot chili, red, raw	0,02	8,81	1,50
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	0,02	4,74	3,10
11981	Peppers, hungarian, raw	0,02	6,70	1,00
16021	Beans, cranberry (roman), mature seeds, canned	0,02	15,12	6,30
18087	Cake, angelfood, dry mix	0,02	86,13	0,50
09200	Oranges, raw, all commercial varieties	0,02	11,75	2,40
09520	Kiwifruit, ZESPRI SunGold, raw	0,02	15,79	1,40
11098	Brussels sprouts, raw	0,02	8,95	3,80
11119	Cabbage, chinese (pe-tsai), raw	0,02	3,23	1,20
11301	Peas, edible-podded, boiled, drained, without salt	0,02	7,05	2,80
11318	Peas and carrots, canned, regular pack, solids and liquids	0,02	8,48	2,00
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	0,02	3,79	1,10
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	0,02	4,31	1,40
11809	Peas, edible-podded, cooked, boiled, drained, with salt	0,02	6,46	2,80
11816	Peas and carrots, canned, no salt added, solids and liquids	0,02	8,48	3,30
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	0,02	4,31	1,40
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	0,02	3,79	1,10
11977	Peppers, serrano, raw	0,02	6,70	3,70
27055	Sauce, barbecue, SWEET BABY RAY'S, original	0,02	46,08	1,30
31034	Peppers, hot pickled, canned	0,02	4,56	2,60
43382	Cranberry juice, unsweetened	0,02	12,20	0,10
20029	Couscous, cooked	0,02	23,22	1,40
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	0,02	7,31	3,10
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	0,02	4,96	0,00
03175	Babyfood, juice, orange and apricot	0,02	10,90	0,10
09090	Figs, canned, water pack, solids and liquids	0,02	13,99	2,20
09091	Figs, canned, light syrup pack, solids and liquids	0,02	17,95	1,80
09092	Figs, canned, heavy syrup pack, solids and liquids	0,02	22,90	2,20
09093	Figs, canned, extra heavy syrup pack, solids and liquids	0,02	27,86	--
09161	Lime juice, canned or bottled, unsweetened	0,02	6,69	0,40

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
09209	Orange juice, chilled, includes from concentrate	0,02	11,54	0,30
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	0,02	11,27	0,30
09211	Orange juice, chilled, includes from concentrate, with added calcium	0,02	11,27	0,30
09233	Passion-fruit juice, yellow, raw	0,02	14,45	0,20
09299	Raisins, seeded	0,02	78,47	6,80
09436	Mango nectar, canned	0,02	13,12	0,30
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	0,02	11,54	0,30
11043	Mung beans, mature seeds, sprouted, raw	0,02	5,94	1,80
11201	Cowpeas, leafy tips, raw	0,02	4,82	--
11292	Onions, young green, tops only	0,02	5,74	1,80
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	0,02	6,46	1,40
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	0,02	6,46	1,40
14414	Alcoholic beverage, liqueur, coffee, 53 proof	0,02	46,80	0,00
14534	Alcoholic beverage, liqueur, coffee, 63 proof	0,02	32,20	0,00
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	0,02	4,96	0,00
03133	Babyfood, fruit, pears, junior	0,02	11,60	2,80
03984	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed	0,02	7,21	0,00
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	0,02	7,19	0,00
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	0,02	16,49	1,60
09237	Peaches, canned, water pack, solids and liquids	0,02	6,11	1,30
09255	Pears, canned, extra light syrup pack, solids and liquids	0,02	12,20	1,60
09294	Prune juice, canned	0,02	17,45	1,00
09309	Rhubarb, frozen, uncooked	0,02	5,10	1,80
11015	Asparagus, canned, drained solids	0,02	2,46	1,60
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	0,02	19,83	5,50
11300	Peas, edible-podded, raw	0,02	7,55	2,60
14218	Beverages, coffee, instant, decaffeinated, powder	0,02	76,00	0,00
14406	Beverages, fruit punch juice drink, frozen concentrate, prepared with water	0,02	11,40	0,00
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	0,02	21,09	7,00
16325	Beans, great northern, mature seeds, cooked, boiled, with salt	0,02	21,09	7,00
19314	Pie fillings, canned, cherry	0,02	28,00	0,60
20117	Noodles, japanese, somen, cooked	0,02	27,54	--
33874	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed Low iron	0,02	7,21	0,00
31033	Ginger root, pickled, canned, with artificial sweetener	0,02	4,83	2,60
43387	Turnip greens, canned, no salt added	0,02	2,81	1,30

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
01278	Yogurt, Greek, nonfat, vanilla, DANNON OIKOS	0,02	12,72	0,50
03104	Babyfood, vegetables, squash, strained	0,02	5,73	0,90
03105	Babyfood, vegetables, squash, junior	0,02	5,73	0,90
03222	Babyfood, cherry cobbler, junior	0,02	19,20	0,20
09007	Apples, canned, sweetened, sliced, drained, unheated	0,02	16,70	1,70
09053	Blueberries, wild, frozen	0,02	13,85	4,40
09112	Grapefruit, raw, pink and red, all areas	0,02	10,66	1,60
09435	Guava nectar, canned, with added ascorbic acid	0,02	16,25	1,00
09519	Guava nectar, with sucralose, canned	0,02	13,30	1,20
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	0,02	19,32	5,30
11092	Broccoli, frozen, chopped, unprepared	0,02	4,78	3,00
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	0,02	2,41	1,70
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	0,02	7,10	2,80
11210	Eggplant, cooked, boiled, drained, without salt	0,02	8,73	2,50
11254	Lotus root, raw	0,02	17,23	4,90
11265	Mushrooms, portabella, raw	0,02	3,87	1,30
11335	Peppers, sweet, green, canned, solids and liquids	0,02	3,90	1,20
11505	Sweet potato leaves, raw	0,02	8,82	5,30
11568	Turnip greens, raw	0,02	7,13	3,20
11570	Turnip greens, canned, solids and liquids	0,02	2,42	1,70
11574	Turnip greens, frozen, unprepared	0,02	3,67	2,50
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	0,02	19,32	5,30
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	0,02	2,41	1,70
11783	Eggplant, cooked, boiled, drained, with salt	0,02	8,14	2,50
11916	Peppers, sweet, red, canned, solids and liquids	0,02	3,90	1,20
11943	Pimento, canned	0,02	5,10	1,90
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	0,02	3,87	1,30
03098	Babyfood, vegetables, beets, strained	0,02	7,70	1,90
03164	Babyfood, fruit, apple and blueberry, strained	0,02	16,30	1,80
03165	Babyfood, fruit, apple and blueberry, junior	0,02	16,60	1,80
06194	Soup, chicken broth, ready-to-serve	0,02	0,44	0,00
09159	Limes, raw	0,02	10,54	2,80
09297	Raisins, golden seedless	0,02	79,52	4,00
09319	Strawberries, frozen, sweetened, whole	0,02	21,00	1,90
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	0,02	23,64	5,40

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
11110	Cabbage, cooked, boiled, drained, without salt	0,02	5,51	1,90
11137	Cauliflower, frozen, unprepared	0,02	4,68	2,30
11305	Peas, green, cooked, boiled, drained, without salt	0,02	15,63	5,50
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	0,02	8,63	2,20
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	0,02	23,64	5,30
11729	Beans, snap, green, canned, no salt added, drained solids	0,02	4,32	1,90
11751	Cabbage, common, cooked, boiled, drained, with salt	0,02	5,51	1,90
11811	Peas, green, cooked, boiled, drained, with salt	0,02	15,63	5,50
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	0,02	8,63	2,20
14242	Cranberry juice cocktail, bottled	0,02	13,52	0,00
16030	Beans, kidney, california red, mature seeds, raw	0,02	59,80	24,90
03280	Babyfood, fruit, bananas with tapioca, junior	0,02	17,80	1,60
06164	Sauce, salsa, ready-to-serve	0,02	6,64	1,90
09055	Blueberries, frozen, sweetened	0,02	21,95	2,20
09078	Cranberries, raw	0,02	11,97	3,60
09109	Gooseberries, canned, light syrup pack, solids and liquids	0,02	18,75	2,40
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	0,02	9,73	0,10
09220	Tangerines, (mandarin oranges), canned, light syrup pack	0,02	16,19	0,70
09223	Tangerine juice, canned, sweetened	0,02	12,00	0,20
09320	Strawberries, frozen, sweetened, sliced	0,02	25,92	1,90
09325	Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids	0,02	22,36	1,30
09351	Fruit cocktail, canned, heavy syrup, drained	0,02	18,80	1,70
11122	Cardoon, raw	0,02	4,07	1,60
11963	Nopales, raw	0,02	3,33	2,20
16026	Beans, great northern, mature seeds, canned	0,02	21,02	4,90
16326	Beans, great northern, mature seeds, canned, low sodium	0,02	21,02	4,90
27046	Sauce, duck, ready-to-serve	0,02	60,61	0,60
43550	Babyfood, banana apple dessert, strained	0,02	16,30	1,00
09006	Apples, raw, without skin, cooked, microwave	0,02	14,41	2,80
09008	Apples, canned, sweetened, sliced, drained, heated	0,02	16,84	2,00
09024	Apricots, canned, juice pack, with skin, solids and liquids	0,02	12,34	1,60
09029	Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	0,02	24,85	1,60
09217	Orange-grapefruit juice, canned or bottled, unsweetened	0,02	10,28	0,10
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	0,02	19,45	4,80
11056	Beans, snap, green, canned, regular pack, drained solids	0,02	4,19	1,90

