USDA National Nutrient Database for Standard ReferenceRelease 28

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

Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: Household
Report Run at: April 29, 2016 10:55 EDT

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
19244	Frostings, vanilla, creamy, dry mix	411.0	1.0 package	385.52	1.23	0.004
19240	Frostings, chocolate, creamy, dry mix	388.0	1.0 package	356.96	5.04	0.078
19018	Fruit syrup	334.0	1.0 cup	284.33	0.00	--
19296	Honey	339.0	1.0 cup	279.34	1.02	0.014
19375	Frostings, glaze, prepared-from-recipe	327.0	1.0 recipe yield	273.54	1.44	--
19362	Syrups, table blends, corn, refiner, and sugar	316.0	1.0 cup	265.12	0.00	--
19350	Syrups, corn, light	341.0	1.0 cup	261.85	0.00	--
19349	Syrups, corn, dark	328.0	1.0 cup	254.50	0.00	--
19304	Molasses	337.0	1.0 cup	251.84	0.00	--
19355	Syrups, sorghum	330.0	1.0 cup	247.17	0.00	--
19352	Syrups, malt	332.0	1.0 cup	236.72	20.58	0.249
19351	Syrups, corn, high-fructose	310.0	1.0 cup	235.60	0.00	--
19366	Toppings, pineapple	340.0	1.0 cup	225.76	0.34	--
19720	Syrups, table blends, pancake, with 2% maple, with added potassium	315.0	1.0 cup	219.24	0.00	--
19361	Syrups, table blends, cane and 15% maple	315.0	1.0 cup	218.99	0.00	--
36407	Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	653.0	1.0 serving	200.80	22.86	0.326
19247	Frostings, white, fluffy, dry mix, prepared with water	315.0	1.0 package yields	197.19	4.72	0.050
19246	Frostings, white, fluffy, dry mix	207.0	1.0 package	196.44	4.76	0.052
43216	Sweeteners, tabletop, fructose, dry, powder	196.0	1.0 cup	196.00	0.00	--
19129	Syrups, table blends, pancake	314.0	1.0 cup	193.02	0.00	--
19348	Syrups, chocolate, fudge-type	304.0	1.0 cup	191.22	13.98	--
19367	Toppings, nuts in syrup	328.0	1.0 cup	190.50	14.76	0.194
19106	Candies, gumdrops, starch jelly pieces	182.0	1.0 cup gumdrops	180.00	0.00	--
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	200.0	1.0 cup	171.02	16.44	0.162
36621	Restaurant, Chinese, sweet and sour chicken	706.0	1.0 order	168.45	71.31	0.748
16003	Beans, adzuki, mature seeds, canned, sweetened	296.0	1.0 cup	162.83	11.25	0.107
43057	Candies, gum drops, no sugar or low calorie (sorbitol)	182.0	1.0 cup	160.34	0.00	--
20452	Rice, white, short-grain, raw, unenriched	200.0	1.0 cup	158.30	13.00	0.150

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
20052	Rice, white, short-grain, enriched, uncooked	200.0	1.0 cup	158.30	13.00	0.150
20005	Barley, pearled, raw	200.0	1.0 cup	155.44	19.82	0.330
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	200.0	1.0 cup	155.40	21.80	0.196
20050	Rice, white, medium-grain, raw, enriched	195.0	1.0 cup	154.71	12.89	0.150
20450	Rice, white, medium-grain, raw, unenriched	195.0	1.0 cup	154.71	12.89	0.150
20054	Rice, white, glutinous, unenriched, uncooked	185.0	1.0 cup	151.11	12.60	0.146
20046	Rice, white, long-grain, parboiled, enriched, dry	185.0	1.0 cup	149.65	13.89	0.191
20446	Rice, white, long-grain, parboiled, unenriched, dry	185.0	1.0 cup	149.65	13.89	0.191
36625	Restaurant, Chinese, vegetable lo mein, without meat	741.0	1.0 order	149.39	35.35	--
20044	Rice, white, long-grain, regular, raw, enriched	185.0	1.0 cup	147.91	13.19	0.154
20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	147.91	13.19	0.154
36633	Restaurant, Chinese, sesame chicken	547.0	1.0 order	147.03	78.39	--
20074	Wheat, hard white	192.0	1.0 cup	145.73	21.72	--
20031	Millet, raw	200.0	1.0 cup	145.70	22.04	0.238
36629	Restaurant, Chinese, orange chicken	648.0	1.0 order	145.54	93.70	0.732
20040	Rice, brown, medium-grain, raw	190.0	1.0 cup	144.72	14.25	0.182
36622	Restaurant, Chinese, sweet and sour pork	609.0	1.0 order	142.14	54.26	0.633
20142	Teff, uncooked	193.0	1.0 cup	141.14	25.67	0.268
20036	Rice, brown, long-grain, raw	185.0	1.0 cup	141.06	13.95	0.187
36022	APPLEBEE'S, crunchy onion rings	350.0	1.0 serving	140.60	16.03	0.147
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	590.0	1.0 serving	140.07	23.36	0.301
20069	Triticale	192.0	1.0 cup	138.49	25.06	0.301
20067	Sorghum grain	192.0	1.0 cup	138.41	20.39	0.238
20072	Wheat, hard red winter	192.0	1.0 cup	136.67	24.21	0.307
20076	Wheat, durum	192.0	1.0 cup	136.57	26.27	0.338
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	170.0	1.0 cup	135.85	11.42	0.105
20004	Barley, hulled	184.0	1.0 cup	135.20	22.96	0.383
20068	Tapioca, pearl, dry	152.0	1.0 cup	134.81	0.29	0.005
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	134.80	44.02	0.521
20028	Couscous, dry	173.0	1.0 cup	133.95	22.07	0.282
16045	Beans, small white, mature seeds, raw	215.0	1.0 cup	133.84	45.39	0.538
11413	Potato flour	160.0	1.0 cup	132.96	11.04	0.184
20138	Wheat, KAMUT khorasan, uncooked	186.0	1.0 cup	131.28	27.04	0.242
09297	Raisins, golden seedless	165.0	1.0 cup, packed	131.21	5.59	--
09298	Raisins, seedless	165.0	1.0 cup, packed	130.65	5.07	0.082

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20071	Wheat, hard red spring	192.0	1.0 cup	130.62	29.57	0.374
19182	Desserts, mousse, chocolate, prepared-from-recipe	808.0	1.0 recipe yield	129.85	33.45	--
16080	Mung beans, mature seeds, raw	207.0	1.0 cup	129.62	49.39	0.538
09299	Raisins, seeded	165.0	1.0 cup, packed	129.48	4.16	--
16101	Pigeon peas (red gram), mature seeds, raw	205.0	1.0 cup	128.70	44.48	0.435
36617	Restaurant, Chinese, lemon chicken	623.0	1.0 order	128.40	73.95	0.878
36618	Restaurant, Chinese, general tso's chicken	535.0	1.0 order	128.35	69.02	0.760
20062	Rye grain	169.0	1.0 cup	128.20	17.47	0.183
16067	Hyacinth beans, mature seeds, raw	210.0	1.0 cup	127.55	50.19	0.418
09082	Cranberry-orange relish, canned	275.0	1.0 cup	127.05	0.82	--
12005	Seeds, breadnut tree seeds, dried	160.0	1.0 cup	127.02	13.79	0.374
16074	Lima beans, thin seeded (baby), mature seeds, raw	202.0	1.0 cup	126.92	41.65	0.493
20131	Barley malt flour	162.0	1.0 cup	126.85	16.65	0.214
20061	Rice flour, white, unenriched	158.0	1.0 cup	126.61	9.40	0.114
20075	Wheat, soft white	168.0	1.0 cup	126.60	17.96	--
16037	Beans, navy, mature seeds, raw	208.0	1.0 cup	126.36	46.45	0.514
12175	Nuts, chestnuts, japanese, dried	155.0	1.0 cup	126.22	8.14	0.116
20001	Amaranth grain, uncooked	193.0	1.0 cup	125.93	26.17	0.349
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	200.0	1.0 cup	125.90	40.94	0.400
16085	Peas, green, split, mature seeds, raw	197.0	1.0 cup	125.57	46.93	0.542
09259	Pears, dried, sulfured, uncooked	180.0	1.0 cup, halves	125.46	3.37	--
20024	Cornmeal, yellow, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	124.83	14.30	0.110
20324	Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	124.83	14.30	0.110
20422	Cornmeal, degermed, unenriched, yellow	157.0	1.0 cup	124.74	11.16	0.060
20522	Cornmeal, degermed, unenriched, white	157.0	1.0 cup	124.74	11.16	0.060
20022	Cornmeal, degermed, enriched, yellow	157.0	1.0 cup	124.74	11.16	0.060
20322	Cornmeal, degermed, enriched, white	157.0	1.0 cup	124.74	11.16	0.060
20073	Wheat, soft red winter	168.0	1.0 cup	124.72	17.39	--
16001	Beans, adzuki, mature seeds, raw	197.0	1.0 cup	123.91	39.14	0.376
21363	McDONALD'S, Deluxe Breakfast, with syrup and margarine	420.0	1.0 item 14.8 oz	123.82	31.75	--
20650	Sorghum flour, refined, unenriched	161.0	1.0 cup	123.73	15.34	--
20014	Corn grain, yellow	166.0	1.0 cup	123.27	15.64	0.111
20314	Corn grain, white	166.0	1.0 cup	123.27	15.64	0.111
20009	Buckwheat groats, roasted, dry	164.0	1.0 cup	122.92	19.24	0.279
20140	Spelt, uncooked	174.0	1.0 cup	122.13	25.35	0.230

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16083	Mungo beans, mature seeds, raw	207.0	1.0 cup	122.11	52.18	0.544
16049	Beans, white, mature seeds, raw	202.0	1.0 cup	121.75	47.19	0.560
16069	Lentils, raw	192.0	1.0 cup	121.63	47.29	0.424
20066	Semolina, enriched	167.0	1.0 cup	121.63	21.18	0.271
20466	Semolina, unenriched	167.0	1.0 cup	121.63	21.18	0.271
20008	Buckwheat	170.0	1.0 cup	121.55	22.52	0.326
16144	Lentils, pink or red, raw	192.0	1.0 cup	121.15	45.91	0.428
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	120.98	41.90	0.497
20090	Rice flour, brown	158.0	1.0 cup	120.84	11.42	0.145
16042	Beans, pinto, mature seeds, raw	193.0	1.0 cup	120.72	41.34	0.457
16078	Mothbeans, mature seeds, raw	196.0	1.0 cup	120.58	44.96	0.288
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	140.0	1.0 cup	120.53	0.22	0.003
20088	Wild rice, raw	160.0	1.0 cup	119.84	23.57	0.286
19336	Sugars, powdered	120.0	1.0 cup unsifted	119.72	0.00	--
43028	Jams and preserves, no sugar (with sodium saccharin), any flavor	224.0	1.0 cup	119.66	0.67	--
16047	Beans, yellow, mature seeds, raw	196.0	1.0 cup	118.97	43.12	0.510
16022	Beans, french, mature seeds, raw	184.0	1.0 cup	117.96	34.61	0.410
09289	Prunes, dehydrated (low-moisture), uncooked	132.0	1.0 cup	117.57	4.88	--
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	117.35	11.07	0.146
16019	Beans, cranberry (roman), mature seeds, raw	195.0	1.0 cup	117.10	44.91	0.532
18948	Pie crust, refrigerated, regular, unbaked	229.0	1.0 pie crust (average weight)	117.04	6.80	0.057
20027	Cornstarch	128.0	1.0 cup	116.83	0.33	0.001
16016	Beans, black turtle, mature seeds, raw	184.0	1.0 cup	116.38	39.10	0.464
18946	Pie crust, refrigerated, regular, baked	198.0	1.0 pie crust	115.87	6.75	0.069
43114	Vermicelli, made from soy	140.0	1.0 cup	115.25	0.14	--
16024	Beans, great northern, mature seeds, raw	183.0	1.0 cup	114.14	40.00	0.474
19085	Candies, confectioner's coating, butterscotch	170.0	1.0 cup chips	114.07	3.74	--
20003	Arrowroot flour	128.0	1.0 cup	112.83	0.38	0.005
16071	Lima beans, large, mature seeds, raw	178.0	1.0 cup	112.82	38.20	0.452
16032	Beans, kidney, red, mature seeds, raw	184.0	1.0 cup	112.77	41.46	0.491
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	461.0	1.0 serving	112.48	21.39	0.267
09081	Cranberry sauce, canned, sweetened	277.0	1.0 cup	111.91	2.49	--
09291	Plums, dried (prunes), uncooked	174.0	1.0 cup, pitted	111.15	3.79	0.044
16027	Beans, kidney, all types, mature seeds, raw	184.0	1.0 cup	110.42	43.39	0.513
09087	Dates, deglet noor	147.0	1.0 cup, chopped	110.29	3.60	0.018

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
20130	Barley flour or meal	148.0	1.0 cup	110.29	15.54	0.259
16030	Beans, kidney, california red, mature seeds, raw	184.0	1.0 cup	110.03	44.84	0.532
20035	Quinoa, uncooked	170.0	1.0 cup	109.07	24.00	0.284
19079	Candies, confectioner's coating, yogurt	170.0	1.0 cup chips	108.70	9.98	--
01115	Whey, sweet, dried	145.0	1.0 cup	107.97	18.75	0.297
19701	Candies, semisweet chocolate, made with butter	170.0	1.0 cup chips (6 oz package)	107.78	7.14	0.107
16035	Beans, kidney, royal red, mature seeds, raw	184.0	1.0 cup	107.33	46.61	0.552
20084	Wheat flour, white, cake, enriched	137.0	1.0 cup unsifted, dipped	106.90	11.23	0.162
36026	CRACKER BARREL, onion rings, thick-cut	261.0	1.0 serving	106.88	12.48	0.130
09085	Currants, zante, dried	144.0	1.0 cup	106.68	5.88	--
20012	Bulgur, dry	140.0	1.0 cup	106.22	17.21	0.266
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	202.0	1.0 pie crust (average weight)	105.99	12.32	0.115
09175	Mammy-apple, (mamey), raw	846.0	1.0 fruit without refuse	105.75	4.23	0.042
36036	Restaurant, family style, onion rings	259.0	1.0 serving	105.46	12.67	0.119
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	225.0	1.0 pie crust (average weight)	105.28	12.42	0.119
20018	Corn flour, yellow, degermed, unenriched	126.0	1.0 cup	104.26	7.04	--
32010	Pasta mix, Italian lasagna, unprepared	141.0	1.0 package	104.02	15.37	--
09261	Pears, dried, sulfured, stewed, with added sugar	280.0	1.0 cup, halves	103.99	2.41	--
16133	Yardlong beans, mature seeds, raw	167.0	1.0 cup	103.39	40.63	0.501
20038	Oats	156.0	1.0 cup	103.38	26.35	0.365
20025	Cornmeal, yellow, self-rising, degermed, enriched	138.0	1.0 cup	103.21	11.61	--
20325	Cornmeal, white, self-rising, degermed, enriched	138.0	1.0 cup	103.21	11.61	--
21365	McDONALD'S, Hotcakes (with 2 pats margarine & syrup)	221.0	1.0 item	101.84	8.95	--
25024	Pretzels, soft, unsalted	143.0	1.0 large	101.59	11.73	--
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	167.0	1.0 cup	100.25	39.28	0.484
16060	Cowpeas, catjang, mature seeds, raw	167.0	1.0 cup	99.60	39.83	0.491
22988	KASHI, Pilaf, 7 Whole Grain, unprepared	140.0	0.5 cup	99.40	19.33	--
20083	Wheat flour, white, bread, enriched	137.0	1.0 cup	99.37	16.41	0.190
20129	Wheat flours, bread, unenriched	137.0	1.0 cup unsifted, dipped	99.37	16.41	0.190
43109	Pretzels, soft	143.0	1.0 large	99.23	11.73	--
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	119.0	1.0 cup	98.64	5.83	0.104
35143	Tortilla, includes plain and from mutton sandwich (Navajo)	197.0	1.0 serving	98.38	14.34	0.118
09246	Peaches, dried, sulfured, uncooked	160.0	1.0 cup, halves	98.13	5.78	0.016
44259	Puddings, all flavors except chocolate, low calorie, regular, dry mix	113.0	1.0 serving	97.23	1.81	--
19194	Puddings, rice, dry mix	106.0	1.0 package	96.67	2.86	--

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09244	Peaches, dehydrated (low-moisture), sulfured, uncooked	116.0	1.0 cup	96.49	5.67	0.016
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	216.0	1.0 can (6 fl oz)	95.69	2.81	--
20581	Wheat flour, white, all-purpose, enriched, unbleached	125.0	1.0 cup	95.39	12.91	0.159
20481	Wheat flour, white, all-purpose, unenriched	125.0	1.0 cup	95.39	12.91	0.159
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	125.0	1.0 cup	95.39	12.91	0.159
20081	Wheat flour, white, all-purpose, enriched, bleached	125.0	1.0 cup	95.39	12.91	0.159
09094	Figs, dried, uncooked	149.0	1.0 cup	95.17	4.92	0.030
20070	Triticale flour, whole-grain	130.0	1.0 cup	95.08	17.13	0.205
19330	Puddings, lemon, dry mix, instant	99.0	1.0 package (3.5 oz)	94.45	0.00	--
20020	Cornmeal, whole-grain, yellow	122.0	1.0 cup	93.81	9.91	0.070
20320	Cornmeal, whole-grain, white	122.0	1.0 cup	93.81	9.91	0.070
21412	Light Ice Cream, soft serve, blended with milk chocolate candies	348.0	12.0 fl oz cup	93.33	13.99	--
21338	McDONALD'S, McFLURRY with M&M'S CANDIES	348.0	1.0 regular (12 fl oz)	93.33	13.99	--
20082	Wheat flour, white, all-purpose, self-rising, enriched	125.0	1.0 cup	92.78	12.36	0.151
20648	Sorghum flour, whole-grain	121.0	1.0 cup	92.73	10.20	0.128
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	92.20	6.29	0.024
19202	Puddings, vanilla, dry mix, instant	99.0	1.0 package (3.5 oz)	91.97	0.00	--
19061	Snacks, trail mix, tropical	140.0	1.0 cup	91.84	8.82	0.105
19318	Puddings, banana, dry mix, instant	99.0	1.0 package (3.5 oz)	91.77	0.00	--
16055	Carob flour	103.0	1.0 cup	91.55	4.76	0.049
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	489.0	1.0 serving	91.10	16.72	0.210
36630	Restaurant, Italian, spaghetti with meat sauce	554.0	1.0 serving	90.86	32.08	0.299
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	510.0	1.0 serving	90.63	19.89	0.204
09353	Blueberries, wild, canned, heavy syrup, drained	319.0	1.0 cup	90.34	1.79	--
36631	OLIVE GARDEN, spaghetti with meat sauce	525.0	1.0 serving	90.25	30.45	0.320
43241	Cereals ready-to-eat, FAMILIA	122.0	1.0 cup	90.04	11.59	--
20316	Corn flour, whole-grain, white	117.0	1.0 cup	89.91	8.11	0.057
20016	Corn flour, whole-grain, yellow	117.0	1.0 cup	89.91	8.11	0.057
20647	Millet flour	119.0	1.0 cup	89.39	12.79	0.202
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	454.0	1.0 serving varied from 7-9 ravioli per serving	89.17	33.78	0.749
43027	Jellies, no sugar (with sodium saccharin), any flavors	300.0	1.0 cup	88.80	1.65	--
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	262.0	1.0 cup	88.71	6.29	0.024
19188	Puddings, chocolate, dry mix, regular	99.0	1.0 package (3.5 oz)	88.41	2.57	--
09041	Bananas, dehydrated, or banana powder	100.0	1.0 cup	88.28	3.89	--

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19705	Puddings, banana, dry mix, instant, with added oil	99.0	1.0 package (3.5 oz)	88.11	0.00	--
32009	Pasta mix, classic beef, unprepared	122.0	1.0 package	88.08	15.03	--
32008	Pasta mix, classic cheeseburger macaroni, unprepared	123.0	1.0 package	87.96	14.27	--
20063	Rye flour, dark	128.0	1.0 cup	87.85	20.36	0.230
36032	DENNY'S, spaghetti and meatballs	565.0	1.0 serving	87.63	44.30	0.509
16052	Broadbeans (fava beans), mature seeds, raw	150.0	1.0 cup	87.44	39.18	0.370
20017	Corn flour, masa, enriched, white	114.0	1.0 cup	87.31	9.64	0.071
20317	Corn flour, yellow, masa, enriched	114.0	1.0 cup	87.31	9.64	0.071
20019	Corn flour, masa, unenriched, white	114.0	1.0 cup	87.31	9.64	0.071
19184	Puddings, chocolate, dry mix, instant	99.0	1.0 package (3.5 oz)	87.02	2.28	--
19198	Puddings, tapioca, dry mix	92.0	1.0 package (3.5 oz)	86.76	0.09	0.002
19709	Puddings, tapioca, dry mix, with no added salt	92.0	1.0 package (3.5 oz)	86.76	0.09	0.002
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	154.0	1.0 pie crust (average weight of 1 baked crust)	86.61	10.01	0.100
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	211.0	1.0 can (6 fl oz)	86.51	1.08	--
09410	Apple juice, frozen concentrate, unsweetened, undiluted, with added ascorbic acid	211.0	1.0 can (6 fl oz)	86.51	1.08	--
20080	Wheat flour, whole-grain	120.0	1.0 cup	86.36	15.85	0.209
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	86.22	2.32	--
21413	Light Ice Cream, soft serve, blended with cookie pieces	337.0	12.0 fl oz cup	86.10	13.38	--
21339	McDONALD'S, McFLURRY with OREO cookies	337.0	1.0 regular (12 fl oz)	86.10	13.38	--
20023	Cornmeal, yellow, self-rising, bolted, plain, enriched	122.0	1.0 cup	85.74	10.10	0.071
20323	Cornmeal, white, self-rising, bolted, plain, enriched	122.0	1.0 cup	85.74	10.10	0.071
20011	Buckwheat flour, whole-groat	120.0	1.0 cup	84.71	15.14	0.220
18501	KELLOGG, KELLOG'S NUTRI-GRAIN CEREAL BARS, Mixed Berry	116.0	1.0 bar (NLEA serving)	84.45	4.99	--
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	537.0	1.0 serving	84.36	31.52	0.263
21153	Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato	413.0	12.0 inch sub	84.09	44.03	--
20091	Pasta, gluten-free, corn, dry	105.0	1.0 cup	83.22	7.83	0.056
09290	Prunes, dehydrated (low-moisture), stewed	280.0	1.0 cup	83.16	3.44	--
19322	Puddings, coconut cream, dry mix, instant	99.0	1.0 package (3.5 oz)	82.66	0.89	--
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	242.0	1.0 cup	82.62	4.86	0.015
19206	Puddings, vanilla, dry mix, regular	88.0	1.0 package (3.12 oz)	82.28	0.26	0.001
32017	Pasta mix, Italian four cheese lasagna, unprepared	117.0	1.0 package	82.20	14.66	--
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	478.0	1.0 serving	81.93	20.36	0.167

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
19320	Puddings, banana, dry mix, regular	88.0	1.0 package (3.12 oz)	81.84	0.00	--
09293	Plums, dried (prunes), stewed, with added sugar	248.0	1.0 cup, pitted	81.54	2.70	--
09032	Apricots, dried, sulfured, uncooked	130.0	1.0 cup, halves	81.43	4.41	0.021
19710	Puddings, vanilla, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	81.31	0.26	0.001
09031	Apricots, dehydrated (low-moisture), sulfured, stewed	249.0	1.0 cup	81.22	4.81	0.085
21270	TACO BELL, Taco Salad	533.0	1.0 item	80.48	35.66	0.458
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	144.0	1.0 piece (1/12 of a cake)	79.72	4.55	--
09034	Apricots, dried, sulfured, stewed, with added sugar	270.0	1.0 cup, halves	79.00	3.16	0.057
36055	Restaurant, Italian, cheese ravioli with marinara sauce	427.0	1.0 serving serving size varied by diameter and count of raviloi	79.00	30.19	0.559
19086	Candies, confectioner's coating, peanut butter	168.0	1.0 cup chips	78.76	30.74	--
11134	Cassava, raw	206.0	1.0 cup	78.40	2.80	0.039
20065	Rye flour, light	102.0	1.0 cup	78.21	10.02	0.113
20048	Rice, white, long-grain, precooked or instant, enriched, dry	95.0	1.0 cup	78.20	7.43	0.101
19332	Puddings, lemon, dry mix, regular	85.0	1.0 package (3 oz)	78.03	0.08	0.000
19187	Flan, caramel custard, dry mix	85.0	1.0 package (3 oz)	77.86	0.00	--
19706	Puddings, banana, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	77.79	0.00	--
20064	Rye flour, medium	102.0	1.0 cup	76.94	11.10	0.125
19172	Gelatin desserts, dry mix	85.0	1.0 package (3 oz)	76.92	6.63	0.000
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	85.0	1.0 package (3 oz)	76.92	6.63	0.000
19708	Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	85.0	1.0 package (3 oz)	76.76	0.08	0.000
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	340.0	1.0 bowl	76.36	19.21	0.224
09067	Cherries, sour, red, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	76.29	1.85	--
18010	Biscuits, plain or buttermilk, dry mix	120.0	1.0 cup, purchased	76.08	9.60	0.118
16135	Winged beans, mature seeds, raw	182.0	1.0 cup	75.91	53.96	1.387
12167	Nuts, chestnuts, european, roasted	143.0	1.0 cup	75.73	4.53	0.050
09322	Tamarinds, raw	120.0	1.0 cup, pulp	75.00	3.36	0.022
09310	Rhubarb, frozen, cooked, with sugar	240.0	1.0 cup	74.88	0.94	--
20086	Wheat flour, white, tortilla mix, enriched	111.0	1.0 cup	74.53	10.72	0.132
19126	Candies, milk chocolate coated peanuts	149.0	1.0 cup	74.05	19.52	--
11432	Radishes, oriental, dried	116.0	1.0 cup	73.51	9.16	0.050
35142	Frybread, made with lard (Navajo)	152.0	1.0 piece	73.36	10.17	--
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	138.0	1.0 piece (1/12 of a cake)	72.92	4.80	0.077

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
09093	Figs, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	72.71	0.99	0.008
16076	Lupins, mature seeds, raw	180.0	1.0 cup	72.67	65.11	0.520
14315	Beverages, OVALTINE, chocolate malt powder	78.0	1.0 cup	72.51	0.00	--
21364	McDONALD'S, Hotcakes and Sausage	192.0	1.0 item	72.10	15.00	--
19324	Puddings, coconut cream, dry mix, regular	88.0	1.0 package (3.12 oz)	72.02	0.88	--
09248	Peaches, dried, sulfured, stewed, with added sugar	270.0	1.0 cup	71.82	2.86	0.008
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207.0	1.0 can (6 fl oz)	71.54	4.08	--
21060	Fast foods, burrito, with beans	217.0	2.0 pieces	71.44	14.06	0.171
09095	Figs, dried, stewed	259.0	1.0 cup	71.41	3.68	0.023
20095	Pasta, fresh-refrigerated, spinach, as purchased	128.0	4.5 oz	71.32	14.41	0.192
11426	Pumpkin pie mix, canned	270.0	1.0 cup	71.25	2.94	0.035
43214	Butter replacement, without fat, powder	80.0	1.0 cup	71.20	1.60	--
08144	Cereals, whole wheat hot natural cereal, dry	94.0	1.0 cup	70.69	10.53	--
36404	Restaurant, Latino, arroz con leche (rice pudding)	283.0	1.0 serving	70.52	9.06	0.238
19169	Egg custards, dry mix	85.0	1.0 package (3 oz)	70.38	5.86	0.080
22528	Turkey Pot Pie, frozen entree	397.0	1.0 package yields	70.27	25.80	--
20093	Pasta, fresh-refrigerated, plain, as purchased	128.0	4.5 oz	70.05	14.48	0.183
09292	Plums, dried (prunes), stewed, without added sugar	248.0	1.0 cup, pitted	69.64	2.38	--
42136	Cream substitute, powdered, light	94.0	1.0 cup	69.00	1.79	--
01263	Ice cream, light, soft serve, chocolate	298.0	1.0 medium	68.99	10.01	--
09447	Plantains, yellow, fried, Latino restaurant	169.0	1.0 cup	68.90	2.40	--
09285	Plums, canned, purple, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	68.67	0.94	--
09075	Cherries, sweet, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	68.46	1.54	--
20132	Oat flour, partially debranned	104.0	1.0 cup	68.33	15.25	--
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	262.0	1.0 cup, halves or slices	68.28	1.23	0.003
36031	DENNY'S, onion rings	166.0	1.0 serving	68.14	8.78	0.081
20420	Pasta, dry, unenriched	91.0	1.0 cup spaghetti	67.95	11.87	0.168
20120	Pasta, dry, enriched	91.0	1.0 cup spaghetti	67.95	11.87	0.168
36007	T.G.I. FRIDAY'S, french fries	184.0	1.0 serving	67.90	6.88	--
19821	Snacks, trail mix, regular, unsalted	150.0	1.0 cup	67.35	20.70	0.249
19059	Snacks, trail mix, regular	150.0	1.0 cup	67.35	20.70	0.249
09258	Pears, canned, extra heavy syrup pack, solids and liquids	266.0	1.0 cup, halves	67.16	0.51	--
44158	Pie fillings, blueberry, canned	151.0	1.0 serving	67.01	0.62	--
20124	Pasta, whole-wheat, dry	91.0	1.0 cup spaghetti	66.77	12.62	--
20653	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry	91.0	1.0 cup spaghetti	66.70	12.01	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
20135	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, dry	91.0	1.0 cup spaghetti	66.52	12.29	--
09320	Strawberries, frozen, sweetened, sliced	255.0	1.0 cup, thawed	66.10	1.35	0.015
12097	Nuts, chestnuts, european, raw, unpeeled	145.0	1.0 cup	66.03	3.51	0.039
09422	Durian, raw or frozen	243.0	1.0 cup, chopped or diced	65.83	3.57	--
08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	65.73	16.68	0.227
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146.0	1.0 cup	65.55	20.73	0.238
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	146.0	1.0 cup	65.55	20.73	0.238
28002	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Strawberry Granola	150.0	1.0 pizza	65.55	9.75	--
09306	Raspberries, frozen, red, sweetened	250.0	1.0 cup, thawed	65.40	1.75	--
11349	Poi	240.0	1.0 cup	65.35	0.91	--
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	245.0	1.0 cup	65.27	3.68	--
20015	Corn bran, crude	76.0	1.0 cup	65.09	6.35	--
09288	Prunes, canned, heavy syrup pack, solids and liquids	234.0	1.0 cup	65.05	2.04	--
36002	APPLEBEE'S, french fries	164.0	1.0 serving	64.78	5.43	--
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	129.0	1.0 cup	64.76	4.77	0.064
21477	DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked	207.0	1.0 slice 1/4 of pie	64.48	25.79	--
36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	365.0	1.0 serving varied from 8 to 10 ravioli per serving	64.31	29.05	0.427
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	64.11	7.86	0.081
21479	DIGIORNO Pizza, supreme topping, rising crust, frozen, baked	227.0	1.0 slice 1/4 of pie	63.40	26.65	--
36014	Restaurant, family style, french fries	170.0	1.0 serving	63.24	5.93	0.083
11357	Potatoes, white, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia)	63.03	6.28	0.063
20105	Macaroni, vegetable, enriched, dry	84.0	1.0 cup spiral shaped	62.90	11.04	0.141
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	385.0	1.0 serving	62.83	26.83	0.400
21008	Fast foods, biscuit, with ham	162.0	1.0 biscuit	62.78	19.20	0.238
18446	Pie crust, standard-type, frozen, ready-to-bake, unenriched	142.0	1.0 crust, single 9"	62.62	5.54	0.080
36060	ON THE BORDER, soft taco with ground beef, cheese and lettuce	324.0	1.0 serving varied from 2-3 tacos per serving	62.47	42.74	--
09278	Plantains, cooked	200.0	1.0 cup, mashed	62.30	1.58	0.018
20033	Oat bran, raw	94.0	1.0 cup	62.25	16.26	0.315
28001	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Mixed Berry Granola	150.0	1.0 pizza	62.10	9.60	--
36611	DENNY'S, mozzarella cheese sticks	228.0	1.0 serving	62.06	30.92	0.399
36012	Restaurant, family style, fried mozzarella sticks	245.0	1.0 serving	61.59	36.14	0.448

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
21462	Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise	271.0	1.0 sandwich	61.27	41.68	--
09029	Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	246.0	1.0 cup, whole, without pits	61.13	1.35	0.025
36607	CRACKER BARREL, steak fries	198.0	1.0 serving	61.12	6.45	0.079
32003	Rice and vermicelli mix, rice pilaf flavor, prepared with 80% margarine	238.0	1.0 cup	61.09	7.00	--
09035	Apricots, frozen, sweetened	242.0	1.0 cup	60.74	1.69	0.019
21335	McDONALD'S, Hot Caramel Sundae	182.0	1.0 item (6.4 oz)	60.72	6.52	--
14079	Beverages, yellow green colored citrus soft drink with caffeine	473.0	16.0 fl oz	60.69	0.00	--
28305	Pancakes, plain, reduced fat	105.0	1.0 serving 3 pancakes	60.19	6.00	--
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258.0	1.0 cup, pitted	59.96	0.93	--
09250	Peaches, frozen, sliced, sweetened	250.0	1.0 cup, thawed	59.95	1.58	0.005
21407	McDONALD'S, Premium Crispy Chicken Ranch BLT Sandwich	240.0	1.0 item 8.5 oz	59.83	35.28	--
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	256.0	1.0 cup	59.80	2.12	--
09317	Strawberries, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup	59.77	1.42	0.015
09059	Breadfruit, raw	220.0	1.0 cup	59.66	2.35	--
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	256.0	1.0 cup	59.57	1.87	--
20078	Wheat germ, crude	115.0	1.0 cup	59.57	26.62	0.365
22986	KASHI Mayan Harvest Bake, frozen, unprepared	283.0	1.0 entree	59.43	8.49	--
09092	Figs, canned, heavy syrup pack, solids and liquids	259.0	1.0 cup	59.31	0.98	0.008
09046	Blackberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	59.14	3.35	--
11514	Sweet potato, canned, mashed	255.0	1.0 cup	59.13	5.05	0.061
09321	Sugar-apples, (sweetsop), raw	250.0	1.0 cup, pulp	59.10	5.15	0.025
22529	Beef Pot Pie, frozen entree, prepared	268.0	1.0 pie, cooked (average weight)	59.09	19.43	0.206
21515	MORNINGSTAR FARMS Pizza, Baja Black Bean, single serve, frozen, unprepared	160.0	1.0 pizza	59.04	16.96	--
09106	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, extra heavy syrup, solids and liquids	259.0	1.0 cup	58.97	0.85	--
20453	Rice, white, short-grain, cooked, unenriched	205.0	1.0 cup	58.90	4.84	0.055
11683	Carrot, dehydrated	74.0	1.0 cup	58.88	5.99	0.064
21105	Fast foods, fish sandwich, with tartar sauce	220.0	1.0 sandwich	58.72	22.64	--
21258	BURGER KING, Premium Fish Sandwich	220.0	1.0 sandwich	58.72	22.64	0.178
20060	Rice bran, crude	118.0	1.0 cup	58.63	15.75	0.127
11358	Potatoes, red, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	58.57	6.88	0.069
21403	McDONALD'S, Premium Crispy Chicken Classic Sandwich	230.0	1.0 item	58.56	27.78	--
21411	Fast foods, bagel, with breakfast steak, egg, cheese, and condiments	254.0	1.0 item	58.39	40.51	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	58.35	2.84	0.035
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	183.0	1.0 slice 1/4 of pie	58.16	23.42	--
11510	Sweet potato, cooked, boiled, without skin	328.0	1.0 cup, mashed	58.12	4.49	0.092
11876	Sweet potato, cooked, boiled, without skin, with salt	328.0	1.0 cup, mashed	58.12	4.49	0.066
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	254.0	1.0 can drained, rinsed	58.09	17.88	0.175
36610	DENNY'S, french fries	165.0	1.0 serving	58.08	5.63	0.082
09013	Apples, dried, sulfured, stewed, with added sugar	280.0	1.0 cup	58.04	0.56	0.006
09446	Plantains, green, fried	118.0	1.0 cup	58.02	1.77	--
22906	Chicken pot pie, frozen entree, prepared	302.0	1.0 pie	58.01	15.43	0.214
14161	Beverages, Kiwi Strawberry Juice Drink	473.0	16.0 fl oz	57.99	0.00	--
09076	Cherries, sweet, frozen, sweetened	259.0	1.0 cup, thawed	57.91	2.98	--
21264	TACO BELL, Bean Burrito	185.0	1.0 each burrito	57.78	13.60	0.166
21061	Fast foods, burrito, with beans and cheese	185.0	1.0 each burrito	57.78	13.60	--
09325	Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids	257.0	1.0 cup	57.47	1.05	--
21405	McDONALD'S, Premium Crispy Chicken Club Sandwich	254.0	1.0 item 9 oz	57.43	39.07	--
16145	Beans, kidney, red, mature seeds, canned, drained solids	266.0	1.0 can drained solids	57.16	21.23	0.253
09056	Boysenberries, canned, heavy syrup	256.0	1.0 cup	57.11	2.53	--
21321	McDONALD'S, Hotcakes (plain)	149.0	3.0 hotcakes 5.3 oz	57.02	8.94	--
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	253.0	1.0 can drained	57.00	17.84	0.175
16002	Beans, adzuki, mature seeds, cooked, boiled, without salt	230.0	1.0 cup	56.97	17.30	0.166
16302	Beans, adzuki, mature seed, cooked, boiled, with salt	230.0	1.0 cup	56.97	17.30	0.166
09011	Apples, dried, sulfured, uncooked	86.0	1.0 cup	56.67	0.80	0.008
09052	Blueberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	56.47	1.66	0.008
21265	TACO BELL, BURRITO SUPREME with beef	241.0	1.0 burrito	56.32	16.94	0.152
21064	Fast foods, burrito, with beans, cheese, and beef	241.0	1.0 burrito	56.32	16.94	0.152
19370	Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies	62.0	1.0 serving 2.17 oz pack	56.28	0.12	--
19368	Candies, MARS SNACKFOOD US, SKITTLES Tropical Bite Size Candies	62.0	1.0 serving 2.1 oz bag	56.28	0.12	--
19363	Candies, MARS SNACKFOOD US, SKITTLES Wild Berry Bite Size Candies	62.0	1.0 serving 2.1 oz bag	56.27	0.12	--
09314	Sapote, mamey, raw	175.0	1.0 cup 1" pieces	56.18	2.54	0.086
09009	Apples, dehydrated (low moisture), sulfured, uncooked	60.0	1.0 cup	56.12	0.79	0.007
16108	Soybeans, mature seeds, raw	186.0	1.0 cup	56.10	67.87	1.099
16146	Beans, pinto, canned, drained solids	277.0	1.0 can drained solids	56.01	19.36	0.216

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
09271	Pineapple, canned, extra heavy syrup pack, solids and liquids	260.0	1.0 cup, crushed, sliced, or chunks	55.90	0.88	0.013
21120	Fast foods, hotdog, with corn flour coating (corndog)	175.0	1.0 sandwich	55.79	16.80	0.150
01069	Cream substitute, powdered	94.0	1.0 cup	55.73	2.33	0.062
16051	Beans, white, mature seeds, canned	262.0	1.0 cup	55.54	19.02	0.225
21516	KASHI Pizza, Mushroom and Spinach, single serve, frozen, unprepared	152.0	1.0 pizza	55.48	16.26	--
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	55.39	1.37	0.023
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	55.38	3.00	0.015
09028	Apricots, canned, heavy syrup pack, without skin, solids and liquids	258.0	1.0 cup, whole, without pits	55.34	1.32	0.023
09352	Blueberries, canned, light syrup, drained	244.0	1.0 cup	55.29	2.54	--
09231	Passion-fruit, (granadilla), purple, raw	236.0	1.0 cup	55.18	5.19	--
16026	Beans, great northern, mature seeds, canned	262.0	1.0 cup	55.07	19.31	0.231
16326	Beans, great northern, mature seeds, canned, low sodium	262.0	1.0 cup	55.07	19.31	0.231
22999	Rice and vermicelli mix, chicken flavor, prepared with 80% margarine	233.0	1.0 cup	54.85	6.17	--
08120	Cereals, oats, regular and quick, not fortified, dry	81.0	1.0 cup	54.84	10.65	0.147
11370	Potatoes, hash brown, home-prepared	156.0	1.0 cup	54.77	4.68	0.073
16005	Beans, baked, home prepared	253.0	1.0 cup	54.72	14.02	0.170
19074	Candies, caramels	71.0	1.0 package (2.5 oz)	54.67	3.27	0.043
28288	Bread, roll, Mexican, bollilo	98.0	1.0 piece	54.65	10.44	--
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	169.0	1.0 cup spaghetti not packed	54.42	5.85	0.068
32001	Rice and vermicelli mix, beef flavor, prepared with 80% margarine	247.0	1.0 cup	54.41	6.97	--
09272	Pineapple, frozen, chunks, sweetened	245.0	1.0 cup, chunks	54.39	0.98	0.012
21157	SUBWAY, meatball marinara sub on white bread (no toppings)	209.0	6.0 inch sub	54.36	20.42	--
21158	Fast foods, submarine sandwich, meatball marinara on white bread	209.0	6.0 inch sub	54.36	20.42	--
36056	Restaurant, Mexican, cheese tamales	302.0	1.0 serving serving size varied from 1 to 3 tamales	54.27	27.15	0.332
36043	CARRABBA'S ITALIAN GRILL, lasagne	437.0	1.0 serving	54.01	45.80	0.621
14030	Beverages, THE COCA-COLA COMPANY, NOS energy drink, Original, grape, loaded cherry, charged citrus, fortified with vitamins B6 and B12	480.0	16.0 fl oz	54.00	0.00	--
21252	BURGER KING, WHOPPER, no cheese	291.0	1.0 item	53.98	31.25	0.204
21255	BURGER KING, DOUBLE WHOPPER, with cheese	399.0	1.0 item	53.94	57.74	0.399
19911	Syrup, maple, Canadian	80.0	60.0 milliliter	53.90	0.00	--
11512	Sweet potato, canned, vacuum pack	255.0	1.0 cup, mashed	53.86	4.21	0.084
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	253.0	1.0 cup	53.81	1.52	--
21336	McDONALD'S, Hot Fudge Sundae	179.0	1.0 item (6.3 oz)	53.79	7.41	--
22995	KASHI, Sweet and Sour Chicken, Frozen Entree	283.0	1.0 package	53.77	16.98	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
16010	Beans, baked, canned, with pork and sweet sauce	249.0	1.0 cup	53.71	11.25	0.120
16006	Beans, baked, canned, plain or vegetarian	254.0	1.0 cup	53.70	12.06	0.130
20657	Pasta, gluten-free, corn and rice flour, cooked	141.0	1.0 cup spaghetti	53.65	4.51	0.028
16039	Beans, navy, mature seeds, canned	262.0	1.0 cup	53.58	19.73	0.236
09319	Strawberries, frozen, sweetened, whole	255.0	1.0 cup, thawed	53.55	1.33	0.015
32018	Spanish rice mix, dry mix, unprepared	70.0	0.5 cup	53.52	7.43	--
36001	APPLEBEE'S, Double Crunch Shrimp	206.0	1.0 serving	53.48	25.36	0.286
20053	Rice, white, short-grain, enriched, cooked	186.0	1.0 cup	53.44	4.39	0.050
21461	Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise	268.0	1.0 sandwich	53.25	46.07	--
16157	Chickpea flour (besan)	92.0	1.0 cup	53.19	20.60	--
20051	Rice, white, medium-grain, enriched, cooked	186.0	1.0 cup	53.18	4.43	0.052
20451	Rice, white, medium-grain, cooked, unenriched	186.0	1.0 cup	53.18	4.43	0.052
21095	Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables	228.0	1.0 sandwich	53.12	29.73	0.374
08690	Cereals, QUAKER, oatmeal, REAL MEDLEYS, apple walnut, dry	75.0	1.0 package (1 NLEA serving)	52.90	6.14	--
19113	Syrups, table blends, pancake, with butter	73.0	1.0 serving 1/4 cup	52.87	0.00	--
21253	BURGER KING, WHOPPER, with cheese	316.0	1.0 item	52.77	35.36	0.284
21476	DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked	179.0	1.0 slice 1/4 of pie	52.73	24.92	--
09241	Peaches, canned, heavy syrup pack, solids and liquids	262.0	1.0 cup	52.24	1.18	0.003
21521	Fast foods, strawberry banana smoothie made with ice and low-fat yogurt	347.0	12.0 fl oz	52.22	2.98	--
21259	BURGER KING, Original Chicken Sandwich	199.0	1.0 sandwich	52.18	24.16	0.289
16110	Soybeans, mature seeds, roasted, salted	172.0	1.0 cup	51.98	66.31	0.881
16410	Soybeans, mature seeds, roasted, no salt added	172.0	1.0 cup	51.98	66.31	0.881
36041	Restaurant, Italian, lasagna with meat	457.0	1.0 serving	51.92	49.49	0.612
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	68.0	0.333 cup	51.89	7.09	0.058
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	99.0	1.0 bagel	51.86	10.45	--
43449	Beans, baked, canned, no salt added	253.0	1.0 cup	51.84	12.14	--
35204	Chokecherries, raw, pitted (Northern Plains Indians)	154.0	1.0 cup	51.77	4.68	--
20037	Rice, brown, long-grain, cooked	202.0	1.0 cup	51.67	5.53	0.067
42131	Milk dessert, frozen, milk-fat free, chocolate	137.0	1.0 cup	51.65	5.89	--
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	166.0	1.0 cup spaghetti packed	51.64	5.36	0.033
32014	Macaroni or noodles with cheese, made from reduced fat packaged mix, unprepared	99.0	1.0 serving (3.5 oz)	51.54	12.97	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
08692	Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry	75.0	1.0 package (1 NLEA serving)	51.46	7.58	--
21151	Fast foods, submarine sandwich, sweet onion chicken teriyaki on white bread with lettuce, tomato and sweet onion sauce	228.0	6.0 inch sub	51.39	24.87	--
21150	SUBWAY, sweet onion chicken teriyaki sub on white bread with lettuce, tomato and sweet onion sauce	228.0	6.0 inch sub	51.39	24.87	--
09040	Bananas, raw	225.0	1.0 cup, mashed	51.39	2.45	0.020
21389	Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	374.0	1.0 item	51.39	52.14	--
21254	BURGER KING, DOUBLE WHOPPER, no cheese	374.0	1.0 item	51.39	52.14	0.374
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup, crushed, sliced, or chunks	51.31	0.89	0.013
20141	Spelt, cooked	194.0	1.0 cup	51.29	10.67	--
32019	Lasagna, cheese, frozen, unprepared	237.0	1.0 cup 1 serving	51.22	11.99	--
08365	Cereals ready-to-eat, QUAKER, Shredded Wheat, bagged cereal	63.0	3.0 biscuits (1 NLEA serving)	51.04	7.08	--
09257	Pears, canned, heavy syrup pack, solids and liquids	266.0	1.0 cup	50.99	0.53	--
21130	Fast foods, onion rings, breaded and fried	117.0	1.0 package (18 onion rings)	50.99	4.52	--
22979	KASHI Black Bean Mango, frozen, unprepared	283.0	1.0 entree	50.94	8.49	--
21266	TACO BELL, BURRITO SUPREME with chicken	248.0	1.0 item	50.86	24.40	0.273
08691	Cereals, QUAKER, oatmeal, REAL MEDLEYS, summer berry, dry	70.0	1.0 package (1 NLEA serving)	50.81	7.92	--
09247	Peaches, dried, sulfured, stewed, without added sugar	258.0	1.0 cup	50.80	2.99	0.008
09402	Applesauce, canned, sweetened, with salt	255.0	1.0 cup	50.77	0.46	0.005
18101	Cake, chocolate, prepared from recipe without frosting	95.0	1.0 piece (1/12 of 9" dia)	50.73	5.04	0.065
16009	Beans, baked, canned, with pork	253.0	1.0 cup	50.57	13.13	0.157
43447	Snacks, corn-based, extruded, chips, unsalted	88.0	1.0 cup, crushed	50.51	5.81	--
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	50.48	0.92	0.005
21267	TACO BELL, BURRITO SUPREME with steak	248.0	1.0 item	50.39	22.64	0.268
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	281.0	1.0 serving varied from 1 to 3 tacos per serving	50.36	35.29	0.351
19087	Candies, white chocolate	85.0	1.0 bar (3 oz)	50.35	4.99	--
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	256.0	1.0 cup	50.30	1.23	0.005
19166	Cocoa, dry powder, unsweetened, processed with alkali	86.0	1.0 cup	50.14	15.57	0.233
43528	Beverages, ABBOTT, ENSURE PLUS, ready-to-drink	252.0	1.0 cup	50.10	13.00	--
08245	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Hearty Raisin	62.0	1.0 cup (1 NLEA serving)	50.10	5.27	--
36623	Restaurant, Chinese, chicken chow mein	604.0	1.0 order	50.07	40.83	0.501
20143	Teff, cooked	252.0	1.0 cup	50.05	9.75	0.103
21334	McDONALD'S, Strawberry Sundae	178.0	1.0 item (6.3 oz)	50.00	5.68	--
19165	Cocoa, dry powder, unsweetened	86.0	1.0 cup	49.79	16.86	0.252

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	49.71	2.51	0.031
08712	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN with cranberries	59.0	1.25 Cups (1 NLEA serving)	49.67	4.07	--
06026	Soup, chili beef, canned, condensed	263.0	1.0 cup (8 fl oz)	49.60	13.39	--
21410	Fast foods, bagel, with egg, sausage patty, cheese, and condiments	219.0	1.0 item	49.58	28.43	--
21244	WENDY'S, Homestyle Chicken Fillet Sandwich	230.0	1.0 item	49.56	31.69	0.345
06982	Soup, ramen noodle, beef flavor, dry	82.0	1.0 package without flavor packet	49.48	8.25	--
25032	Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	78.0	1.0 bar	49.47	13.00	--
36052	Restaurant, Mexican, cheese quesadilla	205.0	1.0 serving serving size varied on diameter and count of quesadila	49.43	32.66	0.394
08081	Cereals ready-to-eat, POST, Honey Nut Shredded Wheat	59.0	1.0 cup (1 NLEA serving)	49.32	5.02	--
20656	Pasta, gluten-free, rice flour and rice bran extract, cooked, DE BOLES	121.0	1.0 cup spaghetti	49.31	5.09	--
21032	Fast foods, sundae, caramel	155.0	1.0 sundae	49.31	7.30	0.098
22992	KASHI, Southwest Style Chicken, Frozen Entree	283.0	1.0 package	49.24	16.13	--
36051	ON THE BORDER, cheese quesadilla	203.0	1.0 serving 1 quesadilla	49.23	34.25	--
01212	Milk, dry, whole, without added vitamin D	128.0	1.0 cup	49.18	33.69	0.475
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	70.0	1.0 serving (makes about 1 cup prepared)	49.08	9.70	0.155
28287	Bread, naan, whole wheat, commercially prepared, refrigerated	106.0	1.0 piece	48.98	10.81	--
21473	DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked	164.0	1.0 slice 1/4 of pie	48.97	22.11	--
11675	Potatoes, microwaved, cooked in skin, flesh and skin, without salt	202.0	1.0 potato (2-3/4" dia by 4-3/4" long)	48.96	4.93	0.077
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	202.0	1.0 potato (2-1/3" x 4-3/4")	48.96	4.93	0.077
21227	Pizza, meat and vegetable topping, rising crust, frozen, cooked	170.0	1.0 serving 6 servings per 34.98 oz package	48.93	21.47	--
06583	Soup, ramen noodle, any flavor, dry	81.0	1.0 package without flavor packet	48.81	8.24	--
06983	Soup, ramen noodle, chicken flavor, dry	81.0	1.0 package without flavor packet	48.79	8.28	--
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	255.0	1.0 cup	48.73	0.87	--
08693	Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry	73.0	1.0 package (1 NLEA serving)	48.71	8.77	--
18603	GEORGE WESTON BAKERIES, Brownberry Sage and Onion Stuffing Mix, dry	67.0	1.0 serving	48.71	8.91	--
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	48.70	5.00	0.047
09065	Cherries, sour, red, canned, light syrup pack, solids and liquids	252.0	1.0 cup	48.64	1.86	--
08689	Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry	70.0	1.0 package (1 NLEA serving)	48.63	6.87	--
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	242.0	1.0 cup, whole	48.59	0.99	0.002
32030	KASHI Italian Vegetable Medley Pasta, frozen, unprepared	298.0	0.5 package	48.57	14.01	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	57.0	1.0 cup (1 NLEA serving)	48.56	4.39	--
20651	Rice, brown, parboiled, cooked, UNCLE BENS	155.0	1.0 cup	48.56	4.79	--
35203	Rose Hips, wild (Northern Plains Indians)	127.0	1.0 cup	48.54	2.03	--
20117	Noodles, japanese, somen, cooked	176.0	1.0 cup	48.47	7.04	0.090
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	269.0	1.0 serving	48.39	15.84	0.143
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	58.0	7.0 biscuit (1 NLEA serving)	48.37	5.34	--
32023	KASHI Mushroom & Asparagus Risotto, frozen, unprepared	284.0	0.5 package	48.28	12.21	--
09313	Sapodilla, raw	241.0	1.0 cup, pulp	48.10	1.06	0.012
08284	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins	60.0	0.667 cup (1 NLEA serving)	48.06	5.40	--
18968	Bagels, wheat	98.0	1.0 bagel	47.91	10.00	--
08353	Cereals ready-to-eat, QUAKER, MOTHER'S Cinnamon Oat Crunch	60.0	1.0 cup (1 NLEA serving)	47.87	6.36	--
11645	Sweet potato, canned, syrup pack, solids and liquids	228.0	1.0 cup	47.72	2.23	0.046
21033	Fast foods, sundae, hot fudge	158.0	1.0 sundae	47.67	5.64	0.071
11906	Corn, sweet, white, canned, cream style, regular pack	256.0	1.0 cup	47.67	4.45	0.031
43393	Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	59.0	1.25 cup (1 NLEA serving)	47.58	6.45	--
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	222.0	1.0 serving	47.49	13.79	0.131
21269	TACO BELL, Nachos Supreme	222.0	1.0 serving	47.49	13.79	0.131
32022	KASHI Three Cheese Ravioli with Mediterranean Tomato Sauce, frozen, unprepared	241.0	0.5 package	47.48	13.26	--
20139	Wheat, KAMUT khorasan, cooked	172.0	1.0 cup	47.47	9.82	0.088
08484	Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	47.42	4.50	--
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182.0	1.0 cup	47.41	14.98	0.182
16338	Beans, navy, mature seeds, cooked, boiled, with salt	182.0	1.0 cup	47.41	14.98	0.182
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	198.0	1.0 cup	47.38	9.68	0.119
25017	Formulated bar, POWER BAR, chocolate	68.0	1.0 bar	47.35	9.62	0.129
22980	KASHI, Chicken and Chipotle BBQ Sauce with Mango, Frozen Entree	269.0	1.0 package	47.34	14.26	--
09109	Gooseberries, canned, light syrup pack, solids and liquids	252.0	1.0 cup	47.25	1.64	--
09277	Plantains, raw	148.0	1.0 cup, sliced	47.20	1.92	0.022
16341	Beans, pink, mature seeds, cooked, boiled, with salt	169.0	1.0 cup	47.17	15.31	0.181
16041	Beans, pink, mature seeds, cooked, boiled, without salt	169.0	1.0 cup	47.17	15.31	0.181
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	219.0	1.0 item	47.15	26.15	0.241
08696	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN, Cinnamon Almond	58.0	1.25 cup (1 NLEA serving)	47.09	4.29	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
21341	McDONALD'S, BIG BREAKFAST	269.0	1.0 item 9.5 oz	47.08	27.33	--
21063	Fast foods, burrito, with beans and beef	241.0	1.0 item	47.04	27.76	--
19315	Candies, MARS SNACKFOOD US, STARBURST Sour Fruit Chews	59.0	1.0 serving 2.07 oz pack	47.04	0.23	--
08567	Cereals ready-to-eat, KASHI 7 Whole Grain Nuggets	58.0	0.5 cup (1 NLEA serving)	46.98	6.84	--
21514	KASHI Pizza, Tikka Masala, single serve, frozen, unprepared	159.0	1.0 pizza	46.90	16.22	--
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248.0	1.0 cup	46.90	0.97	--
08202	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Crunchy Almond	60.0	1.0 cup (1 NLEA serving)	46.85	5.93	--
11497	Succotash, (corn and limas), canned, with cream style corn	266.0	1.0 cup	46.84	7.02	0.080
11496	Succotash, (corn and limas), cooked, boiled, drained, without salt	192.0	1.0 cup	46.81	9.73	0.109
11871	Succotash, (corn and limas), cooked, boiled, drained, with salt	192.0	1.0 cup	46.79	9.73	0.109
08695	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, little bites	56.0	1.0 Cup (1 NLEA serving)	46.70	5.15	--
08038	Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	58.0	0.5 cup (1 NLEA serving)	46.68	6.51	--
09357	Apricots, canned, heavy syrup, drained	219.0	1.0 cup, halves	46.67	1.40	--
22972	Pulled pork in barbecue sauce	249.0	1.0 cup	46.66	32.84	--
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	60.0	1.0 serving 2.13 oz bar	46.66	1.56	--
08617	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Bite Size Blueberry Muffin	55.0	25.0 biscuits (1 NLEA serving)	46.64	4.73	--
08459	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS, Maple & Brown Sugar, Bite Size	55.0	25.0 biscuits (1 NLEA serving)	46.58	4.78	--
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	46.55	4.48	0.068
16600	MORNINGSTAR FARMS Sesame Chik'n Entree, frozen, unprepared	269.0	1.0 package	46.54	14.26	--
08542	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS Bite Size Strawberry Delight	55.0	25.0 biscuits (1 NLEA serving)	46.53	4.78	--
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	205.0	1.0 item	46.51	24.95	0.226
19369	Candies, MARS SNACKFOOD US, SKITTLES Sours Original	51.0	1.0 serving 1.80 oz bag	46.42	0.09	--
11907	Corn, sweet, white, canned, cream style, no salt added	256.0	1.0 cup	46.41	4.45	0.031
11174	Corn, sweet, yellow, canned, cream style, regular pack	256.0	1.0 cup	46.41	4.45	0.031
11772	Corn, sweet, yellow, canned, cream style, no salt added	256.0	1.0 cup	46.41	4.45	0.031
32000	Rice and vermicelli mix, beef flavor, unprepared	61.0	0.333 cup	46.37	6.61	0.069
43566	Snacks, tortilla chips, light (baked with less oil)	63.0	1.0 cup, crushed	46.24	5.48	--
16346	Beans, small white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	46.20	16.06	0.190
16046	Beans, small white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	46.20	16.06	0.190

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
18310	Pie, chocolate creme, commercially prepared	120.0	1.0 serving .167 pie	46.13	4.98	--
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	46.12	11.41	0.108
14048	Beverages, FUZE, orange mango, fortified with vitamins A, C, E, B6	500.0	1.0 bottle	46.00	3.40	--
20002	Amaranth grain, cooked	246.0	1.0 cup	45.98	9.35	--
16011	Beans, baked, canned, with pork and tomato sauce	246.0	1.0 cup	45.98	12.67	0.184
20087	Wheat, sprouted	108.0	1.0 cup	45.93	8.09	0.124
08463	Cereals ready-to-eat, KASHI ORGANIC PROMISE, STRAWBERRY FIELDS	55.0	1.0 cup (1 NLEA serving)	45.92	5.17	--
08599	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS	55.0	1.0 cup (1 NLEA serving)	45.87	3.46	--
20041	Rice, brown, medium-grain, cooked	195.0	1.0 cup	45.84	4.52	0.058
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	56.0	1.0 cup (1 NLEA serving)	45.81	4.42	--
21225	Pizza, cheese topping, rising crust, frozen, cooked	139.0	1.0 serving 6 servings per 29.25 oz package	45.74	17.19	0.261
20133	Rice noodles, dry	57.0	2.0 oz	45.70	3.39	0.041
11519	Taro, cooked, without salt	132.0	1.0 cup, sliced	45.67	0.69	0.011
11878	Taro, cooked, with salt	132.0	1.0 cup slices	45.67	0.69	0.011
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	59.0	1.0 cup (1 NLEA serving)	45.60	4.55	0.065
08631	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS LITTLE BITES, chocolate	56.0	1.0 cup (1 NLEA serving)	45.58	4.76	--
21307	Fast foods, griddle cake sandwich, egg, cheese, and bacon	174.0	1.0 item 6.1 oz	45.57	20.93	--
28005	KELLOGG'S, CINNABON, Pancakes, Caramel	105.0	3.0 pancakes	45.57	5.25	--
28011	KELLOGG'S, EGGO, Waffles, Cinnamon Toast	92.0	3.0 sets	45.54	5.06	--
08129	Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water	240.0	1.0 cup	45.48	5.69	--
28307	Bread, naan, plain, commercially prepared, refrigerated	90.0	1.0 piece	45.39	8.66	--
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	60.0	1.0 bar	45.28	4.00	0.057
28006	KELLOGG'S, CINNABON, Pancakes, Original	105.0	3.0 pancakes	45.26	5.25	--
09091	Figs, canned, light syrup pack, solids and liquids	252.0	1.0 cup	45.23	0.98	0.008
19310	Pectin, unsweetened, dry mix	50.0	1.0 package (1.75 oz)	45.20	0.15	--
22996	KASHI Three Cheese Penne, frozen, unprepared	269.0	1.0 Entrée	45.19	15.33	--
22928	Burrito, beef and bean, microwaved	116.0	1.0 burrito cooked	45.18	10.13	--
08708	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Touch of Fruit in the Middle, raisin	55.0	24.0 Biscuits (1 NLEA serving)	45.16	5.00	--
08677	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS Touch of Fruit in the Middle, Raspberry	55.0	24.0 biscuits (1 NLEA serving)	45.16	4.84	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
22993	KASHI Spicy Black Bean Enchilada, frozen, unprepared	255.0	1.0 entree	45.14	7.65	--
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	45.05	15.13	0.179
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	185.0	1.0 cup	45.05	15.13	0.179
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	54.0	21.0 biscuits (1 NLEA serving)	45.04	4.96	--
32021	Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine)	198.0	1.0 cup	45.03	6.47	--
08380	Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH	53.0	1.0 cup (1 NLEA serving)	45.00	3.49	--
08500	Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	45.00	5.00	--
16007	Beans, baked, canned, with beef	266.0	1.0 cup	44.98	16.97	0.205
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	164.0	1.0 cup	44.97	14.53	0.139
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164.0	1.0 cup	44.97	14.53	0.139
11215	Garlic, raw	136.0	1.0 cup	44.96	8.65	0.090
36602	Restaurant, Chinese, fried rice, without meat	137.0	1.0 cup	44.92	5.55	0.071
16350	Beans, white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	44.91	17.42	0.206
16050	Beans, white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	44.91	17.42	0.206
08192	Cereals ready-to-eat, POST SELECTS Blueberry Morning	55.0	1.25 cup (1 NLEA serving)	44.88	3.58	--
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	44.84	15.41	0.185
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	44.84	15.41	0.168
21399	Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	355.0	1.0 item	44.80	55.02	--
12085	Nuts, cashew nuts, dry roasted, without salt added	137.0	1.0 cup, halves and whole	44.79	20.97	0.325
12585	Nuts, cashew nuts, dry roasted, with salt added	137.0	1.0 cup, halves and whole	44.79	20.97	0.325
18499	KELLOGG, KELLOGG'S EGGO, Buttermilk Pancake	116.0	3.0 pancakes (NLEA serving)	44.78	6.15	--
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	44.75	16.21	0.191
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	44.75	16.21	0.191
11605	Beets, harvard, canned, solids and liquids	246.0	1.0 cup slices	44.72	2.07	0.025
20058	Rice, white, steamed, Chinese restaurant	132.0	1.0 cup, loosely packed	44.72	4.22	--
09294	Prune juice, canned	256.0	1.0 cup	44.67	1.56	--
21034	Fast foods, sundae, strawberry	153.0	1.0 sundae	44.65	6.26	0.083
36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	777.0	1.0 order	44.60	10.41	--
21402	McDONALD'S, Premium Grilled Chicken Classic Sandwich	200.0	1.0 item 7 oz	44.56	28.32	--
09519	Guava nectar, with sucralose, canned	335.0	11.3 fl oz	44.56	1.00	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
08384	Cereals ready-to-eat, KELLOGG, KELLOGG'S MINI-WHEATS, unfrosted bite size	55.0	30.0 biscuits (1 NLEA serving)	44.55	6.38	--
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	158.0	1.0 cup	44.51	4.25	0.049
20045	Rice, white, long-grain, regular, enriched, cooked	158.0	1.0 cup	44.51	4.25	0.049
20445	Rice, white, long-grain, regular, unenriched, cooked without salt	158.0	1.0 cup	44.51	4.25	0.049
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	158.0	1.0 cup	44.51	4.25	0.049
08709	Cereals ready-to-eat, MOM'S BEST, Sweetened WHEAT-FULS	55.0	1.0 cup (1 NLEA serving)	44.50	4.50	--
25051	Snacks, CLIF BAR, mixed flavors	68.0	1.0 bar	44.50	10.00	--
08591	Cereals ready-to-eat, KASHI ORGANIC PROMISE, ISLAND VANILLA	55.0	27.0 biscuits (1 NLEA serving)	44.44	5.88	--
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93.0	1.0 cup, shredded	44.33	2.68	0.032
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	55.0	0.666 cup (1 NLEA serving)	44.31	4.63	--
21404	McDONALD'S, Premium Grilled Chicken Club Sandwich	223.0	1.0 item 7.9 oz	44.31	38.33	--
20006	Barley, pearled, cooked	157.0	1.0 cup	44.31	3.55	0.060
36411	Restaurant, Latino, tamale, corn	166.0	1.0 piece	44.29	5.78	0.056
21406	McDONALD'S, Premium Grilled Chicken Ranch BLT Sandwich	202.0	1.0 item 7.1 oz	44.26	33.73	--
21513	KASHI Pizza, Greek Tzatziki, single serve, frozen, unprepared	149.0	1.0 pizza	44.25	16.54	--
22945	SUPPER BAKES MEAL KITS, Garlic Chicken with pasta (chicken not included)	103.0	0.167 box (NLEA serving)	44.22	10.05	--
31022	Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	130.0	1.0 cup prepared	44.19	4.21	--
08538	Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Blueberry Clusters	55.0	1.0 cup (1 NLEA serving)	44.16	5.71	--
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165.0	1.0 cup	44.15	3.60	0.050
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	44.07	2.66	0.017
06006	Soup, bean with frankfurters, canned, condensed	263.0	1.0 cup (8 fl oz)	44.05	19.99	0.210
08683	Cereals ready-to-eat, CASCADIAN FARM, Multi-Grain Squares	53.0	1.0 cup (1 NLEA serving)	43.99	4.98	--
21237	McDONALD'S, BIG MAC	219.0	1.0 item 7.6 oz	43.98	25.89	--
22918	Burrito, bean and cheese, frozen	129.0	1.0 burrito	43.87	9.12	--
21329	McDONALD'S, Sausage, Egg & Cheese McGRIDDLES	199.0	1.0 item 7 oz	43.86	21.43	--
21305	Fast foods, griddle cake sandwich, egg, cheese, and sausage	199.0	1.0 item	43.86	21.43	--
08700	Cereals ready-to-eat, KELLOGG RAISIN BRAN with Omega-3 from flaxseed	53.0	1.0 Cup (1 NLEA serving)	43.83	3.87	--
21096	Fast foods, cheeseburger; single, large patty; plain	182.0	1.0 sandwich	43.81	31.47	0.289
16119	Soy meal, defatted, raw	122.0	1.0 cup	43.79	60.02	0.797
19069	Candies, NESTLE, BUTTERFINGER Bar	60.0	1.0 serving 2.1 oz bar	43.74	3.24	--
08215	Cereals ready-to-eat, QUAKER, Oatmeal Squares, cinnamon	56.0	1.0 cup (1 NLEA serving)	43.73	6.29	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
08668	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Nutty Clusters & Almonds	55.0	1.0 cup (1 NLEA serving)	43.72	4.34	--
08632	Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple	56.0	1.0 cup (1 NLEA serving)	43.70	6.33	--
08673	Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	43.67	4.85	--
08277	Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA	55.0	0.667 cup (1 NLEA serving)	43.67	4.34	--
32005	Macaroni and cheese, box mix with cheese sauce, prepared	189.0	1.0 cup prepared	43.66	12.63	--
08598	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, HONEY CLUSTERS	52.0	1.0 cup (1 NLEA serving)	43.63	4.00	--
36042	OLIVE GARDEN, lasagna classico	422.0	1.0 serving	43.59	47.60	0.528
08191	Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size	52.0	1.0 cup (1 NLEA serving)	43.58	4.06	--
09073	Cherries, sweet, canned, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	43.57	1.54	--
28259	KELLOGG'S, EGGO Minis, Pancakes, Buttermilk	110.0	11.0 pancakes	43.56	6.05	--
08214	Cereals ready-to-eat, QUAKER, Oatmeal Squares	56.0	1.0 cup (1 NLEA serving)	43.55	6.37	--
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55.0	1.0 cup (1 NLEA serving)	43.50	3.68	--
19186	Desserts, apple crisp, prepared-from-recipe	141.0	0.5 cup	43.48	2.47	--
21480	DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked	155.0	1.0 slice 1/4 of pie	43.48	17.69	--
08539	Cereals ready-to-eat, KASHI ORGANIC PROMISE, CINNAMON HARVEST	55.0	28.0 biscuits (1 NLEA serving)	43.45	6.05	--
08318	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Strong Heart Antioxidants Cereal	50.0	1.0 cup (1 NLEA serving)	43.40	3.75	--
32029	Rice mix, white and wild, flavored, unprepared	57.0	2.0 oz (1/4 c dry rice mix and 4 tsp seasoning mix)	43.40	6.00	--
16020	Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	177.0	1.0 cup	43.29	16.53	0.196
16320	Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	177.0	1.0 cup	43.29	16.53	0.196
21488	Fast foods, quesadilla, with chicken	180.0	1.0 each quesadilla	43.27	27.09	--
20523	Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	140.0	1.0 cup	43.23	12.40	0.144
21327	McDONALD'S, Bacon, Egg & Cheese McGRIDDLES	165.0	1.0 item 5.8 oz	43.21	19.85	--
21159	SUBWAY, steak & cheese sub on white bread with American cheese, lettuce and tomato	201.0	6.0 inch sub	43.19	24.70	--
21160	Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato	201.0	6.0 inch sub	43.19	24.70	--
32016	Macaroni or noodles with cheese, microwaveable, unprepared	61.0	1.0 serving 1 pouch	43.16	7.00	--
22401	Spaghetti with meat sauce, frozen entree	283.0	1.0 serving	43.13	14.29	0.224
12193	Seeds, sisymbrium sp. seeds, whole, dried	74.0	1.0 cup	43.11	8.98	0.197
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	43.03	0.39	0.005

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
22947	SUPPER BAKES MEAL KITS, Lemon Chicken with herb rice (chicken not included)	94.0	1.0 serving (NLEA serving)	43.00	4.00	--
22929	SPAGHETTIOS, Mini Beef Ravioli in Meat Sauce	259.0	1.0 cup	42.99	11.01	--
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	240.0	1.0 cup	42.98	4.75	--
21604	School Lunch, pizza, sausage topping, thin crust, whole grain, frozen, cooked	133.0	1.0 piece 4" x 6"	42.88	16.80	--
14062	Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink	254.0	8.0 fl oz	42.88	9.65	--
22917	Burrito, beef and bean, frozen	139.0	1.0 burrito frozen	42.87	10.09	--
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	247.0	1.0 item	42.81	28.01	0.247
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	42.76	3.98	0.038
43112	Beans, chili, barbecue, ranch style, cooked	253.0	1.0 cup	42.76	12.65	--
36027	DENNY'S, chicken strips	194.0	1.0 serving	42.74	37.19	0.407
21356	McDONALD'S, McCHICKEN Sandwich (without mayonnaise)	138.0	1.0 item	42.71	15.29	--
08216	Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps	57.0	1.25 cup (1 NLEA serving)	42.69	7.06	--
21146	School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Turkey Pepperoni Pizza, frozen	156.0	1.0 slice 1/8 per pizza	42.67	21.26	--
08462	Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat	54.0	29.0 biscuits (1 NLEA serving)	42.66	6.48	--
20126	Spaghetti, spinach, dry	57.0	2.0 oz	42.64	7.61	0.097
21475	DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked	161.0	1.0 slice 1/4 of pie	42.62	20.87	--
09420	Jackfruit, canned, syrup pack	178.0	1.0 cup, drained	42.61	0.64	--
32011	Yellow rice with seasoning, dry packet mix, unprepared	57.0	1.0 serving (2 oz)	42.57	4.00	--
20114	Noodles, japanese, soba, dry	57.0	2.0 oz	42.53	8.20	0.116
16323	Beans, french, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	42.52	12.48	0.147
16023	Beans, french, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	42.52	12.48	0.147
21245	WENDY'S, Ultimate Chicken Grill Sandwich	225.0	1.0 item	42.48	33.14	0.382
22997	KASHI, Tuscan Veggie Bake, Frozen Entree	283.0	1.0 package	42.45	5.66	--
22998	Rice and vermicelli mix, chicken flavor, unprepared	56.0	0.333 cup	42.45	5.96	--
11656	Corn pudding, home prepared	250.0	1.0 cup	42.42	11.05	0.148
16075	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	182.0	1.0 cup	42.42	14.63	0.173
16375	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	182.0	1.0 cup	42.42	14.63	0.173
08710	Cereals ready-to-eat, KELLOGG'S, SPECIAL K gluten free, touch of brown sugar	49.0	1.0 Cup (1 NLEA serving)	42.38	2.98	--
09140	Guavas, strawberry, raw	244.0	1.0 cup	42.36	1.42	0.012
06061	Soup, tomato beef with noodle, canned, condensed	251.0	1.0 cup (8 fl oz)	42.34	8.91	0.085
18139	Cake, white, prepared from recipe without frosting	74.0	1.0 piece (1/12 of 9" dia)	42.33	4.00	0.050
09379	Plums, canned, heavy syrup, drained	183.0	1.0 cup, with pits, yields	42.31	0.81	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
18969	Cream puff, eclair, custard or cream filled, iced	113.0	4.0 oz	42.30	4.98	--
21154	Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato	198.0	6.0 inch sub	42.27	21.46	--
21211	SUBWAY, oven roasted chicken sub on white bread with lettuce and tomato	198.0	6.0 inch sub	42.27	21.46	--
20134	Rice noodles, cooked	176.0	1.0 cup	42.26	3.15	0.039
20116	Noodles, japanese, somen, dry	57.0	2.0 oz	42.24	6.47	0.083
22991	KASHI, STEAM MEAL, Sesame Chicken, Frozen Entree	269.0	1.0 package	42.23	16.41	--
21306	Fast foods, griddle cake sandwich, sausage	135.0	1.0 item	42.19	11.35	--
21328	McDONALD'S, Sausage McGRIDDLES	135.0	1.0 item	42.19	11.35	--
21209	SUBWAY, black forest ham sub on white bread with lettuce and tomato	184.0	6.0 inch sub	42.15	16.78	--
21156	Fast foods, submarine sandwich, ham on white bread with lettuce and tomato	184.0	6.0 inch sub	42.15	16.78	--
21152	SUBWAY, SUBWAY CLUB sub on white bread with lettuce and tomato	207.0	6.0 inch sub	42.15	22.07	--
32024	Rice mix, cheese flavor, dry mix, unprepared	57.0	0.25 cup dry rice mix	42.11	5.00	--
08390	Cereals ready-to-eat, KASHI GOOD FRIENDS	53.0	1.0 cup (1 NLEA serving)	42.03	4.98	--
21350	McDONALD'S, BIG MAC (without Big Mac Sauce)	200.0	1.0 item	42.02	25.58	--
21145	School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Cheese Pizza, frozen	155.0	1.0 slice 1/8 per pizza	42.00	21.53	--
22989	KASHI, Red Curry Chicken, Frozen Entree	269.0	1.0 package	41.96	15.87	--
08663	Cereals ready-to-eat, KASHI ORGANIC PROMISE, Berry Fruitful	55.0	29.0 biscuits (1 NLEA serving)	41.91	5.88	--
43245	Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits	55.0	1.0 cup (1 NLEA serving)	41.91	3.90	--
28004	KELLOGG'S, EGGO, Pancakes, Chocolate Chip	105.0	3.0 pancakes	41.90	5.78	--
28003	KELLOGG'S, EGGO, Pancakes, Blueberry	105.0	3.0 pancakes	41.90	5.56	--
01113	Whey, acid, dried	57.0	1.0 cup	41.87	6.69	0.137
36603	Restaurant, Chinese, beef and vegetables	574.0	1.0 order	41.84	40.64	0.476
42297	Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch	59.0	1.0 cup (1 NLEA serving)	41.83	5.78	--
11601	Yam, raw	150.0	1.0 cup, cubes	41.82	2.30	0.018
43476	Tofu yogurt	262.0	1.0 cup	41.82	9.17	--
01295	Yogurt, vanilla, non-fat	245.0	1.0 cup (8 fl oz)	41.75	7.20	0.069
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	253.0	1.0 cup, halves	41.72	1.34	0.023
22915	Lasagna with meat & sauce, low-fat, frozen entree	309.0	1.0 package	41.72	21.04	--
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	152.0	1.0 sandwich	41.65	16.63	--
43218	Cereals ready-to-eat, ALPEN	55.0	0.67 cup (1 NLEA serving)	41.64	6.16	--
36018	APPLEBEE'S, fish, hand battered	250.0	1.0 serving	41.62	33.08	0.360
21478	DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked	145.0	1.0 slice 1/4 of pie	41.57	19.17	--
36619	Restaurant, Chinese, kung pao chicken	604.0	1.0 order	41.49	58.95	0.713