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
11088	Broadbeans, immature seeds, raw	0,02	11,70	4,20
11109	Cabbage, raw	0,02	5,80	2,50
11231	Jute, potherb, raw	0,02	5,80	--
11278	Okra, raw	0,02	7,45	3,20
11429	Radishes, raw	0,02	3,40	1,60
11430	Radishes, oriental, raw	0,02	4,10	1,60
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	0,02	19,45	4,80
11980	Peppers, chili, green, canned	0,02	4,60	1,70
16124	Soy sauce made from soy (tamari)	0,02	5,57	0,80
03158	Babyfood, fruit, pears and pineapple, strained	0,02	10,90	2,60
11033	Lima beans, immature seeds, canned, regular pack, solids and liquids	0,02	13,33	3,60
11148	Chard, swiss, cooked, boiled, drained, without salt	0,02	4,13	2,10
11209	Eggplant, raw	0,02	5,88	3,00
11426	Pumpkin pie mix, canned	0,02	26,39	8,30
11518	Taro, raw	0,02	26,46	4,10
11530	Tomatoes, red, ripe, cooked	0,02	4,01	0,70
11579	Vegetables, mixed, canned, solids and liquids	0,02	7,13	3,80
11581	Vegetables, mixed, canned, drained solids	0,02	9,26	3,00
11609	Beets, pickled, canned, solids and liquids	0,02	16,28	0,80
11637	Radishes, white icicle, raw	0,02	2,63	1,40
11641	Squash, summer, all varieties, raw	0,02	3,35	1,10
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	0,02	13,33	3,60
11884	Tomatoes, red, ripe, cooked, with salt	0,02	4,01	0,70
19294	Fruit butters, apple	0,02	42,47	1,50
20027	Cornstarch	0,02	91,27	0,90
35235	Wocas, tuber, cooked, Oregon, yellow pond lily (Klamath)	0,02	7,06	2,30
43365	Tomato and vegetable juice, low sodium	0,02	4,59	0,80
19437	Snacks, potato chips, fat free, salted	0,02	83,76	7,50
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	0,02	41,00	0,40
09278	Plantains, cooked	0,02	31,15	2,30
09306	Raspberries, frozen, red, sweetened	0,02	26,16	4,40
09318	Strawberries, frozen, unsweetened	0,02	9,13	2,10
09410	Apple juice, frozen concentrate, unsweetened, undiluted, with added ascorbic acid	0,02	41,00	--
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	0,02	9,18	4,60
11116	Cabbage, chinese (pak-choi), raw	0,02	2,18	1,00

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	0,02	3,75	2,70
11444	Seaweed, irishmoss, raw	0,02	12,29	1,30
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	0,02	5,54	1,40
11475	Squash, summer, scallop, raw	0,02	3,84	1,20
11567	Turnips, frozen, cooked, boiled, drained, without salt	0,02	4,35	2,00
11569	Turnip greens, cooked, boiled, drained, without salt	0,02	4,36	3,50
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	0,02	9,18	4,60
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	0,02	3,16	2,70
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	0,02	5,54	1,40
11890	Turnips, frozen, cooked, boiled, drained, with salt	0,02	3,73	2,00
11891	Turnip greens, cooked, boiled, drained, with salt	0,02	4,36	3,50
11935	Catsup	0,02	27,40	0,30
11949	Catsup, low sodium	0,02	27,40	0,30
14034	Alcoholic beverage, creme de menthe, 72 proof	0,02	41,60	0,00
14209	Beverages, coffee, brewed, prepared with tap water	0,02	0,00	--
14222	Beverages, coffee, instant, with chicory	0,02	78,90	0,50
14305	Malt beverage, includes non-alcoholic beer	0,02	8,05	0,00
16073	Lima beans, large, mature seeds, canned	0,02	14,91	4,80
03177	Babyfood, juice, orange and pineapple	0,01	11,70	0,10
09005	Apples, raw, without skin, cooked, boiled	0,01	13,64	2,40
09046	Blackberries, canned, heavy syrup, solids and liquids	0,01	23,10	3,40
09098	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	0,01	11,63	1,10
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	0,01	14,93	1,00
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	0,01	19,11	1,00
09119	Grapefruit, sections, canned, water pack, solids and liquids	0,01	9,15	0,40
09131	Grapes, american type (slip skin), raw	0,01	17,15	0,90
09254	Pears, canned, juice pack, solids and liquids	0,01	12,94	1,60
09273	Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	0,01	12,87	0,20
09282	Plums, canned, purple, juice pack, solids and liquids	0,01	15,15	0,90
09354	Pineapple, canned, juice pack, drained	0,01	15,56	1,30
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	0,01	12,87	0,20
11050	Beans, shellie, canned, solids and liquids	0,01	6,19	3,40
11124	Carrots, raw	0,01	9,58	2,80
11130	Carrots, frozen, unprepared	0,01	7,90	3,30
11207	Dandelion greens, raw	0,01	9,20	3,50

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
11232	Jute, potherb, cooked, boiled, drained, without salt	0,01	7,29	2,00
11255	Lotus root, cooked, boiled, drained, without salt	0,01	16,02	3,10
11287	Onions, frozen, chopped, unprepared	0,01	6,82	1,80
11337	Peppers, sweet, green, frozen, chopped, unprepared	0,01	4,45	1,60
11390	Potatoes, hash brown, frozen, plain, unprepared	0,01	17,72	1,40
11677	Shallots, raw	0,01	16,80	3,20
11789	Jute, potherb, cooked, boiled, drained, with salt	0,01	7,29	2,00
11796	Lotus root, cooked, boiled, drained, with salt	0,01	16,02	3,10
11917	Peppers, sweet, red, frozen, chopped, unprepared	0,01	4,45	1,60
14238	Beverages, cranberry-apple juice drink, bottled	0,01	15,85	0,00
19137	Toppings, strawberry	0,01	66,30	0,70
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	0,01	7,00	0,70
43114	Vermicelli, made from soy	0,01	82,32	3,90
09011	Apples, dried, sulfured, uncooked	0,01	65,89	8,70
09014	Apples, frozen, unsweetened, unheated	0,01	12,31	1,30
09015	Apples, frozen, unsweetened, heated	0,01	12,00	1,30
09023	Apricots, canned, water pack, without skin, solids and liquids	0,01	5,48	1,10
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	0,01	18,91	1,00
09101	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra heavy syrup, solids and liquids	0,01	22,89	1,10
09102	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	0,01	7,87	1,00
09111	Grapefruit, raw, pink and red and white, all areas	0,01	8,08	1,10
09113	Grapefruit, raw, pink and red, California and Arizona	0,01	9,69	--
09114	Grapefruit, raw, pink and red, Florida	0,01	7,50	1,10
09116	Grapefruit, raw, white, all areas	0,01	8,41	1,10
09117	Grapefruit, raw, white, California	0,01	9,09	--
09118	Grapefruit, raw, white, Florida	0,01	8,19	--
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	0,01	15,44	0,40
09127	Grapefruit juice, pink or red, with added calcium	0,01	8,69	0,00
09128	Grapefruit juice, white, raw	0,01	9,20	0,10
09143	Guava sauce, cooked	0,01	9,48	3,60
09266	Pineapple, raw, all varieties	0,01	13,12	1,40
09269	Pineapple, canned, light syrup pack, solids and liquids	0,01	13,45	0,80
09270	Pineapple, canned, heavy syrup pack, solids and liquids	0,01	20,20	0,80
09271	Pineapple, canned, extra heavy syrup pack, solids and liquids	0,01	21,50	0,80
09404	Grapefruit juice, pink, raw	0,01	9,20	--

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
11019	Asparagus, frozen, cooked, boiled, drained, without salt	0,01	1,92	1,60
11082	Beets, canned, regular pack, solids and liquids	0,01	7,14	1,20
11282	Onions, raw	0,01	9,34	1,70
11285	Onions, canned, solids and liquids	0,01	4,02	1,20
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	0,01	6,59	1,80
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	0,01	6,70	1,20
11344	Pigeonpeas, immature seeds, raw	0,01	23,88	5,10
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	0,01	19,49	4,20
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	0,01	3,10	1,50
11422	Pumpkin, raw	0,01	6,50	0,50
11439	Sauerkraut, canned, solids and liquids	0,01	4,28	2,90
11461	Spinach, canned, regular pack, drained solids	0,01	3,40	2,40
11467	Squash, summer, crookneck and straightneck, raw	0,01	3,88	1,00
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	0,01	3,30	1,90
11709	Asparagus, frozen, cooked, boiled, drained, with salt	0,01	1,92	1,60
11735	Beets, canned, no salt added, solids and liquids	0,01	6,57	1,20
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	0,01	5,37	2,30
11750	Cabbage, common (danish, domestic, and pointed types), stored, raw	0,01	5,37	2,30
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	0,01	6,00	1,70
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	0,01	6,11	1,20
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	0,01	6,70	1,20
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	0,01	6,11	1,20
11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	0,01	19,49	4,20
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	0,01	3,30	1,90
16036	Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	0,01	21,85	9,30
16336	Beans, kidney, royal red, mature seeds, cooked, boiled with salt	0,01	21,85	9,30
06611	Soup, SWANSON, beef broth, lower sodium	0,01	0,21	--
09056	Boysenberries, canned, heavy syrup	0,01	22,31	2,60
09077	Crabapples, raw	0,01	19,95	--
09104	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, light syrup, solids and liquids	0,01	15,14	1,00
09106	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, extra heavy syrup, solids and liquids	0,01	22,77	1,00
09120	Grapefruit, sections, canned, juice pack, solids and liquids	0,01	9,21	0,40
09124	Grapefruit juice, white, canned, sweetened	0,01	11,13	0,10
09154	Lemon juice, frozen, unsweetened, single strength	0,01	6,50	0,40
09212	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium	0,01	8,47	0,20

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	0,01	8,80	0,20
09238	Peaches, canned, juice pack, solids and liquids	0,01	11,57	1,30
09240	Peaches, canned, light syrup pack, solids and liquids	0,01	14,55	1,30
09272	Pineapple, frozen, chunks, sweetened	0,01	22,20	1,10
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	0,01	44,30	0,70
11009	Artichokes, (globe or french), frozen, unprepared	0,01	7,75	3,90
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	0,01	4,19	0,80
11112	Cabbage, red, raw	0,01	7,37	2,10
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	0,01	1,78	1,00
11208	Dandelion greens, cooked, boiled, drained, without salt	0,01	6,40	2,90
11251	Lettuce, cos or romaine, raw	0,01	3,29	2,10
11506	Sweet potato leaves, cooked, steamed, without salt	0,01	7,38	1,90
11576	Turnip greens and turnips, frozen, unprepared	0,01	3,39	2,40
11647	Sweet potato, canned, syrup pack, drained solids	0,01	25,36	3,00
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	0,01	3,60	0,80
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	0,01	1,78	1,00
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	0,01	3,31	0,90
11874	Sweet potato leaves, cooked, steamed, with salt	0,01	7,38	1,90
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	0,01	3,31	0,80
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	0,01	3,31	0,80
11989	Mushrooms, straw, canned, drained solids	0,01	4,64	2,50
14368	Beverages, tea, instant, lemon, unsweetened	0,01	78,52	5,00
14636	Beverages, fruit juice drink, reduced sugar, with vitamin E added	0,01	10,00	0,00
16101	Pigeon peas (red gram), mature seeds, raw	0,01	62,78	15,00
19234	Puddings, tapioca, ready-to-eat, fat free	0,01	21,31	0,00
20106	Macaroni, vegetable, enriched, cooked	0,01	26,61	4,30
42316	Babyfood, carrots, toddler	0,01	5,23	2,30
19353	Syrups, maple	0,01	67,04	0,00
03268	Babyfood, juice, apple and cherry	0,01	9,90	0,10
03283	Babyfood, vegetables, garden vegetable, strained	0,01	6,80	1,50
09150	Lemons, raw, without peel	0,01	9,32	2,80
09156	Lemon peel, raw	0,01	16,00	10,60
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	0,01	26,06	1,00
09267	Pineapple, canned, water pack, solids and liquids	0,01	8,30	0,80
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	0,01	23,36	3,30

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	0,01	11,95	5,70
11053	Beans, snap, green, cooked, boiled, drained, without salt	0,01	7,88	3,20
11090	Broccoli, raw	0,01	6,64	2,60
11215	Garlic, raw	0,01	33,06	2,10
11349	Poi	0,01	27,23	0,40
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	0,01	85,51	7,10
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	0,01	4,80	1,20
11477	Squash, summer, zucchini, includes skin, raw	0,01	3,11	1,00
11537	Tomatoes, red, ripe, canned, with green chilies	0,01	3,62	--
11605	Beets, harvard, canned, solids and liquids	0,01	18,18	2,50
11670	Peppers, hot chili, green, raw	0,01	9,46	1,50
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	0,01	11,39	5,70
11723	Beans, snap, green, cooked, boiled, drained, with salt	0,01	7,88	3,20
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	0,01	7,88	3,30
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	0,01	7,88	3,30
14048	Beverages, FUZE, orange mango, fortified with vitamins A, C, E, B6	0,01	9,20	0,20
14461	Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	0,01	7,84	0,00
14548	Beverages, tea, instant, lemon, with added ascorbic acid	0,01	97,60	0,00
16004	Yokan, prepared from adzuki beans and sugar	0,01	60,72	--
02050	Vanilla extract	0,01	12,65	0,00
03129	Babyfood, fruit, bananas with tapioca, strained	0,01	15,30	1,60
03130	Babyfood, fruit, peaches, strained	0,01	14,48	1,30
03131	Babyfood, fruit, peaches, junior	0,01	14,48	1,30
03147	Babyfood, fruit, applesauce with banana, junior	0,01	16,16	1,60
08511	Cereals, MALT-O-MEAL, original, plain, prepared with water, without salt	0,01	10,09	0,30
08512	Cereals, MALT-O-MEAL, chocolate, prepared with water, without salt	0,01	9,22	0,40
09123	Grapefruit juice, white, canned or bottled, unsweetened	0,01	7,93	0,80
09268	Pineapple, canned, juice pack, solids and liquids	0,01	15,70	0,80
09310	Rhubarb, frozen, cooked, with sugar	0,01	31,20	2,00
11052	Beans, snap, green, raw	0,01	6,97	2,70
11149	Chayote, fruit, raw	0,01	4,51	1,70
11417	Pumpkin flowers, cooked, boiled, drained, without salt	0,01	3,30	0,90
11457	Spinach, raw	0,01	3,63	2,20
11459	Spinach, canned, regular pack, solids and liquids	0,01	2,92	1,60
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	0,01	3,58	1,30

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	0,01	3,56	1,30
11483	Squash, winter, acorn, cooked, baked, without salt	0,01	14,58	4,40
11551	Tomato products, canned, sauce, with mushrooms	0,01	8,43	1,50
11566	Turnips, frozen, unprepared	0,01	2,94	1,80
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	0,01	13,09	4,40
11643	Squash, winter, all varieties, raw	0,01	8,59	1,50
11766	Chayote, fruit, cooked, boiled, drained, with salt	0,01	4,50	2,80
11847	Pumpkin, flowers, cooked, boiled, drained, with salt	0,01	3,18	0,90
11855	Spinach, canned, no salt added, solids and liquids	0,01	2,92	2,20
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	0,01	2,97	1,30
11864	Squash, winter, acorn, cooked, baked, with salt	0,01	14,58	4,40
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	0,01	13,09	4,40
11952	Radicchio, raw	0,01	4,48	0,90
14334	Beverages, pineapple and grapefruit juice drink, canned	0,01	11,60	0,10
19310	Pectin, unsweetened, dry mix	0,01	90,40	8,60
21381	McDONALD'S, Fruit 'n Yogurt Parfait (without granola)	0,01	17,67	0,90
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	0,01	5,62	4,50
42266	Babyfood, juice, apple-sweet potato	0,01	11,40	0,50
42267	Babyfood, juice, orange-carrot	0,01	9,90	0,40
42270	Beverages, Orange juice drink	0,01	13,41	0,20
31035	Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	0,01	8,13	1,20
03100	Babyfood, vegetables, carrots, junior	0,01	7,20	1,70
03150	Babyfood, fruit, applesauce and pineapple, strained	0,01	10,10	1,50
03151	Babyfood, fruit, applesauce and pineapple, junior	0,01	10,50	1,50
03156	Babyfood, fruit, bananas and pineapple with tapioca, junior	0,01	18,40	1,60
03265	Babyfood, juice, apple and grape	0,01	11,34	0,10
09096	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	0,01	8,51	1,00
09416	Grapefruit juice, white, bottled, unsweetened, OCEAN SPRAY	0,01	7,93	0,80
09452	Orange Pineapple Juice Blend	0,01	12,20	0,20
11028	Bamboo shoots, canned, drained solids	0,01	3,22	1,40
11128	Carrots, canned, regular pack, drained solids	0,01	5,54	1,50
11200	Yardlong bean, cooked, boiled, drained, without salt	0,01	9,18	--
11202	Cowpeas, leafy tips, cooked, boiled, drained, without salt	0,01	2,80	--
11243	Mushrooms, portabella, grilled	0,01	4,44	2,20
11289	Onions, frozen, whole, unprepared	0,01	8,45	1,70