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11508	Sweet potato, cooked, baked in skin, flesh, without salt	200.0	1.0 cup	41.42	4.02	0.080
16086	Peas, split, mature seeds, cooked, boiled, without salt	196.0	1.0 cup	41.36	16.35	0.182
08596	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Caramel Delight	50.0	1.0 cup (1 NLEA serving)	41.34	2.90	--
22963	Lean Pockets, Meatballs & Mozzarella	128.0	1.0 each	41.32	13.43	0.183
22962	LEAN POCKETS, Ham N Cheddar	127.0	1.0 hot pocket (1 NLEA serving)	41.30	13.06	0.182
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	58.0	1.0 serving 2.05 oz bar	41.28	2.33	--
21207	SUBWAY, turkey breast sub on white bread with lettuce and tomato	184.0	6.0 inch sub	41.25	16.78	--
21155	Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato	184.0	6.0 inch sub	41.25	16.78	--
11184	Corn with red and green peppers, canned, solids and liquids	227.0	1.0 cup	41.25	5.29	0.039
11039	Lima beans, immature seeds, frozen, baby, unprepared	164.0	1.0 cup	41.23	12.45	0.164
08286	Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX	55.0	0.67 cup (1 NLEA serving)	41.20	4.73	--
20032	Millet, cooked	174.0	1.0 cup	41.19	6.11	0.066
11877	Sweet potato, frozen, cooked, baked, with salt	176.0	1.0 cup, cubes	41.18	3.01	0.037
11517	Sweet potato, frozen, cooked, baked, without salt	176.0	1.0 cup, cubes	41.18	3.01	0.037
20447	Rice, white, long-grain, parboiled, unenriched, cooked	158.0	1.0 cup	41.16	4.60	0.062
20047	Rice, white, long-grain, parboiled, enriched, cooked	158.0	1.0 cup	41.16	4.60	0.063
18959	Pastry, Pastelitos de Guava (guava pastries)	86.0	1.0 piece	41.07	4.71	--
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	41.07	4.00	0.043
09283	Plums, canned, purple, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	41.03	0.93	--
14163	Beverages, chocolate drink, milk and soy based, ready to drink, fortified	237.0	8.0 fl oz	41.00	10.00	--
14041	Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	237.0	1.0 bottle	40.98	12.75	--
09370	Peaches, canned, heavy syrup, drained	222.0	1.0 cup	40.91	1.15	0.011
16594	MORNINGSTAR FARMS Lasagna with Veggie Sausage, frozen, unprepared	284.0	1.0 entree	40.90	20.16	--
42265	Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & Pecan	55.0	0.75 cup (1 NLEA serving)	40.86	4.34	--
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	153.0	1.0 slice	40.84	15.71	0.161
11909	Corn, sweet, white, canned, vacuum pack, no salt added	210.0	1.0 cup	40.82	5.06	0.036
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	210.0	1.0 cup	40.82	5.06	0.036
11908	Corn, sweet, white, canned, vacuum pack, regular pack	210.0	1.0 cup	40.82	5.06	0.036
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	40.82	5.06	0.036
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252.0	1.0 cup	40.80	1.13	0.010
09435	Guava nectar, canned, with added ascorbic acid	251.0	1.0 cup	40.79	0.23	--
16015	Beans, black, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	40.78	15.24	0.181
16315	Beans, black, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	40.78	15.24	0.181
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	53.0	1.0 cup (1 NLEA serving)	40.70	2.97	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
21600	School Lunch, pizza, cheese topping, thin crust, whole grain, frozen, cooked	130.0	1.0 piece 4"x6"	40.70	16.54	--
08537	Cereals ready-to-eat, KASHI 7 Whole Grain Flakes	50.0	1.0 cup (1 NLEA serving)	40.70	5.50	--
19116	Candies, marshmallows	50.0	1.0 cup of miniature	40.65	0.90	0.000
22994	KASHI Spinach Artichoke Pasta, frozen, unprepared	269.0	1.0 entree	40.62	13.45	--
32012	Pizza rolls, frozen, unprepared	80.0	1.0 serving 6 rolls	40.58	6.98	--
16617	MORNINGSTAR FARMS Spicy Black Bean Enchilada Entree, frozen, unprepared	255.0	1.0 entree	40.54	14.79	--
32027	Turnover, meat- and cheese-filled, tomato-based sauce, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	40.50	12.00	--
36049	ON THE BORDER, cheese enchilada	250.0	1.0 serving serving size varied from 1 to 3 enchiladas	40.50	29.18	--
21345	McDONALD'S, DOUBLE QUARTER POUNDER with Cheese	280.0	1.0 item	40.40	47.49	--
21396	Fast foods, cheeseburger; double, large patty; with condiments	280.0	1.0 item	40.40	47.49	--
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	80.0	1.0 bar	40.40	20.00	0.251
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	40.39	14.43	0.167
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	40.36	15.35	0.182
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	40.36	15.35	0.182
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	40.36	15.35	0.184
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	40.36	15.35	0.182
21522	McDONALD'S, Southern Style Chicken Biscuit	132.0	1.0 biscuit regular size biscuit	40.34	15.75	--
21010	Fast foods, biscuit, with crispy chicken fillet	132.0	1.0 item	40.34	15.75	--
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226.0	1.0 sandwich	40.27	34.28	0.414
03246	Babyfood, dessert, custard pudding, vanilla, junior	229.0	1.0 cup	40.26	4.03	--
20410	Noodles, egg, unenriched, cooked, without added salt	160.0	1.0 cup	40.26	7.26	0.069
20310	Noodles, egg, cooked, enriched, with added salt	160.0	1.0 cup	40.26	7.26	0.069
20510	Noodles, egg, cooked, unenriched, with added salt	160.0	1.0 cup	40.26	7.26	0.069
20110	Noodles, egg, enriched, cooked	160.0	1.0 cup	40.26	7.26	0.069
08554	Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch	52.0	0.75 cup (1 NLEA serving)	40.25	4.42	--
21101	Fast foods, cheeseburger; triple, regular patty; plain	249.0	1.0 item	40.24	45.32	0.570
09351	Fruit cocktail, canned, heavy syrup, drained	214.0	1.0 cup	40.23	1.01	--
18995	KELLOGG'S, EGGO, Biscuit Scramblers, Bacon, Egg & Cheese	105.0	1.0 bscuit	40.21	9.24	--
18996	KELLOGG'S, EGGO, Biscuit Scramblers, Egg & Cheese	105.0	1.0 bscuit	40.21	9.24	--
21495	DOMINO'S 14" Sausage Pizza, Ultimate Deep Dish Crust	129.0	1.0 slice	40.21	14.23	--
11195	Cowpeas (blackeyes), immature seeds, frozen, unprepared	160.0	1.0 cup	40.21	14.37	0.165
16386	Peas, split, mature seeds, cooked, boiled, with salt	196.0	1.0 cup	40.20	16.35	0.182

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	40.19	11.58	0.151
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	170.0	1.0 cup	40.19	11.58	0.151
12206	Nuts, almonds, honey roasted, unblanched	144.0	1.0 cup whole kernels	40.18	26.16	0.405
16368	Hyacinth beans, mature seeds, cooked, boiled, with salt	194.0	1.0 cup	40.16	15.79	0.132
16068	Hyacinth beans, mature seeds, cooked, boiled, without salt	194.0	1.0 cup	40.14	15.79	0.132
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	196.0	6.0 inch sub	40.04	20.62	0.196
21213	SUBWAY, cold cut sub on white bread with lettuce and tomato	196.0	6.0 inch sub	40.04	20.62	0.196
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	257.0	1.0 serving	40.04	16.60	0.218
09511	Fruit juice smoothie, NAKED JUICE, BLUE MACHINE	240.0	8.0 fl oz	40.01	1.01	--
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218.0	1.0 sandwich	40.00	25.83	0.307
01222	Yogurt, chocolate, nonfat milk, fortified with vitamin D	170.0	1.0 container (6 oz)	40.00	6.00	--
01187	Yogurt, chocolate, nonfat milk	170.0	1.0 container (6 oz)	40.00	6.00	--
22946	SUPPER BAKES MEAL KITS, Herb Chicken with rice (chicken not included)	94.0	0.167 box (NLEA serving)	40.00	4.00	--
22930	SPAGHETTIOS, Spaghetti in Tomato & Cheese Sauce	252.0	1.0 cup (1 serving)	39.99	7.01	--
08697	Cereals ready-to-eat, KASHI ORGANIC PROMISE, RAISIN VINEYARD	50.0	0.75 Cup (1 NLEA serving)	39.95	4.34	--
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	39.95	14.43	0.167
18459	Breakfast tart, low fat	52.0	1.0 tart	39.94	2.07	--
08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	49.0	1.0 cup (1 NLEA serving)	39.89	5.78	--
16008	Beans, baked, canned, with franks	259.0	1.0 cup	39.86	17.48	0.199
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	211.0	1.0 item	39.86	33.30	0.420
16070	Lentils, mature seeds, cooked, boiled, without salt	198.0	1.0 cup	39.86	17.86	0.160
16316	Beans, black, mature seeds, canned, low sodium	240.0	1.0 cup	39.72	14.47	0.173
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	39.72	14.47	0.173
21235	McDONALD'S, QUARTER POUNDER with Cheese	199.0	1.0 item 7.1 oz	39.70	29.03	--
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	126.0	1.0 piece	39.68	7.04	0.069
21602	School Lunch, pizza, pepperoni topping, thin crust, whole grain, frozen, cooked	127.0	1.0 piece 4"x6"	39.67	16.23	--
28007	KELLOGG'S, EGGO, Wafflers, Brown Sugar Cinnamon Roll	76.0	2.0 waffles	39.67	3.65	--
16065	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	240.0	1.0 cup	39.67	6.58	0.082
16331	Beans, kidney, california red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	39.67	16.16	0.191
16031	Beans, kidney, california red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	39.67	16.16	0.191
01291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	252.0	1.0 cup	39.66	16.81	0.242

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
21509	BURGER KING, Onion Rings	91.0	1.0 small	39.66	3.51	--
21100	Fast foods, cheeseburger; double, large patty, with condiments and vegetables	258.0	1.0 sandwich	39.65	37.98	0.472
08189	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins	49.0	0.5 cup (1 NLEA serving)	39.64	4.26	--
06002	Soup, black bean, canned, condensed	257.0	1.0 cup (8 fl oz)	39.63	12.41	--
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	118.0	1.0 slice	39.51	12.70	0.135
21161	SUBWAY, B.L.T. sub on white bread with bacon, lettuce and tomato	148.0	6.0 inch sub	39.46	14.89	--
21162	Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread	148.0	6.0 inch sub	39.46	14.89	--
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	256.0	1.0 cup	39.45	4.99	0.036
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	256.0	1.0 cup	39.45	4.99	0.036
21605	School Lunch, pizza, sausage topping, thick crust, whole grain, frozen, cooked	129.0	1.0 slice per 1/10 pizza	39.45	17.11	--
20137	Quinoa, cooked	185.0	1.0 cup	39.40	8.14	0.096
09262	Pear nectar, canned, without added ascorbic acid	250.0	1.0 cup	39.40	0.28	--
09408	Pear nectar, canned, with added ascorbic acid	250.0	1.0 cup	39.40	0.28	--
16603	MORNINGSTAR FARMS Breakfast Biscuit Sausage, Egg & Cheese, frozen, unprepared	105.0	1.0 biscuit	39.38	9.76	--
28341	Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch	78.0	1.0 roll	39.37	2.61	--
28368	SCHAR, Gluten-Free, Classic White Rolls	78.0	1.0 roll	39.37	2.61	--
16021	Beans, cranberry (roman), mature seeds, canned	260.0	1.0 cup	39.31	14.40	0.172
22990	KASHI, STEAM MEAL, Roasted Garlic Chicken Farfalle, Frozen Entree	269.0	1.0 package	39.27	14.80	--
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188.0	1.0 cup	39.25	14.66	0.173
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	188.0	1.0 cup	39.25	14.66	0.173
21398	Fast foods, cheeseburger; single, large patty; with condiments	199.0	1.0 item	39.24	30.27	--
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	123.0	1.0 slice	39.22	14.17	0.139
28329	Cookies, chocolate, made with rice cereal	62.0	1.0 cookie	39.22	2.00	--
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254.0	1.0 cup	39.22	1.42	0.015
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	49.0	0.75 cup (1 NLEA serving)	39.20	4.01	--
21098	Fast foods, cheeseburger; single, large patty; with condiments and vegetables	233.0	1.0 sandwich	39.17	27.00	--
11516	Sweet potato, frozen, unprepared	176.0	1.0 cup, cubes	39.11	3.01	0.037
09268	Pineapple, canned, juice pack, solids and liquids	249.0	1.0 cup, crushed, sliced, or chunks	39.09	1.05	0.012
20092	Pasta, gluten-free, corn, cooked	140.0	1.0 cup	39.07	3.68	0.027
09012	Apples, dried, sulfured, stewed, without added sugar	255.0	1.0 cup	39.07	0.56	0.005
21102	Fast foods, chicken fillet sandwich, plain with pickles	187.0	1.0 sandwich	39.06	30.44	--
21526	CHICK-FIL-A, chicken sandwich	187.0	1.0 sandwich	39.06	30.44	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
16102	Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	168.0	1.0 cup	39.06	11.36	0.111
16402	Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	168.0	1.0 cup	39.06	11.36	0.111
03120	Babyfood, vegetables, corn, creamed, junior	240.0	1.0 cup	39.00	3.36	0.036
43495	Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY	50.0	1.0 cup (1 NLEA serving)	39.00	5.00	--
36044	ON THE BORDER, Mexican rice	114.0	1.0 cup	38.93	4.06	--
12586	Nuts, cashew nuts, oil roasted, with salt added	129.0	1.0 cup, whole	38.91	21.72	0.342
08587	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Low Fat Granola	52.0	0.5 cup (1 NLEA serving)	38.90	6.81	--
19111	Candies, NESTLE, BABY RUTH Bar	60.0	1.0 serving 2.1 oz bar	38.88	3.24	--
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	151.0	1.0 slice	38.84	15.60	0.125
20112	Noodles, egg, spinach, enriched, cooked	160.0	1.0 cup	38.80	8.06	0.107
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	38.80	11.63	0.159
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	38.78	5.41	0.038
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	38.78	5.41	0.038
36034	Restaurant, family style, chicken tenders	201.0	1.0 serving	38.77	37.95	0.420
21111	Fast foods, hamburger; double, regular patty; with condiments	215.0	1.0 item	38.74	31.82	0.385
19919	Candies, fruit snacks, with high vitamin C	44.0	1.0 serving	38.71	0.04	--
16370	Lentils, mature seeds, cooked, boiled, with salt	198.0	1.0 cup	38.69	17.86	0.160
16381	Mung beans, mature seeds, cooked, boiled, with salt	202.0	1.0 cup	38.68	14.18	0.154
16081	Mung beans, mature seeds, cooked, boiled, without salt	202.0	1.0 cup	38.68	14.18	0.154
16036	Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	38.67	16.80	0.198
16336	Beans, kidney, royal red, mature seeds, cooked, boiled with salt	177.0	1.0 cup	38.67	16.80	0.198
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	127.0	1.0 hot pocket (1 NLEA serving)	38.67	11.84	0.165
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	190.0	6.0 inch sub	38.65	23.12	0.272
21210	SUBWAY, roast beef sub on white bread with lettuce and tomato	190.0	6.0 inch sub	38.65	23.12	0.272
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	47.0	0.75 cup (1 NLEA serving)	38.63	4.61	--
14245	Beverages, Eggnog-flavor mix, powder, prepared with whole milk	272.0	1.0 cup (8 fl oz)	38.62	7.97	0.182
22535	HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	38.61	11.30	--
21490	Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread	230.0	1.0 sandwich	38.59	39.88	--
21482	Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	127.0	1.0 slice	38.56	14.05	--
35145	Stew, hominy with mutton (Navajo)	411.0	1.0 serving	38.55	27.58	0.177
21382	McDONALD'S, FILET-O-FISH (without tartar sauce)	124.0	1.0 item	38.54	15.46	--
12086	Nuts, cashew nuts, oil roasted, without salt added	129.0	1.0 cup, whole	38.53	21.72	0.342

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
28322	Bagels, multigrain	81.0	1.0 piece bagel	38.45	8.02	--
09010	Apples, dehydrated (low moisture), sulfured, stewed	193.0	1.0 cup	38.43	0.54	0.006
09144	Jackfruit, raw	165.0	1.0 cup, sliced	38.36	2.84	0.056
09374	Pears, canned, heavy syrup, drained	201.0	1.0 cup	38.35	0.48	--
18997	KELLOGG'S, EGGO, French Toaster Sticks, Cinnamon	90.0	2.0 pieces	38.34	4.32	--
21283	PAPA JOHN'S 14" Cheese Pizza, Original Crust	117.0	1.0 slice	38.31	13.49	--
18289	Pancakes, plain, dry mix, complete (includes buttermilk)	52.0	0.333 cup	38.30	5.08	0.059
20121	Pasta, cooked, enriched, without added salt	124.0	1.0 cup spaghetti not packed	38.27	7.19	0.100
20421	Pasta, cooked, unenriched, without added salt	124.0	1.0 cup spaghetti not packed	38.27	7.19	0.103
09282	Plums, canned, purple, juice pack, solids and liquids	252.0	1.0 cup, pitted	38.18	1.29	--
36033	Restaurant, family style, fish fillet, battered or breaded, fried	226.0	1.0 serving	38.17	30.49	0.337
09104	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, light syrup, solids and liquids	252.0	1.0 cup	38.15	0.86	--
14645	Beverages, Fruit flavored drink, less than 3% juice, not fortified with vitamin C	238.0	1.0 cup (8 fl oz)	38.15	0.00	--
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	115.0	1.0 slice	38.15	12.43	--
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	215.0	1.0 sandwich	38.12	29.43	0.312
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	215.0	1.0 sandwich	38.12	29.43	--
12007	Seeds, cottonseed flour, partially defatted (glandless)	94.0	1.0 cup	38.11	38.50	0.581
36613	DENNY'S, macaroni & cheese, from kid's menu	180.0	1.0 serving	38.09	9.34	0.121
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	51.0	0.5 cup (1 NLEA serving)	38.08	4.93	--
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	38.08	0.48	--
22901	Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased	81.0	0.75 cup	38.07	10.94	--
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	53.0	1.0 piece	38.07	2.13	0.035
21147	School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Cheese Pizza 50/50 Cheese, frozen	130.0	1.0 piece 4" x 6"	38.05	15.70	--
22939	SPAGHETTIOS, SpaghettiOs RavioliOs Beef Ravioli in Meat Sauce	252.0	1.0 cup (1 serving)	38.00	11.01	--
28008	KELLOGG'S, EGGO, Wafflers, Strawberry Strudel	76.0	2.0 waffles	38.00	3.80	--
22981	KASHI, Chicken Enchilada with Ancho Sauce, Frozen Entree	255.0	1.0 package	38.00	12.50	--
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256.0	1.0 cup	37.96	13.36	0.164
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	256.0	1.0 cup	37.96	13.36	0.164
42261	Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	52.0	0.75 cup (1 NLEA serving)	37.96	4.68	--
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 cup	37.93	4.39	0.026

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	37.93	4.39	0.026
20321	Pasta, cooked, enriched, with added salt	124.0	1.0 cup spaghetti not packed	37.93	7.19	0.100
20521	Pasta, cooked, unenriched, with added salt	124.0	1.0 cup spaghetti not packed	37.93	7.19	0.103
22985	KASHI, Lemongrass Coconut Chicken, Frozen Entree	283.0	1.0 package	37.92	17.83	--
21234	McDONALD'S, QUARTER POUNDER	171.0	1.0 item	37.91	24.11	--
36020	T.G.I. FRIDAY'S, chicken fingers	225.0	1.0 serving	37.89	42.03	0.432
09315	Soursop, raw	225.0	1.0 cup, pulp	37.89	2.25	0.025
21202	Fast foods, hamburger, large, single patty, with condiments	171.0	1.0 item	37.86	26.81	--
08386	Cereals ready-to-eat, KASHI GOLEAN CRUNCH!	53.0	0.75 Cup (1 NLEA serving)	37.84	8.85	--
21214	SUBWAY, tuna sub on white bread with lettuce and tomato	237.0	6.0 inch sub	37.80	29.22	0.280
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	237.0	6.0 inch sub	37.80	29.22	0.280
20042	Rice, brown, parboiled, dry, UNCLE BEN'S	48.0	0.25 cup	37.77	3.65	--
09367	Cherries, sweet, canned, pitted, heavy syrup, drained	179.0	1.0 cup	37.72	1.31	--
36050	Restaurant, Mexican, cheese enchilada	244.0	1.0 serving serving size varied from 1 to 3 enchiladas	37.70	27.43	0.368
36016	Restaurant, family style, shrimp, breaded and fried	169.0	1.0 serving	37.67	21.41	0.245
22982	KASHI, STEAM MEAL, Chicken Fettuccine, Frozen Entree	269.0	1.0 package	37.66	16.68	--
18141	Cake, yellow, commercially prepared, with vanilla frosting	67.0	1.0 serving	37.65	2.00	0.031
18490	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted wild berry	52.0	1.0 pastry	37.65	2.08	--
28172	KELLOGG'S, POP-TARTS, Frosted Spring Berry Toaster Pastries	52.0	1.0 pastry	37.60	2.08	--
42187	Frozen yogurts, flavors other than chocolate	174.0	1.0 cup	37.58	5.22	--
42186	Frozen yogurts, chocolate	174.0	1.0 cup	37.58	5.22	--
36023	APPLEBEE'S, chicken tenders platter	209.0	1.0 serving	37.58	41.01	0.460
21303	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	118.0	1.0 slice	37.57	13.56	--
28352	Cookies, vanilla sandwich with creme filling, reduced fat	48.0	1.0 serving cookie	37.52	2.00	--
09434	Guanabana nectar, canned	251.0	1.0 cup	37.47	0.28	--
18481	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted cherry	52.0	1.0 pastry	37.44	2.18	--
20622	Spaghetti, protein-fortified, dry, enriched (n x 6.25)	57.0	2.0 oz	37.42	12.41	0.145
20077	Wheat bran, crude	58.0	1.0 cup	37.42	9.02	0.164
11602	Yam, cooked, boiled, drained, or baked, without salt	136.0	1.0 cup, cubes	37.37	2.03	0.016
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253.0	1.0 cup	37.37	0.94	--
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	253.0	1.0 cup	37.37	0.94	--
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	253.0	1.0 cup	37.37	0.94	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
19118	Candies, NESTLE, OH HENRY! Bar	57.0	1.0 bar 2 oz	37.34	4.39	--
36058	OLIVE GARDEN, chicken parmigiana without pasta	304.0	1.0 serving	37.33	46.60	0.572
16325	Beans, great northern, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	37.33	14.74	0.175
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	37.33	14.74	0.175
18477	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted blueberry	52.0	1.0 pastry	37.32	2.39	--
18489	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted strawberry	52.0	1.0 pastry	37.28	2.13	--
36626	Restaurant, Chinese, chicken and vegetables	693.0	1.0 order	37.28	56.69	0.513
18486	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted raspberry	52.0	1.0 pastry	37.24	2.18	--
18497	Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted strawberry	50.0	1.0 pastry	37.20	2.10	--
21503	KASHI Pizza, Mediterranean, frozen, unprepared	120.0	0.33 pizza	37.20	15.24	--
28174	KELLOGG'S, POP-TARTS, Frosted Waffle Cone Toaster Pastries	50.0	1.0 pastry	37.15	1.95	--
16029	Beans, kidney, all types, mature seeds, canned	256.0	1.0 cup	37.12	13.36	0.161
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	47.0	2.0 biscuits (1 NLEA serving)	37.11	5.34	0.066
16379	Mothbeans, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	37.10	13.82	0.088
16079	Mothbeans, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	37.10	13.82	0.088
08100	Cereals, CREAM OF RICE, dry	45.0	0.25 cup (1 NLEA serving)	37.08	2.84	0.041
18939	Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	51.0	1.0 pastry	37.08	2.40	--
09437	Tamarind nectar, canned	251.0	1.0 cup	36.97	0.23	--
18488	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Strawberry	52.0	1.0 pastry	36.97	2.44	--
09334	Feijoa, raw	243.0	1.0 cup, pureed	36.96	1.73	0.017
11609	Beets, pickled, canned, solids and liquids	227.0	1.0 cup slices	36.96	1.82	0.020
21498	PIZZA HUT 14" Sausage Pizza, Pan Crust	125.0	1.0 slice	36.95	13.85	--
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	123.0	1.0 slice	36.95	14.72	0.156
19160	Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars	57.0	1.0 package (2 oz)	36.94	2.80	--
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	36.90	4.01	0.061
18494	Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted brown sugar cinnamon	50.0	1.0 pastry	36.85	2.35	--
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	36.84	5.13	0.036
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	36.84	5.13	0.036
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	36.84	5.13	0.036
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	36.84	5.13	0.036
08411	Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS, Brown Sugar, dry	50.0	1.0 packet (1 NLEA serving)	36.84	4.34	--
21294	PIZZA HUT 14" Cheese Pizza, Pan Crust	112.0	1.0 slice	36.79	12.15	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
22984	KASHI, Chicken Pasta Pomodoro, Frozen Entree	283.0	1.0 package	36.79	19.81	--
22987	KASHI Pesto Pasta Primavera, frozen, unprepared	283.0	1.0 entree	36.79	10.75	--
11344	Pigeonpeas, immature seeds, raw	154.0	1.0 cup	36.78	11.09	--
08544	Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	48.0	0.75 cup (1 NLEA serving)	36.77	4.27	--
11897	Yam, cooked, boiled, drained, or baked, with salt	136.0	1.0 cup, cubes	36.71	2.03	0.016
20055	Rice, white, glutinous, unenriched, cooked	174.0	1.0 cup	36.70	3.51	0.040
21239	WENDY'S, CLASSIC SINGLE Hamburger, no cheese	218.0	1.0 item	36.67	27.53	0.290
42185	Frozen yogurts, chocolate, nonfat milk, sweetened without sugar	186.0	1.0 cup	36.64	8.18	--
21355	McDONALD'S, McCHICKEN Sandwich	131.0	1.0 sandwich	36.64	13.66	--
03245	Babyfood, dessert, custard pudding, vanilla, strained	229.0	1.0 cup	36.64	3.66	--
21148	School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Pepperoni Pizza 50/50 Cheese, frozen	127.0	1.0 piece 4"x6"	36.63	15.42	--
08627	Cereals ready-to-eat, QUAKER, Natural Granola Apple Cranberry Almond	49.0	0.5 cup (1 NLEA serving)	36.62	4.51	--
20127	Spaghetti, spinach, cooked	140.0	1.0 cup	36.61	6.41	0.081
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52.0	1.0 pastry	36.61	2.55	--
20136	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, cooked	116.0	1.0 cup spaghetti not packed	36.55	6.75	--
36006	T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	175.0	1.0 serving	36.52	20.77	0.240
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	36.52	1.13	0.003
28168	KELLOGG'S, POP-TARTS, Frosted Confetti Cake Toaster Pastries	50.0	1.0 pastry	36.50	2.20	--
11182	Corn, yellow, whole kernel, frozen, microwaved	141.0	1.0 cup	36.48	5.10	0.047
20029	Couscous, cooked	157.0	1.0 cup, cooked	36.46	5.95	0.077
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	36.43	11.04	0.122
16044	Beans, pinto, mature seeds, canned, solids and liquids	240.0	1.0 cup	36.43	11.04	0.122
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	98.0	1.0 piece	36.40	5.37	0.047
36413	Restaurant, Latino, black bean soup	246.0	1.0 cup	36.38	12.55	0.093
08571	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola	55.0	0.75 cup (1 NLEA serving)	36.36	6.18	--
21243	WENDY'S, CLASSIC DOUBLE, with cheese	310.0	1.0 item	36.30	51.21	0.496
21494	DOMINO'S 14" Sausage Pizza, Classic Hand-Tossed Crust	114.0	1.0 slice	36.30	12.63	--
09229	Papaya nectar, canned	250.0	1.0 cup	36.28	0.42	--
08489	Cereals, MALT-O-MEAL, Maple & Brown Sugar Hot Wheat Cereal, dry	45.0	0.25 cup (1 NLEA serving)	36.23	3.97	--
18487	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, S'mores	52.0	1.0 pastry	36.19	3.22	--
08435	Cereals ready-to-eat, UNCLE SAM CEREAL	55.0	0.75 cup (1 NLEA serving)	36.18	8.79	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
28175	KELLOGG'S, POP-TARTS, Frosted Wild Fruit Fusion Toaster Pastries	50.0	1.0 pastry	36.15	1.95	--
36417	Restaurant, Mexican, spanish rice	116.0	1.0 cup	36.15	3.80	0.051
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	242.0	1.0 cup	36.13	0.97	--
09403	Apricot nectar, canned, with added ascorbic acid	251.0	1.0 cup	36.12	0.93	--
09036	Apricot nectar, canned, without added ascorbic acid	251.0	1.0 cup	36.12	0.93	--
03994	Babyfood, fruit, banana and strawberry, junior	140.0	1.0 bottle	36.09	0.99	0.013
16134	Yardlong beans, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	36.06	14.18	0.174
16434	Yardlong beans, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	36.06	14.18	0.174
28177	KELLOGG'S, POP-TARTS, Frosted Wild Strawberry Toaster Pastries	50.0	1.0 pastry	36.05	1.95	--
16173	Frijoles rojos volteados (Refried beans, red, canned)	233.0	1.0 cup	36.05	11.65	0.114
21023	Fast foods, french toast with butter	135.0	2.0 slices	36.04	10.34	0.143
18146	Cake, yellow, prepared from recipe without frosting	68.0	1.0 piece (1/12 of 8" dia)	36.04	3.60	0.045
14182	Beverages, chocolate syrup, prepared with whole milk	282.0	1.0 cup (8 fl oz)	36.04	8.66	0.192
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	113.0	1.0 slice	36.00	12.71	0.092
09507	Fruit juice smoothie, NAKED JUICE, MIGHTY MANGO	240.0	8.0 fl oz	36.00	1.01	--
14060	Beverages, Energy Drink with carbonated water and high fructose corn syrup	240.0	8.0 fl oz	36.00	1.01	--
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	153.0	10.0 strip	35.97	3.35	0.029
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	143.0	1.0 serving 5 servings per 24.2 oz package	35.95	16.13	--
16073	Lima beans, large, mature seeds, canned	241.0	1.0 cup	35.93	11.88	0.140
21297	PIZZA HUT 14" Pepperoni Pizza, Pan Crust	113.0	1.0 slice	35.92	12.96	--
28176	KELLOGG'S, POP-TARTS, Frosted Wild Grape Toaster Pastries	50.0	1.0 pastry	35.90	2.05	--
21277	DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	108.0	1.0 slice	35.90	11.66	--
11412	Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated	133.0	10.0 strip	35.88	3.42	--
22914	Pasta with tomato sauce, no meat, canned	252.0	1.0 serving (1 NLEA serving)	35.83	5.59	--
28286	Bread, paratha, whole wheat, commercially prepared, frozen	79.0	1.0 piece	35.83	5.02	--
20652	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, cooked	116.0	1.0 cup spaghetti not packed	35.81	6.58	--
19886	Frozen novelties, KLONDIKE, SLIM-A-BEAR Chocolate Cone	79.0	1.0 serving 1 cone	35.80	3.23	--
19896	Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar	56.0	1.0 serving 1 bar	35.78	5.00	--
18042	Bread, pita, whole-wheat	64.0	1.0 pita, large (6-1/2" dia)	35.77	6.27	0.095
08705	Cereals ready-to-eat, KASHI GOLEAN Vanilla Graham Clusters	51.0	1.0 Cup (1 NLEA serving)	35.75	10.96	--
09233	Passion-fruit juice, yellow, raw	247.0	1.0 cup	35.69	1.65	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	107.0	1.0 slice	35.66	12.19	--
20106	Macaroni, vegetable, enriched, cooked	134.0	1.0 cup spiral shaped	35.66	6.07	0.078
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	255.0	1.0 cup	35.65	6.63	0.074
19112	Candies, TWIZZLERS Strawberry Twists Candy	45.0	4.0 pieces 1.6oz	35.62	1.15	--
16117	Soy flour, defatted	105.0	1.0 cup	35.62	54.03	0.717
42196	Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar	50.0	1.0 serving 1.76 oz bar	35.61	1.60	--
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	35.57	4.12	0.063
18476	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Blueberry	52.0	1.0 pastry	35.57	2.39	--
18940	Muffin, blueberry, commercially prepared, low-fat	71.0	1.0 muffin small	35.54	3.00	0.034
18955	Bread, pan dulce, sweet yeast bread	63.0	1.0 slice (average weight of 1 slice)	35.52	5.93	--
21484	Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	116.0	1.0 slice	35.52	13.34	--
36024	CRACKER BARREL, chicken tenderloin platter, fried	175.0	1.0 serving	35.51	31.60	0.332
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	171.0	1.0 cup	35.50	13.22	0.162
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	171.0	1.0 cup	35.50	13.22	0.162
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	111.0	1.0 slice	35.50	13.03	--
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	68.0	1.0 cup	35.49	23.87	0.337
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	68.0	1.0 cup	35.49	23.87	0.337
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	256.0	1.0 cup	35.48	4.99	0.038
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	35.48	4.99	0.036
18998	KELLOGG'S, EGGO, French Toaster Sticks, Original	90.0	2.0 pieces	35.46	4.77	--
08560	Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax	53.0	0.67 Cup (1 NLEA serving)	35.46	8.90	--
21139	Fast foods, potato, mashed	242.0	1.0 cup	35.45	3.99	--
28164	KELLOGG'S, POP-TARTS, Frosted Blueberry Muffin Toaster Pastries	50.0	1.0 pastry	35.45	2.00	--
21007	Fast foods, biscuit, with egg, cheese, and bacon	145.0	1.0 item	35.44	17.41	0.236
28192	KELLOGG'S, POP-TARTS, Gingerbread Toaster Pastries	50.0	1.0 pastry	35.40	2.05	--
28180	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Rainbow Chip Toaster Pastries	50.0	1.0 pastry	35.40	2.00	--
21232	McDONALD'S, FILET-O-FISH	134.0	1.0 sandwich	35.36	15.09	--
21106	Fast foods, fish sandwich, with tartar sauce and cheese	134.0	1.0 sandwich	35.36	15.09	--
08054	Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey	48.0	0.5 cup (1 NLEA serving)	35.35	5.06	--
35206	Plums, wild (Northern Plains Indians)	161.0	1.0 cup	35.34	0.69	--
21296	PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust	110.0	1.0 slice	35.32	13.45	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
11934	Potatoes, mashed, home-prepared, whole milk and butter added	210.0	1.0 cup	35.30	3.91	0.069
28170	KELLOGG'S, POP-TARTS, Frosted Orange Cream Toaster Pastries	50.0	1.0 pastry	35.30	1.95	--
28171	KELLOGG'S, POP-TARTS, Frosted Pumpkin Pie Toaster Pastries	50.0	1.0 pastry	35.30	2.35	--
01264	Ice cream bar, stick or nugget, with crunch coating	95.0	26.0 pieces	35.26	2.00	--
28163	KELLOGG'S, POP-TARTS, Frosted Apple Strudel Toaster Pastries	50.0	1.0 pastry	35.25	2.20	--
18144	Cake, yellow, enriched, dry mix	43.0	1.0 serving	35.23	1.59	0.026
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166.0	1.0 sandwich	35.19	21.25	0.267
20125	Pasta, whole-wheat, cooked	117.0	1.0 cup spaghetti not packed	35.18	7.01	0.090
09177	Mangosteen, canned, syrup pack	196.0	1.0 cup, drained	35.10	0.80	--
16345	Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water	169.0	1.0 cup	35.10	11.90	0.134
19098	Candies, 5TH AVENUE Candy Bar	56.0	1.0 bar 2 oz	35.10	4.92	--
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	117.0	1.0 slice	35.10	14.31	0.145
28173	KELLOGG'S, POP-TARTS, Frosted Sugar Cookie Toaster Pastries	50.0	1.0 pastry	35.10	2.25	--
28193	KELLOGG'S, POP-TARTS, Yum-azing Vanilla Milkshake Toaster Pastries	50.0	1.0 pastry	35.10	2.05	--
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	117.0	1.0 slice 1/8 pizza	35.10	14.31	0.145
21603	School Lunch, pizza, pepperoni topping, thick crust, whole grain, frozen, cooked	124.0	1.0 slice per 1/10 pizza	35.09	17.79	--
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	40.0	1.0 serving 6 pieces	35.09	0.64	0.076
21293	PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust	105.0	1.0 slice	35.09	12.58	--
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	57.0	1.0 bar (2 oz)	35.06	4.29	--
19130	Candies, HERSHEY'S POT OF GOLD Almond Bar	78.0	1.0 bar 2.8 oz	35.01	10.00	--
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	35.01	11.97	0.157
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	180.0	1.0 cup	35.01	11.97	0.157
22932	SPAGHETTIOS, SpaghettiOs A to Z's	252.0	1.0 cup (1 serving)	35.00	6.00	--
22938	SPAGHETTIOS, SpaghettiOs plus Calcium	252.0	1.0 cup (1 serving)	35.00	6.00	--
22931	SPAGHETTIOS, SpaghettiOs Original	252.0	1.0 cup (1 serving)	35.00	6.00	--
19250	Candies, HERSHEY, KIT KAT BIG KAT Bar	55.0	1.0 bar 1.94 oz	35.00	3.43	--
20089	Wild rice, cooked	164.0	1.0 cup	35.00	6.54	0.080
36029	DENNY'S, fish fillet, battered or breaded, fried	201.0	1.0 serving	34.99	27.64	0.302
28393	PEPPERIDGE FARM, White Hoagie Roll	69.0	1.0 serving	34.98	0.01	--
21497	PIZZA HUT 14" Sausage Pizza, Hand-Tossed Crust	119.0	1.0 slice	34.97	14.18	--
18642	GENERAL MILLS, BETTY CROCKER SUPERMOIST Yellow Cake Mix, dry	43.0	1.0 serving	34.96	1.63	--
08393	Cereals ready-to-eat, KASHI GOLEAN	52.0	1.0 cup (1 NLEA serving)	34.94	12.94	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
18112	Cake, pudding-type, german chocolate, dry mix	43.0	1.0 serving	34.94	1.79	0.025
16590	MORNINGSTAR FARMS BBQ Riblets, frozen, unprepared	142.0	1.0 sauce	34.93	16.19	--
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	219.0	1.0 cup	34.93	3.46	0.024
19094	Desserts, flan, caramel custard, prepared-from-recipe	153.0	0.5 cup	34.85	6.93	--
19091	Candies, YORK Peppermint Pattie	43.0	1.0 patty 1.5 oz	34.83	0.94	--
21601	School Lunch, pizza, cheese topping, thick crust, whole grain, frozen, cooked	124.0	1.0 slice per 1/10 pizza	34.82	18.13	--
28357	GLUTINO, Gluten Free Cookies, Vanilla Creme	45.0	3.0 cookies	34.80	0.99	--
12152	Nuts, pistachio nuts, dry roasted, without salt added	123.0	1.0 cup	34.78	25.89	0.322
16361	Cowpeas, catjang, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	34.75	13.90	0.171
16061	Cowpeas, catjang, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	34.75	13.90	0.171
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	262.0	1.0 cup	34.74	8.49	0.084
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	137.0	1.0 cup	34.73	23.70	0.362
28165	KELLOGG'S, POP-TARTS, Chocolate Chip Cookie Dough Toaster Pastries	50.0	1.0 pastry	34.70	2.25	--
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	34.70	0.99	0.007
09407	Peach nectar, canned, with added ascorbic acid	249.0	1.0 cup	34.66	0.67	--
09251	Peach nectar, canned, without added ascorbic acid	249.0	1.0 cup	34.66	0.67	--
32015	Turnover, cheese-filled, tomato-based sauce, frozen, unprepared	127.0	1.0 serving 4.5 oz	34.66	13.00	--
28169	KELLOGG'S, POP-TARTS, Frosted Cookies & Creme Toaster Pastries	50.0	1.0 pastry	34.65	2.45	--
19083	Candies, sweet chocolate coated fondant	43.0	1.0 patty, large	34.57	0.95	--
09072	Cherries, sweet, canned, juice pack, solids and liquids	250.0	1.0 cup, pitted	34.52	2.28	--
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	136.0	1.0 slice	34.52	14.99	0.148
18479	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted brown sugar cinnamon	50.0	1.0 pastry	34.50	2.30	--
19252	Candies, REESE'S, FAST BREAK, milk chocolate peanut butter and soft nougats	56.0	2.0 oz bar	34.50	4.85	--
09508	Fruit juice smoothie, NAKED JUICE, GREEN MACHINE	275.0	1.0 cup	34.46	1.65	--
08023	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN	49.0	0.75 cup (1 NLEA serving)	34.45	4.51	--
28304	Waffles, whole wheat, lowfat, frozen, ready-to-heat	70.0	1.0 serving 2 waffles	34.41	5.00	--
12163	Seeds, pumpkin and squash seeds, whole, roasted, without salt	64.0	1.0 cup	34.40	11.87	0.209
12663	Seeds, pumpkin and squash seeds, whole, roasted, with salt added	64.0	1.0 cup	34.40	11.87	0.209
09008	Apples, canned, sweetened, sliced, drained, heated	204.0	1.0 cup slices	34.35	0.37	0.004
12129	Nuts, ginkgo nuts, canned	155.0	1.0 cup (78 kernels)	34.26	3.55	0.059
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	45.0	1.0 packet	34.24	4.29	--
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	165.0	1.0 cup	34.20	4.98	0.035

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	48.0	1.0 package (1.69 oz)	34.17	2.08	--
14056	Beverages, Acai berry drink, fortified	266.0	8.0 fl oz	34.13	2.21	--
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	34.10	18.03	0.219
09007	Apples, canned, sweetened, sliced, drained, unheated	204.0	1.0 cup slices	34.07	0.37	0.004
14220	Beverages, OCEAN SPRAY, Cranberry-Apple Juice Drink, bottled	249.0	8.0 fl oz	34.06	0.72	--
08688	Cereals, QUAKER, Instant Oatmeal, Cinnamon Swirl, high fiber	45.0	1.0 packet (1 NLEA serving)	34.05	3.96	--
19292	Candies, MARS SNACKFOOD US, M&M's Crispy Chocolate Candies	47.0	1.0 serving 1.6 oz bag	34.03	2.01	--
08589	Cereals ready-to-eat, KASHI GOLEAN CRISP Toasted Berry Crumble	51.0	0.75 cup (1 NLEA serving)	34.01	9.18	--
36416	Restaurant, Latino, bunuelos (fried yeast bread)	70.0	1.0 piece	34.00	5.61	0.064
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	33.92	7.33	0.082
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	33.92	7.33	0.082
28167	KELLOGG'S, POP-TARTS, Frosted Cinnamon Roll Toaster Pastries	50.0	1.0 pastry	33.90	2.35	--
16059	Chili with beans, canned	256.0	1.0 cup	33.89	15.67	0.177
09269	Pineapple, canned, light syrup pack, solids and liquids	252.0	1.0 cup, crushed, sliced, or chunks	33.89	0.91	0.013
12652	Nuts, pistachio nuts, dry roasted, with salt added	123.0	1.0 cup	33.89	25.89	0.322
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	33.87	4.47	0.065
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	160.0	1.0 cup, chopped	33.84	0.93	0.016
20013	Bulgur, cooked	182.0	1.0 cup	33.82	5.61	0.087
32025	Dumpling, potato- or cheese-filled, frozen	114.0	3.0 pieces pierogies	33.79	6.00	--
12023	Seeds, sesame seeds, whole, dried	144.0	1.0 cup	33.77	25.53	0.559
14239	Alcoholic beverage, malt beer, hard lemonade	335.0	11.2 fl oz	33.73	0.00	--
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	33.73	0.93	0.018
35147	Tamales (Navajo)	186.0	1.0 piece	33.70	11.68	0.097
28182	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Vanilla Milkshake Toaster Pastries	48.0	1.0 pastry	33.65	1.92	--
28181	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Strawberry Milkshake Toaster Pastries	48.0	1.0 pastry	33.60	1.92	--
09232	Passion-fruit juice, purple, raw	247.0	1.0 cup	33.59	0.96	--
21324	McDONALD'S, Baked Apple Pie	77.0	2.7 oz	33.59	2.36	--
08132	Cereals, oats, instant, fortified, with raisins and spice, dry	44.0	1.0 packet	33.59	3.72	--
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	33.53	5.23	0.061
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	236.0	1.0 item	33.51	35.09	0.283
28178	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Hot Fudge Sundae Toaster Pastries	48.0	1.0 pastry	33.50	2.11	--
20010	Buckwheat groats, roasted, cooked	168.0	1.0 cup	33.50	5.68	0.082

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
06190	Soup, bean & ham, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	33.47	10.27	--
28332	Cookies, gluten-free, chocolate sandwich, with creme filling	44.0	3.0 cookies	33.45	0.96	--
28356	GLUTINO, Gluten Free Cookies, Chocolate Vanilla Creme	44.0	3.0 cookies	33.45	0.96	--
18041	Bread, pita, white, enriched	60.0	1.0 pita, large (6-1/2" dia)	33.42	5.46	0.063
12151	Nuts, pistachio nuts, raw	123.0	1.0 cup	33.42	24.80	0.309
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	170.0	1.0 cup	33.40	12.92	0.122
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	170.0	1.0 cup	33.40	12.92	0.122
19153	Candies, NESTLE, AFTER EIGHT Mints	42.0	1.0 serving 5 mints	33.40	0.70	--
42270	Beverages, Orange juice drink	249.0	1.0 cup	33.39	0.50	--
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	128.0	1.0 cup	33.33	21.71	0.475
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	128.0	1.0 cup	33.33	21.71	0.475
28179	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Ice Creme Sandwich Toaster Pastries	48.0	1.0 pastry	33.31	2.21	--
21009	Fast foods, biscuit, with sausage	111.0	1.0 item	33.29	10.73	0.117
21241	WENDY'S, Jr. Hamburger, without cheese	117.0	1.0 item	33.29	14.77	0.137
21508	WEND'YS, Crispy Chicken Sandwich	126.0	1.0 sandwich	33.21	14.77	--
14284	Beverages, Cranberry juice cocktail	271.0	1.0 cup	33.20	0.00	--
08183	Cereals, whole wheat hot natural cereal, cooked with water, with salt	242.0	1.0 cup	33.15	4.84	--
08145	Cereals, whole wheat hot natural cereal, cooked with water, without salt	242.0	1.0 cup	33.15	4.84	--
35239	Tortilla, blue corn, Sakwavikaviki (Hopi)	57.0	1.0 piece	33.13	4.46	--
09079	Cranberries, dried, sweetened	40.0	0.25 cup	33.12	0.07	--
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	55.0	1.0 bar	33.12	8.90	0.121
19313	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Tropical fruits	40.0	1.0 serving fun size (8 chews)	33.10	0.16	--
21233	McDONALD'S, Cheeseburger	119.0	1.0 item 4 oz	33.09	15.43	--
21527	ARBY'S, roast beef sandwich, classic	149.0	1.0 sandwich	33.09	22.60	--
21121	Fast foods, roast beef sandwich, plain	149.0	1.0 sandwich	33.09	22.60	--
12136	Nuts, mixed nuts, dry roasted, with peanuts, salt added, PLANTERS pistachio blend	147.0	1.0 cup	33.09	32.27	--
08130	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry	43.0	1.0 packet	33.07	3.96	--
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	248.0	1.0 cup	33.06	10.09	0.134
21099	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and ham	254.0	1.0 sandwich	33.05	39.50	0.498
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	40.0	1.0 serving fun size (8 chews)	33.03	0.16	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
14179	Beverages, coffee, ready to drink, milk based, sweetened	262.0	1.0 cup	33.01	5.19	--
16384	Mungo beans, mature seeds, cooked, boiled, with salt	180.0	1.0 cup	33.01	13.57	0.140
16084	Mungo beans, mature seeds, cooked, boiled, without salt	180.0	1.0 cup	33.01	13.57	0.140
22899	Ravioli, cheese-filled, canned	242.0	1.0 cup	33.01	6.00	--
01240	Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	96.0	1.0 unit	33.00	5.00	--
14095	Beverages, MINUTE MAID, Lemonada, Limeade	240.0	8.0 fl oz	33.00	0.00	--
08124	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry	43.0	1.0 packet (1 NLEA serving)	33.00	3.71	--
19309	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Fruit and Creme	40.0	1.0 serving fun size (8 chews)	32.97	0.16	--
36030	DENNY'S, hash browns	124.0	1.0 serving	32.97	3.09	--
08680	Cereals, oats, instant, fortified, maple and brown sugar, dry	43.0	1.0 packet	32.97	3.98	--
09436	Mango nectar, canned	251.0	1.0 cup	32.93	0.28	--
08703	Cereals, KELLOGG'S SPECIAL K NOURISH, Cranberry Almond, dry	52.0	1.0 Container (1 NLEA serving)	32.91	7.80	--
36059	Restaurant, Italian, chicken parmesan without pasta	301.0	1.0 serving	32.87	48.67	0.611
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	158.0	1.0 cup cup rinsed solids	32.86	12.83	0.153
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170.0	1.0 cup	32.84	10.32	0.136
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	170.0	1.0 cup	32.84	10.32	0.136
28335	Cookies, gluten-free, vanilla sandwich, with creme filling	44.0	3.0 cookies	32.83	1.17	--
18087	Cake, angelfood, dry mix	38.0	1.0 serving	32.73	2.43	0.043
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	61.0	0.167 loaf 1/6 of the loaf	32.72	3.05	0.025
14351	Beverages, Strawberry-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	32.72	7.98	0.112
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240.0	1.0 cup	32.71	11.38	0.139
09442	Pomegranate juice, bottled	249.0	1.0 cup	32.69	0.37	--
16171	Refried beans, canned, vegetarian	242.0	1.0 cup	32.67	12.78	--
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	54.0	1.0 serving 1 singles bag	32.66	5.17	--
12160	Seeds, cottonseed kernels, roasted (glandless)	149.0	1.0 cup	32.63	48.56	0.733
19152	Candies, ROLO Caramels in Milk Chocolate	48.0	1.0 package 1 package	32.62	2.44	--
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	165.0	1.0 cup	32.55	5.23	0.061
08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	43.0	1.0 packet (1 NLEA serving)	32.54	3.92	--
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	127.0	1.0 slice	32.54	13.84	0.133
11316	Peas, mature seeds, sprouted, raw	120.0	1.0 cup	32.53	10.56	--
19128	Syrups, table blends, pancake, reduced-calorie	73.0	1.0 serving 1/4 cup	32.52	0.00	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
09103	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids	249.0	1.0 cup	32.49	1.27	--
08316	Cereals, QUAKER, hominy grits, white, regular, dry	41.0	0.25 cup (1 NLEA serving)	32.47	3.61	--
01239	Ice cream cookie sandwich	82.0	1.0 serving	32.47	3.03	--
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	250.0	8.0 fl oz	32.40	0.42	--
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	170.0	1.0 container (6 oz)	32.38	7.43	0.042
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	32.38	7.43	0.042
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	240.0	1.0 cup	32.38	11.81	0.115
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	32.38	11.81	0.115
19068	Candies, NESTLE, BIT-O'-HONEY Candy Chews	40.0	1.0 serving 6 pieces	32.36	0.80	--
19302	Candies, MARS SNACKFOOD US, SNICKERS Almond bar	50.0	1.0 serving 1.76 oz bar	32.34	2.70	--
21090	Fast foods, cheeseburger; single, regular patty, with condiments	127.0	1.0 item	32.33	17.13	--
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	170.0	1.0 container (6 oz)	32.30	7.48	0.048
43261	Yogurt, fruit variety, nonfat	170.0	1.0 container (6 oz)	32.30	7.48	0.048
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	233.0	1.0 cup	32.29	2.87	0.023
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	32.29	2.87	0.023
08704	Cereals, KELLOGG'S SPECIAL K NOURISH, Maple Brown Sugar Crunch, dry	52.0	1.0 Container (1 NLEA serving)	32.29	8.00	--
19280	Frozen novelties, ice type, lime	99.0	0.5 cup (4 fl oz)	32.27	0.40	--
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	32.27	4.54	0.054
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	165.0	1.0 cup	32.27	4.54	0.054
16403	Refried beans, canned, traditional, reduced sodium	238.0	1.0 cup	32.25	11.85	0.140
16103	Refried beans, canned, traditional style (includes USDA commodity)	238.0	1.0 cup	32.25	11.85	0.155
06249	Soup, pea, green, canned, prepared with equal volume milk	254.0	1.0 cup (8 fl oz)	32.23	12.62	0.130
21242	WENDY'S, Jr. Hamburger, with cheese	129.0	1.0 item	32.21	16.85	0.168
18478	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Brown sugar cinnamon	50.0	1.0 pastry	32.20	2.70	--
22956	Lasagna, Vegetable, frozen, baked	227.0	1.0 serving	32.19	15.59	0.252
08702	Cereals, KELLOGG'S SPECIAL K NOURISH, Cinnamon Raisin Pecan, dry	52.0	1.0 Container (1 NLEA serving)	32.19	7.33	--
09044	Cherries, tart, dried, sweetened	40.0	0.25 cup	32.18	0.50	--
09273	Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	250.0	1.0 cup	32.18	0.90	--
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	250.0	1.0 cup	32.18	0.90	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
09254	Pears, canned, juice pack, solids and liquids	248.0	1.0 cup, halves	32.09	0.84	--
12138	Nuts, mixed nuts, oil roasted, without peanuts, without salt added	144.0	1.0 cup	32.07	22.35	0.363
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	144.0	1.0 cup	32.07	22.35	0.363
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	43.0	1.0 packet (1 NLEA serving)	32.04	4.47	--
22942	SPAGHETTIOS, SpaghettiOs A to Z's with Meatballs	252.0	1.0 cup (1 serving)	32.00	11.01	--
22940	SPAGHETTIOS, SpaghettiOs with Meatballs	252.0	1.0 cup (1 serving)	32.00	11.01	--
22941	SPAGHETTIOS, SpaghettiOs with Sliced Franks	252.0	1.0 cup (1 serving)	32.00	9.00	--
22522	Pasta with Sliced Franks in Tomato Sauce, canned entree	252.0	1.0 serving (1 cup)	32.00	11.01	--
22949	SUPPER BAKES MEAL KITS, Southwestern-Style Chicken w/rice (chicken not included)	81.0	0.167 box (NLEA serving)	32.00	4.00	--
09163	Blueberries, dried, sweetened	40.0	0.25 cup	32.00	1.00	--
16255	SILK Peach soy yogurt	170.0	1.0 container	31.99	4.00	--
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	123.0	1.0 slice	31.99	13.95	0.170
18951	Waffles, chocolate chip, frozen, ready-to-heat	70.0	2.0 waffles	31.98	4.06	0.043
19149	Candies, NESTLE, RAISINETS Chocolate Covered Raisins	45.0	1.0 serving 1.58 oz bag	31.95	1.98	--
08649	Cereals ready-to-eat, KASHI GOLEAN CRISP Cinnamon Crumble	51.0	0.75 cup (1 NLEA serving)	31.92	11.27	--
20094	Pasta, fresh-refrigerated, plain, cooked	128.0	2.0 oz	31.91	6.59	0.083
21002	Fast foods, biscuit, with egg	136.0	1.0 biscuit	31.91	11.60	0.143
11991	Yautia (tannier), raw	135.0	1.0 cup, sliced	31.90	1.97	--
36605	CRACKER BARREL, country fried shrimp platter	149.0	1.0 serving	31.89	18.80	0.221
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	31.84	4.21	0.051
19181	Candies, YORK BITES	39.0	15.0 pieces	31.84	0.69	--
21361	McDONALD'S, Sausage Biscuit	117.0	1.0 item 4.1 oz	31.82	11.26	--
11400	Potatoes, frozen, whole, unprepared	182.0	1.0 cup	31.80	4.33	0.067
16054	Broadbeans (fava beans), mature seeds, canned	256.0	1.0 cup	31.77	14.00	0.133
19067	Candies, TWIZZLERS CHERRY BITES	40.0	18.0 pieces	31.75	1.19	--
19092	Candies, TWIZZLERS NIBS CHERRY BITS	40.0	27.0 pieces	31.75	0.92	--
08568	Cereals, KASHI HEART TO HEART, Instant Oatmeal, Apple Cinnamon, dry	43.0	1.0 packet (1 NLEA serving)	31.73	4.77	--
21112	Fast foods, hamburger; single, large patty; plain	137.0	1.0 sandwich	31.73	22.62	0.274
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	31.73	10.24	0.134
22904	Chili con carne with beans, canned entree	242.0	1.0 cup	31.70	14.04	--
06619	SMART SOUP, Santa Fe Corn Chowder	283.0	10.0 oz 1 pouch	31.70	5.66	--
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	170.0	1.0 container (6 oz)	31.69	6.77	0.037
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	31.69	6.77	0.037
22902	Pizza, meat topping, thick crust, frozen, cooked	103.0	1.0 slice 1/8 of 12" pizza	31.68	12.11	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
14177	Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	31.68	8.59	0.192
11618	Eppaw, raw	100.0	1.0 cup	31.68	4.60	--
09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	250.0	1.0 cup	31.68	1.00	--
14256	Beverages, OCEAN SPRAY, Cran Cherry	248.0	8.0 fl oz	31.64	0.47	--
08569	Cereals, KASHI HEART TO HEART, Instant Oatmeal, golden brown maple, dry	43.0	1.0 packet (1 NLEA serving)	31.64	4.90	--
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	120.0	1.0 item	31.63	5.09	--
28367	SAGE VALLEY, Gluten Free Vanilla Sandwich Cookies	44.0	3.0 cookies	31.63	1.38	--
01203	Yogurt, fruit, lowfat, with low calorie sweetener	170.0	1.0 container (6 oz)	31.62	8.26	0.046
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	31.62	8.26	0.046
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	31.62	8.26	0.046
21360	McDONALD'S, Bacon Egg & Cheese Biscuit	142.0	1.0 item 4.9 oz	31.61	19.10	--
18964	Cinnamon buns, frosted (includes honey buns)	65.0	1.0 bun	31.59	2.89	0.044
14217	Beverages, OCEAN SPRAY, Cran Grape	240.0	8.0 fl oz	31.58	0.50	--
14558	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk	266.0	1.0 serving	31.57	8.70	--
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	210.0	1.0 cup	31.54	3.99	0.040
21251	BURGER KING, Cheeseburger	133.0	1.0 item	31.53	19.38	0.106
28306	Bread, chapati or roti, plain, commercially prepared	68.0	1.0 piece	31.52	7.65	--
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	31.52	4.43	0.060
12110	Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned	77.0	1.0 cup	31.50	2.58	0.030
25005	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON MULTIGRAIN CRUNCH BAR	55.0	1.0 bar	31.50	10.17	--
11031	Lima beans, immature seeds, raw	156.0	1.0 cup	31.47	10.67	0.140
18612	MCKEE BAKING, LITTLE DEBBIE NUTTY BARS, Wafers with Peanut Butter, Chocolate Covered	57.0	1.0 serving	31.46	4.56	--
18080	Bread sticks, plain	46.0	1.0 cup, small pieces	31.46	5.52	0.064
18505	KELLOGG'S, EGGO, Waffles, Homestyle, Low Fat	70.0	2.0 waffles 1 serving	31.43	4.41	--
21362	McDONALD'S, Sausage Biscuit with Egg	163.0	1.0 item 5.7 oz	31.43	18.37	--
09164	Litchis, raw	190.0	1.0 cup	31.41	1.58	0.013
28260	KELLOGG'S, EGGO, Waffles, Chocolate Chip	70.0	2.0 waffles	31.36	4.06	--
03109	Babyfood, vegetables, sweet potatoes, junior	224.0	1.0 cup	31.36	2.46	0.047
22903	Pizza, pepperoni topping, regular crust, frozen, cooked	127.0	0.25 pizza 12" diameter	31.36	18.26	--
19115	Candies, MARS SNACKFOOD US, MARS Almond Bar	50.0	1.0 bar (1.76 oz)	31.35	4.05	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
09301	Rambutan, canned, syrup pack	150.0	1.0 cup, drained	31.30	0.98	--
11674	Potatoes, baked, flesh and skin, without salt	148.0	1.0 NLEA serving	31.30	3.70	0.037
21119	Fast foods, hotdog, with chili	114.0	1.0 sandwich	31.29	13.51	0.129
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245.0	1.0 cup (unprepared)	31.29	5.19	--
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	31.23	0.97	0.017
14648	Beverages, fruit juice drink, greater than 3% fruit juice, high vitamin C and added thiamin	237.0	8.0 fl oz	31.19	0.31	--
16172	Refried beans, canned, fat-free	231.0	1.0 cup	31.18	12.34	--
09443	Juice, apple and grape blend, with added ascorbic acid	250.0	8.0 fl oz	31.15	0.40	--
14255	Beverages, OCEAN SPRAY, Cran Pomegranate	248.0	8.0 fl oz	31.15	0.17	--
22948	SUPPER BAKES MEAL KITS, Savory Pork Chops with herb stuffing (pork chop not included)	85.0	1.0 serving	31.14	5.02	--
22910	Lasagna, cheese, frozen, prepared	225.0	1.0 cup 1 serving	31.14	14.72	0.146
19308	Candies, MARS SNACKFOOD US, POP'ABLES 3 MUSKETEERS Brand Bite Size Candies	41.0	1.0 serving 15 pieces	31.14	1.06	--
22983	KASHI, Chicken Florentine, Frozen Entree	283.0	1.0 package	31.13	22.36	--
11501	Succotash, (corn and limas), frozen, unprepared	156.0	1.0 cup	31.11	6.72	0.075
28013	KELLOGG'S, EGGO, FIBERPLUS Waffles, Chocolate Chip	70.0	2.0 waffles	31.08	3.01	--
11392	Potatoes, hash brown, frozen, with butter sauce, unprepared	170.0	1.0 package (6 oz)	31.08	3.18	--
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	31.04	35.55	0.336
08417	Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry	41.0	1.0 packet (1 NLEA serving)	31.04	3.68	--
16250	SILK Vanilla soy yogurt (family size)	227.0	1.0 container	31.01	5.99	--
16253	SILK Strawberry soy yogurt	170.0	1.0 container	31.01	4.00	--
19866	Candies, soft fruit and nut squares	42.0	3.0 pieces	31.00	0.97	--
22944	SUPPER BAKES MEAL KITS, Creamy Stroganoff Sauce with pasta	125.0	1.0 serving	31.00	6.00	--
22937	SPAGHETTIOS, SpaghettiOs in Meat Sauce	252.0	1.0 cup (1 serving)	31.00	7.99	--
21092	Fast foods, cheeseburger; double, regular patty; plain	149.0	1.0 item	30.99	25.57	0.338
22965	SPAGHETTIOS, SpaghettiOs Original, easy open	213.0	1.0 can (1 serving)	30.99	5.01	--
06588	CAMPBELL'S Soup on the Go, Classic Tomato Soup	305.0	1.0 container	30.99	2.99	--
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	30.90	27.08	0.413
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	135.0	1.0 cup	30.90	27.08	0.413
21523	McDONALD'S, RANCH SNACK WRAP, Crispy	133.0	1.0 wrap	30.88	15.27	--
21517	Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce	133.0	1.0 item	30.88	15.27	--
09025	Apricots, canned, extra light syrup pack, with skin, solids and liquids	247.0	1.0 cup, halves	30.88	1.48	0.027
21380	McDONALD'S, Fruit 'n Yogurt Parfait	149.0	1.0 item 5.2 oz	30.87	4.07	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	165.0	1.0 cup	30.87	4.21	0.051
28019	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Honey Oat	70.0	2.0 waffles	30.87	4.62	--
43382	Cranberry juice, unsweetened	253.0	1.0 cup	30.87	0.99	--
12061	Nuts, almonds	143.0	1.0 cup, whole	30.82	30.24	0.302
12037	Seeds, sunflower seed kernels, dry roasted, without salt	128.0	1.0 cup	30.81	24.74	0.378
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	128.0	1.0 cup	30.81	24.74	0.378
19333	Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water	127.0	0.5 cup	30.73	0.83	--
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	102.0	1.0 slice	30.70	12.88	0.159
28323	Pancakes, plain, low fat, dry mix, incomplete (includes buttermilk)	41.0	0.33 cup 1 serving	30.62	3.03	--
11990	Wasabi, root, raw	130.0	1.0 cup, sliced	30.60	6.24	--
11048	Beans, pinto, immature seeds, frozen, unprepared	94.0	0.333 package (10 oz)	30.55	9.21	--
16106	Meat extender	88.0	1.0 cup	30.54	36.70	0.505
16093	Peanuts, valencia, raw	146.0	1.0 cup	30.53	36.63	0.356
28018	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Blueberry	70.0	2.0 waffles	30.52	4.34	--
19144	Candies, NESTLE, 100 GRAND Bar	43.0	1.0 bar (1.5 oz)	30.52	1.08	--
31021	Potatoes, hash brown, refrigerated, unprepared	159.0	1.0 cup unprepared	30.46	2.78	--
09510	Pineapple juice, canned, not from concentrate, unsweetened, with added vitamins A, C and E	250.0	1.0 cup	30.45	0.90	--
31036	Potatoes, mashed, ready-to-eat	229.0	1.0 cup	30.43	4.51	--
11311	Peas, green, canned, drained solids, rinsed in tap water	257.0	1.0 can	30.38	11.13	0.103
19162	Candies, WHATCHAMACALLIT Candy Bar	48.0	1.0 bar 1.7 oz	30.35	3.86	--
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	30.32	7.48	0.095
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	250.0	1.0 cup	30.32	7.48	0.112
28023	KELLOGG'S, SIMPLY EGGO, Original	70.0	2.0 waffles	30.31	4.34	--
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	96.0	1.0 slice	30.29	12.35	0.118
14183	Beverages, coffee, ready to drink, iced, mocha, milk based	265.0	1.0 cup	30.26	3.92	--
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	210.0	1.0 cup	30.24	4.30	0.048
18610	CONTINENTAL MILLS, KRUSTEAZ Almond Poppyseed Muffin Mix, Artificially Flavored, dry	40.0	1.0 serving	30.24	2.24	--
08142	Cereals, WHEATENA, dry	40.0	0.33 cup (1 NLEA serving)	30.24	5.24	--
21238	McDONALD'S, french fries	71.0	1.0 small serving	30.23	2.42	--
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	104.0	1.0 slice	30.19	13.45	0.114
19404	Snacks, granola bars, soft, uncoated, chocolate chip	43.0	1.0 bar (1.5 oz)	30.19	2.43	0.025

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	210.0	1.0 cup	30.16	4.30	0.048
19256	Candies, MARS SNACKFOOD US, MILKY WAY Caramels, milk chocolate covered	44.0	1.0 serving 5 pieces	30.14	1.88	--
09255	Pears, canned, extra light syrup pack, solids and liquids	247.0	1.0 cup, halves	30.13	0.74	--
21384	BURGER KING, CROISSAN'WICH with Sausage and Cheese	131.0	1.0 item	30.13	17.99	0.145
18629	PILLSBURY, Buttermilk Biscuits, Artificial Flavor, refrigerated dough	64.0	1.0 biscuit	30.12	4.10	--
28043	KEEBLER, ANIMALS, Cookies	40.0	1.0 package 1 serving	30.12	2.24	--
11955	Tomatoes, sun-dried	54.0	1.0 cup	30.11	7.62	0.056
09024	Apricots, canned, juice pack, with skin, solids and liquids	244.0	1.0 cup, halves	30.11	1.54	0.027
09452	Orange Pineapple Juice Blend	246.0	8.0 fl oz	30.01	1.01	--
06592	CAMPBELL'S Soup on the Go, Creamy Tomato Soup	305.0	1.0 container	30.01	2.99	--
11671	Potatoes, o'brien, home-prepared	194.0	1.0 cup	30.01	4.56	0.068
16254	SILK Raspberry soy yogurt	170.0	1.0 container	30.00	4.00	--
16258	SILK Key Lime soy yogurt	170.0	1.0 container	30.00	4.00	--
16200	Campbell's Brown Sugar And Bacon Flavored Baked Beans	130.0	0.5 cup	30.00	5.00	--
06380	CAMPBELL'S Red and White, Split Pea with Ham and Bacon Soup, condensed	128.0	1.0 serving 1/2 cup	30.00	10.00	--
01242	Ice cream sandwich, vanilla, light, no sugar added	70.0	1.0 serving	30.00	4.00	--
09515	Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	230.0	1.0 cup	29.99	1.45	--
06414	CAMPBELL'S CHUNKY Soups, Hearty Bean 'N' Ham Soup	245.0	1.0 cup	29.99	11.00	--
06459	CAMPBELL'S CHUNKY Soups, Split Pea 'N' Ham Soup	245.0	1.0 cup	29.99	12.00	--
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	96.0	1.0 slice	29.97	11.45	0.123
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	100.0	1.0 slice	29.93	11.73	0.125
06192	Split pea soup, canned, reduced sodium, prepared with water or ready-to serve	253.0	1.0 cup	29.93	9.74	--
08452	Cereals, QUAKER, Whole Wheat Natural Cereal, dry	40.0	0.5 cup	29.92	4.72	--
11864	Squash, winter, acorn, cooked, baked, with salt	205.0	1.0 cup, cubes	29.89	2.30	0.033
11483	Squash, winter, acorn, cooked, baked, without salt	205.0	1.0 cup, cubes	29.89	2.30	0.033
09223	Tangerine juice, canned, sweetened	249.0	1.0 cup	29.88	1.24	0.002
25008	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Honey Nut Oat Bar	55.0	1.0 bar	29.86	12.38	--
11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	153.0	1.0 cup	29.82	9.12	--
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	153.0	1.0 cup	29.82	9.12	--
21004	Fast foods, biscuit, with egg and ham	182.0	1.0 biscuit	29.79	19.36	0.258
11398	Potato puffs, frozen, unprepared	120.0	1.0 cup	29.76	2.32	0.022

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
09101	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra heavy syrup, solids and liquids	130.0	0.5 cup	29.76	0.51	--
22919	Macaroni and Cheese, canned, microwavable	213.0	7.5 oz 1 serving	29.73	12.74	--
19258	Candies, MARS SNACKFOOD US, MILKY WAY Caramels. dark chocolate covered	44.0	1.0 serving 5 pieces	29.73	1.68	--
06622	SMART SOUP, Indian Bean Masala	283.0	10.0 oz 1 pouch	29.72	9.34	--
06969	Potato soup, instant, dry mix	39.0	1.0 serving 1/3 cup	29.69	3.59	--
14318	Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	29.68	8.93	0.196
08355	Cereals ready-to-eat, QUAKER, MOTHER'S COCOA BUMPERS	33.0	1.0 cup (1 NLEA serving)	29.67	1.39	--
11374	Potatoes, canned, solids and liquids	300.0	1.0 cup, whole	29.67	3.60	0.054
14233	Beverages, OCEAN SPRAY, Cran Raspberry Juice Drink	248.0	8.0 fl oz	29.66	0.69	--
14316	Beverages, Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	29.65	8.72	--
14227	Beverages, OCEAN SPRAY, White Cranberry Strawberry Flavored Juice Drink	247.0	8.0 fl oz	29.59	0.54	--
03108	Babyfood, vegetables, sweet potatoes strained	224.0	1.0 cup	29.57	2.46	0.049
19331	Puddings, lemon, dry mix, instant, prepared with whole milk	147.0	0.5 cup	29.55	3.97	0.053
19359	Candies, MARS SNACKFOOD US, SNICKERS CRUNCHER	47.0	1.0 serving 1.66 oz bar	29.54	3.22	--
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44.0	1.0 bar 1.55 oz	29.48	2.20	--
27043	Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve	519.0	1.0 can	29.48	12.09	--
14634	Beverages, milk beverage, reduced fat, flavored and sweetened, Ready-to-drink, added calcium, vitamin A and vitamin D	244.0	1.0 cup	29.48	7.44	--
08314	Cereals, QUAKER, hominy grits, white, quick, dry	37.0	0.25 cup	29.45	3.26	--
06358	Soup, tomato bisque, canned, prepared with equal volume milk	251.0	1.0 cup (8 fl oz)	29.44	6.30	0.080
21138	Fast foods, potato, french fried in vegetable oil	71.0	1.0 serving small	29.42	2.44	--
21013	Fast foods, croissant, with egg, cheese, and ham	155.0	1.0 item	29.42	19.30	--
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	131.0	1.0 cup	29.37	25.54	0.291
18088	Cake, angelfood, dry mix, prepared	50.0	1.0 piece (1/12 of 10" dia)	29.35	3.05	0.038
14258	Beverages, OCEAN SPRAY, White Cranberry Peach	247.0	8.0 fl oz	29.34	0.32	--
43541	Ice creams, chocolate, rich	148.0	1.0 cup	29.27	6.99	--
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	96.0	1.0 slice	29.27	11.49	0.111
14199	Beverages, tea, black, ready-to-drink, lemon, sweetened	271.0	1.0 cup	29.27	0.00	--
28012	KELLOGG'S, EGGO, FIBERPLUS Waffles, Buttermilk	70.0	2.0 waffles	29.26	3.29	--
19161	Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars	54.0	1.0 package (1.89 oz, 2 bars)	29.24	4.96	--
28009	KELLOGG'S, EGGO, Waffles, Blueberry	70.0	2.0 waffles	29.19	3.85	--
19917	Candies, M&M MARS Pretzel Chocolate Candies	40.0	0.25 cup	29.18	2.00	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
09071	Cherries, sweet, canned, water pack, solids and liquids	248.0	1.0 cup, pitted	29.16	1.91	--
19065	Candies, ALMOND JOY Candy Bar	49.0	1.0 package 1.76 oz	29.16	2.02	--
21344	McDONALD'S, Double Cheeseburger	155.0	1.0 sandwich	29.12	24.02	--
28024	KELLOGG'S, EGGO, Waffles, Strawberry	70.0	2.0 waffles	29.12	3.85	--
43026	Syrups, sugar free	240.0	1.0 cup	29.11	1.92	--
08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	40.0	0.5 cup (1 NLEA serving)	29.05	5.06	--
21501	KASHI Pizza, Margherita, frozen, unprepared	113.0	0.33 pizza	29.04	14.46	--
06167	Sauce, homemade, white, thick	250.0	1.0 cup	29.02	9.98	0.100
11049	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt	94.0	0.333 package (10 oz) yields	29.02	8.75	--
11720	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt	94.0	0.333 package (10 oz) yields	29.02	8.75	--
19121	Puddings, banana, dry mix, instant, prepared with 2% milk	147.0	0.5 cup From 19191	29.02	4.06	0.057
14621	Beverages, V8 V-FUSION Juices, Strawberry Banana	246.0	1.0 serving 8 oz	29.00	1.01	--
16259	SILK Banana-Strawberry soy yogurt	170.0	1.0 container	29.00	4.00	--
16256	SILK Black Cherry soy yogurt	170.0	1.0 container	29.00	4.00	--
16257	SILK Blueberry soy yogurt	170.0	1.0 container	29.00	4.00	--
11259	Mountain yam, hawaii, cooked, steamed, without salt	145.0	1.0 cup, cubes	29.00	2.51	0.020
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	28.99	28.92	0.288
12563	Nuts, almonds, dry roasted, with salt added	138.0	1.0 cup whole kernels	28.99	28.92	0.288
14626	Beverages, Energy drink, FULL THROTTLE	240.0	1.0 serving 8 fluid oz	28.99	0.60	--
14189	Beverages, The COCA-COLA company, Minute Maid, Lemonade	240.0	8.0 fl oz	28.99	0.00	--
14625	Beverages, Energy drink, AMP	240.0	1.0 serving	28.99	0.60	--
08687	Cereals, QUAKER, Weight Control Instant Oatmeal, banana bread	45.0	1.0 packet (1 NLEA serving)	28.99	7.42	--
11927	Mountain yam, hawaii, cooked, steamed, with salt	145.0	1.0 cup, cubes	28.99	2.51	0.020
28022	KELLOGG'S, EGGO Seasons, Waffles, Pumpkin Spice	70.0	2.0 waffles	28.98	3.85	--
22950	SUPPER BAKES MEAL KITS, Traditional Roast Chicken with stuffing (chicken not included)	84.0	1.0 serving 1/6 box	28.93	4.99	--
09238	Peaches, canned, juice pack, solids and liquids	250.0	1.0 cup	28.92	1.58	0.005
21110	Fast foods, hamburger; double, regular, patty; plain	120.0	1.0 item	28.92	20.50	0.247
08686	Cereals, QUAKER, Weight Control Instant Oatmeal, maple and brown sugar	45.0	1.0 packet (1 NLEA serving)	28.91	7.37	--
08694	Cereals, QUAKER, Instant Oatmeal, weight control, cinnamon	45.0	1.0 packet (1 NLEA serving)	28.89	7.42	--
19439	Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar	37.0	1.0 bar	28.86	2.96	--
25006	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Double Chocolate Nut Bar	55.0	1.0 bar	28.86	12.29	--
09516	Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	233.0	1.0 cup	28.82	1.03	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
08493	Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS	33.0	1.0 cup (1 NLEA serving)	28.81	1.49	--
21022	Fast foods, english muffin, with egg, cheese, and sausage	165.0	1.0 item	28.78	22.08	0.269
21228	McDONALD'S, Hamburger	95.0	1.0 sandwich	28.77	12.27	--
09209	Orange juice, chilled, includes from concentrate	249.0	1.0 cup	28.73	1.69	0.005
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	249.0	1.0 cup	28.73	1.69	0.005
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	115.0	1.0 sandwich	28.72	15.02	--
21108	Fast foods, hamburger; single, regular patty; with condiments	97.0	1.0 sandwich	28.68	12.90	--
43100	Breakfast bars, oats, sugar, raisins, coconut (include granola bar)	43.0	1.0 bar	28.68	4.21	--
08143	Cereals, WHEATENA, cooked with water	243.0	1.0 cup	28.67	4.86	--
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	244.0	1.0 cup	28.65	3.51	0.034
21249	BURGER KING, french fries	74.0	1.0 small serving	28.64	2.39	0.021
06738	Soup, split pea with ham and bacon, canned, condensed, single brand	135.0	1.0 serving	28.62	11.61	--
28320	English muffins, whole grain white	57.0	1.0 muffin 1 serving	28.60	4.00	--
21115	Fast foods, hamburger, large, triple patty, with condiments	259.0	1.0 sandwich	28.59	49.99	0.614
21003	Fast foods, biscuit, with egg and bacon	150.0	1.0 biscuit	28.59	17.00	0.216
42183	Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars	51.0	2.0 cookie 2011 label	28.56	3.72	--
19022	Snacks, granola bars, soft, uncoated, raisin	43.0	1.0 bar (1.5 oz)	28.55	3.27	0.046
08182	Cereals, WHEATENA, cooked with water, with salt	243.0	1.0 cup	28.53	4.93	--
42237	Cereals ready-to-eat, WEETABIX whole grain cereal	35.0	2.0 biscuits (1 NLEA serving)	28.52	4.00	--
21359	McDONALD'S, Sausage McMUFFIN with Egg	165.0	1.0 item 5.8 oz	28.51	20.77	--
08348	Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice	33.0	1.25 cup (1 NLEA serving)	28.51	2.00	--
19239	Candies, REESE'S NUTRAGEOUS Candy Bar	54.0	1.0 bar 1.92 oz	28.51	6.09	--
21011	Fast foods, croissant, with egg and cheese	127.0	1.0 croissant	28.51	12.79	0.184
08025	Cereals ready-to-eat, RALSTON CRISP RICE	33.0	1.25 cup (1 NLEA serving)	28.45	2.21	0.031
21127	Fast foods, coleslaw	191.0	1.0 cup	28.44	1.81	--
09526	Cranberry sauce, jellied, canned, OCEAN SPRAY	70.0	0.25 cup	28.43	0.74	--
21499	KASHI Pizza, Roasted Vegetable, frozen, unprepared	116.0	0.33 pizza	28.42	14.50	--
16096	Peanuts, virginia, oil-roasted, with salt	143.0	1.0 cup	28.40	36.99	0.359
16396	Peanuts, virginia, oil-roasted, without salt	143.0	1.0 cup	28.40	36.99	0.359
27035	Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium	40.0	1.41 oz dry (half noodle block)	28.38	4.36	--
09062	Cherimoya, raw	160.0	1.0 cup, pieces	28.34	2.51	0.050
11450	Soybeans, green, raw	256.0	1.0 cup	28.29	33.15	0.402

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
09525	Cranberry sauce, whole, canned, OCEAN SPRAY	70.0	0.25 cup	28.28	0.52	--
14310	Beverages, Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	28.28	9.73	--
36401	Restaurant, Latino, chicken and rice, entree, prepared	141.0	1.0 cup	28.24	16.95	0.223
21506	BURGER KING, Double Cheeseburger	162.0	1.0 sandwich	28.24	27.26	--
19191	Puddings, coconut cream, dry mix, instant, prepared with 2% milk	147.0	0.5 cup	28.22	4.26	0.056
18954	Bread, pound cake type, pan de torta salvadoran	55.0	1.0 serving	28.21	3.88	0.050
21247	WENDY'S, french fries	71.0	1.0 kid's meal Serving	28.21	2.65	--
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	134.0	1.0 cup	28.21	26.85	0.295
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	134.0	1.0 cup	28.21	26.85	0.295
21358	McDONALD'S, Sausage McMUFFIN	115.0	1.0 item 4 oz	28.20	14.56	--
16619	MORNINGSTAR FARMS Tuscan Greens & Beans, frozen, unprepared	241.0	1.0 entree	28.20	14.22	--
08273	Cereals ready-to-eat, GENERAL MILLS, BOO BERRY	33.0	1.0 cup (1 NLEA serving)	28.18	1.82	--
08268	Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY	33.0	1.0 cup (1 NLEA serving)	28.18	1.82	--
22912	Spaghetti, with meatballs in tomato sauce, canned	246.0	1.0 cup	28.17	10.75	0.079
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	28.17	4.11	0.037
09354	Pineapple, canned, juice pack, drained	181.0	1.0 cup, chunks	28.16	0.92	--
28324	Pancakes, whole wheat, dry mix, incomplete	38.0	0.25 cup mix 1 serving	28.16	4.00	--
19151	Candies, REESE'S PIECES Candy	47.0	0.25 cup	28.13	5.86	--
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	28.13	8.59	0.058
22247	Macaroni and Cheese, canned entree	244.0	1.0 serving	28.11	8.25	--
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237.0	1.0 cup	28.11	1.09	--
06051	Soup, pea, split with ham, canned, condensed	135.0	0.5 cup (4 fl oz)	28.09	10.37	0.103
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	122.0	1.0 piece	28.08	14.04	0.148
08083	Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS	31.0	1.0 cup (1 NLEA serving)	28.08	1.03	--
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234.0	1.0 cup	28.08	5.94	0.094
08180	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt	234.0	1.0 cup	28.08	5.94	--
19323	Puddings, coconut cream, dry mix, instant, prepared with whole milk	147.0	0.5 cup	28.08	4.26	0.056
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33.0	1.25 cup (1 NLEA serving)	28.07	2.23	0.031
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	28.06	1.69	0.005
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	28.06	1.69	0.005
08168	Cereals, CREAM OF RICE, cooked with water, with salt	244.0	1.0 cup	28.06	2.20	0.032

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	89.0	1.0 slice	28.04	11.92	0.134
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	248.0	1.0 cup	28.02	0.25	--
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248.0	1.0 cup	28.02	0.25	--
19307	Candies, MARS SNACKFOOD US, POP'ABLES MILKY WAY Brand Bite Size Candies	39.0	1.0 serving 13 pieces	28.02	1.29	--
06361	CAMPBELL'S Red and White, Green Pea Soup, condensed	128.0	1.0 serving 1/2 cup	28.01	9.00	--
25034	Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	47.0	1.0 bar	28.00	8.40	--
27023	CAMPBELL'S Soup on the Go, HEALTHY REQUEST Classic Tomato Soup	305.0	1.0 container	28.00	2.99	--
14622	Beverages, V8 V-FUSION Juices, Tropical	246.0	1.0 serving 8 oz	27.99	1.01	--
14620	Beverages, V8 V-FUSION Juices, Peach Mango	246.0	1.0 serving 8 oz	27.99	1.01	--
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	142.0	0.5 cup	27.97	3.83	0.051
08409	Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes	31.0	0.75 cup (1 NLEA serving)	27.96	1.32	--
06451	Soup, pea, split with ham, canned, prepared with equal volume water	253.0	1.0 cup (8 fl oz)	27.96	10.32	0.101
06193	Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	27.93	9.80	--
21078	Fast foods, nachos, with cheese	80.0	1.0 serving	27.93	3.46	0.034
21268	TACO BELL, Nachos	80.0	1.0 serving	27.93	3.46	0.034
11414	Potato salad, home-prepared	250.0	1.0 cup	27.92	6.70	0.105
25045	Formulated bar, high fiber, chewy, oats and chocolate	40.0	1.0 bar	27.91	2.00	0.020
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	90.0	1.0 slice	27.91	12.23	0.117
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	142.0	0.5 cup	27.89	4.49	--
08629	Cereals ready-to-eat, QUAKER, Cap'n Crunch's OOPS! All Berries Cereal	32.0	1.0 cup (1 NLEA serving)	27.87	1.47	--
28015	KELLOGG'S, EGGO, Waffles, Homestyle	70.0	2.0 waffles	27.86	4.62	--
21395	Fast foods, cheeseburger; double, regular patty; with condiments	155.0	1.0 sandwich	27.85	25.17	--
21094	Fast foods, cheeseburger, double, regular patty and bun, with condiments	155.0	1.0 sandwich	27.85	25.17	--
28162	KELLOGG'S, Corn Flakes Crumbs	33.0	6.0 tbsp	27.85	2.48	--
19137	Toppings, strawberry	42.0	2.0 tbsp	27.85	0.08	--
08177	Cereals, MALT-O-MEAL, chocolate, dry	35.0	3.0 tbsp (1 NLEA serving)	27.84	3.71	--
18958	Pan Dulce, LA RICURA, Salpora de Arroz con Azucar, cookie-like, contains wheat flour and rice flour	42.0	1.0 piece (1 serving)	27.84	3.70	--
42278	Babyfood, vegetable and brown rice, strained	230.0	1.0 cup	27.83	4.37	--
09124	Grapefruit juice, white, canned, sweetened	250.0	1.0 cup	27.82	1.45	--
08101	Cereals, CREAM OF RICE, cooked with water, without salt	244.0	1.0 cup	27.82	2.20	0.032
21500	KASHI Pizza, Mushroom Trio & Spinach, frozen, unprepared	113.0	0.33 pizza	27.80	14.35	--
19107	Candies, hard	28.35	1.0 oz	27.78	0.00	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	27.77	3.36	0.030
28342	Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and sorghum flour	69.0	1.0 roll	27.77	3.90	--
28354	ANDREA'S, Gluten Free Soft Dinner Roll	69.0	1.0 roll	27.77	3.90	--
36403	Restaurant, Latino, empanadas, beef, prepared	89.0	1.0 piece	27.76	10.07	0.105
12065	Nuts, almonds, oil roasted, without salt added	157.0	1.0 cup whole kernels	27.76	33.33	0.301
12565	Nuts, almonds, oil roasted, with salt added	157.0	1.0 cup whole kernels	27.76	33.33	0.301
12665	Nuts, almonds, oil roasted, lightly salted	157.0	1.0 cup whole kernels	27.76	33.33	0.301
01241	Ice cream sandwich, made with light ice cream, vanilla	70.0	1.0 serving	27.75	3.00	--
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	32.0	0.75 cup (1 NLEA serving)	27.73	2.02	--
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	32.0	1.5 cup (1 NLEA serving)	27.72	1.92	--
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	33.0	1.25 cup (1 NLEA serving)	27.69	2.04	--
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	55.0	1.0 bar	27.66	12.05	0.122
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	147.0	0.5 cup	27.64	4.56	0.062
11373	Potatoes, au gratin, home-prepared from recipe using butter	245.0	1.0 cup	27.61	12.40	0.172
11843	Potatoes, au gratin, home-prepared from recipe using margarine	245.0	1.0 cup	27.61	12.40	0.172
32026	Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	27.61	9.99	0.206
12039	Seeds, sunflower seed kernels, toasted, without salt	134.0	1.0 cup	27.59	23.06	0.352
12539	Seeds, sunflower seed kernels, toasted, with salt added	134.0	1.0 cup	27.59	23.06	0.352
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	32.0	1.0 cup (1 NLEA serving)	27.58	1.57	--
09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	239.0	1.0 cup	27.58	0.33	--
09411	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added ascorbic acid	239.0	1.0 cup	27.58	0.33	--
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	159.0	1.0 cup	27.52	7.19	0.089
11518	Taro, raw	104.0	1.0 cup, sliced	27.52	1.56	0.024
08349	Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	32.0	1.0 cup (1 NLEA serving)	27.50	1.50	--
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244.0	1.0 cup	27.50	0.41	0.005
09401	Applesauce, canned, unsweetened, with added ascorbic acid	244.0	1.0 cup	27.50	0.41	0.005
28089	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Mini	40.0	1.0 package	27.48	1.68	--
08640	Cereals, QUAKER, Instant Oatmeal Organic, Regular	41.0	1.0 packet	27.47	6.56	--
09514	Fruit juice smoothie, BOLTHOUSE FARMS, BERRY BOOST	252.0	1.0 cup	27.47	1.59	--
14234	Beverages, OCEAN SPRAY, Cran Lemonade	247.0	8.0 fl oz	27.47	0.17	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
09281	Plums, canned, purple, water pack, solids and liquids	249.0	1.0 cup, pitted	27.46	0.97	--
06730	Soup, split pea with ham, chunky, reduced fat, reduced sodium, ready-to-serve, single brand	243.0	1.0 serving	27.46	12.64	--
06623	SMART SOUP, Moroccan Chick Pea	283.0	10.0 oz 1 pouch	27.45	5.66	--
14635	Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E	246.0	1.0 serving 8 oz	27.43	0.74	--
09239	Peaches, canned, extra light syrup, solids and liquids	247.0	1.0 cup, halves or slices	27.42	0.99	0.002
09207	Orange juice, canned, unsweetened	249.0	1.0 cup	27.41	1.69	0.005
08032	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES	30.0	0.75 cup (1 NLEA serving)	27.39	1.29	--
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	33.0	1.25 cup (1 NLEA serving)	27.39	2.11	--
19887	Frozen novelties, KLONDIKE, SLIM-A-BEAR Vanilla Sandwich	64.0	1.0 serving 1 sandwich	27.36	2.50	--
28101	KEEBLER, Cinnamon Toast Grahams	37.0	1.0 package	27.34	2.70	--
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	245.0	1.0 cup	27.34	4.04	0.049
09132	Grapes, red or green (European type, such as Thompson seedless), raw	151.0	1.0 cup	27.33	1.09	0.017
36040	CRACKER BARREL, macaroni n' cheese	175.0	1.0 serving	27.32	11.36	0.123
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	234.0	1.0 cup, cooked	27.31	5.55	0.094
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	126.0	1.0 sandwich	27.30	17.19	--
21357	McDONALD'S, Egg McMUFFIN	126.0	1.0 sandwich	27.30	17.19	--
11191	Cowpeas (blackeyes), immature seeds, raw	145.0	1.0 cup	27.30	4.28	0.049
21020	Fast foods, english muffin, with cheese and sausage	108.0	1.0 item	27.30	14.34	0.157
28010	KELLOGG'S, EGGO, Waffles, Buttermilk	70.0	2.0 waffles	27.30	4.62	--
18506	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Low Fat	70.0	2.0 waffles 1 serving	27.30	4.55	--
08531	Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt	32.0	0.75 cup (1 NLEA serving)	27.30	2.27	--
21109	Fast foods, hamburger; single, regular patty; with condiments and vegetables	110.0	1.0 item	27.29	12.91	0.156
28302	Cookies, graham crackers, plain or honey, lowfat	35.0	1.0 serving	27.29	2.00	--
08402	Cereals, QUAKER, Quick Oats, Dry	40.0	0.5 cup	27.27	5.48	--
08451	Cereals, QUAKER, Quick Oats with Iron, Dry	40.0	0.5 cup	27.27	5.48	--
21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	110.0	1.0 item	27.27	11.38	0.110
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31.0	0.75 cup (1 NLEA serving)	27.25	1.43	0.025
09428	Rowal, raw	114.0	0.5 cup	27.25	2.62	--
14059	Beverages, KELLOGG'S, SPECIAL K Protein Shake	296.0	1.0 serving	27.23	9.47	--
08561	Cereals, KASHI GO LEAN Hot Cereal, Hearty Honey & Cinnamon, dry	40.0	1.0 packet (1 NLEA serving)	27.20	7.36	--
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	171.0	1.0 sandwich	27.19	20.67	0.181
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	27.19	20.67	0.181

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
32032	Sausage, egg and cheese breakfast biscuit	126.0	1.0 biscuit	27.18	12.02	--
36620	Restaurant, Chinese, shrimp and vegetables	601.0	1.0 order	27.17	35.46	0.355
19109	Candies, KIT KAT Wafer Bar	42.0	1.0 bar (1.5 oz)	27.13	2.73	0.038
06007	Soup, bean with ham, canned, chunky, ready-to-serve	243.0	1.0 cup (8 fl oz)	27.12	12.61	--
11167	Corn, sweet, yellow, raw	145.0	1.0 cup	27.12	4.74	0.033
14312	Beverages, Malted drink mix, natural, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	27.11	10.23	0.209
20109	Noodles, egg, dry, enriched	38.0	1.0 cup	27.08	5.38	0.051
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	27.08	5.38	0.051
14627	Beverages, Energy Drink, Monster, fortified with vitamins C, B2, B3, B6, B12	240.0	1.0 serving	27.07	1.13	--
12062	Nuts, almonds, blanched	145.0	1.0 cup whole kernels	27.07	31.03	0.280
14021	Beverages, Energy drink, Citrus	240.0	8.0 fl oz	27.05	0.00	--
08511	Cereals, MALT-O-MEAL, original, plain, prepared with water, without salt	268.0	1.0 serving (3 T dry cereal plus 1 cup water)	27.04	4.48	--
08116	Cereals, MALT-O-MEAL, original, plain, dry	35.0	3.0 tbsp (1 NLEA serving)	27.04	4.13	--
21295	PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust	79.0	1.0 slice	27.03	10.56	--
08488	Cereals, MALT-O-MEAL, Farina Hot Wheat Cereal, dry	35.0	3.0 tbsp (1 NLEA serving)	27.02	3.67	--
14651	Beverages, fruit juice drink, greater than 3% juice, high vitamin C	238.0	1.0 cup (8 fl oz)	27.01	0.31	--
14623	Beverages, V8 V- FUSION Juices, Acai Berry	246.0	1.0 serving 8 oz	27.01	0.00	--
06454	CAMPBELL'S CHUNKY Soups, Grilled Steak- Steak Chili with Beans	245.0	1.0 cup	27.00	16.00	--
08383	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Red Berries	31.0	1.0 cup (1 NLEA serving)	27.00	1.95	--
22943	SUPPER BAKES MEAL KITS, Cheesy Chicken with pasta (chicken not included)	85.0	0.167 box (NLEA serving size)	27.00	6.00	--
28131	KEEBLER, Sweet Cremes Cookies	38.0	2.0 cookies	26.98	1.71	--
28199	MOTHER'S, English Tea Sandwich Cookies	38.0	2.0 cookies	26.98	1.71	--
32036	JIMMY DEAN, Sausage, Egg, and Cheese Breakfast Biscuit, frozen, unprepared	128.0	1.0 biscuit	26.97	11.89	--
01250	Nutritional supplement for people with diabetes, liquid	227.0	1.0 can	26.97	9.99	--
16118	Soy flour, low-fat	88.0	1.0 cup, stirred	26.95	43.83	--
16111	Soybeans, mature seeds, dry roasted	93.0	1.0 cup	26.95	40.29	0.535
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	30.0	1.0 cup (1 NLEA serving)	26.91	1.44	--
06620	SMART SOUP, French Lentil	283.0	10.0 oz 1 pouch	26.88	8.21	--
08706	Cereals ready-to-eat, KELLOGG SCOOBY-DOO! cereal	32.0	1.0 Cup (1 NLEA serving)	26.88	2.75	--
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	26.87	3.86	0.037
01105	Milk, chocolate beverage, hot cocoa, homemade	250.0	1.0 cup	26.85	8.80	0.092
08701	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Multi-grain	31.0	1.0 Cup (1 NLEA serving)	26.84	2.35	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	142.0	0.5 cup From 19211	26.82	4.47	0.062
16115	Soy flour, full-fat, raw	84.0	1.0 cup, stirred	26.81	31.76	0.422
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	240.0	1.0 cup	26.81	11.09	0.110
08228	Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry	37.0	1.0 packet	26.79	3.26	--
21024	Fast foods, french toast sticks	65.0	3.0 pieces	26.79	3.90	--
11667	Seaweed, spirulina, dried	112.0	1.0 cup	26.77	64.37	1.040
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	30.0	0.75 cup (1 NLEA serving)	26.76	1.19	0.008
11507	Sweet potato, raw, unprepared	133.0	1.0 cup, cubes	26.76	2.09	0.041
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	251.0	1.0 cup (1 serving)	26.76	3.66	0.050
01161	Cheese substitute, mozzarella	113.0	1.0 cup, shredded	26.75	12.96	0.171
20111	Noodles, egg, spinach, enriched, dry	38.0	1.0 cup	26.72	5.55	0.074
11830	Potatoes, baked, skin only, with salt	58.0	1.0 skin	26.71	2.49	--
11364	Potatoes, baked, skin, without salt	58.0	1.0 skin	26.71	2.49	--
21248	WENDY'S, Frosty Dairy Dessert	113.0	1.0 junior 6 oz. cup	26.69	3.94	0.045
09088	Elderberries, raw	145.0	1.0 cup	26.68	0.96	0.019
19208	Puddings, rice, dry mix, prepared with 2% milk	128.0	0.5 cup	26.64	4.21	0.050
19143	Candies, MR. GOODBAR Chocolate Bar	49.0	1.0 bar (1.75 oz)	26.63	5.01	--
08666	Cereals ready-to-eat, GENERAL MILLS, Cinnamon Burst CHEERIOS	32.0	1.0 cup (1 NLEA serving)	26.62	2.02	--
21012	Fast foods, croissant, with egg, cheese, and bacon	128.0	1.0 item	26.61	16.10	--
28198	MOTHER'S, Double Fudge Creme Sandwich Cookies	38.0	2.0 cookies	26.60	2.01	--
09531	Fruit juice smoothie, NAKED JUICE, strawberry banana	228.0	1.0 cup	26.58	1.09	--
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	115.0	1.0 slice	26.56	13.94	0.130
28209	MOTHER'S, Taffy Sandwich Cookies	38.0	2.0 cookies	26.56	1.44	--
28132	KEEBLER, Toasted Coconut Cookies	38.0	2.0 cookies	26.56	1.44	--
22969	Chili with beans, microwavable bowls	244.0	1.0 cup	26.55	14.27	--
21250	BURGER KING, Hamburger	99.0	1.0 sandwich	26.49	14.70	--
19207	Puddings, vanilla, dry mix, regular, prepared with whole milk	140.0	0.5 cup	26.49	3.92	--
19195	Puddings, rice, dry mix, prepared with whole milk	128.0	0.5 cup	26.47	4.16	0.050
08672	Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS	30.0	0.75 cup (1 NLEA serving)	26.45	1.05	--
28387	PEPPERIDGE FARM, Hamburger Buns w/Sesame	53.0	1.0 serving	26.45	0.01	--
36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	339.0	1.0 serving	26.44	64.41	0.827
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	26.44	2.61	0.010

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
11747	Burdock root, cooked, boiled, drained, with salt	125.0	1.0 cup (1" pieces)	26.44	2.61	0.010
42279	Babyfood, peas and brown rice	230.0	1.0 cup	26.43	7.82	--
19099	Candies, fondant, prepared-from-recipe	28.35	1.0 oz	26.42	0.00	--
11372	Potatoes, scalloped, home-prepared with butter	245.0	1.0 cup	26.41	7.03	0.103
11844	Potatoes, scalloped, home-prepared with margarine	245.0	1.0 cup	26.41	7.03	0.103
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251.0	1.0 cup (1 serving)	26.41	3.61	0.050
21496	PIZZA HUT 14" Sausage Pizza, THIN 'N CRISPY Crust	92.0	1.0 slice	26.40	12.83	--
08225	Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry	35.0	1.0 packet	26.40	2.90	--
14154	Beverages, Energy drink, RED BULL	258.0	1.0 can 8.4 fl oz	26.39	1.19	--
05016	Chicken, broilers or fryers, skin only, cooked, fried, batter	114.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	26.39	11.76	0.121
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	26.39	2.05	0.027
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	31.0	0.75 cup (1 NLEA serving)	26.38	1.64	--
09205	Oranges, raw, with peel	170.0	1.0 cup	26.35	2.21	0.020
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	31.0	1.0 cup (1 NLEA serving)	26.35	1.98	--
28021	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Original	70.0	2.0 waffles	26.32	4.62	--
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	26.31	3.92	0.039
08351	Cereals ready-to-eat, QUAKER, MOTHER'S PEANUT BUTTER BUMPERS Cereal	33.0	1.0 cup (1 NLEA serving)	26.29	2.51	--
14285	Beverages, OCEAN SPRAY, Ruby Red cranberry	227.0	8.0 fl oz	26.29	0.16	--
14638	Beverages, Horchata, as served in restaurant	228.0	1.0 cup	26.27	1.09	--
32028	Turnover, filled with egg, meat and cheese, frozen	127.0	1.0 piece turnover 1 serving	26.25	9.99	--
18275	Muffins, blueberry, dry mix	43.0	1.0 serving	26.23	1.50	0.030
19110	Candies, KRACKEL Chocolate Bar	41.0	1.0 bar 1.45 oz	26.22	2.71	--
18639	GEORGE WESTON BAKERIES, Thomas English Muffins	57.0	1.0 serving	26.22	4.56	--
08113	Cereals, farina, enriched, cooked with water, without salt	240.0	1.0 cup	26.21	4.37	0.048
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	240.0	1.0 cup	26.21	4.37	0.048
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	117.0	1.0 piece	26.20	13.71	0.178
08469	Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal	30.0	0.75 cup (1 NLEA serving)	26.19	1.68	--
28270	MOTHER'S, Vanilla Sandwich Cookies	38.0	2.0 cookies	26.18	1.82	--
19122	Puddings, banana, dry mix, regular, prepared with 2% milk	142.0	0.5 cup From 19211	26.17	4.12	0.058
42148	Candies, MARS SNACKFOOD US, M&M's Peanut Butter Chocolate Candies	46.0	1.0 serving 1.63 oz singles bag	26.17	4.67	--
11226	Jerusalem-artichokes, raw	150.0	1.0 cup slices	26.16	3.00	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
08204	Cereals ready-to-eat, chocolate-flavored frosted puffed corn	30.0	1.0 cup	26.16	1.00	--
36003	APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	124.0	1.0 cup	26.14	6.21	0.078
21491	PIZZA HUT 14" Pepperoni Pizza, THIN 'N CRISPY Crust	80.0	1.0 slice	26.13	11.30	--
09513	Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	227.0	1.0 cup	26.13	1.43	--
09528	Ruby Red grapefruit juice blend (grapefruit, grape, apple), OCEAN SPRAY, bottled, with added vitamin C	248.0	8.0 fl oz	26.11	1.24	--
31025	Sweet Potato puffs, frozen, unprepared	85.0	3.0 oz	26.11	1.16	--
08309	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES	30.0	0.75 cup (1 NLEA serving)	26.10	2.04	--
43369	Beverages, Chocolate-flavored drink, whey and milk based	244.0	1.0 cup	26.06	1.56	--
28030	GIRL SCOUTS, Chalet Cookies	36.0	3.0 cookies	26.03	1.51	--
08206	Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS	30.0	0.75 cup (1 NLEA serving)	26.02	1.02	--
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	26.01	1.58	0.004
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	35.0	1.0 bar	26.00	2.00	--
08476	Cereals ready-to-eat, MALT-O-MEAL, Honey BUZZERS	29.0	1.333 cup	26.00	1.00	--
01238	Ice cream sandwich	70.0	1.0 serving	26.00	3.00	--
08047	Cereals ready-to-eat, QUAKER, KING VITAMAN	31.0	1.5 cup (1 NLEA serving)	25.99	1.99	--
28390	PEPPERIDGE FARM, Light Style Wheat Bread	57.0	1.0 serving	25.99	0.01	--
25004	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Chewy Chocolate Peanut Bar	55.0	1.0 bar	25.98	13.36	--
08387	Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat	33.0	0.75 cup (1 NLEA serving)	25.97	3.76	--
08347	Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	25.96	1.26	--
11295	Onion rings, breaded, par fried, frozen, unprepared	85.0	6.0 rings	25.95	2.68	0.036
08594	Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX	32.0	0.75 cup (1 NLEA serving)	25.95	1.54	--
19226	Frostings, chocolate, creamy, ready-to-eat	41.0	2.0 tbsp creamy	25.91	0.45	0.007
08590	Cereals ready-to-eat, KASHI HEART TO HEART, Warm Cinnamon	33.0	0.75 cup (1 NLEA serving)	25.90	3.83	--
28016	KELLOGG'S, EGGO Protein, Waffles, Homestyle	70.0	2.0 waffles	25.90	7.56	--
28299	Cookies, chocolate sandwich, with creme filling, reduced fat	34.0	1.0 serving	25.90	1.00	--
08376	Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	25.90	1.33	--
08603	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Blueberry	30.0	0.75 cup (1 NLEA serving)	25.89	2.07	--
28381	PEPPERIDGE FARM, Farmhouse Hearty White Bread	43.0	1.0 serving	25.87	0.00	--
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	25.85	7.92	0.102
11962	Peppers, hot chile, sun-dried	37.0	1.0 cup	25.85	3.91	0.050

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
06049	Soup, pea, green, canned, condensed	128.0	0.5 cup	25.83	8.37	0.070
08615	Cereals ready-to-eat, KELLOGG'S CRUNCHY NUT Golden Honey Nut flakes	31.0	0.75 cup (1 NLEA serving)	25.82	2.08	--
16116	Soy flour, full-fat, roasted	85.0	1.0 cup, stirred	25.82	32.38	0.430
08662	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with real strawberries	31.0	0.75 cup (1 NLEA serving)	25.82	2.08	--
18985	AUSTIN, Chocolatey Peanut Butter Crackers, sandwich-type	39.0	1.0 package	25.82	3.00	--
19230	Frostings, vanilla, creamy, ready-to-eat	38.0	0.083 package	25.80	0.00	--
09206	Orange juice, raw	248.0	1.0 cup	25.79	1.74	0.005
44203	Beverages, Cocktail mix, non-alcoholic, concentrated, frozen	36.0	1.0 fl oz	25.78	0.03	--
09530	Fruit juice smoothie, ODWALLA, strawberry banana	233.0	1.0 cup	25.75	1.16	--
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	30.0	1.0 cup (NLEA serving)	25.74	1.75	0.009
14407	Beverages, orange-flavor drink, breakfast type, powder	26.0	1.0 serving 2 tbsp	25.72	0.00	--
28107	KEEBLER, Gingerbread Men Cookies, Holiday	33.0	5.0 cookies	25.71	1.62	--
16436	Winged beans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	25.70	18.27	0.401
16136	Winged beans, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	25.70	18.27	0.401
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30.0	0.75 cup (1 NLEA serving)	25.68	1.29	--
08678	Cereals ready-to-eat, GENERAL MILLS, Apple Cinnamon CHEX	31.0	0.75 cup (1 NLEA serving)	25.67	1.45	--
11956	Tomatoes, sun-dried, packed in oil, drained	110.0	1.0 cup	25.66	5.57	0.041
16392	Peanuts, spanish, oil-roasted, without salt	147.0	1.0 cup	25.65	41.17	0.400
16092	Peanuts, spanish, oil-roasted, with salt	147.0	1.0 cup	25.65	41.17	0.400
19070	Candies, butterscotch	28.35	1.0 oz	25.63	0.01	--
18990	AUSTIN, PB & J Crackers, sandwich-type	39.0	1.0 package	25.62	2.96	--
06965	Soup, pea, low sodium, prepared with equal volume water	259.0	1.0 cup	25.59	8.29	--
06449	Soup, pea, green, canned, prepared with equal volume water	259.0	1.0 serving 1 cup	25.59	8.29	--
36017	Restaurant, family style, macaroni & cheese, from kids' menu	136.0	1.0 cup	25.57	7.37	0.107
16560	MORNINGSTAR FARMS Corn Dog, frozen, unprepared	71.0	1.0 dog	25.56	7.95	--
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	25.56	1.88	0.032
08651	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Honey Squares	30.0	0.75 cup (1 NLEA serving)	25.56	1.44	--
19436	Popcorn, sugar syrup/caramel, fat-free	28.35	1.0 oz	25.53	0.57	--
08659	Cereals ready-to-eat, KELLOGG'S FROSTED FLAKES, CHOCO ZUCARITAS	30.0	0.75 cup (1 NLEA serving)	25.53	1.53	--
11221	Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt	178.0	1.0 cup (1" pieces)	25.53	1.17	--
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	25.52	1.54	0.026

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
21089	Fast foods, cheeseburger; single, regular patty; plain	91.0	1.0 sandwich	25.51	15.02	0.141
28394	PEPPERIDGE FARM, Hamburger Bun	51.0	1.0 serving	25.50	0.01	--
08495	Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYNO-BITES	29.0	0.75 cup (1 NLEA serving)	25.50	1.20	--
18980	KASHI, Original Waffle	72.0	2.0 pieces	25.49	4.32	--
08674	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey	30.0	0.75 cup (1 NLEA serving)	25.48	2.03	--
42240	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds	32.0	0.75 cup (1 NLEA serving)	25.47	2.46	--
08173	Cereals, farina, enriched, cooked with water, with salt	233.0	1.0 cup	25.44	4.24	0.047
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	25.43	1.38	0.018
42236	Cereals ready-to-eat, frosted oat cereal with marshmallows	30.0	0.75 cup (1 NLEA serving)	25.41	2.13	--
09217	Orange-grapefruit juice, canned or bottled, unsweetened	247.0	1.0 cup	25.39	1.48	--
14181	Beverages, chocolate syrup	39.0	1.0 serving 2 tbsp	25.39	0.82	--
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	58.0	1.0 serving 1 biscuit	25.35	3.89	0.048
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	252.0	1.0 cup	25.30	17.16	0.242
18616	MISSION FOODS, MISSION Flour Tortillas, Soft Taco, 8 inch	51.0	1.0 serving	25.30	4.44	--
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	35.0	1.0 bar	25.29	2.00	0.026
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	25.29	4.20	0.045
08244	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	30.0	0.5 cup (1 NLEA serving)	25.29	1.98	--
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30.0	1.0 cup (1 NLEA serving)	25.29	2.55	--
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	237.0	1.0 cup	25.29	4.62	0.064
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32.0	0.75 cup (1 NLEA serving)	25.29	2.92	--
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29.0	1.0 cup (1 NLEA serving)	25.29	1.91	--
08628	Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal	32.0	0.75 cup (1 NLEA serving)	25.24	2.93	--
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	25.24	1.22	0.005
08669	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Chocolate Squares	30.0	0.75 cup (1 NLEA serving)	25.20	0.99	--
28074	KEEBLER, E.L. FUDGE, Butter Flavored Cookies	36.0	2.0 cookies	25.20	1.98	--
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	48.0	1.0 bar	25.20	9.96	0.158
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	29.0	1.0 cup	25.19	1.76	0.019
08231	Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry	40.0	0.5 cup (1 NLEA serving)	25.18	6.81	--
08584	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight	31.0	0.75 cup (1 NLEA serving)	25.17	2.02	--
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	29.0	1.0 cup (1 NLEA serving)	25.17	1.72	0.019
28313	Rolls, hamburger or hot dog, whole wheat	56.0	1.0 roll	25.16	6.93	--
08549	Cereals ready-to-eat, QUAKER, QUAKER Honey Graham LIFE Cereal	32.0	0.75 cup (1 NLEA serving)	25.14	2.99	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
14264	Beverages, fruit punch drink, without added nutrients, canned	210.0	6.75 fl oz	25.14	0.00	--
25041	Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors	40.0	2.0 bar	25.11	6.00	--
12141	Nuts, mixed nuts, dry roasted, with peanuts, salt added, CHOSEN ROASTER	132.0	1.0 cup	25.11	23.76	--
19319	Puddings, banana, dry mix, instant, prepared with whole milk	127.0	0.5 cup	25.10	3.33	0.077
28262	FAMOUS AMOS, Vanilla Sandwich Creme Cookies	34.0	3.0 cookies	25.09	1.67	--
21381	McDONALD'S, Fruit 'n Yogurt Parfait (without granola)	142.0	1.0 item	25.09	3.51	--
08660	Cereals ready-to-eat, KELLOGG'S APPLE JACKS with marshmallows	28.0	1.0 cup (1 NLEA serving)	25.09	1.20	--
22953	Egg rolls, pork, refrigerated, heated	85.0	1.0 roll	25.08	8.45	0.094
16510	WORTHINGTON Chili, canned, unprepared	230.0	1.0 cup	25.07	23.92	--
36009	T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	144.0	1.0 cup	25.06	7.24	0.094
20034	Oat bran, cooked	219.0	1.0 cup	25.05	7.03	0.125
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	109.0	1.0 burrito	25.04	12.10	0.137
21340	McDONALD'S, Sausage Burrito	109.0	1.0 burrito	25.04	12.10	0.137
19209	Puddings, tapioca, dry mix, prepared with 2% milk	128.0	0.5 cup	25.04	3.69	0.052
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	51.0	1.0 biscuit	25.02	3.46	--
11305	Peas, green, cooked, boiled, drained, without salt	160.0	1.0 cup	25.01	8.58	0.059
11811	Peas, green, cooked, boiled, drained, with salt	160.0	1.0 cup	25.01	8.58	0.059
16251	SILK Vanilla soy yogurt (single serving size)	170.0	1.0 container	25.01	5.00	--
16249	SILK Coffee, soymilk	243.0	1.0 cup	25.00	5.01	--
14058	Beverages, Whey protein powder isolate	86.0	3.0 scoop	25.00	50.00	--
14065	Beverages, The COCA-COLA company, Hi-C Flashin' Fruit Punch	200.0	6.75 fl oz	25.00	0.00	--
16201	Campbell's Pork and Beans	130.0	0.5 cup	25.00	6.01	--
06117	CAMPBELL'S Red and White, Bean with Bacon Soup, condensed	128.0	1.0 serving 1/2 cup	25.00	8.00	--
36039	Restaurant, family style, hash browns	94.0	1.0 cup	24.99	2.34	--
28215	MURRAY, JACKS Vanilla Wafers	32.0	9.0 cookies	24.99	1.54	--
08588	Cereals ready-to-eat, KELLOGG, KELLOGG'S CINNABON cereal	30.0	1.0 cup (1 NLEA serving)	24.99	1.71	--
06503	CAMPBELL'S Red and White - Microwaveable Bowls, Creamy Tomato Soup	245.0	1.0 cup	24.99	2.99	--
06398	CAMPBELL'S CHUNKY Soups, Firehouse - Hot & Spicy Beef & Bean Chili	245.0	1.0 cup	24.99	14.99	--
06437	CAMPBELL'S CHUNKY Soups, Roadhouse - Beef & Bean Chili	245.0	1.0 cup	24.99	14.99	--
09264	Persimmons, japanese, dried	34.0	1.0 fruit without refuse	24.97	0.47	0.008
28208	MOTHER'S, Peanut Butter Gauchos Cookies	38.0	2.0 cookies	24.97	2.81	--
09221	Tangerine juice, raw	247.0	1.0 cup	24.95	1.24	0.002
08684	Cereals ready-to-eat, CASCADIAN FARM, Honey Nut O's	30.0	1.0 cup (1 NLEA serving)	24.93	2.49	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
08608	Cereals ready-to-eat, KASHI Berry Blossom	30.0	0.75 cup (1 NLEA serving)	24.93	2.25	--
19219	Puddings, coconut cream, dry mix, regular, prepared with 2% milk	140.0	0.5 cup	24.92	4.34	0.057
18978	KASHI, Blueberry Waffle	72.0	2.0 pieces	24.91	4.10	--
08305	Cereals ready-to-eat, Post, Waffle Crisp	30.0	1.0 cup (1 NLEA serving)	24.90	1.98	--
08543	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond	30.0	0.75 cup (1 NLEA serving)	24.90	2.34	--
08354	Cereals ready-to-eat, QUAKER, MOTHER'S GRAHAM BUMPERS	28.0	0.75 cup (1 NLEA serving)	24.89	1.27	--
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32.0	0.75 cup (1 NLEA serving)	24.88	3.19	--
19199	Puddings, tapioca, dry mix, prepared with whole milk	128.0	0.5 cup	24.87	3.64	0.051
19136	Candies, HERSHEY'S SKOR Toffee Bar	39.0	1.0 bar 1.4 oz	24.85	1.22	--
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	29.0	0.75 cup (1 NLEA serving)	24.85	1.39	--
36418	Restaurant, Mexican, refried beans	148.0	1.0 cup	24.85	10.23	0.105
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30.0	1.25 cup (1 NLEA serving)	24.85	2.31	0.019
08665	Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	30.0	0.75 cup (1 NLEA serving)	24.84	2.13	--
08138	Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS	30.0	1.0 cup	24.83	2.08	--
19205	Egg custards, dry mix, prepared with 2% milk	141.0	0.5 cup	24.83	5.82	0.073
19170	Egg custards, dry mix, prepared with whole milk	141.0	0.5 cup	24.82	5.63	0.116
08635	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar	30.0	1.0 cup (1 NLEA serving)	24.81	1.95	--
19164	Candies, SPECIAL DARK Chocolate Bar	41.0	1.0 bar 1.45 oz	24.80	2.27	--
19325	Puddings, coconut cream, dry mix, regular, prepared with whole milk	140.0	0.5 cup	24.78	4.20	0.056
16561	MORNINGSTAR FARMS Corn Dog Mini, frozen, unprepared	76.0	4.0 pieces	24.78	10.03	--
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	24.75	6.10	0.076
11437	Salsify, (vegetable oyster), raw	133.0	1.0 cup slices	24.74	4.39	--
35144	Stew, dumpling with mutton (Navajo)	308.0	1.0 serving	24.73	26.83	--
19243	Candies, HEATH BITES	39.0	15.0 pieces	24.72	1.54	--
09015	Apples, frozen, unsweetened, heated	206.0	1.0 cup slices	24.72	0.60	0.006
08653	Cereals ready-to-eat, KELLOGG'S RICE KRISPIES, Gluten Free	30.0	1.0 cup (1 NLEA serving)	24.72	2.34	--
08595	Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX	30.0	0.75 cup (1 NLEA serving)	24.72	1.50	--
09176	Mangos, raw	165.0	1.0 cup pieces	24.72	1.35	0.021
08512	Cereals, MALT-O-MEAL, chocolate, prepared with water, without salt	268.0	1.0 serving (3 T dry cereal plus 1 cup water)	24.71	3.67	--
11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	24.70	3.80	0.034
06316	Soup, HEALTHY CHOICE Garden Vegetable Soup, canned	246.0	1.0 serving 1 cup	24.70	5.24	--
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	28.0	1.0 cup (1 NLEA serving)	24.70	1.43	0.017

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
06070	Soup, chunky beef, canned, ready-to-serve	245.0	1.0 cup	24.70	9.73	0.115
27060	Soup, chunky vegetable, reduced sodium, canned, ready-to-serve	240.0	1.0 cup	24.67	2.78	--
14400	Beverages, carbonated, cola, fast-food cola	258.0	1.0 serving child 12 fl oz, without ice	24.66	0.18	--
08613	Cereals ready-to-eat, KELLOGG'S SPECIAL K Multigrain Oats and Honey	29.0	0.666 cup (1 NLEA serving)	24.65	2.26	--
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	250.0	1.0 cup	24.65	8.65	0.125
08506	Cereals ready-to-eat, RALSTON Corn Flakes	28.0	1.0 cup (1 NLEA serving)	24.64	1.65	0.010
08610	Cereals ready-to-eat, KASHI Honey Sunshine	30.0	0.75 cup (1 NLEA serving)	24.60	2.34	--
28261	FAMOUS AMOS, Chocolate Sandwich Creme Cookies	34.0	3.0 cookies	24.58	1.46	--
21107	Fast foods, hamburger; single, regular patty; plain	78.0	1.0 sandwich	24.57	12.89	0.112
21415	POPEYES, biscuit	60.0	1.0 biscuit	24.57	3.60	0.044
21149	School Lunch, pizza, TONY'S Breakfast Pizza Sausage, frozen	91.0	1.0 piece 3.2 oz	24.56	9.45	--
08553	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry	30.0	0.75 cup (1 NLEA serving)	24.52	2.00	--
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	24.52	1.77	0.018
19371	Frostings, vanilla, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	24.51	0.11	0.001
11376	Potatoes, canned, drained solids	180.0	1.0 cup	24.50	2.54	0.040
09006	Apples, raw, without skin, cooked, microwave	170.0	1.0 cup slices	24.50	0.48	0.005
18987	AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type, reduced fat	36.0	1.0 package	24.48	2.81	--
43311	Potatoes, canned, drained solids, no salt added	180.0	1.0 cup	24.48	2.52	--
08346	Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	24.48	1.09	--
11785	Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt	178.0	1.0 cup (1" pieces)	24.48	1.17	--
28025	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Brown Sugar	55.0	1.0 waffle	24.48	3.19	--
20115	Noodles, japanese, soba, cooked	114.0	1.0 cup	24.44	5.77	0.082
08562	Cereals, KASHI GO LEAN Hot Cereal, Creamy TRULY VANILLA, dry	40.0	1.0 packet (1 NLEA serving)	24.44	8.92	--
28258	AUSTIN, Cheddar Cheese on Wafer Crackers, sandwich-type	39.0	1.0 package	24.41	3.04	--
18562	ARCHWAY Home Style Cookies, Reduced Fat Ginger Snaps	32.0	1.0 serving	24.39	1.49	--
19093	Candies, SYMPHONY Milk Chocolate Bar	42.0	1.0 bar 1.5 oz	24.36	3.57	--
08602	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan	30.0	0.75 cup (1 NLEA serving)	24.36	2.25	--
18615	MARTHA WHITE FOODS, Martha White's Buttermilk Biscuit Mix, dry	41.0	1.0 serving	24.36	3.20	--
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	30.0	0.75 cup (1 NLEA serving)	24.36	2.14	0.027
11553	Tomato products, canned, sauce, with onions	245.0	1.0 cup	24.35	3.82	0.039
08073	Cereals ready-to-eat, POST, GOLDEN CRISP	27.0	0.75 cup (1 NLEA serving)	24.33	1.48	--
08501	Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES	27.0	0.75 cup	24.33	1.05	--
08005	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS	30.0	0.333 cup (1 NLEA serving)	24.30	2.67	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
36601	Restaurant, Chinese, egg rolls, assorted	89.0	1.0 piece	24.29	7.37	0.059
42283	Snacks, potato chips, white, restructured, baked	34.0	1.0 cup	24.28	1.70	--
03001	Babyfood, juice treats, fruit medley, toddler	28.0	1.0 packet	24.27	0.00	--
08290	Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes	31.0	0.75 cup (1 NLEA serving)	24.23	4.48	--
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	27.0	0.75 cup (1 NLEA serving)	24.22	1.56	0.033
28154	KEEBLER, Vienna Fingers with Creme Filling, Reduced Fat	31.0	2.0 cookies	24.21	1.40	--
18989	AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type, reduced fat	36.0	1.0 package	24.19	3.42	--
18986	AUSTIN, Grilled Cheese on Wafer Crackers, sandwich-type	39.0	1.0 package	24.18	3.08	--
16166	Soymilk, chocolate, unfortified	243.0	1.0 cup	24.18	5.49	0.092
16168	Soymilk, chocolate, with added calcium, vitamins A and D	243.0	1.0 cup	24.18	5.49	0.066
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	24.18	1.69	0.023
08453	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Chocolatey Strawberry	29.0	0.75 Cup (1 NLEA serving)	24.16	2.00	--
08029	Cereals ready-to-eat, POST Bran Flakes	30.0	0.75 cup (1 NLEA serving)	24.15	2.97	--
16095	Peanuts, virginia, raw	146.0	1.0 cup	24.15	36.78	0.358
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	24.14	3.92	0.040
08352	Cereals ready-to-eat, QUAKER, MOTHER'S Toasted Oat Bran cereal	32.0	0.75 cup (1 NLEA serving)	24.13	3.66	--
28312	Rolls, hamburger or hot dog, wheat/cracked wheat	51.0	1.0 roll	24.13	5.96	--
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240.0	1.0 cup, mashed	24.12	2.95	0.041
18631	PILLSBURY, Crusty French Loaf, refrigerated dough	52.0	1.0 serving	24.10	4.47	--
11867	Squash, winter, butternut, frozen, cooked, boiled, with salt	240.0	1.0 cup, mashed	24.10	2.95	0.041
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	28.0	1.0 cup (1 NLEA serving)	24.09	1.81	0.025
06426	Soup, chili beef, canned, prepared with equal volume water	261.0	1.0 cup	24.09	6.50	--
08002	Cereals ready-to-eat, POST, ALPHA-BITS	30.0	1.0 cup (1 NLEA serving for adults)	24.09	3.00	--
18232	Crackers, wheat, regular	34.0	16.0 crackers 1 serving	24.05	2.48	0.036
06978	Soup, beef and mushroom, low sodium, chunk style	251.0	1.0 cup	24.05	10.79	--
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247.0	1.0 cup	24.03	1.36	--
06408	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Vegetable Soup	245.0	1.0 cup	24.01	3.99	--
06389	CAMPBELL'S CHUNKY Soups, Beef with White and Wild Rice Soup	245.0	1.0 cup	24.01	8.01	--
06504	CAMPBELL'S Red and White - Microwaveable Bowls, Tomato Soup	245.0	1.0 cup	24.01	2.99	--
18566	Artificial Blueberry Muffin Mix, dry	31.0	1.0 muffin	24.01	1.46	--
22952	SWANSON, Chicken and Dumplings	247.0	1.0 cup (1 serving)	24.01	10.99	--
27032	CAMPBELL'S Red and White, Lentil Soup, condensed	126.0	0.5 cup	24.00	8.00	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
19119	Candies, NESTLE, CHUNKY Bar	40.0	1.0 serving 1.4 oz bar	24.00	3.00	--
22966	SPAGHETTIOS, SpaghettiOs with Meatballs - Easy Open	206.0	1.0 can (1 serving)	24.00	9.00	--
19268	Candies, dark chocolate coated coffee beans	40.0	1.0 serving 28 pieces	23.98	3.00	--
08487	Cereals ready-to-eat, MALT-O-MEAL, Blueberry MUFFIN TOPS Cereal	30.0	0.75 cup (1 NLEA serving)	23.97	1.47	--
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30.0	0.75 cup (1 NLEA serving)	23.97	2.49	--
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	33.0	3.0 tablespoon (1 serving)	23.97	3.88	0.038
08491	Cereals ready-to-eat, MOM'S BEST, Honey Nut TOASTY O'S	30.0	1.0 cup (1 NLEA serving)	23.95	2.58	--
18983	AUSTIN, Cheddar Cheese on Wheat Crackers, sandwich-type	39.0	1.0 package	23.95	3.08	--
08586	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIX	28.0	1.0 cup	23.94	1.51	--
11298	Parsnips, raw	133.0	1.0 cup slices	23.93	1.60	--
28050	KEEBLER, Club & Cheddar Sandwich Crackers	39.0	1.0 package	23.91	3.28	--
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	27.0	0.75 cup (1 NLEA serving)	23.90	1.54	--
08676	Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS	30.0	1.0 cup (1 NLEA serving)	23.89	2.58	--
19134	Candies, milk chocolate, with rice cereal	40.0	1.0 bar (1.4 oz)	23.87	3.06	--
18988	AUSTIN, Peanut Butter on Cheese Crackers, sandwich-type, reduced fat	36.0	1.0 package	23.87	3.49	--
19234	Puddings, tapioca, ready-to-eat, fat free	112.0	1.0 container refrigerated 4 oz	23.87	1.61	--
19269	Snacks, GENERAL MILLS, BETTY CROCKER Fruit Roll Ups, berry flavored, with vitamin C	28.0	2.0 rolls	23.86	0.03	--
19089	Ice creams, vanilla, rich	107.0	0.5 cup	23.85	3.74	0.044
08670	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS, MEDLEY CRUNCH	30.0	0.75 cup (1 NLEA serving)	23.85	2.73	--
18453	Cake, yellow, light, dry mix	28.35	1.0 oz	23.84	1.33	0.018
18272	Ice cream cones, sugar, rolled-type	28.35	1.0 oz	23.84	2.24	0.026
09219	Tangerines, (mandarin oranges), canned, juice pack	249.0	1.0 cup	23.83	1.54	0.015
06158	Soup, tomato bisque, canned, condensed	129.0	0.5 cup (4 fl oz)	23.83	2.27	0.023
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	33.0	2.0 tablespoon	23.82	0.47	--
19306	Candies, MARS SNACKFOOD US, POP'ABLES SNICKERS Brand Bite Size Candies	39.0	1.0 serving 13 pieces	23.82	2.79	--
18171	Cookies, fortune	28.35	1.0 oz	23.81	1.19	0.017
08655	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches	29.0	0.75 cup (1 NLEA serving)	23.78	2.03	--
08039	Cereals ready-to-eat, POST, GRAPE-NUTS Flakes	29.0	0.75 cup (1 NLEA serving)	23.78	2.73	--
18640	HEINZ, WEIGHT WATCHER, Chocolate Eclair, frozen	59.0	1.0 eclair, frozen	23.78	2.60	--
06621	SMART SOUP, Greek Minestrone	283.0	10.0 oz 1 pouch	23.77	4.81	--
21483	Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	88.0	1.0 slice	23.76	11.76	--
19437	Snacks, potato chips, fat free, salted	28.35	1.0 oz	23.75	2.73	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
21333	McDONALD'S, Vanilla Reduced Fat Ice Cream Cone	90.0	1.0 item (3.2 oz)	23.72	3.82	--
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	23.72	3.76	0.052
08592	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut	28.0	0.75 cup (1 NLEA serving)	23.71	1.54	--
21301	Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	76.0	1.0 slice	23.71	9.77	--
06558	Soup, tomato bisque, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	23.71	2.27	0.022
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	48.0	1.0 tortilla	23.70	3.94	0.031
08389	Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs	30.0	1.0 cup (1 NLEA serving)	23.70	3.00	--
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	33.0	2.0 tablespoon	23.69	0.37	0.006
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	33.0	3.0 tablespoon (1 NLEA serving)	23.69	3.83	0.025
08699	Cereals ready-to-eat, KELLOGG'S KRAVE Smores	31.0	0.75 Cup (1 NLEA serving)	23.68	2.26	--
28231	MURRAY, SUGAR FREE, Vanilla Wafer	32.0	9.0 cookies	23.68	1.89	--
22970	Macaroni and cheese, frozen entree	137.0	1.0 cup	23.67	7.67	--
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	29.0	0.75 cup (1 NLEA serving)	23.66	2.96	--
09048	Blackberries, frozen, unsweetened	151.0	1.0 cup, unthawed	23.66	1.78	--
19387	Frozen novelties, ice type, pineapple-coconut	99.0	0.5 cup (4 fl oz)	23.66	0.00	--
28075	KEEBLER, E.L. FUDGE, Double Stuffed Cookies	35.0	2.0 cookies	23.66	1.61	--
36045	ON THE BORDER, refried beans	135.0	1.0 cup	23.65	9.86	--
28212	MURRAY, COOKIE JAR CLASSICS, Coconut Bars Cookies	32.0	6.0 cookies	23.65	2.27	--
06018	Soup, chunky chicken noodle, canned, ready-to-serve	530.0	1.0 can	23.64	16.38	--
08513	Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS	28.0	0.75 cup (1 NLEA serving)	23.63	1.57	--
21463	Yogurt parfait, lowfat, with fruit and granola	149.0	1.0 item	23.63	5.01	--
09139	Guavas, common, raw	165.0	1.0 cup	23.63	4.21	0.036
08634	Cereals ready-to-eat, GENERAL MILLS, PEANUT BUTTER TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	23.62	2.54	--
08641	Cereals, QUAKER, Instant Oatmeal, fruit and cream, variety of flavors, reduced sugar	33.0	1.0 packet	23.62	3.35	--
08639	Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar	34.0	1.0 packet (1 NLEA serving)	23.61	3.83	--
11875	Sweet potato, cooked, baked in skin, flesh, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	23.61	2.29	0.046
08087	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain CHEERIOS	29.0	1.0 cup (1 NLEA serving)	23.61	2.41	--
08652	Cereals ready-to-eat, KELLOGG'S KRAVE chocolate cereal	31.0	0.75 cup (1 NLEA serving)	23.59	2.17	--
19235	Puddings, chocolate, ready-to-eat, fat free	113.0	1.0 serving 4 oz	23.58	2.18	--
21083	Fast foods, taco salad	198.0	1.5 cup	23.58	13.23	0.148
08679	Cereals ready-to-eat, GENERAL MILLS, FROSTED TOAST CRUNCH	30.0	0.75 cup (1 NLEA serving)	23.58	1.56	--
28318	Bread, french or vienna, whole wheat	48.0	1.0 slice 1 serving	23.57	4.00	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
21142	Fast food, biscuit	55.0	1.0 biscuit	23.55	3.89	--
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28.0	1.0 cup (1 NLEA serving)	23.55	2.10	0.013
20030	Hominy, canned, white	165.0	1.0 cup	23.53	2.44	0.013
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	164.0	1.0 cup	23.52	3.76	0.034
21224	Pizza, cheese topping, regular crust, frozen, cooked	81.0	1.0 serving 9 servings per 24 oz package	23.51	8.39	0.138
18635	PILLSBURY, Cinnamon Rolls with Icing, refrigerated dough	44.0	1.0 serving 1 roll with icing	23.50	1.91	--
08494	Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS	30.0	0.75 cup (1 NLEA serving)	23.50	1.00	--
18632	PILLSBURY, Traditional Fudge Brownie Mix, dry	30.0	1.0 serving	23.49	1.44	--
19013	Snacks, fruit leather, pieces	28.35	1.0 oz	23.48	0.28	--
28110	KEEBLER, Toast & Peanut Butter Sandwich Crackers	39.0	1.0 package	23.48	4.13	--
28257	AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type	39.0	1.0 package	23.48	4.13	--
28326	Crackers, whole grain, sandwich-type, with peanut butter filling	43.0	6.0 cracker 1 serving	23.47	6.07	--
16394	Peanuts, valencia, oil-roasted, without salt	144.0	1.0 cup	23.47	38.94	0.379
16094	Peanuts, valencia, oil-roasted, with salt	144.0	1.0 cup	23.47	38.94	0.379
28274	MURRAY, Honey Graham	31.0	8.0 crackers	23.47	1.83	--
01231	Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener	170.0	1.0 container	23.46	8.38	--
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	23.46	8.38	0.048
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	23.46	8.38	0.048
14192	Beverages, Cocoa mix, powder	28.0	1.0 serving (3 heaping tsp or 1 envelope)	23.44	1.87	--
28319	Bagels, whole grain white	43.0	0.5 piece bagel 1 serving	23.44	4.00	--
19372	Frostings, chocolate, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	23.44	0.36	0.006
09423	Prune puree	36.0	2.0 tbsp	23.44	0.76	--
28216	MURRAY, Old Fashioned Iced Oatmeal Cookies	33.0	5.0 cookies	23.43	1.65	--
19321	Puddings, banana, dry mix, regular, prepared with whole milk	127.0	0.5 cup	23.42	3.48	0.081
18614	MARTHA WHITE FOODS, Martha White's Chewy Fudge Brownie Mix, dry	28.0	1.0 serving	23.40	1.24	--
18984	AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type	39.0	1.0 package	23.40	2.92	--
19364	Toppings, butterscotch or caramel	41.0	2.0 tbsp	23.37	0.50	--
20118	Noodles, flat, crunchy, Chinese restaurant	45.0	1.0 cup	23.36	4.65	--
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	231.0	1.0 cup	23.33	4.34	0.042
09005	Apples, raw, without skin, cooked, boiled	171.0	1.0 cup slices	23.32	0.44	--
19910	Candies, crispy bar with peanut butter filling	42.0	1.0 serving 1.5 oz	23.32	4.00	--
28051	KEEBLER, Cheese on Wheat Sandwich Crackers	39.0	1.0 package	23.32	3.28	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
03215	Babyfood, pretzels	28.35	1.0 oz	23.30	3.06	--
19103	Candies, fudge, vanilla, prepared-from-recipe	28.35	1.0 oz	23.29	0.30	--
14632	Beverages, Meal supplement drink, canned, peanut flavor	158.0	1.0 cup	23.29	5.53	0.063
19249	Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate	42.0	1.0 serving 1.5 oz	23.26	4.00	--
08034	Cereals ready-to-eat, POST, FRUITY PEBBLES	27.0	0.75 cup (1 NLEA serving)	23.25	1.25	--
19216	Candies, praline, prepared-from-recipe	39.0	1.0 piece	23.24	1.29	--
08661	Cereals ready-to-eat, KELLOGG'S CINNAMON JACKS	28.0	1.0 cup (1 NLEA serving)	23.24	1.65	--
06625	SMART SOUP, Vietnamese Carrot Lemongrass	283.0	10.0 oz 1 pouch	23.21	3.68	--
28049	KEEBLER, Cheese & Cheddar Sandwich Crackers	39.0	1.0 package	23.20	3.16	--
08675	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey & almonds	30.0	0.75 cup (1 NLEA serving)	23.18	2.34	--
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	29.0	1.0 serving (NLEA serving size = 0.75 cup)	23.13	2.96	0.040
28056	KEEBLER, CHIPS DELUXE, Mini Chocolate Chip Cookies	34.0	1.0 pouch	23.12	1.77	--
16091	Peanuts, spanish, raw	146.0	1.0 cup	23.11	38.18	0.371
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27.0	0.75 cup (1 NLEA serving)	23.09	1.19	--
18630	PILLSBURY, Chocolate Chip Cookies, refrigerated dough	38.0	1.0 serving 2 cookies	23.08	1.45	--
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	28.35	1.0 oz	23.05	3.15	0.049
06731	Soup, bean with bacon, condensed, single brand	128.0	1.0 serving 1/2 cup	23.04	8.32	--
19248	Candies, HERSHEY'S, ALMOND JOY BITES	40.0	18.0 pieces	23.02	2.23	--
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	31.0	0.5 cup (1 NLEA serving)	23.01	4.07	0.068
16237	SILK Chocolate, soymilk	243.0	1.0 cup	23.01	5.01	--
28265	KEEBLER, Cheese & Peanut Butter Sandwich Crackers	39.0	1.0 package	23.01	4.21	--
28256	AUSTIN, Peanut Butter on Cheese Crackers, sandwich-type	39.0	1.0 package	23.01	4.21	--
06396	CAMPBELL'S CHUNKY Soups, Fajita Chicken with Rice & Beans Soup	245.0	1.0 cup	23.01	7.01	--
06383	CAMPBELL'S CHUNKY Soups, Baked Potato with Cheddar & Bacon Bits Soup	245.0	1.0 cup	23.01	5.00	--
27019	CAMPBELL'S Homestyle Harvest Tomato with Basil Soup	245.0	1.0 cup	23.01	2.01	--
19125	Chocolate-flavored hazelnut spread	37.0	1.0 serving 2 TBSP	23.00	2.00	--
06351	CAMPBELL'S Red and White, Old Fashioned Tomato Rice Soup, condensed	126.0	1.0 serving 1/2 cup	23.00	1.00	--
06379	CAMPBELL'S Red and White, Tomato Bisque, condensed	126.0	1.0 serving 1/2 cup	23.00	2.00	--
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	27.0	1.0 cup (1 NLEA serving)	22.97	1.73	--
18419	Cake, pudding-type, white, unenriched, dry mix	28.35	1.0 oz	22.96	1.11	0.016

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
08682	Cereals ready-to-eat, GENERAL MILLS, Multi Grain CHEERIOS, Peanut Butter	28.0	0.75 cup (1 NLEA serving)	22.96	1.90	--
08059	Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP	27.0	1.0 cup (1 NLEA serving)	22.96	1.22	--
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	34.0	1.0 serving 3 cookies	22.95	2.03	0.028
28037	JACKSON'S, Old Fashioned Lemon Jumble Cookies	32.0	3.0 cookies	22.94	1.82	--
18236	Cracker meal	28.35	1.0 oz	22.94	2.64	0.030
18135	Cake, pudding-type, white, enriched, dry mix	28.35	1.0 oz	22.94	1.11	0.016
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	22.93	1.74	0.017
12041	Seeds, sunflower seed flour, partially defatted	64.0	1.0 cup	22.93	30.76	0.470
06166	Sauce, homemade, white, medium	250.0	1.0 cup	22.92	9.60	0.108
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0 cracker 1 cracker = 6.5g	22.92	3.48	0.043
21485	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	79.0	1.0 slice	22.91	11.07	--
28263	KEEBLER, Grahams, Cinnamon Crisp	30.0	8.0 crackers	22.89	1.77	--
19038	Snacks, popcorn, caramel-coated, with peanuts	28.35	1.0 oz (approx 2/3 cup)	22.88	1.81	0.015
28314	Crackers, sandwich-type, peanut butter filled, reduced fat	36.0	1.0 package	22.86	3.00	--
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	87.0	1.0 slice	22.85	10.69	0.124
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	295.0	1.0 bottle	22.83	9.79	--
18346	Rolls, dinner, rye	43.0	1.0 large (approx 3-1/2" to 4" dia)	22.83	4.43	0.051
22954	Egg rolls, chicken, refrigerated, heated	80.0	1.0 roll	22.83	8.35	0.112
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	22.83	3.72	0.057
08707	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolate Almond	28.0	0.67 Cup (1 NLEA serving)	22.82	2.13	--
20330	Hominy, canned, yellow	160.0	1.0 cup	22.82	2.37	0.013
08270	Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA	27.0	0.75 cup (1 NLEA serving)	22.82	1.46	--
18196	Cookies, brownies, dry mix, sugar free	28.35	1.0 oz	22.79	0.82	0.012
19047	Snacks, pretzels, hard, plain, salted	28.35	1.0 oz	22.79	2.85	0.027
08658	Cereals ready-to-eat, KELLOGG'S KRAVE double chocolate cereal	30.0	0.75 cup (1 NLEA serving)	22.77	2.13	--
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31.0	1.0 cup (1 NLEA serving)	22.75	5.51	--
08092	Cereals, QUAKER, corn grits, instant, plain, dry	29.0	1.0 packet	22.74	2.12	--
08583	Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS	27.0	0.75 cup (1 NLEA serving)	22.73	1.57	--
18097	Cake, pudding-type, chocolate, dry mix	28.35	1.0 oz	22.73	1.30	0.019
09128	Grapefruit juice, white, raw	247.0	1.0 cup	22.72	1.24	--
09404	Grapefruit juice, pink, raw	247.0	1.0 cup	22.72	1.24	--
28151	KEEBLER, TRADITIONS, Iced Oatmeal Cookies	32.0	4.0 cookies	22.72	1.73	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
28203	MOTHER'S, Iced Oatmeal Cookies	32.0	4.0 cookies	22.72	1.73	--
19833	Snacks, tortilla chips, low fat, unsalted	28.35	1.0 oz	22.71	3.12	--
28153	KEEBLER, Vienna Fingers with Creme Filling	31.0	2.0 cookies	22.69	1.40	--
35232	Wocas, dried seeds, Oregon, yellow pond lily (Klamath)	28.35	1.0 oz	22.69	2.24	--
18142	Cake, pudding-type, yellow, dry mix	28.35	1.0 oz	22.68	1.13	0.016
08657	Cereals ready-to-eat, BARBARA'S PUFFINS, original	27.0	0.75 cup (1 NLEA serving)	22.68	2.00	--
19433	Tortilla chips, low fat, baked without fat	28.35	1.0 oz	22.68	3.12	--
21524	McDONALD'S, RANCH SNACK WRAP, Grilled	123.0	1.0 wrap	22.67	16.94	0.165
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	123.0	1.0 item	22.67	16.94	0.165
14357	Beverages, tea, instant, decaffeinated, lemon, sweetened	23.0	1.0 serving (3 heaping tsp)	22.67	0.03	--
14370	Beverages, tea, instant, lemon, sweetened, powder	23.0	1.0 serving (3 heaping tsp)	22.67	0.03	--
03054	Babyfood, dinner, vegetables and beef, junior	256.0	1.0 cup	22.63	5.66	0.051
03053	Babyfood, dinner, vegetables and beef, strained	256.0	1.0 cup	22.63	5.66	0.051
28190	KELLOGG'S, SPECIAL K, Multigrain Crackers	30.0	24.0 crackers	22.62	2.70	--
28187	KELLOGG'S, SPECIAL K, Cracker Chips, Sea Salt	30.0	30.0 chips	22.62	2.04	--
06431	CAMPBELL'S CHUNKY, New England Clam Chowder	251.0	1.0 cup	22.62	6.17	--
12094	Nuts, chestnuts, chinese, dried	28.35	1.0 oz	22.61	1.93	0.023
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	27.0	0.75 cup (1 NLEA serving)	22.60	1.51	--
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	27.0	0.75 cup (1 NLEA serving)	22.59	1.72	--
01070	Dessert topping, powdered	43.0	1.5 oz	22.59	2.11	0.029
28389	PEPPERIDGE FARM, White Bread	45.0	1.0 serving	22.59	0.00	--
08211	Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S	27.0	0.75 cup (1 NLEA serving)	22.59	1.06	--
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	30.0	0.75 cup (1 NLEA serving)	22.58	3.57	--
28207	MOTHER'S, Old Fashioned Iced Oatmeal Cookies	31.0	2.0 cookies	22.57	1.86	--
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	28.35	1.0 oz	22.57	0.85	0.012
09143	Guava sauce, cooked	238.0	1.0 cup	22.56	0.76	0.007
03059	Babyfood, dinner, vegetables and bacon, strained	256.0	1.0 cup	22.55	4.92	--
08593	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate	27.0	0.75 cup (1 NLEA serving)	22.54	1.57	--
09414	Pears, raw, bosc	140.0	1.0 cup, sliced	22.54	0.50	0.003
18117	Cake, pudding-type, marble, dry mix	28.35	1.0 oz	22.54	0.96	0.014
06159	Soup, tomato, canned, condensed	148.0	1.0 cup	22.53	2.16	--
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	22.51	1.51	0.012
01244	Milk dessert bar, frozen, made from lowfat milk	68.0	1.0 bar	22.50	3.00	--
25031	Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors	50.0	1.0 bar	22.50	15.00	--
19097	Sherbet, orange	74.0	0.5 cup (4 fl oz)	22.50	0.81	--

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08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	27.0	0.75 cup (1 NLEA serving)	22.49	2.24	--
08648	Cereals ready-to-eat, KASHI Simply Maize	27.0	0.75 cup (1 NLEA serving)	22.49	2.11	--
19813	Snacks, pretzels, hard, plain, made with unenriched flour, unsalted	28.35	1.0 oz	22.45	2.58	0.031
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	28.35	1.0 oz	22.45	2.58	0.031
18092	Cake, pudding-type, carrot, dry mix	28.35	1.0 oz	22.45	1.45	0.017
19812	Snacks, pretzels, hard, plain, made with unenriched flour, salted	28.35	1.0 oz	22.45	2.58	0.031
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	22.45	4.12	0.028
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	22.45	4.12	0.028
14548	Beverages, tea, instant, lemon, with added ascorbic acid	23.0	1.0 serving (3 heaping tsp)	22.45	0.14	0.001
28017	KASHI, TLC, Pita Crisps, Sea Salt	31.0	11.0 crisps	22.44	3.26	--
28036	GIRL SCOUTS, Trefoils Cookies	33.0	5.0 cookies	22.44	1.88	--
28189	KELLOGG'S, SPECIAL K, Cracker Chips, Southwest Ranch	30.0	27.0 chips	22.44	1.86	--
08685	Cereals ready-to-eat, QUAKER WHOLE HEARTS oat cereal	28.0	0.75 cup (1 NLEA serving)	22.43	2.14	--
19039	Snacks, popcorn, caramel-coated, without peanuts	28.35	1.0 oz	22.42	1.08	0.013
21507	WENDY'S, Double Stack, with cheese	146.0	1.0 sandwich	22.41	27.05	--
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30.0	0.75 cup (1 NLEA serving)	22.41	2.52	--
08481	Cereals ready-to-eat, MALT-O-MEAL, HONEY GRAHAM SQUARES	30.0	0.75 cup (1 NLEA serving)	22.40	1.34	--
18271	Ice cream cones, cake or wafer-type	28.35	1.0 oz	22.40	2.30	0.027
19365	Toppings, marshmallow cream	28.35	1.0 oz	22.40	0.23	--
19088	Ice creams, vanilla, light	76.0	1.0 serving 1/2 cup	22.39	3.63	--
42227	Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies	37.0	1.0 serving 1.31 oz bag	22.38	2.79	--
08642	Cereals, QUAKER, Instant Oatmeal, Apple and Cinnamon, reduced sugar	31.0	1.0 packet (1 NLEA serving)	22.37	3.19	--
28047	KEEBLER, BAKER'S TREASURES, Chocolate Chip Cookie, soft	32.0	2.0 cookies	22.37	1.70	--
36412	Restaurant, Latino, tamale, pork	142.0	1.0 piece	22.36	10.44	0.095
25062	Snack, Mixed Berry Bar	38.0	1.0 bar	22.36	5.00	--
08647	Cereals ready-to-eat, KASHI INDIGO MORNING	27.0	0.75 cup (1 NLEA serving)	22.36	2.08	--
08582	Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLORER	27.0	0.75 cup (1 NLEA serving)	22.36	1.51	--
18637	KRAFT FOODS, SHAKE 'N' BAKE ORIGINAL RECIPE, Coating for Pork, dry	28.0	1.0 serving	22.34	1.71	--
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26.0	0.75 cup (1 NLEA serving)	22.34	1.16	--
08550	Cereals ready-to-eat, QUAKER, Christmas Crunch	26.0	0.75 cup (1 NLEA serving)	22.34	1.15	--
19075	Candies, CARAMELLO Candy Bar	35.0	1.0 bar 1.25 oz	22.33	2.17	--
19024	Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip	35.0	1.0 bar (1.25 oz)	22.33	2.03	0.024
18956	Keikitos (muffins), Latino bakery item	42.0	1.0 piece	22.33	2.86	--
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	22.33	1.42	0.015

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28334	Cookies, gluten-free, lemon wafer	30.0	3.0 cookies	22.32	0.00	--
28358	GLUTINO, Gluten Free Wafers, Lemon Flavored	30.0	3.0 cookies	22.32	0.00	--
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	28.0	0.75 cup (1 NLEA serving)	22.31	2.48	--
14371	Beverages, tea, instant, lemon, sweetened, prepared with water	259.0	1.0 cup (8 fl oz)	22.30	0.03	--
28188	KELLOGG'S, SPECIAL K, Cracker Chips, Sour Cream & Onion	30.0	27.0 chips	22.29	2.13	--
28271	MURRAY, COOKIE JAR CLASSICS, Butter Cookies	30.0	8.0 cookies	22.29	2.16	--
09113	Grapefruit, raw, pink and red, California and Arizona	230.0	1.0 cup sections, with juice	22.29	1.15	0.012
09430	Pineapple, raw, extra sweet variety	165.0	1.0 cup, chunks	22.28	0.87	--
28045	KEEBLER, ANIMALS, Iced Cookies	30.0	6.0 cookies 1 serving	22.26	1.68	--
18608	KEEBLER, KEEBLER Chocolate Graham SELECTS	31.0	1.0 serving	22.26	2.20	--
19874	Frozen novelties, KLONDIKE, SLIM-A-BEAR Fudge Bar, 98% fat free, no sugar added	74.0	1.0 serving 3.5 fl oz bar	22.25	3.19	--
12100	Nuts, chestnuts, european, dried, peeled	28.35	1.0 oz	22.23	1.42	0.016
11361	Potatoes, roasted, salt added in processing, frozen, unprepared	85.0	3.0 oz	22.23	1.89	--
14169	Beverages, Carob-flavor beverage mix, powder, prepared with whole milk	256.0	1.0 cup (8 fl oz)	22.22	8.09	0.182
19228	Frostings, cream cheese-flavor, ready-to-eat	33.0	2.0 tbsp creamy	22.22	0.03	0.000
11973	Beans, fava, in pod, raw	126.0	1.0 cup	22.21	9.98	--
28038	JACKSON'S, Old Fashioned Vanilla Wafers	30.0	8.0 cookies	22.20	1.50	--
18156	Cookies, fudge, cake-type (includes trolley cakes)	28.35	1.0 oz	22.20	1.42	0.016
28020	KASHI, TLC, Pita Crisps, Zesty Salsa	31.0	11.0 crisps	22.20	3.41	--
16113	Natto	175.0	1.0 cup	22.19	33.95	0.390
28275	MURRAY, Old Fashioned Gingersnaps Cookies	30.0	5.0 cookies	22.17	1.53	--
03274	Babyfood, dinner, vegetables and chicken, junior	256.0	1.0 cup	22.17	5.22	--
28298	Cookies, brownies, commercially prepared, reduced fat, with added fiber	36.0	1.0 brownie 1 serving	22.17	1.00	--
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	22.16	5.08	0.043
11490	Squash, winter, hubbard, baked, without salt	205.0	1.0 cup, cubes	22.16	5.08	0.043
18420	Cake, yellow, unenriched, dry mix	28.35	1.0 oz	22.14	1.25	0.017
28191	KELLOGG'S, SPECIAL K, Savory Herb Crackers	30.0	24.0 crackers	22.14	3.27	--
08671	Cereals ready-to-eat, GENERAL MILLS, Dulce De Leche CHEERIOS	27.0	0.75 cup (1 NLEA serving)	22.14	1.76	--
08625	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S Halloween Crunch	26.0	0.75 cup (1 NLEA serving)	22.14	1.15	--
19254	Candies, MARS SNACKFOOD US, DOVE Milk Chocolate	37.0	1.0 serving 1.30 oz bar	22.12	2.20	--
03062	Babyfood, dinner, vegetables and ham, junior	256.0	1.0 cup	22.12	5.17	--
14083	Beverages, chocolate malt, powder, prepared with fat free milk	256.0	1.0 serving	22.12	8.32	--
28048	KEEBLER, BAKER'S TREASURES, Oatmeal Raisin Cookie, soft	32.0	2.0 cookies	22.11	1.95	--
28186	KELLOGG'S, SPECIAL K, Cracker Chips, Cheddar	30.0	27.0 chips	22.11	1.92	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
09415	Pears, raw, green anjou	140.0	1.0 cup, sliced	22.11	0.62	0.003
06404	Soup, bean with pork, canned, prepared with equal volume water	266.0	1.0 serving 1 cup	22.10	7.66	--
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	22.09	1.46	0.012
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	89.0	10.0 strip	22.08	1.99	0.018
28211	MURRAY, Chocolatey Chip Thins Cookies	30.0	8.0 cookies	22.08	2.13	--
06004	Soup, bean with pork, canned, condensed	130.0	0.5 cup	22.06	7.64	0.081
18350	Rolls, hamburger or hotdog, plain	44.0	1.0 roll 1 serving	22.05	4.30	--
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	245.0	1.0 cup	22.05	4.90	--
28309	Cookies, coconut macaroon	36.0	2.0 cookie 1 serving	22.04	1.09	--
06063	Soup, tomato rice, canned, condensed	129.0	0.5 cup (4 fl oz)	22.03	2.12	--
28377	PEPPERIDGE FARM, 100% Whole Wheat Hamburger Buns	51.0	1.0 serving	22.03	0.01	--
08681	Cereals ready-to-eat, CASCADIAN FARM, Cinnamon Crunch	27.0	0.75 cup (1 NLEA serving)	22.03	1.54	--
35146	Stew, mutton, corn, squash (Navajo)	303.0	1.0 serving	22.03	26.12	0.173
18107	Coffeecake, cinnamon with crumb topping, dry mix	28.35	1.0 oz	22.03	1.36	0.016
18979	KASHI, H2H Woven Wheat Cracker, Original	30.0	7.0 cracker	22.02	3.18	--
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	28.35	1.0 oz	22.02	1.90	--
14639	Beverages, rice milk, unsweetened	240.0	8.0 fl oz (approximate weight, 1 serving)	22.01	0.67	--
06447	CAMPBELL'S CHUNKY Soups, Savory Vegetable Soup	245.0	1.0 cup	22.00	2.99	--
06231	PREGO Pasta, Mushroom and Parmesan Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	22.00	3.00	--
06406	Soup, bean with frankfurters, canned, prepared with equal volume water	250.0	1.0 cup (8 fl oz)	22.00	9.98	0.105
16252	SILK Plain soy yogurt	227.0	1.0 container	22.00	5.99	--
16240	SILK Light Chocolate, soymilk	243.0	1.0 cup	21.99	5.01	--
16248	SILK Mocha, soymilk	243.0	1.0 cup	21.99	5.01	--
19255	Candies, MARS SNACKFOOD US, DOVE Dark Chocolate	37.0	1.0 serving 1.3 oz bar	21.98	1.92	--
16089	Peanuts, all types, oil-roasted, with salt	144.0	1.0 cup, chopped	21.97	40.36	0.333
16389	Peanuts, all types, oil-roasted, without salt	144.0	1.0 cup,	21.97	40.36	0.333
08017	Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP	26.0	0.75 cup (1 NLEA serving)	21.97	1.35	--
18982	KASHI, H2H Woven Wheat Cracker, Roasted Garlic	30.0	7.0 cracker	21.96	3.15	--
09077	Crabapples, raw	110.0	1.0 cup slices	21.94	0.44	0.004
18609	KEEBLER, Vanilla Wafers	30.0	8.0 cookies	21.93	1.20	--
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	21.92	2.35	0.020
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	29.0	0.75 cup (1 NLEA serving)	21.92	1.97	--
12099	Nuts, chestnuts, european, dried, unpeeled	28.35	1.0 oz	21.92	1.81	0.020
42281	Gums, seed gums (includes locust bean, guar)	28.35	1.0 oz	21.91	1.30	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249.0	1.0 cup	21.91	1.49	--
11655	Carrot juice, canned	236.0	1.0 cup	21.90	2.24	--
18949	Crackers, whole-wheat, reduced fat	29.0	1.0 serving	21.90	3.29	0.047
12130	Nuts, hickorynuts, dried	120.0	1.0 cup	21.90	15.26	0.167
19132	Candies, milk chocolate, with almonds	41.0	1.0 bar (1.45 oz)	21.89	3.69	--
08579	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH	28.0	1.0 bowl (3/4 cup) (1 NLEA serving)	21.89	1.43	--
22908	Beef, corned beef hash, with potato, canned	236.0	1.0 cup	21.88	20.60	0.111
28233	MURRAY, Vanilla Wafer	30.0	8.0 cookies	21.87	1.20	--
31035	Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	269.0	1.0 cup	21.87	1.32	--
21263	TACO BELL, Soft Taco with steak	127.0	1.0 item	21.87	15.00	0.184
18641	INTERSTATE BRANDS CORP, WONDER Hamburger Rolls	43.0	1.0 serving	21.86	3.47	--
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	27.0	0.75 cup (1 NLEA serving)	21.84	2.07	--
28046	KEEBLER, ANIMALS, Crackers	29.0	8.0 crackers 1 serving	21.84	1.62	--
09522	Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium	200.0	6.75 fl oz	21.82	0.54	--
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244.0	1.0 cup	21.81	1.88	--
14350	Strawberry-flavor beverage mix, powder	22.0	1.0 serving (2-3 heaping tsp)	21.80	0.02	--
18172	Cookies, gingersnaps	28.35	1.0 oz	21.80	1.59	0.023
28382	PEPPERIDGE FARM, Farmhouse Oatmeal Bread	43.0	1.0 serving	21.80	0.00	--
08637	Cereals ready-to-eat, GENERAL MILLS, Oat Cluster CHEERIOS Crunch	27.0	0.75 cup (1 NLEA serving)	21.79	2.30	--
18213	Cookies, vanilla wafers, higher fat	30.0	8.0 wafers	21.78	1.47	0.012
09228	Papaya, canned, heavy syrup, drained	39.0	1.0 piece	21.77	0.05	--
18084	Bread stuffing, cornbread, dry mix	28.35	1.0 oz	21.74	2.84	0.030
08239	Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry	27.0	0.75 cup (1 NLEA serving)	21.74	2.38	--
28087	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Dark Chocolate	31.0	3.0 cookies	21.73	1.33	--
28291	Cookies, animal, with frosting or icing	31.0	8.0 cookies 1 serving	21.73	0.93	0.013
36025	CRACKER BARREL, coleslaw	167.0	1.0 serving	21.73	1.49	0.017
28294	Cookie, chocolate, with icing or coating	32.0	4.0 cookies	21.72	1.44	0.018
18152	Cookies, brownies, dry mix, regular	28.35	1.0 oz	21.72	1.13	0.016
28044	KEEBLER, ANIMALS, Frosted Cookies	31.0	8.0 cookies 1 serving	21.70	0.93	--
31024	Sweet Potatoes, french fried, crosscut, frozen, unprepared	85.0	3.0 oz	21.69	1.44	--
28152	KEEBLER, Vanilla Wafers Minis, Rainbow	30.0	18.0 cookies	21.69	1.20	--
18974	KASHI, TLC, Honey Sesame Crackers	30.0	15.0 cracker	21.66	2.61	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
03216	Babyfood, teething biscuits	28.35	1.0 oz	21.66	3.03	--
09266	Pineapple, raw, all varieties	165.0	1.0 cup, chunks	21.65	0.89	0.008
14450	Beverages, drink mix, QUAKER OATS, GATORADE, orange flavor, powder	23.0	1.0 scoop powder	21.65	0.00	--
08711	Cereals ready-to-eat, KELLOGG'S, SPECIAL K protein, cinnamon brown sugar crunch	31.0	0.75 Cup (1 NLEA serving)	21.64	6.91	--
28384	PEPPERIDGE FARM, Farmhouse Sourdough Bread	43.0	1.0 serving	21.63	0.00	--
11816	Peas and carrots, canned, no salt added, solids and liquids	255.0	1.0 cup	21.62	5.53	0.041
11318	Peas and carrots, canned, regular pack, solids and liquids	255.0	1.0 cup	21.62	5.53	0.041
22955	Egg rolls, vegetable, frozen, prepared	68.0	1.0 egg roll	21.60	4.05	0.034
18081	Bread stuffing, bread, dry mix	28.35	1.0 oz	21.60	3.12	0.039
06980	Soup, beef stroganoff, canned, chunky style, ready-to-serve	240.0	1.0 cup	21.60	12.24	--
28249	SUNSHINE, CHEEZ-IT, White Cheddar, Reduced Fat Crackers	30.0	25.0 crackers	21.60	2.91	--
28328	Cookies, chocolate chip sandwich, with creme filling	34.0	1.0 cookie	21.60	1.00	--
09110	Goji berries, dried	28.0	5.0 tbsp	21.58	3.99	--
11399	Potato puffs, frozen, oven-heated	79.0	10.0 puffs	21.56	1.68	0.016
25000	Snacks, popcorn, microwave, 94% fat free	28.35	1.0 oz	21.56	3.04	0.022
03073	Babyfood, dinner, vegetables chicken, strained	256.0	1.0 cup	21.56	6.32	--
08267	Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS	27.0	0.75 cup (1 NLEA serving)	21.55	2.43	--
28035	GIRL SCOUTS, Thin Mints Cookies	32.0	4.0 cookies	21.54	1.44	--
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	245.0	1.0 cup, mashed	21.54	1.64	0.024
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	21.54	1.64	0.024
19238	Candies, REESE'S BITES	39.0	16.0 pieces	21.52	4.42	--
18972	Bread, cheese	48.0	1.0 slice	21.52	5.00	--
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	21.50	1.84	0.027
11866	Squash, winter, butternut, cooked, baked, with salt	205.0	1.0 cup, cubes	21.50	1.84	0.027
28229	MURRAY, SUGAR FREE, Shortbread Cookies	30.0	8.0 cookies	21.48	2.10	--
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	28.35	1.0 oz	21.46	2.50	--
09050	Blueberries, raw	148.0	1.0 cup	21.45	1.10	0.004
28108	KEEBLER, Holiday Jingles Cookies	29.0	6.0 cookies	21.43	1.45	--
28273	MURRAY, Vanilla Creme Sandwich Cookies	29.0	3.0 cookies	21.43	1.42	--
19001	Candies, TOBLERONE, milk chocolate with honey and almond nougat	35.0	1.0 bar	21.42	2.00	--
09201	Oranges, raw, California, valencias	180.0	1.0 cup sections, without membranes	21.40	1.87	0.018
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	35.0	1.0 bar	21.40	3.20	0.037