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	0,01	81,17	6,60
11416	Pumpkin flowers, raw	0,01	3,28	--
11423	Pumpkin, cooked, boiled, drained, without salt	0,01	4,90	1,10
11519	Taro, cooked, without salt	0,01	34,60	5,10
11759	Carrots, canned, no salt added, drained solids	0,01	5,54	1,50
11780	Cowpeas, leafy tips, cooked, boiled, drained, with salt	0,01	2,80	--
11845	Pumpkin, cooked, boiled, drained, with salt	0,01	4,31	1,10
11878	Taro, cooked, with salt	0,01	34,60	5,10
11899	Yardlong bean, cooked, boiled, drained, with salt	0,01	9,17	--
16002	Beans, adzuki, mature seeds, cooked, boiled, without salt	0,01	24,77	7,30
16302	Beans, adzuki, mature seed, cooked, boiled, with salt	0,01	24,77	7,30
03093	Babyfood, green beans, dices, toddler	0,01	5,70	1,30
03116	Babyfood, fruit, applesauce, strained	0,01	10,80	1,70
03152	Babyfood, fruit, apple and raspberry, strained	0,01	15,60	2,10
03153	Babyfood, fruit, apple and raspberry, junior	0,01	15,40	2,10
03154	Babyfood, fruit and vegetable, apple and sweet potato	0,01	15,30	1,40
09160	Lime juice, raw	0,01	8,42	0,40
09174	Loquats, raw	0,01	12,14	1,70
09251	Peach nectar, canned, without added ascorbic acid	0,01	13,92	0,60
09407	Peach nectar, canned, with added ascorbic acid	0,01	13,92	0,60
09517	Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	0,01	11,49	0,30
09528	Ruby Red grapefruit juice blend (grapefruit, grape, apple), OCEAN SPRAY, bottled, with added vitamin C	0,01	10,53	0,20
11058	Beans, snap, canned, all styles, seasoned, solids and liquids	0,01	3,49	1,50
11060	Beans, snap, green, frozen, all styles, unprepared	0,01	7,54	2,60
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	0,01	6,45	3,00
11062	Beans, snap, green, frozen, all styles, microwaved	0,01	6,98	3,40
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	0,01	5,35	3,00
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	0,01	5,36	3,00
11242	Kohlrabi, cooked, boiled, drained, without salt	0,01	6,69	1,10
11250	Lettuce, butterhead (includes boston and bibb types), raw	0,01	2,23	1,10
11261	Mushrooms, white, cooked, boiled, drained, without salt	0,01	5,29	2,20
11333	Peppers, sweet, green, raw	0,01	4,64	1,70
11413	Potato flour	0,01	83,10	5,90
11481	Squash, summer, zucchini, italian style, canned	0,01	6,85	--
11512	Sweet potato, canned, vacuum pack	0,01	21,12	1,80

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
11514	Sweet potato, canned, mashed	0,01	23,19	1,70
11591	Watercress, raw	0,01	1,29	0,50
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	0,01	2,14	0,80
11645	Sweet potato, canned, syrup pack, solids and liquids	0,01	20,93	2,50
11730	Beans, snap, yellow, frozen, all styles, unprepared	0,01	7,58	2,80
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	0,01	6,45	3,00
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	0,01	6,45	3,00
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	0,01	6,45	3,00
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	0,01	5,35	3,00
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	0,01	5,35	3,00
11793	Kohlrabi, cooked, boiled, drained, with salt	0,01	6,69	1,10
11797	Mushrooms, white, cooked, boiled, drained, with salt	0,01	5,29	2,20
12119	Nuts, coconut water (liquid from coconuts)	0,01	3,71	1,10
14292	Lemonade, frozen concentrate, white	0,01	49,89	0,30
14542	Lemonade, frozen concentrate, pink	0,01	48,86	0,30
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	0,01	86,09	0,50
43143	Cabbage, japanese style, fresh, pickled	0,01	5,67	3,10
43144	Cabbage, mustard, salted	0,01	5,63	3,10
03174	Babyfood, juice, orange and apple and banana	0,01	11,50	0,10
09003	Apples, raw, with skin	0,01	13,81	2,40
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	0,01	17,49	1,20
09081	Cranberry sauce, canned, sweetened	0,01	40,40	1,10
09132	Grapes, red or green (European type, such as Thompson seedless), raw	0,01	18,10	0,90
09383	Tangerines, (mandarin oranges), canned, juice pack, drained	0,01	9,41	1,20
09402	Applesauce, canned, sweetened, with salt	0,01	19,91	1,20
09525	Cranberry sauce, whole, canned, OCEAN SPRAY	0,01	40,40	1,20
09526	Cranberry sauce, jellied, canned, OCEAN SPRAY	0,01	40,61	1,00
11018	Asparagus, frozen, unprepared	0,01	4,10	1,90
11026	Bamboo shoots, raw	0,01	5,20	2,20
11054	Beans, snap, green, canned, regular pack, solids and liquids	0,01	3,27	1,50
11113	Cabbage, red, cooked, boiled, drained, without salt	0,01	6,94	2,60
11114	Cabbage, savoy, raw	0,01	6,10	3,10
11115	Cabbage, savoy, cooked, boiled, drained, without salt	0,01	5,41	2,80
11241	Kohlrabi, raw	0,01	6,20	3,60
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	0,01	6,70	1,40

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
11482	Squash, winter, acorn, raw	0,01	10,42	1,50
11485	Squash, winter, butternut, raw	0,01	11,69	2,00
11486	Squash, winter, butternut, cooked, baked, without salt	0,01	10,49	3,20
11487	Squash, winter, butternut, frozen, unprepared	0,01	14,41	1,30
11504	Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt	0,01	3,70	1,90
11516	Sweet potato, frozen, unprepared	0,01	22,22	1,70
11522	Taro shoots, raw	0,01	2,32	--
11655	Carrot juice, canned	0,01	9,28	0,80
11752	Cabbage, red, cooked, boiled, drained, with salt	0,01	6,94	2,60
11753	Cabbage, savoy, cooked, boiled, drained, with salt	0,01	5,41	2,80
11757	Carrots, cooked, boiled, drained, with salt	0,01	8,22	3,00
11758	Carrots, canned, no salt added, solids and liquids	0,01	5,36	1,80
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	0,01	6,11	1,40
11866	Squash, winter, butternut, cooked, baked, with salt	0,01	10,49	3,20
11960	Carrots, baby, raw	0,01	8,24	2,90
11964	Nopales, cooked, without salt	0,01	3,28	2,00
14259	Beverages, OCEAN SPRAY, Light Cranberry, Concord Grape	0,01	5,78	0,70
14262	Beverages, citrus fruit juice drink, frozen concentrate	0,01	40,20	0,20
16031	Beans, kidney, california red, mature seeds, cooked, boiled, without salt	0,01	22,41	9,30
16331	Beans, kidney, california red, mature seeds, cooked, boiled, with salt	0,01	22,41	9,30
03171	Babyfood, juice, apple and prune	0,01	18,10	0,10
03179	Babyfood, juice, mixed fruit	0,01	11,70	0,10
03221	Babyfood, dessert, dutch apple, junior	0,01	19,18	1,40
06615	Soup, SWANSON, vegetable broth	0,01	1,02	0,00
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	0,01	11,30	0,20
09152	Lemon juice, raw	0,01	6,90	0,30
09153	Lemon juice from concentrate, canned or bottled	0,01	5,62	0,70
09185	Melon balls, frozen	0,01	7,94	0,70
09232	Passion-fruit juice, purple, raw	0,01	13,60	0,20
09253	Pears, canned, water pack, solids and liquids	0,01	7,81	1,60
09256	Pears, canned, light syrup pack, solids and liquids	0,01	15,17	1,60
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	0,01	11,30	0,20
09524	Lemon juice from concentrate, bottled, REAL LEMON	0,01	5,66	0,70
11013	Asparagus, canned, regular pack, solids and liquids	0,01	2,48	1,00
11125	Carrots, cooked, boiled, drained, without salt	0,01	8,22	3,00