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
36015	Restaurant, family style, chicken fingers, from kid's menu	114.0	1.0 serving	21.40	21.30	0.243
03214	Babyfood, cookies, arrowroot	28.35	1.0 oz	21.38	2.15	--
28214	MURRAY, Lemon Creme Sandwich Cookies	29.0	3.0 cookies	21.37	1.36	--
25048	Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	32.0	1.0 bar	21.35	3.00	--
09203	Oranges, raw, Florida	185.0	1.0 cup sections, without membranes	21.35	1.30	0.013
21419	KFC, biscuit	49.0	1.0 biscuit	21.34	3.68	0.050
28293	Cookie, butter or sugar, with chocolate icing or filling	31.0	3.0 cookies	21.34	1.27	0.016
18617	NABISCO, NABISCO GRAHAMS Crackers	28.0	1.0 serving	21.34	1.96	--
28088	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Holiday/Spiderman	31.0	3.0 cookies	21.33	1.27	--
09252	Pears, raw	140.0	1.0 cup, slices	21.32	0.50	0.003
11283	Onions, cooked, boiled, drained, without salt	210.0	1.0 cup	21.32	2.86	0.042
28278	MURRAY, SUGAR FREE, Oatmeal Cookies	32.0	3.0 cookies	21.31	2.14	--
09014	Apples, frozen, unsweetened, unheated	173.0	1.0 cup slices	21.30	0.48	0.005
21006	Fast foods, biscuit with egg and steak	148.0	1.0 biscuit	21.27	17.94	0.229
28094	KEEBLER, FUDGE SHOPPE, Jumbo Fudge Sticks, Vanilla	31.0	1.0 cookie	21.27	0.74	--
28092	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Original	31.0	3.0 cookies	21.27	1.27	--
31027	Potatoes, yellow fleshed, french fried, frozen, unprepared	85.0	3.0 oz	21.26	2.10	--
11841	Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated	74.0	10.0 strip	21.25	1.97	--
08444	Cereals, QUAKER, Instant Grits, Redeye Gravy & Country Ham flavor, dry	28.0	1.0 packet (1 NLEA serving)	21.24	2.75	--
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27.0	0.75 cup (1 NLEA serving)	21.24	1.92	--
28130	KEEBLER, SOFT BATCH, Chocolate Chip Cookies	32.0	2.0 cookies	21.18	1.15	--
19104	Candies, fudge, vanilla with nuts	28.35	1.0 oz	21.15	0.85	--
09200	Oranges, raw, all commercial varieties	180.0	1.0 cup, sections	21.15	1.69	0.016
18114	Cake, gingerbread, dry mix	28.35	1.0 oz	21.15	1.25	0.018
08074	Cereals ready-to-eat, RALSTON TASTEEOS	28.0	1.0 cup (1 NLEA serving)	21.14	3.00	0.041
28300	Cookies, oatmeal sandwich, with creme filling	38.0	1.0 cookie 1 serving	21.14	0.99	--
28206	MOTHER'S, Old Fashioned Chocolate Chip Cookies	32.0	2.0 cookies	21.12	1.73	--
06974	Soup, vegetable chicken, canned, prepared with water, low sodium	241.0	1.0 cup	21.11	12.29	--
08096	Cereals, QUAKER, Instant Grits, Country Bacon flavor, dry	28.0	1.0 packet (1 NLEA serving)	21.11	2.78	--
03995	Babyfood, banana with mixed berries, strained	99.0	1.0 packet	21.10	1.00	0.006
06463	Soup, tomato rice, canned, prepared with equal volume water	247.0	1.0 cup	21.09	2.03	--
09212	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium	249.0	1.0 cup	21.09	1.49	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
18999	KELLOGG'S, EGGO, Mini Muffin Tops, Blueberry	46.0	1.0 set	21.07	2.30	--
28213	MURRAY, Duplex Creme Sandwich Cookies	29.0	3.0 cookies	21.05	1.42	--
25038	Snacks, granola bars, soft, almond, confectioners coating	35.0	1.0 bar	21.05	3.01	--
03217	Zwieback	28.35	1.0 oz	21.04	2.86	--
19272	Snacks, FARLEY CANDY, FARLEY Fruit Snacks, with vitamins A, C, and E	26.0	1.0 pouch	21.03	1.14	--
27042	Soup, clam chowder, new england, canned, ready-to-serve	254.0	1.0 cup	21.03	6.63	--
22973	Corn dogs, frozen, prepared	78.0	1.0 corndog	21.03	6.68	0.069
14250	Beverages, AMBER, hard cider	355.0	12.0 fl oz	21.02	0.00	--
06585	CAMPBELL'S Soup on the Go, Vegetable with Mini Round Noodles Soup	305.0	1.0 container	21.01	2.01	--
09412	Pears, raw, bartlett	140.0	1.0 cup, sliced	21.01	0.55	0.003
14088	Beverages, V8 SPLASH Smoothies, Tropical Colada	246.0	1.0 serving 8 oz	21.01	3.00	--
28399	Cookies, animal crackers (includes arrowroot, tea biscuits)	28.35	1.0 oz	21.01	1.96	0.028
09145	Java-plum, (jambolan), raw	135.0	1.0 cup	21.01	0.97	--
06374	CAMPBELL'S Red and White, Vegetable Soup, condensed	126.0	1.0 serving 1/2 cup	21.00	3.99	--
14281	Beverages, tea, black, ready to drink, decaffeinated	240.0	1.0 cup	21.00	0.00	--
11310	Peas, green, canned, seasoned, solids and liquids	227.0	1.0 cup	21.00	7.01	0.048
06241	CAMPBELL'S CHUNKY Microwavable Bowls, Beef with Country Vegetables Soup, ready-to-serve	245.0	1.0 serving 1 cup	21.00	10.00	--
06384	CAMPBELL'S CHUNKY Soups, Baked Potato with Steak & Cheese Soup	245.0	1.0 cup	21.00	8.01	--
06399	CAMPBELL'S CHUNKY Soups, Grilled Chicken & Sausage Gumbo Soup	245.0	1.0 cup	21.00	7.01	--
03269	Babyfood, juice, apple, with calcium	189.0	1.0 serving	20.98	0.11	--
28325	Crackers, toast thins, low sodium	31.0	1.0 serving	20.97	2.00	--
11304	Peas, green, raw	145.0	1.0 cup	20.95	7.86	0.054
08221	Cereals, QUAKER, Instant Grits, Butter flavor, dry	28.0	1.0 packet (1 NLEA serving)	20.95	2.27	--
18297	Pancakes, special dietary, dry mix	28.35	1.0 oz	20.95	2.52	0.026
18177	Cookies, molasses	28.35	1.0 oz	20.92	1.59	0.023
09117	Grapefruit, raw, white, California	230.0	1.0 cup sections, with juice	20.91	2.02	0.021
14636	Beverages, fruit juice drink, reduced sugar, with vitamin E added	209.0	1.0 container	20.90	0.00	--
28062	KEEBLER, CHIPS DELUXE, Soft 'n Chewy Chocolate Chip Cookies	31.0	2.0 cookies	20.89	1.30	--
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	28.35	1.0 oz	20.87	2.84	0.032
18212	Cookies, vanilla wafers, lower fat	28.35	1.0 oz	20.87	1.42	0.019
11269	Mushrooms, shiitake, cooked, without salt	145.0	1.0 cup pieces	20.87	2.26	0.006
11798	Mushrooms, shiitake, cooked, with salt	145.0	1.0 cup pieces	20.87	2.26	0.006

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
09127	Grapefruit juice, pink or red, with added calcium	240.0	8.0 fl oz	20.86	1.20	--
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	103.0	1.0 serving	20.85	19.23	0.212
28197	MOTHER'S, Coconut Cocadas Cookies	32.0	5.0 cookies	20.83	1.82	--
16099	Peanut flour, defatted	60.0	1.0 cup	20.82	31.32	0.304
18198	Cookies, chocolate chip, commercially prepared, special dietary	28.35	1.0 oz	20.81	1.11	0.016
43572	Popcorn, microwave, low fat and sodium	28.35	1.0 oz	20.81	3.57	--
28129	KEEBLER, SANDIES, Pecan Shortbread Cookies, Reduced Fat	31.0	2.0 cookies	20.80	2.08	--
18991	BARBARA DEE, Winter Mints Cookies	31.0	4.0 cookies	20.80	1.21	--
36038	Restaurant, family style, spaghetti and meatballs	134.0	1.0 cup	20.78	10.51	0.121
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	20.78	3.02	0.043
19193	Puddings, rice, ready-to-eat	113.0	1.0 serving 4 oz pudding cup	20.78	3.65	--
08449	Cereals, QUAKER, Instant Grits Product with American Cheese Flavor, dry	28.0	1.0 packet (1 NLEA serving)	20.77	2.46	--
18962	Crackers, cream, LA MODERNA RIKIS CREAM CRACKERS	32.0	10.0 crackers (1 NLEA serving)	20.76	2.30	--
19877	Ice creams, BREYERS, 98% Fat Free Vanilla	68.0	1.0 serving 1/2 cup	20.75	2.24	--
18950	Crackers, wheat, reduced fat	29.0	1.0 serving	20.74	2.71	0.032
06039	Soup, minestrone, canned, chunky, ready-to-serve	240.0	1.0 cup	20.74	5.11	--
11852	Salsify, cooked, boiled, drained, with salt	135.0	1.0 cup slices	20.74	3.69	--
11438	Salsify, cooked, boiled, drained, without salt	135.0	1.0 cup, sliced	20.74	3.69	--
19314	Pie fillings, canned, cherry	74.0	0.125 can	20.72	0.27	0.001
28000	KELLOGG'S, EGGO, Mini Muffin Tops, Chocolate Chip	46.0	1.0 set	20.70	2.39	--
18284	Muffins, wheat bran, dry mix	28.35	1.0 oz	20.70	2.01	0.033
09202	Oranges, raw, navels	165.0	1.0 cup sections, without membranes	20.69	1.50	0.015
16231	Soymilk, chocolate, nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	20.68	6.00	--
28272	MURRAY, Chocolate Creme Sandwich Cookies	29.0	3.0 cookies	20.68	1.42	--
19105	Candies, NESTLE, GOOBERS Chocolate Covered Peanuts	39.0	1.0 package 1.375 oz	20.67	3.78	--
43595	Breakfast bar, corn flake crust with fruit	28.35	1.0 oz	20.67	1.25	--
31030	Potatoes, french fried, steak cut, salt not added in processing, frozen, unprepared	85.0	3.0 oz	20.66	2.04	--
35237	Tamales, masa and pork filling (Hopi)	113.0	4.0 oz	20.66	14.90	--
11551	Tomato products, canned, sauce, with mushrooms	245.0	1.0 cup	20.65	3.55	0.042
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	102.0	1.0 each taco	20.63	9.44	0.107
21486	Fast foods, taco with beef, cheese and lettuce, soft	102.0	1.0 each taco	20.63	9.44	--
12013	Seeds, lotus seeds, dried	32.0	1.0 cup	20.63	4.93	0.071
18157	Cookies, chocolate wafers	28.35	1.0 oz	20.61	1.87	0.027
06461	Soup, tomato beef with noodle, canned, prepared with equal volume water	244.0	1.0 cup	20.59	4.34	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
18361	Toaster pastries, brown-sugar-cinnamon	28.35	1.0 oz	20.59	1.15	--
28091	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Oatmeal	31.0	3.0 cookies	20.58	1.70	--
18977	KASHI, TLC, Toasted Asiago Crackers	31.0	15.0 crackers	20.58	3.94	--
28026	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Original	55.0	1.0 waffle	20.57	3.58	--
12128	Nuts, ginkgo nuts, dried	28.35	1.0 oz	20.54	2.93	0.048
19894	Ice creams, BREYERS, 98% Fat Free Chocolate	68.0	1.0 serving 1/2 cup	20.52	2.65	--
19157	Candies, MARS SNACKFOOD US, M&M's MINIs Milk Chocolate Candies	30.0	1.0 serving 1.0 oz tube	20.52	1.43	--
19434	Cheese puffs and twists, corn based, baked, low fat	28.35	1.0 oz	20.51	2.41	--
28395	PEPPERIDGE FARM, Whole Grain Honey Whole Wheat Bread	43.0	1.0 serving	20.51	0.00	--
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	28.0	1.0 cup (1 NLEA serving)	20.50	3.39	0.047
16611	MORNINGSTAR FARMS Parmesan Garlic Wings, frozen, unprepared	85.0	5.0 Wings	20.48	12.07	--
28055	KEEBLER, CHIPS DELUXE, Dark Chocolate Chunk Cookies	32.0	2.0 cookies	20.48	1.38	--
18567	KRAFT, STOVE TOP Stuffing Mix Chicken Flavor	28.0	1.0 NLEA serving (makes 1/2 cup prepared)	20.47	3.53	--
11104	Burdock root, raw	118.0	1.0 cup (1" pieces)	20.46	1.81	0.007
18965	Crackers, cheese, reduced fat	30.0	1.0 serving	20.46	3.00	0.032
01057	Eggnog	254.0	1.0 cup	20.45	11.56	0.216
09061	Carissa, (natal-plum), raw	150.0	1.0 cup slices	20.45	0.75	--
11988	Fungi, Cloud ears, dried	28.0	1.0 cup	20.44	2.59	--
18210	Cookies, vanilla sandwich with creme filling	28.35	1.0 oz	20.44	1.28	0.018
19017	Snacks, granola bars, hard, chocolate chip	28.35	1.0 oz	20.44	2.07	0.038
19010	Snacks, crisped rice bar, chocolate chip	28.0	1.0 bar (1 oz)	20.44	1.43	0.021
28350	Cookies, chocolate cream covered biscuit sticks	40.0	1.0 serving	20.43	4.00	--
08094	Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry	28.0	1.0 packet (1 NLEA serving)	20.43	2.51	--
09267	Pineapple, canned, water pack, solids and liquids	246.0	1.0 cup, crushed, sliced, or chunks	20.42	1.06	0.015
18973	Focaccia, Italian flatbread, plain	57.0	1.0 piece	20.42	5.00	--
25001	Snacks, popcorn, microwave, low fat	28.35	1.0 oz	20.41	3.57	--
18079	Bread crumbs, dry, grated, plain	28.35	1.0 oz	20.41	3.78	0.046
18976	KASHI, TLC, Country Cheddar Crackers	30.0	18.0 cracker	20.40	2.94	--
20113	Noodles, chinese, chow mein	28.0	0.5 cup dry	20.38	2.27	--
09160	Lime juice, raw	242.0	1.0 cup	20.38	1.02	0.005
19009	Snacks, KRAFT, CORNNUTS, plain	28.35	1.0 oz	20.37	2.41	--
28252	SUNSHINE, CHEEZ-IT, Scrabble Jr. Crackers	30.0	26.0 crackers	20.37	3.27	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
42074	Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated	78.0	1.0 bar	20.37	4.99	--
28277	MURRAY, SUGAR FREE, Chocolate Chip Cookies	32.0	3.0 cookies	20.35	1.79	--
09517	Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	177.0	6.0 fl oz	20.34	0.21	--
06182	Soup, cream of mushroom, canned, condensed, reduced sodium	251.0	1.0 cup	20.33	3.04	--
19401	Snacks, cornnuts, barbecue-flavor	28.35	1.0 oz	20.33	2.55	--
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1.0 oz	20.30	2.47	0.020
28195	MOTHER'S, Chocolate Chip Cookies	30.0	4.0 cookies	20.28	1.71	--
19890	Frozen novelties, KLONDIKE, SLIM-A-BEAR, No Sugar Added, Stickless Bar	78.0	1.0 serving 1 bar	20.26	4.06	--
19440	Snacks, M&M MARS, KUDOS Whole Grain Bar, chocolate chip	28.0	1.0 bar	20.25	1.25	--
28057	KEEBLER, CHIPS DELUXE, Oatmeal Chocolate Chip Cookies	31.0	2.0 cookies	20.24	1.98	--
06037	Soup, lentil with ham, canned, ready-to-serve	248.0	1.0 cup (8 fl oz)	20.24	9.28	--
22971	Potato salad with egg	125.0	0.5 cup	20.22	2.45	--
35234	Piki bread, made from blue cornmeal (Hopi)	28.0	1.0 piece	20.22	2.54	--
18295	Pancakes, buckwheat, dry mix, incomplete	28.35	1.0 oz	20.21	3.09	0.045
18205	Cookies, sugar, refrigerated dough	33.0	1.0 serving	20.20	1.32	0.019
19148	Candies, peanut brittle, prepared-from-recipe	28.35	1.0 oz	20.20	2.15	--
19893	Ice creams, BREYERS, All Natural Light French Chocolate	68.0	1.0 serving 1/2 cup	20.18	3.60	--
09318	Strawberries, frozen, unsweetened	221.0	1.0 cup, thawed	20.18	0.95	0.011
19236	Candies, HERSHEY'S MILK CHOCOLATE WITH ALMOND BITES	39.0	17.0 pieces	20.17	3.81	--
09096	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	237.0	1.0 cup	20.17	1.00	--
28052	KEEBLER, CHIPS DELUXE, Chocolate Lovers Cookies	32.0	2.0 cookies	20.16	1.76	--
28109	KEEBLER, Iced Oatmeal Cookies	29.0	2.0 cookies	20.16	1.88	--
28219	MURRAY, SOUTHERN KITCHEN, Iced Oatmeal Cookies	29.0	2.0 cookies	20.16	1.88	--
28060	KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies	31.0	2.0 cookies	20.15	1.58	--
19867	Ice creams, vanilla, fat free	67.0	0.5 cup	20.14	3.00	--
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	31.0	1.0 bar	20.14	2.33	0.017
18163	Cookies, chocolate chip, refrigerated dough	33.0	1.0 serving	20.14	1.31	0.019
18447	Popovers, dry mix, unenriched	28.35	1.0 oz	20.13	2.95	0.035
18299	Pancakes, whole-wheat, dry mix, incomplete	28.35	1.0 oz	20.13	3.63	0.053
18339	Popovers, dry mix, enriched	28.35	1.0 oz	20.13	2.95	0.035
21611	School Lunch, chicken nuggets, whole grain breaded	88.0	5.0 pieces	20.12	13.79	--
18170	Cookies, fig bars	28.35	1.0 oz	20.10	1.05	0.013

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	28.35	1.0 oz	20.10	2.13	0.027
28281	SUNSHINE, CHEEZ-IT, Reduced Fat Crackers	30.0	29.0 crackers	20.10	3.99	--
28040	KASHI, TLC, Oatmeal Dark Chocolate Cookies	30.0	1.0 cookie	20.10	2.16	--
28041	KASHI, TLC, Oatmeal Raisin Flax Cookies	30.0	1.0 cookie	20.10	2.31	--
28157	KEEBLER, WHEATABLES, Honey Wheat Crackers	30.0	17.0 crackers	20.10	2.28	--
11805	Onions, cooked, boiled, drained, with salt	210.0	1.0 cup	20.08	2.86	0.042
18993	BEAR NAKED, Double Chocolate Cookies	30.0	1.0 cookie	20.07	1.98	--
09427	Abiyuch, raw	114.0	0.5 cup	20.06	1.71	--
28297	Cake, snack cakes, not chocolate, with icing or filling, low-fat, with added fiber	27.0	1.0 cake 1 serving	20.06	1.00	--
21492	DOMINO'S 14" Pepperoni Pizza, Crunchy Thin Crust	79.0	1.0 slice	20.03	10.97	--
19227	Frostings, coconut-nut, ready-to-eat	38.0	0.083 package	20.03	0.57	--
16227	Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D	243.0	1.0 cup	20.02	5.10	--
18961	Crackers, cream, GAMESA SABROSAS	31.0	11.0 crackers (1 NLEA serving)	20.01	2.17	--
28253	SUNSHINE, CHEEZ-IT, Snack Mix	30.0	0.5 cup	20.01	2.70	--
28081	KEEBLER, FUDGE SHOPPE, Caramel Filled Cookies	30.0	2.0 cookies	20.01	0.87	--
27046	Sauce, duck, ready-to-serve	33.0	2.0 Tbsp	20.00	0.12	--
06213	CAMPBELL'S Red and White, 25% Less Sodium Tomato Soup, condensed	124.0	1.0 serving 1/2 cup	20.00	2.00	--
14614	Beverages, V8 SPLASH Juice Drinks, Mango Peach	243.0	1.0 serving 8 oz	20.00	0.00	--
06992	HEALTHY REQUEST, Vegetable Soup, condensed	126.0	1.0 serving 1/2 cup	20.00	3.99	--
06350	CAMPBELL'S Red and White, DOUBLE NOODLE in Chicken Broth Soup, condensed	126.0	1.0 serving 1/ 2 cup	20.00	3.00	--
28396	PEPPERIDGE FARM, Whole Grain Oatmeal Bread	43.0	1.0 serving	20.00	0.00	--
28321	Rolls, hamburger, whole grain white, calcium-fortified	43.0	1.0 piece roll	20.00	4.00	--
06392	CAMPBELL'S CHUNKY Soups, Chicken Broccoli Cheese & Potato Soup	245.0	1.0 cup	19.99	7.01	--
06393	CAMPBELL'S CHUNKY Soups, Chicken Corn Chowder	245.0	1.0 cup	19.99	7.01	--
14087	Beverages, V8 SPLASH Smoothies, Strawberry Banana	245.0	1.0 serving 8 oz	19.99	2.99	--
06543	CAMPBELL'S Homestyle Mexican Style Chicken Tortilla Soup	245.0	1.0 cup	19.99	7.01	--
06441	CAMPBELL'S CHUNKY Soups, Savory Pot Roast Soup	245.0	1.0 cup	19.99	7.01	--
27009	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST New England Clam Chowder	245.0	1.0 cup	19.99	5.00	--
03061	Babyfood, dinner, vegetables and ham, strained	256.0	1.0 cup	19.97	5.61	--
19233	Puddings, vanilla, ready-to-eat, fat free	99.0	1.0 serving 3.5 oz shelf stable	19.96	2.00	--
28086	KEEBLER, FUDGE SHOPPE, Fudge Sticks	29.0	3.0 cookies	19.95	0.75	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
28158	KEEBLER, WHEATABLES, Nut Crisp Crackers, Roasted Almond	30.0	16.0 crackers	19.95	2.52	--
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	28.35	1.0 oz	19.94	1.19	--
31026	Potatoes, yellow fleshed, roasted, salt added in processing, frozen, unprepared	85.0	3.0 oz	19.92	1.69	--
08450	Cereals, QUAKER, Instant Grits, Ham 'n' Cheese flavor, dry	28.0	1.0 packet (1 NLEA serving)	19.90	3.00	--
28083	KEEBLER, FUDGE SHOPPE, Triple Fudge Filled Cookies	31.0	2.0 cookies	19.90	1.12	--
28085	KEEBLER, FUDGE SHOPPE, Fudge Grahams, 1/2 Dipped, Reduced Fat	27.0	4.0 cookies	19.90	1.51	--
11451	Soybeans, green, cooked, boiled, drained, without salt	180.0	1.0 cup	19.89	22.23	0.270
11853	Soybeans, green, cooked, boiled, drained, with salt	180.0	1.0 cup	19.89	22.23	0.270
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	175.0	1.0 cup	19.88	7.82	0.054
09038	Avocados, raw, California	230.0	1.0 cup, pureed	19.87	4.51	0.058
21505	Pizza, cheese topping, thin crust, frozen, cooked	69.0	1.0 slice	19.87	8.22	--
14557	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients	22.0	1.0 serving	19.86	1.00	--
11409	Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	50.0	10.0 strips	19.84	1.78	0.024
28370	UDI'S, Gluten Free, Classic French Dinner Rolls	36.0	1.0 roll	19.84	2.88	--
28340	Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and potato starch	36.0	1.0 roll	19.84	2.88	--
28285	Bread, chapati or roti, whole wheat, commercially prepared, frozen	43.0	1.0 piece	19.84	3.38	--
19405	Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow	28.0	1.0 bar (1 oz)	19.82	1.71	0.024
28392	PEPPERIDGE FARM, Farmhouse 100% Whole Wheat Bread	43.0	1.0 serving	19.82	0.00	--
11424	Pumpkin, canned, without salt	245.0	1.0 cup	19.82	2.70	0.032
11846	Pumpkin, canned, with salt	245.0	1.0 cup	19.82	2.70	0.032
18200	Cookies, oatmeal, commercially prepared, special dietary	28.35	1.0 oz	19.82	1.36	0.022
28093	KEEBLER, FUDGE SHOPPE, Grasshopper Cookies, Fudge Mint	29.0	4.0 cookies	19.81	1.16	--
28194	MOTHER'S, 4th of July Circus Animal Cookies	29.0	6.0 cookies	19.81	1.10	--
28204	MOTHER'S, Jungle Animal Cookies	29.0	6.0 cookies	19.81	1.10	--
28201	MOTHER'S, Holiday Circus Animal Cookies	29.0	6.0 cookies	19.81	1.10	--
28196	MOTHER'S, Circus Animal Cookies	29.0	6.0 cookies	19.81	1.10	--
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	69.0	1.0 slice	19.76	10.55	0.109
09150	Lemons, raw, without peel	212.0	1.0 cup, sections	19.76	2.33	--
28351	Cookies, Marie biscuit	28.0	5.0 cookie	19.75	1.97	--
28200	MOTHER'S, Halloween Circus Animals Cookies	29.0	6.0 cookies	19.75	1.10	--
21493	DOMINO'S 14" Sausage Pizza, Crunchy Thin Crust	78.0	1.0 slice	19.73	9.96	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	70.0	1.0 slice	19.73	8.63	0.074
28161	KELLOGG'S, ALL-BRAN, Multigrain Crackers	30.0	18.0 crackers	19.71	2.58	--
28159	KEEBLER, WHEATABLES, Nut Crisp Crackers, Toasted Pecan	30.0	16.0 crackers	19.71	2.28	--
28254	SUNSHINE, CHEEZ-IT, Snack Mix, White Cheddar	30.0	0.5 cup 25 crackers	19.71	2.56	--
18412	Bread, cornbread, dry mix, unenriched (includes corn muffin mix)	28.35	1.0 oz	19.70	1.98	0.020
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	28.35	1.0 oz	19.70	1.98	0.020
28380	PEPPERIDGE FARM, Whole Grain 15 Grain Bread	43.0	1.0 serving	19.69	0.00	--
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	82.0	10.0 strip	19.65	1.92	0.017
28027	FAMOUS AMOS, Chocolate Chip Cookies	29.0	4.0 cookies	19.63	1.30	--
28276	MURRAY, SOUTHERN KITCHEN, Oatmeal Cookies	29.0	2.0 cookies	19.63	2.06	--
28264	KEEBLER, Oatmeal Cookies	29.0	2.0 cookies	19.63	2.06	--
28106	KEEBLER, Almond Crescents Cookies, Holiday	28.0	4.0 cookies	19.63	1.43	--
25050	Snacks, yucca (cassava) chips, salted	28.35	1.0 oz	19.63	0.38	--
25060	Snack, Pretzel, hard chocolate coated	28.0	1.0 serving	19.62	1.97	0.013
28228	MURRAY, SUGAR FREE, Vanilla Creme Sandwich Cookies	28.0	3.0 cookies	19.60	1.37	--
28232	MURRAY, Vanilla Sugar Wafer	28.0	5.0 cookies	19.60	1.09	--
14309	Beverages, OVALTINE, Classic Malt powder	21.0	1.0 serving (4 tbsp or 1 envelope)	19.60	0.00	--
11408	Potatoes, frozen, french fried, par fried, extruded, unprepared	65.0	10.0 strips	19.60	1.84	0.025
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	128.0	1.0 cup	19.60	24.74	0.378
09123	Grapefruit juice, white, canned or bottled, unsweetened	247.0	1.0 cup	19.59	1.43	--
09416	Grapefruit juice, white, bottled, unsweetened, OCEAN SPRAY	247.0	1.0 cup	19.59	1.43	--
19914	Candies, M&M MARS 3 MUSKETEERS Truffle Crisp	31.0	1.0 serving	19.58	1.99	--
18155	Cookies, butter, commercially prepared, enriched	28.35	1.0 oz	19.53	1.73	0.024
18421	Cookies, butter, commercially prepared, unenriched	28.35	1.0 oz	19.53	1.73	0.024
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	150.0	1.0 cup drained, rinsed	19.53	3.27	0.030
28014	KELLOGG'S, EGGO, Waffles, French Toast	45.0	1.0 waffle	19.53	2.61	--
31031	Potatoes, french fried, cross cut, frozen, unprepared	85.0	3.0 oz	19.51	2.30	--
03084	Babyfood, dinner, vegetables and turkey, strained	256.0	1.0 cup	19.51	5.94	--
09429	Pineapple, raw, traditional varieties	165.0	1.0 cup, chunks	19.50	0.91	--
09043	Blackberry juice, canned	250.0	1.0 cup	19.50	0.75	--
28373	UDI'S, Gluten Free, Whole Grain Dinner Rolls	44.0	1.0 roll	19.49	5.19	--
28343	Rolls, gluten-free, whole grain, made with tapioca starch and brown rice flour	44.0	1.0 roll	19.49	5.19	--
18178	Cookies, oatmeal, commercially prepared, regular	28.35	1.0 oz	19.48	1.76	0.028
18235	Crackers, whole-wheat	28.0	1.0 serving	19.47	2.96	0.039

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
08122	Cereals, oats, instant, fortified, plain, dry	28.0	1.0 packet	19.47	3.34	0.050
28059	KEEBLER, CHIPS DELUXE, Peanut Butter Cups Cookies	32.0	2.0 cookies	19.46	1.92	--
11230	Pepeao, dried	24.0	1.0 cup	19.45	1.16	--
28029	GIRL SCOUTS, Caramel Dulce De Leche Cookies	30.0	4.0 cookies	19.44	1.53	--
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	76.0	10.0 fries	19.42	2.09	0.018
18376	Bread crumbs, dry, grated, seasoned	28.35	1.0 oz	19.42	4.01	0.048
19871	Frozen novelties, No Sugar Added, FUDGSICLE pops	84.0	1.0 serving	19.41	3.08	--
21377	McDONALD'S Bacon Ranch Salad with Crispy Chicken	319.0	1.0 item 11.3 oz	19.40	28.14	--
08471	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Protein Plus	32.0	0.75 cup (1 NLEA serving)	19.39	9.98	--
18184	Cookies, oatmeal, prepared from recipe, with raisins	28.35	1.0 oz	19.39	1.84	0.023
09053	Blueberries, wild, frozen	140.0	1.0 cup, frozen	19.39	0.00	--
18981	KASHI, TLC, Fire Roasted Vegetable Crackers	30.0	15.0 crackers	19.38	3.60	--
28346	Waffles, gluten-free, frozen, ready-to-heat	45.0	1.0 waffle	19.37	1.22	--
18532	ARCHWAY Home Style Cookies, Iced Molasses	28.0	1.0 serving	19.35	0.98	--
28374	VAN'S, Gluten Free, Totally Original Pancakes	48.0	1.0 pancake	19.35	1.59	--
28347	Pancakes, gluten-free, frozen, ready-to-heat	48.0	1.0 pancake	19.35	1.59	--
25037	Snacks, pita chips, salted	28.35	1.0 oz	19.35	3.34	0.041
09116	Grapefruit, raw, white, all areas	230.0	1.0 cup sections, with juice	19.34	1.59	0.016
18164	Cookies, chocolate chip, refrigerated dough, baked	28.35	1.0 oz	19.33	1.39	0.019
18168	Cookies, chocolate sandwich, with extra creme filling	28.35	1.0 oz	19.33	1.23	--
14035	Beverages, ABBOTT, EAS soy protein powder	44.0	1.0 scoop	19.33	20.95	--
03085	Babyfood, dinner, vegetables and turkey, junior	256.0	1.0 cup	19.33	4.40	--
11901	Corn, sweet, white, cooked, boiled, drained, without salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	19.32	2.97	0.020
11902	Corn, sweet, white, cooked, boiled, drained, with salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	19.32	2.97	0.020
11384	Potatoes, au gratin, dry mix, unprepared	26.0	0.167 package (5.5 oz)	19.32	2.31	--
19312	Pie fillings, apple, canned	74.0	0.125 can	19.31	0.07	--
19524	Snacks, taro chips	28.35	1.0 oz	19.31	0.65	0.010
19879	Ice creams, BREYERS, All Natural Light Mint Chocolate Chip	68.0	1.0 serving 1/2 cup	19.31	3.19	--
18960	Crackers, snack, GOYA CRACKERS	30.0	1.0 serving (1 NLEA serving - about 4 crackers)	19.30	4.28	--
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	98.0	1.0 each taco	19.30	13.03	0.150
21487	Fast foods, taco with chicken, lettuce and cheese, soft	98.0	1.0 each taco	19.30	13.03	--
19265	Ice creams, chocolate, light, no sugar added	72.0	1.0 serving 1/2 cup	19.29	2.55	--
22916	Lasagna with meat & sauce, frozen entree	134.0	1.0 piece side	19.28	8.88	0.103

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
28267	KEEBLER, SANDIES, Simply Shortbread Cookies	31.0	2.0 cookies	19.28	1.86	--
09102	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	245.0	1.0 cup	19.28	0.86	--
18199	Cookies, chocolate sandwich, with creme filling, special dietary	28.35	1.0 oz	19.28	1.28	0.019
18191	Cookies, raisin, soft-type	28.35	1.0 oz	19.28	1.16	0.015
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	28.35	1.0 oz	19.26	1.24	--
32013	Potsticker or wonton, pork and vegetable, frozen, unprepared	145.0	5.0 pieces 1 serving	19.26	12.01	--
28246	SUNSHINE, CHEEZ-IT, Mozzarella Crackers	30.0	25.0 crackers	19.23	2.58	--
28150	KEEBLER, TRADITIONS, Iced Lemonade Cookies	29.0	4.0 cookies	19.23	1.30	--
28202	MOTHER'S, Iced Lemonade Cookies	29.0	4.0 cookies	19.23	1.30	--
28269	MOTHER'S, Old Fashioned Oatmeal Cookies	27.0	2.0 cookies	19.22	1.76	--
11386	Potatoes, scalloped, dry mix, unprepared	26.0	0.167 package (5.5 oz)	19.22	2.02	--
19823	Potato chips, without salt, reduced fat	28.35	1.0 oz	19.22	2.01	--
14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	26.0	1.0 scoop	19.22	2.11	--
19056	Snacks, tortilla chips, plain, white corn, salted	28.35	1.0 oz	19.22	2.01	--
16555	MORNINGSTAR FARMS Buffalo Wings, frozen, unprepared	85.0	5.0 Wings	19.21	11.98	--
19084	Candies, HERSHEY'S GOLDEN ALMOND SOLITAIRES	41.0	13.0 pieces	19.21	4.91	--
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	19.20	17.19	0.222
28061	KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite size	28.0	5.0 cookies 1 serving	19.19	1.33	--
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	28.35	1.0 oz	19.19	1.13	0.010
19301	Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe	28.35	1.0 oz	19.19	0.92	--
19096	Ice creams, vanilla, light, soft-serve	88.0	1.0 serving 1/2 cup	19.18	4.31	0.052
28210	MURRAY, SUGAR FREE, Vanilla Sugar Wafer	28.0	4.0 cookies	19.18	0.90	--
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	30.0	1.0 piece (1/8 of 9" crust)	19.17	1.23	0.016
28039	KASHI, TLC, Happy Trail Mix Cookies	30.0	1.0 cookie	19.16	2.43	--
28053	KEEBLER, CHIPS DELUXE, Chocolate Malt Chunk Cookies	31.0	2.0 cookies	19.16	1.46	--
19173	Gelatin desserts, dry mix, prepared with water	135.0	0.5 cup	19.16	1.65	0.000
28070	KEEBLER, CLUB Crackers, Snack Sticks, Honey Wheat	29.0	12.0 crackers	19.14	1.88	--
09167	Loganberries, frozen	147.0	1.0 cup, unthawed	19.14	2.23	--
28311	Cookies, sugar wafer, chocolate-covered	29.0	3.0 cookie	19.14	1.00	--
21525	PIZZA HUT, breadstick, parmesan garlic	43.0	1.0 breadstick	19.13	5.25	--
21520	Fast foods, breadstick, soft, prepared with garlic and parmesan cheese	43.0	1.0 breadstick	19.13	5.25	--
28227	MURRAY, SUGAR FREE, Lemon Creme Sandwich Cookies	28.0	3.0 cookies	19.12	1.37	--
03112	Babyfood, potatoes, toddler	163.0	1.0 cup	19.12	1.63	--
25028	Tortilla chips, yellow, plain, salted	28.35	1.0 oz	19.10	1.88	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
19090	Ice creams, french vanilla, soft-serve	86.0	0.5 cup (4 fl oz)	19.09	3.53	0.041
01236	Ice cream, soft serve, chocolate	86.0	0.5 cup	19.09	3.53	0.041
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	19.09	1.52	0.020
18957	Cake, pound, BIMBO Bakeries USA, Panque Casero, home baked style	39.0	1.0 slice	19.09	2.58	--
01278	Yogurt, Greek, nonfat, vanilla, DANNON OIKOS	150.0	5.3 oz	19.08	12.18	--
18180	Cookies, oatmeal, dry mix	28.35	1.0 oz	19.08	1.84	0.032
21456	POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading	194.0	1.0 breast, with skin	19.07	42.04	0.322
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	28.35	1.0 oz	19.07	2.25	0.020
09253	Pears, canned, water pack, solids and liquids	244.0	1.0 cup, halves	19.06	0.46	--
28375	VAN'S, Gluten Free, Totally Original Waffles	47.0	1.0 waffle	19.05	1.41	--
28160	KELLOGG'S, ALL-BRAN, Garlic and Herb Crackers	30.0	18.0 crackers	19.05	2.58	--
06402	Soup, black bean, canned, prepared with equal volume water	247.0	1.0 cup	19.04	5.98	--
03213	Babyfood, cookies	28.35	1.0 oz	19.02	3.35	--
06487	CAMPBELL'S Low Sodium Soups, Cream of Mushroom Soup	298.0	1.0 serving 1 container	19.01	3.01	--
14086	Beverages, V8 SPLASH Smoothies, Peach Mango	245.0	1.0 serving 8 oz	19.01	2.99	--
27018	CAMPBELL'S Homestyle Microwaveable Bowls, HEALTHY REQUEST Mexican Style Tortilla	245.0	1.0 cup	19.01	7.01	--
06429	CAMPBELL'S CHUNKY Soups, Manhattan Clam Chowder	245.0	1.0 cup	19.01	5.00	--
06438	CAMPBELL'S CHUNKY Soups, Salisbury Steak with Mushrooms & Onions Soup	245.0	1.0 serving	19.01	7.01	--
06537	CAMPBELL'S Homestyle HEALTHY REQUEST Mexican Style Chicken Tortilla	245.0	1.0 cup	19.01	7.01	--
06403	CAMPBELL'S CHUNKY Soups, Grilled Sirloin Steak with Hearty Vegetables Soup	245.0	1.0 cup	19.01	8.01	--
09449	Nance, frozen, unsweetened	112.0	1.0 cup without pits, thawed	19.01	0.74	--
14612	Beverages, V8 SPLASH Juice Drinks, Fruit Medley	243.0	1.0 serving 8 oz	19.00	0.00	--
16247	SILK Chai, soymilk	243.0	1.0 cup	19.00	6.00	--
14616	Beverages, V8 SPLASH Juice Drinks, Orchard Blend	243.0	1.0 serving 8 oz	19.00	0.00	--
14613	Beverages, V8 SPLASH Juice Drinks, Guava Passion Fruit	243.0	1.0 serving 8 oz	19.00	0.00	--
16245	SILK Very Vanilla, soymilk	243.0	1.0 cup	19.00	6.00	--
25052	Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar	24.0	1.0 bar	19.00	1.00	--
06498	Soup, tomato, dry, mix, prepared with water	265.0	1.0 cup 8 fl oz	19.00	2.46	--
01243	Fat free ice cream, no sugar added, flavors other than chocolate	68.0	0.5 cup	19.00	3.00	--
28218	MURRAY, SOUTHERN KITCHEN, Coconut Cookies	29.0	2.0 cookies	19.00	1.65	--
28222	MURRAY, SUGAR FREE, Fudge Dipped Grahams	30.0	4.0 cookies	18.99	1.71	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	69.0	10.0 strip	18.98	1.73	0.015
28224	MURRAY, SUGAR FREE, Fudge Dipped Wafers	31.0	4.0 cookies	18.97	1.05	--
19422	Snacks, potato chips, reduced fat	28.35	1.0 oz	18.97	2.01	0.031
18975	KASHI, TLC, Original 7-Grain Crackers	30.0	15.0 crackers	18.96	4.17	--
18422	Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched	28.35	1.0 oz	18.94	1.53	0.021
28235	SUNSHINE, CHEEZ-IT, Baby Swiss Crackers	30.0	25.0 crackers	18.93	2.58	--
32020	Chicken, thighs, frozen, breaded, reheated	133.0	1.0 thigh with bone and breading	18.93	24.82	--
28104	KEEBLER, GRIPZ, Chocolate Chip Grahams, bite-size	25.0	1.0 pouch	18.90	1.85	--
28105	KEEBLER, GRIPZ, Cinnamon Grahams, bite-size	25.0	1.0 pouch	18.90	1.85	--
22977	Lasagna with meat sauce, frozen, prepared	123.0	1.0 piece side	18.89	8.95	0.105
31029	Potatoes, french fried, wedge cut, frozen, unprepared	85.0	3.0 oz	18.89	2.18	--
09063	Cherries, sour, red, raw	155.0	1.0 cup, without pits	18.88	1.55	--
06377	CAMPBELL'S, Tomato Soup, condensed	124.0	0.5 cup condensed	18.87	1.81	--
09054	Blueberries, frozen, unsweetened	155.0	1.0 cup, unthawed	18.86	0.65	0.003
19049	Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel	28.35	1.0 oz	18.85	2.79	--
28071	KEEBLER, CLUB Crackers, Snack Sticks, Original	29.0	12.0 crackers	18.85	1.74	--
19020	Snacks, granola bars, soft, uncoated, plain	28.0	1.0 bar (1 oz)	18.84	2.07	0.028
09279	Plums, raw	165.0	1.0 cup, sliced	18.84	1.15	0.015
09118	Grapefruit, raw, white, Florida	230.0	1.0 cup sections, with juice	18.84	1.45	0.014
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	28.35	1.0 oz	18.82	1.02	0.016
18377	Cookies, oatmeal, prepared from recipe, without raisins	28.35	1.0 oz	18.82	1.93	0.025
09413	Pears, raw, red anjou	126.0	1.0 small	18.82	0.42	0.001
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	40.0	1.0 donut	18.82	2.12	--
06027	Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	240.0	1.0 cup (8 fl oz)	18.82	7.25	--
28295	Tortillas, ready-to-bake or -fry, whole wheat	41.0	1.0 tortilla 1 serving	18.81	4.00	0.053
25046	Snacks, bagel chips, plain	28.35	1.0 oz	18.81	3.50	0.041
28058	KEEBLER, CHIPS DELUXE, Original Chocolate Chip Cookies	30.0	2.0 cookies	18.81	1.65	--
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	18.80	8.16	--
01280	Yogurt, Greek, nonfat, strawberry, DANNON OIKOS	150.0	5.3 oz	18.80	12.04	--
35183	Corn, dried, yellow (Northern Plains Indians)	28.35	1.0 oz	18.79	4.11	0.027
28095	KEEBLER, FUDGE SHOPPE, Jumbo Fudge Sticks, Peanut Butter	31.0	1.0 cookie	18.79	2.20	--
18202	Cookies, sugar wafer, with creme filling, sugar free	28.35	1.0 oz	18.78	1.01	0.012

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28234	SUNSHINE, CHEEZ-IT, Asiago Crackers	30.0	25.0 crackers	18.78	2.61	--
16100	Peanut flour, low fat	60.0	1.0 cup	18.76	20.28	0.197
28072	KEEBLER, Country Style Oatmeal Cookies with Raisins	28.0	2.0 cookies	18.76	1.82	--
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	268.0	1.0 cup	18.76	2.14	--
28221	MURRAY, SUGAR FREE, Chocolate Chip & Pecan Cookies	32.0	3.0 cookies	18.75	1.92	--
28096	KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Original	30.0	2.0 cookies	18.75	1.50	--
16556	MORNINGSTAR FARMS Chik'n Nuggets, frozen, unprepared	86.0	4.0 nuggets	18.75	12.38	--
18161	Cookies, chocolate chip, dry mix	28.35	1.0 oz	18.74	1.30	0.018
28296	Cake, snack cakes, creme-filled, chocolate with frosting, low-fat, with added fiber	27.0	1.0 cake 1 serving	18.73	1.00	--
28244	SUNSHINE, CHEEZ-IT, Italian Four Cheese Crackers	30.0	25.0 crackers	18.72	2.52	--
18533	ARCHWAY Home Style Cookies, Iced Oatmeal	28.0	1.0 serving	18.69	1.37	--
43441	Rolls, pumpernickel	36.0	1.0 medium (2-1/2" dia)	18.67	3.89	0.038
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	18.67	3.03	0.020
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	18.67	3.03	0.020
25033	Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors	35.0	1.0 bar	18.64	6.50	--
18183	Cookies, oatmeal, refrigerated dough, baked	28.35	1.0 oz	18.63	1.70	0.028
18179	Cookies, oatmeal, commercially prepared, soft-type	28.35	1.0 oz	18.63	1.73	0.027
14430	Cranberry juice cocktail, frozen concentrate	36.2	1.0 fl oz	18.62	0.02	--
28217	MURRAY, SOUTHERN KITCHEN, Chocolate Chip Cookies	28.0	2.0 cookies	18.62	1.54	--
14188	Beverages, tea, green, ready to drink, ginseng and honey, sweetened	260.0	1.0 cup	18.62	0.00	--
11390	Potatoes, hash brown, frozen, plain, unprepared	105.0	0.5 cup	18.61	2.16	0.029
28247	SUNSHINE, CHEEZ-IT, Parmesan Garlic Crackers	30.0	25.0 crackers	18.60	2.55	--
18206	Cookies, sugar, refrigerated dough, baked	28.35	1.0 oz	18.60	1.33	0.019
18190	Cookies, peanut butter sandwich, regular	28.35	1.0 oz	18.60	2.49	0.031
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	29.0	2.0 cookies	18.59	1.02	0.008
28032	GIRL SCOUTS, Samoas Cookies	29.0	2.0 cookies	18.59	1.02	--
09111	Grapefruit, raw, pink and red and white, all areas	230.0	1.0 cup sections, with juice	18.58	1.45	0.014
28103	KEEBLER, GRIPZ, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite-size	25.0	1.0 pouch	18.58	1.18	--
28248	SUNSHINE, CHEEZ-IT, Pepper Jack Crackers	30.0	25.0 crackers	18.57	2.64	--
25022	Snacks, FRITOLAY, SUNCHIPS, multigrain, French onion flavor	28.35	1.0 oz	18.57	2.46	--
25063	Snacks, potato chips, made from dried potatoes (preformed), multigrain	28.35	1.0 oz	18.52	1.50	--
12131	Nuts, macadamia nuts, raw	134.0	1.0 cup, whole or halves	18.52	10.60	0.090

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28028	FAMOUS AMOS, Chocolate Chip Pecan Cookies	29.0	4.0 cookies	18.50	1.68	--
06165	Sauce, homemade, white, thin	250.0	1.0 cup	18.50	9.42	0.115
06415	CAMPBELL'S CHUNKY Soups, Hearty Beef Barley Soup	206.0	1.0 cup	18.50	5.95	--
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	28.35	1.0 oz	18.49	2.39	--
18994	BEAR NAKED, Fruit & Nut Cookies	30.0	1.0 cookie	18.48	2.25	--
06559	Soup, tomato, canned, prepared with equal volume water, commercial	248.0	1.0 serving 1 cup	18.48	1.76	--
19007	Snacks, corn-based, extruded, onion-flavor	28.35	1.0 oz	18.46	2.18	0.017
19883	Ice creams, BREYERS, No Sugar Added, Vanilla Fudge Twirl	72.0	1.0 serving 1/2 cup	18.45	2.54	--
28279	MURRAY, SUGAR FREE, Chocolate Creme Sandwich Cookies	28.0	3.0 cookies	18.45	1.48	--
14119	Beverages, Mixed vegetable and fruit juice drink, with added nutrients	247.0	8.0 fl oz	18.45	0.10	--
28054	KEEBLER, CHIPS DELUXE, Coconut Cookies	30.0	2.0 cookies	18.45	1.71	--
19423	Snacks, potato chips, fat-free, made with olestra	28.35	1.0 oz	18.43	2.19	--
06624	SMART SOUP, Thai Coconut Curry	283.0	10.0 oz 1 pouch	18.40	2.26	--
28243	SUNSHINE, CHEEZ-IT, Hot & Spicy Crackers	30.0	25.0 crackers	18.36	2.49	--
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1.0 oz	18.36	1.29	0.012
28125	KEEBLER, SANDIES, Chocolate Chip & Pecan Shortbread Cookies	31.0	2.0 cookies	18.35	1.74	--
06246	Soup, cream of onion, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	18.35	6.80	--
18539	ARCHWAY Home Style Cookies, Old Fashioned Molasses	26.0	1.0 serving	18.34	1.11	--
25023	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, Harvest Cheddar flavor	28.35	1.0 oz	18.34	2.29	--
28226	MURRAY, SUGAR FREE, Pecan Shortbread Cookies	32.0	3.0 cookies	18.34	1.89	--
28127	KEEBLER, SANDIES, Pecan Shortbread Cookies	31.0	2.0 cookies	18.29	1.55	--
09295	Pummelo, raw	190.0	1.0 cup, sections	18.28	1.44	--
14317	Beverages, malted drink mix, chocolate, powder	21.0	1.0 serving (3 heaping tsp or 1 envelope)	18.26	1.07	--
11312	Peas, green, frozen, unprepared	134.0	1.0 cup	18.25	6.99	0.048
28240	SUNSHINE, CHEEZ-IT, Duoz Smoked Cheddar Monterey Jack Crackers	30.0	25.0 crackers	18.24	2.70	--
18942	Pie Crust, Cookie-type, Graham Cracker, Ready Crust	28.35	1.0 oz	18.23	1.45	--
14292	Lemonade, frozen concentrate, white	36.5	1.0 fl oz	18.21	0.08	--
06067	Soup, chunky vegetable, canned, ready-to-serve	230.0	1.0 cup	18.17	2.62	--
28183	KELLOGG'S, POP-TARTS MINI CRISPS, Cinnamon Brown Sugar Baked Bites	23.0	1.0 pouch	18.17	1.10	--
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	78.0	0.5 cup	18.16	1.64	0.026
11368	Potatoes, microwaved, cooked in skin, flesh, without salt	78.0	0.5 cup	18.16	1.64	0.026
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	18.15	0.98	0.011
28239	SUNSHINE, CHEEZ-IT, Duoz Sharp Cheddar Parmesan Crackers	30.0	25.0 crackers	18.15	2.91	--

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28184	KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Chocolate Baked Bites	23.0	1.0 pouch	18.15	1.15	--
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	51.0	12.0 fries	18.15	1.10	--
11863	Squash, winter, all varieties, cooked, baked, with salt	205.0	1.0 cup, cubes	18.14	1.82	0.027
11644	Squash, winter, all varieties, cooked, baked, without salt	205.0	1.0 cup, cubes	18.14	1.82	0.027
18151	Cookies, brownies, commercially prepared	28.35	1.0 oz	18.12	1.36	0.018
25007	Snacks, M&M MARS, KUDOS Whole Grain Bars, peanut butter	28.0	1.0 bar	18.11	1.65	--
01285	Yogurt, Greek, strawberry, nonfat	150.0	1.0 container (5.3 oz)	18.10	12.08	0.038
25027	Snacks, plantain chips, salted	28.35	1.0 oz	18.10	0.65	--
09174	Loquats, raw	149.0	1.0 cup, cubed	18.09	0.64	0.007
19403	Snacks, crisped rice bar, almond	28.0	1.0 bar (1 oz)	18.09	1.96	0.028
18192	Cookies, shortbread, commercially prepared, plain	28.35	1.0 oz	18.08	1.52	--
18535	ARCHWAY Home Style Cookies, Molasses	26.0	1.0 serving	18.05	1.10	--
19021	Snacks, granola bars, soft, uncoated, peanut butter	28.0	1.0 bar (1 oz)	18.03	2.94	0.031
21118	Fast foods, hotdog, plain	98.0	1.0 sandwich	18.03	10.39	0.096
18174	Cookies, graham crackers, chocolate-coated	27.0	3.0 pieces	18.03	1.08	0.013
19014	Snacks, fruit leather, rolls	21.0	1.0 large	18.02	0.02	--
08510	Milk and cereal bar	25.0	1.0 bar	18.01	1.62	--
18538	ARCHWAY Home Style Cookies, Oatmeal Raisin	26.0	1.0 serving	18.01	1.34	--
06439	CAMPBELL'S CHUNKY Soups, Savory Chicken with White & Wild Rice Soup	245.0	1.0 cup	18.01	7.01	--
06388	CAMPBELL'S CHUNKY Soups, Beef with Country Vegetables Soup	245.0	1.0 cup	18.01	8.01	--
06252	CAMPBELL'S CHUNKY Microwavable Bowls, Sirloin Burger with Country Vegetables Soup, ready-to-serve	245.0	1.0 serving 1 cup	18.01	8.01	--
06580	CAMPBELL'S Homestyle Vegetable Medley Soup	245.0	1.0 cup	18.01	2.99	--
06462	CAMPBELL'S CHUNKY Soups, Steak 'N' Potato Soup	245.0	1.0 cup	18.01	8.01	--
27008	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Microwavable Bowls, Grilled Chicken & Sausage Gumbo Soup	245.0	1.0 cup	18.01	7.01	--
06457	CAMPBELL'S CHUNKY Soups, Slow Roasted Beef with Mushrooms Soup	245.0	1.0 cup	18.01	8.01	--
06245	CAMPBELL'S CHUNKY Microwavable Bowls, Grilled Chicken and Sausage Gumbo, ready-to-serve	245.0	1.0 serving 1 cup	18.01	7.01	--
06242	CAMPBELL'S CHUNKY Microwavable Bowls, Chicken and Dumplings Soup, ready-to-serve	245.0	1.0 serving 1 cup	18.01	8.01	--
06544	CAMPBELL'S Homestyle Minestrone Soup	245.0	1.0 cup	18.01	3.99	--
14615	Beverages, V8 SPLASH Juice Drinks, Orange Pineapple	243.0	1.0 serving 8 oz	18.01	0.00	--
14619	Beverages, V8 SPLASH Juice Drinks, Tropical Blend	243.0	1.0 serving 8 oz	18.01	0.00	--
14617	Beverages, V8 SPLASH Juice Drinks, Strawberry Banana	243.0	1.0 serving 8 oz	18.01	0.00	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
14611	Beverages, V8 SPLASH Juice Drinks, Berry Blend	243.0	1.0 serving 8 oz	18.01	0.00	--
14618	Beverages, V8 SPLASH Juice Drinks, Strawberry Kiwi	243.0	1.0 serving 8 oz	18.01	0.00	--
06373	CAMPBELL'S Red and White, Vegetarian Vegetable Soup, condensed	126.0	1.0 serving 1/2 cup	18.01	3.00	--
06222	PREGO Pasta, Diced Onion and Garlic Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	18.00	2.00	--
06240	PREGO Pasta, Zesty Mushroom Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	18.00	2.00	--
35202	Raspberries, wild (Northern Plains Indians)	130.0	1.0 cup	18.00	1.46	--
06725	Soup, chicken corn chowder, chunky, ready-to-serve, single brand	240.0	1.0 serving	18.00	7.44	--
09421	Dates, medjool	24.0	1.0 date, pitted	17.99	0.43	0.002
09039	Avocados, raw, Florida	230.0	1.0 cup, pureed	17.99	5.13	0.064
28080	KEEBLER, FUDGE SHOPPE, Deluxe Grahams Cookies	27.0	3.0 pieces	17.98	1.08	--
28126	KEEBLER, SANDIES, Dark Chocolate Almond Shortbread Cookies	30.0	2.0 cookies	17.97	1.83	--
28336	Bread, gluten-free, white, made with potato extract, rice starch, and rice flour	34.0	1.0 slice	17.96	1.06	--
28366	RUDI'S, Gluten-Free Bakery, Original Sandwich Bread	34.0	1.0 slice	17.96	1.06	--
21438	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading	212.0	1.0 breast, with skin	17.96	45.03	0.343
18963	Garlic bread, frozen	43.0	1.0 slice presliced	17.94	3.59	0.029
19393	Frozen yogurts, chocolate, soft-serve	72.0	0.5 cup (4 fl oz)	17.93	2.88	0.040
18102	Cake, white, prepared from recipe with coconut frosting	28.35	1.0 oz	17.92	1.25	0.015
19274	Snacks, fruit leather, pieces, with vitamin C	21.0	1.0 serving	17.89	0.02	--
16607	MORNINGSTAR FARMS Buffalo Chik Patties, frozen, unprepared	71.0	1.0 patty	17.89	8.59	--
19063	Snacks, tortilla chips, taco-flavor	28.35	1.0 oz	17.89	2.24	0.019
19895	Ice creams, BREYERS, No Sugar Added, Chocolate Caramel	71.0	1.0 serving 1/2 cup	17.87	2.51	--
01284	Yogurt, Greek, strawberry, lowfat	150.0	1.0 container (5.3 oz)	17.84	12.26	0.038
19005	Snacks, corn-based, extruded, cones, plain	28.35	1.0 oz	17.83	1.64	0.012
28102	KEEBLER, GRIPZ, CHIPS DELUXE, Chocolate Chip Cookies, bite-size	25.0	1.0 pouch	17.82	1.32	--
19406	Snacks, granola bars, soft, uncoated, nut and raisin	28.0	1.0 bar (1 oz)	17.81	2.24	0.028
28124	KEEBLER, SANDIES, Cashew Shortbread Cookies	30.0	2.0 cookies	17.79	1.89	--
19058	Snacks, tortilla chips, ranch-flavor	28.35	1.0 oz	17.79	2.04	0.016
14542	Lemonade, frozen concentrate, pink	36.4	1.0 fl oz	17.79	0.08	--
09383	Tangerines, (mandarin oranges), canned, juice pack, drained	189.0	1.0 cup	17.78	1.42	--
28238	SUNSHINE, CHEEZ-IT, Colby Crackers	30.0	25.0 crackers	17.78	2.86	--
28098	KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Peanut Butter	30.0	2.0 cookies	17.76	2.07	--
28303	Crackers, cheese, whole grain	31.0	1.0 serving 55 pieces	17.76	2.98	--
28073	KEEBLER, Danish Wedding Cookies	26.0	4.0 cookies	17.76	1.01	--
19878	Ice creams, BREYERS, All Natural Light Vanilla Chocolate Strawberry	68.0	1.0 serving 1/2 cup	17.72	3.19	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22.0	1.0 serving	17.71	0.75	--
19876	Ice creams, BREYERS, All Natural Light French Vanilla	68.0	1.0 serving 1/2 cup	17.70	3.28	--
42135	Whipped topping, frozen, low fat	75.0	1.0 cup	17.70	2.25	--
18448	Taco shells, baked, without added salt	28.35	1.0 oz	17.69	2.04	0.015
19857	Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	28.35	1.0 oz	17.69	2.21	0.019
07969	Kielbasa, fully cooked, pan-fried	370.0	1.0 link	17.69	45.73	0.455
11649	Tomato products, canned, sauce, spanish style	244.0	1.0 cup	17.67	3.51	0.024
03066	Babyfood, dinner, vegetables and lamb, strained	256.0	1.0 cup	17.66	5.12	0.059
19420	Snacks, granola bars, hard, peanut butter	28.35	1.0 oz	17.66	2.78	0.037
12132	Nuts, macadamia nuts, dry roasted, without salt added	132.0	1.0 cup, whole or halves	17.66	10.28	0.087
12147	Nuts, pine nuts, dried	135.0	1.0 cup	17.66	18.48	0.144
14296	Beverages, lemonade-flavor drink, powder	18.0	1.0 serving	17.62	0.00	--
09451	Horned melon (Kiwano)	233.0	1.0 cup	17.61	4.15	--
12201	Seeds, sesame seed kernels, dried (decorticated)	150.0	1.0 cup	17.60	30.68	0.495
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	137.0	0.167 package (5.5 oz) yields	17.59	3.15	--
19016	Snacks, granola bars, hard, almond	28.35	1.0 oz	17.58	2.18	0.040
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	17.56	1.80	0.025
14287	Beverages, Lemonade, powder	18.0	1.0 serving	17.56	0.00	--
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	17.56	3.69	0.038
09362	Cherries, sour, canned, water pack, drained	168.0	1.0 cup	17.56	1.16	--
21420	KFC, Coleslaw	112.0	1.0 package	17.53	1.02	0.009
25009	Snacks, M&M MARS, KUDOS Whole Grain Bar, M&M's milk chocolate	24.0	1.0 bar	17.52	0.91	--
01276	Yogurt, Greek, strawberry, DANNON OIKOS	150.0	5.3 oz	17.50	12.38	--
28034	GIRL SCOUTS, Thank U Berry Munch Cookies	25.0	2.0 cookies	17.50	1.15	--
16229	Soymilk (All flavors), lowfat, with added calcium, vitamins A and D	243.0	1.0 cup	17.50	4.01	--
19114	Ice creams, chocolate, light	68.0	1.0 serving	17.48	3.40	--
11579	Vegetables, mixed, canned, solids and liquids	245.0	1.0 cup	17.47	3.48	0.037
18110	Cake, fruitcake, commercially prepared	28.35	1.0 oz	17.46	0.82	0.012
28245	SUNSHINE, CHEEZ-IT, Crackers (made with Whole Grain)	30.0	27.0 crackers	17.46	3.21	--
19295	Candies, MARS SNACKFOOD US, SNICKERS MUNCH bar	40.0	1.0 serving 1.42 oz bar	17.46	6.10	--
01281	Yogurt, Greek, nonfat, strawberry, CHOBANI	150.0	5.3 oz	17.43	12.04	--
19293	Frozen yogurts, vanilla, soft-serve	72.0	0.5 cup	17.42	2.88	0.038
19027	Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip	28.0	1.0 bar (1 oz)	17.42	2.74	0.028
28100	KEEBLER, FUDGE SHOPPE, Fudge Sticks, Peanut Butter	29.0	3.0 cookies	17.40	1.97	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
25043	Snacks, candy bits, yogurt covered with vitamin C	20.0	1.0 package	17.38	0.00	--
06391	CAMPBELL'S CHUNKY, Creamy Chicken and Dumplings Soup	245.0	1.0 cup	17.37	5.68	--
19273	Snacks, SUNKIST, SUNKIST Fruit Roll, strawberry, with vitamins A, C, and E	21.0	1.0 roll	17.37	0.13	--
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	17.36	35.21	0.671
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	118.0	1.0 cup	17.36	35.21	0.671
28097	KEEBLER, FUDGE SHOPPE, Merry Mint Patties, Holiday	26.0	2.0 cookies	17.34	0.75	--
19902	Chocolate, dark, 45- 59% cacao solids	28.35	1.0 oz	17.34	1.38	--
11559	Tomato products, canned, sauce, with tomato tidbits	244.0	1.0 cup	17.30	3.22	0.022
18133	Cake, sponge, commercially prepared	28.35	1.0 oz	17.29	1.53	0.020
18451	Cake, pound, commercially prepared, fat-free	28.35	1.0 oz	17.29	1.53	0.020
03154	Babyfood, fruit and vegetable, apple and sweet potato	113.0	1.0 jar, Gerber (4 oz)	17.29	0.34	--
01073	Dessert topping, semi solid, frozen	75.0	1.0 cup	17.29	0.94	0.013
28237	SUNSHINE, CHEEZ-IT, Cheddar Jack Crackers	30.0	25.0 crackers	17.28	2.85	--
28082	KEEBLER, FUDGE SHOPPE, Peanut Creme Filled Cookies	30.0	2.0 cookies	17.28	2.16	--
28205	MOTHER'S, Macaroon Cookies	31.0	2.0 cookies	17.27	1.89	--
09003	Apples, raw, with skin	125.0	1.0 cup, quartered or chopped	17.26	0.32	0.001
09114	Grapefruit, raw, pink and red, Florida	230.0	1.0 cup sections, with juice	17.25	1.27	0.014
03098	Babyfood, vegetables, beets, strained	224.0	1.0 cup	17.25	2.91	0.027
19057	Snacks, tortilla chips, nacho cheese	28.35	1.0 oz	17.24	2.09	0.019
09021	Apricots, raw	155.0	1.0 cup, halves	17.24	2.17	0.023
09083	Currants, european black, raw	112.0	1.0 cup	17.23	1.57	--
28280	SUNSHINE, CHEEZ-IT, Original Crackers	30.0	27.0 crackers	17.22	3.42	--
28236	SUNSHINE, CHEEZ-IT, BIG Crackers	30.0	13.0 crackers	17.22	3.42	--
19875	Ice creams, BREYERS, All Natural Light Vanilla	68.0	1.0 serving 1/2 cup	17.20	3.29	--
28079	KEEBLER, FUDGE SHOPPE, Coconut Dreams Cookies	28.0	2.0 cookies	17.19	0.98	--
11369	Potatoes, microwaved, cooked in skin, skin, without salt	58.0	1.0 skin	17.19	2.55	--
11836	Potatoes, microwaved, cooked, in skin, skin with salt	58.0	1.0 skin	17.19	2.55	--
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	23.0	1.0 Roll	17.17	0.11	--
06253	Soup, cream of potato, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	17.16	5.78	0.082
19117	Candies, halavah, plain	28.35	1.0 oz	17.15	3.54	--
25040	Snacks, vegetable chips, made from garden vegetables	28.35	1.0 oz	17.13	1.51	0.024
19081	Candies, sweet chocolate	28.35	1.0 oz	17.12	1.11	0.016
43450	Frozen novelties, juice type, juice with cream	71.0	2.5 oz	17.12	1.00	--
18127	Cake, snack cakes, creme-filled, chocolate with frosting	28.35	1.0 oz	17.10	1.03	0.016

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
09068	Cherries, sour, red, frozen, unsweetened	155.0	1.0 cup, unthawed	17.08	1.43	--
11248	Lentils, sprouted, raw	77.0	1.0 cup	17.05	6.90	--
18537	ARCHWAY Home Style Cookies, Oatmeal	25.0	1.0 serving	17.04	1.37	--
18527	ARCHWAY Home Style Cookies, Date Filled Oatmeal	25.0	1.0 serving	17.04	1.17	--
06726	Soup, chicken mushroom chowder, chunky, ready-to-serve, single brand	240.0	1.0 serving	17.04	7.20	--
16586	GARDENBURGER Veggie Medley Burger, frozen, unprepared	71.0	1.0 patty	17.04	2.91	--
28077	KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Original Graham Cookies	26.0	3.0 cookies	17.03	1.09	--
11407	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	50.0	10.0 strips	17.02	1.72	0.023
11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	50.0	10.0 strips	17.02	1.72	0.023
18208	Cookies, sugar, prepared from recipe, made with margarine	28.35	1.0 oz	17.01	1.67	0.021
28078	KEEBLER, FUDGE SHOPPE, Mint Creme Middles, Chocolate Graham Cookies	26.0	3.0 cookies	17.00	1.12	--
06225	PREGO Pasta, Garlic Supreme Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	17.00	2.00	--
06418	CAMPBELL'S CHUNKY Soups, Hearty Chicken with Vegetables Soup	245.0	1.0 serving	17.00	6.00	--
06548	CAMPBELL'S Homestyle Chicken with White & Wild Rice Soup	245.0	1.0 cup	17.00	6.00	--
27007	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Microwavable Bowls, Chicken Noodle Soup	245.0	1.0 serving	17.00	7.01	--
06546	CAMPBELL'S Homestyle Potato Broccoli Cheese Soup	245.0	1.0 cup	17.00	2.99	--
06250	CAMPBELL'S CHUNKY Microwavable Bowls, New England Clam Chowder, ready-to-serve	245.0	1.0 serving 1 cup	17.00	6.00	--
06433	CAMPBELL'S CHUNKY Soups, Old Fashioned Potato Ham Chowder	245.0	1.0 cup	17.00	6.00	--
06387	CAMPBELL'S CHUNKY Soups, Beef Rib Roast with Potatoes & Herbs Soup	245.0	1.0 cup	17.00	7.01	--
19905	Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	28.35	1.0 oz	17.00	1.44	--
06991	HEALTHY REQUEST, Tomato Soup, condensed	124.0	1.0 serving 1/2 cup	17.00	2.00	--
08370	Cereals ready-to-eat, GENERAL MILLS, RICE CRUNCHINS	21.0	1.0 bowl (3/4 cup) (1 NLEA serving)	17.00	1.00	--
06366	CAMPBELL'S Red and White, Minestrone Soup, condensed	126.0	1.0 serving 1/2 cup	17.00	3.99	--
06482	CAMPBELL'S Low Sodium Soups, Chicken with Noodles Soup	305.0	1.0 serving 1 container	16.99	11.99	--
43364	Snacks, tortilla chips, unsalted, white corn	26.0	1.0 cup	16.98	2.03	--
03948	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), powder, with ARA and DHA	30.5	1.0 fl oz	16.98	3.39	--
11972	Lemon grass (citronella), raw	67.0	1.0 cup	16.96	1.22	--
21416	POPEYES, Coleslaw	120.0	1.0 package	16.94	1.18	0.008

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
12632	Nuts, macadamia nuts, dry roasted, with salt added	132.0	1.0 cup, whole or halves	16.94	10.28	--
27051	Sauce, cocktail, ready-to-serve	60.0	0.25 cup	16.93	0.82	--
18175	Cookies, ladyfingers, with lemon juice and rind	28.35	1.0 oz	16.92	3.01	0.038
18423	Cookies, ladyfingers, without lemon juice and rind	28.35	1.0 oz	16.92	3.01	0.038
18324	Pie, pecan, commercially prepared	28.35	1.0 oz	16.90	1.28	0.014
18253	Doughnuts, french crullers, glazed	28.35	1.0 oz	16.87	0.88	0.013
06015	Soup, chicken, canned, chunky, ready-to-serve	245.0	1.0 cup	16.86	12.40	0.120
18529	ARCHWAY Home Style Cookies, Frosty Lemon	26.0	1.0 serving	16.84	1.15	--
09152	Lemon juice, raw	244.0	1.0 cup	16.84	0.85	--
16585	GARDENBURGER Sun-Dried Tomato Basil Burger, frozen, unprepared	71.0	1.0 patty	16.83	3.90	--
28076	KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Dark Chocolate	26.0	3.0 cookies	16.82	1.14	--
43483	Millet, puffed	21.0	1.0 cup	16.80	2.73	--
18182	Cookies, oatmeal, refrigerated dough	28.35	1.0 oz	16.75	1.53	0.025
14206	Beverages, tea, green, ready-to-drink, sweetened	270.0	1.0 cup	16.74	0.00	--
09518	Raspberries, frozen, unsweetened	140.0	1.0 cup, unthawed	16.72	1.68	--
18189	Cookies, peanut butter, prepared from recipe	28.35	1.0 oz	16.70	2.55	0.028
43506	Frozen novelties, ice cream type, chocolate or caramel covered, with nuts	54.0	1.0 bar	16.69	2.38	--
18528	ARCHWAY Home Style Cookies, Dutch Cocoa	24.0	1.0 serving	16.67	1.08	--
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	24.0	1.0 bar	16.66	1.33	0.004
09504	Apples, raw, fuji, with skin	109.0	1.0 cup, sliced	16.59	0.22	--
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	28.35	1.0 oz	16.56	1.62	0.020
19400	Snacks, banana chips	28.35	1.0 oz	16.56	0.65	0.008
14024	Beverages, Whiskey sour mix, powder	17.0	1.0 packet	16.54	0.10	--
12174	Seeds, watermelon seed kernels, dried	108.0	1.0 cup	16.53	30.60	0.421
11033	Lima beans, immature seeds, canned, regular pack, solids and liquids	124.0	0.5 cup	16.53	5.05	0.067
18193	Cookies, shortbread, commercially prepared, pecan	28.35	1.0 oz	16.53	1.39	0.023
27062	Soup, beef barley, ready to serve	208.0	1.0 cup	16.52	5.84	--
28223	MURRAY, SUGAR FREE, Fudge Dipped Mint Cookies	26.0	4.0 cookies	16.51	1.56	--
18378	Cookies, chocolate chip, prepared from recipe, made with butter	28.35	1.0 oz	16.50	1.62	0.020
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	16.49	2.53	0.031
18544	ARCHWAY Home Style Cookies, Raspberry Filled	25.0	1.0 serving	16.48	1.09	--
18547	ARCHWAY Home Style Cookies, Strawberry Filled	25.0	1.0 serving	16.48	1.09	--
09161	Lime juice, canned or bottled, unsweetened	246.0	1.0 cup	16.46	0.62	--
28128	KEEBLER, SANDIES, Pecan Shortbread Cookies, bite size	28.0	5.0 cookies 28 g package	16.44	1.40	--
25030	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	28.35	1.0 oz	16.43	1.17	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
06341	CAMPBELL'S, Cream of Potato Soup, condensed	124.0	0.5 cup condensed	16.43	1.87	--
18368	Wonton wrappers (includes egg roll wrappers)	28.35	1.0 oz	16.41	2.78	0.032
18281	Muffins, corn, toaster-type	28.35	1.0 oz	16.41	1.50	0.017
16077	Lupins, mature seeds, cooked, boiled, without salt	166.0	1.0 cup	16.40	25.85	0.208
06201	Soup, cream of asparagus, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	16.39	6.32	0.084
11485	Squash, winter, butternut, raw	140.0	1.0 cup, cubes	16.37	1.40	0.020
18186	Cookies, peanut butter, commercially prepared, soft-type	28.35	1.0 oz	16.36	1.50	0.018
19421	Snacks, potato chips, cheese-flavor	28.35	1.0 oz	16.36	2.41	0.021
18134	Cake, sponge, prepared from recipe	28.35	1.0 oz	16.36	2.07	0.025
19270	Ice creams, chocolate	58.0	1.0 individual (3.5 fl oz)	16.36	2.20	--
06729	Soup, sirloin burger with vegetables, ready-to-serve, single brand	240.0	1.0 serving	16.32	10.08	--
28113	KEEBLER, 100 Calorie RIGHT BITES, CHIPS DELUXE, Chocolate Chip Cookies	21.0	1.0 pouch	16.32	0.99	--
06964	Soup, tomato, low sodium, with water	248.0	1.0 serving 1 cup	16.29	1.96	--
14414	Alcoholic beverage, liqueur, coffee, 53 proof	34.8	1.0 fl oz	16.29	0.03	--
11487	Squash, winter, butternut, frozen, unprepared	113.0	0.33 package (12 oz)	16.28	1.99	0.028
18251	Doughnuts, cake-type, chocolate, sugared or glazed	28.35	1.0 oz	16.27	1.28	0.016
09286	Pomegranates, raw	87.0	0.5 cup arils (seed/juice sacs)	16.27	1.45	--
16557	MORNINGSTAR FARMS Chik Patties, frozen, unprepared	71.0	1.0 patty	16.26	8.38	--
18188	Cookies, peanut butter, refrigerated dough, baked	28.35	1.0 oz	16.24	2.58	0.031
06211	Soup, cheese, canned, prepared with equal volume milk	251.0	1.0 cup	16.24	9.46	0.128
06123	Gravy, onion, dry, mix	24.0	1.0 cup (8 fl oz)	16.23	2.16	--
06956	Soup, tomato, canned, condensed, reduced sodium	121.0	1.0 serving 1/2 cup	16.23	1.95	--
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	48.0	1.0 cup	16.22	1.99	0.034
18086	Cake, angelfood, commercially prepared	28.0	1.0 piece (1/12 of 12 oz cake)	16.18	1.65	0.021
28225	MURRAY, SUGAR FREE, Peanut Butter Cookies	29.0	3.0 cookies	16.18	2.76	--
11735	Beets, canned, no salt added, solids and liquids	246.0	1.0 cup	16.16	1.97	0.025
28349	Cookies, oatmeal, reduced fat	25.0	1.0 cookie	16.16	1.00	--
18048	Bread, raisin, enriched, toasted	28.35	1.0 oz	16.13	2.44	0.026
18513	ARCHWAY Home Style Cookies, Sugar Free Oatmeal	24.0	1.0 serving	16.13	1.33	--
03100	Babyfood, vegetables, carrots, junior	224.0	1.0 cup	16.13	1.79	0.025
11842	Potatoes, french fried, all types, salt not added in processing, frozen, as purchased	65.0	10.0 strips	16.13	1.46	--
25012	Snacks, sweet potato chips, unsalted	28.35	1.0 oz	16.11	0.83	0.028
09057	Boysenberries, frozen, unsweetened	132.0	1.0 cup, unthawed	16.09	1.45	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
18386	Muffins, blueberry, toaster-type, toasted	28.35	1.0 oz	16.07	1.39	0.019
28348	Rolls, dinner, sweet	30.0	1.0 roll	16.07	3.01	0.027
11697	Arrowroot, raw	120.0	1.0 cup, sliced	16.07	5.09	--
12155	Nuts, walnuts, english	117.0	1.0 cup, chopped	16.04	17.82	0.199
28337	Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca	35.0	1.0 slice	16.02	1.51	--
06596	CAMPBELL'S Soup on the Go, Cheesy Potato with Bacon Flavor Soup	305.0	1.0 container	16.01	2.01	--
18932	Waffles, buttermilk, frozen, ready-to-heat	39.0	1.0 waffle, square	16.01	2.57	0.029
19271	Ice creams, strawberry	58.0	1.0 individual (3.5 fl oz)	16.01	1.86	--
14647	Beverages, Fruit flavored drink, reduced sugar, greater than 3% fruit juice, high vitamin C, added calcium	240.0	8.0 fl oz	16.01	0.00	--
27013	CAMPBELL'S Red and White, Chicken Barley with Mushrooms Soup, condensed	126.0	0.5 cup	16.00	3.99	--
08546	Rice and Wheat cereal bar	22.0	1.0 bar	16.00	2.00	--
18078	Bread, whole-wheat, prepared from recipe, toasted	28.35	1.0 oz	15.99	2.61	0.038
03861	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DHA	28.0	3.0 scoop	15.99	4.37	--
19071	Candies, carob, unsweetened	28.35	1.0 oz	15.96	2.31	--
03119	Babyfood, vegetables, corn, creamed, strained	113.0	1.0 jar	15.93	1.58	0.017
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1.0 oz	15.93	1.98	0.018
19804	Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour	28.35	1.0 oz	15.93	1.98	0.018
19003	Snacks, corn-based, extruded, chips, plain	28.0	1.0 oz	15.93	1.73	0.013
28242	SUNSHINE, GRIPZ, Cheez-It Mixx and Cheesy Pizza Crackers	25.0	1.0 pouch	15.92	2.70	--
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	28.35	1.0 oz	15.90	1.53	0.019
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	28.35	1.0 oz	15.88	1.43	--
18032	Bread, irish soda, prepared from recipe	28.35	1.0 oz	15.88	1.87	0.020
14646	Beverages, Fruit flavored drink containing less than 3% fruit juice, with high vitamin C	238.0	1.0 cup (8 fl oz)	15.87	0.00	--
09154	Lemon juice, frozen, unsweetened, single strength	244.0	1.0 cup	15.86	1.12	--
06053	Soup, cream of potato, canned, condensed	124.0	0.5 cup	15.86	1.87	0.025
19042	Snacks, potato chips, barbecue-flavor	28.35	1.0 oz	15.85	1.85	--
28031	GIRL SCOUTS, Do-si-dos Cookies	24.0	2.0 cookies	15.84	1.94	--
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	240.0	8.0 fl oz	15.82	1.01	--
28230	MURRAY, SUGAR FREE, Shortbread Bites	21.0	1.0 pouch	15.81	1.36	--
18065	Bread, wheat, toasted	28.35	1.0 oz	15.81	3.67	0.026
18413	Bread, pita, white, unenriched	28.35	1.0 oz	15.79	2.58	0.030

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	15.78	2.32	0.018
03945	Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA	30.5	1.0 fl oz	15.78	4.40	--
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	15.78	0.58	0.003
18450	Tortillas, ready-to-bake or -fry, flour, without added calcium	28.35	1.0 oz	15.76	2.47	0.030
28120	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Mints Grasshopper Cookies	21.0	1.0 pouch	15.75	1.09	--
18121	Cake, pound, commercially prepared, other than all butter, enriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	15.75	1.56	0.021
18418	Cake, pound, commercially prepared, other than all butter, unenriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	15.75	1.56	0.021
18388	Muffins, wheat bran, toaster-type with raisins, toasted	28.35	1.0 oz	15.73	1.56	0.021
11365	Potatoes, boiled, cooked in skin, flesh, without salt	78.0	0.5 cup	15.70	1.46	0.023
11831	Potatoes, boiled, cooked in skin, flesh, with salt	78.0	0.5 cup	15.70	1.46	0.023
16584	GARDENBURGER Savory Portabella Veggie Burger, frozen, unprepared	71.0	1.0 patty	15.69	4.19	--
16579	GARDENBURGER Original, frozen, unprepared	71.0	1.0 patty	15.69	5.11	--
09226	Papayas, raw	145.0	1.0 cup 1" pieces	15.69	0.68	0.012
09138	Groundcherries, (cape-gooseberries or poha), raw	140.0	1.0 cup	15.68	2.66	--
19279	Candies, milk chocolate coated coffee beans	28.35	1.0 oz	15.66	2.10	--
21440	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading	152.0	1.0 thigh, with skin	15.66	26.10	0.199
42272	Snacks, granola bar, with coconut, chocolate coated	28.35	1.0 oz	15.65	1.47	--
16570	GARDENBURGER Black Bean Chipotle Burger, frozen, unprepared	71.0	1.0 patty	15.62	4.62	--
12078	Nuts, brazilnuts, dried, unblanched	133.0	1.0 cup, whole	15.61	19.05	0.180
43417	Babyfood, meat, beef with vegetables, toddler	179.0	1.0 jar NFS	15.61	6.26	--
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	15.61	1.33	0.021
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	15.61	1.33	0.021
18522	ARCHWAY Home Style Cookies, Chocolate Chip Ice Box	24.0	1.0 serving	15.60	1.03	--
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	28.35	1.0 oz	15.60	2.51	0.029
28119	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Fudge Stripes Cookies	21.0	1.0 pouch	15.60	0.84	--
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	30.0	0.25 cup	15.59	10.85	0.153
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	30.0	0.25 cup	15.59	10.85	0.153
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	65.0	10.0 strips	15.59	1.57	0.021
19095	Ice creams, vanilla	66.0	1.0 serving 1/2 cup	15.58	2.31	0.030
01286	Yogurt, Greek, vanilla, nonfat	150.0	1.0 container (5.3 oz)	15.55	12.96	0.042
19263	Frozen novelties, fruit and juice bars	77.0	1.0 bar (2.5 fl oz)	15.55	0.92	--
11481	Squash, summer, zucchini, italian style, canned	227.0	1.0 cup	15.55	2.34	0.020

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
19899	Ice creams, regular, low carbohydrate, chocolate	58.0	1.0 individual (3.5 fl oz)	15.54	2.20	--
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	15.53	4.57	0.034
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	15.53	4.57	0.034
09022	Apricots, canned, water pack, with skin, solids and liquids	243.0	1.0 cup, halves	15.53	1.73	0.032
43299	Soybean, curd cheese	225.0	1.0 cup	15.52	28.12	--
28122	KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies	21.0	1.0 pouch	15.52	1.09	--
19168	Desserts, egg custard, baked, prepared-from-recipe	141.0	0.5 cup	15.51	7.08	--
19410	Snack, potato chips, made from dried potatoes, plain	28.0	1.0 oz	15.51	1.29	0.013
12060	Nuts, acorn flour, full fat	28.35	1.0 oz	15.49	2.12	0.026
28391	PEPPERIDGE FARM, Seeded Jewish Rye Bread	32.0	1.0 serving	15.49	0.00	--
19124	Baking chocolate, mexican, squares	20.0	1.0 tablet	15.48	0.73	--
18019	Bread, banana, prepared from recipe, made with margarine	28.35	1.0 oz	15.48	1.22	0.015
09084	Currants, red and white, raw	112.0	1.0 cup	15.46	1.57	--
21458	POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	138.0	1.0 thigh with skin	15.46	26.41	0.200
18934	Waffle, buttermilk, frozen, ready-to-heat, microwaved	35.0	1.0 waffle	15.46	2.42	--
09184	Melons, honeydew, raw	170.0	1.0 cup, diced (approx 20 pieces per cup)	15.45	0.92	0.008
18070	Bread, white, commercially prepared, toasted	28.35	1.0 oz	15.45	2.55	0.030
35015	Blackberries, wild, raw (Alaska Native)	157.0	1.0 cup	15.45	1.32	--
28266	KEEBLER, READY CRUST, Graham Pie Crust (10"), Reduced Fat	21.0	0.125 crust	15.44	1.03	--
18432	Bread, white, commercially prepared, toasted, low sodium no salt	28.35	1.0 oz	15.42	2.55	0.030
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	168.0	1.0 cup	15.42	5.22	--
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	168.0	1.0 cup	15.42	5.22	--
16377	Lupins, mature seeds, cooked, boiled, with salt	166.0	1.0 cup	15.42	25.85	0.208
06434	CAMPBELL'S CHUNKY Soups, Old Fashioned Vegetable Beef Soup	247.0	1.0 cup	15.41	7.81	--
06749	Soup, beef and vegetables, canned, ready-to-serve	250.0	1.0 cup	15.40	7.95	--
18385	Bread, wheat germ, toasted	28.35	1.0 oz	15.39	3.03	0.036
22905	Beef stew, canned entree	196.0	1.0 cup (1 serving)	15.39	8.64	0.039
07913	Salami, pork, beef, less sodium	100.0	3.527 oz	15.38	15.01	0.114
90480	Syrup, Cane	21.0	1.0 serving	15.36	0.00	--
42139	Granola bar, soft, milk chocolate coated, peanut butter	28.35	1.0 oz	15.34	2.72	--
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	28.35	1.0 oz	15.34	1.63	0.027
06967	Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	253.0	1.0 cup	15.33	2.78	--
09500	Apples, raw, red delicious, with skin	109.0	1.0 cup, sliced	15.33	0.29	0.001

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
31028	Potatoes, yellow fleshed, hash brown, shredded, salt added in processing, frozen, unprepared	85.0	3.0 oz	15.28	1.73	--
18009	Biscuits, plain or buttermilk, frozen, baked	28.35	1.0 oz	15.27	1.76	0.022
09107	Gooseberries, raw	150.0	1.0 cup	15.27	1.32	--
16120	Soymilk, original and vanilla, unfortified	243.0	1.0 cup	15.26	7.95	0.092
06217	Soup, vegetable, canned, low sodium, condensed	126.0	0.5 cup	15.26	2.77	--
18105	Coffeecake, creme-filled with chocolate frosting	28.35	1.0 oz	15.25	1.42	0.016
28241	SUNSHINE, GRIPZ, Cheez-It Crackers	25.0	1.0 package	15.25	2.75	--
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	15.25	3.49	0.050
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	15.25	3.49	0.050
12059	Nuts, acorns, dried	28.35	1.0 oz	15.21	2.30	0.028
28121	KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies, Fudge Dipped	21.0	1.0 package	15.20	0.86	--
18071	Bread, white, prepared from recipe, made with nonfat dry milk	28.35	1.0 oz	15.20	2.18	0.027
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz	15.18	1.66	0.020
14405	Beverages, fruit punch juice drink, frozen concentrate	35.2	1.0 fl oz	15.17	0.11	--
11050	Beans, shellie, canned, solids and liquids	245.0	1.0 cup	15.17	4.31	--
14424	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate. Not manufactured anymore.	35.3	1.0 fl oz	15.14	0.04	--
18408	Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)	28.35	1.0 oz	15.14	2.98	0.035
18406	Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	15.14	2.98	0.035
18396	Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	15.14	2.41	0.030
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1.0 oz	15.14	2.89	0.035
18407	Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	15.14	2.98	0.035
21319	McDONALD'S, Hash Brown	53.0	1.0 serving 1 patty	15.14	1.31	--
19882	Ice creams, BREYERS, No Sugar Added, Vanilla	69.0	1.0 serving 1/2 cup	15.12	2.54	--
06740	Soup, chicken vegetable, chunky, reduced fat, reduced sodium, ready-to-serve, single brand	240.0	1.0 serving	15.12	6.48	--
19415	Snacks, potato sticks	28.35	1.0 oz	15.11	1.90	--
18277	Muffins, blueberry, toaster-type	28.35	1.0 oz	15.11	1.30	0.018
12142	Nuts, pecans	109.0	1.0 cup, chopped	15.11	10.00	0.101
03091	Babyfood, vegetables, green beans, strained	240.0	1.0 cup	15.10	2.88	0.036
11581	Vegetables, mixed, canned, drained solids	163.0	1.0 cup	15.09	4.22	0.042

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
09191	Nectarines, raw	143.0	1.0 cup slices	15.09	1.52	0.007
19411	Snacks, potato chips, plain, salted	28.0	1.0 oz	15.07	1.79	0.030
25025	Snacks, soy chips or crisps, salted	28.35	1.0 oz	15.07	7.51	0.107
18971	Bread, potato	32.0	1.0 slice	15.06	4.00	0.026
18061	Bread, rye, toasted	28.35	1.0 oz	15.05	2.66	0.030
01076	Milk substitutes, fluid, with lauric acid oil	244.0	1.0 cup	15.03	4.27	0.059
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	28.35	1.0 oz	15.03	1.27	0.019
18003	Bagels, egg	28.35	1.0 oz	15.03	3.01	0.035
21343	McDONALD'S, Low Fat Caramel Sauce	21.0	0.8 oz	15.02	0.40	--
28386	PEPPERIDGE FARM, Pumpernickel Bread	32.0	1.0 serving	15.01	0.00	--
16246	SILK Nog, soymilk	122.0	0.5 cup	15.01	3.00	--
14197	Cocoa mix, NESTLE, Rich Chocolate Hot Cocoa Mix	20.0	1.0 serving 1 envelope	15.00	0.60	--
14195	Beverages, Cocoa mix, NESTLE, Hot Cocoa Mix Rich Chocolate With Marshmallows	20.0	1.0 serving 1 envelope	15.00	0.56	--
19810	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted	28.35	1.0 oz	15.00	1.98	0.031
19811	Snacks, potato chips, plain, unsalted	28.35	1.0 oz	15.00	1.98	0.031
19809	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted	28.35	1.0 oz	15.00	1.98	0.031
06541	CAMPBELL'S Homestyle Italian-Style Wedding Soup	245.0	1.0 cup	14.99	7.01	--
06084	CAMPBELL'S Red and White, Chicken Vegetable Soup, condensed	126.0	1.0 serving 1/2 cup	14.99	3.00	--
06365	CAMPBELL'S Red and White, Mega Noodle in Chicken Broth, condensed	126.0	1.0 serving 1/2 cup	14.99	3.00	--
06146	CAMPBELL'S Red and White, Beef with Vegetables and Barley Soup, condensed	126.0	1.0 serving 1/2 cup	14.99	5.00	--
06529	CAMPBELL'S Homestyle Light New England Clam Chowder	245.0	1.0 cup	14.99	6.00	--
06505	CAMPBELL'S Red and White - Microwaveable Bowls, Vegetable Beef Soup	245.0	1.0 cup	14.99	5.00	--
06082	CAMPBELL'S Red and White, Chicken NOODLEO's Soup, condensed	126.0	1.0 serving 1/2 cup	14.99	3.00	--
25064	Snacks, potato chips, lightly salted	28.0	23.0 pieces	14.99	1.88	--
06216	Soup, cream of chicken, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	14.98	7.46	0.099
28115	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Fudge Covered Pretzels	21.0	1.0 package	14.97	1.58	--
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	14.97	1.56	0.019
14311	Beverages, Malted drink mix, natural, powder, dairy based.	21.0	1.0 serving (3 heaping tsp or 1 envelope)	14.95	3.00	--
28114	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Dark Chocolate Fudge Stripes Cookies	21.0	1.0 pouch	14.95	0.94	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
18507	KELLOGG'S EGGO Lowfat Blueberry Nutri-Grain Waffles	35.0	1.0 waffle, round (4" dia) (include frozen)	14.95	2.08	--
11282	Onions, raw	160.0	1.0 cup, chopped	14.94	1.76	0.022
18353	Rolls, hard (includes kaiser)	28.35	1.0 oz	14.94	2.81	0.033
18040	Bread, oatmeal, toasted	28.35	1.0 oz	14.94	2.61	0.036
08388	Cereals ready-to-eat, KASHI 7 Whole Grain Puffs	19.0	1.0 cup (1 NLEA serving)	14.93	2.47	--
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	14.93	2.93	0.036
16130	Okara	122.0	1.0 cup	14.92	4.29	0.061
18338	Phyllo dough	28.35	1.0 oz	14.91	2.01	0.025
18028	Bread, egg, toasted	28.35	1.0 oz	14.91	2.98	0.035
09503	Apples, raw, gala, with skin	109.0	1.0 cup, sliced	14.91	0.27	--
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	14.91	1.07	0.002
06375	CAMPBELL'S, Vegetable Beef Soup, condensed	126.0	0.5 cup condensed	14.87	4.78	--
19903	Chocolate, dark, 60-69% cacao solids	28.35	1.0 oz	14.86	1.74	--
12096	Nuts, chestnuts, chinese, roasted	28.35	1.0 oz	14.84	1.27	0.015
11588	Waterchestnuts, chinese, (matai), raw	62.0	0.5 cup slices	14.84	0.87	--
09502	Apples, raw, granny smith, with skin	109.0	1.0 cup, sliced	14.83	0.48	--
18047	Bread, raisin, enriched	28.35	1.0 oz	14.83	2.24	0.024
18414	Bread, raisin, unenriched	28.35	1.0 oz	14.83	2.24	0.024
09501	Apples, raw, golden delicious, with skin	109.0	1.0 cup, sliced	14.82	0.31	0.001
06149	Soup, chicken mushroom, canned, condensed	124.0	0.5 cup	14.82	2.00	--
28378	PEPPERIDGE FARM, Cinnamon Swirl Bread	28.0	1.0 serving	14.81	0.00	--
18325	Pie, pecan, prepared from recipe	28.35	1.0 oz	14.80	1.39	0.020
18045	Bread, pumpernickel, toasted	28.35	1.0 oz	14.80	2.69	0.030
18332	Pie crust, standard-type, dry mix	28.35	1.0 oz	14.77	1.96	0.023
18187	Cookies, peanut butter, refrigerated dough	28.35	1.0 oz	14.77	2.32	0.028
19884	Ice creams, BREYERS, No Sugar Added, Vanilla Chocolate Strawberry	68.0	1.0 serving 1/2 cup	14.76	2.52	--
18344	Rolls, dinner, egg	28.35	1.0 oz	14.74	2.69	0.031
18029	Bread, french or vienna (includes sourdough)	28.35	1.0 oz	14.71	3.05	--
01094	Milk, buttermilk, dried	30.0	0.25 cup	14.70	10.29	0.145
09236	Peaches, yellow, raw	154.0	1.0 cup slices	14.69	1.40	0.015
19300	Jellies	21.0	1.0 serving 1 tbsp	14.69	0.03	--
09302	Raspberries, raw	123.0	1.0 cup	14.69	1.48	--
01093	Milk, dry, nonfat, calcium reduced	28.35	1.0 oz	14.69	10.06	0.142

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
28301	Cookies, peanut butter, commercially prepared, sugar free	29.0	1.0 serving 3 cookies	14.65	3.00	--
22911	Chili, no beans, canned entree	240.0	1.0 cup	14.64	18.07	--
28118	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Fudge Grahams Cookies	20.0	1.0 pouch	14.64	0.90	--
19031	Snacks, oriental mix, rice-based	28.35	1.0 oz	14.63	4.91	0.054
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	28.35	1.0 oz	14.63	2.21	0.027
18357	Sweet rolls, cinnamon, refrigerated dough with frosting	28.35	1.0 oz	14.63	1.42	0.018
18106	Coffeecake, fruit	28.35	1.0 oz	14.60	1.47	0.016
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1.0 oz	14.60	2.30	0.033
28379	PEPPERIDGE FARM, Raisin Cinnamon Swirl Bread	28.0	1.0 serving	14.59	0.00	--
11482	Squash, winter, acorn, raw	140.0	1.0 cup, cubes	14.59	1.12	0.015
06023	Soup, chicken with rice, canned, condensed	126.0	0.5 cup	14.58	2.32	--
18077	Bread, whole-wheat, prepared from recipe	28.35	1.0 oz	14.57	2.38	0.035
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28.0	1.0 roll (1 oz)	14.57	3.04	0.023
19260	Ice creams, vanilla, light, no sugar added	68.0	1.0 serving 1/2 cup	14.57	2.70	--
16608	MORNINGSTAR FARMS Chik Patties Original, frozen, unprepared	71.0	1.0 patty	14.56	7.95	--
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	28.35	1.0 oz	14.55	1.40	0.017
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1.0 oz	14.54	1.87	0.020
06545	CAMPBELL'S Homestyle New England Clam Chowder	256.0	1.0 cup	14.54	5.96	--
06977	Gravy, meat or poultry, low sodium, prepared	236.0	1.0 cup	14.54	8.97	--
06210	Soup, cream of celery, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	14.53	5.68	0.074
18935	Waffle, plain, frozen, ready-to-heat, microwave	32.0	1.0 waffle, round (4"dia)	14.53	2.15	--
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	14.52	5.95	0.068
28112	KEEBLER, READY CRUST, Shortbread Pie Crust	21.0	0.125 crust 9" crust	14.51	0.92	--
18076	Bread, whole-wheat, commercially prepared, toasted	28.35	1.0 oz	14.50	4.61	0.029
06127	Gravy, unspecified type, dry	25.0	1.0 cup (8 fl oz)	14.50	3.25	--
19880	Ice creams, BREYERS, No Sugar Added, Butter Pecan	68.0	1.0 serving 1/2 cup	14.48	2.71	--
12084	Nuts, butternuts, dried	120.0	1.0 cup	14.46	29.88	0.439
18279	Muffins, corn, commercially prepared	28.35	1.0 oz	14.46	1.67	0.019
28359	GLUTINO, Gluten Free Wafers, Milk Chocolate	23.0	3.0 cookies	14.45	0.93	--
28333	Cookies, gluten-free, chocolate wafer	23.0	3.0 cookies	14.45	0.93	--
28123	KEEBLER, 100 Calorie RIGHT BITES, White Fudge Dipped Pretzels	21.0	1.0 pouch	14.45	1.47	--
18540	ARCHWAY Home Style Cookies, Old Fashioned Windmill Cookies	20.0	1.0 serving	14.45	1.03	--
09181	Melons, cantaloupe, raw	177.0	1.0 cup, balls	14.44	1.49	0.004

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
28116	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Cookies 'N Creme	20.0	1.0 pouch	14.44	0.80	--
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160.0	1.0 cup	14.43	5.60	0.054
19907	Sweeteners, for baking, contains sugar and sucralose	14.5	1.0 tbsp	14.43	0.00	--
18356	Sweet rolls, cinnamon, commercially prepared with raisins	28.35	1.0 oz	14.43	1.76	0.021
18633	PILLSBURY GRANDS, Buttermilk Biscuits, refrigerated dough	34.0	1.0 biscuit	14.42	2.09	--
14268	Beverages, Fruit punch drink, frozen concentrate	34.8	1.0 fl oz	14.41	0.07	--
06405	CAMPBELL'S CHUNKY, HEALTHY REQUEST Chicken Noodle Soup	245.0	1.0 cup	14.41	7.28	--
18201	Cookies, peanut butter sandwich, special dietary	28.35	1.0 oz	14.40	2.84	0.031
18250	Doughnuts, cake-type, plain, sugared or glazed	28.35	1.0 oz	14.40	1.47	0.020
28385	PEPPERIDGE FARM, Jewish Rye Bread (Seedless)	32.0	1.0 serving	14.40	0.00	--
16109	Soybeans, mature cooked, boiled, without salt	172.0	1.0 cup	14.38	31.32	0.416
16409	Soybeans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	14.38	31.32	0.416
18005	Bagels, cinnamon-raisin	26.0	1.0 mini bagel (2-1/2" dia)	14.35	2.55	0.030
11141	Celeriac, raw	156.0	1.0 cup	14.35	2.34	--
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	28.35	1.0 oz	14.35	1.98	0.019
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120.0	1.0 artichoke, medium	14.34	3.47	--
14259	Beverages, OCEAN SPRAY, Light Cranberry, Concord Grape	248.0	8.0 fl oz	14.33	0.89	--
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	96.0	6.0 pieces	14.33	15.28	--
18069	Bread, white, commercially prepared (includes soft bread crumbs)	29.0	1.0 slice	14.33	2.57	--
28371	UDI'S, Gluten Free, Soft & Delicious White Sandwich Bread	28.0	1.0 slice	14.32	1.51	0.022
28338	Bread, gluten-free, white, made with tapioca starch and brown rice flour	28.0	1.0 slice	14.32	1.51	0.022
20098	Pasta, homemade, made without egg, cooked	57.0	2.0 oz	14.32	2.49	0.032
18119	Cake, pineapple upside-down, prepared from recipe	28.35	1.0 oz	14.32	0.99	0.012
12144	Nuts, pecans, oil roasted, without salt added	110.0	1.0 cup	14.31	10.12	0.102
12644	Nuts, pecans, oil roasted, with salt added	110.0	1.0 cup	14.31	10.12	0.102
18348	Rolls, dinner, whole-wheat	28.0	1.0 roll (1 oz)	14.31	2.44	0.038
09098	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	123.0	0.5 cup	14.30	0.49	--
28388	PEPPERIDGE FARM, Deli Swirl Bread	32.0	1.0 serving	14.30	0.00	--
06990	HEALTHY REQUEST, Minestrone Soup, condensed	120.0	1.0 serving 1/2 cup	14.28	2.86	--
20096	Pasta, fresh-refrigerated, spinach, cooked	57.0	2.0 oz	14.27	2.88	0.038
06256	Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk	253.0	1.0 cup (8 fl oz)	14.27	7.03	--
19379	Candies, fudge, chocolate marshmallow, prepared-from-recipe	20.0	1.0 piece	14.27	0.45	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
18261	English muffins, mixed-grain, toasted (includes granola)	28.35	1.0 oz	14.26	2.81	0.036
19154	Candies, sesame crunch	28.35	1.0 oz	14.26	3.29	--
09287	Prickly pears, raw	149.0	1.0 cup	14.26	1.09	--
18006	Bagels, cinnamon-raisin, toasted	24.0	1.0 mini bagel (2-1/2" dia)	14.23	2.54	0.029
18154	Cookies, brownies, prepared from recipe	28.35	1.0 oz	14.23	1.76	0.022
18349	Rolls, french	28.35	1.0 oz	14.23	2.44	0.028
28111	KEEBLER, READY CRUST, Chocolate Pie Crust	21.0	0.125 crust 1 serving (from 9" shell)	14.22	1.07	--
06309	CAMPBELL'S, Chicken with Rice Soup, condensed	126.0	0.5 cup condensed	14.21	2.32	--
18033	Bread, italian	28.35	1.0 oz	14.20	2.49	0.029
22974	Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	87.0	1.0 serving	14.20	10.81	--
06038	CAMPBELL'S, Cheddar Cheese Soup, condensed	124.0	0.5 cup condensed	14.19	0.99	--
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	36.3	1.0 fl oz	14.16	0.15	0.000
14262	Beverages, citrus fruit juice drink, frozen concentrate	35.2	1.0 fl oz	14.15	0.42	--
32006	Taquitos, frozen, chicken and cheese, oven-heated	42.0	1.0 piece	14.12	3.87	0.042
19881	Ice creams, BREYERS, No Sugar Added, French Vanilla	68.0	1.0 serving 1/2 cup	14.11	3.06	--
09296	Quinces, raw	92.0	1.0 fruit without refuse	14.08	0.37	--
28251	SUNSHINE, CHEEZ-IT, 100 Calorie Right Bites, Reduced Fat	21.0	1.0 package	14.07	2.79	--
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	14.07	1.49	0.021
06064	Soup, turkey, chunky, canned, ready-to-serve	236.0	1.0 cup (8 fl oz)	14.07	10.22	0.099
08084	Cereals ready-to-eat, wheat germ, toasted, plain	28.35	1.0 oz	14.06	8.25	0.113
18416	Bread, white, commercially prepared, low sodium, no salt	28.35	1.0 oz	14.06	2.32	0.027
18073	Bread, white, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	14.06	2.24	0.028
19897	Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Covered Almonds	28.0	1.0 serving 1oz pack	14.06	2.66	--
32007	Taquitos, frozen, beef and cheese, oven-heated	42.0	1.0 piece	14.05	3.95	0.042
06748	Soup, PROGRESSO, beef barley, traditional, ready to serve	210.0	1.0 cup	14.05	5.69	--
09004	Apples, raw, without skin	110.0	1.0 cup slices	14.04	0.30	0.001
18025	Bread, cracked-wheat	28.35	1.0 oz	14.03	2.47	0.032
06011	Soup, cheese, canned, condensed	124.0	0.5 cup	14.01	0.99	--
16204	PACE, Spicy Jalapeno Refried Beans	120.0	0.5 cup	14.00	5.00	--
16203	PACE, Salsa Refried Beans	120.0	0.5 cup	14.00	4.00	--
18634	PILLSBURY Golden Layer Buttermilk Biscuits, Artificial Flavor, refrigerated dough	34.0	1.0 serving	14.00	2.00	--
16243	SILK Plus Fiber, soymilk	243.0	1.0 cup	14.00	6.00	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
28317	Bread, wheat, sprouted, toasted	38.0	1.0 slice 1 serving	13.99	5.43	--
06251	CAMPBELL'S CHUNKY Microwavable Bowls, Old Fashioned Vegetable Beef Soup, ready-to-serve	245.0	1.0 serving 1 cup	13.99	7.01	--
06502	CAMPBELL'S Red and White - Microwaveable Bowls, Chicken Rice Soup	245.0	1.0 cup	13.99	2.01	--
06244	CAMPBELL'S CHUNKY Microwavable Bowls, Classic Chicken Noodle, ready-to-serve	245.0	1.0 serving 1 cup	13.99	6.00	--
06400	CAMPBELL'S CHUNKY Soups, Grilled Chicken with Vegetables & Pasta Soup	245.0	1.0 cup	13.99	6.00	--
14034	Alcoholic beverage, creme de menthe, 72 proof	33.6	1.0 fl oz	13.98	0.00	--
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	128.0	1.0 cup	13.98	21.76	0.247
18403	Waffles, plain, frozen, ready -to-heat, toasted	28.35	1.0 oz	13.97	2.04	0.024
14226	Beverages, OCEAN SPRAY, Light Cranberry and Raspberry Flavored Juice	242.0	8.0 fl oz	13.96	1.77	--
11254	Lotus root, raw	81.0	10.0 slices (2-1/2" dia)	13.96	2.11	0.016
18116	Cake, gingerbread, prepared from recipe	28.35	1.0 oz	13.95	1.11	0.013
18050	Bread, reduced-calorie, oat bran, toasted	28.35	1.0 oz	13.95	2.69	0.035
19360	Syrups, table blends, pancake, with 2% maple	20.0	1.0 tbsp	13.92	0.00	--
03092	Babyfood, vegetables, green beans, junior	240.0	1.0 cup	13.92	2.88	0.034
18280	Muffins, corn, dry mix, prepared	28.35	1.0 oz	13.92	2.10	0.023
28330	Cookies, marshmallow, with rice cereal and chocolate chips	22.0	1.0 bar	13.92	1.00	--
12093	Nuts, chestnuts, chinese, raw	28.35	1.0 oz	13.91	1.19	0.014
01032	Cheese, parmesan, grated	100.0	1.0 cup	13.91	28.42	0.383
11900	Corn, sweet, white, raw	73.0	1.0 ear, small (5-1/2" to 6-1/2" long)	13.88	2.35	0.017
18007	Bagels, oat bran	26.0	1.0 mini bagel (2-1/2" dia)	13.86	2.78	0.036
19326	Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Bar	22.0	1.0 serving 0.78 oz bar	13.86	1.28	--
09042	Blackberries, raw	144.0	1.0 cup	13.84	2.00	--
12014	Seeds, pumpkin and squash seed kernels, dried	129.0	1.0 cup	13.82	39.00	0.743
12022	Seeds, safflower seed meal, partially defatted	28.35	1.0 oz	13.81	10.10	0.114
11212	Edamame, frozen, prepared	155.0	1.0 cup	13.81	18.46	0.195
18265	English muffins, wheat, toasted	28.35	1.0 oz	13.81	2.66	0.035
18064	Bread, wheat	28.35	1.0 oz	13.80	3.04	--
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	24.0	1.0 mini bagel (2-1/2" dia)	13.77	2.67	0.033
19297	Jams and preserves	20.0	1.0 tbsp	13.77	0.07	0.002
18039	Bread, oatmeal	28.35	1.0 oz	13.75	2.38	0.033
18126	Cake, shortcake, biscuit-type, prepared from recipe	28.35	1.0 oz	13.75	1.73	0.022

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
09185	Melon balls, frozen	173.0	1.0 cup, unthawed	13.74	1.45	--
19382	Candies, taffy, prepared-from-recipe	15.0	1.0 piece	13.73	0.00	--
18011	Biscuits, plain or buttermilk, dry mix, prepared	28.35	1.0 oz	13.72	2.07	0.026
09190	Mulberries, raw	140.0	1.0 cup	13.72	2.02	--
28250	SUNSHINE, CHEEZ-IT, 100 Calorie RIGHT BITES, Extra Cheesy Party Mix	21.0	1.0 pouch	13.71	1.78	--
06315	Soup, HEALTHY CHOICE Chicken and Rice Soup, canned	240.0	1.0 serving 1 cup	13.70	6.07	--
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	13.70	2.89	0.058
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	69.0	1.0 each taco	13.70	6.11	--
21260	TACO BELL, Original Taco with beef, cheese and lettuce	69.0	1.0 each taco	13.70	6.11	--
18060	Bread, rye	28.35	1.0 oz	13.69	2.41	0.027
18283	Muffins, oat bran	28.35	1.0 oz	13.69	1.98	0.030
03127	Babyfood, vegetables, spinach, creamed, strained	240.0	1.0 cup	13.68	6.00	0.086
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	246.0	1.0 cup	13.68	9.74	0.138
28117	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Brownies	21.0	1.0 package	13.67	0.94	--
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	120.0	1.0 artichoke, medium	13.67	3.47	--
18075	Bread, whole-wheat, commercially prepared	32.0	1.0 slice	13.67	3.98	--
14196	Beverages, Cocoa mix, no sugar added, powder	19.0	1.0 envelope Alba (.675 oz)	13.67	2.94	--
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	28.35	1.0 oz	13.64	2.24	0.026
18383	Bread, protein, (includes gluten), toasted	28.35	1.0 oz	13.64	3.74	0.046
18322	Pie, mince, prepared from recipe	28.35	1.0 oz	13.61	0.74	0.008
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	28.35	1.0 oz	13.59	1.74	0.012
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	13.58	9.67	0.135
06122	Gravy, mushroom, dry, powder	21.0	1.0 cup (8 fl oz)	13.58	2.10	--
11046	Beans, navy, mature seeds, sprouted, raw	104.0	1.0 cup	13.57	6.40	0.067
12071	Nuts, almond paste	28.35	1.0 oz	13.55	2.55	--
11353	Potatoes, russet, flesh and skin, raw	75.0	0.5 cup, diced	13.55	1.60	--
18435	Danish pastry, raspberry, unenriched	28.35	1.0 oz	13.55	1.53	0.018
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	28.35	1.0 oz	13.55	1.53	0.018
18433	Danish pastry, lemon, unenriched	28.35	1.0 oz	13.55	1.53	0.018
18027	Bread, egg	28.35	1.0 oz	13.55	2.69	0.032
18066	Bread, wheat bran	28.35	1.0 oz	13.55	2.49	0.031
18431	Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	28.35	1.0 oz	13.55	1.53	0.018

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	28.0	1.0 oz	13.55	2.08	0.023
19015	Snacks, granola bars, hard, plain	21.0	1.0 bar	13.52	2.12	0.037
06995	PREGO Pasta, Chunky Garden Tomato, Onion and Garlic Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	13.52	2.08	--
16616	MORNINGSTAR FARMS Garden Veggie Nuggets, frozen, unprepared	80.0	5.0 nuggets	13.52	7.68	--
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	13.51	9.72	0.138
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	13.50	19.87	0.223
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	160.0	1.0 cup	13.49	5.60	0.054
18524	ARCHWAY Home Style Cookies, Coconut Macaroon	22.0	1.0 serving	13.47	0.66	--
18044	Bread, pumpernickel	28.35	1.0 oz	13.47	2.47	0.027
11007	Artichokes, (globe or french), raw	128.0	1.0 artichoke, medium	13.45	4.19	--
01152	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A	245.0	1.0 cup	13.45	9.68	0.122
19924	Syrup, NESTLE, chocolate	20.0	1.0 tablespoon	13.44	0.00	0.005
03099	Babyfood, vegetables, carrots, strained	224.0	1.0 cup	13.44	1.79	0.025
06728	Soup, potato ham chowder, chunky, ready-to-serve, single brand	240.0	1.0 serving	13.44	6.48	--
18017	Biscuits, mixed grain, refrigerated dough	28.35	1.0 oz	13.44	1.73	0.022
19147	Candies, peanut bar	28.35	1.0 oz	13.44	4.39	0.042
20097	Pasta, homemade, made with egg, cooked	57.0	2.0 oz	13.42	3.01	0.038
18384	Bread, rice bran, toasted	28.35	1.0 oz	13.41	2.75	0.033
19353	Syrups, maple	20.0	1.0 tbsp	13.41	0.01	--
01235	Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener	68.0	0.5 cup	13.40	2.99	--
16088	Peanuts, all types, cooked, boiled, with salt	63.0	1.0 cup in shell, edible yield	13.39	8.50	0.083
12176	Nuts, coconut milk, frozen (liquid expressed from grated meat and water)	240.0	1.0 cup	13.39	3.86	0.046
42040	Syrups, grenadine	20.0	1.0 tbsp	13.38	0.00	--
18320	Pie, lemon meringue, commercially prepared	28.35	1.0 oz	13.38	0.43	0.005
27050	Sauce, sweet and sour, ready-to-serve	35.0	2.0 Tbsp	13.38	0.09	--
18036	Bread, multi-grain, toasted (includes whole-grain)	28.35	1.0 oz	13.36	4.12	0.038
21388	Fast foods, miniature cinnamon rolls	25.0	1.0 each	13.34	1.76	0.014
36035	Restaurant, family style, coleslaw	108.0	1.0 serving	13.34	0.95	--
06483	Soup, cream of chicken, dry, mix, prepared with water	261.0	1.0 cup 8 fl oz	13.34	1.77	--
12156	Nuts, walnuts, glazed	28.0	1.0 oz	13.33	2.32	--
18241	Croissants, cheese	28.35	1.0 oz	13.32	2.61	0.031
22975	Chicken, nuggets, white meat, precooked, frozen, not reheated	82.0	1.0 serving	13.32	11.78	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
21434	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading	212.0	1.0 breast, with skin	13.31	46.51	0.352
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	182.0	1.0 cup	13.30	2.55	--
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	240.0	1.0 cup	13.30	5.50	0.065
43146	Eggplant, pickled	136.0	1.0 cup	13.29	1.22	--
19327	Candies, MARS SNACKFOOD US, COCOAVIA Blueberry and Almond Chocolate Bar	22.0	1.0 serving 0.78 oz bar	13.28	1.40	--
43544	Babyfood, cereal, rice with pears and apple, dry, instant fortified	15.0	1.0 serving	13.28	0.99	--
11299	Parsnips, cooked, boiled, drained, without salt	78.0	0.5 cup slices	13.27	1.03	--
11808	Parsnips, cooked, boiled, drained, with salt	78.0	0.5 cup slices	13.27	1.03	--
16606	MORNINGSTAR FARMS Mediterranean Chickpea, frozen, unprepared	67.0	1.0 Burger	13.27	10.38	--
19303	Marmalade, orange	20.0	1.0 tbsp	13.26	0.06	0.001
25036	Snacks, granola bites, mixed flavors	20.0	1.0 package	13.25	1.43	0.004
18417	Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	28.35	1.0 oz	13.24	1.93	0.023
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	28.35	1.0 oz	13.24	1.93	0.023
28290	Cookie, with peanut butter filling, chocolate-coated	25.0	2.0 cookies	13.22	2.02	0.021
18449	Tortillas, ready-to-bake or -fry, corn, without added salt	28.35	1.0 oz	13.21	1.62	0.012
15178	Mollusks, whelk, unspecified, cooked, moist heat	85.0	3.0 oz	13.19	40.53	0.525
19418	Snacks, sesame sticks, wheat-based, salted	28.35	1.0 oz	13.18	3.09	0.041
19820	Snacks, sesame sticks, wheat-based, unsalted	28.35	1.0 oz	13.18	3.09	0.041
11660	Tomatoes, red, ripe, cooked, stewed	101.0	1.0 cup	13.18	1.98	0.019
09078	Cranberries, raw	110.0	1.0 cup, chopped	13.17	0.51	0.003
06072	Soup, vegetable with beef broth, canned, condensed	123.0	0.5 cup	13.16	2.98	0.021
06395	CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup	243.0	1.0 cup	13.15	8.29	--
11829	Potatoes, baked, flesh, with salt	61.0	0.5 cup	13.15	1.20	0.018
11363	Potatoes, baked, flesh, without salt	61.0	0.5 cup	13.15	1.20	0.018
11306	Peas, green, canned, regular pack, solids and liquids	124.0	0.5 cup	13.14	3.73	0.026
01109	Milk, sheep, fluid	245.0	1.0 cup	13.13	14.65	0.206
11045	Mung beans, mature seeds, sprouted, cooked, stir-fried	124.0	1.0 cup	13.13	5.33	0.072
18260	English muffins, mixed-grain (includes granola)	28.35	1.0 oz	13.13	2.58	0.033
12004	Seeds, breadnut tree seeds, raw	28.35	1.0 oz (8-14 seeds)	13.12	1.69	0.046
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	13.12	1.54	0.016
06046	Soup, cream of onion, canned, condensed	126.0	0.5 cup	13.10	2.77	--
31018	CAMPBELL'S, V8 Vegetable Juice, High Fiber V8	243.0	8.0 fl oz	13.10	1.99	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	170.0	1.0 container (6 oz)	13.06	9.74	0.054
28033	GIRL SCOUTS, Tagalongs Cookies	25.0	2.0 cookies	13.05	2.02	--
18270	Hush puppies, prepared from recipe	28.35	1.0 oz	13.04	2.18	0.023
18438	English muffins, plain, unenriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	13.04	2.18	0.026
18439	English muffins, plain, unenriched, without calcium propionate (includes sourdough)	28.35	1.0 oz	13.04	2.18	0.026
18437	English muffins, plain, enriched, without calcium propionate(includes sourdough)	28.35	1.0 oz	13.04	2.18	0.026
03964	Babyfood, fortified cereal bar, fruit filling	19.0	1.0 bar	13.04	1.03	--
18992	KELLOGG'S, BEANATURAL, Original 3-Bean Chips	28.0	12.0 chips	13.02	6.41	--
19030	Syrup, fruit flavored	20.0	1.0 serving	13.02	0.00	--
06121	Gravy, mushroom, canned	238.0	1.0 cup	13.02	3.00	--
19904	Chocolate, dark, 70-85% cacao solids	28.35	1.0 oz	13.01	2.21	--
14605	Beverages, Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors	237.0	8.0 fl oz (1 NLEA serving)	13.01	0.00	--
27017	CAMPBELL'S Homestyle Microwaveable Bowls, HEALTHY REQUEST Italian Wedding Soup	245.0	1.0 cup	13.01	6.00	--
11549	Tomato products, canned, sauce	245.0	1.0 cup	13.01	2.94	0.024
43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	13.01	2.94	0.022
14064	Beverages, Orange juice, light, No pulp	240.0	8.0 fl oz	13.01	0.50	--
06367	CAMPBELL'S Red and White, New England Clam Chowder, condensed	126.0	1.0 serving 1/2 cup	13.00	3.99	--
06030	Soup, clam chowder, new england, canned, condensed	126.0	0.5 cup	13.00	3.99	--
11080	Beets, raw	136.0	1.0 cup	13.00	2.19	0.026
14067	Beverages, Protein powder soy based	45.0	1.0 scoop	13.00	25.00	0.325
06233	PREGO Pasta, Organic Tomato and Basil Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	13.00	2.00	--
06994	PREGO Pasta, Chunky Garden Combination Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	13.00	2.00	--
06932	PREGO Pasta, Traditional Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	13.00	2.00	--
06226	PREGO Pasta, Italian Sausage and Garlic Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	13.00	3.00	--
06223	PREGO Pasta, Flavored with Meat Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	13.00	2.00	--
06220	PREGO Pasta, Chunky Garden Mushroom and Green Pepper Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	13.00	2.00	--
06237	PREGO Pasta, Heart Smart- Roasted Red Pepper and Garlic Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	13.00	2.00	--
06234	PREGO Pasta, Heart Smart- Ricotta Parmesan Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	13.00	3.00	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
14055	Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, whey powder, 3-2-1 Plan,	26.0	1.0 scoop	13.00	7.25	--
27033	PREGO Pasta, Heart Smart- Traditional Sauce, ready-to-serve	130.0	0.5 cup	13.00	2.00	--
06228	PREGO Pasta, Mini Meatball Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	13.00	4.00	--
06224	PREGO Pasta, Fresh Mushroom Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	13.00	2.00	--
06221	PREGO Pasta, Chunky Garden Mushroom Supreme Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	13.00	2.00	--
06235	P REGO Pasta, Roasted Garlic and Herb Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	13.00	2.00	--
06232	PREGO Pasta, Organic Mushroom Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	13.00	2.00	--
06229	PREGO Pasta, Mushroom and Garlic Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	13.00	2.00	--
06236	PREGO Pasta, Roasted Garlic Parmesan Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	13.00	3.00	--
16202	PACE, Traditional Refried Beans	120.0	0.5 cup	13.00	5.00	--
19100	Candies, fudge, chocolate, prepared-from-recipe	17.0	1.0 piece	12.99	0.41	--
06589	CAMPBELL'S Soup on the Go, Creamy Broccoli Soup	305.0	1.0 container	12.99	2.01	--
06594	CAMPBELL'S Soup on the Go, New England Clam Chowder	305.0	1.0 container	12.99	2.01	--
09340	Pears, asian, raw	122.0	1.0 fruit 2-1/4" high x 2-1/2" dia	12.99	0.61	0.006
42189	Milk, buttermilk, fluid, cultured, reduced fat	245.0	1.0 cup	12.98	10.04	0.127
18239	Croissants, butter	28.35	1.0 oz	12.98	2.32	0.028
06022	Soup, chicken rice, canned, chunky, ready-to-serve	240.0	1.0 cup	12.98	12.26	--
09276	Pitanga, (surinam-cherry), raw	173.0	1.0 cup	12.96	1.38	--
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	28.35	1.0 oz	12.96	2.01	0.025
18211	Puff pastry, frozen, ready-to-bake, baked	28.35	1.0 oz	12.96	2.10	0.024
14270	Beverages, coffee, instant, vanilla, sweetened, decaffeinated, with non dairy creamer	15.0	1.0 serving	12.94	0.00	--
43046	Candies, nougat, with almonds	14.0	1.0 piece	12.93	0.47	--
43543	Milk, imitation, non-soy	244.0	1.0 cup	12.93	3.90	--
11828	Potatoes, baked, flesh and skin, with salt	61.0	0.5 cup	12.90	1.52	0.015
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155.0	1.0 cup	12.90	5.64	0.062
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	155.0	1.0 cup	12.90	5.64	0.062
06472	Soup, vegetable with beef broth, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	12.89	2.92	--
19898	Ice creams, regular, low carbohydrate, vanilla	58.0	1.0 individual (3.5 fl oz)	12.89	1.84	0.026
18347	Rolls, dinner, wheat	28.0	1.0 roll (1 oz)	12.88	2.41	0.033
19719	Jams and preserves, apricot	20.0	1.0 tbsp	12.88	0.14	--
28316	Bread, wheat, sprouted	38.0	1.0 slice 1 serving	12.87	5.00	--
21140	Side dishes, potato salad	95.0	0.333 cup	12.85	1.45	0.016

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
16150	Peanut butter, smooth, reduced fat	36.0	2.0 tablespoon	12.83	9.32	--
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	210.0	1.0 cup	12.83	1.49	0.021
22123	MORNINGSTAR FARMS Spicy Black Bean Burger, frozen, unprepared	67.0	1.0 burger	12.80	9.78	--
11583	Vegetables, mixed, frozen, unprepared	95.0	0.33 package (10 oz)	12.80	3.16	0.032
09037	Avocados, raw, all commercial varieties	150.0	1.0 cup, cubes	12.80	3.00	0.038
12204	Nuts, chestnuts, japanese, roasted	28.35	1.0 oz	12.79	0.84	0.012
09520	Kiwifruit, ZESPRI SunGold, raw	81.0	1.0 fruit	12.79	0.83	--
18337	Puff pastry, frozen, ready-to-bake	28.35	1.0 oz	12.79	2.07	0.024
11088	Broadbeans, immature seeds, raw	109.0	1.0 cup	12.75	6.10	0.061
01221	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	12.75	6.56	--
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85.0	3.0 oz	12.75	6.48	0.064
01184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	170.0	1.0 container (6 oz)	12.75	6.56	--
06208	Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve	245.0	1.0 cup	12.74	2.84	--
25018	Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Blueberry Snack Bar	22.0	1.0 bar	12.73	1.37	--
18264	English muffins, wheat	28.35	1.0 oz	12.70	2.47	0.032
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	170.0	1.0 container	12.70	1.89	0.026
06446	Soup, cream of onion, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	12.69	2.76	--
16114	Tempeh	166.0	1.0 cup	12.68	33.68	0.322
03048	Babyfood, macaroni and cheese, toddler	113.0	1.0 container	12.66	3.96	--
18363	Tortillas, ready-to-bake or -fry, corn	28.35	1.0 oz	12.66	1.62	0.012
01114	Whey, sweet, fluid	246.0	1.0 cup	12.64	2.09	0.032
18016	Biscuits, plain or buttermilk, prepared from recipe	28.35	1.0 oz	12.64	1.98	0.025
18351	Rolls, hamburger or hotdog, mixed-grain	28.35	1.0 oz	12.64	2.72	0.034
18244	Danish pastry, cinnamon, enriched	28.35	1.0 oz	12.64	1.98	0.024
18430	Danish pastry, cinnamon, unenriched	28.35	1.0 oz	12.64	1.98	0.024
01108	Milk, indian buffalo, fluid	244.0	1.0 cup	12.64	9.15	0.129
06314	Soup, HEALTHY CHOICE Chicken Noodle Soup, canned	243.0	1.0 serving 1 cup	12.64	8.97	--
01112	Whey, acid, fluid	246.0	1.0 cup	12.60	1.87	0.039
11246	Leeks, (bulb and lower leaf-portion), raw	89.0	1.0 cup	12.59	1.34	0.011
12114	Nuts, coconut meat, dried (desiccated), toasted	28.35	1.0 oz	12.59	1.50	0.018
08156	Cereals ready-to-eat, rice, puffed, fortified	14.0	1.0 cup	12.57	0.88	0.013
18103	Coffeecake, cheese	28.35	1.0 oz	12.56	1.98	0.022

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
18436	Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	28.35	1.0 oz	12.56	1.81	0.022
18057	Bread, reduced-calorie, white	28.35	1.0 oz	12.56	2.47	0.029
18282	Muffins, corn, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	12.53	2.01	0.022
19906	Sweeteners, for baking, brown, contains sugar and sucralose	12.9	1.0 tbsp	12.53	0.00	--
06430	Soup, clam chowder, new england, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	12.52	3.84	--
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	28.35	1.0 oz	12.52	2.51	0.031
12098	Nuts, chestnuts, european, raw, peeled	28.35	1.0 oz	12.52	0.46	0.005
18267	English muffins, whole-wheat, toasted	28.35	1.0 oz	12.50	2.72	0.040
11555	Tomato products, canned, sauce, with herbs and cheese	122.0	0.5 cup	12.49	2.60	0.026
11546	Tomato products, canned, paste, without salt added	66.0	0.25 cup	12.48	2.85	0.020
19102	Candies, fudge, peanut butter, prepared-from-recipe	16.0	1.0 piece	12.44	0.60	--
09023	Apricots, canned, water pack, without skin, solids and liquids	227.0	1.0 cup, whole, without pits	12.44	1.57	0.027
28315	Bread, cinnamon	28.0	1.0 slice 1 serving	12.43	1.97	--
18043	Bread, protein (includes gluten)	28.35	1.0 oz	12.42	3.43	0.042
19328	Candies, MARS SNACKFOOD US, COCOAVIA Crispy Chocolate Bar	20.0	1.0 serving 0.7 oz bar	12.41	1.64	--
18038	Bread, oat bran, toasted	28.35	1.0 oz	12.39	3.23	0.041
18355	Sweet rolls, cheese	28.35	1.0 oz	12.39	2.01	0.022
21316	McDONALD'S, Tangy Honey Mustard Sauce	43.0	1.5 oz	12.39	0.57	--
15027	Fish, fish sticks, frozen, prepared	57.0	1.0 piece (4" x 2" x 1/2")	12.35	6.28	0.070
18457	Crackers, saltines, fat-free, low-sodium	15.0	3.0 saltines	12.34	1.58	0.021
18059	Bread, rice bran	28.35	1.0 oz	12.33	2.52	0.030
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	12.33	1.90	0.019
06068	Soup, vegetarian vegetable, canned, condensed	126.0	0.5 cup	12.32	2.17	0.015
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	12.30	8.75	0.122
18967	Bread, white wheat	28.0	1.0 slice	12.29	2.98	--
01090	Milk, dry, whole, with added vitamin D	32.0	0.25 cup	12.29	8.42	0.119
08066	Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice	14.0	0.75 cup (1 NLEA serving)	12.29	0.98	--
28397	Bread, multi-grain (includes whole-grain)	28.35	1.0 oz	12.29	3.79	0.035
18936	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	28.35	1.0 oz	12.28	1.67	--
18541	ARCHWAY Home Style Cookies, Peanut Butter	21.0	1.0 serving	12.28	1.89	--
18021	Bread, boston brown, canned	28.35	1.0 oz	12.28	1.47	0.021
18051	Bread, reduced-calorie, oatmeal	28.35	1.0 oz	12.28	2.15	0.027
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	12.28	0.48	0.004

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
28339	Bread, gluten-free, whole grain, made with tapioca starch and brown rice flour	25.0	1.0 slice	12.27	1.81	--
28372	UDI'S, Gluten Free, Soft & Hearty Whole Grain Bread	25.0	1.0 slice	12.27	1.81	--
06028	Soup, clam chowder, manhattan, canned, condensed	126.0	0.5 cup (4 fl oz)	12.27	2.19	--
11124	Carrots, raw	128.0	1.0 cup chopped	12.26	1.19	0.015
01237	Ice cream, bar or stick, chocolate covered	50.0	1.0 bar	12.25	2.05	--
21469	Fast Foods, Fried Chicken, Breast, meat and skin and breading	203.0	1.0 breast, with skin	12.24	47.73	--
14162	Beverages, Apple juice drink, light, fortified with vitamin C	240.0	8.0 fl oz	12.24	0.00	--
27045	Soup, beef and vegetables, reduced sodium, canned, ready-to-serve	245.0	1.0 cup	12.23	7.99	--
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	12.22	22.97	0.335
35236	Stew, pinto bean and hominy, badufsuki (Hopi)	227.0	8.0 oz	12.21	3.22	--
16551	MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared	67.0	1.0 burger	12.19	7.64	--
18365	Waffles, plain, frozen, ready-to-heat	28.35	1.0 oz	12.18	1.83	0.022
12104	Nuts, coconut meat, raw	80.0	1.0 cup, shredded	12.18	2.66	0.031
01083	Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D	245.0	1.0 cup	12.18	8.53	0.120
01080	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D	245.0	1.0 cup	12.18	8.53	0.120
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	244.0	1.0 cup	12.18	8.22	0.105
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	12.18	8.22	0.105
18090	Cake, boston cream pie, commercially prepared	28.35	1.0 oz	12.16	0.68	0.010
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	12.15	8.26	0.105
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	12.15	8.26	0.105
06125	Gravy, turkey, canned, ready-to-serve	238.0	1.0 cup	12.14	6.19	--
01275	Yogurt, Greek, nonfat, vanilla, CHOBANI	150.0	5.3 oz	12.14	13.60	--
19345	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	35.0	2.0 tbsp	12.10	0.49	--
06042	Soup, mushroom barley, canned, condensed	126.0	0.5 cup (4 fl oz)	12.10	1.89	--
01021	Cheese, gjetost	28.35	1.0 oz	12.09	2.74	0.038
11812	Peas, green, canned, no salt added, solids and liquids	124.0	0.5 cup	12.09	3.96	0.027
18444	Pie, fried pies, cherry	28.35	1.0 oz	12.08	0.85	0.012
18319	Pie, fried pies, fruit	28.35	1.0 oz	12.08	0.85	0.012
18445	Pie, fried pies, lemon	28.35	1.0 oz	12.08	0.85	0.012
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170.0	1.0 cup, chopped	12.07	5.05	0.065
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	170.0	1.0 cup, chopped	12.07	5.05	0.065
11435	Rutabagas, raw	140.0	1.0 cup, cubes	12.07	1.51	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
18055	Bread, reduced-calorie, wheat	28.35	1.0 oz	12.04	3.78	--
42280	Frankfurter, meat and poultry, low fat	143.0	1.0 cup, sliced	12.01	22.16	--
22951	SWANSON, Chicken A La King	298.0	1.0 can (1 serving)	12.01	14.01	--
11423	Pumpkin, cooked, boiled, drained, without salt	245.0	1.0 cup, mashed	12.00	1.76	0.022
06987	HEALTHY REQUEST, Cream of Celery Soup, condensed	124.0	1.0 serving 1/2 cup	12.00	1.00	--
06333	CAMPBELL'S Red and White, Cream of Broccoli Soup, condensed	124.0	1.0 serving 1/2 cup	12.00	2.00	--
06014	CAMPBELL'S Red and White, Broccoli Cheese Soup, condensed	124.0	1.0 serving 1/2 cup	12.00	2.00	--
06215	CAMPBELL'S, 98% Fat Free Broccoli Cheese Soup, condensed	124.0	0.5 cup condensed	12.00	2.00	--
14174	Beverages, Lemonade fruit juice drink light, fortified with vitamin E and C	240.0	8.0 fl oz	12.00	0.00	--
06239	PREGO Pasta, Tomato, Basil and Garlic Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	12.00	2.00	--
14173	Beverages, coffee, ready to drink, vanilla, light, milk based, sweetened	281.0	9.5 fl oz	12.00	6.01	--
06364	CAMPBELL'S Red and White, Manhattan Clam Chowder, condensed	126.0	1.0 serving 1/2 cup	12.00	2.00	--
27014	CAMPBELL'S Red and White, Italian Style Wedding Soup, condensed	126.0	0.5 cup	12.00	3.99	--
06357	CAMPBELL'S Red and White, GOLDFISH Pasta with Chicken in Chicken Broth, condensed	126.0	1.0 serving 1/2 cup	12.00	3.00	--
06054	CAMPBELL'S Red and White, Chicken Alphabet Soup, condensed	126.0	0.5 cup	12.00	3.00	--
42290	Milk, fluid, nonfat, calcium fortified (fat free or skim)	247.0	1.0 cup	11.98	8.40	--
12154	Nuts, walnuts, black, dried	125.0	1.0 cup, chopped	11.98	30.08	0.398
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	170.0	1.0 container (6 oz)	11.97	8.92	0.051
01230	Milk, buttermilk, fluid, whole	245.0	1.0 cup	11.96	7.86	0.100
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	243.0	1.0 cup	11.96	6.32	0.053
12006	Seeds, chia seeds, dried	28.35	1.0 oz	11.94	4.69	0.124
18352	Rolls, hamburger or hotdog, reduced-calorie	28.35	1.0 oz	11.94	2.35	0.024
06024	Soup, chicken and vegetable, canned, ready-to-serve	255.0	1.0 cup	11.93	5.02	0.051
16610	MORNINGSTAR FARMS Roasted Garlic & Quinoa Burger, frozen, unprepared	67.0	1.0 burger	11.93	7.17	--
11355	Potatoes, red, flesh and skin, raw	75.0	0.5 cup, diced	11.92	1.42	0.014
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	91.0	0.5 cup	11.91	2.60	0.026
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	91.0	0.5 cup	11.91	2.60	0.026
18217	Crackers, matzo, plain	14.2	0.5 oz	11.89	1.42	0.016
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16.0	1.0 serving	11.88	0.80	--
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	249.0	1.0 serving 1 cup	11.88	2.12	--
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	246.0	1.0 cup	11.81	8.12	0.103
21471	Fast Foods, Fried Chicken, Thigh, meat and skin and breading	136.0	1.0 thigh with skin	11.80	26.15	--
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241.0	1.0 cup	11.78	2.07	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
11354	Potatoes, white, flesh and skin, raw	75.0	0.5 cup, diced	11.78	1.26	0.013
06955	Soup, cream of chicken, canned, condensed, reduced sodium	124.0	0.5 cup	11.78	2.23	--
11951	Peppers, sweet, yellow, raw	186.0	1.0 pepper, large (3-3/4" long, 3" dia)	11.76	1.86	0.024
18273	Muffins, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	11.74	1.96	0.024
01088	Milk, buttermilk, fluid, cultured, lowfat	245.0	1.0 cup	11.74	8.11	0.103
06442	Soup, mushroom barley, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	11.71	1.88	--
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	11.71	8.05	0.102
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244.0	1.0 cup	11.71	7.69	0.098
18049	Bread, reduced-calorie, oat bran	28.35	1.0 oz	11.71	2.27	0.029
27002	Soup, wonton, Chinese restaurant	223.0	1.0 cup	11.71	4.64	0.029
14257	Beverages, OCEAN SPRAY, Light Cranberry	248.0	8.0 fl oz	11.71	0.55	--
28069	KEEBLER, CLUB, Reduced Fat Crackers	16.0	5.0 crackers	11.70	0.98	--
09316	Strawberries, raw	152.0	1.0 cup, halves	11.67	1.02	0.012
18216	Crackers, crispbread, rye	14.2	0.5 oz	11.67	1.12	0.013
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	25.0	1.0 serving (3.5 oz)	11.66	3.18	0.037
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	244.0	1.0 cup	11.66	7.69	0.098
18354	Strudel, apple	28.35	1.0 oz	11.65	0.94	0.011
11436	Rutabagas, cooked, boiled, drained, without salt	170.0	1.0 cup, cubes	11.63	1.58	--
09326	Watermelon, raw	154.0	1.0 cup, balls	11.63	0.94	0.011
09002	Acerola juice, raw	242.0	1.0 cup	11.62	0.97	--
21348	McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette	47.0	2.0 fl oz	11.59	0.09	--
03184	Babyfood, cereal, whole wheat, with apples, dry fortified	15.0	0.5 oz	11.58	1.89	--
01059	Milk, filled, fluid, with blend of hydrogenated vegetable oils	244.0	1.0 cup	11.57	8.13	0.115
01060	Milk, filled, fluid, with lauric acid oil	244.0	1.0 cup	11.57	8.13	0.115
28143	KEEBLER, TOWN HOUSE, Reduced Fat Crackers	15.0	6.0 crackers	11.56	0.99	--
12058	Nuts, acorns, raw	28.35	1.0 oz	11.55	1.74	0.021
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	11.54	1.84	0.023
04706	Dressing, honey mustard, fat-free	30.0	2.0 tbsp (1 NLEA serving)	11.53	0.32	--
43132	Meatballs, meatless	144.0	1.0 cup	11.52	30.24	--
18053	Bread, reduced-calorie, rye	28.35	1.0 oz	11.48	2.58	0.031
06453	Soup, cream of potato, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	11.47	1.76	0.024
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	15.0	1.0 cup (1 NLEA serving)	11.46	2.44	--
18266	English muffins, whole-wheat	28.35	1.0 oz	11.45	2.49	0.037
21436	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	135.0	1.0 thigh, with skin	11.42	25.52	0.196

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
18226	Crackers, rye, wafers, plain	14.2	0.5 oz	11.42	1.36	--
28282	SUNSHINE, KRISPY, Soup & Oyster Crackers (large)	15.0	16.0 crackers	11.42	1.29	--
28283	KEEBLER, ZESTA, Saltines, Original	15.0	5.0 crackers	11.42	1.23	--
11313	Peas, green, frozen, cooked, boiled, drained, without salt	80.0	0.5 cup	11.41	4.12	0.028
11814	Peas, green, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	11.41	4.12	0.028
18345	Rolls, dinner, oat bran	28.35	1.0 oz	11.40	2.69	0.034
16618	MORNINGSTAR FARMS Spicy Indian Veggie Burger, frozen, unprepared	67.0	1.0 burger	11.39	6.16	--
25010	Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Almond Snack Bar	22.0	1.0 bar	11.37	1.70	--
12158	Seeds, breadfruit seeds, roasted	28.35	1.0 oz	11.37	1.76	0.029
01078	Milk, producer, fluid, 3.7% milkfat	244.0	1.0 cup	11.35	8.00	0.112
11084	Beets, canned, drained solids	157.0	1.0 cup, diced	11.32	1.43	0.017
11131	Carrots, frozen, cooked, boiled, drained, without salt	146.0	1.0 cup, sliced	11.29	0.85	0.010
11760	Carrots, frozen, cooked, boiled, drained, with salt	146.0	1.0 cup slices	11.29	0.85	0.010
18037	Bread, oat bran	28.35	1.0 oz	11.28	2.95	0.037
18308	Pie, cherry, commercially prepared	28.35	1.0 oz	11.28	0.57	0.008
11301	Peas, edible-podded, boiled, drained, without salt	160.0	1.0 cup	11.28	5.23	0.051
43404	Beverages, cranberry-apple juice drink, low calorie, with vitamin C added	240.0	1.0 cup (8 fl oz)	11.28	0.24	--
06040	Soup, minestrone, canned, condensed	123.0	0.5 cup (4 fl oz)	11.28	4.28	0.031
28284	KEEBLER, ZESTA, Saltines with Whole Wheat	15.0	5.0 crackers	11.26	1.26	--
01072	Dessert topping, pressurized	70.0	1.0 cup	11.25	0.69	0.010
06440	Soup, minestrone, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	11.23	4.27	0.031
06116	Gravy, beef, canned, ready-to-serve	233.0	1.0 cup	11.21	8.74	--
14534	Alcoholic beverage, liqueur, coffee, 63 proof	34.8	1.0 fl oz	11.21	0.03	--
18219	Crackers, matzo, whole-wheat	14.2	0.5 oz	11.20	1.86	0.029
14168	Beverages, Carob-flavor beverage mix, powder	12.0	1.0 tbsp	11.20	0.22	--
35140	Bread, kneel down (Navajo)	28.35	1.0 oz	11.19	1.22	--
09183	Melons, casaba, raw	170.0	1.0 cup, cubes	11.19	1.89	--
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	11.17	1.18	0.013
18218	Crackers, matzo, egg	14.2	0.5 oz	11.16	1.75	0.021
19142	Candies, MOUNDS Candy Bar	19.0	1.0 bar snack size	11.13	0.87	--
43365	Tomato and vegetable juice, low sodium	242.0	1.0 cup	11.11	1.45	--
21376	McDONALD'S, Bacon Ranch Salad with Grilled Chicken	305.0	1.0 item 10.8 oz	11.10	31.35	--
18321	Pie, lemon meringue, prepared from recipe	28.35	1.0 oz	11.08	1.08	0.013
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	11.08	0.91	0.007

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
43410	Chicken, meatless, breaded, fried	130.0	1.0 cup, diced	11.06	27.66	--
18256	Doughnuts, yeast-leavened, with jelly filling	28.35	1.0 oz	11.06	1.67	0.020
06968	Soup, cream of mushroom, low sodium, ready-to-serve, canned	244.0	1.0 cup	11.05	2.44	--
11793	Kohlrabi, cooked, boiled, drained, with salt	165.0	1.0 cup slices	11.04	2.97	0.018
11242	Kohlrabi, cooked, boiled, drained, without salt	165.0	1.0 cup slices	11.04	2.97	0.018
18228	Crackers, saltines (includes oyster, soda, soup)	14.9	5.0 crackers	11.03	1.41	0.017
21315	McDONALD'S, Sweet 'N Sour Sauce	28.0	1.0 package	11.03	0.18	--
06587	CAMPBELL'S Soup on the Go, Chicken with Mini Noodles Soup	305.0	1.0 container	11.01	4.00	--
31017	CAMPBELL'S, V8 Vegetable Juice, Low Sodium Spicy Hot	243.0	8.0 fl oz	11.01	1.99	--
31011	CAMPBELL'S, V8 Vegetable Juice, Calcium Enriched V8	243.0	8.0 fl oz	11.01	1.99	--
31007	HEALTHY REQUEST Tomato juice	243.0	8.0 fl oz	11.01	1.99	--
31005	CAMPBELL'S, V8 Vegetable Juice, Organic V8	243.0	8.0 fl oz	11.01	1.00	--
16242	SILK Plus for Bone Health, soymilk	243.0	1.0 cup	11.01	6.00	--
31010	CAMPBELL'S, V8 Vegetable Juice, Essential Antioxidants V8	243.0	8.0 oz	11.01	1.99	--
06617	CAMPBELL'S Homestyle Light Italian-Style Wedding Soup	245.0	1.0 cup	11.00	6.00	--
01224	Protein supplement, milk based, Muscle Milk Light, powder	50.0	2.0 scoop	11.00	25.00	--
06349	CAMPBELL'S Red and White, SCOOBY-DOO Soup, condensed	126.0	1.0 serving 1/2 cup	11.00	3.00	--
27015	CAMPBELL'S Red and White, PHINEAS and FERB Soup, condensed	126.0	0.5 cup serving	11.00	3.00	--
06047	CAMPBELL'S Red and White, Chicken and Stars Soup, condensed	126.0	1.0 serving 1/2 cup	11.00	3.00	--
06343	CAMPBELL'S Red and White, Creamy Chicken Noodle Soup, condensed	124.0	1.0 serving 1/2 cup	11.00	4.01	--
18221	Crackers, melba toast, rye (includes pumpernickel)	14.2	0.5 oz	10.98	1.65	0.019
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	48.0	1.0 slice	10.97	7.79	0.065
14423	Beverages, dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice	243.0	1.0 serving	10.96	5.32	--
18400	Crackers, matzo, egg and onion	14.2	0.5 oz	10.95	1.42	0.017
16215	Vitasoy USA, Vitasoy Organic Creamy Original Soymilk	243.0	1.0 cup	10.94	7.05	--
16216	Vitasoy USA, Vitasoy Organic Classic Original Soymilk	243.0	1.0 cup	10.94	7.78	--
18336	Pie crust, standard-type, prepared from recipe, baked	23.0	1.0 piece (1/8 of 9" crust)	10.92	1.47	0.018
28149	KEEBLER, TOWN HOUSE, FLATBREAD CRISPS, Sea Salt and Olive Oil Crackers	15.0	8.0 crackers	10.92	1.20	--
21059	Fast foods, shrimp, breaded and fried	39.0	3.0 pieces shrimp	10.92	3.06	--
18309	Pie, cherry, prepared from recipe	28.35	1.0 oz	10.91	0.79	0.009
12011	Seeds, cottonseed meal, partially defatted (glandless)	28.35	1.0 oz	10.89	13.92	0.210
01089	Milk, low sodium, fluid	244.0	1.0 cup	10.88	7.56	0.107
05300	Turkey sticks, breaded, battered, fried	64.0	1.0 stick (2.25 oz)	10.88	9.09	0.109

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
18220	Crackers, melba toast, plain	14.2	0.5 oz	10.88	1.72	0.020
18424	Crackers, melba toast, plain, without salt	14.2	0.5 oz	10.88	1.72	0.020
18222	Crackers, melba toast, wheat	14.2	0.5 oz	10.85	1.83	0.024
28135	KEEBLER, TOASTEDS, Onion Crackers	16.0	5.0 crackers	10.83	0.91	--
14422	Beverages, Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder	21.0	1.0 packet (.75 oz)	10.79	5.25	--
43130	Frankfurter, meatless	140.0	1.0 cup, sliced	10.78	27.45	--
18095	Cake, cherry fudge with chocolate frosting	28.35	1.0 oz	10.77	0.68	0.009
21610	School Lunch, chicken patty, whole grain breaded	86.0	1.0 patty	10.75	15.17	--
06001	Soup, cream of asparagus, canned, condensed	126.0	0.5 cup (4 fl oz)	10.74	2.29	0.029
11768	Collards, cooked, boiled, drained, with salt	190.0	1.0 cup, chopped	10.74	5.15	0.051
11162	Collards, cooked, boiled, drained, without salt	190.0	1.0 cup, chopped	10.74	5.15	0.051
05030	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, batter	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	10.74	26.61	0.303
28138	KEEBLER, TOWN HOUSE, Bistro Multigrain Crackers	16.0	2.0 crackers	10.72	1.17	--
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	28.35	1.0 oz	10.70	1.48	0.015
11813	Peas, green, canned, no salt added, drained solids	85.0	0.5 cup	10.69	3.76	0.026
19222	Desserts, rennin, vanilla, dry mix	10.8	1.0 tbsp	10.69	0.00	--
06401	Soup, cream of asparagus, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	10.69	2.29	0.029
06988	CAMPBELL'S HEALTHY REQUEST, Cream of Mushroom Soup, condensed	124.0	0.5 cup condensed	10.66	1.60	--
12127	Nuts, ginkgo nuts, raw	28.35	1.0 oz	10.66	1.22	0.020
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	10.64	2.46	0.021
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	192.0	1.0 cup slices	10.64	2.46	0.021
11603	Yambean (jicama), raw	120.0	1.0 cup slices	10.58	0.86	--
28137	KEEBLER, TOASTEDS, Wheat Crackers	16.0	5.0 crackers	10.58	1.33	--
18313	Pie, coconut creme, commercially prepared	28.35	1.0 oz	10.57	0.60	0.008
11845	Pumpkin, cooked, boiled, drained, with salt	245.0	1.0 cup, mashed	10.56	1.76	0.022
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	14.2	0.5 oz	10.56	1.35	0.017
18245	Danish pastry, cheese	28.35	1.0 oz	10.55	2.27	0.025
27021	CAMPBELL'S Homestyle HEALTHY REQUEST Chicken with Whole Grain Pasta Soup	246.0	1.0 cup	10.53	9.35	--
14165	Beverages, carbonated, limeade, high caffeine	253.0	1.0 cup	10.52	0.00	--
28155	KEEBLER, Waffle Bowls	12.0	1.0 waffle	10.52	0.78	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
28156	KEEBLER, Waffle Cones	12.0	1.0 cone	10.52	0.78	--
06411	Soup, cheese, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	10.52	5.41	0.072
18302	Pie, apple, prepared from recipe	28.35	1.0 oz	10.52	0.68	0.008
18240	Croissants, apple	28.35	1.0 oz	10.52	2.10	0.024
01225	Dulce de Leche	19.0	1.0 tbsp	10.52	1.30	--
11154	Chicory roots, raw	60.0	1.0 root	10.51	0.84	--
03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	152.0	5.0 fl oz	10.49	2.60	--
18227	Crackers, rye, wafers, seasoned	14.2	0.5 oz	10.48	1.28	--
06739	Soup, vegetable beef, canned, condensed, single brand	136.0	1.0 serving	10.47	5.17	--
03114	Babyfood, vegetable, butternut squash and corn	113.0	1.0 jar, Gerber (4 oz)	10.46	2.26	--
04705	Salad dressing, caesar, fat-free	34.0	2.0 tbsp (1 NLEA serving)	10.45	0.50	--
14231	Beverages, KRAFT, coffee, instant, French Vanilla Cafe	14.0	1.0 NLEA Serving	10.44	0.35	--
18242	Croutons, plain	14.2	0.5 oz	10.44	1.69	0.020
21417	POPEYES, Mild Chicken Strips, analyzed 2006	54.0	1.0 strip	10.43	10.37	0.124
06733	Soup, beef with vegetables and barley, canned, condensed, single brand	127.0	1.0 serving	10.41	4.95	--
18290	Pancakes, plain, dry mix, complete, prepared	28.35	1.0 oz	10.40	1.47	0.017
28133	KEEBLER, TOASTEDS, Buttercrisps Crackers	16.0	5.0 crackers	10.40	0.88	--
14090	Beverages, Coconut water, ready-to-drink, unsweetened	245.0	1.0 cup	10.39	0.54	--
11302	Peas, edible-podded, frozen, unprepared	144.0	1.0 cup	10.37	4.03	0.039
14421	Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk	185.0	6.0 fl oz	10.36	6.10	0.085
28255	KEEBLER, ZESTA, Export Sodas Crackers	14.0	3.0 crackers	10.36	0.78	--
21310	McDONALD'S, Barbeque Sauce	28.0	1.0 package	10.34	0.43	--
27000	Soup, egg drop, Chinese restaurant	241.0	1.0 cup	10.34	2.80	0.060
11809	Peas, edible-podded, cooked, boiled, drained, with salt	160.0	1.0 cup	10.34	5.23	0.051
06976	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	128.0	1.0 serving 1/2 cup	10.32	1.80	--
28134	KEEBLER, TOASTEDS, Party Pack Cracker Assortment	16.0	5.0 crackers	10.30	1.04	--
19108	Candies, jellybeans	11.0	10.0 small	10.29	0.00	--
11324	Peas and onions, canned, solids and liquids	120.0	1.0 cup	10.28	3.94	0.029
18224	Crackers, rusk toast	14.2	0.5 oz	10.27	1.92	0.024
19077	Baking chocolate, unsweetened, liquid	28.35	1.0 oz	10.26	3.43	0.052
28308	Crackers, standard snack-type, with whole wheat	15.0	5.0 crackers 1 serving	10.26	1.09	--
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	153.0	5.0 fl oz	10.24	3.01	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
12008	Seeds, cottonseed flour, low fat (glandless)	28.35	1.0 oz	10.23	14.13	0.213
14080	Beverages, rich chocolate, powder	11.0	2.0 tbsp	10.23	0.00	--
06071	Soup, vegetable beef, canned, condensed	126.0	0.5 cup	10.22	5.61	0.048
28327	Crackers, water biscuits	14.0	4.0 cracker 1 serving	10.19	1.00	--
18223	Crackers, milk	14.2	0.5 oz	10.19	1.08	0.014
43098	Pie fillings, cherry, low calorie	85.0	1.0 serving	10.18	0.70	--
03096	Babyfood, vegetable, green beans and potatoes	113.0	1.0 jar, Gerber (4 oz)	10.17	2.49	--
18426	Crackers, saltines, unsalted tops (includes oyster, soda, soup)	14.2	0.5 oz	10.15	1.31	0.017
18402	Pie crust, standard-type, prepared from recipe, unbaked	24.0	1.0 piece (1/8 of 9" crust)	10.15	1.37	0.017
16596	MORNINGSTAR FARMS Grillers Quarter Pound Veggie Burger, frozen, unprepared	114.0	1.0 burger	10.15	25.99	--
28268	KEEBLER, Sugar Cones	13.0	1.0 cone	10.14	0.95	--
27001	Soup, hot and sour, Chinese restaurant	233.0	1.0 cup	10.14	6.01	0.044
28148	KEEBLER, TOWN HOUSE, Wheat Crackers	16.0	5.0 crackers	10.11	1.01	--
28066	KEEBLER, CLUB, Minis Multigrain Crackers	15.0	17.0 crackers	10.11	1.10	--
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	10.11	0.22	0.002
11489	Squash, winter, hubbard, raw	116.0	1.0 cup, cubes	10.09	2.32	0.032
18333	Pie crust, standard-type, dry mix, prepared, baked	20.0	1.0 piece (1/8 of 9" crust)	10.08	1.34	0.015
12033	Seeds, sesame flour, low-fat	28.35	1.0 oz	10.07	14.21	0.311
18148	Cheesecake prepared from mix, no-bake type	28.35	1.0 oz	10.06	1.56	0.019
16230	Soymilk (all flavors), nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	10.06	6.00	--
28145	KEEBLER, TOWN HOUSE, TOPPERS, Garlic Herb Crackers	14.0	3.0 crackers	10.02	0.90	--
28136	KEEBLER, TOASTEDS, Sesame Crackers	16.0	5.0 crackers	10.02	1.06	--
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	155.0	1.0 cup	10.01	1.02	0.014
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	155.0	1.0 cup	10.01	1.02	0.014
31001	CAMPBELL'S, Tomato juice	243.0	8.0 fl oz	10.01	1.99	--
31002	CAMPBELL'S, Tomato juice, low sodium	243.0	8.0 fl oz	10.01	1.99	--
31012	CAMPBELL'S, V8 Vegetable Juice, Low Sodium V8	243.0	8.0 fl oz	10.01	1.99	--
31008	CAMPBELL'S, V8 100% Vegetable Juice	243.0	8.0 fl oz	10.01	1.99	--
16239	SILK Light Vanilla, soymilk	243.0	1.0 cup	10.01	6.00	--
31013	CAMPBELL'S, V8 Vegetable Juice, Spicy Hot V8	243.0	8.0 fl oz	10.01	1.99	--
16236	SILK Vanilla, soymilk	243.0	1.0 cup	10.01	6.00	--
31006	CAMPBELL'S, Organic Tomato juice	243.0	8.0 fl oz	10.01	1.99	--
36021	APPLEBEE'S, coleslaw	76.0	1.0 serving	10.01	0.60	0.005
06058	CAMPBELL'S Red and White, Chicken Gumbo Soup, condensed	126.0	1.0 serving 1/2 cup	10.00	2.00	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
06041	CAMPBELL'S Red and White, Chicken and Dumplings Soup, condensed	126.0	1.0 serving 1/2 cup	10.00	3.00	--
06586	CAMPBELL'S Soup on the Go, Chicken & Stars Soup	305.0	1.0 container	10.00	2.99	--
06590	CAMPBELL'S Soup on the Go, Creamy Chicken Soup	305.0	1.0 container	10.00	2.99	--
06595	CAMPBELL'S Soup on the Go, Vegetable Beef Soup	305.0	1.0 container	10.00	2.99	--
19283	Frozen novelties, ice type, pop	52.0	1.0 serving 1.75 fl oz pop	10.00	0.00	--
06497	CAMPBELL'S Red and White - Microwaveable Bowls, Chicken Noodle Soup	245.0	1.0 cup	10.00	3.99	--
06339	CAMPBELL'S, Cream of Mushroom with Roasted Garlic Soup, condensed	124.0	0.5 cup condensed	9.99	2.00	--
06355	CAMPBELL'S Red and White, Golden Mushroom Soup, condensed	124.0	1.0 serving 1/2 cup	9.99	2.00	--
06340	CAMPBELL'S Red and White, Cream of Onion Soup, condensed	124.0	1.0 serving 1/2 cup	9.99	1.00	--
06353	CAMPBELL'S Red and White, Fiesta Nacho Cheese Soup, condensed	124.0	1.0 serving 1/2 cup	9.99	3.00	--
06209	CAMPBELL'S, 98% Fat Free Cream of Broccoli Soup, condensed	124.0	0.5 cup condensed	9.99	2.00	--
16147	Veggie burgers or soyburgers, unprepared	70.0	1.0 pattie	9.99	10.99	0.113
11643	Squash, winter, all varieties, raw	116.0	1.0 cup, cubes	9.96	1.10	0.024
16219	Vitasoy USA, Vitasoy Light Vanilla Soymilk	243.0	1.0 cup	9.96	3.89	--
12032	Seeds, sesame flour, partially defatted	28.35	1.0 oz	9.96	11.43	0.250
28065	KEEBLER, CLUB, Minis Original Crackers	15.0	17.0 crackers	9.96	0.90	--
06471	Soup, vegetable beef, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	9.91	5.44	--
36028	DENNY'S, coleslaw	91.0	1.0 serving	9.90	0.88	0.009
12202	Nuts, chestnuts, japanese, raw	28.35	1.0 oz	9.90	0.64	0.009
18305	Pie, blueberry, commercially prepared	28.35	1.0 oz	9.89	0.51	0.007
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85.0	3.0 oz	9.88	7.45	0.089
18326	Pie, pumpkin, commercially prepared	28.35	1.0 oz	9.87	1.11	0.014
28144	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Reduced Fat	14.0	5.0 crackers	9.86	1.01	--
11723	Beans, snap, green, cooked, boiled, drained, with salt	125.0	1.0 cup	9.85	2.36	0.025
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125.0	1.0 cup	9.85	2.36	0.025
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	125.0	1.0 cup	9.85	2.36	0.025
11053	Beans, snap, green, cooked, boiled, drained, without salt	125.0	1.0 cup	9.85	2.36	0.025
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	184.0	1.0 cup	9.84	5.70	0.059
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	9.84	5.70	0.059
06989	CAMPBELL'S HEALTHY REQUEST, Homestyle Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	9.83	3.40	--
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	53.0	1.0 strip	9.82	10.39	0.125
07900	Turkey, pork, and beef sausage, low fat, smoked	85.0	3.0 oz	9.81	6.80	--
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	9.81	1.06	0.013