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
11126	Carrots, canned, regular pack, solids and liquids	0,01	5,37	1,80
11152	Chicory greens, raw	0,01	4,70	4,00
11252	Lettuce, iceberg (includes crisphead types), raw	0,01	2,97	1,20
11253	Lettuce, green leaf, raw	0,01	2,87	1,30
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	0,01	5,10	1,30
11458	Spinach, cooked, boiled, drained, without salt	0,01	3,75	2,40
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	0,01	8,79	2,60
11523	Taro shoots, cooked, without salt	0,01	3,20	--
11564	Turnips, raw	0,01	6,43	1,80
11601	Yam, raw	0,01	27,88	4,10
11707	Asparagus, canned, no salt added, solids and liquids	0,01	2,48	1,00
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	0,01	5,10	1,30
11854	Spinach, cooked, boiled, drained, with salt	0,01	3,75	2,40
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	0,01	8,79	2,60
11880	Taro, shoots, cooked, with salt	0,01	3,19	--
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	0,01	6,94	0,10
14024	Beverages, Whiskey sour mix, powder	0,01	97,30	0,00
14237	Beverages, coffee substitute, cereal grain beverage, prepared with water	0,01	1,30	0,40
18371	Leavening agents, baking powder, low-sodium	0,01	46,90	2,20
21379	McDONALD'S, Side Salad	0,01	4,30	1,60
20068	Tapioca, pearl, dry	0,00	88,69	0,90
43311	Potatoes, canned, drained solids, no salt added	0,00	13,60	2,40
03269	Babyfood, juice, apple, with calcium	0,00	11,10	0,40
06700	Soup, vegetable broth, ready to serve	0,00	0,93	0,00
09004	Apples, raw, without skin	0,00	12,76	1,30
09010	Apples, dehydrated (low moisture), sulfured, stewed	0,00	19,91	2,60
09072	Cherries, sweet, canned, juice pack, solids and liquids	0,00	13,81	1,50
09103	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids	0,00	13,05	1,00
09219	Tangerines, (mandarin oranges), canned, juice pack	0,00	9,57	0,70
09281	Plums, canned, purple, water pack, solids and liquids	0,00	11,03	0,90
09443	Juice, apple and grape blend, with added ascorbic acid	0,00	12,46	0,20
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	0,00	12,96	0,20
11007	Artichokes, (globe or french), raw	0,00	10,51	5,40
11023	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	0,00	6,68	1,90
11027	Bamboo shoots, cooked, boiled, drained, without salt	0,00	1,92	1,00

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
11205	Cucumber, with peel, raw	0,00	3,63	0,50
11257	Lettuce, red leaf, raw	0,00	2,26	0,90
11264	Mushrooms, canned, drained solids	0,00	5,09	2,40
11276	New Zealand spinach, raw	0,00	2,50	1,50
11277	New Zealand spinach, cooked, boiled, drained, without salt	0,00	2,13	1,40
11376	Potatoes, canned, drained solids	0,00	13,61	2,30
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	0,00	2,96	1,40
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	0,00	10,05	--
11517	Sweet potato, frozen, cooked, baked, without salt	0,00	23,40	1,80
11540	Tomato juice, canned, with salt added	0,00	3,53	0,40
11563	Tree fern, cooked, without salt	0,00	10,98	3,70
11565	Turnips, cooked, boiled, drained, without salt	0,00	5,06	2,00
11602	Yam, cooked, boiled, drained, or baked, without salt	0,00	27,48	3,90
11603	Yambean (jicama), raw	0,00	8,82	4,90
11712	Bamboo shoots, cooked, boiled, drained, with salt	0,00	1,52	1,00
11722	Beans, snap, yellow, raw	0,00	7,13	3,40
11802	New zealand spinach, cooked, boiled, drained, with salt	0,00	2,13	1,40
11867	Squash, winter, butternut, frozen, cooked, boiled, with salt	0,00	10,04	--
11877	Sweet potato, frozen, cooked, baked, with salt	0,00	23,40	1,80
11886	Tomato juice, canned, without salt added	0,00	3,53	0,40
11889	Turnips, cooked, boiled, drained, with salt	0,00	5,06	2,00
11897	Yam, cooked, boiled, drained, or baked, with salt	0,00	26,99	3,90
11937	Pickles, cucumber, dill or kosher dill	0,00	2,41	1,00
11947	Pickles, cucumber, dill, reduced sodium	0,00	2,41	1,00
03092	Babyfood, vegetables, green beans, junior	0,00	5,80	1,90
03099	Babyfood, vegetables, carrots, strained	0,00	6,00	1,70
03108	Babyfood, vegetables, sweet potatoes strained	0,00	13,20	1,50
03109	Babyfood, vegetables, sweet potatoes, junior	0,00	14,00	1,50
03115	Babyfood, apples, dices, toddler	0,00	12,10	0,90
03167	Babyfood, apple-banana juice	0,00	12,30	0,20
03267	Babyfood, juice, fruit punch, with calcium	0,00	12,70	0,40
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	0,00	10,30	0,60
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	0,00	19,65	0,60
11154	Chicory roots, raw	0,00	17,51	1,50
11213	Endive, raw	0,00	3,35	3,10

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
11214	Escarole, cooked, boiled, drained, no salt added	0,00	3,07	2,80
11218	Gourd, white-flowered (calabash), raw	0,00	3,39	0,50
11219	Gourd, white-flowered (calabash), cooked, boiled, drained, without salt	0,00	3,69	1,20
11226	Jerusalem-artichokes, raw	0,00	17,44	1,60
11246	Leeks, (bulb and lower leaf-portion), raw	0,00	14,15	1,80
11258	Mountain yam, hawaii, raw	0,00	16,30	2,50
11697	Arrowroot, raw	0,00	13,39	1,30
11726	Beans, snap, green, canned, no salt added, solids and liquids	0,00	3,50	1,50
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	0,00	3,50	1,50
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	0,00	3,50	1,50
11784	Gourd, white-flowered (calabash), cooked, boiled, drained, with salt	0,00	3,10	1,20
11932	Beans, snap, yellow, canned, regular pack, drained solids	0,00	4,50	1,30
11933	Beans, snap, yellow, canned, no salt added, drained solids	0,00	4,50	1,30
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	0,00	21,15	1,00
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	0,00	33,73	1,10
14241	Beverages, cranberry-grape juice drink, bottled	0,00	14,00	0,10
14257	Beverages, OCEAN SPRAY, Light Cranberry	0,00	4,72	0,70
06494	Soup, onion, dry, mix, prepared with water	0,00	2,77	0,30
09012	Apples, dried, sulfured, stewed, without added sugar	0,00	15,32	2,00
09013	Apples, dried, sulfured, stewed, with added sugar	0,00	20,73	1,90
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	0,00	14,77	0,20
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	0,00	14,77	0,20
09181	Melons, cantaloupe, raw	0,00	8,16	0,90
09184	Melons, honeydew, raw	0,00	9,09	0,80
09262	Pear nectar, canned, without added ascorbic acid	0,00	15,76	0,60
09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	0,00	12,67	0,20
09408	Pear nectar, canned, with added ascorbic acid	0,00	15,76	0,60
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	0,00	14,77	0,20
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	0,00	7,62	1,00
11259	Mountain yam, hawaii, cooked, steamed, without salt	0,00	20,00	--
11355	Potatoes, red, flesh and skin, raw	0,00	15,90	1,70
11356	Potatoes, Russet, flesh and skin, baked	0,00	21,44	2,30
11400	Potatoes, frozen, whole, unprepared	0,00	17,47	1,20
11438	Salsify, cooked, boiled, drained, without salt	0,00	15,36	3,10
11442	Seaweed, agar, raw	0,00	6,75	0,50