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	132.0	1.0 serving 1/2 cup	9.81	1.83	--
19384	Candies, divinity, prepared-from-recipe	11.0	1.0 piece	9.80	0.15	--
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	9.79	2.35	0.018
06248	Soup, oyster stew, canned, prepared with equal volume milk	245.0	1.0 cup (8 fl oz)	9.78	6.15	--
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85.0	3.0 oz	9.75	18.18	0.254
18429	Crackers, whole-wheat, low salt	14.2	0.5 oz	9.74	1.25	0.019
21246	WENDY'S, Chicken Nuggets	68.0	5.0 pieces	9.73	11.19	--
11585	Vegetable juice cocktail, low sodium, canned	254.0	1.0 cup	9.73	2.31	0.018
12021	Seeds, safflower seed kernels, dried	28.35	1.0 oz	9.72	4.59	0.052
06736	Soup, cream of chicken, canned, condensed, single brand	126.0	1.0 serving	9.70	3.02	--
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	9.67	19.05	0.272
01254	Cheese food, pasteurized process, American, without added vitamin D	113.0	1.0 cup	9.67	19.05	0.272
21309	McDONALD'S, Chicken McNUGGETS	64.0	4.0 pieces	9.66	10.11	--
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	9.66	14.99	0.199
11787	Drumstick pods, cooked, boiled, drained, with salt	118.0	1.0 cup slices	9.65	2.47	--
11621	Drumstick pods, cooked, boiled, drained, without salt	118.0	1.0 cup slices	9.65	2.47	--
28141	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Original	15.0	5.0 crackers	9.64	0.99	--
18443	Pie, apple, commercially prepared, unenriched flour	28.35	1.0 oz	9.64	0.54	0.007
18301	Pie, apple, commercially prepared, enriched flour	28.35	1.0 oz	9.64	0.54	0.007
06742	Soup, vegetable beef, microwavable, ready-to-serve, single brand	292.0	1.0 serving	9.64	18.10	--
14224	Beverages, coffee, instant, mocha, sweetened	13.0	1.0 serving 2 tbsp	9.63	0.69	--
11884	Tomatoes, red, ripe, cooked, with salt	240.0	1.0 cup	9.62	2.28	0.019
11530	Tomatoes, red, ripe, cooked	240.0	1.0 cup	9.62	2.28	0.019
11796	Lotus root, cooked, boiled, drained, with salt	60.0	0.5 cup	9.61	0.95	0.007
11255	Lotus root, cooked, boiled, drained, without salt	60.0	0.5 cup	9.61	0.95	0.007
21346	McDONALD'S, NEWMAN'S OWN Cobb Dressing	62.0	2.0 fl oz	9.60	1.05	--
28146	KEEBLER, TOWN HOUSE, TOPPERS, Multigrain Crackers	14.0	3.0 crackers	9.58	1.06	--
19146	Baking chocolate, MARS SNACKFOOD US, M&M's Milk Chocolate Mini Baking Bits	14.0	1.0 serving 0.5 oz, about 1 tbsp	9.58	0.67	--
09192	Oheloberries, raw	140.0	1.0 cup	9.58	0.53	--
16505	LOMA LINDA Swiss Stake with Gravy, canned, unprepared	92.0	1.0 piece	9.57	9.38	--
28142	KEEBLER, TOWN HOUSE, Original Crackers	16.0	5.0 crackers	9.57	0.82	--
19892	Frozen novelties, Sugar Free, CREAMSICLE Pops	80.0	1.0 serving 2 pops	9.56	1.10	--
18966	Crackers, saltines, whole wheat (includes multi-grain)	14.0	1.0 serving	9.56	1.00	--
08157	Cereals ready-to-eat, wheat, puffed, fortified	12.0	1.0 cup	9.55	1.76	0.027

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
11200	Yardlong bean, cooked, boiled, drained, without salt	104.0	1.0 cup slices	9.55	2.63	0.030
12095	Nuts, chestnuts, chinese, boiled and steamed	28.35	1.0 oz	9.54	0.82	0.010
11899	Yardlong bean, cooked, boiled, drained, with salt	104.0	1.0 cup slices	9.54	2.63	0.030
08363	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Toasted Wheat Bran	16.0	0.25 cup (1 NLEA serving)	9.52	2.81	--
12077	Nuts, beechnuts, dried	28.35	1.0 oz	9.50	1.76	0.020
18306	Pie, blueberry, prepared from recipe	28.35	1.0 oz	9.50	0.77	0.008
03077	Babyfood, dinner, pasta with vegetables	113.0	1.0 jar, Gerber (4 oz)	9.49	1.92	--
06363	CAMPBELL'S, Homestyle Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	9.49	2.97	--
28292	Crackers, multigrain	14.0	4.0 crackers	9.46	0.99	0.012
27034	CAMPBELL'S, 98% Fat Free Cream of Mushroom Soup, condensed	124.0	0.5 cup condensed	9.46	1.36	--
36606	CRACKER BARREL, farm raised catfish platter	178.0	1.0 serving	9.45	40.83	0.445
28140	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Garlic Herb	15.0	5.0 crackers	9.45	0.98	--
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	9.45	1.00	0.007
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	124.0	1.0 leek	9.45	1.00	0.007
19150	Candies, REESE'S Peanut Butter Cups	17.0	1.0 package 0.6 oz 1 cup	9.41	1.74	--
27044	Soup, chicken noodle, reduced sodium, canned, ready-to-serve	245.0	1.0 cup	9.41	8.06	--
15156	Mollusks, abalone, mixed species, cooked, fried	85.0	3.0 oz	9.39	16.69	0.190
11881	Taro, tahitian, cooked, with salt	137.0	1.0 cup slices	9.38	5.70	--
11526	Taro, tahitian, cooked, without salt	137.0	1.0 cup slices	9.38	5.70	--
16554	MORNINGSTAR FARMS Tomato & Basil Pizza Burger, frozen, unprepared	67.0	1.0 burger	9.38	10.38	--
21349	McDONALD'S, NEWMAN'S OWN Ranch Dressing	56.0	2.0 fl oz	9.38	1.47	--
06101	Soup, cream of vegetable, dry, powder	18.0	1.0 packet	9.38	1.44	--
14038	Beverages, OCEAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink	250.0	1.0 can	9.38	0.00	--
21378	McDONALD'S, Bacon Ranch Salad without chicken	223.0	1.0 item 7.8 oz	9.37	9.23	--
16228	Soymilk, original and vanilla, light, unsweetened, with added calcium, vitamins A and D	243.0	1.0 cup	9.36	6.37	--
28147	KEEBLER, TOWN HOUSE, TOPPERS, Original Crackers	14.0	3.0 crackers	9.35	1.06	--
06044	Soup, mushroom with beef stock, canned, condensed	126.0	0.5 cup (4 fl oz)	9.34	3.16	--
18160	Cookies, chocolate chip, commercially prepared, soft-type	14.2	1.0 cookie	9.34	0.52	0.007
18323	Pie, peach	28.35	1.0 oz	9.33	0.54	0.006
18367	Waffles, plain, prepared from recipe	28.35	1.0 oz	9.33	2.24	0.028
18304	Pie, banana cream, prepared from recipe	28.35	1.0 oz	9.33	1.25	0.016
11326	Peas and onions, frozen, unprepared	69.0	0.5 cup	9.32	2.75	0.020
06584	Soup, broccoli cheese, canned, condensed, commercial	121.0	1.0 serving 1/2 cup	9.32	2.54	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
06195	CAMPBELL'S, HEALTHY REQUEST, cream of chicken soup, condensed	124.0	0.5 cup condensed	9.30	3.72	--
06444	Soup, mushroom with beef stock, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	9.30	3.15	--
28064	KEEBLER, CLUB, Dash of Salt Crackers	14.0	4.0 crackers	9.28	0.95	--
06416	Soup, cream of chicken, canned, prepared with equal volume water	244.0	1.0 cup	9.27	3.44	0.041
06549	Soup, chicken mushroom, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	9.27	4.39	--
28068	KEEBLER, CLUB, Original Crackers	14.0	4.0 crackers	9.27	0.77	--
19080	Candies, semisweet chocolate	14.5	1.0 serving	9.27	0.61	0.009
06219	CAMPBELL'S, 98% Fat Free Cream of Chicken Soup, condensed	124.0	0.5 cup condensed	9.25	2.23	--
18328	Pie, vanilla cream, prepared from recipe	28.35	1.0 oz	9.24	1.36	0.017
19139	Baking chocolate, MARS SNACKFOOD US, M&M's Semisweet Chocolate Mini Baking Bits	14.0	1.0 serving 0.5 oz, about 1 tbsp	9.23	0.62	--
28067	KEEBLER, CLUB, Multigrain Crackers	14.0	4.0 crackers	9.23	0.99	--
27064	Wasabi	20.0	1.0 tablespoon	9.23	0.45	--
18428	Crackers, wheat, low salt	14.2	0.5 oz	9.22	1.22	0.018
12036	Seeds, sunflower seed kernels, dried	46.0	1.0 cup, with hulls, edible yield	9.20	9.56	0.160
28139	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Cheese	15.0	5.0 crackers	9.20	1.20	--
11527	Tomatoes, green, raw	180.0	1.0 cup	9.18	2.16	0.016
22118	MORNINGSTAR FARMS Garden Veggie Patties, frozen, unprepared	67.0	1.0 burger	9.18	11.93	--
11730	Beans, snap, yellow, frozen, all styles, unprepared	121.0	1.0 cup	9.17	2.18	0.023
11763	Celeriac, cooked, boiled, drained, with salt	155.0	1.0 cup pieces	9.14	1.49	--
11142	Celeriac, cooked, boiled, drained, without salt	155.0	1.0 cup pieces	9.14	1.49	--
11060	Beans, snap, green, frozen, all styles, unprepared	121.0	1.0 cup	9.12	2.17	0.023
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	67.0	1.0 serving 4 pieces in serving	9.11	10.90	--
18268	French toast, frozen, ready-to-heat	28.35	1.0 oz	9.10	2.10	0.027
12003	Seeds, breadfruit seeds, boiled	28.35	1.0 oz	9.07	1.50	0.025
06029	CAMPBELL'S, HEALTHY REQUEST, chicken with rice, condensed	126.0	0.5 cup	9.06	2.00	--
01206	Cream substitute, flavored, powdered	12.0	4.0 tsp	9.05	0.08	0.001
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	9.04	1.24	0.016
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	135.0	1.0 cup, strips	9.04	1.24	0.016
15174	Mollusks, scallop, mixed species, imitation, made from surimi	85.0	3.0 oz	9.03	10.85	0.066
06016	Soup, cream of chicken, canned, condensed	126.0	0.5 cup (4 fl oz)	9.02	3.00	0.043
18243	Croutons, seasoned	14.2	0.5 oz	9.02	1.53	0.018
11987	Mushrooms, oyster, raw	148.0	1.0 large	9.01	4.90	0.062
06312	CAMPBELL'S Red and White, Cream of Asparagus Soup, condensed	124.0	1.0 serving 1/2 cup	9.00	2.00	--
06337	CAMPBELL'S, Cream of Chicken with Herbs Soup, condensed	124.0	0.5 cup condensed	9.00	2.00	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
06218	CAMPBELL'S, 98% Fat Free Cream of Celery Soup, condensed	124.0	0.5 cup condensed	9.00	1.00	--
06334	CAMPBELL'S Red and White, Cream of Celery Soup, condensed	124.0	1.0 serving 1/2 cup	9.00	1.00	--
11794	Lambsquarters, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	9.00	5.76	0.052
14637	Water, with corn syrup and/or sugar and low calorie sweetener, fruit flavored	200.0	1.0 pouch	9.00	0.00	--
11245	Lambsquarters, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	9.00	5.76	0.052
14216	Beverages, aloe vera juice drink, fortified with Vitamin C	240.0	8.0 fl oz	9.00	0.00	--
14015	Alcoholic beverage, pina colada, canned	32.6	1.0 fl oz	9.00	0.20	--
06528	Soup, chicken noodle, dry, mix, prepared with water	245.0	1.0 cup	8.99	2.06	--
11821	Peppers, sweet, red, raw	149.0	1.0 cup, chopped	8.98	1.48	0.018
11211	Edamame, frozen, unprepared	118.0	1.0 cup	8.98	13.24	0.140
06410	Soup, cream of celery, canned, prepared with equal volume water	248.0	1.0 cup	8.98	1.69	0.020
28310	Cookies, shortbread, reduced fat	11.8	1.0 cookie	8.97	0.63	--
18303	Pie, banana cream, prepared from mix, no-bake type	28.35	1.0 oz	8.96	0.96	0.013
06009	Soup, beef noodle, canned, condensed	125.0	0.5 cup	8.95	4.81	0.046
11197	Cowpeas, young pods with seeds, raw	94.0	1.0 cup	8.93	3.10	--
12119	Nuts, coconut water (liquid from coconuts)	240.0	1.0 cup	8.90	1.73	0.019
09433	Clementines, raw	74.0	1.0 fruit	8.89	0.63	--
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	8.88	1.37	0.011
06734	Soup, chicken with star-shaped pasta, canned, condensed, single brand	125.0	1.0 serving	8.88	2.88	--
36008	T.G.I. FRIDAY'S, fried mozzarella	35.0	1.0 piece	8.87	5.54	0.059
06010	Soup, cream of celery, canned, condensed	126.0	0.5 cup	8.86	1.66	0.019
21129	Fast foods, hush puppies	22.0	1.0 piece	8.85	1.36	--
11693	Tomatoes, crushed, canned	121.0	0.5 cup	8.82	1.98	0.015
15158	Mollusks, clam, mixed species, cooked, breaded and fried	85.0	3.0 oz	8.78	12.10	0.143
18230	Crackers, standard snack-type, sandwich, with cheese filling	14.2	0.5 oz	8.76	1.32	0.017
44110	Jellies, reduced sugar, home preserved	19.0	1.0 tbsp	8.76	0.06	--
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	18.0	1.0 piece (1/8 of 9" crust)	8.75	1.11	0.010
11978	Peppers, ancho, dried	17.0	1.0 pepper	8.74	2.02	0.026
06409	Soup, beef noodle, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	8.74	4.71	--
11537	Tomatoes, red, ripe, canned, with green chilies	241.0	1.0 cup	8.72	1.66	--
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	8.71	2.01	0.022
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	8.71	2.01	0.022
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	8.71	2.01	0.022
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135.0	1.0 cup	8.71	2.01	0.022

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
14538	Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A	15.0	1.0 envelope Swiss Miss (.53 oz)	8.70	3.76	--
08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	8.68	1.22	0.017
18427	Crackers, standard snack-type, regular, low salt	14.2	0.5 oz	8.66	1.05	0.013
21386	BURGER KING, french toast sticks	21.0	1.0 stick	8.65	1.26	0.010
11210	Eggplant, cooked, boiled, drained, without salt	99.0	1.0 cup (1" cubes)	8.64	0.82	0.008
06465	Soup, turkey noodle, canned, prepared with equal volume water	244.0	1.0 cup	8.64	3.90	0.037
11525	Taro, tahitian, raw	125.0	1.0 cup slices	8.64	3.49	--
14164	Beverages, chocolate malt powder, prepared with 1% milk, fortified	98.0	1.0 cup dry mix	8.63	3.25	--
18225	Crackers, rye, sandwich-type with cheese filling	14.2	0.5 oz	8.63	1.31	0.016
06466	Soup, turkey vegetable, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	8.63	3.08	0.027
11590	Waterchestnuts, chinese, canned, solids and liquids	70.0	0.5 cup slices	8.61	0.62	--
11540	Tomato juice, canned, with salt added	243.0	1.0 cup	8.58	2.07	--
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	8.58	2.07	0.015
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	8.57	1.70	0.013
18316	Pie, coconut custard, commercially prepared	28.35	1.0 oz	8.56	1.67	0.022
12087	Nuts, cashew nuts, raw	28.35	1.0 oz	8.56	5.17	0.081
11620	Drumstick pods, raw	100.0	1.0 cup slices	8.53	2.10	--
16225	Soymilk, original and vanilla, light, with added calcium, vitamins A and D	243.0	1.0 cup	8.53	5.78	--
14036	Beverages, CYTOSPORT, Muscle Milk, ready-to-drink	414.0	14.0 fl oz	8.53	24.30	--
18254	Doughnuts, yeast-leavened, with creme filling	28.35	1.0 oz	8.50	1.81	0.022
43143	Cabbage, japanese style, fresh, pickled	150.0	1.0 cup	8.50	2.40	--
08172	Cereals, farina, unenriched, dry	10.9	1.0 tbsp	8.50	1.16	0.015
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	129.0	0.5 cup condensed	8.50	1.66	0.012
16004	Yokan, prepared from adzuki beans and sugar	14.0	1.0 slice	8.50	0.46	0.004
43031	Candies, chocolate covered, caramel with nuts	14.0	1.0 piece	8.49	1.33	--
06025	Soup, chicken vegetable, canned, condensed	121.0	0.5 cup	8.48	3.56	0.030
43268	Whipped cream substitute, dietetic, made from powdered mix	80.0	1.0 cup	8.48	0.72	--
04686	Salad dressing, honey mustard dressing, reduced calorie	30.0	2.0 tbsp (1 serving)	8.48	0.29	--
06172	Soup, stock, chicken, home-prepared	240.0	1.0 cup	8.47	6.05	--
14068	Beverages, KELLOGG'S SPECIAL K20 protein powder	14.5	1.0 packet	8.47	5.10	--
11734	Beets, cooked, boiled. drained, with salt	85.0	0.5 cup slices	8.47	1.43	0.017
11081	Beets, cooked, boiled, drained	85.0	0.5 cup slices	8.47	1.43	0.017
11989	Mushrooms, straw, canned, drained solids	182.0	1.0 cup	8.44	6.97	--
18214	Crackers, cheese, regular	14.2	0.5 oz	8.44	1.55	0.018

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	8.43	0.66	0.010
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	85.0	3.0 oz	8.42	23.20	0.241
06017	Soup, chicken gumbo, canned, condensed	126.0	0.5 cup (4 fl oz)	8.40	2.65	0.023
18312	Pie, chocolate mousse, prepared from mix, no-bake type	28.35	1.0 oz	8.39	0.99	0.014
16223	Soymilk (All flavors), enhanced	243.0	1.0 cup	8.38	7.14	--
09265	Persimmons, native, raw	25.0	1.0 fruit without refuse	8.38	0.20	0.004
11241	Kohlrabi, raw	135.0	1.0 cup	8.37	2.30	0.014
06417	Soup, chicken gumbo, canned, prepared with equal volume water	244.0	1.0 cup	8.37	2.64	0.022
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	85.0	3.0 oz	8.36	24.15	0.251
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	113.0	4.0 oz	8.36	0.00	--
11564	Turnips, raw	130.0	1.0 cup, cubes	8.36	1.17	0.012
18300	Pancakes, whole-wheat, dry mix, incomplete, prepared	28.35	1.0 oz	8.33	2.41	0.033
03864	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA	103.0	1.0 serving 100 ml	8.33	2.20	--
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	240.0	1.0 cup	8.33	1.90	0.019
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	8.33	1.90	0.019
27055	Sauce, barbecue, SWEET BABY RAY'S, original	18.0	1.0 tbsp	8.29	0.17	--
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	8.29	1.63	0.018
12001	Seeds, breadfruit seeds, raw	28.35	1.0 oz	8.29	2.10	0.035
05076	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, batter	95.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	8.28	20.68	0.238
18233	Crackers, wheat, sandwich, with cheese filling	14.2	0.5 oz	8.26	1.39	0.018
18434	Crackers, cheese, low sodium	14.2	0.5 oz	8.26	1.43	0.018
06443	Soup, cream of mushroom, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	8.26	1.64	--
11797	Mushrooms, white, cooked, boiled, drained, with salt	156.0	1.0 cup pieces	8.25	3.39	0.037
11261	Mushrooms, white, cooked, boiled, drained, without salt	156.0	1.0 cup pieces	8.25	3.39	0.037
19078	Baking chocolate, unsweetened, squares	29.0	1.0 oz square Bakers	8.24	4.15	0.038
19220	Desserts, rennin, chocolate, dry mix	9.0	1.0 tbsp	8.24	0.22	0.003
28344	Crackers, gluten-free, multigrain and vegetable, made with corn starch and white rice flour	10.7	3.0 crackers	8.23	0.27	--
06056	Soup, cream of shrimp, canned, condensed	126.0	0.5 cup	8.23	2.80	--
18294	Pancakes, blueberry, prepared from recipe	28.35	1.0 oz	8.22	1.73	0.022
06045	Soup, onion, canned, condensed	123.0	0.5 cup (4 fl oz)	8.22	3.76	--
06180	Soup, shark fin, restaurant-prepared	216.0	1.0 cup	8.21	6.91	--
11851	Rutabagas, cooked, boiled, drained, with salt	120.0	0.5 cup, mashed	8.21	1.12	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
06986	CAMPBELL'S HEALTHY REQUEST, Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	8.20	3.02	--
18292	Pancakes, plain, dry mix, incomplete, prepared	28.35	1.0 oz	8.19	2.21	0.027
18360	Taco shells, baked	12.9	1.0 shell	8.19	0.83	0.005
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	8.17	5.49	0.095
05323	Chicken patty, frozen, uncooked	60.0	1.0 patty	8.17	8.60	0.107
11150	Chayote, fruit, cooked, boiled, drained, without salt	160.0	1.0 cup (1" pieces)	8.14	0.99	0.013
21313	McDONALD'S, Hot Mustard Sauce	28.0	1.0 package	8.14	0.73	--
36414	Restaurant, Latino, tripe soup	200.0	1.0 cup	8.14	17.22	0.128
18390	Pancakes, buttermilk, prepared from recipe	28.35	1.0 oz	8.14	1.93	0.023
03070	Babyfood, dinner, chicken soup, strained	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	8.14	1.81	--
08085	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ	14.0	2.0 tbsp (1 NLEA serving)	8.14	3.72	--
06151	Sauce, plum, ready-to-serve	19.0	1.0 tbsp	8.13	0.17	--
03282	Babyfood, vegetables, mix vegetables junior	99.0	1.0 serving 3.5 oz serving	8.12	1.39	0.015
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	10.6	1.0 tbsp	8.11	1.11	0.015
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	8.10	2.47	0.018
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	8.09	0.93	0.012
11759	Carrots, canned, no salt added, drained solids	146.0	1.0 cup, sliced	8.09	0.93	0.010
18314	Pie, coconut cream, prepared from mix, no-bake type	28.35	1.0 oz	8.08	0.79	0.010
16592	MORNINGSTAR FARMS California Turk'y Burger, frozen, unprepared	64.0	1.0 burger	8.06	9.54	--
11783	Eggplant, cooked, boiled, drained, with salt	99.0	1.0 cup (1" cubes)	8.06	0.82	0.008
18215	Crackers, cheese, sandwich-type with peanut butter filling	14.2	0.5 oz	8.06	1.76	0.019
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	11.0	1.0 tbsp	8.05	1.28	0.012
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	8.03	0.85	0.012
11658	Spinach souffle	136.0	1.0 cup	8.02	10.73	0.147
18293	Pancakes, plain, prepared from recipe	28.35	1.0 oz	8.02	1.81	0.023
19036	Snacks, popcorn, cakes	10.0	1.0 cake	8.01	0.97	0.009
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	85.0	3.0 oz	8.01	19.16	0.218
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	87.0	1.0 cup	8.00	2.57	--
11788	Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	87.0	1.0 cup	8.00	2.57	--
06145	CAMPBELL'S Red and White, Beef Noodle Soup, condensed	126.0	1.0 serving 1/2 cup	8.00	3.99	--
06311	CAMPBELL'S Red and White, Chicken Won Ton Soup, condensed	126.0	1.0 serving 1/2 cup	8.00	3.00	--
15128	Fish, tuna salad	85.0	3.0 oz	8.00	13.63	0.153
06342	CAMPBELL'S Red and White, Cream of Shrimp Soup, condensed	124.0	1.0 serving 1/ 2 cup	8.00	3.00	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
06214	CAMPBELL'S, 25% Less Sodium Cream of Mushroom Soup, condensed	124.0	0.5 cup condensed	8.00	2.00	--
16241	SILK Plus Omega-3 DHA, soymilk	243.0	1.0 cup	7.99	7.00	--
16238	SILK Light Plain, soymilk	243.0	1.0 cup	7.99	6.00	--
16235	SILK Plain, soymilk	243.0	1.0 cup	7.99	7.00	--
27022	CAMPBELL'S Soup on the GO, HEALTHY REQUEST Chicken with Mini Noodles Soup	305.0	1.0 container	7.99	2.99	--
03942	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	7.98	1.81	--
06456	Soup, cream of shrimp, canned, prepared with equal volume water	244.0	1.0 cup	7.98	2.71	--
05035	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter	85.0	3.0 oz	7.97	18.57	0.212
11264	Mushrooms, canned, drained solids	156.0	1.0 cup	7.94	2.92	0.033
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	223.0	1.0 cup	7.94	2.56	0.022
06212	CAMPBELL'S, 25% Less Sodium Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	7.94	3.65	--
21441	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading	68.0	1.0 wing, with skin	7.93	14.14	0.108
18952	Tostada shells, corn	12.3	1.0 piece	7.92	0.76	--
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	170.0	1.0 container (6 oz)	7.92	5.90	0.034
16602	MORNINGSTAR FARMS Meal Starters Veggie Meatballs, frozen, unprepared	80.0	5.0 meatballs	7.92	14.16	--
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	240.0	1.0 cup, mashed	7.92	2.47	0.022
28185	KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Strawberry Baked Bites	10.0	1.0 pouch	7.91	0.47	--
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	163.0	1.0 cup	7.91	4.87	0.080
11889	Turnips, cooked, boiled, drained, with salt	156.0	1.0 cup, cubes	7.89	1.11	0.011
11565	Turnips, cooked, boiled, drained, without salt	156.0	1.0 cup, cubes	7.89	1.11	0.011
01287	Yogurt, Greek, plain, lowfat	200.0	1.0 container (7 oz)	7.88	19.90	0.060
11098	Brussels sprouts, raw	88.0	1.0 cup	7.88	2.97	0.033
12101	Nuts, chestnuts, european, boiled and steamed	28.35	1.0 oz	7.87	0.57	0.006
11087	Beet greens, cooked, boiled, drained, without salt	144.0	1.0 cup (1" pieces)	7.86	3.70	0.058
11736	Beet greens, cooked, boiled, drained, with salt	144.0	1.0 cup (1" pieces)	7.86	3.70	0.058
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	7.85	3.93	0.041
11054	Beans, snap, green, canned, regular pack, solids and liquids	240.0	1.0 cup	7.85	1.73	0.019
11115	Cabbage, savoy, cooked, boiled, drained, without salt	145.0	1.0 cup, shredded	7.84	2.61	0.026
11753	Cabbage, savoy, cooked, boiled, drained, with salt	145.0	1.0 cup, shredded	7.84	2.61	0.026
04704	Salad dressing, poppyseed, creamy	33.0	2.0 tbsp	7.83	0.30	--
11322	Peas and carrots, frozen, unprepared	70.0	0.5 cup	7.80	2.38	0.017
03279	Babyfood, dinner, mixed vegetable, junior	99.0	1.0 serving	7.80	1.00	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
43142	Radishes, hawaiian style, pickled	150.0	1.0 cup	7.80	1.65	--
11563	Tree fern, cooked, without salt	71.0	0.5 cup, chopped	7.80	0.21	--
19383	Candies, toffee, prepared-from-recipe	12.0	1.0 piece	7.77	0.13	--
15153	Crustaceans, shrimp, mixed species, imitation, made from surimi	85.0	3.0 oz	7.76	10.53	0.064
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	7.76	1.64	0.014
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	180.0	1.0 cup slices	7.76	1.64	0.014
11062	Beans, snap, green, frozen, all styles, microwaved	111.0	1.0 cup	7.75	2.20	0.021
44061	Puddings, chocolate flavor, low calorie, instant, dry mix	9.9	1.0 serving	7.74	0.52	--
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	7.73	4.87	0.080
18619	NABISCO, NABISCO OREO CRUNCHIES, Cookie Crumb Topping	11.0	1.0 serving	7.73	0.53	--
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	9.7	1.0 tbsp	7.72	0.85	0.006
21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	57.0	1.0 wing, with skin	7.71	11.63	0.089
05324	Chicken patty, frozen, cooked	60.0	1.0 patty	7.70	8.91	0.110
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	30.0	10.0 strip	7.68	0.65	0.006
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	85.0	3.0 oz	7.68	19.41	0.221
16167	USDA Commodity, Peanut Butter, smooth	32.0	2.0 tbsp	7.67	7.02	0.073
08090	Cereals, corn grits, white, regular and quick, enriched, dry	9.7	1.0 tbsp	7.67	0.74	0.006
43134	Vegetarian fillets	85.0	1.0 fillet	7.65	19.55	--
16104	Bacon, meatless	144.0	1.0 cup	7.65	16.83	0.232
18234	Crackers, wheat, sandwich, with peanut butter filling	14.2	0.5 oz	7.64	1.92	0.023
03825	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	7.61	1.46	--
11199	Yardlong bean, raw	91.0	1.0 cup slices	7.60	2.55	0.029
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	9.9	1.0 bar	7.58	0.08	0.000
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	84.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	7.55	20.87	0.239
12170	Seeds, sesame flour, high-fat	28.35	1.0 oz	7.55	8.73	0.191
11029	Beans, kidney, mature seeds, sprouted, raw	184.0	1.0 cup	7.54	7.73	0.081
11422	Pumpkin, raw	116.0	1.0 cup (1" cubes)	7.54	1.16	0.014
09001	Acerola, (west indian cherry), raw	98.0	1.0 cup	7.54	0.39	--
06019	Soup, chicken noodle, canned, condensed	124.0	0.5 cup	7.53	2.94	--
03815	Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with iron, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	7.53	1.46	--
19800	Snacks, corn cakes, very low sodium	9.0	1.0 cake	7.51	0.73	0.007

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
19419	Snacks, corn cakes	9.0	1.0 cake	7.51	0.73	0.007
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	7.49	1.92	0.027
27048	Sauce, steak, tomato based	34.0	2.0 Tbsp	7.49	0.42	--
18327	Pie, pumpkin, prepared from recipe	28.35	1.0 oz	7.48	1.28	0.017
21457	POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading	76.0	1.0 drumstick, with skin	7.48	15.53	0.119
06336	CAMPBELL'S, Cream of Chicken Soup, condensed	124.0	0.5 cup condensed	7.48	2.18	--
11100	Brussels sprouts, frozen, unprepared	95.0	0.33 package (10 oz)	7.47	3.59	0.040
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	7.46	4.38	0.045
11278	Okra, raw	100.0	1.0 cup	7.45	1.93	0.017
11063	Beans, snap, green, microwaved	116.0	1.0 cup 1/2" pieces	7.44	2.68	--
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	7.40	2.74	0.026
12034	Seeds, sesame meal, partially defatted	28.35	1.0 oz	7.38	4.81	0.105
05049	Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter	72.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	7.38	15.82	0.181
21256	BURGER KING, Chicken Strips	36.0	1.0 strip	7.38	6.55	0.076
44258	Puddings, chocolate flavor, low calorie, regular, dry mix	9.9	1.0 serving	7.37	1.00	--
01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	7.37	31.35	0.727
06419	Soup, chicken noodle, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	7.37	2.88	--
11224	Hyacinth-beans, immature seeds, raw	80.0	1.0 cup	7.35	1.68	--
06062	CAMPBELL'S, Red and White, Chicken Noodle Soup, condensed	123.0	0.5 cup	7.34	2.92	--
11291	Onions, spring or scallions (includes tops and bulb), raw	100.0	1.0 cup, chopped	7.34	1.83	0.020
01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	7.34	28.46	0.261
19053	Snacks, rice cakes, brown rice, sesame seed	9.0	1.0 cake	7.34	0.68	0.009
19819	Snacks, rice cakes, brown rice, sesame seed, unsalted	9.0	1.0 cake	7.34	0.68	0.009
25059	Snacks, brown rice chips	9.0	1.0 cake	7.34	0.74	0.009
19816	Snacks, rice cakes, brown rice, plain, unsalted	9.0	1.0 cake	7.34	0.74	0.009
19051	Snacks, rice cracker brown rice, plain	9.0	1.0 cake	7.34	0.74	0.009
11790	Kale, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	7.32	2.47	0.030
11234	Kale, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	7.32	2.47	0.030
11623	Kale, scotch, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	7.32	2.47	0.030
36004	APPLEBEE'S, mozzarella sticks	32.0	1.0 piece	7.32	4.76	0.065
06966	Soup, chicken noodle, low sodium, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	7.32	3.15	--
19413	Snacks, rice cakes, brown rice, corn	9.0	1.0 cake	7.31	0.76	0.008
11792	Kale, scotch, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	7.31	2.47	0.030
12024	Seeds, sesame seeds, whole, roasted and toasted	28.35	1.0 oz	7.30	4.81	0.105

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
03813	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, ready-to-feed	107.0	1.0 Serving 100 ml	7.29	1.96	--
03845	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, ready-to-feed, with ARA and DHA	107.0	1.0 serving 100 ml	7.29	1.96	--
11461	Spinach, canned, regular pack, drained solids	214.0	1.0 cup	7.28	6.01	0.081
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	41.0	1.0 piece	7.27	7.43	0.077
11122	Cardoon, raw	178.0	1.0 cup, shredded	7.24	1.25	--
18147	Cheesecake commercially prepared	28.35	1.0 oz	7.23	1.56	0.018
11765	Chard, swiss, cooked, boiled, drained, with salt	175.0	1.0 cup, chopped	7.23	3.29	0.032
11148	Chard, swiss, cooked, boiled, drained, without salt	175.0	1.0 cup, chopped	7.23	3.29	0.032
19294	Fruit butters, apple	17.0	1.0 tbsp	7.22	0.07	--
19052	Snacks, rice cakes, brown rice, buckwheat	9.0	1.0 cake	7.21	0.81	0.011
19818	Snacks, rice cakes, brown rice, multigrain, unsalted	9.0	1.0 cake	7.21	0.76	0.010
19414	Snacks, rice cakes, brown rice, multigrain	9.0	1.0 cake	7.21	0.76	0.010
19817	Snacks, rice cakes, brown rice, buckwheat, unsalted	9.0	1.0 cake	7.21	0.81	0.011
43144	Cabbage, mustard, salted	128.0	1.0 cup	7.21	1.41	--
16121	Soy protein concentrate, produced by alcohol extraction	28.35	1.0 oz	7.20	18.04	0.237
16420	Soy protein concentrate, produced by acid wash	28.35	1.0 oz	7.20	18.04	0.237
11766	Chayote, fruit, cooked, boiled, drained, with salt	160.0	1.0 cup (1" pieces)	7.20	0.99	0.013
19416	Snacks, rice cakes, brown rice, rye	9.0	1.0 cake	7.19	0.73	0.009
03055	Babyfood, dinner, beef with vegetables	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	7.19	2.29	--
16098	Peanut butter, smooth style, with salt	32.0	2.0 tbsp	7.14	7.11	0.074
16398	Peanut butter, smooth style, without salt	32.0	2.0 tbsp	7.14	7.11	0.074
11722	Beans, snap, yellow, raw	100.0	1.0 cup 1/2" pieces	7.13	1.82	0.019
14017	Alcoholic beverage, pina colada, prepared-from-recipe	31.4	1.0 fl oz	7.12	0.13	--
06423	Soup, chicken with rice, canned, prepared with equal volume water	243.0	1.0 serving 1 cup	7.10	3.52	--
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	28.35	1.0 oz	7.09	5.06	0.071
18269	French toast, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	7.09	2.18	0.027
09450	Naranjilla (lulo) pulp, frozen, unsweetened	120.0	1.0 cup thawed	7.08	0.53	--
09159	Limes, raw	67.0	1.0 fruit (2" dia)	7.06	0.47	0.002
16508	LOMA LINDA Tender Bits, canned, unprepared	85.0	6.0 pieces	7.06	12.84	--
06175	Sauce, hoisin, ready-to-serve	16.0	1.0 tbsp	7.05	0.53	--
11977	Peppers, serrano, raw	105.0	1.0 cup, chopped	7.04	1.83	--
14171	Beverages, coconut milk, sweetened, fortified with calcium, vitamins A, B12, D2	240.0	1.0 cup	7.01	0.50	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
14033	Beverages, ABBOTT, EAS whey protein powder	39.0	2.0 scoop	7.00	26.00	--
14063	Beverages, chocolate powder, no sugar added	11.0	2.0 tbsp	7.00	1.00	--
04703	Salad dressing, honey mustard, regular	30.0	2.0 tbsp	7.00	0.26	--
31016	CAMPBELL'S, V8 60% Vegetable Juice, V8 V-Lite	243.0	8.0 fl oz	7.00	1.00	--
15011	Fish, catfish, channel, cooked, breaded and fried	87.0	1.0 fillet	6.99	15.74	0.174
42055	Beverages, fruit-flavored drink, dry powdered mix, low calorie, with aspartame	8.0	1.0 tsp	6.99	0.04	--
09309	Rhubarb, frozen, uncooked	137.0	1.0 cup, diced	6.99	0.75	--
11492	Squash, winter, spaghetti, raw	101.0	1.0 cup, cubes	6.98	0.65	0.009
11052	Beans, snap, green, raw	100.0	1.0 cup 1/2" pieces	6.97	1.83	0.019
16507	LOMA LINDA Redi-Burger, canned, unprepared	85.0	1.0 slice , 5/8"	6.97	18.62	--
11921	Peppers, sweet, red, sauteed	106.0	1.0 cup chopped	6.96	1.10	0.013
01271	Cheese, mozzarella, low moisture, part-skim, shredded	86.0	1.0 cup	6.93	20.32	0.268
06150	Sauce, barbecue	17.0	1.0 tbsp	6.93	0.14	--
11333	Peppers, sweet, green, raw	149.0	1.0 cup, chopped	6.91	1.28	0.018
08366	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Wheat Germ, Regular	14.0	2.0 tbsp (1 NLEA serving)	6.91	4.40	--
14530	Whiskey sour mix, bottled, with added potassium and sodium	32.3	1.0 fl oz	6.91	0.03	--
14028	Beverages, Whiskey sour mix, bottled	32.3	1.0 fl oz	6.91	0.03	--
07978	Pork sausage, reduced sodium, cooked	85.0	3.0 oz	6.91	8.00	0.115
43346	Frozen novelties, juice type, orange	29.8	1.0 fl oz	6.90	0.15	--
16097	Peanut butter, chunk style, with salt	32.0	2.0 tbsp	6.90	7.70	0.073
16397	Peanut butter, chunk style, without salt	32.0	2.0 tbsp	6.90	7.70	0.073
16517	WORTHINGTON Prime Stakes, canned, unprepared	92.0	1.0 piece	6.90	9.38	--
11933	Beans, snap, yellow, canned, no salt added, drained solids	153.0	1.0 cup	6.88	1.76	0.018
11932	Beans, snap, yellow, canned, regular pack, drained solids	153.0	1.0 cup	6.88	1.76	0.018
07972	Meatballs, frozen, Italian style	85.0	3.0 oz	6.85	12.24	--
11286	Onions, yellow, sauteed	87.0	1.0 cup chopped	6.84	0.83	0.012
11267	Mushrooms, shiitake, stir-fried	89.0	1.0 cup whole	6.84	3.07	0.010
16588	MORNINGSTAR FARMS Chik'n Grill Veggie Patties, frozen, unprepared	67.0	1.0 patty	6.83	8.58	--
16601	MORNINGSTAR FARMS Grillers Chik'n Veggie Patties, frozen, unprepared	67.0	1.0 patty	6.83	8.58	--
11855	Spinach, canned, no salt added, solids and liquids	234.0	1.0 cup	6.83	4.94	0.066
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	6.83	4.94	0.066
03822	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, prepared from powder	103.0	1.0 serving 100 ml	6.83	1.87	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
03832	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	6.83	1.46	--
27057	Sauce, barbecue, KC MASTERPIECE, original	18.0	1.0 tbsp	6.83	0.18	--
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	180.0	1.0 cup slices	6.82	1.87	0.014
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	6.82	1.87	0.014
16534	WORTHINGTON Stakelets, frozen, unprepared	71.0	1.0 piece	6.82	13.99	--
07928	Sausage, chicken, beef, pork, skinless, smoked	84.0	1.0 link	6.80	11.42	0.122
42230	Salad Dressing, coleslaw dressing, reduced fat	17.0	1.0 tbsp	6.80	0.00	--
11236	Kale, frozen, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	6.80	3.69	0.046
11791	Kale, frozen, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	6.80	3.69	0.046
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	6.79	2.39	0.023
44260	Puddings, all flavors except chocolate, low calorie, instant, dry mix	8.0	1.0 serving	6.77	0.06	--
11854	Spinach, cooked, boiled, drained, with salt	180.0	1.0 cup	6.75	5.35	0.072
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup (1" pieces)	6.75	2.90	0.038
11458	Spinach, cooked, boiled, drained, without salt	180.0	1.0 cup	6.75	5.35	0.072
11961	Hearts of palm, canned	146.0	1.0 cup	6.75	3.68	0.034
11208	Dandelion greens, cooked, boiled, drained, without salt	105.0	1.0 cup, chopped	6.72	2.10	--
11782	Dandelion greens, cooked, boiled, drained, with salt	105.0	1.0 cup, chopped	6.72	2.10	--
43125	Beans, liquid from stewed kidney beans	240.0	1.0 cup	6.72	4.32	--
16516	WORTHINGTON Multigrain Cutlets, canned, unprepared	92.0	2.0 slices	6.72	21.43	--
12140	Nuts, formulated, wheat-based, unflavored, with salt added	28.35	1.0 oz	6.71	3.92	0.046
12108	Nuts, coconut meat, dried (desiccated), not sweetened	28.35	1.0 oz	6.70	1.95	0.023
11228	Jew's ear, (pepeao), raw	99.0	1.0 cup slices	6.68	0.48	--
35205	Stinging Nettles, blanched (Northern Plains Indians)	89.0	1.0 cup	6.67	2.41	--
03997	Babyfood, Baby MUM MUM Rice Biscuits	8.0	4.0 biscuit	6.66	1.00	0.007
11198	Cowpeas, young pods with seeds, cooked, boiled, drained, without salt	95.0	1.0 cup	6.65	2.47	--
11779	Cowpeas, young pods with seeds, cooked, boiled, drained, with salt	95.0	1.0 cup	6.65	2.47	--
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	21.0	10.0 strip	6.65	0.61	0.005
11976	Pepper, banana, raw	124.0	1.0 cup	6.63	2.06	--
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	223.0	1.0 cup	6.62	2.56	0.022
15176	Mollusks, squid, mixed species, cooked, fried	85.0	3.0 oz	6.62	15.25	0.172
11729	Beans, snap, green, canned, no salt added, drained solids	153.0	1.0 cup	6.61	1.71	0.018

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
11126	Carrots, canned, regular pack, solids and liquids	123.0	0.5 cup slices	6.61	0.71	0.007
15177	Mollusks, whelk, unspecified, raw	85.0	3.0 oz	6.60	20.26	0.263
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	6.59	0.73	0.010
11463	Spinach, frozen, chopped or leaf, unprepared	156.0	1.0 cup	6.57	5.66	0.156
15021	Fish, croaker, Atlantic, cooked, breaded and fried	87.0	1.0 fillet	6.56	15.83	0.181
11112	Cabbage, red, raw	89.0	1.0 cup, chopped	6.56	1.27	0.011
06147	Soup, beef mushroom, canned, condensed	126.0	0.5 cup (4 fl oz)	6.55	5.80	--
16581	GARDENBURGER Flame Grilled Burger, frozen, unprepared	96.0	1.0 patty	6.53	14.59	--
19183	Puddings, chocolate, ready-to-eat	28.35	1.0 oz	6.52	0.59	--
06307	Sauce, barbecue, KRAFT, original	16.0	1.0 tbsp	6.52	0.12	--
11009	Artichokes, (globe or french), frozen, unprepared	84.0	0.33 package	6.51	2.21	--
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	31.1	1.0 fl oz	6.50	0.87	0.012
19856	Frozen novelties, juice type, POPSICLE SCRIBBLERS	33.0	1.0 serving 1.2 fl oz pop	6.49	0.00	--
21472	Fast Foods, Fried Chicken, Wing, meat and skin and breading	58.0	1.0 wing, with skin	6.49	12.26	--
11287	Onions, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	6.48	0.75	0.010
03857	Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	6.48	1.74	--
03823	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-feed	106.0	1.0 Serving 100 ml	6.48	1.74	--
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	138.0	1.0 slice	6.47	20.82	0.196
18237	Cream puff shell, prepared from recipe	28.35	1.0 oz	6.46	2.55	0.031
22121	MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared	71.0	1.0 Burger	6.46	11.57	--
21439	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading	81.0	1.0 drumstick, with skin	6.45	16.70	0.128
09311	Roselle, raw	57.0	1.0 cup, without refuse	6.45	0.55	--
11632	Peppers, jalapeno, canned, solids and liquids	136.0	1.0 cup, chopped	6.45	1.25	0.016
36005	APPLEBEE'S, chicken tenders, from kids' menu	35.0	1.0 piece	6.43	6.74	0.071
21421	KFC, Crispy Chicken Strips	47.0	1.0 strip	6.42	9.52	0.125
19201	Puddings, vanilla, ready-to-eat	28.35	1.0 oz	6.41	0.41	--
11980	Peppers, chili, green, canned	139.0	1.0 cup	6.39	1.00	0.014
27056	Sauce, barbecue, BULL'S-EYE, original	16.0	1.0 tbsp	6.39	0.15	--
07905	Frankfurter, beef, pork, and turkey, fat free	57.0	1.0 frank 1 NLEA serving	6.39	7.12	--
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	6.38	20.51	0.193
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	6.37	14.12	0.157
06494	Soup, onion, dry, mix, prepared with water	230.0	1.0 serving 1 cup	6.37	0.74	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
06626	Sauce, pesto, ready-to-serve, refrigerated	63.0	0.25 cup	6.36	6.19	--
06628	Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated	63.0	0.25 cup	6.36	6.19	--
11957	Fennel, bulb, raw	87.0	1.0 cup, sliced	6.35	1.08	--
12118	Nuts, coconut milk, canned (liquid expressed from grated meat and water)	226.0	1.0 cup	6.35	4.57	0.054
06547	Soup, beef mushroom, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	6.34	5.78	--
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	6.34	3.20	0.021
11789	Jute, potherb, cooked, boiled, drained, with salt	87.0	1.0 cup	6.34	3.20	0.021
11799	Mustard greens, cooked, boiled, drained, with salt	140.0	1.0 cup, chopped	6.31	3.58	--
11271	Mustard greens, cooked, boiled, drained, without salt	140.0	1.0 cup, chopped	6.31	3.58	--
05021	Chicken, broilers or fryers, giblets, cooked, fried	145.0	1.0 cup, chopped or diced	6.31	47.18	0.541
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	6.30	1.61	0.013
19807	Snacks, popcorn, oil-popped, white popcorn, salt added	11.0	1.0 cup	6.29	0.99	0.007
15165	Mollusks, mussel, blue, cooked, moist heat	85.0	3.0 oz	6.28	20.23	0.227
11891	Turnip greens, cooked, boiled, drained, with salt	144.0	1.0 cup, chopped	6.28	1.64	0.029
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	6.28	1.64	0.029
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	130.0	1.0 cup slices	6.24	1.08	0.009
19806	Snacks, popcorn, air-popped (Unsalted)	8.0	1.0 cup	6.23	0.96	0.007
19034	Snacks, popcorn, air-popped	8.0	1.0 cup	6.22	1.04	0.007
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	210.0	1.0 cup, diced	6.22	1.28	0.010
36037	Restaurant, family style, chili with meat and beans	136.0	1.0 cup	6.22	17.08	0.196
36019	APPLEBEE'S, chili	136.0	1.0 cup	6.22	17.08	0.196
18085	Bread stuffing, cornbread, dry mix, prepared	28.35	1.0 oz	6.21	0.82	0.009
15246	Mollusks, oyster, eastern, farmed, cooked, dry heat	85.0	3.0 oz	6.19	5.95	0.066
11043	Mung beans, mature seeds, sprouted, raw	104.0	1.0 cup	6.18	3.16	0.038
14631	Beverages, Horchata, dry mix, unprepared, variety of brands, all with morro seeds	7.8	1.0 tbsp	6.17	0.58	--
19218	Puddings, tapioca, ready-to-eat	28.35	1.0 oz	6.15	0.55	--
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	6.14	7.96	0.097
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	94.0	1.0 cup	6.14	7.96	0.097
11163	Collards, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	6.14	2.56	0.033
01019	Cheese, feta	150.0	1.0 cup, crumbled	6.14	21.32	0.300
01256	Yogurt, Greek, plain, nonfat	170.0	1.0 container	6.12	17.32	--
11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.	6.12	1.34	0.019
43128	Chicken, meatless	168.0	1.0 cup	6.12	39.72	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
01165	Cheese, mexican, queso anejo	132.0	1.0 cup, crumbled	6.11	28.30	0.284
12177	Nuts, coconut meat, dried (desiccated), creamed	28.35	1.0 oz	6.10	1.50	0.018
11439	Sauerkraut, canned, solids and liquids	142.0	1.0 cup	6.08	1.29	0.011
11090	Broccoli, raw	91.0	1.0 cup chopped	6.04	2.57	0.030
16090	Peanuts, all types, dry-roasted, with salt	28.35	1.0 oz	6.03	6.90	0.065
43379	Cheese, pasteurized process, swiss, low fat	140.0	1.0 cup, diced	6.02	35.70	--
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	6.01	0.87	0.012
11764	Celery, cooked, boiled, drained, with salt	150.0	1.0 cup, diced	6.00	1.24	0.016
16155	Peanut butter, smooth, vitamin and mineral fortified	32.0	2.0 tbsp	6.00	8.23	--
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	6.00	1.24	0.016
06003	CAMPBELL'S Red and White, Beefy Mushroom Soup, condensed	126.0	1.0 serving 1/2 cup	6.00	3.00	--
06354	CAMPBELL'S Red and White, French Onion Soup, condensed	126.0	1.0 serving 1/2 cup	6.00	2.00	--
11741	Broccoli, stalks, raw	114.0	1.0 stalk	5.97	3.40	0.033
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	5.97	5.68	0.062
21437	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	60.0	1.0 wing, with skin	5.96	13.02	0.100
11149	Chayote, fruit, raw	132.0	1.0 cup (1" pieces)	5.95	1.08	0.015
11015	Asparagus, canned, drained solids	242.0	1.0 cup	5.95	5.18	0.051
05150	Goose, liver, raw	94.0	1.0 liver	5.94	15.39	0.216
16504	LOMA LINDA Tender Rounds with Gravy, canned, unprepared	80.0	6.0 pieces	5.92	13.04	--
11350	Pokeberry shoots, (poke), raw	160.0	1.0 cup	5.92	4.16	--
11804	Okra, frozen, cooked, boiled, drained, with salt	92.0	0.5 cup slices	5.90	1.50	0.013
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	5.90	1.50	0.013
18317	Pie, egg custard, commercially prepared	28.35	1.0 oz	5.90	1.56	0.020
03206	Babyfood, cookie, baby, fruit	8.0	1.0 cookie	5.90	0.54	--
12200	Nuts, formulated, wheat-based, all flavors except macadamia, without salt	28.35	1.0 oz	5.89	3.72	0.049
16552	MORNINGSTAR FARMS Mushroom Lover's Burger, frozen, unprepared	64.0	1.0 burger	5.89	9.15	--
16528	WORTHINGTON Dinner Roast, frozen, unprepared	85.0	1.0 slice , 3/4"	5.86	13.60	--
11366	Potatoes, boiled, cooked in skin, skin, without salt	34.0	1.0 skin	5.85	0.97	--
11274	Mustard spinach, (tendergreen), raw	150.0	1.0 cup, chopped	5.85	3.30	--
11979	Peppers, jalapeno, raw	90.0	1.0 cup, sliced	5.85	0.82	--
03913	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, powder	9.4	1.0 scoop	5.85	1.15	--
11832	Potatoes, boiled, cooked in skin, skin, with salt	34.0	1.0 skin	5.85	0.97	--
28084	KEEBLER, FUDGE SHOPPE, Fudge-Dipped Ice Cream Cups	8.0	1.0 cup	5.85	0.48	--
11056	Beans, snap, green, canned, regular pack, drained solids	135.0	1.0 cup	5.83	1.51	0.016

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
11521	Taro leaves, cooked, steamed, without salt	145.0	1.0 cup	5.83	3.94	0.038
11890	Turnips, frozen, cooked, boiled, drained, with salt	156.0	1.0 cup	5.82	2.39	0.023
11529	Tomatoes, red, ripe, raw, year round average	149.0	1.0 cup cherry tomatoes	5.80	1.31	0.009
19076	Candies, caramels, chocolate-flavor roll	6.6	1.0 piece	5.79	0.10	--
27068	Dip, FRITO'S, bean, original flavor	36.0	2.0 tbsp	5.72	1.96	--
27065	Dip, bean, original flavor	36.0	2.0 tbsp	5.72	1.96	--
16615	MORNINGSTAR FARMS Chipotle Black Bean Crumbles, frozen, unprepared	56.0	0.5 cup	5.71	8.06	--
21470	Fast Foods, Fried Chicken, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	5.69	15.85	--
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup (1" pieces)	5.69	2.90	0.038
19040	Snacks, popcorn, cheese-flavor	11.0	1.0 cup	5.68	1.02	0.010
28376	VAN'S, The Perfect 10, Crispy Six Whole Grain + Four Seed Baked Crackers, Gluten Free	8.4	3.0 crackers	5.68	0.64	--
01189	KRAFT CHEEZ WHIZ LIGHT Pasteurized Process Cheese Product	35.0	2.0 tbsp	5.67	5.70	--
19891	Frozen novelties, No Sugar Added CREAMSICLE Pops	44.0	1.0 serving 1 pop	5.67	1.62	--
16156	Peanut butter, chunky, vitamin and mineral fortified	32.0	2.0 tbsp	5.66	8.34	--
11967	Cauliflower, green, cooked, no salt added	90.0	0.2 head	5.65	2.74	0.036
03171	Babyfood, juice, apple and prune	31.2	1.0 fl oz	5.65	0.06	--
11879	Taro, leaves, cooked, steamed, with salt	145.0	1.0 cup	5.64	3.94	0.038
06142	Sauce, sofrito, prepared from recipe	103.0	0.5 cup	5.62	13.18	--
06189	Sauce, teriyaki, ready-to-serve, reduced sodium	36.0	2.0 Tbsp	5.61	2.13	--
11742	Broccoli, cooked, boiled, drained, with salt	78.0	0.5 cup, chopped	5.60	1.86	0.027
11091	Broccoli, cooked, boiled, drained, without salt	78.0	0.5 cup, chopped	5.60	1.86	0.027
03220	Babyfood, dessert, dutch apple, strained	28.35	1.0 oz	5.60	0.06	--
11622	Kale, scotch, raw	67.0	1.0 cup, chopped	5.57	1.88	0.023
09307	Rhubarb, raw	122.0	1.0 cup, diced	5.54	1.10	--
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	5.54	17.85	0.200
42119	Babyfood, banana juice with low fat yogurt	31.5	1.0 fl oz	5.53	0.79	--
07008	Bologna, beef and pork	100.0	3.527 oz	5.49	15.20	0.214
33862	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder	9.6	1.0 scoop	5.47	1.04	--
12149	Nuts, pine nuts, pinyon, dried	28.35	1.0 oz	5.47	3.28	0.041
11916	Peppers, sweet, red, canned, solids and liquids	140.0	1.0 cup, halves	5.46	1.12	0.014
11335	Peppers, sweet, green, canned, solids and liquids	140.0	1.0 cup, halves	5.46	1.12	0.014
06152	Sauce, pizza, canned, ready-to-serve	63.0	0.25 cup	5.46	1.37	--
16527	WORTHINGTON Meatless Corned Beef Roll, frozen, unprepared	55.0	2.0 slices , 3/8"	5.44	10.23	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
16565	MORNINGSTAR FARMS Sausage Style Recipe Crumbles, frozen, unprepared	55.0	0.667 cup	5.44	11.11	--
03222	Babyfood, cherry cobbler, junior	28.35	1.0 oz	5.44	0.09	--
16548	MORNINGSTAR FARMS Grillers Original, frozen, unprepared	64.0	1.0 burger	5.44	15.30	--
05295	Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	85.0	3.0 oz	5.44	14.96	0.170
11448	Sesbania flower, cooked, steamed, without salt	104.0	1.0 cup	5.44	1.19	0.018
03221	Babyfood, dessert, dutch apple, junior	28.35	1.0 oz	5.44	0.06	0.001
15096	Fish, shark, mixed species, cooked, batter-dipped and fried	85.0	3.0 oz	5.43	15.83	0.180
11004	Amaranth leaves, cooked, boiled, drained, without salt	132.0	1.0 cup	5.43	2.79	0.036
11700	Amaranth leaves, cooked, boiled, drained, with salt	132.0	1.0 cup	5.43	2.79	0.036
16138	Falafel, home-prepared	17.0	1.0 patty (approx 2-1/4" dia)	5.41	2.26	0.023
11219	Gourd, white-flowered (calabash), cooked, boiled, drained, without salt	146.0	1.0 cup (1" cubes)	5.39	0.88	0.004
08580	Incaparina, dry mix (corn and soy flours), unprepared	8.9	1.0 tbsp	5.39	1.94	0.023
19138	Candies, truffles, prepared-from-recipe	12.0	1.0 piece	5.39	0.75	--
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	5.38	11.81	0.156
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	121.0	1.0 cup sliced	5.37	3.97	0.057
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	5.37	3.97	0.054
33868	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder	9.4	1.0 scoop	5.37	1.02	--
23501	USDA Commodity, beef patties with VPP, frozen, cooked	68.0	1.0 patty	5.37	10.64	--
03162	Babyfood, fruit, papaya and applesauce with tapioca, strained	28.35	1.0 oz	5.36	0.06	--
33867	Infant formula, GERBER, GOOD START, PROTECT PLUS, powder	9.4	1.0 scoop	5.36	1.06	--
11711	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt	124.0	1.0 cup (1/2" pieces)	5.36	1.04	--
11025	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	124.0	1.0 cup (1/2" pieces)	5.36	1.04	--
16160	Tofu, hard, prepared with nigari	122.0	0.25 block	5.36	15.47	0.229
18082	Bread stuffing, bread, dry mix, prepared	28.35	1.0 oz	5.34	0.77	0.010
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	175.0	1.0 cup, cubes	5.32	0.70	0.004
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	5.32	2.05	0.021
03929	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted	9.3	1.0 scoop	5.31	1.45	--
11922	Sesbania flower, cooked, steamed, with salt	104.0	1.0 cup	5.30	1.19	0.018
03137	Babyfood, fruit, prunes with tapioca, without ascorbic acid, junior	28.35	1.0 oz	5.30	0.17	--
33869	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, powder	9.4	1.0 scoop	5.29	1.04	--
03814	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, powder, not reconstituted	9.6	1.0 scoop	5.28	1.36	--
19912	Sweetener, syrup, agave	6.9	1.0 tsp	5.27	0.01	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
03849	Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, with iron, powder, with ARA and DHA	9.4	1.0 scoop	5.26	1.18	--
33870	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Toddler, LIPIL, powder	9.4	1.0 scoop	5.26	1.48	--
03901	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, liquid concentrate, not reconstituted	31.9	1.0 fl oz	5.26	1.04	--
01205	Cream substitute, flavored, liquid	15.0	1.0 tbsp	5.26	0.10	0.002
11945	Pickle relish, sweet	15.0	1.0 tbsp	5.26	0.06	0.001
14276	Beverages, Tropical Punch, ready-to-drink	210.0	1.0 NLEA Serving	5.25	0.00	--
03178	Babyfood, juice, prune and orange	31.2	1.0 fl oz	5.24	0.19	--
03867	Infant formula, NESTLE, GOOD START SOY, with ARA and DHA, powder	9.4	1.0 scoop	5.23	1.18	--
33872	Infant formula, GERBER, GOOD START 2 SOY, with iron, powder	9.4	1.0 scoop	5.23	1.18	--
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	9.5	1.0 scoop	5.22	1.04	--
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior	28.35	1.0 oz	5.22	0.34	0.004
03225	Babyfood, dessert, cherry vanilla pudding, junior	28.35	1.0 oz	5.22	0.06	--
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	5.21	12.08	0.133
11011	Asparagus, raw	134.0	1.0 cup	5.20	2.95	0.036
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	5.20	2.52	0.035
21143	CHICK-FIL-A, Chick-n-Strips	50.0	1.0 strip	5.20	10.70	--
10852	HORMEL ALWAYS TENDER, Pork Tenderloin, Teriyaki-Flavored	112.0	4.0 oz	5.19	20.38	--
21401	Fast foods, chicken tenders	30.0	1.0 strip	5.18	5.77	0.067
11958	Pickle relish, hamburger	15.0	1.0 tbsp	5.17	0.09	0.001
11109	Cabbage, raw	89.0	1.0 cup, chopped	5.16	1.14	0.010
03819	Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted	9.4	1.0 scoop	5.15	1.55	--
04367	Salad dressing, french dressing, fat-free	16.0	1.0 tablespoon	5.14	0.03	--
19175	Gelatin desserts, dry mix, reduced calorie, with aspartame	6.4	1.0 serving	5.13	1.00	--
11781	Cress, garden, cooked, boiled, drained, with salt	135.0	1.0 cup	5.13	2.56	--
11204	Cress, garden, cooked, boiled, drained, without salt	135.0	1.0 cup	5.13	2.56	--
16529	WORTHINGTON FriPats, frozen, unprepared	64.0	1.0 patty	5.12	15.17	--
11827	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	165.0	1.0 cup	5.12	3.79	--
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	165.0	1.0 cup	5.12	3.79	--
15155	Mollusks, abalone, mixed species, raw	85.0	3.0 oz	5.11	14.54	0.163
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	28.35	1.0 oz	5.10	0.34	0.004
20315	Corn flour, whole-grain, blue (harina de maiz morado)	6.9	1.0 tbsp	5.10	0.60	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
02076	Seasoning mix, dry, chili, original	9.0	1.33 tbsp	5.09	0.97	--
11094	Broccoli, frozen, spears, unprepared	95.0	0.33 package (10 oz)	5.08	2.91	0.030
11207	Dandelion greens, raw	55.0	1.0 cup, chopped	5.06	1.48	--
11005	Arrowhead, raw	25.0	1.0 large	5.06	1.33	--
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	5.06	0.50	0.007
03224	Babyfood, dessert, cherry vanilla pudding, strained	28.35	1.0 oz	5.05	0.06	--
11431	Radishes, oriental, cooked, boiled, drained, without salt	147.0	1.0 cup, sliced	5.04	0.98	0.006
11850	Radishes, oriental, cooked, boiled, drained, with salt	147.0	1.0 cup slices	5.04	0.98	0.006
01111	Milk shakes, thick vanilla	28.4	1.0 fl oz	5.04	1.10	0.015
11275	Mustard spinach, (tendergreen), cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	5.04	3.06	--
11801	Mustard spinach, (tendergreen), cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	5.04	3.06	--
11695	Tomatoes, orange, raw	158.0	1.0 cup, chopped	5.02	1.83	0.013
03226	Babyfood, dessert, fruit pudding, orange, strained	28.35	1.0 oz	5.02	0.31	--
15160	Mollusks, clam, mixed species, canned, drained solids	85.0	3.0 oz	5.02	20.61	0.288
32035	BANQUET, Salisbury Steak With Gravy, family size, frozen, unprepared	72.0	1.0 patty	5.01	4.96	--
33871	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with ARA and DHA	9.6	1.0 scoop	5.01	1.47	--
27058	Sauce, barbecue, OPEN PIT, original	17.0	1.0 tbsp	5.01	0.07	--
12567	Nuts, almonds, oil roasted, with salt added, smoke flavor	28.0	1.0 oz (28 almonds)	5.00	6.00	--
12157	Nuts, walnuts, dry roasted, with salt added	28.0	1.0 oz	5.00	4.00	--
03302	Babyfood, snack, GERBER GRADUATE YOGURT MELTS	7.0	1.0 serving	5.00	1.00	0.011
06599	PACE, Enchilada Sauce	60.0	0.25 cup	5.00	1.00	--
04020	Salad dressing, french dressing, reduced fat	16.0	1.0 tablespoon	5.00	0.09	0.000
11475	Squash, summer, scallop, raw	130.0	1.0 cup slices	4.99	1.56	0.014
33866	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, LIPIL, powder	9.6	1.0 scoop	4.99	1.24	--
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	28.35	1.0 oz	4.99	4.26	0.055
03802	Infant formula, NESTLE, GOOD START SUPREME, with iron, powder	8.7	1.0 scoop	4.99	0.98	--
11272	Mustard greens, frozen, unprepared	146.0	1.0 cup, chopped	4.98	3.64	0.039
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	35.0	2.0 tbsp	4.97	1.00	0.015
06120	Gravy, chicken, dry	8.0	1.0 tbsp	4.97	0.90	--
33877	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, powder	8.7	1.0 scoop	4.96	0.94	--
33863	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder	8.7	1.0 scoop	4.96	0.94	--
14240	Beverages, cranberry-apricot juice drink, bottled	30.6	1.0 fl oz	4.96	0.06	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	11.0	1.0 cup	4.96	0.80	0.007
14026	Beverages, THE COCA-COLA COMPANY, NOS Zero, energy drink, sugar-free with guarana, fortified with vitamins B6 and B12	480.0	16.0 fl oz	4.94	0.00	--
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117.0	0.5 cup	4.94	0.97	--
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	92.0	0.5 cup	4.93	2.85	0.029
03967	Toddler formula, MEAD JOHNSON, ENFAGROW, PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), powder	8.8	1.0 scoop	4.93	1.14	--
11467	Squash, summer, crookneck and straightneck, raw	127.0	1.0 cup sliced	4.93	1.28	0.010
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	92.0	0.5 cup	4.92	2.85	0.029
14277	Beverages, grape drink, canned	31.3	1.0 fl oz	4.92	0.00	--
43275	Cheese, pasteurized process, American, low fat	140.0	1.0 cup, diced	4.90	34.44	--
12205	Seeds, lotus seeds, raw	28.35	1.0 oz	4.90	1.17	0.017
43205	Beverage, instant breakfast powder, chocolate, not reconstituted	7.4	1.0 tbsp	4.90	1.47	--
11964	Nopales, cooked, without salt	149.0	1.0 cup	4.89	2.01	0.021
06094	Soup, onion, dry, mix	7.5	1.0 serving 1 tbsp	4.88	0.56	--
11993	Mushrooms, maitake, raw	70.0	1.0 cup diced	4.88	1.36	0.024
03943	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, powder, with ARA and DHA	8.7	1.0 scoop	4.87	1.11	--
03980	Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder	8.7	1.0 scoop	4.87	1.03	--
35197	Lambsquarters, steamed (Northern Plains Indians)	65.0	1.0 cup	4.86	2.64	--
11339	Peppers, sweet, green, sauteed	115.0	1.0 cup chopped	4.85	0.90	0.013
14238	Beverages, cranberry-apple juice drink, bottled	30.6	1.0 fl oz	4.85	0.00	--
12588	Nuts, cashew butter, plain, with salt added	16.0	1.0 tbsp	4.85	1.94	0.026
03696	Babyfood, cereal, rice, with honey, prepared with whole milk	28.35	1.0 oz	4.85	1.11	--
03869	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, with iron, powder, not reconstituted	8.5	1.0 scoop	4.84	0.92	--
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	4.84	2.05	0.011
06618	Sauce, peanut, made from coconut, water, sugar, peanuts	17.0	1.0 tbsp	4.84	0.34	--
01194	KRAFT BREAKSTONE'S FREE Fat Free Sour Cream	32.0	2.0 tbsp	4.83	1.50	--
01258	Egg, white, dried, stabilized, glucose reduced	107.0	1.0 cup, sifted	4.83	89.97	1.527
11209	Eggplant, raw	82.0	1.0 cup, cubes	4.82	0.80	0.007
12121	Nuts, hazelnuts or filberts, blanched	28.35	1.0 oz	4.82	3.88	0.050
03160	Babyfood, fruit, guava and papaya with tapioca, strained	28.35	1.0 oz	4.82	0.06	--
33873	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, AA LIPIL, powder, not reconstituted	9.4	1.0 scoop	4.79	1.32	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
14009	Alcoholic beverage, daiquiri, canned	30.5	1.0 fl oz	4.79	0.00	--
16609	MORNINGSTAR FARMS Breakfast Pattie, frozen, unprepared	38.0	1.0 pattie	4.79	9.01	--
16538	MORNINGSTAR FARMS Breakfast Pattie with Organic Soy, frozen, unprepared	38.0	1.0 Patty	4.79	9.01	--
03827	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	4.79	0.93	--
04015	Salad dressing, russian dressing	15.0	1.0 tbsp	4.78	0.10	--
01136	Egg, white, dried, powder, stabilized, glucose reduced	107.0	1.0 cup, sifted	4.78	88.17	1.355
03837	Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not reconstituted	8.7	1.0 scoop	4.78	0.99	--
03826	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, with iron, powder, not reconstituted	8.8	1.0 scoop	4.78	1.10	--
03808	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	4.78	0.92	--
12145	Nuts, pilinuts, dried	120.0	1.0 cup	4.78	12.96	0.227
03858	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted	8.7	1.0 scoop	4.77	0.94	--
28360	MARY'S GONE CRACKERS, Original Crackers, Organic Gluten Free	7.4	3.0 crackers	4.76	0.89	--
11430	Radishes, oriental, raw	116.0	1.0 cup slices	4.76	0.70	0.003
03928	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, powder	8.5	1.0 scoop	4.73	1.06	--
11362	Potatoes, raw, skin	38.0	1.0 skin	4.73	0.98	--
11506	Sweet potato leaves, cooked, steamed, without salt	64.0	1.0 cup	4.72	1.40	0.013
11874	Sweet potato leaves, cooked, steamed, with salt	64.0	1.0 cup	4.72	1.40	0.013
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	4.72	11.24	0.129
21141	BURGER KING, Vanilla Shake	24.8	1.0 fl oz	4.72	0.79	--
03165	Babyfood, fruit, apple and blueberry, junior	28.35	1.0 oz	4.71	0.06	--
03938	Infant formula, PBM PRODUCTS, store brand, powder	8.4	1.0 scoop	4.70	1.01	--
15245	Mollusks, oyster, eastern, farmed, raw	85.0	3.0 oz	4.70	4.44	0.050
04142	Salad dressing, french dressing, reduced fat, without salt	16.0	1.0 tablespoon	4.68	0.09	--
04635	Salad dressing, thousand island dressing, fat-free	16.0	1.0 tbsp	4.68	0.09	--
11786	Drumstick leaves, cooked, boiled, drained, with salt	42.0	1.0 cup, chopped	4.68	2.21	0.034
11223	Drumstick leaves, cooked, boiled, drained, without salt	42.0	1.0 cup, chopped	4.68	2.21	0.034
03229	Babyfood, dessert, peach melba, strained	28.35	1.0 oz	4.68	0.06	--
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	150.0	1.0 cup, chopped	4.66	3.40	0.038

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	150.0	1.0 cup, chopped or diced	4.66	3.40	0.038
03809	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, powder, not reconstituted	8.3	1.0 scoop	4.66	0.90	--
03805	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, powder	8.3	1.0 scoop	4.66	0.90	--
03852	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE LIPIL, with iron, powder, not reconstituted, with ARA and DHA	8.8	1.0 scoop	4.66	1.10	--
03954	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, powder, not reconstituted	8.7	1.0 scoop	4.66	1.10	--
03843	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted	8.7	1.0 scoop	4.66	1.10	--
14025	Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix	29.4	1.0 fl oz	4.66	0.03	--
11935	Catsup	17.0	1.0 tbsp	4.66	0.18	0.001
11949	Catsup, low sodium	17.0	1.0 tbsp	4.66	0.18	0.001
03950	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted	8.5	1.0 scoop	4.65	0.93	--
03853	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted	8.5	1.0 scoop	4.65	0.93	--
03230	Babyfood, dessert, peach melba, junior	28.35	1.0 oz	4.65	0.09	--
03238	Babyfood, dessert, tropical fruit, junior	28.35	1.0 oz	4.65	0.06	--
42259	Snacks, popcorn, home-prepared, oil-popped, unsalted	8.0	1.0 cup	4.65	0.72	--
03821	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, not reconstituted	8.8	1.0 scoop	4.65	1.23	--
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	4.63	9.71	0.117
42120	Babyfood, mixed fruit juice with low fat yogurt	31.5	1.0 fl oz	4.62	0.76	--
03164	Babyfood, fruit, apple and blueberry, strained	28.35	1.0 oz	4.62	0.06	--
01208	Cheese, provolone, reduced fat	132.0	1.0 cup, diced	4.62	32.60	0.455
11235	Kale, frozen, unprepared	94.0	0.333 package (10 oz)	4.61	2.50	0.030
11214	Escarole, cooked, boiled, drained, no salt added	150.0	1.0 cup	4.60	1.72	0.008
90240	Mollusks, scallop, (bay and sea), cooked, steamed	85.0	3.0 oz	4.60	17.46	0.147
14644	Beverages, PEPSICO QUAKER, Gatorade G2, low calorie	237.0	8.0 fl oz	4.60	0.12	--
19908	Sugar, turbinado	4.6	1.0 tsp	4.59	0.00	--
03838	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN LIPIL, with iron, powder, not reconstituted, with ARA and DHA	9.0	1.0 scoop	4.59	1.25	--
44048	Cheese food, pasteurized process, American, imitation, without added vitamin D	28.35	1.0 oz	4.59	1.16	--
16087	Peanuts, all types, raw	28.35	1.0 oz	4.57	7.31	0.071

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
14204	Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener	6.4	1.0 tsp dry	4.57	0.58	--
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	95.0	0.5 cup	4.56	3.81	0.096
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	95.0	0.5 cup	4.56	3.81	0.096
06126	Gravy, turkey, dry	7.0	1.0 serving	4.56	0.73	--
14282	Beverages, grape juice drink, canned	31.3	1.0 fl oz	4.55	0.00	--
03941	Infant formula, PBM PRODUCTS, store brand, soy, powder	8.7	1.0 scoop	4.54	1.18	--
07056	Peppered loaf, pork, beef	100.0	3.52 slices	4.53	17.30	--
33864	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	4.53	0.86	--
11784	Gourd, white-flowered (calabash), cooked, boiled, drained, with salt	146.0	1.0 cup (1" cubes)	4.53	0.88	0.004
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	7.9	1.0 cup	4.52	0.66	0.005
03957	Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA	8.7	1.0 scoop	4.52	1.22	--
03830	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, LIPIL, with iron, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	4.51	0.84	--
03704	Babyfood, cereal, mixed, with honey, prepared with whole milk	28.35	1.0 oz	4.51	1.42	--
33865	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	4.50	0.85	--
35200	Prairie Turnips, raw (Northern Plains Indians)	12.6	1.0 bulb peeled	4.49	0.33	--
03812	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	4.49	0.86	--
05036	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	4.49	29.94	0.339
43137	Vegetarian meatloaf or patties	56.0	1.0 slice	4.48	11.76	--
11523	Taro shoots, cooked, without salt	140.0	1.0 cup slices	4.48	1.02	--
22119	MORNINGSTAR FARMS Veggie Dog, frozen, unprepared	40.0	1.0 link	4.48	6.96	--
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior	28.35	1.0 oz	4.48	0.37	0.005
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	4.47	1.28	0.015
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	4.47	1.28	0.015
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	4.47	1.28	0.016
11880	Taro, shoots, cooked, with salt	140.0	1.0 cup slices	4.47	1.02	--
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	124.0	1.0 cup	4.46	2.52	0.035
03801	Infant formula, NESTLE, GOOD START SUPREME, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	4.46	0.88	--
03818	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	4.46	0.86	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
32034	HUNGRY MAN, Salisbury Steak With Gravy, frozen, unprepared	64.0	1.0 patty	4.45	5.09	--
14428	Beverages, shake, fast food, strawberry	23.5	1.0 fl oz	4.44	0.80	0.011
03926	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	4.43	1.00	--
03152	Babyfood, fruit, apple and raspberry, strained	28.35	1.0 oz	4.42	0.06	--
11417	Pumpkin flowers, cooked, boiled, drained, without salt	134.0	1.0 cup	4.42	1.46	--
11985	Fireweed, leaves, raw	23.0	1.0 cup, chopped	4.42	1.08	--
07940	Macaroni and cheese loaf, chicken, pork and beef	38.0	1.0 slice	4.42	4.47	0.055
04022	Salad dressing, russian dressing, low calorie	16.0	1.0 tablespoon	4.42	0.08	0.001
16149	Peanut spread, reduced sugar	31.0	2.0 tbsp	4.41	7.69	--
12088	Nuts, cashew butter, plain, without salt added	16.0	1.0 tbsp	4.41	2.81	0.044
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	28.35	1.0 oz	4.37	0.37	0.005
03153	Babyfood, fruit, apple and raspberry, junior	28.35	1.0 oz	4.37	0.06	--
03937	Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted	31.4	1.0 fl oz	4.36	0.91	--
11263	Mushrooms, white, stir-fried	108.0	1.0 cup sliced	4.36	3.87	0.040
15159	Mollusks, clam, mixed species, cooked, moist heat	85.0	3.0 oz	4.36	21.72	0.243
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	7.9	1.0 cup	4.36	0.59	0.004
42192	Salad dressing, blue or roquefort cheese dressing, fat-free	17.0	1.0 tbsp	4.35	0.26	--
16533	WORTHINGTON Smoked Turkey Roll, frozen, unprepared	55.0	1.0 slice , 3/8"	4.34	10.18	--
03693	Babyfood, cereal, oatmeal, with honey, prepared with whole milk	28.35	1.0 oz	4.34	1.42	--
03689	Babyfood, cereal, oatmeal, prepared with whole milk	28.35	1.0 oz	4.34	1.42	0.019
03856	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	4.32	0.83	--
03851	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	4.32	0.83	--
42171	Salad dressing, french dressing, reduced calorie	16.0	1.0 tbsp	4.32	0.06	--
03934	Babyfood, corn and sweet potatoes, strained	28.35	1.0 oz	4.32	0.36	0.005
16112	Miso	17.0	1.0 tbsp	4.31	2.17	0.026
03998	Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	7.0	18.0 piece	4.31	0.00	--
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	100.0	1.0 cup (1" pieces)	4.31	1.64	--
11767	Chrysanthemum, garland, cooked, boiled, drained, with salt	100.0	1.0 cup (1" pieces)	4.31	1.64	--
06930	Sauce, cheese, ready-to-serve	63.0	0.25 cup	4.30	4.23	--
06629	Sauce, pesto, CLASSICO, basil pesto, ready-to-serve	62.0	0.25 cup	4.30	2.58	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
03966	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, liquid concentrate	29.2	1.0 fl oz	4.30	0.97	--
14408	Beverages, orange-flavor drink, breakfast type, powder, prepared with water	33.9	1.0 fl oz	4.29	0.00	--
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	175.0	1.0 cup, cubes	4.29	0.70	0.004
14241	Beverages, cranberry-grape juice drink, bottled	30.6	1.0 fl oz	4.28	0.06	--
07968	Kielbasa, fully cooked, grilled	85.0	3.0 oz	4.28	10.58	0.105
14242	Cranberry juice cocktail, bottled	31.6	1.0 fl oz	4.27	0.00	--
32031	Salisbury steak with gravy, frozen	63.0	1.0 patty	4.27	4.40	--
11114	Cabbage, savoy, raw	70.0	1.0 cup, shredded	4.27	1.40	0.014
11847	Pumpkin, flowers, cooked, boiled, drained, with salt	134.0	1.0 cup	4.26	1.46	--
14303	Limeade, frozen concentrate, prepared with water	30.9	1.0 fl oz	4.26	0.00	--
06124	Gravy, pork, dry, powder	6.7	1.0 serving	4.26	0.59	--
11670	Peppers, hot chili, green, raw	45.0	1.0 pepper	4.26	0.90	0.012
11616	Dock, raw	133.0	1.0 cup, chopped	4.26	2.66	--
03854	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, LIPIL, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	4.25	1.00	--
14246	Beverages, tea, green, instant, decaffeinated, lemon, unsweetened, fortified with vitamin C	4.5	2.0 tbsp	4.25	0.00	--
03951	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	4.25	0.83	--
16222	Soymilk (all flavors), unsweetened, with added calcium, vitamins A and D	243.0	1.0 cup	4.23	6.95	--
11917	Peppers, sweet, red, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	4.23	1.03	0.013
11337	Peppers, sweet, green, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	4.23	1.03	0.013
11028	Bamboo shoots, canned, drained solids	131.0	1.0 cup (1/8" slices)	4.22	2.25	0.024
11726	Beans, snap, green, canned, no salt added, solids and liquids	120.0	0.5 cup	4.20	0.96	0.010
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	120.0	0.5 cup	4.20	0.96	0.010
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	120.0	0.5 cup	4.20	0.96	0.010
35201	Prairie Turnips, boiled (Northern Plains Indians)	14.0	1.0 bulb	4.20	0.23	--
16549	MORNINGSTAR FARMS Grillers Prime, frozen, unprepared	71.0	1.0 burger	4.19	17.04	--
03824	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, liquid concentrate, not reconstituted	30.8	1.0 fl oz	4.18	0.98	--
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	81.0	1.0 slice	4.18	21.48	0.271
14436	Beverages, orange breakfast drink, ready-to-drink, with added nutrients	31.6	1.0 fl oz	4.17	0.00	--
16514	WORTHINGTON Low Fat Fri Chik, canned, unprepared	85.0	2.0 pieces	4.17	12.16	--
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	4.16	0.45	0.006