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
11674	Potatoes, baked, flesh and skin, without salt	0,00	21,15	2,20
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	0,00	7,62	1,00
11821	Peppers, sweet, red, raw	0,00	6,03	2,10
11828	Potatoes, baked, flesh and skin, with salt	0,00	21,15	2,20
11927	Mountain yam, hawaii, cooked, steamed, with salt	0,00	19,99	--
11941	Pickles, cucumber, sour	0,00	2,26	1,20
11946	Pickles, cucumber, sour, low sodium	0,00	2,26	1,20
14258	Beverages, OCEAN SPRAY, White Cranberry Peach	0,00	11,88	0,60
14268	Beverages, Fruit punch drink, frozen concentrate	0,00	41,40	0,40
14285	Beverages, OCEAN SPRAY, Ruby Red cranberry	0,00	11,58	0,60
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	0,00	39,00	0,10
16003	Beans, adzuki, mature seeds, canned, sweetened	0,00	55,01	--
16102	Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	0,00	23,25	6,70
16402	Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	0,00	23,25	6,70
03112	Babyfood, potatoes, toddler	0,00	11,73	0,90
03166	Babyfood, juice, apple	0,00	11,70	0,10
03168	Babyfood, juice, apple and peach	0,00	10,50	0,10
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	0,00	7,40	0,00
06179	Sauce, fish, ready-to-serve	0,00	3,64	0,00
09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	0,00	11,54	0,10
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	0,00	11,27	1,10
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	0,00	11,86	1,00
09183	Melons, casaba, raw	0,00	6,58	0,90
09401	Applesauce, canned, unsweetened, with added ascorbic acid	0,00	11,27	1,10
09411	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added ascorbic acid	0,00	11,54	0,10
09514	Fruit juice smoothie, BOLTHOUSE FARMS, BERRY BOOST	0,00	10,90	0,00
09522	Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium	0,00	10,91	0,10
11151	Chicory, witloof, raw	0,00	4,00	3,10
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	0,00	4,31	2,30
11206	Cucumber, peeled, raw	0,00	2,16	0,70
11266	Mushrooms, brown, italian, or crimini, raw	0,00	4,30	0,60
11352	Potatoes, flesh and skin, raw	0,00	17,49	2,10
11353	Potatoes, russet, flesh and skin, raw	0,00	18,07	1,30
11354	Potatoes, white, flesh and skin, raw	0,00	15,71	2,40
11357	Potatoes, white, flesh and skin, baked	0,00	21,08	2,10

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
11358	Potatoes, red, flesh and skin, baked	0,00	19,59	1,80
11362	Potatoes, raw, skin	0,00	12,44	2,50
11363	Potatoes, baked, flesh, without salt	0,00	21,55	1,50
11364	Potatoes, baked, skin, without salt	0,00	46,06	7,90
11365	Potatoes, boiled, cooked in skin, flesh, without salt	0,00	20,13	1,80
11366	Potatoes, boiled, cooked in skin, skin, without salt	0,00	17,21	3,30
11367	Potatoes, boiled, cooked without skin, flesh, without salt	0,00	20,01	1,80
11368	Potatoes, microwaved, cooked in skin, flesh, without salt	0,00	23,28	1,60
11369	Potatoes, microwaved, cooked in skin, skin, without salt	0,00	29,63	5,50
11374	Potatoes, canned, solids and liquids	0,00	9,89	1,40
11508	Sweet potato, cooked, baked in skin, flesh, without salt	0,00	20,71	3,30
11588	Waterchestnuts, chinese, (matai), raw	0,00	23,94	3,00
11675	Potatoes, microwaved, cooked in skin, flesh and skin, without salt	0,00	24,24	2,30
11829	Potatoes, baked, flesh, with salt	0,00	21,55	1,50
11830	Potatoes, baked, skin only, with salt	0,00	46,06	7,90
11831	Potatoes, boiled, cooked in skin, flesh, with salt	0,00	20,13	2,00
11832	Potatoes, boiled, cooked in skin, skin, with salt	0,00	17,20	3,30
11833	Potatoes, boiled, cooked without skin, flesh, with salt	0,00	20,01	2,00
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	0,00	24,24	2,30
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	0,00	23,28	1,60
11836	Potatoes, microwaved, cooked, in skin, skin with salt	0,00	29,63	5,50
11875	Sweet potato, cooked, baked in skin, flesh, with salt	0,00	20,71	3,30
11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	0,00	4,30	0,60
14028	Beverages, Whiskey sour mix, bottled	0,00	21,40	0,00
14227	Beverages, OCEAN SPRAY, White Cranberry Strawberry Flavored Juice Drink	0,00	11,98	0,60
14263	Beverages, citrus fruit juice drink, frozen concentrate, prepared with water	0,00	11,42	0,10
14267	Beverages, Fruit punch drink, with added nutrients, canned	0,00	11,94	0,20
14293	Lemonade, frozen concentrate, white, prepared with water	0,00	10,42	0,00
14323	Beverages, orange drink, canned, with added vitamin C	0,00	12,34	0,00
14371	Beverages, tea, instant, lemon, sweetened, prepared with water	0,00	8,61	0,10
14530	Whiskey sour mix, bottled, with added potassium and sodium	0,00	21,40	0,00
14543	Beverages, lemonade, frozen concentrate, pink, prepared with water	0,00	10,81	0,10
14651	Beverages, fruit juice drink, greater than 3% juice, high vitamin C	0,00	11,35	0,10
15162	Mollusks, clam, mixed species, canned, liquid	0,00	0,10	0,00
20003	Arrowroot flour	0,00	88,15	3,40

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
19300	Jellies	0,00	69,95	1,00
44110	Jellies, reduced sugar, home preserved	0,00	46,10	0,80
44203	Beverages, Cocktail mix, non-alcoholic, concentrated, frozen	0,00	71,60	0,00
03169	Babyfood, apple-cranberry juice	0,00	11,49	0,00
11507	Sweet potato, raw, unprepared	0,00	20,12	3,00
11590	Waterchestnuts, chinese, canned, solids and liquids	0,00	12,30	2,50
14025	Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix	0,00	15,85	0,00
14029	Alcoholic beverage, whiskey sour, prepared from item 14028	0,00	12,82	0,00
14217	Beverages, OCEAN SPRAY, Cran Grape	0,00	13,16	0,60
14220	Beverages, OCEAN SPRAY, Cranberry-Apple Juice Drink, bottled	0,00	13,68	0,60
14221	Beverages, OCEAN SPRAY, Diet Cranberry Juice	0,00	0,80	0,60
14226	Beverages, OCEAN SPRAY, Light Cranberry and Raspberry Flavored Juice	0,00	5,77	0,70
14233	Beverages, OCEAN SPRAY, Cran Raspberry Juice Drink	0,00	11,96	0,60
14234	Beverages, OCEAN SPRAY, Cran Lemonade	0,00	11,12	0,60
14235	Beverages, OCEAN SPRAY, Diet Cran Cherry	0,00	0,70	0,60
14255	Beverages, OCEAN SPRAY, Cran Pomegranate	0,00	12,56	0,60
14256	Beverages, OCEAN SPRAY, Cran Cherry	0,00	12,76	0,60
14269	Beverages, Fruit punch drink, frozen concentrate, prepared with water	0,00	11,66	0,10
14352	Beverages, tea, black, brewed, prepared with tap water, decaffeinated	0,00	0,30	0,00
14355	Beverages, tea, black, brewed, prepared with tap water	0,00	0,30	0,00
14381	Beverages, tea, herb, other than chamomile, brewed	0,00	0,20	0,00
14427	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water	0,00	11,32	0,00
14531	Alcoholic beverage, whiskey sour	0,00	13,17	0,00
14541	Beverages, fruit punch-flavor drink, powder, without added sodium, prepared with water	0,00	9,47	0,00
14544	Beverages, tea, black, brewed, prepared with distilled water	0,00	0,30	0,00
14545	Beverages, tea, herb, brewed, chamomile	0,00	0,20	0,00
01061	Cheese, American, nonfat or fat free	--	10,53	0,00
01124	Egg, white, raw, fresh	--	0,73	0,00
01135	Egg, white, dried, flakes, stabilized, glucose reduced	--	4,17	0,00
01136	Egg, white, dried, powder, stabilized, glucose reduced	--	4,47	0,00
01172	Egg, white, raw, frozen, pasteurized	--	1,04	0,00
01173	Egg, white, dried	--	7,80	0,00
01180	Sour cream, fat free	--	15,60	0,00
01187	Yogurt, chocolate, nonfat milk	0,00	23,53	1,20
01222	Yogurt, chocolate, nonfat milk, fortified with vitamin D	0,00	23,53	1,20

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
01226	Egg substitute, liquid or frozen, fat free	--	2,00	0,00
01243	Fat free ice cream, no sugar added, flavors other than chocolate	0,00	27,94	7,40
01265	Cheese, cheddar, nonfat or fat free	--	7,14	0,00
01266	Cheese, Swiss, nonfat or fat free	--	3,40	0,00
01295	Yogurt, vanilla, non-fat	--	17,04	0,00
02047	Salt, table	--	0,00	--
02048	Vinegar, cider	--	0,93	0,00
02052	Vanilla extract, imitation, no alcohol	--	14,40	0,00
02053	Vinegar, distilled	--	0,04	0,00
03001	Babyfood, juice treats, fruit medley, toddler	--	86,68	0,00
03024	Babyfood, water, bottled, GERBER, without added fluoride.	--	0,00	--
03091	Babyfood, vegetables, green beans, strained	0,00	6,29	2,20
03117	Babyfood, fruit, applesauce, junior	0,00	10,30	1,70
03118	Babyfood, fruit, apricot with tapioca, strained	0,00	16,30	1,50
03128	Babyfood, fruit, apricot with tapioca, junior	0,00	17,30	1,50
03134	Babyfood, fruit, plums with tapioca, without ascorbic acid, strained	0,00	19,70	1,20
03135	Babyfood, fruit, plums with tapioca, without ascorbic acid, junior	0,00	20,50	1,20
03144	Babyfood, fruit, applesauce and cherries, strained	0,00	14,10	1,10
03145	Babyfood, fruit, applesauce and cherries, junior	0,00	14,10	1,10
03157	Babyfood, fruit, bananas and pineapple with tapioca, strained	0,00	17,80	1,60
03170	Babyfood, juice, apple and plum	0,00	12,30	0,10
03227	Babyfood, dessert, peach cobbler, strained	0,00	17,80	0,70
03228	Babyfood, dessert, peach cobbler, junior	0,00	18,30	0,70
03235	Babyfood, dessert, fruit dessert, without ascorbic acid, strained	0,00	16,00	0,60
03236	Babyfood, dessert, fruit dessert, without ascorbic acid, junior	0,00	17,20	0,60
03279	Babyfood, dinner, mixed vegetable, junior	0,00	7,88	1,00
04013	Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	0,00	15,80	2,00
04592	Fish oil, menhaden, fully hydrogenated	--	0,00	--
06030	Soup, clam chowder, new england, canned, condensed	0,00	10,32	0,70
06032	Soup, beef broth bouillon and consomme, canned, condensed	--	0,32	0,00
06058	CAMPBELL'S Red and White, Chicken Gumbo Soup, condensed	0,00	7,94	0,80
06084	CAMPBELL'S Red and White, Chicken Vegetable Soup, condensed	0,00	11,90	1,60
06091	CAMPBELL'S Red and White, Beef Broth, condensed	--	0,81	0,00
06097	CAMPBELL'S Red and White, Beef Consomme, condensed	--	0,81	0,00
06112	Sauce, teriyaki, ready-to-serve	0,00	15,56	0,10

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
06183	Soup, chicken broth, less/reduced sodium, ready to serve	--	0,38	0,00
06189	Sauce, teriyaki, ready-to-serve, reduced sodium	0,00	15,58	0,10
06215	CAMPBELL'S, 98% Fat Free Broccoli Cheese Soup, condensed	0,00	9,68	0,80
06314	Soup, HEALTHY CHOICE Chicken Noodle Soup, canned	0,00	5,20	0,80
06351	CAMPBELL'S Red and White, Old Fashioned Tomato Rice Soup, condensed	0,00	18,25	0,80
06354	CAMPBELL'S Red and White, French Onion Soup, condensed	0,00	4,76	0,80
06364	CAMPBELL'S Red and White, Manhattan Clam Chowder, condensed	0,00	9,52	1,60
06366	CAMPBELL'S Red and White, Minestrone Soup, condensed	0,00	13,49	2,40
06367	CAMPBELL'S Red and White, New England Clam Chowder, condensed	0,00	10,32	0,80
06373	CAMPBELL'S Red and White, Vegetarian Vegetable Soup, condensed	0,00	14,29	1,60
06374	CAMPBELL'S Red and White, Vegetable Soup, condensed	0,00	16,67	2,40
06377	CAMPBELL'S, Tomato Soup, condensed	0,00	15,22	1,10
06430	Soup, clam chowder, new england, canned, prepared with equal volume water	0,00	5,05	0,30
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water	--	0,73	0,00
06470	CAMPBELL'S Low Sodium Soups, Chicken Broth	--	0,34	0,00
06971	Sauce, worcestershire	--	19,46	0,00
06984	Soup, SWANSON Chicken Broth 99% Fat Free	--	0,14	0,00
06990	HEALTHY REQUEST, Minestrone Soup, condensed	0,00	11,90	2,40
06991	HEALTHY REQUEST, Tomato Soup, condensed	0,00	13,71	0,80
06992	HEALTHY REQUEST, Vegetable Soup, condensed	0,00	15,87	2,40
08709	Cereals ready-to-eat, MOM'S BEST, Sweetened WHEAT-FULS	0,00	80,91	10,00
11011	Asparagus, raw	0,00	3,88	2,10
11012	Asparagus, cooked, boiled, drained	0,00	4,11	2,00
11150	Chayote, fruit, cooked, boiled, drained, without salt	0,00	5,09	2,80
11260	Mushrooms, white, raw	0,00	3,26	1,00
11263	Mushrooms, white, stir-fried	0,00	4,04	1,80
11267	Mushrooms, shiitake, stir-fried	0,00	7,68	3,60
11463	Spinach, frozen, chopped or leaf, unprepared	0,00	4,21	2,90
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	0,00	4,80	3,70
11510	Sweet potato, cooked, boiled, without skin	0,00	17,72	2,50
11705	Asparagus, cooked, boiled, drained, with salt	0,00	4,11	2,00
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	0,00	4,80	3,70
11876	Sweet potato, cooked, boiled, without skin, with salt	0,00	17,72	2,50
11938	Mushroom, white, exposed to ultraviolet light, raw	0,00	3,26	1,00
11950	Mushrooms, enoki, raw	0,00	7,81	2,70

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
14003	Alcoholic beverage, beer, regular, all	--	3,55	0,00
14006	Alcoholic beverage, beer, light	--	1,64	0,00
14013	Alcoholic beverage, beer, light, low carb	--	0,73	0,00
14021	Beverages, Energy drink, Citrus	--	11,27	0,00
14022	Beverages, MONSTER energy drink, low carb	--	1,38	0,00
14026	Beverages, THE COCA-COLA COMPANY, NOS Zero, energy drink, sugar-free with guarana, fortified with vitamins B6 and B12	--	1,03	0,00
14030	Beverages, THE COCA-COLA COMPANY, NOS energy drink, Original, grape, loaded cherry, charged citrus, fortified with vitamins B6 and B12	--	11,25	0,00
14031	Beverages, water, bottled, yumberry, pomegranate with anti-oxidants, zero calories	--	1,25	0,00
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	--	0,00	--
14038	Beverages, OCEAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink	--	3,75	0,00
14049	Alcoholic beverage, distilled, gin, 90 proof	--	0,00	--
14050	Alcoholic beverage, distilled, rum, 80 proof	--	0,00	--
14051	Alcoholic beverage, distilled, vodka, 80 proof	--	0,00	--
14052	Alcoholic beverage, distilled, whiskey, 86 proof	--	0,10	0,00
14056	Beverages, Acai berry drink, fortified	0,00	12,83	1,20
14057	Alcoholic beverage, wine, dessert, sweet	--	13,69	0,00
14060	Beverages, Energy Drink with carbonated water and high fructose corn syrup	--	15,00	0,00
14061	Beverages, Energy Drink, sugar free	--	0,42	0,00
14064	Beverages, Orange juice, light, No pulp	--	5,42	0,00
14065	Beverages, The COCA-COLA company, Hi-C Flashin' Fruit Punch	--	12,50	0,00
14073	Beverages, ZEVIA, cola	--	1,13	0,00
14074	Beverages, ZEVIA, cola, caffeine free	--	1,13	0,00
14075	Beverages, GEROLSTEINER BRUNNEN GmbH & Co. KG,Gerolsteiner naturally sparkling mineral water,	--	0,00	--
14076	Beverages, ICELANDIC, Glacial Natural spring water	--	0,00	--
14079	Beverages, yellow green colored citrus soft drink with caffeine	--	12,83	0,00
14080	Beverages, rich chocolate, powder	--	92,96	0,00
14084	Alcoholic beverage, wine, table, all	--	2,72	0,00
14090	Beverages, Coconut water, ready-to-drink, unsweetened	--	4,24	0,00
14093	Beverages, The COCA-COLA company, Glaceau Vitamin Water, Revive Fruit Punch, fortified	--	0,00	--
14095	Beverages, MINUTE MAID, Lemonada, Limeade	--	13,75	0,00
14096	Alcoholic beverage, wine, table, red	--	2,61	0,00
14106	Alcoholic beverage, wine, table, white	--	2,60	0,00
14119	Beverages, Mixed vegetable and fruit juice drink, with added nutrients	--	7,47	0,00