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
03947	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA	30.5	1.0 fl oz	4.16	0.83	--
19120	Candies, milk chocolate	7.0	1.0 bar, miniature	4.16	0.54	--
22120	MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared	50.0	0.5 cup	4.15	9.25	--
03842	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid concentrate	31.4	1.0 fl oz	4.15	0.98	--
03952	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, liquid concentrate	31.4	1.0 fl oz	4.15	0.98	--
03844	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA	31.6	1.0 fl oz	4.15	1.12	--
11696	Tomatoes, yellow, raw	139.0	1.0 cup, chopped	4.14	1.36	0.010
03816	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, liquid concentrate, not reconstituted	31.5	1.0 fl oz	4.13	1.11	--
11751	Cabbage, common, cooked, boiled, drained, with salt	75.0	0.5 cup, shredded	4.13	0.95	0.008
11110	Cabbage, cooked, boiled, drained, without salt	75.0	0.5 cup, shredded	4.13	0.95	0.008
11220	Gourd, dishcloth (towelgourd), raw	95.0	1.0 cup (1" pieces)	4.13	1.14	--
14027	Alcoholic beverage, whiskey sour, canned	30.8	1.0 fl oz	4.13	0.00	--
14135	Alcoholic beverage, wine, table, white, late harvest	30.8	1.0 fl oz	4.12	0.02	--
14130	Carbonated beverage, cream soda	30.9	1.0 fl oz	4.11	0.00	--
03956	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified	31.0	1.0 oz	4.10	1.05	--
11237	Kanpyo, (dried gourd strips)	6.3	1.0 strip	4.10	0.54	--
06958	Gravy, instant beef, dry	6.7	1.0 serving	4.09	0.66	--
43597	Cheese, mozzarella, low sodium	132.0	1.0 cup, diced	4.09	36.30	--
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	4.08	2.75	0.048
06048	Soup, oyster stew, canned, condensed	123.0	0.5 cup (4 fl oz)	4.08	2.12	--
11428	Purslane, cooked, boiled, drained, without salt	115.0	1.0 cup	4.08	1.71	0.018
11849	Purslane, cooked, boiled, drained, with salt	115.0	1.0 cup	4.08	1.71	0.018
01009	Cheese, cheddar	132.0	1.0 cup, diced	4.08	30.19	0.722
14347	Shake, fast food, vanilla	20.8	1.0 fl oz	4.07	0.70	0.012
06448	Soup, oyster stew, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	4.07	2.10	--
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	113.0	4.0 oz	4.07	23.16	0.243
43387	Turnip greens, canned, no salt added	144.0	1.0 cup	4.05	1.96	--
28345	Crackers, gluten-free, multi-seeded and multigrain	6.1	3.0 crackers	4.04	0.69	--
42128	Turkey ham, sliced, extra lean, prepackaged or deli-sliced	138.0	1.0 cup pieces	4.04	27.05	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
21435	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	4.04	16.72	0.127
21347	McDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing	59.0	2.0 fl oz	4.04	2.10	--
14057	Alcoholic beverage, wine, dessert, sweet	29.5	1.0 fl oz	4.04	0.06	--
14640	Beverages, Energy drink, VAULT, citrus flavor	31.0	1.0 oz	4.03	0.00	--
14084	Alcoholic beverage, wine, table, all	148.0	1.0 serving (5 fl oz)	4.03	0.10	--
14074	Beverages, ZEVIA, cola, caffeine free	355.0	1.0 can	4.01	0.00	--
14073	Beverages, ZEVIA, cola	355.0	1.0 can	4.01	0.00	--
16244	SILK Unsweetened, soymilk	243.0	1.0 cup	4.01	7.00	--
06957	Gravy, brown instant, dry	6.7	1.0 serving	4.01	0.57	--
14531	Alcoholic beverage, whiskey sour	30.4	1.0 fl oz	4.00	0.00	--
06323	Gravy, CAMPBELL'S, turkey, fat free	60.0	0.25 cup	4.00	1.00	--
06998	Gravy, CAMPBELL'S, brown with onions	59.0	0.25 cup	4.00	0.00	--
06331	Gravy, FRANCO-AMERICAN, turkey, slow roast	59.0	0.25 cup	4.00	1.00	--
06328	Gravy, FRANCO-AMERICAN, chicken, slow roast, fat free	59.0	0.25 cup	4.00	1.00	--
07938	Ham, honey, smoked, cooked	55.0	1.94 oz (1 serving)	4.00	9.86	--
03144	Babyfood, fruit, applesauce and cherries, strained	28.35	1.0 oz	4.00	0.00	--
03145	Babyfood, fruit, applesauce and cherries, junior	28.35	1.0 oz	4.00	0.00	--
27049	Sauce, tartar, ready-to-serve	30.0	2.0 tablespoons	3.99	0.30	--
11058	Beans, snap, canned, all styles, seasoned, solids and liquids	114.0	0.5 cup	3.98	0.95	0.010
11819	Peppers, hot chili, red, raw	45.0	1.0 pepper	3.96	0.84	0.012
27059	Sauce, peanut, made from peanut butter, water, soy sauce	18.0	1.0 tbsp	3.96	1.14	--
03267	Babyfood, juice, fruit punch, with calcium	31.2	1.0 fl oz	3.96	0.06	--
14327	Beverages, orange and apricot juice drink, canned	31.2	1.0 fl oz	3.96	0.09	--
11593	Waxgourd, (chinese preserving melon), raw	132.0	1.0 cup, cubes	3.96	0.53	0.003
14194	Beverages, Cocoa mix, powder, prepared with water	34.3	1.0 fl oz	3.96	0.32	--
15251	USDA Commodity, salmon nuggets, breaded, frozen, heated	28.35	1.0 oz	3.96	3.60	--
42303	Cheese, muenster, low fat	113.0	1.0 cup, shredded	3.96	27.91	--
42304	Cheese, mozzarella, nonfat	113.0	1.0 cup, shredded	3.96	35.82	--
11429	Radishes, raw	116.0	1.0 cup slices	3.94	0.79	0.010
14629	Beverages, Energy drink, ROCKSTAR	31.0	1.0 fl oz	3.94	0.11	--
12198	Seeds, sesame butter, tahini, from raw and stone ground kernels	15.0	1.0 tbsp	3.93	2.67	0.058
03205	Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified	5.3	1.0 tbsp	3.93	0.56	--
11568	Turnip greens, raw	55.0	1.0 cup, chopped	3.92	0.82	0.014

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	3.92	11.80	0.110
05286	Turkey and gravy, frozen	85.0	3.0 oz	3.92	5.00	0.057
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	3.92	11.80	0.110
19281	Frozen novelties, ice type, italian, restaurant-prepared	29.0	1.0 fl oz	3.92	0.01	--
16521	WORTHINGTON Vegetable Skallops, canned, unprepared	85.0	0.5 cup	3.91	16.92	--
11965	Cauliflower, green, raw	64.0	1.0 cup	3.90	1.89	0.025
14029	Alcoholic beverage, whiskey sour, prepared from item 14028	30.4	1.0 fl oz	3.90	0.02	--
11968	Cauliflower, green, cooked, with salt	62.0	0.5 cup (1" pieces)	3.89	1.88	0.025
11023	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	58.0	1.0 cup	3.87	2.09	--
06959	Gravy, instant turkey, dry	6.7	1.0 serving	3.86	0.79	--
11477	Squash, summer, zucchini, includes skin, raw	124.0	1.0 cup, chopped	3.86	1.50	0.012
03141	Babyfood, pears, dices, toddler	28.35	1.0 oz	3.86	0.09	--
12169	Seeds, sesame butter, paste	16.0	1.0 tbsp	3.85	2.89	0.063
12143	Nuts, pecans, dry roasted, without salt added	28.35	1.0 oz	3.84	2.69	0.027
12643	Nuts, pecans, dry roasted, with salt added	28.35	1.0 oz	3.84	2.69	0.027
03167	Babyfood, apple-banana juice	31.2	1.0 fl oz	3.84	0.06	--
03170	Babyfood, juice, apple and plum	31.2	1.0 fl oz	3.84	0.03	--
11802	New zealand spinach, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	3.83	2.34	--
11277	New Zealand spinach, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	3.83	2.34	--
14323	Beverages, orange drink, canned, with added vitamin C	31.0	1.0 fl oz	3.83	0.00	--
03940	Infant formula, PBM PRODUCTS, store brand, soy, liquid concentrate, not reconstituted	31.4	1.0 fl oz	3.82	1.13	--
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	3.82	12.57	0.166
14150	Beverages, carbonated, orange	31.0	1.0 fl oz	3.81	0.00	--
43016	Salad dressing, coleslaw	16.0	1.0 tbsp	3.81	0.14	--
03711	Babyfood, cereal, high protein, with apple and orange, prepared with whole milk	28.35	1.0 oz	3.80	1.96	--
11297	Parsley, fresh	60.0	1.0 cup chopped	3.80	1.78	0.027
01166	Cheese, mexican, queso asadero	132.0	1.0 cup, diced	3.79	29.83	0.355
11641	Squash, summer, all varieties, raw	113.0	1.0 cup, sliced	3.79	1.37	0.012
14425	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water	31.0	1.0 fl oz	3.79	0.01	--
16511	WORTHINGTON Choplets, canned, unprepared	92.0	2.0 slices	3.77	17.85	--
01036	Cheese, ricotta, whole milk	124.0	0.5 cup	3.77	13.96	0.155

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
06627	Sauce, pesto, ready-to-serve, shelf stable	61.0	0.25 cup	3.75	3.05	--
11266	Mushrooms, brown, italian, or crimini, raw	87.0	1.0 cup whole	3.74	2.18	0.049
11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	87.0	1.0 cup whole	3.74	2.18	--
21379	McDONALD'S, Side Salad	87.0	1.0 item 3.1 oz	3.74	0.90	--
15230	Mollusks, octopus, common, cooked, moist heat	85.0	3.0 oz	3.74	25.35	0.284
12540	Seeds, sunflower seed butter, with salt added	16.0	1.0 tbsp	3.73	2.76	0.046
12040	Seeds, sunflower seed butter, without salt	16.0	1.0 tbsp	3.73	2.76	0.046
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	73.0	1.0 pepper	3.72	0.66	0.009
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	73.0	1.0 pepper	3.72	0.66	0.009
03176	Babyfood, juice, orange and banana	31.2	1.0 fl oz	3.71	0.22	--
04638	Salad dressing, ranch dressing, fat-free	14.0	1.0 tablespoon	3.71	0.04	--
03166	Babyfood, juice, apple	31.7	1.0 fl oz	3.71	0.00	--
11239	Mushrooms, Chanterelle, raw	54.0	1.0 cup	3.70	0.80	--
43078	Beverage, milkshake mix, dry, not chocolate	7.0	1.0 tbsp	3.70	1.64	--
14267	Beverages, Fruit punch drink, with added nutrients, canned	31.0	1.0 fl oz	3.70	0.00	--
43408	Babyfood, juice, pear	31.2	1.0 fl oz	3.70	0.00	--
43340	Cheese, parmesan, low sodium	100.0	1.0 cup, grated	3.70	41.60	--
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	3.70	2.16	0.026
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	3.70	2.16	0.026
07944	Turkey, white, rotisserie, deli cut	48.0	1.69 oz (1 serving)	3.70	6.48	0.074
14341	Beverages, pineapple and orange juice drink, canned	31.3	1.0 fl oz	3.69	0.41	--
01005	Cheese, brick	132.0	1.0 cup, diced	3.68	30.68	0.428
16522	WORTHINGTON Vegetable Steaks, canned, unprepared	72.0	2.0 slices	3.67	14.90	--
03177	Babyfood, juice, orange and pineapple	31.2	1.0 fl oz	3.65	0.16	--
03179	Babyfood, juice, mixed fruit	31.2	1.0 fl oz	3.65	0.03	--
01228	Cheese, fresh, queso fresco	122.0	1.0 cup, crumbled	3.64	22.07	--
14334	Beverages, pineapple and grapefruit juice drink, canned	31.3	1.0 fl oz	3.63	0.06	--
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	98.0	1.0 cup, chopped	3.63	2.04	--
11504	Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt	98.0	1.0 cup, chopped	3.63	2.04	--
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	140.0	1.0 cup	3.63	40.59	0.476
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	3.62	2.41	0.034
42235	Cheese, cottage, lowfat, 1% milkfat, lactose reduced	113.0	4.0 oz	3.62	14.01	--
04023	Salad dressing, thousand island dressing, reduced fat	15.0	1.0 tablespoon	3.61	0.12	0.000
11279	Okra, cooked, boiled, drained, without salt	80.0	0.5 cup slices	3.61	1.50	0.013
11803	Okra, cooked, boiled, drained, with salt	80.0	0.5 cup slices	3.61	1.50	0.013

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
14269	Beverages, Fruit punch drink, frozen concentrate, prepared with water	30.9	1.0 fl oz	3.60	0.02	--
03293	Babyfood, plums, bananas and rice, strained	28.35	1.0 oz	3.60	0.31	--
11118	Cabbage, kimchi	150.0	1.0 cup	3.60	1.65	--
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	3.60	7.54	0.091
11740	Broccoli, flower clusters, raw	71.0	1.0 cup flowerets	3.59	2.12	0.021
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	126.0	0.5 cup	3.59	11.39	0.155
03174	Babyfood, juice, orange and apple and banana	31.2	1.0 fl oz	3.59	0.12	--
42129	Bologna, beef and pork, low fat	138.0	1.0 cup pieces	3.59	15.87	--
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	85.0	3.0 oz	3.59	11.96	0.112
03169	Babyfood, apple-cranberry juice	31.2	1.0 fl oz	3.58	0.00	--
12203	Nuts, chestnuts, japanese, boiled and steamed	28.35	1.0 oz	3.58	0.23	0.003
11982	Peppers, pasilla, dried	7.0	1.0 pepper	3.58	0.86	--
11710	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt	58.0	1.0 cup	3.57	2.09	--
06118	Gravy, brown, dry	6.0	1.0 tbsp	3.56	0.64	--
28362	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Explosive Pizza	5.3	10.0 goldfish	3.56	0.51	--
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	43.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	3.56	9.44	0.108
06985	Gravy, HEINZ Home Style, savory beef	57.0	1.0 serving 1/4 cup 2 oz	3.56	0.62	0.004
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	3.55	2.60	0.037
07089	Sausage, Italian, pork, cooked	83.0	1.0 link, 4/lb	3.54	15.87	0.134
14427	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water	31.3	1.0 fl oz	3.54	0.04	--
14263	Beverages, citrus fruit juice drink, frozen concentrate, prepared with water	31.0	1.0 fl oz	3.54	0.11	--
03265	Babyfood, juice, apple and grape	31.2	1.0 fl oz	3.54	0.03	--
03139	Babyfood, prunes, without vitamin c, strained	15.0	1.0 tbsp	3.53	0.15	--
07942	Pate, truffle flavor	56.0	1.0 serving 2 oz	3.53	6.27	0.088
27054	Dip, TOSTITOS, salsa con queso, medium	30.0	2.0 tbsp	3.52	0.88	--
14019	Alcoholic beverage, tequila sunrise, canned	31.1	1.0 fl oz	3.51	0.09	--
42266	Babyfood, juice, apple-sweet potato	30.8	1.0 fl oz	3.51	0.09	--
11941	Pickles, cucumber, sour	155.0	1.0 cup	3.50	0.51	0.005
16426	Tofu, raw, firm, prepared with calcium sulfate	126.0	0.5 cup	3.50	21.76	0.296
11944	Pickle relish, hot dog	15.0	1.0 tbsp	3.50	0.22	0.003
03870	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber	31.0	1.0 fl oz	3.50	0.87	--
14431	Cranberry juice cocktail, frozen concentrate, prepared with water	29.6	1.0 fl oz	3.50	0.00	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
43535	Babyfood, juice, apple - cherry	31.2	1.0 fl oz	3.49	0.06	--
42291	Peanut butter, reduced sodium	16.0	1.0 tbsp	3.49	3.84	--
13326	Beef, variety meats and by-products, liver, cooked, braised	68.0	1.0 slice	3.49	19.77	0.250
03685	Babyfood, cereal, mixed, prepared with whole milk	28.35	1.0 oz	3.49	1.17	0.018
14125	Alcoholic beverage, wine, table, white, late harvest, Gewurztraminer	30.5	1.0 fl oz	3.47	0.02	--
14142	Beverages, carbonated, grape soda	31.0	1.0 fl oz	3.47	0.00	--
43329	Salad dressing, mayonnaise and mayonnaise-type, low calorie	14.5	1.0 tbsp	3.47	0.13	--
03860	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed	31.0	1.0 fl oz	3.46	0.89	--
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	3.46	5.31	0.052
11709	Asparagus, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	3.46	5.31	0.052
14536	Alcoholic beverage, wine, dessert, dry	29.5	1.0 fl oz	3.44	0.06	--
28361	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Cheddar	5.2	10.0 goldfish	3.44	0.61	--
11024	Balsam-pear (bitter gourd), pods, raw	93.0	1.0 cup (1/2" pieces)	3.44	0.93	--
03115	Babyfood, apples, dices, toddler	28.35	1.0 oz	3.43	0.06	--
28364	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Parmesan	5.3	10.0 goldfish	3.43	0.59	--
28363	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original	5.2	10.0 goldfish	3.42	0.49	--
28331	Crackers, flavored, fish-shaped	5.2	10.0 goldfish	3.41	0.53	--
16523	WORTHINGTON Vegetarian Burger, canned, unprepared	55.0	0.25 cup	3.41	10.23	--
27053	Dip, OLD EL PASO, Cheese 'n Salsa, medium	32.0	2.0 tbsp	3.41	0.86	--
42204	Rice cake, cracker (include hain mini rice cakes)	4.2	1.0 cubic inch	3.41	0.30	--
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	95.0	0.33 package (10 oz)	3.40	1.10	0.010
03175	Babyfood, juice, orange and apricot	31.2	1.0 fl oz	3.40	0.25	--
42157	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free	17.0	1.0 tbsp	3.40	0.24	--
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	28.35	1.0 oz	3.39	0.99	0.010
11106	Butterbur, (fuki), raw	94.0	1.0 cup	3.39	0.37	--
01011	Cheese, colby	132.0	1.0 cup, diced	3.39	31.36	0.403
43273	Cheese, cottage, with vegetables	113.0	4.0 oz	3.39	12.32	0.151
43396	Cheese, cottage, lowfat, 1% milkfat, with vegetables	113.0	4.0 oz	3.39	12.32	--
11240	Mushrooms, morel, raw	66.0	1.0 cup	3.37	2.06	--
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	15.0	1.0 tablespoon	3.36	0.14	0.002
15252	USDA Commodity, salmon nuggets, cooked as purchased, unheated	28.35	1.0 oz	3.36	3.39	--
11969	Broccoli, chinese, cooked	88.0	1.0 cup	3.35	1.00	--
11452	Soybeans, mature seeds, sprouted, raw	35.0	0.5 cup	3.35	4.58	0.056
36612	DENNY'S, golden fried shrimp	16.0	1.0 piece	3.35	2.22	0.025

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
03161	Babyfood, peaches, dices, toddler	28.35	1.0 oz	3.35	0.14	--
22122	MORNINGSTAR FARMS Breakfast Sausage Patties, frozen, unprepared	38.0	1.0 patty	3.34	9.80	--
27052	Dip, salsa con queso, cheese and salsa- medium	30.0	2.0 tbsp	3.34	0.94	--
11928	Tree fern, cooked, with salt	31.0	1.0 frond (6-1/2" long)	3.34	0.09	--
14543	Beverages, lemonade, frozen concentrate, pink, prepared with water	30.9	1.0 fl oz	3.34	0.02	--
14406	Beverages, fruit punch juice drink, frozen concentrate, prepared with water	29.3	1.0 fl oz	3.34	0.02	--
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	86.0	1.0 cup diced	3.33	1.81	0.048
11265	Mushrooms, portabella, raw	86.0	1.0 cup diced	3.33	1.81	0.030
15170	Mollusks, oyster, eastern, canned	85.0	3.0 oz	3.32	6.00	0.067
28365	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza	5.1	10.0 goldfish	3.32	0.49	--
14552	Carbonated beverage, chocolate-flavored soda	31.0	1.0 fl oz	3.32	0.00	--
14022	Beverages, MONSTER energy drink, low carb	240.0	8.0 fl oz	3.31	0.00	--
06971	Sauce, worcestershire	17.0	1.0 tbsp	3.31	0.00	--
14187	Beverages, Clam and tomato juice, canned	30.2	1.0 fl oz	3.31	0.18	0.001
13325	Beef, variety meats and by-products, liver, raw	85.0	3.0 oz	3.31	17.31	0.224
02075	Seasoning mix, dry, taco, original	5.7	2.0 tsp	3.31	0.26	--
01192	KRAFT VELVEETA LIGHT Reduced Fat Pasteurized Process Cheese Product	28.0	1.0 oz	3.30	5.49	--
16532	WORTHINGTON Prosage Roll, frozen, unprepared	55.0	1.0 slice , 5/8"	3.30	10.78	--
03682	Babyfood, cereal, high protein, prepared with whole milk	28.35	1.0 oz	3.29	2.47	0.037
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	3.29	3.41	0.079
06999	Gravy, CAMPBELL'S, chicken	56.0	0.25 cup	3.29	0.44	--
03168	Babyfood, juice, apple and peach	31.2	1.0 fl oz	3.28	0.06	--
14157	Beverages, carbonated, root beer	30.8	1.0 fl oz	3.26	0.00	--
23506	USDA Commodity, beef patties with VPP, frozen, raw	85.0	1.0 serving	3.26	12.93	--
43514	Frozen novelties, ice type, pop, with low calorie sweetener	55.0	1.0 serving 1.75 fl oz pop	3.26	0.00	--
14147	Beverages, carbonated, cola, without caffeine	30.7	1.0 fl oz	3.25	0.00	--
07911	Liverwurst spread	55.0	0.25 cup	3.24	6.81	0.083
11946	Pickles, cucumber, sour, low sodium	143.0	1.0 cup, chopped or diced	3.23	0.47	0.004
16593	MORNINGSTAR FARMS Hot and Spicy Veggie Sausage Patties, frozen, unprepared	38.0	1.0 patty	3.23	8.28	--
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	96.0	1.0 serving	3.23	21.35	0.196
12698	Seeds, sesame butter, tahini, type of kernels unspecified	15.0	1.0 tbsp	3.22	2.61	--
11576	Turnip greens and turnips, frozen, unprepared	95.0	0.33 package (10 oz)	3.22	2.34	0.035
14293	Lemonade, frozen concentrate, white, prepared with water	30.9	1.0 fl oz	3.22	0.02	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
07058	Pickle and pimiento loaf, pork	38.0	1.0 slice	3.21	4.27	0.042
17201	Lamb, variety meats and by-products, liver, cooked, pan-fried	85.0	3.0 oz	3.21	21.70	0.252
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	85.0	3.0 oz	3.21	19.80	0.207
14144	Beverages, carbonated, lemon-lime soda, no caffeine	30.8	1.0 fl oz	3.21	0.03	--
43546	Babyfood, banana no tapioca, strained	15.0	1.0 tbsp	3.20	0.15	--
43215	Salad dressing, buttermilk, lite	15.0	1.0 tablespoon	3.20	0.19	--
04640	Salad dressing, ranch dressing, reduced fat	15.0	1.0 tablespoon	3.20	0.19	--
10111	Pork, fresh, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	3.20	22.12	0.311
14153	Beverages, carbonated, pepper-type, contains caffeine	30.7	1.0 fl oz	3.19	0.00	--
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	140.0	1.0 cup	3.19	25.56	0.307
03172	Babyfood, juice, orange	31.2	1.0 fl oz	3.18	0.19	--
42285	Babyfood, cereal, brown rice, dry, instant	3.7	1.0 tbsp	3.18	0.32	--
14148	Beverages, carbonated, cola, regular	30.7	1.0 fl oz	3.18	0.00	--
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15.0	1.0 tbsp	3.18	2.55	0.056
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	3.17	5.76	0.064
01153	Milk, canned, evaporated, with added vitamin A	31.5	1.0 fl oz	3.16	2.15	0.030
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	3.16	2.15	0.030
19217	Frozen novelties, ice type, fruit, no sugar added	51.0	1.0 bar	3.16	0.26	--
07970	Kielbasa, fully cooked, unheated	85.0	3.0 oz	3.16	9.21	0.093
03173	Babyfood, juice, orange and apple	31.2	1.0 fl oz	3.15	0.12	--
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	31.0	2.0 large	3.14	5.60	0.065
16536	WORTHINGTON Wham (roll), frozen, unprepared	55.0	1.0 slice , 3/8"	3.14	9.79	--
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	85.0	3.0 oz	3.13	15.56	0.163
14145	Beverages, carbonated, SPRITE, lemon-lime, without caffeine	30.8	1.0 fl oz	3.12	0.02	--
22978	Chicken tenders, breaded, frozen, prepared	21.0	1.0 piece	3.12	3.07	0.031
19002	Snacks, beef jerky, chopped and formed	28.35	1.0 oz	3.12	9.41	--
19337	Sweeteners, tabletop, aspartame, EQUAL, packets	3.5	1.0 tsp	3.12	0.08	0.000
15030	Fish, gefiltefish, commercial, sweet recipe	42.0	1.0 piece	3.11	3.81	0.036
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	3.10	3.93	0.054
14541	Beverages, fruit punch-flavor drink, powder, without added sodium, prepared with water	32.7	1.0 fl oz	3.10	0.00	--
03268	Babyfood, juice, apple and cherry	31.2	1.0 fl oz	3.09	0.03	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
11137	Cauliflower, frozen, unprepared	66.0	0.5 cup (1" pieces)	3.09	1.33	0.017
11505	Sweet potato leaves, raw	35.0	1.0 cup, chopped	3.09	0.87	0.012
03297	Babyfood, dinner, apples and chicken, strained	28.35	1.0 oz	3.08	0.61	--
05017	Chicken, broilers or fryers, skin only, cooked, fried, flour	33.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	3.08	6.30	0.053
18374	Leavening agents, yeast, baker's, compressed	17.0	1.0 cake (0.6 oz)	3.08	1.43	0.018
03135	Babyfood, fruit, plums with tapioca, without ascorbic acid, junior	15.0	1.0 tbsp	3.08	0.02	--
01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	3.07	14.00	0.156
06630	Sauce, pesto, MEZZETTA, NAPA VALLEY BISTRO, basil pesto, ready-to-serve	60.0	0.25 cup	3.07	4.01	--
03051	Babyfood, dinner, spaghetti and tomato and meat, toddler	28.35	1.0 oz	3.06	1.50	0.018
16513	WORTHINGTON FriChik Original, canned, unprepared	90.0	2.0 pieces	3.06	12.06	--
16546	MORNINGSTAR FARMS Breakfast Sausage Links, frozen, unprepared	45.0	2.0 links	3.06	8.64	--
43352	Cheese, cottage, lowfat, 1% milkfat, no sodium added	113.0	4.0 oz	3.05	14.01	--
42267	Babyfood, juice, orange-carrot	30.8	1.0 fl oz	3.05	0.15	--
03233	Babyfood, dessert, fruit pudding, pineapple, strained	15.0	1.0 tbsp	3.04	0.20	--
01188	KRAFT CHEEZ WHIZ Pasteurized Process Cheese Sauce	33.0	2.0 tbsp	3.04	3.96	--
15157	Mollusks, clam, mixed species, raw	85.0	3.0 oz	3.03	12.47	0.174
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	3.03	2.65	0.026
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	3.03	2.65	0.026
11707	Asparagus, canned, no salt added, solids and liquids	122.0	0.5 cup	3.03	2.20	0.022
11013	Asparagus, canned, regular pack, solids and liquids	122.0	0.5 cup	3.03	2.20	0.022
09149	Kumquats, raw	19.0	1.0 fruit without refuse	3.02	0.36	--
16137	Hummus, home prepared	15.0	1.0 tablespoon	3.02	0.73	0.009
17203	Veal, variety meats and by-products, liver, cooked, braised	80.0	1.0 slice	3.02	22.74	0.289
06119	Gravy, chicken, canned or bottled, ready-to-serve	57.0	0.25 cup	3.02	0.40	--
12195	Nuts, almond butter, plain, without salt added	16.0	1.0 tbsp	3.01	3.35	0.025
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	3.01	3.35	0.025
11574	Turnip greens, frozen, unprepared	82.0	0.5 cup, chopped or diced	3.01	2.03	0.035
06609	SWANSON BROTH, Certified Organic Vegetable Broth	235.0	1.0 cup	3.01	0.00	--
27029	PACE, Tequila Lime Salsa	32.0	1.0 serving	3.00	0.00	--
06601	PACE, Lime & Garlic Chunky Salsa	32.0	1.0 serving	3.00	0.00	--
27030	PACE, Triple Pepper Salsa	32.0	1.0 serving	3.00	1.00	--
27027	PACE, Pico De Gallo	32.0	1.0 serving	3.00	0.00	--
16262	SILK Hazelnut Creamer	15.0	1.0 tbsp	3.00	0.00	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
14031	Beverages, water, bottled, yumberry, pomegranate with anti-oxidants, zero calories	240.0	8.0 fl oz	3.00	0.00	--
06325	Gravy, CAMPBELL'S, chicken, microwavable	60.0	0.25 cup	3.00	0.00	--
06332	Gravy, CAMPBELL'S, turkey, microwavable	60.0	0.25 cup	3.00	1.00	--
19171	Cocoa, dry powder, unsweetened, HERSHEY'S European Style Cocoa	5.0	1.0 tbsp	3.00	1.00	--
16261	SILK French Vanilla Creamer	15.0	1.0 tbsp	3.00	0.00	--
14092	Beverages, chocolate almond milk, unsweetened, shelf-stable, fortified with vitamin D2 and E	240.0	1.0 cup	3.00	1.99	--
11143	Celery, raw	101.0	1.0 cup chopped	3.00	0.70	0.009
14609	Beverages, V8 SPLASH Juice Drinks, Diet Strawberry Kiwi	238.0	1.0 serving	3.00	0.00	--
14610	Beverages, V8 SPLASH Juice Drinks, Diet Tropical Blend	238.0	1.0 serving 8 oz	3.00	0.00	--
14608	Beverages, V8 SPLASH Juice Drinks, Diet Fruit Medley	238.0	1.0 serving 8 oz	3.00	0.00	--
06997	Gravy, CAMPBELL'S, beef	59.0	0.25 cup	3.00	1.00	--
06322	Gravy, CAMPBELL'S, mushroom	59.0	0.25 cup	3.00	0.00	--
06319	Gravy, CAMPBELL'S, country style sausage	59.0	0.25 cup	3.00	2.00	--
06329	Gravy, FRANCO-AMERICAN, beef, slow roast	59.0	0.25 cup	3.00	1.00	--
06326	Gravy, CAMPBELL'S, turkey	59.0	0.25 cup	3.00	1.00	--
06320	Gravy, CAMPBELL'S, chicken, fat free	59.0	0.25 cup	3.00	1.00	--
06317	Gravy, CAMPBELL'S, beef, fat free	59.0	0.25 cup	3.00	1.00	--
06330	Gravy, FRANCO-AMERICAN, chicken, slow roast	59.0	0.25 cup	3.00	1.00	--
06327	Gravy, FRANCO-AMERICAN, beef, slow roast, fat free	59.0	0.25 cup	3.00	1.00	--
06324	Gravy, CAMPBELL'S, beef, microwavable	59.0	0.25 cup	3.00	1.00	--
06321	Gravy, CAMPBELL'S, golden pork	59.0	0.25 cup	3.00	1.00	--
06318	Gravy, CAMPBELL'S, country style cream	59.0	0.25 cup	3.00	1.00	--
19703	Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C	9.0	1.0 tbsp	3.00	4.98	0.000
19704	Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium	9.0	1.0 tbsp	3.00	4.98	0.000
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	67.0	1.0 slice	2.99	18.34	0.232
14475	Beverages, ARIZONA, tea, ready-to-drink, lemon	30.6	1.0 fl oz	2.99	0.00	--
14607	Beverages, V8 SPLASH Juice Drinks, Diet Berry Blend	243.0	8.0 fl oz	2.99	0.00	--
01229	Cheese, white, queso blanco	118.0	1.0 cup, crumbled	2.99	24.05	--
02073	PACE, Dry Taco Seasoning Mix	5.3	2.0 tbsp (1 serving)	2.98	0.00	--
19860	Cocoa, dry powder, hi-fat or breakfast, processed with alkali	6.0	1.0 tablespoon Ghirardelli label 2011	2.98	1.01	--
03151	Babyfood, fruit, applesauce and pineapple, junior	28.35	1.0 oz	2.98	0.03	--
12220	Seeds, flaxseed	10.3	1.0 tbsp, whole	2.97	1.88	0.031

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	28.35	1.0 oz	2.97	1.01	0.022
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	90.0	0.5 cup slices	2.97	0.93	0.008
42258	Cheese product, pasteurized process, cheddar, reduced fat	28.0	1.0 slice 1 oz	2.97	4.93	--
22126	LOMA LINDA Big Franks, canned, unprepared	51.0	1.0 link	2.96	10.96	--
43058	Candies, hard, dietetic or low calorie (sorbitol)	3.0	1.0 piece	2.96	0.00	--
03134	Babyfood, fruit, plums with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	2.96	0.02	--
19334	Sugars, brown	3.0	1.0 tsp unpacked	2.94	0.00	--
01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	2.94	34.62	0.504
42150	Babyfood, apple yogurt dessert, strained	15.0	1.0 tbsp	2.92	0.12	--
27067	Sauce, OLD EL PASO, enchilada, red, mild, ready to serve	58.0	0.25 cup	2.92	0.34	--
03694	Babyfood, cereal, rice, prepared with whole milk	28.35	1.0 oz	2.92	0.98	0.021
03122	Babyfood, peas, dices, toddler	28.35	1.0 oz	2.92	1.11	--
27061	Gravy, HEINZ Home Style, classic chicken	58.0	0.25 cup	2.91	0.39	--
19163	Chewing gum	3.0	1.0 stick	2.90	0.00	--
03163	Babyfood, fruit, bananas with apples and pears, strained	15.0	1.0 tbsp	2.90	0.14	--
23419	Beef, New Zealand, imported, intermuscular fat, cooked	85.0	3.0 oz	2.88	6.72	0.071
06970	Soup, chicken broth, low sodium, canned	240.0	1.0 cup	2.88	4.80	--
06170	Soup, stock, beef, home-prepared	240.0	1.0 cup	2.88	4.73	--
11206	Cucumber, peeled, raw	133.0	1.0 cup, pared, chopped	2.87	0.78	0.009
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119.0	1.0 cup, shredded	2.87	1.78	0.018
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	119.0	1.0 cup, shredded	2.87	1.78	0.018
11963	Nopales, raw	86.0	1.0 cup, sliced	2.86	1.14	0.012
03150	Babyfood, fruit, applesauce and pineapple, strained	28.35	1.0 oz	2.86	0.03	--
05050	Chicken, broilers or fryers, back, meat and skin, cooked, fried, flour	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.86	12.23	0.138
03140	Babyfood, fruit dessert, mango with tapioca	15.0	1.0 tbsp	2.85	0.04	--
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	74.0	1.0 serving	2.84	18.75	0.172
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	28.35	1.0 oz	2.84	1.08	0.023
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	28.35	1.0 oz	2.84	1.08	0.023
03043	Babyfood, dinner, beef lasagna, toddler	28.35	1.0 oz	2.84	1.19	0.013
11570	Turnip greens, canned, solids and liquids	117.0	0.5 cup	2.83	1.59	0.027
19873	Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops	55.0	1.0 serving 1.75 fl oz pop	2.83	0.00	--
01035	Cheese, provolone	132.0	1.0 cup, diced	2.82	33.77	0.455
03681	Babyfood, cereal, barley, prepared with whole milk	28.35	1.0 oz	2.82	1.06	0.017

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
16525	WORTHINGTON Chic-Ketts, frozen, unprepared	55.0	2.0 slices (3/8" thick)	2.80	12.98	--
06112	Sauce, teriyaki, ready-to-serve	18.0	1.0 tbsp	2.80	1.07	--
19335	Sugars, granulated	2.8	1.0 serving packet	2.80	0.00	--
43021	Salad dressing, caesar, low calorie	15.0	1.0 tbsp	2.79	0.04	--
14137	Beverages, NESTEA, tea, black, ready-to-drink, lemon	30.6	1.0 fl oz	2.78	0.00	--
05003	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour	85.0	3.0 oz	2.78	24.28	0.275
19859	Cocoa, dry powder, hi-fat or breakfast, plain	5.4	1.0 tbsp	2.78	0.91	--
03136	Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	2.78	0.09	--
11566	Turnips, frozen, unprepared	94.0	0.333 package, mashed (10 oz)	2.76	0.98	0.009
43384	Beef, bologna, reduced sodium	138.0	1.0 cup pieces	2.76	16.15	--
03156	Babyfood, fruit, bananas and pineapple with tapioca, junior	15.0	1.0 tbsp	2.76	0.03	--
11203	Cress, garden, raw	50.0	1.0 cup	2.75	1.30	--
03228	Babyfood, dessert, peach cobbler, junior	15.0	1.0 tbsp	2.74	0.04	--
01191	KRAFT VELVEETA Pasteurized Process Cheese Spread	28.0	1.0 oz	2.74	4.56	--
14248	Alcoholic beverage, beer, light, higher alcohol	356.0	12.0 fl oz	2.74	0.89	--
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	16.0	1.0 tbsp	2.74	0.19	0.002
42141	Cream substitute, liquid, light	30.0	1.0 fl oz	2.73	0.24	--
27063	Sauce, enchilada, red, mild, ready to serve	56.0	0.25 cup	2.73	0.35	--
19340	Sugars, maple	3.0	1.0 tsp	2.73	0.00	--
02069	Vinegar, balsamic	16.0	1.0 tbsp	2.72	0.08	--
11613	Borage, raw	89.0	1.0 cup (1" pieces)	2.72	1.60	--
16399	Peanut butter with omega-3, creamy	16.0	1.0 tbsp	2.72	3.92	--
11268	Mushrooms, shiitake, dried	3.6	1.0 mushroom	2.71	0.34	0.001
14476	Beverages, LIPTON BRISK, tea, black, ready-to-drink, lemon	30.6	1.0 fl oz	2.70	0.00	--
03278	Babyfood, dinner, mixed vegetable, strained	28.35	1.0 oz	2.69	0.34	--
03840	Infant formula, ABBOTT NUTRITION, SIMILAC, SPECIAL CARE, ADVANCE 24, with iron, ready-to-feed, with ARA and DHA	30.8	1.0 fl oz	2.69	0.55	--
07006	Bockwurst, pork, veal, raw	91.0	1.0 sausage	2.68	12.77	0.139
14155	Beverages, carbonated, tonic water	30.5	1.0 fl oz	2.68	0.00	--
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	2.68	24.28	0.275
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	125.0	1.0 cup	2.68	1.75	0.024
14136	Beverages, carbonated, ginger ale	30.5	1.0 fl oz	2.67	0.00	--
03227	Babyfood, dessert, peach cobbler, strained	15.0	1.0 tbsp	2.67	0.04	--
03280	Babyfood, fruit, bananas with tapioca, junior	15.0	1.0 tbsp	2.67	0.06	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
03157	Babyfood, fruit, bananas and pineapple with tapioca, strained	15.0	1.0 tbsp	2.67	0.03	--
03820	Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder	31.0	1.0 fl oz	2.66	1.03	--
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	85.0	3.0 oz	2.65	22.45	0.313
11097	Broccoli raab, cooked	85.0	1.0 NLEA serving	2.65	3.26	0.044
43536	Babyfood, dessert, peach yogurt	15.0	1.0 tbsp	2.64	0.14	--
16519	WORTHINGTON Super Links, canned, unprepared	48.0	1.0 link	2.64	6.96	--
05326	Chicken breast tenders, breaded, cooked, microwaved	15.0	1.0 piece	2.63	2.45	0.030
28355	CRUNCHMASTER, Multi-Grain Crisps, Snack Crackers, Gluten-Free	3.9	3.0 crackers	2.62	0.43	--
14633	Beverages, Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C	238.0	1.0 serving	2.62	0.00	--
11270	Mustard greens, raw	56.0	1.0 cup, chopped	2.62	1.60	--
01199	Cream, half and half, fat free	29.0	2.0 tbsp	2.61	0.75	--
03046	Babyfood, ravioli, cheese filled, with tomato sauce	16.0	1.0 tbsp	2.61	0.58	--
03900	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, ready-to-feed	30.5	1.0 fl oz	2.60	0.52	--
07927	Sausage, Italian, turkey, smoked	56.0	1.0 serving 2 oz	2.60	8.43	0.117
07929	Sausage, turkey, hot, smoked	56.0	2.0 oz	2.60	8.43	0.096
43539	Babyfood, dessert, banana yogurt, strained	15.0	1.0 tbsp	2.60	0.16	--
12012	Seeds, hemp seed, hulled	30.0	3.0 tbsp	2.60	9.47	0.111
03128	Babyfood, fruit, apricot with tapioca, junior	15.0	1.0 tbsp	2.60	0.04	--
03147	Babyfood, fruit, applesauce with banana, junior	16.0	1.0 tbsp	2.59	0.06	--
03236	Babyfood, dessert, fruit dessert, without ascorbic acid, junior	15.0	1.0 tbsp	2.58	0.04	--
03076	Babyfood, dinner, vegetables, noodles and chicken, junior	28.35	1.0 oz	2.58	0.48	--
43585	Babyfood, fruit supreme dessert	15.0	1.0 tbsp	2.58	0.08	--
07908	Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)	56.0	2.0 oz 1 NLEA serving	2.58	7.50	--
07051	Olive loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	2.58	3.30	0.029
05354	USDA Commodity, turkey taco meat, frozen, cooked	85.0	3.0 oz	2.58	14.28	--
07962	Frankfurter, meat and poultry, unheated	51.0	1.0 frankfurter	2.56	4.96	0.054
43537	Babyfood, dessert, blueberry yogurt, strained	15.0	1.0 tbsp	2.56	0.08	--
11761	Cauliflower, cooked, boiled, drained, with salt	62.0	0.5 cup (1" pieces)	2.55	1.14	0.015
11136	Cauliflower, cooked, boiled, drained, without salt	62.0	0.5 cup (1" pieces)	2.55	1.14	0.015
07949	Frankfurter, meat, heated	52.0	1.0 serving (1 hot dog)	2.55	5.08	0.055
03089	Babyfood, dinner, macaroni and cheese, strained	28.35	1.0 oz	2.54	0.89	--
11285	Onions, canned, solids and liquids	63.0	1.0 onion	2.53	0.54	0.008

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
16500	LOMA LINDA Little Links, canned, unprepared	46.0	2.0 links	2.53	8.92	--
09448	Nance, canned, syrup, drained	11.1	3.0 fruit without pits	2.53	0.06	--
04013	Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	16.0	1.0 tbsp	2.53	0.03	--
01168	Cheese, low fat, cheddar or colby	132.0	1.0 cup, diced	2.52	32.14	0.378
01169	Cheese, low-sodium, cheddar or colby	132.0	1.0 cup, diced	2.52	32.14	0.378
07964	Frankfurter, meat and poultry, cooked, grilled	48.0	1.0 frankfurter	2.52	5.12	0.056
16129	Tofu, fried	28.35	1.0 oz	2.51	5.34	0.076
17369	Lamb, New Zealand, imported, liver, raw	113.0	4.0 oz	2.51	23.39	0.259
14044	Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan	295.0	1.0 bottle	2.51	19.44	--
12171	Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)	14.0	1.0 tbsp	2.50	2.51	0.055
03839	Infant formula, ABBOTT NUTRITION, SIMILAC, NATURAL CARE, ADVANCE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	2.50	0.65	--
16502	LOMA LINDA Low Fat Big Franks, canned, unprepared	51.0	1.0 link	2.50	11.78	--
03049	Babyfood, dinner, beef and rice, toddler	28.35	1.0 oz	2.49	1.42	0.013
04120	Salad dressing, french dressing, commercial, regular	16.0	1.0 tbsp	2.49	0.12	0.001
42193	Salad Dressing, mayonnaise-like, fat-free	16.0	1.0 tbsp	2.48	0.03	--
07963	Frankfurter, meat and poultry, cooked, boiled	50.0	1.0 frankfurter	2.48	5.16	0.056
04014	Salad dressing, KRAFT MIRACLE WHIP FREE Nonfat Dressing	16.0	1.0 tbsp	2.48	0.03	--
15231	Mollusks, oyster, Pacific, cooked, moist heat	25.0	1.0 medium	2.48	4.72	0.053
15171	Mollusks, oyster, Pacific, raw	50.0	1.0 medium	2.48	4.72	0.053
14628	Beverages, Energy drink, AMP, sugar free	240.0	8.0 fl oz	2.47	0.00	--
03930	Infant formula, MEAD JOHNSON,NEXT STEP PROSOBEE, prepared from powder	30.5	1.0 fl oz	2.46	0.65	--
03131	Babyfood, fruit, peaches, junior	17.0	1.0 tbsp	2.46	0.16	--
03130	Babyfood, fruit, peaches, strained	17.0	1.0 tbsp	2.46	0.16	--
01190	KRAFT FREE Singles American Nonfat Pasteurized Process Cheese Product	21.0	1.0 slice	2.46	4.77	--
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	2.45	0.91	0.009
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	2.45	24.83	0.577
43550	Babyfood, banana apple dessert, strained	15.0	1.0 tbsp	2.44	0.04	--
03118	Babyfood, fruit, apricot with tapioca, strained	15.0	1.0 tbsp	2.44	0.04	--
16591	WORTHINGTON Leanies, frozen, unprepared	40.0	1.0 link	2.44	7.80	--
16161	MORI-NU, Tofu, silken, soft	84.0	1.0 slice	2.44	4.03	0.057
43278	Cheese, american cheddar, imitation	21.0	1.0 slice	2.44	3.51	--
43523	Babyfood, mixed fruit yogurt, strained	15.0	1.0 tbsp	2.43	0.12	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
11970	Cabbage, napa, cooked	109.0	1.0 cup	2.43	1.20	--
11974	Grape leaves, raw	14.0	1.0 cup	2.42	0.78	--
07013	Bratwurst, pork, cooked	85.0	1.0 link cooked	2.42	11.66	0.295
01043	Cheese, pasteurized process, pimento	140.0	1.0 cup, diced	2.42	30.98	0.452
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	90.0	0.5 cup slices	2.42	1.03	0.005
11419	Pumpkin leaves, cooked, boiled, drained, without salt	71.0	1.0 cup	2.41	1.93	0.025
11848	Pumpkin leaves, cooked, boiled, drained, with salt	71.0	1.0 cup	2.41	1.93	0.025
04027	Salad dressing, mayonnaise, imitation, soybean	15.0	1.0 tbsp	2.40	0.04	0.000
42158	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	15.0	1.0 tbsp	2.40	0.15	--
43007	Babyfood, fruit, tutti frutti, junior	15.0	1.0 tbsp	2.40	0.06	--
03235	Babyfood, dessert, fruit dessert, without ascorbic acid, strained	15.0	1.0 tbsp	2.40	0.04	--
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	2.40	12.30	0.116
14461	Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	30.5	1.0 fl oz	2.39	0.00	--
07931	Beerwurst, pork and beef	56.0	1.0 serving 2 oz	2.39	7.84	0.097
06164	Sauce, salsa, ready-to-serve	36.0	2.0 tbsp	2.39	0.55	--
07951	Scrapple, pork	17.0	1.0 cubic inch	2.39	1.37	--
19858	Candies, sugar-coated almonds	3.5	1.0 piece	2.39	0.35	--
14305	Malt beverage, includes non-alcoholic beer	29.6	1.0 fl oz	2.38	0.06	--
11018	Asparagus, frozen, unprepared	58.0	4.0 spears	2.38	1.87	0.018
05012	Chicken, broilers or fryers, meat only, cooked, fried	140.0	1.0 cup, chopped or diced	2.37	42.80	0.501
16526	WORTHINGTON Meatless Chicken Roll, frozen, unprepared	55.0	1.0 slices , 3/8"	2.36	8.86	--
01045	Cheese food, cold pack, American	28.35	1.0 oz	2.36	5.57	0.081
14236	Beverages, coffee substitute, cereal grain beverage, powder	3.0	1.0 tsp (1 serving)	2.35	0.18	--
03189	Babyfood, cereal, oatmeal, dry fortified	3.2	1.0 tbsp	2.35	0.35	--
18371	Leavening agents, baking powder, low-sodium	5.0	1.0 tsp	2.34	0.00	--
04017	Salad dressing, thousand island, commercial, regular	16.0	1.0 tbsp	2.34	0.17	0.000
03286	Babyfood, vegetables, mix vegetables strained	28.35	1.0 oz	2.34	0.28	0.004
42256	Margarine-like, vegetable oil spread, stick or tub, sweetened	14.0	1.0 tablespoon	2.34	0.00	--
04141	Salad dressing, french dressing, commercial, regular, without salt	15.0	1.0 tablespoon	2.34	0.12	--
07024	Frankfurter, chicken	85.0	3.0 oz	2.33	13.18	0.088
03090	Babyfood, dinner, macaroni and cheese, junior	28.35	1.0 oz	2.32	0.74	0.009
03982	Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed	30.4	1.0 fl oz	2.32	0.66	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
43006	Babyfood, fruit, tutti frutti, strained	15.0	1.0 tbsp	2.32	0.06	--
03961	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, prepared from liquid concentrate	31.4	1.0 fl oz	2.32	0.46	--
16427	Tofu, raw, regular, prepared with calcium sulfate	124.0	0.5 cup	2.32	10.02	0.149
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	30.4	1.0 fl oz	2.31	0.44	--
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	5.0	0.25 cup	2.31	0.77	0.008
07038	Knackwurst, knockwurst, pork, beef	72.0	1.0 link	2.30	7.99	0.099
11027	Bamboo shoots, cooked, boiled, drained, without salt	120.0	1.0 cup (1/2" slices)	2.30	1.84	0.019
43260	Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted	5.6	1.0 tbsp	2.30	2.00	--
03129	Babyfood, fruit, bananas with tapioca, strained	15.0	1.0 tbsp	2.30	0.06	--
16542	MORNINGSTAR FARMS Breakfast Bacon Strips, frozen, unprepared	16.0	2.0 strips	2.29	1.98	--
16535	WORTHINGTON Stripples, frozen, unprepared	16.0	2.0 strip	2.29	1.98	--
15167	Mollusks, oyster, eastern, wild, raw	84.0	6.0 medium	2.28	4.80	0.058
11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices	2.28	2.16	0.024
11938	Mushroom, white, exposed to ultraviolet light, raw	70.0	1.0 cup pieces or slices	2.28	2.16	--
03955	Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, ready-to-feed, with ARA and DHA	30.8	1.0 fl oz	2.28	0.62	--
03042	Babyfood, dinner, vegetables and dumplings and beef, junior	28.35	1.0 oz	2.27	0.60	--
03199	Babyfood, cereal, with eggs, strained	28.35	1.0 oz	2.27	0.62	--
07018	Chicken spread	56.0	1.0 serving (1 serving)	2.27	10.09	0.110
01182	USDA Commodity, cheese, cheddar, reduced fat	113.0	1.0 cup shredded	2.26	30.74	--
03946	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	2.26	0.45	--
02020	Spices, garlic powder	3.1	1.0 tsp	2.25	0.51	0.004
33876	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, ready-to-feed	30.5	1.0 fl oz	2.25	0.42	--
03960	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, ready-to-feed	30.5	1.0 fl oz	2.25	0.44	--
03800	Infant formula, NESTLE, GOOD START SUPREME, with iron, ready-to-feed	30.5	1.0 fl oz	2.25	0.44	--
03986	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, ready-to-feed	30.5	1.0 fl oz	2.25	0.42	--
05327	Chicken breast tenders, breaded, uncooked	15.0	1.0 piece	2.25	2.21	0.028
16531	WORTHINGTON Prosage Links, frozen, unprepared	45.0	2.0 links	2.25	9.09	--
01259	Cheese spread, American or Cheddar cheese base, reduced fat	21.0	1.0 piece	2.25	2.82	--
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	2.25	0.44	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
06615	Soup, SWANSON, vegetable broth	220.0	1.0 cup	2.24	0.51	--
43355	Mayonnaise, low sodium, low calorie or diet	14.0	1.0 tbsp	2.24	0.04	--
43398	Cheese, pasteurized process, cheddar or American, low sodium	140.0	1.0 cup, diced	2.24	31.08	--
03075	Babyfood, dinner, vegetables, noodles and chicken, strained	28.35	1.0 oz	2.24	0.57	--
07209	OSCAR MAYER, Chicken Breast (honey glazed)	52.0	1.0 serving (4 slices)	2.24	10.32	--
04029	Salad dressing, mayonnaise, imitation, soybean without cholesterol	14.1	1.0 tablespoon	2.23	0.01	0.000
01215	Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D	21.0	1.0 slice 3/4 oz	2.23	3.70	--
16211	Vitasoy USA, Organic Nasoya Super Firm Cubed Tofu	79.0	0.2 package	2.21	9.80	--
07207	OSCAR MAYER, Braunschweiger Liver Sausage (sliced)	85.0	3.0 oz	2.21	12.11	--
03803	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, ready-to-feed	30.5	1.0 fl oz	2.20	0.42	--
14297	Beverages, lemonade-flavor drink, powder, prepared with water	31.8	1.0 fl oz	2.19	0.00	--
33874	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed Low iron	30.4	1.0 fl oz	2.19	0.60	--
03984	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed	30.4	1.0 fl oz	2.19	0.60	--
03806	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, ready-to-feed	30.5	1.0 fl oz	2.19	0.42	--
03868	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, ready-to-feed	30.5	1.0 fl oz	2.19	0.42	--
10895	Pork, cured, ham, separable fat, boneless, unheated	117.0	4.0 oz	2.19	8.78	0.063
03925	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed	30.5	1.0 fl oz	2.19	0.50	--
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	30.4	1.0 fl oz	2.19	0.60	--
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	30.4	1.0 fl oz	2.19	0.43	--
07934	Kielbasa, Polish, turkey and beef, smoked	56.0	1.0 serving 2 oz	2.18	7.34	--
01173	Egg, white, dried	28.0	1.0 oz	2.18	22.71	0.280
03041	Babyfood, dinner, vegetables and dumplings and beef, strained	28.35	1.0 oz	2.18	0.57	--
03988	Infant formula, GERBER, GOOD START, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	2.18	0.44	--
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	30.4	1.0 fl oz	2.17	0.56	--
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	2.17	0.10	0.001
43529	Babyfood, rice and apples, dry	2.5	1.0 tbsp	2.17	0.17	--
07950	Frankfurter, meat	52.0	1.0 serving (1 hot dog)	2.17	5.34	0.058
16425	Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	15.0	1.0 tbsp	2.17	1.23	--
15250	Mollusks, conch, baked or broiled	127.0	1.0 cup, sliced	2.16	33.40	--
02019	Spices, fenugreek seed	3.7	1.0 tsp	2.16	0.85	0.014

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
01144	Egg substitute, powder	9.9	0.35 oz	2.16	5.49	--
33875	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calories ready-to-feed Low iron	30.0	5.0 fl oz	2.16	0.59	--
03081	Babyfood, dinner, vegetables and noodles and turkey, junior	28.35	1.0 oz	2.15	0.51	--
17200	Lamb, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	2.15	25.98	0.302
03855	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, ready-to-feed	31.0	1.0 fl oz	2.15	0.42	--
14409	Beverages, Orange-flavor drink, breakfast type, low calorie, powder	2.5	1.0 portion, amount of dry mix to make 8 fl oz prepared	2.15	0.09	--
07029	Ham, sliced, regular (approximately 11% fat)	56.0	56.0 grams 1 serving	2.14	9.30	0.087
42205	Cheese, pasteurized process, cheddar or American, fat-free	16.0	1.0 cubic inch	2.14	3.60	--
16158	Hummus, commercial	15.0	1.0 tbsp	2.14	1.18	--
11252	Lettuce, iceberg (includes crisphead types), raw	72.0	1.0 cup shredded	2.14	0.65	0.006
07061	Mother's loaf, pork	28.35	1.0 oz	2.13	3.42	0.048
16518	WORTHINGTON Saucettes, canned, unprepared	38.0	1.0 link	2.13	5.70	--
03296	Babyfood, dinner, turkey, rice, and vegetables, toddler	28.35	1.0 oz	2.13	1.08	--
43285	Eggs, scrambled, frozen mixture	28.35	1.0 oz	2.13	3.71	--
07912	Roast beef spread	57.0	1.0 serving .25 cup	2.13	8.70	--
01107	Milk, human, mature, fluid	30.8	1.0 fl oz	2.12	0.32	0.005
43004	Babyfood, dessert, banana pudding, strained	15.0	1.0 tbsp	2.12	0.15	--
11151	Chicory, witloof, raw	53.0	1.0 head	2.12	0.48	0.008
03944	Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	2.12	0.59	--
42153	Salad dressing, blue or roquefort cheese dressing, light	16.0	1.0 tbsp	2.11	0.34	--
07002	Beerwurst, beer salami, pork and beef	56.0	2.0 oz	2.11	7.84	--
03850	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, ready-to-feed	30.4	1.0 fl oz	2.10	0.41	--
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	140.0	1.0 cup	2.10	29.30	0.351
09328	Maraschino cherries, canned, drained	5.0	1.0 cherry (NLEA serving)	2.10	0.01	--
03968	Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), ready-to-feed	29.2	1.0 fl oz	2.10	0.52	--
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	30.2	1.0 fl oz	2.10	0.02	--
18621	NABISCO, NABISCO RITZ Crackers	3.3	1.0 cracker	2.10	0.24	--
02010	Spices, cinnamon, ground	2.6	1.0 tsp	2.10	0.10	0.001
07015	Brotwurst, pork, beef, link	70.0	1.0 link	2.09	10.01	0.091
07971	Bologna, meat and poultry	33.0	1.0 slice	2.08	3.41	0.037
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified	16.0	1.0 tbsp	2.08	0.49	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
03194	Babyfood, cereal, rice, dry fortified	2.5	1.0 tbsp	2.08	0.17	0.002
07957	Pork and turkey sausage, pre-cooked	57.0	1.0 serving	2.07	6.87	0.051
03859	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed	29.0	1.0 oz	2.07	0.46	--
15154	Crustaceans, spiny lobster, mixed species, raw	85.0	3.0 oz	2.07	17.51	0.244
03935	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	2.06	0.55	--
03846	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed	30.5	1.0 fl oz	2.06	0.55	--
01210	Egg Mix, USDA Commodity	8.6	1.0 tbsp	2.06	3.06	0.034
03949	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, ready-to-feed	30.4	1.0 fl oz	2.06	0.41	--
07075	Sausage, smoked link sausage, pork and beef	85.0	3.0 oz	2.06	10.20	--
06700	Soup, vegetable broth, ready to serve	221.0	1.0 cup	2.06	0.53	--
03983	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN AA, ready-to-feed	30.4	1.0 fl oz	2.06	0.56	--
16212	Vitasoy USA, Organic Nasoya Extra Firm Tofu	79.0	0.2 package	2.05	7.98	--
01020	Cheese, fontina	132.0	1.0 cup, diced	2.05	33.79	0.477
03953	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, ready-to-feed	30.5	1.0 fl oz	2.04	0.49	--
03841	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed	30.5	1.0 fl oz	2.04	0.49	--
10853	HORMEL ALWAYS TENDER, Pork Tenderloin, Peppercorn-Flavored	112.0	4.0 oz	2.04	19.28	--
14654	Beverages, nutritional shake mix, high protein, powder	10.0	1.0 tbsp	2.04	5.36	--
16512	WORTHINGTON Diced Chik, canned, unprepared	55.0	0.25 cup	2.04	8.08	--
01223	Protein supplement, milk based, Muscle Milk, powder	11.0	1.0 tbsp	2.04	5.03	--
16506	LOMA LINDA Vege-Burger, canned, unprepared	55.0	0.25 cup	2.04	12.21	--
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	30.4	1.0 fl oz	2.03	0.54	--
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	6.0	1.0 slice	2.02	0.02	0.000
01134	Egg, whole, dried, stabilized, glucose reduced	85.0	1.0 cup, sifted	2.02	40.94	0.655
16107	Sausage, meatless	25.0	1.0 link	2.02	5.07	0.070
11190	Cornsalad, raw	56.0	1.0 cup	2.02	1.12	0.015
16162	MORI-NU, Tofu, silken, firm	84.0	1.0 slice	2.02	5.80	0.071
01193	KRAFT BREAKSTONE'S Reduced Fat Sour Cream	31.0	2.0 tbsp	2.02	1.40	--
02043	Spices, turmeric, ground	3.0	1.0 tsp	2.01	0.29	0.005

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
03067	Babyfood, dinner, vegetables and lamb, junior	28.35	1.0 oz	2.01	0.60	0.007
03198	Babyfood, cereal, with egg yolks, junior	28.35	1.0 oz	2.01	0.54	0.008
43212	Bacon bits, meatless	7.0	1.0 tbsp	2.00	2.24	--
35235	Wocas, tuber, cooked, Oregon, yellow pond lily (Klamath)	28.35	1.0 oz	2.00	0.20	--
31015	PACE, Diced Green Chilies	30.0	2.0 tbsp	2.00	0.00	--
01061	Cheese, American, nonfat or fat free	19.0	1.0 serving	2.00	4.00	--
06602	PACE, Organic Picante Sauce	32.0	1.0 serving	2.00	0.00	--
01185	Parmesan cheese topping, fat free	5.0	1.0 tablespoon	--	2.00	--
27028	PACE, Salsa Verde	32.0	1.0 serving	2.00	0.00	--
06603	PACE, Picante Sauce	32.0	1.0 serving	2.00	0.00	--
06597	PACE, Chipotle Chunky Salsa	32.0	1.0 serving	2.00	0.00	--
06604	PACE, Red Taco Sauce	16.0	1.0 tbsp	2.00	0.00	--
06598	PACE, Cilantro Chunky Salsa	32.0	1.0 serving	2.00	0.00	--
14066	Beverages, Protein powder whey based	32.0	0.33 cup	2.00	25.00	--
06605	PACE, Thick & Chunky Salsa	32.0	1.0 serving	2.00	0.00	--
01265	Cheese, cheddar, nonfat or fat free	28.0	1.0 serving	2.00	9.00	--
03212	Babyfood, cereal, rice, with bananas, dry	2.5	1.0 tbsp	2.00	0.22	0.004
21018	Fast foods, egg, scrambled	96.0	2.0 eggs	2.00	13.29	0.204
14280	Beverages, tea, black, ready to drink, decaffeinated, diet	240.0	1.0 cup	1.99	0.00	--
11896	Winged bean, immature seeds, cooked, boiled, drained, with salt	62.0	1.0 cup	1.99	3.29	--
11596	Winged beans, immature seeds, cooked, boiled, drained, without salt	62.0	1.0 cup	1.99	3.29	--
05054	Chicken, broilers or fryers, back, meat only, cooked, fried	35.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.99	10.50	0.123
11954	Tomatillos, raw	34.0	1.0 medium	1.99	0.33	--
03197	Babyfood, cereal, with egg yolks, strained	28.35	1.0 oz	1.98	0.54	0.008
05284	Turkey, canned, meat only, with broth	135.0	1.0 cup, drained	1.98	31.97	0.352
03143	Babyfood, fruit, applesauce and apricots, junior	16.0	1.0 tbsp	1.98	0.03	--
07915	Sausage, Polish, beef with chicken, hot	55.0	1.0 serving 5 pieces	1.98	9.68	0.076
01227	Cheese, dry white, queso seco	97.0	1.0 cup grated	1.98	23.77	--
11218	Gourd, white-flowered (calabash), raw	58.0	0.5 cup (1" pieces)	1.97	0.36	0.002
06176	Sauce, oyster, ready-to-serve	18.0	1.0 tbsp	1.97	0.24	--
14460	Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.	30.5	1.0 fl oz	1.96	0.00	--
19225	Desserts, rennin, tablets, unsweetened	9.9	1.0 package (0.35 oz)	1.96	0.10	--
11161	Collards, raw	36.0	1.0 cup, chopped	1.95	1.09	0.011

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
03963	Infant Formula, MEAD JOHNSON, ENFAMIL GENTLEASE LIPIL, with iron, prepared from powder	30.5	1.0 fl oz	1.95	0.46	--
01139	Egg, goose, whole, fresh, raw	144.0	1.0 egg	1.94	19.97	0.406
03936	Infant formula, PBM PRODUCTS, store brand, ready-to-feed	30.4	1.0 fl oz	1.94	0.43	--
15109	Fish, surimi	28.35	1.0 oz	1.94	4.30	0.026
11701	Arrowhead, cooked, boiled, drained, with salt	12.0	1.0 corm, medium	1.94	0.54	--
11006	Arrowhead, cooked, boiled, drained, without salt	12.0	1.0 medium	1.94	0.54	--
35198	Prickly pears, raw (Northern Plains Indians)	19.0	1.0 pad peeled	1.93	0.02	--
07936	Bologna, pork and turkey, lite	56.0	1.0 serving 2 oz	1.93	7.31	0.057
03283	Babyfood, vegetables, garden vegetable, strained	28.35	1.0 oz	1.93	0.65	0.008
03079	Babyfood, dinner, vegetables and noodles and turkey, strained	28.35	1.0 oz	1.93	0.34	--
03186	Babyfood, cereal, mixed, with bananas, dry	2.5	1.0 tbsp	1.93	0.27	0.003
27047	Sauce, salsa, verde, ready-to-serve	30.0	2.0 Tbsp	1.91	0.34	--
07906	Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	56.0	2.0 oz 1 NLEA serving	1.90	7.00	--
07052	Pastrami, turkey	57.0	2.0 slices	1.90	9.29	0.116
01040	Cheese, swiss	132.0	1.0 cup, diced	1.90	35.59	0.529
02026	Spices, onion powder	2.4	1.0 tsp	1.90	0.25	0.001
11595	Winged beans, immature seeds, raw	44.0	1.0 cup slices	1.90	3.06	--
14221	Beverages, OCEAN SPRAY, Diet Cranberry Juice	237.0	8.0 fl oz	1.90	0.17	--
43060	Chewing gum, sugarless	2.0	1.0 piece	1.90	0.00	--
07937	Bologna, pork, turkey and beef	28.35	1.0 oz	1.89	3.28	0.036
11205	Cucumber, with peel, raw	52.0	0.5 cup slices	1.89	0.34	0.003
01074	Sour cream, imitation, cultured	28.35	1.0 oz	1.88	0.68	0.009
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	35.0	0.5 cup, shredded	1.88	0.42	0.004
11750	Cabbage, common (danish, domestic, and pointed types), stored, raw	35.0	0.5 cup, shredded	1.88	0.42	0.004
11520	Taro leaves, raw	28.0	1.0 cup	1.88	1.39	0.013
01180	Sour cream, fat free	12.0	1.0 tablespoon	1.87	0.37	--
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	1.87	12.67	0.142
07078	Thuringer, cervelat, summer sausage, beef, pork	56.0	2.0 oz 1 serving	1.86	9.77	--
03142	Babyfood, fruit, applesauce and apricots, strained	16.0	1.0 tbsp	1.86	0.03	--
03133	Babyfood, fruit, pears, junior	16.0	1.0 tbsp	1.86	0.05	--
03939	Infant formula, PBM PRODUCTS, store brand, soy, ready-to-feed	30.4	1.0 fl oz	1.85	0.55	--
18373	Leavening agents, cream of tartar	3.0	1.0 tsp	1.84	0.00	--
43432	Babyfood, dinner, macaroni, beef and tomato sauce, toddler	16.0	1.0 tbsp	1.84	0.69	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
03298	Babyfood, dinner, broccoli and chicken, junior	29.0	1.0 tbsp	1.84	1.04	--
16275	Vitasoy USA Organic Nasoya Sprouted, Tofu Plus Super Firm	85.0	3.0 oz	1.84	11.25	--
03190	Babyfood, cereal, oatmeal, with bananas, dry	2.5	1.0 tbsp	1.84	0.30	0.004
03185	Babyfood, cereal, mixed, dry fortified	2.5	1.0 tbsp	1.84	0.30	0.004
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	16.0	1.0 tbsp	1.83	0.41	--
03159	Babyfood, fruit, pears and pineapple, junior	16.0	1.0 tbsp	1.82	0.05	--
11712	Bamboo shoots, cooked, boiled, drained, with salt	120.0	1.0 cup (1/2" slices)	1.82	1.84	0.019
43345	Beverages, fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie	2.0	1.0 tsp	1.82	0.00	--
16213	Vitasoy USA, Organic Nasoya Firm Tofu	79.0	0.2 package	1.82	7.03	--
07001	Barbecue loaf, pork, beef	28.35	1.0 oz	1.81	4.49	0.048
11981	Peppers, hungarian, raw	27.0	1.0 pepper	1.81	0.22	0.003
07071	Salami, dry or hard, pork	113.0	1.0 package (4 oz)	1.81	25.52	0.286
14390	Beverages, cocoa mix, with aspartame, powder, prepared with water	32.1	1.0 fl oz	1.80	0.39	--
07941	Salami, Italian, pork and beef, dry, sliced, 50% less sodium	28.0	1.0 serving 5 slices	1.79	6.10	0.059
11952	Radicchio, raw	40.0	1.0 cup, shredded	1.79	0.57	0.010
07073	Sandwich spread, pork, beef	15.0	1.0 tbsp	1.79	1.15	0.012
04114	Salad dressing, italian dressing, commercial, regular	14.7	1.0 tbsp	1.78	0.06	0.001
09165	Litchis, dried	2.5	1.0 fruit	1.77	0.10	0.001
03303	Babyfood, dinner, sweet potatoes and chicken, strained	16.0	1.0 tbsp	1.77	0.40	--
07914	Sausage, Italian, sweet, links	84.0	1.0 link 3 oz	1.76	13.55	0.093
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	1.76	5.35	--
11503	Swamp cabbage, (skunk cabbage), raw	56.0	1.0 cup, chopped	1.76	1.46	--
03201	Babyfood, cereal, egg yolks and bacon, junior	28.35	1.0 oz	1.76	0.71	--
14156	Beverages, Energy drink, RED BULL, sugar free, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12	250.0	1.0 serving 8.3 fl oz can	1.75	0.62	--
03158	Babyfood, fruit, pears and pineapple, strained	16.0	1.0 tbsp	1.74	0.05	--
11222	Drumstick leaves, raw	21.0	1.0 cup, chopped	1.74	1.97	0.030
11201	Cowpeas, leafy tips, raw	36.0	1.0 cup, chopped	1.74	1.48	--
03132	Babyfood, fruit, pears, strained	16.0	1.0 tbsp	1.73	0.05	--
03116	Babyfood, fruit, applesauce, strained	16.0	1.0 tbsp	1.73	0.03	--
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	1.73	28.84	0.190
14641	Beverages, Energy drink, VAULT Zero, sugar-free, citrus flavor	246.0	1.0 serving (8 fl oz)	1.72	0.62	--
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15.0	1.0 container, individual	1.71	0.15	0.002