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
14121	Beverages, carbonated, club soda	--	0,00	--
14130	Carbonated beverage, cream soda	--	13,30	0,00
14136	Beverages, carbonated, ginger ale	--	8,76	0,00
14142	Beverages, carbonated, grape soda	--	11,20	0,00
14143	Beverages, carbonated, low calorie, other than cola or pepper, without caffeine	--	0,00	--
14144	Beverages, carbonated, lemon-lime soda, no caffeine	--	10,42	0,00
14145	Beverages, carbonated, SPRITE, lemon-lime, without caffeine	--	10,14	0,00
14146	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine	--	0,12	0,00
14147	Beverages, carbonated, cola, without caffeine	--	10,58	0,00
14148	Beverages, carbonated, cola, regular	--	10,36	0,00
14149	Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners	--	5,16	0,00
14150	Beverages, carbonated, orange	--	12,30	0,00
14151	Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine	--	0,00	--
14153	Beverages, carbonated, pepper-type, contains caffeine	--	10,40	0,00
14154	Beverages, Energy drink, RED BULL	--	10,23	0,00
14155	Beverages, carbonated, tonic water	--	8,80	0,00
14156	Beverages, Energy drink, RED BULL, sugar free, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12	--	0,70	0,00
14157	Beverages, carbonated, root beer	--	10,60	0,00
14161	Beverages, Kiwi Strawberry Juice Drink	--	12,26	0,00
14162	Beverages, Apple juice drink, light, fortified with vitamin C	--	5,10	0,00
14165	Beverages, carbonated, limeade, high caffeine	--	4,16	0,00
14166	Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine	--	0,10	0,00
14167	Beverages, POWERADE, Zero, Mixed Berry	--	0,14	0,00
14171	Beverages, coconut milk, sweetened, fortified with calcium, vitamins A, B12, D2	--	2,92	0,00
14174	Beverages, Lemonade fruit juice drink light, fortified with vitamin E and C	--	5,00	0,00
14180	Beverages, coffee, brewed, breakfast blend	--	0,23	0,00
14183	Beverages, coffee, ready to drink, iced, mocha, milk based	--	11,42	0,00
14187	Beverages, Clam and tomato juice, canned	0,00	10,95	0,40
14188	Beverages, tea, green, ready to drink, ginseng and honey, sweetened	--	7,16	0,00
14189	Beverages, The COCA-COLA company, Minute Maid, Lemonade	--	12,08	0,00
14190	Beverages, tea, green, ready-to-drink, diet	--	0,00	--
14191	Beverages, tea, green, ready-to-drink, citrus, diet, fortified with vitamin C	--	0,31	0,00
14199	Beverages, tea, black, ready-to-drink, lemon, sweetened	--	10,80	0,00
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	--	0,00	--
14202	Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated	--	1,69	0,00

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
14206	Beverages, tea, green, ready-to-drink, sweetened	--	6,20	0,00
14207	Beverages, tea, ready-to-drink, lemon, diet	--	0,41	0,00
14210	Beverages, coffee, brewed, espresso, restaurant-prepared	--	1,67	0,00
14211	Beverages, tea, black, ready-to-drink, lemon, diet	--	0,22	0,00
14215	Beverages, coffee, instant, regular, prepared with water	--	0,34	0,00
14216	Beverages, aloe vera juice drink, fortified with Vitamin C	--	3,75	0,00
14219	Beverages, coffee, instant, decaffeinated, prepared with water	--	0,43	0,00
14223	Beverages, coffee, instant, chicory	--	0,75	0,00
14239	Alcoholic beverage, malt beer, hard lemonade	--	10,07	0,00
14240	Beverages, cranberry-apricot juice drink, bottled	0,00	16,20	0,10
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	--	4,60	0,00
14246	Beverages, tea, green, instant, decaffeinated, lemon, unsweetened, fortified with vitamin C	--	94,45	0,00
14247	Beverages, tea, black, ready to drink	--	0,00	--
14248	Alcoholic beverage, beer, light, higher alcohol	--	0,77	0,00
14250	Beverages, AMBER, hard cider	--	5,92	0,00
14251	Alcoholic beverages, beer, higher alcohol	--	0,27	0,00
14252	Beverages, Malt liquor beverage	--	0,00	--
14253	Alcoholic beverages, wine, rose	--	3,80	0,00
14260	Beverages, tea, green, brewed, decaffeinated	--	0,00	--
14261	Beverages, tea, green, ready to drink, unsweetened	--	0,00	--
14264	Beverages, fruit punch drink, without added nutrients, canned	--	11,97	0,00
14270	Beverages, coffee, instant, vanilla, sweetened, decaffeinated, with non dairy creamer	--	86,28	0,00
14276	Beverages, Tropical Punch, ready-to-drink	--	2,50	0,00
14277	Beverages, grape drink, canned	--	15,72	0,00
14278	Beverages, tea, green, brewed, regular	--	0,00	--
14279	Beverages, tea, black, ready-to-drink, peach, diet	--	0,25	0,00
14280	Beverages, tea, black, ready to drink, decaffeinated, diet	--	0,83	0,00
14281	Beverages, tea, black, ready to drink, decaffeinated	--	8,75	0,00
14282	Beverages, grape juice drink, canned	0,00	14,55	0,10
14288	Lemonade, powder, prepared with water	--	3,59	0,00
14297	Beverages, lemonade-flavor drink, powder, prepared with water	--	6,90	0,00
14303	Limeade, frozen concentrate, prepared with water	--	13,79	0,00
14309	Beverages, OVALTINE, Classic Malt powder	--	93,33	0,00
14315	Beverages, OVALTINE, chocolate malt powder	--	92,96	0,00
14341	Beverages, pineapple and orange juice drink, canned	0,00	11,80	0,10

NDB_No	Description	Fatty acids, total monounsaturated(g) Value Per	Carbohydrate, by difference(g) Value Per	Fiber, total dietary(g) Value Per
14350	Strawberry-flavor beverage mix, powder	--	99,10	0,00
14353	Beverages, tea, instant, decaffeinated, unsweetened	0,00	58,66	8,50
14356	Beverages, tea, instant, decaffeinated, lemon, diet	--	85,40	0,00
14366	Beverages, tea, instant, unsweetened, powder	0,00	58,66	8,50
14367	Beverages, tea, instant, unsweetened, prepared with water	--	0,17	0,00
14375	Beverages, tea, instant, sweetened with sodium saccharin, lemon-flavored, powder	--	85,40	0,00
14376	Beverages, tea, instant, lemon, diet	--	0,44	0,00
14384	Beverages, water, bottled, PERRIER	--	0,00	--
14385	Beverages, water, bottled, POLAND SPRING	--	0,00	--
14400	Beverages, carbonated, cola, fast-food cola	--	9,56	0,00
14407	Beverages, orange-flavor drink, breakfast type, powder	0,00	98,94	0,40
14408	Beverages, orange-flavor drink, breakfast type, powder, prepared with water	0,00	12,65	0,10
14409	Beverages, Orange-flavor drink, breakfast type, low calorie, powder	0,00	85,90	3,80
14411	Beverages, water, tap, drinking	--	0,00	--
14416	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	--	0,29	0,00
14429	Beverages, water, tap, municipal	--	0,00	--
14431	Cranberry juice cocktail, frozen concentrate, prepared with water	--	11,81	0,00
14436	Beverages, orange breakfast drink, ready-to-drink, with added nutrients	0,00	13,20	0,10
14450	Beverages, drink mix, QUAKER OATS, GATORADE, orange flavor, powder	--	94,11	0,00
14460	Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.	--	6,43	0,00
14462	Beverages, Propel Zero, fruit-flavored, non-carbonated	--	1,14	0,00
14476	Beverages, LIPTON BRISK, tea, black, ready-to-drink, lemon	--	8,81	0,00
14532	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof	--	0,00	--
14533	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof	--	0,00	--
14536	Alcoholic beverage, wine, dessert, dry	--	11,67	0,00
14537	Carbonated beverage, low calorie, other than cola or pepper, with sodium saccharin, without caffeine	--	0,10	0,00
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	--	0,10	0,00
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	--	0,00	--
14552	Carbonated beverage, chocolate-flavored soda	--	10,70	0,00
14553	Beverages, Wine, non-alcoholic	--	1,10	0,00
14555	Water, bottled, generic	--	0,00	--