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	15.0	1.0 container, individual	1.71	0.15	0.002
16128	Tofu, dried-frozen (koyadofu)	17.0	1.0 piece	1.71	8.92	0.127
90560	Mollusks, snail, raw	85.0	3.0 oz	1.70	13.69	--
10894	Pork, cured, ham, separable fat, boneless, heated	85.0	3.0 oz	1.70	7.45	0.054
23640	Beef, variety meats and by-products, tripe, cooked, simmered	85.0	1.0 serving	1.69	9.95	--
06981	Soup, bouillon cubes and granules, low sodium, dry	2.6	1.0 tsp	1.69	0.43	--
16163	MORI-NU, Tofu, silken, extra firm	84.0	1.0 slice	1.68	6.22	0.103
14630	Beverages, Energy drink, ROCKSTAR, sugar free	240.0	8.0 fl oz	1.68	0.60	--
11677	Shallots, raw	10.0	1.0 tbsp chopped	1.68	0.25	0.003
07022	Frankfurter, beef, unheated	50.0	1.0 frankfurter	1.68	5.58	0.060
21144	CHICK-FIL-A, hash browns	5.5	1.0 piece	1.68	0.16	--
05077	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, flour	67.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.68	17.98	0.204
01252	Cheese product, pasteurized process, American, vitamin D fortified	19.0	1.0 slice (2/3 oz)	1.67	3.25	--
03181	Babyfood, cereal, barley, dry fortified	2.4	1.0 tbsp	1.67	0.32	--
04028	Salad dressing, mayonnaise, imitation, milk cream	15.0	1.0 tablespoon	1.66	0.32	0.004
03193	Babyfood, cereal, oatmeal, with honey, dry	2.4	1.0 tbsp	1.66	0.32	--
14235	Beverages, OCEAN SPRAY, Diet Cran Cherry	237.0	8.0 fl oz	1.66	0.50	--
18375	Leavening agents, yeast, baker's, active dry	4.0	1.0 tsp	1.65	1.62	0.022
03117	Babyfood, fruit, applesauce, junior	16.0	1.0 tbsp	1.65	0.00	--
02032	Spices, pepper, white	2.4	1.0 tsp, ground	1.65	0.25	--
11086	Beet greens, raw	38.0	1.0 cup	1.65	0.84	0.013
21387	BURGER KING, Hash Brown Rounds	5.6	1.0 piece	1.64	0.16	0.002
01164	Cheese sauce, prepared from recipe	30.0	2.0 tbsp	1.64	3.10	0.037
17192	Lamb, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	1.64	21.22	0.230
07917	Sausage, pork and beef, with cheddar cheese, smoked	77.0	12.0 oz serving 2.7 oz	1.64	9.93	0.115
03289	Babyfood, apples with ham, strained	15.0	1.0 tbsp	1.64	0.39	--
05137	Chicken, capons, giblets, raw	115.0	1.0 giblets	1.63	21.02	0.250
11231	Jute, potherb, raw	28.0	1.0 cup	1.62	1.30	0.008
35199	Prickly pears, broiled (Northern Plains Indians)	7.5	1.0 pad	1.62	0.03	--
19204	Puddings, lemon, dry mix, instant, prepared with 2% milk	8.0	1.0 serving	1.62	0.22	0.003
03093	Babyfood, green beans, dices, toddler	28.35	1.0 oz	1.62	0.34	--
07031	Ham salad spread	15.0	1.0 tbsp	1.60	1.30	0.013
21026	Fast foods, potatoes, hash browns, round pieces or patty	5.5	1.0 round piece	1.59	0.14	--
07952	Bologna, chicken, turkey, pork	28.0	1.0 serving	1.58	2.77	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	114.0	4.0 oz	1.57	22.54	0.236
07959	Bologna, chicken, pork, beef	28.0	1.0 serving	1.57	3.17	--
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	113.0	4.0 oz	1.57	25.80	0.333
14140	Alcoholic beverage, wine, table, white, Muscat	30.0	1.0 fl oz	1.57	0.02	--
06632	Sauce, hot chile, sriracha, CHA! BY TEXAS PETE	6.9	1.0 tsp	1.57	0.14	--
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	145.0	1.0 slice	1.57	32.71	0.307
03052	Babyfood, dinner, beef stew, toddler	28.35	1.0 oz	1.56	1.45	0.015
05143	Duck, domesticated, liver, raw	44.0	1.0 liver	1.55	8.25	0.116
31034	Peppers, hot pickled, canned	34.0	0.25 cup drained	1.55	0.27	--
16273	Vitasoy USA Organic Nasoya, Tofu Plus Extra Firm	85.0	3.0 oz	1.55	8.65	--
11251	Lettuce, cos or romaine, raw	47.0	1.0 cup shredded	1.55	0.58	0.005
16509	LOMA LINDA Linketts, canned, unprepared	35.0	1.0 link	1.54	7.46	--
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.54	20.60	0.244
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	1.54	32.16	0.302
11698	Chrysanthemum leaves, raw	51.0	1.0 cup, chopped	1.54	1.71	--
04143	Salad dressing, italian dressing, commercial, regular, without salt	14.7	1.0 tablespoon	1.53	0.06	--
03083	Babyfood, dinner, turkey and rice, junior	16.0	1.0 tbsp	1.53	0.38	--
19407	Snacks, beef sticks, smoked	28.35	1.0 oz	1.53	6.10	0.052
14149	Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners	29.6	1.0 fl oz	1.53	0.00	--
11113	Cabbage, red, cooked, boiled, drained, without salt	22.0	1.0 leaf	1.53	0.33	0.003
11752	Cabbage, red, cooked, boiled, drained, with salt	22.0	1.0 leaf	1.53	0.33	0.003
11116	Cabbage, chinese (pak-choi), raw	70.0	1.0 cup, shredded	1.53	1.05	0.010
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	113.0	4.0 oz	1.53	22.77	0.238
01129	Egg, whole, cooked, hard-boiled	136.0	1.0 cup, chopped	1.52	17.11	0.208
14091	Beverages, almond milk, unsweetened, shelf stable	262.0	1.0 cup	1.52	1.55	--
03044	Babyfood, dinner, macaroni and tomato and beef, strained	16.0	1.0 tbsp	1.51	0.38	--
07016	Cheesefurter, cheese smokie, pork, beef	100.0	2.33 links	1.51	14.10	0.150
06481	Soup, chicken broth cubes, dry, prepared with water	243.0	1.0 cup (8 fl oz)	1.51	0.95	--
07916	Sausage, Polish, pork and beef, smoked	76.0	1.0 serving 2.67 oz	1.50	9.17	0.081
03045	Babyfood, dinner, macaroni and tomato and beef, junior	16.0	1.0 tbsp	1.50	0.40	0.004
21311	McDONALD'S, Creamy Ranch Sauce	43.0	1.5 oz	1.50	0.48	--
09216	Orange peel, raw	6.0	1.0 tbsp	1.50	0.09	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
04021	Salad dressing, italian dressing, commercial, reduced fat	15.0	1.0 tablespoon	1.50	0.06	0.001
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	114.0	4.0 oz	1.49	20.77	0.218
07021	Dutch brand loaf, chicken, pork and beef	38.0	1.0 slice	1.49	4.56	0.065
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	113.0	4.0 oz	1.49	22.46	0.235
11745	Brussels sprouts, cooked, boiled, drained, with salt	21.0	1.0 sprout	1.49	0.54	0.006
11099	Brussels sprouts, cooked, boiled, drained, without salt	21.0	1.0 sprout	1.49	0.54	0.006
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.49	16.54	0.196
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	1.49	16.00	0.150
11780	Cowpeas, leafy tips, cooked, boiled, drained, with salt	53.0	1.0 cup, chopped	1.48	2.48	--
11202	Cowpeas, leafy tips, cooked, boiled, drained, without salt	53.0	1.0 cup, chopped	1.48	2.48	--
42316	Babyfood, carrots, toddler	28.35	1.0 oz	1.48	0.17	--
01030	Cheese, muenster	132.0	1.0 cup, diced	1.48	30.90	0.432
06114	Gravy, au jus, canned	59.0	0.25 cup	1.48	0.71	--
43008	Babyfood, dinner, chicken and rice	16.0	1.0 tbsp	1.47	0.26	--
02030	Spices, pepper, black	2.3	1.0 tsp, ground	1.47	0.24	0.001
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	1.46	15.83	0.148
11427	Purslane, raw	43.0	1.0 cup	1.46	0.87	--
42161	Bologna, beef, low fat	28.0	1.0 slice	1.46	3.30	--
43479	Alcoholic beverage, rice (sake)	29.1	1.0 fl oz	1.46	0.15	--
16274	Vitasoy USA Organic Nasoya, Tofu Plus Firm	85.0	3.0 oz	1.45	7.81	--
03068	Babyfood, dinner, chicken noodle, strained	16.0	1.0 tbsp	1.45	0.43	--
01049	Cream, fluid, half and half	30.2	1.0 fl oz	1.43	0.95	0.022
06115	Gravy, au jus, dry	3.0	1.0 tsp	1.42	0.28	--
43373	Babyfood, dinner, chicken and noodle with vegetables, toddler	16.0	1.0 tbsp	1.42	0.61	--
14222	Beverages, coffee, instant, with chicory	1.8	1.0 tsp, rounded	1.42	0.17	0.000
05031	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	78.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.42	23.75	0.268
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120.0	1.0 piece (2-1/2" x 2-3/4" x 1")	1.42	8.60	0.122
16125	Soy sauce made from hydrolyzed vegetable protein	18.0	1.0 tbsp	1.41	1.26	--
16428	Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	17.0	1.0 piece	1.41	8.91	0.127
03069	Babyfood, dinner, chicken noodle, junior	16.0	1.0 tbsp	1.41	0.38	--
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	25.0	0.25 cup	1.40	0.46	0.005
11233	Kale, raw	16.0	1.0 cup 1" pieces, loosely packed	1.40	0.68	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
11276	New Zealand spinach, raw	56.0	1.0 cup, chopped	1.40	0.84	--
15229	Mollusks, cuttlefish, mixed species, cooked, moist heat	85.0	3.0 oz	1.39	27.61	0.309
05085	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, batter	16.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.39	3.17	0.034
07059	Polish sausage, pork	85.0	3.0 oz	1.39	11.98	0.117
04641	Salad dressing, mayonnaise, light	15.0	1.0 tablespoon	1.38	0.06	0.001
03211	Babyfood, cereal, high protein, with apple and orange, dry	2.4	1.0 tbsp	1.38	0.61	--
01186	Cheese, cream, fat free	18.0	1.0 tbsp	1.38	2.82	0.033
02011	Spices, cloves, ground	2.1	1.0 tsp	1.38	0.13	0.001
07060	Luxury loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	1.37	5.15	0.060
02001	Spices, allspice, ground	1.9	1.0 tsp	1.37	0.12	--
01204	Cheese, parmesan, dry grated, reduced fat	100.0	1.0 cup	1.37	20.00	0.240
02006	Spices, cardamom	2.0	1.0 tsp, ground	1.37	0.22	--
14218	Beverages, coffee, instant, decaffeinated, powder	1.8	1.0 tsp rounded	1.37	0.21	0.001
11676	Radish seeds, sprouted, raw	38.0	1.0 cup	1.37	1.45	--
14356	Beverages, tea, instant, decaffeinated, lemon, diet	1.6	2.0 tsp	1.37	0.05	--
14375	Beverages, tea, instant, sweetened with sodium saccharin, lemon-flavored, powder	1.6	2.0 tsp	1.37	0.05	--
11152	Chicory greens, raw	29.0	1.0 cup, chopped	1.36	0.49	0.009
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	29.6	1.0 fl oz	1.36	0.01	0.000
01106	Milk, goat, fluid, with added vitamin D	30.5	1.0 fl oz	1.36	1.09	0.013
21422	KFC, Popcorn Chicken	6.4	1.0 piece	1.36	1.13	0.015
01010	Cheese, cheshire	28.35	1.0 oz	1.36	6.63	0.085
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	1.36	5.14	0.066
43135	Sandwich spread, meatless	15.0	1.0 tbsp	1.35	1.20	--
11147	Chard, swiss, raw	36.0	1.0 cup	1.35	0.65	0.006
02009	Spices, chili powder	2.7	1.0 tsp	1.34	0.36	0.002
03121	Babyfood, vegetables, peas, strained	16.0	1.0 tbsp	1.34	0.52	--
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	85.0	3.0 oz	1.33	15.29	0.144
16515	WORTHINGTON Low Fat Veja-Links, canned, unprepared	31.0	1.0 link	1.33	4.90	--
07062	Picnic loaf, pork, beef	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	1.33	4.18	0.040
11446	Seaweed, laver, raw	26.0	10.0 sheets	1.33	1.51	0.011
04688	Salad dressing, spray-style dressing, assorted flavors	8.0	1.0 serving (approximately 10 sprays)	1.33	0.01	--
07922	Bratwurst, beef and pork, smoked	66.0	1.0 serving 2.33 oz	1.32	8.05	0.071

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
11637	Radishes, white icicle, raw	50.0	0.5 cup slices	1.32	0.55	0.003
04689	Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light	14.0	1.0 tbsp (1 NLEA serving)	1.31	0.21	--
07011	Bologna, turkey	28.0	0.99 oz 1 serving	1.31	3.20	0.036
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1.31	15.10	0.141
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	1.31	17.68	0.164
03047	Babyfood, dinner, beef noodle, strained	16.0	1.0 tbsp	1.31	0.39	--
21433	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed	44.0	1.0 wing, without skin	1.31	12.61	0.096
07077	Smoked link sausage, pork and beef, nonfat dry milk added	68.0	1.0 link (4" long x 1-1/8" dia)	1.31	9.03	0.092
42284	Babyfood, baked product, finger snacks cereal fortified	1.7	1.0 cookie	1.30	0.11	--
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.30	20.96	0.257
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	85.0	3.0 oz	1.29	19.36	0.221
11238	Mushrooms, shiitake, raw	19.0	1.0 piece whole	1.29	0.43	0.002
07005	Blood sausage	100.0	4.0 slices	1.29	14.60	0.180
04016	Salad dressing, sesame seed dressing, regular	15.0	1.0 tablespoon	1.29	0.46	0.007
02021	Spices, ginger, ground	1.8	1.0 tsp	1.29	0.16	0.003
05141	Duck, domesticated, meat only, raw	137.0	1.0 unit (yield from 1 lb ready-to-cook duck)	1.29	25.04	0.348
07007	Bologna, beef	30.0	1.0 slice	1.29	3.27	0.037
17424	Veal, ground, cooked, pan-fried	85.0	3.0 oz	1.28	21.96	0.222
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.28	16.74	0.203
07945	Frankfurter, beef, heated	48.0	1.0 frankfurter	1.28	5.61	0.060
01047	Cheese food, pasteurized process, swiss	28.35	1.0 oz	1.28	6.21	0.090
04011	Salad dressing, KRAFT Mayo Light Mayonnaise	15.0	1.0 tbsp	1.28	0.09	--
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1.0 tsp	1.27	0.00	--
16214	Vitasoy USA, Organic Nasoya Silken Tofu	91.0	0.2 package	1.27	4.37	--
16524	WORTHINGTON Veja-Links, canned, unprepared	31.0	1.0 link	1.27	4.53	--
03082	Babyfood, dinner, turkey and rice, strained	16.0	1.0 tbsp	1.27	0.36	--
09173	Longans, dried	1.7	1.0 fruit	1.26	0.08	--
13320	Beef, variety meats and by-products, brain, cooked, simmered	85.0	3.0 oz	1.26	9.92	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	1.26	18.73	0.176
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	85.0	3.0 oz	1.26	21.93	0.242
07241	OSCAR MAYER, Wieners (beef franks)	45.0	1.0 serving	1.25	5.11	--
05116	Chicken, roasting, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	1.25	38.82	0.428
06631	Sauce, hot chile, sriracha	6.5	1.0 tsp	1.25	0.13	--
02028	Spices, paprika	2.3	1.0 tsp	1.24	0.33	0.002
11960	Carrots, baby, raw	15.0	1.0 large	1.24	0.10	0.001
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	85.0	3.0 oz	1.23	14.74	0.139
07920	Swisswurst, pork and beef, with swiss cheese, smoked	77.0	1.0 serving 2.7 oz	1.23	9.77	0.115
11444	Seaweed, irishmoss, raw	10.0	2.0 tbsp (1/8 cup)	1.23	0.15	--
11250	Lettuce, butterhead (includes boston and bibb types), raw	55.0	1.0 cup, shredded or chopped	1.23	0.74	0.007
16279	HOUSE FOODS Premium Soft Tofu	56.0	2.0 oz	1.23	3.57	--
43406	Yeast extract spread	6.0	1.0 tsp	1.23	1.43	--
04636	Salad dressing, italian dressing, fat-free	14.0	1.0 tbsp	1.22	0.14	--
43274	Cheese, cream, low fat	15.0	1.0 tbsp	1.22	1.18	0.014
16276	Vitasoy USA Azumaya, Extra Firm Tofu	79.0	0.2 package	1.21	7.96	--
05093	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, flour	38.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.21	10.16	0.115
31033	Ginger root, pickled, canned, with artificial sweetener	25.0	2.0 tablespoon	1.21	0.08	--
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1.21	15.44	0.140
16277	Vitasoy USA Azumaya, Firm Tofu	79.0	0.2 package	1.20	7.17	--
01226	Egg substitute, liquid or frozen, fat free	60.0	0.25 cup	1.20	6.00	0.098
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	1.20	16.87	0.157
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	1.19	3.98	0.037
11986	Malabar spinach, cooked	44.0	1.0 cup	1.19	1.31	--
17000	Veal, Australian, rib, rib roast, separable lean only, raw	85.0	3.0 oz	1.19	18.44	0.186
06972	Sauce, tomato chili sauce, bottled, with salt	6.0	1.0 packet	1.19	0.15	--
14288	Lemonade, powder, prepared with water	33.0	1.0 fl oz	1.18	0.00	--
01135	Egg, white, dried, flakes, stabilized, glucose reduced	28.35	1.0 oz	1.18	21.81	0.335
02035	Spices, pumpkin pie spice	1.7	1.0 tsp	1.18	0.10	--
07027	Ham, chopped, not canned	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	1.18	4.62	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
07960	Bologna, chicken, pork	28.0	1.0 serving	1.17	2.89	0.023
03287	Babyfood, dinner, beef noodle, junior	16.0	1.0 tbsp	1.17	0.40	0.004
02016	Spices, dill seed	2.1	1.0 tsp	1.16	0.34	--
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	113.0	4.0 oz	1.15	20.69	0.228
16429	Tofu, fried, prepared with calcium sulfate	13.0	1.0 piece	1.15	2.45	0.033
14253	Alcoholic beverages, wine, rose	30.3	1.0 fl oz	1.15	0.11	--
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	1.15	17.76	0.167
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1.15	15.83	0.145
11096	Broccoli raab, raw	40.0	1.0 cup chopped	1.14	1.27	0.017
10130	Canadian bacon, unprepared	85.0	3.0 oz	1.14	17.26	0.205
21337	McDONALD'S, Peanuts (for Sundaes)	7.0	0.3 oz	1.14	1.96	--
07278	HORMEL Pillow Pak Sliced Turkey Pepperoni	30.0	1.0 serving	1.13	9.30	--
42117	Imitation cheese, american or cheddar, low cholesterol	113.0	1.0 cup, shredded	1.13	28.25	--
06081	Soup, chicken broth cubes, dry	4.8	1.0 cube	1.13	0.70	--
11003	Amaranth leaves, raw	28.0	1.0 cup	1.13	0.69	0.009
07032	Ham and cheese loaf or roll	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	1.12	3.81	0.058
02015	Spices, curry powder	2.0	1.0 tsp	1.12	0.29	0.002
07091	New england brand sausage, pork, beef	23.0	1.0 slice (4" dia x 1/8" thick)	1.11	3.97	0.044
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1.0 tsp	1.11	0.00	--
14132	Alcoholic beverage, wine, table, white, Riesling	29.6	1.0 fl oz	1.11	0.02	--
43017	Salad dressing, green goddess, regular	15.0	1.0 tbsp	1.10	0.28	--
05138	Chicken, capons, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	1.10	38.27	0.454
14368	Beverages, tea, instant, lemon, unsweetened	1.4	1.0 tsp, rounded	1.10	0.10	--
06194	Soup, chicken broth, ready-to-serve	249.0	1.0 cup	1.10	1.59	--
14207	Beverages, tea, ready-to-drink, lemon, diet	266.0	1.0 cup	1.09	0.00	--
11457	Spinach, raw	30.0	1.0 cup	1.09	0.86	0.012
14152	Alcoholic Beverage, wine, table, red, Burgundy	29.5	1.0 fl oz	1.09	0.02	--
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	131.0	1.0 chop	1.09	32.40	0.385
02025	Spices, nutmeg, ground	2.2	1.0 tsp	1.08	0.13	--
11416	Pumpkin flowers, raw	33.0	1.0 cup	1.08	0.34	--
07025	Frankfurter, turkey	28.35	1.0 oz	1.08	3.47	0.032
16159	Tofu, extra firm, prepared with nigari	91.0	0.2 block	1.07	9.08	0.123

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.07	18.44	0.173
07924	Bratwurst, pork, beef and turkey, lite, smoked	66.0	1.0 serving 2.33 oz	1.07	9.54	0.096
42190	Pork sausage rice links, brown and serve, cooked	45.0	2.0 links 1 NLEA serving	1.06	6.16	--
14003	Alcoholic beverage, beer, regular, all	29.7	1.0 fl oz	1.05	0.14	0.000
02002	Spices, anise seed	2.1	1.0 tsp, whole	1.05	0.37	--
42116	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie	15.0	1.0 tbsp	1.05	0.22	--
03009	Babyfood, meat, ham, junior	28.35	1.0 oz	1.05	3.20	0.042
01253	Cheese, pasteurized process, American, without added vitamin D	28.35	1.0 oz	1.05	5.14	0.066
02005	Spices, caraway seed	2.1	1.0 tsp	1.05	0.42	0.005
10857	HORMEL Canadian Style Bacon	56.0	1.0 serving	1.05	9.45	--
02018	Spices, fennel seed	2.0	1.0 tsp, whole	1.05	0.32	0.005
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	1.05	14.77	0.139
13339	Beef, variety meats and by-products, tongue, raw	28.35	1.0 oz	1.04	4.22	0.032
13357	Beef, cured, sausage, cooked, smoked	43.0	1.0 sausage	1.04	6.07	0.055
11253	Lettuce, green leaf, raw	36.0	1.0 cup shredded	1.03	0.49	0.003
01038	Cheese, romano	28.35	1.0 oz	1.03	9.02	0.122
16210	Vitasoy USA, Nasoya Lite Firm Tofu	79.0	0.2 package	1.03	6.56	--
14120	Alcoholic beverage, wine, table, white, Muller Thurgau	29.5	1.0 fl oz	1.03	0.02	--
43507	Frankfurter, low sodium	57.0	1.0 frankfurter	1.03	6.84	--
03072	Babyfood, dinner, chicken stew, toddler	16.0	1.0 tbsp	1.02	0.83	0.009
07212	OSCAR MAYER, Ham (chopped with natural juice)	28.0	1.0 serving (1 slice)	1.02	4.56	--
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	85.0	3.0 oz	1.02	14.90	0.140
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.02	17.78	0.167
02031	Spices, pepper, red or cayenne	1.8	1.0 tsp	1.02	0.22	--
43401	Beverages, coffee, instant, with whitener, reduced calorie	1.7	1.0 tsp dry	1.02	0.03	--
01031	Cheese, neufchatel	28.35	1.0 oz	1.02	2.59	0.030
01138	Egg, duck, whole, fresh, raw	70.0	1.0 egg	1.02	8.97	0.182
06470	CAMPBELL'S Low Sodium Soups, Chicken Broth	298.0	1.0 serving 1 container	1.01	3.01	--
14061	Beverages, Energy Drink, sugar free	240.0	8.0 fl oz	--	1.01	--
06097	CAMPBELL'S Red and White, Beef Consomme, condensed	124.0	1.0 serving 1/2 cup	1.00	4.01	--
06057	CAMPBELL'S Red and White, Chicken Broth, condensed	124.0	1.0 serving 1/2 cup	--	1.00	--
06091	CAMPBELL'S Red and White, Beef Broth, condensed	124.0	1.0 serving 1/2 cup	1.00	3.00	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
07057	Pepperoni, beef and pork, sliced	85.0	3.0 oz	1.00	16.36	0.196
16124	Soy sauce made from soy (tamari)	18.0	1.0 tbsp	1.00	1.89	0.033
07935	Oven-roasted chicken breast roll	56.0	1.0 serving 2 oz	1.00	8.17	0.090
16260	SILK Original Creamer	15.0	1.0 tbsp	1.00	0.00	--
06600	PACE, Green Taco Sauce	16.0	1.0 serving	1.00	0.00	--
01200	Reddi Wip Fat Free Whipped Topping	4.0	1.0 tablespoon	1.00	0.12	--
19918	Sweetener, herbal extract powder from Stevia leaf	1.0	1.0 package	1.00	0.00	--
31014	PACE, Jalapenos Nacho Sliced Peppers	30.0	1.0 oz	1.00	0.00	--
11522	Taro shoots, raw	43.0	0.5 cup slices	1.00	0.40	--
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	15.0	1.0 tbsp	1.00	0.54	0.006
04676	Margarine-like spread, SMART BEAT Smart Squeeze	14.0	1.0 tablespoon	0.99	0.00	--
43276	Cheese spread, cream cheese base	28.35	1.0 oz	0.99	2.01	--
02013	Spices, coriander seed	1.8	1.0 tsp	0.99	0.22	--
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	0.99	0.12	0.002
06633	Sauce, hot chile, sriracha, TUONG OT SRIRACHA	6.2	1.0 tsp	0.98	0.12	--
02034	Spices, poultry seasoning	1.5	1.0 tsp	0.98	0.14	--
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	28.0	1.0 slice	0.98	6.11	0.054
01132	Egg, whole, cooked, scrambled	61.0	1.0 large	0.98	6.09	0.085
42138	Mayonnaise, reduced-calorie or diet, cholesterol-free	14.6	1.0 tbsp	0.98	0.13	--
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.98	17.04	0.222
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.98	18.09	0.170
17155	Veal, Australian, rib, rib roast, separable lean and fat, raw	85.0	3.0 oz	0.98	16.66	0.153
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.98	16.54	0.153
35195	Cattail, Narrow Leaf Shoots (Northern Plains Indians)	19.0	1.0 shoot	0.98	0.22	--
14116	Alcoholic beverage, wine, table, white, Chenin Blanc	29.5	1.0 fl oz	0.98	0.02	--
06963	Fish broth	244.0	1.0 cup	0.98	4.88	--
05312	Chicken, wing, frozen, glazed, barbecue flavored	29.0	1.0 piece	0.97	5.70	0.052
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.97	18.79	0.215
01209	Cheese, Mexican, blend, reduced fat	28.35	1.0 oz	0.97	7.00	--
07067	Poultry salad sandwich spread	13.0	1.0 tbsp	0.96	1.51	0.017
02039	Spices, savory, ground	1.4	1.0 tsp	0.96	0.09	--
01133	Egg, whole, dried	85.0	1.0 cup, sifted	0.96	40.84	0.659

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
09156	Lemon peel, raw	6.0	1.0 tbsp	0.96	0.09	--
11445	Seaweed, kelp, raw	10.0	2.0 tbsp (1/8 cup)	0.96	0.17	0.005
15172	Mollusks, scallop, mixed species, raw	30.0	1.0 unit 2 large or 5 small	0.95	3.62	0.031
43405	Cheese, swiss, low sodium	28.0	1.0 slice	0.95	7.95	--
01266	Cheese, Swiss, nonfat or fat free	28.0	1.0 serving	0.95	7.95	--
43589	Cheese, swiss, low fat	28.0	1.0 slice (1 oz)	0.95	7.95	--
06013	Soup, chicken broth, canned, condensed	126.0	0.5 cup (4 fl oz)	0.94	5.57	--
07932	Chicken breast, fat-free, mesquite flavor, sliced	42.0	1.0 serving 2 slices	0.94	7.06	0.077
42140	Salad dressing, italian dressing, reduced calorie	14.0	1.0 tbsp	0.94	0.04	--
23279	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.94	22.36	0.251
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.94	21.49	0.280
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.94	22.78	0.256
02014	Spices, cumin seed	2.1	1.0 tsp, whole	0.93	0.37	--
06413	Soup, chicken broth, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.93	4.93	--
16164	MORI-NU, Tofu, silken, lite firm	84.0	1.0 slice	0.92	5.29	0.080
42155	Cheese, monterey, low fat	132.0	1.0 cup, diced	0.92	37.22	--
14126	Alcoholic beverage, wine, table, white, Semillon	29.5	1.0 fl oz	0.92	0.02	--
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.92	19.20	0.248
03104	Babyfood, vegetables, squash, strained	16.0	1.0 tbsp	0.92	0.13	--
03105	Babyfood, vegetables, squash, junior	16.0	1.0 tbsp	0.92	0.13	--
11669	Seaweed, wakame, raw	10.0	2.0 tbsp (1/8 cup)	0.91	0.30	0.004
01033	Cheese, parmesan, hard	28.35	1.0 oz	0.91	10.14	0.137
35139	Squash, Indian, cooked, boiled (Navajo)	28.35	1.0 oz	0.91	0.09	--
06183	Soup, chicken broth, less/reduced sodium, ready to serve	240.0	1.0 cup	0.91	3.26	--
42179	Frankfurter, beef, low fat	57.0	1.0 frankfurter	0.91	6.84	--
19868	Sweeteners, tabletop, sucralose, SPLENDA packets	1.0	1.0 serving 1 packet	0.91	0.00	--
07933	Chicken breast, oven-roasted, fat-free, sliced	42.0	1.0 serving 2 slices	0.91	7.05	0.077
42173	Turkey and pork sausage, fresh, bulk, patty or link, cooked	130.0	1.0 cup, cooked	0.91	29.51	--
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.91	23.96	0.283
11418	Pumpkin leaves, raw	39.0	1.0 cup	0.91	1.23	0.016
01141	Egg, turkey, whole, fresh, raw	79.0	1.0 egg	0.91	10.81	0.173
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	15.0	1.0 tbsp chopped	0.90	0.12	0.002

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
01025	Cheese, monterey	132.0	1.0 cup, diced	0.90	32.31	0.416
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.89	17.81	0.167
43158	Sweeteners, tabletop, saccharin (sodium saccharin)	1.0	1.0 serving 1 packet	0.89	0.01	--
14004	Alcoholic beverage, beer, regular, BUDWEISER	29.8	1.0 fl oz	0.89	0.11	--
04639	Salad dressing, ranch dressing, regular	15.0	1.0 tablespoon	0.88	0.20	--
14105	Alcoholic Beverage, wine, table, red, Claret	29.4	1.0 fl oz	0.88	0.02	--
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.88	17.76	0.167
07014	Braunschweiger (a liver sausage), pork	28.35	1.0 oz	0.88	4.11	0.041
05600	USDA Commodity, turkey ham, dark meat, smoked, frozen	28.35	1.0 oz	0.88	4.62	--
07925	Pastrami, beef, 98% fat-free	57.0	1.0 serving 6 slices	0.88	11.17	0.089
07919	Sausage, turkey, breakfast links, mild	56.0	2.0 oz, 2 links	0.87	8.64	0.098
15175	Mollusks, squid, mixed species, raw	28.35	1.0 oz, boneless	0.87	4.42	0.049
01008	Cheese, caraway	28.35	1.0 oz	0.87	7.14	0.092
07050	Mortadella, beef, pork	28.35	1.0 oz	0.86	4.64	0.043
02022	Spices, mace, ground	1.7	1.0 tsp	0.86	0.11	--
03290	Babyfood, carrots and beef, strained	15.0	1.0 tbsp	0.86	0.51	--
01260	Cheese, cheddar, reduced fat	21.0	1.0 slice	0.85	5.74	--
01179	Sour cream, light	12.0	1.0 tablespoon	0.85	0.42	--
07053	Pate, chicken liver, canned	13.0	1.0 tbsp	0.85	1.75	0.025
23287	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.85	22.95	0.257
09524	Lemon juice from concentrate, bottled, REAL LEMON	15.0	1.0 tbsp	0.85	0.07	--
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	0.85	0.89	0.021
11947	Pickles, cucumber, dill, reduced sodium	35.0	1.0 spear, small	0.84	0.18	0.002
11937	Pickles, cucumber, dill or kosher dill	35.0	1.0 spear, small	0.84	0.18	0.002
09153	Lemon juice from concentrate, canned or bottled	15.0	1.0 tbsp	0.84	0.07	--
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.84	17.08	0.159
09194	Olives, ripe, canned (jumbo-super colossal)	15.0	1.0 super colossal	0.84	0.15	--
17196	Lamb, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	0.84	20.10	0.271
14102	Alcoholic Beverage, wine, table, red, Zinfandel	29.4	1.0 fl oz	0.84	0.02	--
01178	Sour cream, reduced fat	12.0	1.0 tablespoon	--	0.84	--
16165	MORI-NU, Tofu, silken, lite extra firm	84.0	1.0 slice	0.84	5.88	0.081
11213	Endive, raw	25.0	0.5 cup, chopped	0.84	0.31	0.001

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	113.0	4.0 oz	0.84	23.65	0.247
09129	Grapes, muscadine, raw	6.0	1.0 grape	0.84	0.05	--
36011	T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	176.0	1.0 serving	0.83	54.60	0.730
02007	Spices, celery seed	2.0	1.0 tsp	0.83	0.36	--
17202	Veal, variety meats and by-products, liver, raw	28.35	1.0 oz	0.82	5.65	0.078
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	113.0	4.0 oz	0.82	23.05	0.255
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	113.0	4.0 oz	0.82	20.78	0.229
14191	Beverages, tea, green, ready-to-drink, citrus, diet, fortified with vitamin C	265.0	1.0 cup	0.82	0.00	--
14101	Alcoholic Beverage, wine, table, red, Barbera	29.4	1.0 fl oz	0.82	0.02	--
23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	0.81	36.99	0.414
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	0.81	36.18	0.406
15226	Crustaceans, crab, dungeness, cooked, moist heat	85.0	3.0 oz	0.81	18.97	0.264
09523	Lemon juice from concentrate, bottled, CONCORD	15.0	1.0 tbsp	0.81	0.06	--
01017	Cheese, cream	14.5	1.0 tbsp	0.80	0.89	0.010
04687	Margarine-like spread, BENECOL Light Spread	14.0	1.0 tablespoon (1 NLEA serving)	0.80	0.00	--
11757	Carrots, cooked, boiled, drained, with salt	9.7	1.0 tbsp	0.80	0.07	0.001
11125	Carrots, cooked, boiled, drained, without salt	9.7	1.0 tbsp	0.80	0.07	0.001
16424	Soy sauce made from soy and wheat (shoyu), low sodium	14.2	1.0 tbsp	0.79	1.29	0.000
14103	Alcoholic Beverage, wine, table, red, Petite Sirah	29.5	1.0 fl oz	0.79	0.02	--
16123	Soy sauce made from soy and wheat (shoyu)	16.0	1.0 tbsp	0.79	1.30	0.015
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	37.0	1.0 wing without skin	0.79	10.64	--
02033	Spices, poppy seed	2.8	1.0 tsp	0.79	0.50	0.005
01028	Cheese, mozzarella, part skim milk	28.35	1.0 oz	0.79	6.88	0.096
07930	Yachtwurst, with pistachio nuts, cooked	56.0	1.0 serving 2 oz	0.78	8.29	--
21314	McDONALD'S, Spicy Buffalo Sauce	43.0	1.5 oz	0.78	0.23	--
14159	Alcoholic Beverage, wine, table, red, Mouvedre	29.4	1.0 fl oz	0.78	0.02	--
13350	Beef, cured, dried	28.0	10.0 slices	0.77	8.71	0.053
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.77	3.88	0.036
14108	Alcoholic Beverage, wine, table, red, Sangiovese	29.4	1.0 fl oz	0.77	0.02	--
02036	Spices, rosemary, dried	1.2	1.0 tsp	0.77	0.06	--
14096	Alcoholic beverage, wine, table, red	29.4	1.0 fl oz	0.77	0.02	--
14124	Alcoholic beverage, wine, table, white, Gewurztraminer	29.5	1.0 fl oz	0.77	0.02	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.76	23.04	0.258
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.76	13.39	0.150
14097	Alcoholic Beverage, wine, table, red, Cabernet Sauvignon	29.4	1.0 fl oz	0.76	0.02	--
14106	Alcoholic beverage, wine, table, white	29.4	1.0 fl oz	0.76	0.02	--
43075	Fluid replacement, electrolyte solution (include PEDIALYTE)	31.2	1.0 fl oz	0.76	0.00	--
14100	Alcoholic Beverage, wine, table, red, Syrah	29.4	1.0 fl oz	0.76	0.02	--
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	85.0	3.0 oz	0.76	22.22	0.264
07909	Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite	56.0	2.0 oz (1 serving)	0.76	8.53	--
11157	Chrysanthemum, garland, raw	25.0	1.0 cup (1" pieces)	0.76	0.84	--
14214	Beverages, coffee, instant, regular, powder	1.0	1.0 tsp	0.75	0.12	0.000
01034	Cheese, port de salut	132.0	1.0 cup, diced	0.75	31.39	0.453
06962	Sauce, chili, peppers, hot, immature green, canned	15.0	1.0 tbsp	0.75	0.10	--
42286	Babyfood, green beans and turkey, strained	14.0	1.0 tbsp	0.75	0.57	--
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.75	24.00	0.284
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.74	18.20	0.171
14602	Alcoholic Beverage, wine, table, red, Merlot	29.4	1.0 fl oz	0.74	0.02	--
07036	Sausage, Italian, pork, raw	113.0	1.0 link, 4/lb	0.73	16.10	0.129
16422	Soy protein isolate, potassium type	28.35	1.0 oz	0.73	25.04	0.316
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	12.0	1.0 tbsp	0.73	0.11	0.001
14203	Beverages, coffee, instant, regular, half the caffeine	1.0	1.0 tsp	0.73	0.14	--
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	85.0	3.0 oz	0.73	14.88	0.165
10138	Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted	140.0	1.0 cup	0.73	29.62	0.336
11640	Shallots, freeze-dried	0.9	1.0 tbsp	0.73	0.11	0.001
14107	Alcoholic Beverage, wine, table, red, Lemberger	29.4	1.0 fl oz	0.72	0.02	--
06480	Soup, chicken broth or bouillon, dry, prepared with water	241.0	1.0 cup 8 fl oz	0.72	0.67	--
06080	Soup, chicken broth or bouillon, dry	4.0	1.0 cube	0.72	0.67	--
14098	Alcoholic Beverage, wine, table, red, Cabernet Franc	29.4	1.0 fl oz	0.72	0.02	--
07974	Bacon, turkey, low sodium	15.0	1.0 serving	0.72	2.00	0.028
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.0	1.0 tbsp	0.72	0.21	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.71	17.48	0.164
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.71	17.46	0.164
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	11.6	1.0 tbsp	0.71	0.11	0.001
14109	Alcoholic Beverage, wine, table, red, Carignane	29.4	1.0 fl oz	0.71	0.02	--
21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed	83.0	1.0 thigh thigh without skin	0.71	20.18	0.152
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	138.0	1.0 fillet	0.70	39.12	0.462
01027	Cheese, mozzarella, whole milk, low moisture	28.35	1.0 oz	0.70	6.12	0.086
10110	Pork, fresh, variety meats and by-products, liver, raw	28.35	1.0 oz	0.70	6.06	0.085
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	140.0	1.0 cup	0.70	30.76	0.340
14158	Alcoholic Beverage, wine, table, red, Gamay	29.4	1.0 fl oz	0.70	0.02	--
15163	Mollusks, cuttlefish, mixed species, raw	85.0	3.0 oz	0.70	13.80	0.155
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.70	18.15	0.216
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.70	24.08	0.295
11001	Alfalfa seeds, sprouted, raw	33.0	1.0 cup	0.69	1.32	--
02027	Spices, oregano, dried	1.0	1.0 tsp, leaves	0.69	0.09	0.002
03003	Babyfood, meat, beef, junior	28.35	1.0 oz	0.69	3.41	--
21428	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	39.0	1.0 wing wing without skin	0.69	11.17	0.085
07201	OSCAR MAYER, Bologna (beef)	28.0	1.0 serving (1 slice)	0.69	3.09	--
10185	Pork, cured, ham, extra lean and regular, canned, roasted	140.0	1.0 cup	0.69	29.32	0.332
04144	Salad dressing, italian dressing, reduced fat, without salt	15.0	1.0 tablespoon	0.69	0.07	--
23278	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.68	22.10	0.247
14099	Alcoholic Beverage, wine, table, red, Pinot Noir	29.4	1.0 fl oz	0.68	0.02	--
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	113.0	4.0 oz	0.68	20.89	0.219
11442	Seaweed, agar, raw	10.0	2.0 tbsp (1/8 cup)	0.68	0.05	--
14279	Beverages, tea, black, ready-to-drink, peach, diet	268.0	1.0 cup	0.67	0.00	--
14117	Alcoholic beverage, wine, table, white, Fume Blanc	29.3	1.0 fl oz	0.67	0.02	--
01004	Cheese, blue	28.35	1.0 oz	0.66	6.07	0.088
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.66	13.73	0.154

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
23323	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	0.66	21.09	0.239
01024	Cheese, limburger	134.0	1.0 cup	0.66	26.87	0.387
06179	Sauce, fish, ready-to-serve	18.0	1.0 tbsp	0.66	0.91	--
23310	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	0.65	21.51	0.246
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	0.65	17.46	0.207
15012	Fish, caviar, black and red, granular	16.0	1.0 tbsp	0.64	3.94	0.052
02042	Spices, thyme, dried	1.0	1.0 tsp, leaves	0.64	0.09	0.002
07074	Smoked link sausage, pork	68.0	1.0 link (4" long x 1-1/8" dia)	0.64	8.15	0.147
01055	Cream, sour, reduced fat, cultured	15.0	1.0 tbsp	0.64	0.44	0.006
04631	Margarine-like, vegetable oil spread, fat-free, tub	14.6	1.0 tbsp	0.63	0.01	--
14160	Alcoholic beverage, wine, table, white, Chardonnay	29.3	1.0 fl oz	0.63	0.02	--
11257	Lettuce, red leaf, raw	28.0	1.0 cup shredded	0.63	0.37	0.006
01022	Cheese, gouda	28.35	1.0 oz	0.63	7.07	0.100
15143	Crustaceans, crab, dungeness, raw	85.0	3.0 oz	0.63	14.80	0.206
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.63	24.21	0.315
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.63	23.10	0.217
06075	Soup, beef broth or bouillon, powder, dry	3.6	1.0 cube	0.63	0.57	--
43131	Luncheon slices, meatless	14.0	1.0 slice, thin	0.62	2.49	--
23241	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.62	24.02	0.294
01156	Cheese, goat, hard type	28.35	1.0 oz	0.62	8.65	0.091
11943	Pimento, canned	12.0	1.0 tbsp	0.61	0.13	0.002
01125	Egg, yolk, raw, fresh	17.0	1.0 large	0.61	2.70	0.030
05282	Pate de foie gras, canned (goose liver pate), smoked	13.0	1.0 tbsp	0.61	1.48	0.021
07054	Pate, goose liver, smoked, canned	13.0	1.0 tbsp	0.61	1.48	0.021
02052	Vanilla extract, imitation, no alcohol	4.2	1.0 tsp	0.60	0.00	--
14113	Alcoholic beverage, wine, table, white, Pinot Gris (Grigio)	29.3	1.0 fl oz	0.60	0.02	--
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0.60	15.85	0.149
14134	Alcoholic beverage, wine, table, white, Sauvignon Blanc	29.3	1.0 fl oz	0.60	0.02	--
06476	Soup, beef broth, cubed, prepared with water	240.0	1.0 serving 1 cup	0.60	0.50	--
06475	Soup, beef broth or bouillon, powder, prepared with water	240.0	1.0 serving 1 cup	0.60	0.50	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
05127	Chicken, stewing, giblets, raw	28.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.60	5.01	0.057
07004	Sausage, Berliner, pork, beef	23.0	1.0 slice	0.60	3.51	0.025
07040	Liver cheese, pork	28.35	1.0 oz	0.60	4.31	0.058
07045	Luncheon meat, pork, canned	28.35	1.0 oz	0.60	3.54	0.035
10128	Pork, cured, breakfast strips, raw or unheated	85.0	3.0 oz	0.60	9.98	0.096
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.60	21.66	0.201
05356	Chicken, broiler, rotisserie, BBQ, skin	85.0	1.0 serving	0.60	12.91	0.060
43019	Salad dressing, sweet and sour	16.0	1.0 tbsp	0.59	0.02	--
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	140.0	1.0 cup	0.59	45.95	0.536
10140	Pork, cured, ham, regular (approximately 13% fat), canned, roasted	140.0	1.0 cup	0.59	28.74	0.326
06961	Sauce, peppers, hot, chili, mature red, canned	15.0	1.0 tbsp	0.58	0.14	--
16271	Vitasoy USA Organic Nasoya, Soft Tofu	79.0	0.2 package	0.58	6.92	--
14211	Beverages, tea, black, ready-to-drink, lemon, diet	265.0	1.0 cup	0.58	0.00	--
23503	USDA Commodity, beef, patties (100%), frozen, cooked	64.0	1.0 patty	0.58	14.71	--
10104	Pork, fresh, variety meats and by-products, heart, cooked, braised	145.0	1.0 cup	0.58	34.22	0.394
06076	Soup, beef broth, cubed, dry	3.6	1.0 cube	0.58	0.62	--
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.58	22.52	0.212
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.58	22.12	0.207
14180	Beverages, coffee, brewed, breakfast blend	248.0	1.0 cup	0.57	0.74	--
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0.57	13.12	0.123
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.57	16.35	0.188
14138	Alcoholic beverage, wine, table, white, Pinot Blanc	29.3	1.0 fl oz	0.57	0.02	--
01039	Cheese, roquefort	28.35	1.0 oz	0.57	6.11	0.086
16432	Tofu, salted and fermented (fuyu), prepared with calcium sulfate	11.0	1.0 block	0.57	0.90	0.013
02055	Horseradish, prepared	5.0	1.0 tsp	0.56	0.06	--
27066	Sauce, horseradish	5.6	1.0 tsp	0.56	0.06	--
02024	Spices, mustard seed, ground	2.0	1.0 tsp	0.56	0.52	0.005
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12.0	1.0 tbsp	0.56	0.39	0.005
02017	Spices, dill weed, dried	1.0	1.0 tsp	0.56	0.20	--
01056	Cream, sour, cultured	12.0	1.0 tbsp	0.56	0.29	0.005
03008	Babyfood, meat, ham, strained	15.0	1.0 tbsp	0.56	1.70	0.021
15207	Fish, roe, mixed species, cooked, dry heat	28.35	1.0 oz	0.54	8.11	0.106

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.54	15.91	0.188
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.54	20.36	0.189
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.54	20.73	0.193
16281	HOUSE FOODS Premium Firm Tofu	56.0	2.0 oz	0.54	6.12	--
17222	Veal, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.54	4.87	0.052
23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	0.54	38.20	0.397
01041	Cheese, tilsit	28.35	1.0 oz	0.53	6.92	0.100
02050	Vanilla extract	4.2	1.0 tsp	0.53	0.00	--
16278	Vitasoy USA Azumaya, Silken Tofu	91.0	0.2 package	0.53	4.39	--
07019	Chorizo, pork and beef	28.35	1.0 oz	0.53	6.83	0.079
23220	Beef, ground, unspecified fat content, cooked	85.0	3.0 oz	0.53	21.31	0.239
09193	Olives, ripe, canned (small-extra large)	8.4	1.0 tbsp	0.53	0.07	--
23314	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	0.52	20.08	0.230
07030	Ham, minced	28.35	1.0 oz	0.52	4.62	0.044
13358	Beef, cured, smoked, chopped beef	28.0	1.0 slice (1 oz)	0.52	5.65	0.046
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	28.35	1.0 oz	0.52	5.51	0.043
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.51	14.24	0.160
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.51	19.10	0.178
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.51	17.68	0.198
17199	Lamb, variety meats and by-products, liver, raw	28.35	1.0 oz	0.50	5.78	0.067
14167	Beverages, POWERADE, Zero, Mixed Berry	360.0	12.0 fl oz	0.50	0.00	--
01160	Egg, yolk, raw, frozen, salted, pasteurized	28.35	1.0 oz	0.50	3.99	0.054
10158	USDA Commodity, pork, canned	85.0	3.0 oz	0.50	16.49	--
07088	Honey roll sausage, beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.50	4.27	0.035
10854	HORMEL ALWAYS TENDER, Pork Loin Filets, Lemon Garlic-Flavored	28.0	1.0 oz	0.50	4.99	--
14202	Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated	29.6	1.0 fl oz	0.50	0.03	--
11953	Squash, zucchini, baby, raw	16.0	1.0 large	0.50	0.43	0.004
10972	Pork, ground, 84% lean / 16% fat, raw	113.0	4.0 oz	0.50	20.33	0.262
14210	Beverages, coffee, brewed, espresso, restaurant-prepared	29.6	1.0 fl oz	0.49	0.04	--
07068	Salami, cooked, beef	26.0	1.0 slice	0.49	3.28	0.036

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0.49	22.69	0.292
01251	Cheese, Mexican blend	28.0	0.25 cup shredded	0.49	6.59	0.099
05661	Chicken, liver, all classes, cooked, pan-fried	44.0	1.0 liver	0.49	11.34	0.115
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	0.49	39.14	0.463
43015	Salad dressing, caesar dressing, regular	14.7	1.0 tbsp	0.49	0.32	--
05170	Turkey, skin from whole (light and dark), roasted	85.0	1.0 serving	0.48	20.35	0.102
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.48	26.94	0.348
09172	Longans, raw	3.2	1.0 fruit without refuse	0.48	0.04	--
14006	Alcoholic beverage, beer, light	29.5	1.0 fl oz	0.48	0.07	0.000
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	193.0	1.0 thigh with skin	0.48	31.88	0.322
16132	Tofu, salted and fermented (fuyu)	11.0	1.0 block	0.48	0.98	0.014
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	89.0	1.0 cup	0.48	18.57	0.140
10146	Pork, cured, ham, patties, unheated	28.35	1.0 oz	0.48	3.62	0.042
23322	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	0.48	16.58	0.173
04133	Salad dressing, french, home recipe	14.0	1.0 tablespoon	0.48	0.01	0.000
04146	Salad dressing, french, cottonseed, oil, home recipe	14.0	1.0 tablespoon	0.48	0.01	--
13345	Beef, cured, breakfast strips, cooked	34.0	3.0 slices	0.48	10.64	0.097
13344	Beef, cured, breakfast strips, raw or unheated	68.0	3.0 slices	0.48	8.50	0.078
07003	Beerwurst, beer salami, pork	23.0	1.0 slice (4" dia x 1/8" thick)	0.47	3.28	0.026
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.47	7.82	0.089
11108	Butterbur, canned	124.0	1.0 cup, chopped	0.47	0.14	--
42137	Salad dressing, peppercorn dressing, commercial, regular	13.4	1.0 tbsp	0.47	0.16	--
11975	Grape leaves, canned	4.0	1.0 leaf	0.47	0.17	--
07044	USDA Commodity, luncheon meat, canned	45.0	1.0 serving	0.47	7.88	--
03209	Babyfood, crackers, vegetable	0.7	1.0 cracker	0.47	0.06	--
05086	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, flour	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.47	2.64	0.028
21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	16.0	1.0 wing without skin, bone and breading	0.46	4.63	0.035
42178	Mayonnaise, made with tofu	15.0	1.0 tbsp	0.46	0.89	--
02037	Spices, saffron	0.7	1.0 tsp	0.46	0.08	--
05102	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour	19.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.45	4.96	0.053

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
19408	Snacks, pork skins, barbecue-flavor	28.35	1.0 oz	0.45	16.41	0.037
23109	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.45	16.02	0.180
02004	Spices, bay leaf	0.6	1.0 tsp, crumbled	0.45	0.05	--
06611	Soup, SWANSON, beef broth, lower sodium	213.0	1.0 cup	0.45	2.56	--
01137	Egg, yolk, dried	67.0	1.0 cup, sifted	0.44	22.53	0.261
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0.44	18.93	0.176
11591	Watercress, raw	34.0	1.0 cup, chopped	0.44	0.78	0.010
06188	Soup, beef broth, less/reduced sodium, ready to serve	219.0	1.0 cup	0.44	2.50	--
43020	Salad dressing, blue or roquefort cheese, low calorie	15.0	1.0 tbsp	0.44	0.76	--
07070	Salami, cooked, turkey	28.0	1.0 serving	0.43	5.38	0.049
07230	OSCAR MAYER, Salami (hard)	27.0	1.0 serving 3 slices	0.43	6.99	--
43327	Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted	28.35	1.0 oz	0.43	5.93	--
02038	Spices, sage, ground	0.7	1.0 tsp	0.43	0.07	--
19909	Sweeteners, sugar substitute, granulated, brown	0.5	1.0 tsp	0.42	0.01	--
02054	Capers, canned	8.6	1.0 tbsp, drained	0.42	0.20	--
13356	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.42	16.51	0.190
07083	Sausage, Vienna, canned, chicken, beef, pork	16.0	1.0 sausage (7/8" dia x 2" long)	0.42	1.68	0.017
05020	Chicken, broilers or fryers, giblets, raw	23.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.41	4.11	0.047
14353	Beverages, tea, instant, decaffeinated, unsweetened	0.7	1.0 serving 2 tsp	0.41	0.14	--
14366	Beverages, tea, instant, unsweetened, powder	0.7	1.0 serving 1 tsp	0.41	0.14	--
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.41	20.52	0.193
01018	Cheese, edam	28.35	1.0 oz	0.41	7.08	0.100
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	0.40	39.60	0.486
01270	Cheese, cheddar, sharp, sliced	19.0	1.0 slice (2/3 oz)	0.40	4.61	0.061
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.40	4.05	0.037
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.40	4.84	0.045
04135	Salad dressing, home recipe, vinegar and oil	16.0	1.0 tablespoon	0.40	0.00	--
13347	Beef, cured, corned beef, brisket, cooked	85.0	3.0 oz	0.40	15.44	0.101

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
06032	Soup, beef broth bouillon and consomme, canned, condensed	124.0	0.5 cup	0.40	3.12	--
07041	Liver sausage, liverwurst, pork	18.0	1.0 slice (2-1/2" dia x 1/4" thick)	0.40	2.54	0.027
14237	Beverages, coffee substitute, cereal grain beverage, prepared with water	30.1	1.0 fl oz	0.39	0.03	--
23181	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.39	16.24	--
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	85.0	3.0 oz	0.39	21.37	0.264
11950	Mushrooms, enoki, raw	5.0	1.0 large	0.39	0.13	0.002
14007	Alcoholic beverage, beer, light, BUD LIGHT	29.5	1.0 fl oz	0.38	0.07	--
07064	Pork sausage, link/patty, cooked, pan-fried	27.0	1.0 patty	0.38	5.00	0.050
05028	Chicken, liver, all classes, cooked, simmered	44.0	1.0 liver	0.38	10.76	0.109
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.38	4.56	0.042
01128	Egg, whole, cooked, fried	46.0	1.0 large	0.38	6.26	0.083
10103	Pork, fresh, variety meats and by-products, heart, raw	28.35	1.0 oz	0.38	4.90	0.056
04624	Margarine-like, vegetable oil spread, fat free, liquid, with salt	15.0	1.0 tbsp	0.38	0.22	--
04145	Salad dressing, mayonnaise, soybean oil, without salt	13.8	1.0 tablespoon	0.37	0.15	--
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	13.8	1.0 tablespoon	0.37	0.15	0.002
07943	Turkey, breast, smoked, lemon pepper flavor, 97% fat-free	28.0	1.0 slice	0.37	5.85	--
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.37	8.74	0.102
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0.37	19.30	0.181
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	56.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.36	15.89	0.186
07090	Luncheon sausage, pork and beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.36	3.54	0.037
02023	Spices, marjoram, dried	0.6	1.0 tsp	0.36	0.08	--
01123	Egg, whole, raw, fresh	50.0	1.0 large	0.36	6.28	0.083
10123	Pork, cured, bacon, unprepared	28.0	1.0 slice raw	0.36	3.53	0.042
03002	Babyfood, meat, beef, strained	14.7	1.0 tbsp	0.36	1.77	--
11216	Ginger root, raw	2.0	1.0 tsp	0.36	0.04	0.000
01131	Egg, whole, cooked, poached	50.0	1.0 large	0.36	6.26	0.083
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.35	5.08	0.048
07065	Pork and beef sausage, fresh, cooked	13.0	1.0 link (raw dimensions: 4" long x 7/8" dia), cooked	0.35	1.79	0.017
07081	Turkey breast, sliced, prepackaged	15.0	1.0 slice	0.35	2.45	0.028

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	12.0	1.0 slice	0.35	2.09	0.023
21430	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed	140.0	1.0 breast, without skin	0.35	38.15	0.291
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	85.0	3.0 oz	0.35	23.32	0.258
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.35	18.28	0.202
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	0.35	20.36	0.240
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	28.35	1.0 oz spiral slice	0.35	5.46	0.051
43155	Alcoholic beverage, wine, light	29.5	1.0 fl oz	0.35	0.02	--
11292	Onions, young green, tops only	6.0	1.0 tbsp	0.34	0.06	--
07973	Turkey bacon, microwaved	8.1	1.0 slice	0.34	2.39	--
07033	Ham and cheese spread	15.0	1.0 tbsp	0.34	2.43	0.056
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	85.0	3.0 oz	0.34	17.25	0.149
23280	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.34	21.68	0.243
23106	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.34	22.18	0.250
14462	Beverages, Propel Zero, fruit-flavored, non-carbonated	29.6	1.0 fl oz	0.34	0.00	--
07926	Salami, Italian, pork	28.0	1.0 oz	0.34	6.08	0.071
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	28.35	1.0 oz spiral slice	0.33	5.29	0.049
02003	Spices, basil, dried	0.7	1.0 tsp, leaves	0.33	0.16	0.002
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.33	18.01	0.207
05027	Chicken, liver, all classes, raw	44.0	1.0 liver	0.32	7.44	0.077
14553	Beverages, Wine, non-alcoholic	29.0	1.0 fl oz	0.32	0.14	--
06984	Soup, SWANSON Chicken Broth 99% Fat Free	227.0	1.0 serving 1 cup 8 oz	0.32	1.23	0.016
10171	Pork, cured, shoulder, blade roll, separable lean and fat, roasted	85.0	3.0 oz	0.31	14.69	0.176
02012	Spices, coriander leaf, dried	0.6	1.0 tsp	0.31	0.13	--
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.31	4.46	0.041
05338	USDA Commodity, Chicken, canned, meat only, with broth	135.0	1.0 cup drained	0.31	30.25	0.348
43154	Alcoholic beverage, wine, cooking	4.9	1.0 tsp	0.31	0.02	--
43297	Pork, oriental style, dehydrated	22.0	1.0 cup	0.31	2.60	0.023
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	51.0	1.0 wing	0.31	11.94	0.105

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.31	15.67	0.176
23108	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.31	16.14	0.182
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	113.0	4.0 oz	0.31	18.27	0.202
02041	Spices, tarragon, dried	0.6	1.0 tsp, leaves	0.30	0.14	--
23297	Beef, Australian, imported, grass-fed, seam fat, raw	28.35	1.0 oz	0.30	2.72	--
43331	Salad dressing, bacon and tomato	15.0	1.0 tbsp	0.30	0.27	--
13318	Beef, variety meats and by-products, brain, raw	28.35	1.0 oz	0.30	3.08	--
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.30	15.04	0.168
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.30	15.28	0.171
07069	Salami, cooked, beef and pork	12.3	1.0 slice round	0.30	2.69	0.014
02008	Spices, chervil, dried	0.6	1.0 tsp	0.29	0.14	--
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	28.35	1.0 oz	0.29	5.51	0.052
11145	Celtuce, raw	8.0	1.0 leaf	0.29	0.07	0.000
02046	Mustard, prepared, yellow	5.0	1.0 tsp or 1 packet	0.29	0.19	0.000
01172	Egg, white, raw, frozen, pasteurized	28.0	1.0 oz	0.29	2.86	0.049
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.29	5.49	0.052
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.29	21.21	0.199
15142	Crustaceans, crab, blue, crab cakes, home recipe	60.0	1.0 cake	0.29	12.13	0.169
05115	Chicken, roasting, giblets, raw	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.28	4.54	0.050
05285	Turkey, diced, light and dark meat, seasoned	28.35	1.0 oz	0.28	5.30	0.058
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	28.35	1.0 oz	0.28	3.48	0.017
01171	Egg, whole, raw, frozen, pasteurized	28.0	1.0 oz	0.28	3.45	0.054
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.28	19.45	0.180
04627	Margarine-like spread with yogurt, approximately 40% fat, tub, with salt	14.0	1.0 tablespoon	--	0.28	--
04674	Margarine-like spread, SMART BALANCE Light Buttery Spread	14.0	1.0 tbsp	0.28	0.00	--
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	115.0	1.0 serving	0.28	18.58	0.206
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	51.0	1.0 wing	0.28	14.45	0.146

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	0.27	0.07	0.001
11931	Peppers, sweet, red, freeze-dried	0.4	1.0 tbsp	0.27	0.07	0.001
10000	Pork, fresh, composite of separable fat, with added solution, cooked	85.0	3.0 oz	0.27	8.55	0.090
23300	Beef, Australian, imported, Wagyu, external fat, Aust. marble score 9, raw	28.0	1.0 oz	0.27	1.55	--
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	0.27	40.30	0.525
07955	Turkey sausage, fresh, raw	57.0	1.0 serving	0.27	10.71	0.074
03016	Babyfood, meat, turkey, junior	19.0	1.0 tbsp	0.27	2.18	--
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.27	17.39	0.203
07254	Turkey bacon, unprepared	14.0	1.0 serving	0.26	2.23	--
13293	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.26	17.96	0.206
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	0.26	18.57	0.176
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	85.0	3.0 oz	0.26	18.28	0.192
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	85.0	3.0 oz	0.26	18.37	0.193
02066	Spearmint, dried	0.5	1.0 tsp	0.26	0.10	0.002
23427	Beef, New Zealand, imported, manufacturing beef, raw	113.0	4.0 oz	0.26	23.99	0.251
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	113.0	4.0 oz	0.26	19.23	0.212
14005	Alcoholic beverage, beer, light, BUDWEISER SELECT	29.5	1.0 fl oz	0.26	0.06	--
13355	Beef, cured, pastrami	71.0	1.0 package, 2.5 oz	0.26	15.48	0.100
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.26	17.94	0.201
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0.26	21.34	0.201
02029	Spices, parsley, dried	0.5	1.0 tsp	0.25	0.13	0.002
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	115.0	1.0 serving	0.25	17.71	0.196
05311	Chicken, canned, no broth	28.0	1.0 oz	0.25	7.08	--
07039	Lebanon bologna, beef	57.0	1.0 serving 2 slices	0.25	10.85	--
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	114.0	4.0 oz	0.25	24.04	0.261
23320	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	0.25	16.62	0.177
10998	Canadian bacon, cooked, pan-fried	13.8	1.0 slice	0.25	3.91	0.046

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.25	16.47	0.189
03005	Babyfood, meat, veal, strained	16.0	1.0 tbsp	0.24	2.10	--
17197	Veal, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.24	4.47	0.057
01124	Egg, white, raw, fresh	33.0	1.0 large	0.24	3.60	0.041
10855	HORMEL ALWAYS TENDER, Center Cut Chops, Fresh Pork	28.35	1.0 oz	0.24	5.31	--
13352	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.24	22.52	0.258
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	0.24	23.84	0.307
07063	Pork sausage, link/patty, unprepared	25.0	1.0 link	0.23	3.85	0.039
17195	Lamb, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.23	4.46	0.060
01255	Egg, whole, raw, frozen, salted, pasteurized	28.0	1.0 oz	0.23	3.07	0.063
01126	Egg, yolk, raw, frozen, pasteurized	28.35	1.0 oz	0.23	4.40	0.063
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.23	24.96	0.262
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	135.0	1.0 fillet	0.23	38.84	0.477
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.23	24.87	0.261
23311	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	0.23	22.97	0.263
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.23	3.97	0.036
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	113.0	4.0 oz	0.23	19.10	0.211
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	113.0	4.0 oz	0.23	18.71	0.207
14223	Beverages, coffee, instant, chicory	29.9	1.0 fl oz	0.22	0.03	--
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.22	37.23	0.403
07921	Bacon and beef sticks	28.0	1.0 oz	0.22	8.15	0.059
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	0.22	2.72	0.013
10101	Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered	111.0	1.0 ear (yield after cooking)	0.22	17.70	0.034
10994	Bacon, pre-sliced, reduced/low sodium, unprepared	26.0	1.0 slice	0.22	3.26	0.039
14013	Alcoholic beverage, beer, light, low carb	29.5	1.0 fl oz	0.22	0.05	--
04629	Margarine, margarine-type vegetable oil spread, 70% fat, soybean and partially hydrogenated soybean, stick	14.0	1.0 tbsp (1 NLEA serving)	0.21	0.04	--
07939	Frankfurter, pork	76.0	1.0 link	0.21	9.74	0.114
10856	HORMEL ALWAYS TENDER, Boneless Pork Loin, Fresh Pork	28.0	1.0 oz	0.21	5.33	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
03015	Babyfood, meat, turkey, strained	15.0	1.0 tbsp	0.21	1.72	0.022
15072	Fish, roe, mixed species, raw	14.0	1.0 tbsp	0.21	3.12	0.041
05353	USDA Commodity, chicken fajita strips, frozen	9.4	1.0 strip	0.21	1.74	0.019
07010	Bologna, pork	28.0	1.0 slice, medium (4-1/2" dia x 1/8" thick) (1 oz)	0.20	4.28	0.042
11447	Sesbania flower, raw	3.0	1.0 flower	0.20	0.04	0.001
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	84.0	1.0 thigh without skin	0.20	19.50	--
01267	Cheese, mexican, queso cotija	5.0	2.0 tsp	0.20	1.00	--
10804	USDA Commodity, pork, cured, ham, boneless, cooked, unheated	28.35	1.0 oz boneless	0.20	4.94	--
02049	Thyme, fresh	0.8	1.0 tsp	0.20	0.04	0.001
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.20	19.12	0.226
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	11.5	1.0 slice	0.20	3.90	0.047
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.20	16.27	0.212
07055	Pate, liver, not specified, canned	13.0	1.0 tbsp	0.20	1.85	0.020
04684	Margarine, 80% fat, tub, CANOLA HARVEST Soft Spread (canola, palm and palm kernel oils)	14.0	1.0 tablespoon (1 NLEA serving)	0.19	0.06	--
23319	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	0.19	20.14	0.217
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.19	4.72	0.043
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.19	24.11	0.314
03010	Babyfood, meat, lamb, strained	22.0	1.0 tbsp	0.19	3.10	--
07953	Pork sausage, link/patty, fully cooked, microwaved	30.0	1.0 patty	0.19	4.54	0.045
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	85.0	1.0 serving (3 oz)	0.18	19.08	0.178
23094	Beef, chuck for stew, separable lean and fat, select, raw	85.0	3.0 oz	0.18	18.62	0.213
23105	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.18	22.25	0.251
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	85.0	3.0 oz	0.18	17.60	0.184
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.18	16.75	0.192
10851	HORMEL, Cure 81 Ham	84.0	1.0 serving	0.18	15.48	--
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	114.0	4.0 oz	0.17	19.22	0.178
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.17	21.97	0.234

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
05215	Turkey, back from whole bird, meat only, raw	114.0	4.0 oz	0.17	24.26	0.259
05719	Turkey, back, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.17	21.97	0.234
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	114.0	4.0 oz	0.17	20.34	0.201
01146	Cheese, parmesan, shredded	5.0	1.0 tbsp	0.17	1.89	0.028
10100	Pork, fresh, variety meats and by-products, ears, frozen, raw	28.35	1.0 oz	0.17	6.36	0.012
15271	Crustaceans, shrimp, cooked (not previously frozen)	85.0	3.0 oz	0.17	20.38	--
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	0.17	14.24	0.139
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.17	16.75	0.218
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.17	15.89	0.178
11625	Parsley, freeze-dried	0.4	1.0 tbsp	0.17	0.13	0.002
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.16	17.88	0.205
05121	Chicken, stewing, meat and skin, and giblets and neck, raw	85.0	3.0 oz	0.16	14.86	0.166
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.16	15.93	0.196
05219	Turkey, breast, from whole bird, meat only, raw	114.0	4.0 oz	0.16	26.97	0.287
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.16	24.56	0.261
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	114.0	4.0 oz	0.16	22.82	0.230
05128	Chicken, stewing, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	0.16	37.31	0.422
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	0.16	3.10	0.030
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	113.0	4.0 oz	0.16	19.70	0.225
17377	Lamb, New Zealand, imported, testes, raw	113.0	4.0 oz	0.16	12.88	0.142
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.15	19.14	0.226
07236	OSCAR MAYER, Smokies Sausage Little Cheese (pork, turkey)	9.0	1.0 link	0.15	1.22	--
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	85.0	3.0 oz	0.15	16.81	0.186
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	85.0	3.0 oz	0.15	15.55	0.164
07956	Beef sausage, fresh, cooked	43.0	1.0 serving	0.15	7.83	0.051
03014	Babyfood, meat, chicken sticks, junior	10.0	1.0 stick	0.15	1.46	0.012
36615	DENNY'S, top sirloin steak	107.0	1.0 steak	0.15	30.92	0.407
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	115.0	1.0 serving	0.15	20.84	0.230

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	115.0	1.0 serving	0.15	21.44	0.237
11624	Leeks, (bulb and lower-leaf portion), freeze-dried	0.2	1.0 tbsp	0.15	0.03	0.000
23312	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	0.15	19.29	0.221
11165	Coriander (cilantro) leaves, raw	4.0	0.25 cup	0.15	0.09	--
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	133.0	1.0 drumstick with skin	0.15	24.05	0.261
05026	Chicken, heart, all classes, cooked, simmered	145.0	1.0 cup, chopped or diced	0.14	38.29	0.490
02063	Rosemary, fresh	0.7	1.0 tsp	0.14	0.02	0.000
05075	Chicken, broilers or fryers, leg, meat and skin, raw	85.0	3.0 oz	0.14	13.91	0.145
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.14	15.70	0.185
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0.14	19.40	0.181
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.14	22.25	0.207
43325	Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted	28.35	1.0 oz, boneless	0.14	6.24	--
04600	Margarine-like, vegetable oil-butter spread, tub, with salt	14.0	1.0 tablespoon	--	0.14	--
42309	Margarine-like, vegetable oil-butter spread, reduced calorie, tub, with salt	14.0	1.0 tablespoon	--	0.14	--
03017	Babyfood, meat, turkey sticks, junior	10.0	1.0 stick	0.14	1.37	0.010
02048	Vinegar, cider	14.9	1.0 tbsp	0.14	0.00	--
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	106.0	1.0 drumstick with skin	0.14	22.84	0.247
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	85.0	3.0 oz	0.14	14.61	0.154
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	0.14	23.83	0.241
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	85.0	3.0 oz	0.14	18.49	0.212
11022	Balsam-pear (bitter gourd), leafy tips, raw	4.0	1.0 leaf	0.13	0.21	--
14376	Beverages, tea, instant, lemon, diet	29.8	1.0 fl oz	0.13	0.01	--
11156	Chives, raw	3.0	1.0 tbsp chopped	0.13	0.10	0.001
01007	Cheese, camembert	28.35	1.0 oz	0.13	5.61	0.087
11615	Chives, freeze-dried	0.2	1.0 tbsp	0.13	0.04	0.000
14219	Beverages, coffee, instant, decaffeinated, prepared with water	29.9	1.0 fl oz	0.13	0.04	--
01006	Cheese, brie	28.35	1.0 oz	0.13	5.88	0.091
05740	Turkey, thigh, from whole bird, meat only, raw	85.0	3.0 oz	0.13	18.09	0.193
13322	Beef, variety meats and by-products, heart, cooked, simmered	85.0	3.0 oz	0.13	24.21	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
05187	Turkey from whole, dark meat, meat only, raw	85.0	1.0 serving	0.13	18.09	0.193
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	0.13	21.86	0.221
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	85.0	3.0 oz	0.13	17.80	0.178
05181	Turkey from whole, light meat, meat and skin, raw	85.0	3.0 oz	0.13	18.67	0.189
05706	Turkey, whole, meat and skin, with added solution, raw	85.0	3.0 oz	0.13	16.18	0.161
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.13	16.38	0.174
07028	Ham, sliced, packaged (96% fat free, water added)	23.0	1.0 slice	0.13	3.89	0.046
23305	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0.13	22.69	0.237
23316	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean and fat, raw	114.0	4.0 oz	0.13	22.57	0.238
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	28.35	1.0 oz	0.12	5.76	0.028
05089	Chicken, broilers or fryers, neck, meat only, cooked, fried	7.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.12	1.88	0.022
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.12	5.58	0.052
04630	Margarine Spread, approximately 48% fat, tub	14.0	1.0 tbsp	0.12	0.03	--
04620	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt	14.0	1.0 tbsp	0.12	0.02	--
04694	Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D	14.0	1.0 tbsp	0.12	0.02	--
04697	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt, with added vitamin D	14.0	1.0 tbsp	0.12	0.02	--
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	14.0	1.0 tbsp	0.12	0.02	--
13351	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.12	22.52	0.258
05704	Turkey, whole, meat only, with added solution, raw	85.0	3.0 oz	0.12	17.74	0.189
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.12	17.41	0.192
05167	Turkey, whole, meat only, raw	85.0	3.0 oz	0.12	19.24	0.205
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	0.12	20.11	0.214
05185	Turkey from whole, light meat, raw	85.0	1.0 serving	0.12	20.11	0.214
05227	Turkey, wing, from whole bird, meat only, raw	85.0	3.0 oz	0.12	20.11	0.214
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.12	18.31	0.195
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	130.0	1.0 thigh with skin	0.12	30.51	0.281
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.12	6.13	0.057
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	8.0	1.0 slice cooked	0.11	2.96	0.025

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	95.0	1.0 thigh	0.11	21.38	0.164
05694	Turkey, dark meat from whole, meat only, with added solution, raw	114.0	4.0 oz	0.11	21.97	0.234
23418	Beef, New Zealand, imported, inside, raw	113.0	4.0 oz	0.11	25.04	0.262
23296	Beef, Australian, imported, grass-fed, external fat, raw	28.35	1.0 oz	0.11	3.21	--
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	85.0	3.0 oz	0.11	24.43	0.267
05165	Turkey, whole, meat and skin, raw	85.0	3.0 oz	0.11	18.39	0.190
05001	Chicken, broilers or fryers, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.11	15.58	0.173
17194	Veal, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	0.11	24.75	0.264
03021	Babyfood, meat, meat sticks, junior	10.0	1.0 stick	0.11	1.34	0.009
10860	Pork, cured, bacon, cooked, baked	8.1	1.0 slice cooked	0.11	2.89	0.024
01002	Butter, whipped, with salt	3.8	1.0 pat (1" sq, 1/3" high)	0.11	0.02	0.000
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.1	1.0 tbsp	0.11	0.04	--
04618	Margarine, regular, 80% fat, composite, tub, without salt	14.2	1.0 tbsp	0.11	0.03	--
04611	Margarine, regular, 80% fat, composite, tub, with salt	14.2	1.0 tbsp	0.11	0.03	--
04692	Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D	14.0	1.0 tbsp	0.10	0.03	--
09195	Olives, pickled, canned or bottled, green	2.7	1.0 olive	0.10	0.03	--
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	115.0	1.0 serving	0.10	23.10	0.255
01023	Cheese, gruyere	28.35	1.0 oz	0.10	8.45	0.119
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.10	15.40	0.101
23095	Beef, chuck for stew, separable lean and fat, choice, raw	85.0	3.0 oz	0.10	18.39	0.211
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.10	16.37	0.183
14215	Beverages, coffee, instant, regular, prepared with water	29.8	1.0 fl oz	0.10	0.03	--
02051	Vanilla extract, imitation, alcohol	4.2	1.0 tsp	0.10	0.00	--
04668	Margarine, industrial, soy and partially hydrogenated soy oil, use for baking, sauces and candy	14.0	1.0 tbsp	0.10	0.03	--
04617	Margarine, regular, 80% fat, composite, stick, without salt	14.2	1.0 tbsp	0.10	0.02	--
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	14.3	1.0 tbsp	0.10	0.02	--
04690	Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	14.9	1.0 tbsp	0.10	0.08	--
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	14.9	1.0 tbsp	0.10	0.08	0.001
04696	Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D	14.0	1.0 tbsp	0.10	0.02	--
04628	Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils	14.0	1.0 tbsp	0.10	0.02	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
04691	Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D	14.0	1.0 tablespoon	0.10	0.02	--
04610	Margarine, regular, 80% fat, composite, stick, with salt	14.0	1.0 tbsp	0.10	0.02	--
04693	Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D	14.0	1.0 tbsp	0.10	0.02	--
05175	Turkey, heart, all classes, raw	24.0	1.0 piece	0.10	4.01	0.044
06008	Soup, beef broth or bouillon canned, ready-to-serve	240.0	1.0 cup	0.10	2.74	--
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	0.10	1.59	0.021
07979	Sausage, pork, turkey, and beef, reduced sodium	85.0	3.0 oz	0.09	9.10	0.099
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.09	18.23	0.213
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	85.0	3.0 oz	0.09	23.75	0.241
35233	Hazelnuts, beaked (Northern Plains Indians)	0.4	1.0 nut	0.09	0.06	--
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	0.09	25.25	0.263
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.09	6.34	0.059
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.09	6.93	0.065
14355	Beverages, tea, black, brewed, prepared with tap water	29.6	1.0 fl oz	0.09	0.00	--
14544	Beverages, tea, black, brewed, prepared with distilled water	29.6	1.0 fl oz	0.09	0.00	--
14352	Beverages, tea, black, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.09	0.00	--
14416	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	29.6	1.0 fl oz	0.09	0.03	--
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	71.0	1.0 drumstick	0.09	18.21	0.163
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	28.35	1.0 oz	0.09	7.88	0.095
43326	Pork, cured, ham, low sodium, lean and fat, cooked	28.35	1.0 oz, boneless	0.09	6.32	--
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.08	17.96	0.199
15162	Mollusks, clam, mixed species, canned, liquid	85.0	3.0 oz	0.08	0.34	--
42307	Margarine-like, butter-margarine blend, 80% fat, stick, without salt	14.0	1.0 tablespoon	0.08	0.13	--
10150	Pork, cured, ham, whole, separable lean and fat, unheated	140.0	1.0 cup	0.08	25.89	0.294
14251	Alcoholic beverages, beer, higher alcohol	30.6	1.0 fl oz	0.08	0.28	--
04683	Margarine, margarine-like vegetable oil spread, 67-70% fat, tub	14.0	1.0 tbsp (1 NLEA serving)	0.08	0.01	--
06168	Sauce, ready-to-serve, pepper or hot	4.7	1.0 tsp	0.08	0.02	0.000
13323	Beef, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.08	4.93	--
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	0.08	0.13	0.002
10863	Pork, fresh, variety meats and by-products, stomach, cooked, simmered	85.0	3.0 oz	0.08	18.19	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
23110	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.08	16.32	0.184
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	85.0	3.0 oz	0.08	22.41	0.231
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	85.0	3.0 oz	0.08	23.15	0.242
05109	Chicken, roasting, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.08	14.53	0.161
44018	Sweeteners, tabletop, fructose, liquid	0.1	1.0 serving	0.08	0.00	--
07026	Ham, chopped, canned	28.35	1.0 oz	0.07	4.55	0.052
11959	Arugula, raw	2.0	1.0 leaf	0.07	0.05	--
07072	Salami, dry or hard, pork, beef	9.8	1.0 slice	0.07	2.06	0.025
02045	Dill weed, fresh	1.0	5.0 sprigs	0.07	0.03	0.000
04626	Margarine-like spread with yogurt, 70% fat, stick, with salt	14.0	1.0 tablespoon	0.07	0.04	--
10152	Pork, cured, ham, whole, separable lean only, unheated	140.0	1.0 cup	0.07	31.25	0.375
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	114.0	4.0 oz	0.07	24.33	0.236
05133	Chicken, capons, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.07	15.73	0.178
17457	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.07	25.63	0.266
02044	Basil, fresh	2.5	5.0 leaves	0.07	0.08	0.001
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	129.0	1.0 drumstick with skin	0.06	31.89	0.324
35196	Lambsquarters, raw (Northern Plains Indians)	0.9	1.0 leaf	0.06	0.04	--
04679	Oil, PAM cooking spray, original	0.3	1.0 spray , about 1/3 second (1 NLEA serving)	0.06	0.00	--
04633	Margarine-like, vegetable oil spread, 20% fat, with salt	15.0	1.0 tbsp	0.06	0.00	--
05698	Turkey, skin from whole (light and dark), with added solution, raw	28.35	1.0 oz	0.06	3.48	0.018
17191	Lamb, variety meats and by-products, heart, raw	28.35	1.0 oz	0.06	4.67	0.050
11984	Epazote, raw	0.8	1.0 tbsp	0.06	0.00	--
07043	Roast beef, deli style, prepackaged, sliced	9.3	1.0 slice oval	0.06	1.73	--
17427	Veal, loin, chop, separable lean only, cooked, grilled	85.0	3.0 oz	0.06	25.29	0.256
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	85.0	3.0 oz	0.06	25.35	0.265
05171	Turkey, whole, giblets, raw	85.0	3.0 oz	0.06	15.45	0.169
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.06	17.99	0.202
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	0.06	23.18	0.234
17104	Veal, loin, separable lean and fat, raw	85.0	3.0 oz	0.06	17.06	0.173

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
14381	Beverages, tea, herb, other than chamomile, brewed	29.6	1.0 fl oz	0.06	0.00	--
14545	Beverages, tea, herb, brewed, chamomile	29.6	1.0 fl oz	0.06	0.00	--
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	114.0	4.0 oz	0.06	25.11	0.284
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	0.06	23.88	0.239
05335	Chicken, feet, boiled	28.35	1.0 oz	0.06	5.50	--
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	113.0	4.0 oz	0.06	22.46	0.249
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	6.0	1.0 medium	0.05	0.82	0.009
04707	Oil, flaxseed, contains added sliced flaxseed	13.7	1.0 tablespoon	0.05	0.05	--
04634	Margarine-like, vegetable oil spread, 20% fat, without salt	12.8	1.0 tbsp	0.05	0.00	--
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	0.05	6.74	0.063
05005	Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	85.0	3.0 oz	0.05	20.82	0.232
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.05	21.73	0.110
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.05	25.70	0.309
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	85.0	3.0 oz	0.05	22.76	0.253
05166	Turkey, whole, meat and skin, cooked, roasted	85.0	3.0 oz	0.05	24.27	0.247
14367	Beverages, tea, instant, unsweetened, prepared with water	29.7	1.0 fl oz	0.05	0.02	--
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	114.0	4.0 oz	0.05	24.17	0.245
05169	Turkey, skin from whole, (light and dark), raw	28.35	1.0 oz	0.05	3.67	0.018
43598	Mayonnaise dressing, no cholesterol	15.0	1.0 tbsp	0.04	0.00	--
05332	Chicken, ground, raw	112.0	4.0 oz crumbled	0.04	19.53	0.165
21426	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	0.04	10.52	0.080
10861	Pork, cured, bacon, cooked, microwaved	9.1	1.0 slice cooked	0.04	3.55	0.042
05025	Chicken, heart, all classes, raw	6.1	1.0 heart	0.04	0.95	0.012
05183	Turkey, dark meat, meat and skin, raw	28.35	1.0 oz	0.04	5.62	0.056
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.04	16.73	0.192
05734	Turkey, retail parts, wing, meat and skin, raw	85.0	3.0 oz	0.04	16.60	0.179
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	85.0	3.0 oz	0.04	22.77	0.252
17149	Bison, ground, grass-fed, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.04	17.20	0.130

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	85.0	3.0 oz	0.04	24.66	0.291
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.04	18.23	0.201
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	85.0	1.0 serving	0.04	25.12	0.257
05110	Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	0.04	20.37	0.225
04073	Margarine, regular, hard, soybean (hydrogenated)	4.7	1.0 tsp	--	0.04	0.001
02068	Vinegar, red wine	14.9	1.0 tbsp	0.04	0.01	--
13346	Beef, cured, corned beef, brisket, raw	28.35	1.0 oz	0.04	4.16	0.038
13321	Beef, variety meats and by-products, heart, raw	28.35	1.0 oz	0.04	5.02	--
14604	Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener	29.6	1.0 fl oz	0.04	0.00	--
06169	Sauce, ready-to-serve, pepper, TABASCO	4.7	1.0 tsp	0.04	0.06	0.001
01140	Egg, quail, whole, fresh, raw	9.0	1.0 egg	0.04	1.17	0.019
14146	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine	29.6	1.0 fl oz	--	0.04	--
01157	Cheese, goat, semisoft type	28.35	1.0 oz	0.03	6.12	0.064
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.03	19.26	0.236
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.03	20.62	0.228
05134	Chicken, capons, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	0.03	24.10	0.270
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	85.0	1.0 serving	0.03	18.75	0.207
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	85.0	3.0 oz	0.03	25.15	0.278
15139	Crustaceans, crab, blue, raw	85.0	3.0 oz	0.03	15.35	0.213
17367	Lamb, New Zealand, imported, kidney, raw	113.0	4.0 oz	0.03	17.19	0.190
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	28.35	1.0 oz	0.03	5.01	0.031
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	102.0	1.0 back	0.03	23.69	0.232
14166	Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine	29.6	1.0 fl oz	0.03	0.00	--
14537	Carbonated beverage, low calorie, other than cola or pepper, with sodium saccharin, without caffeine	29.6	1.0 fl oz	0.03	0.00	--
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	27.8	1.0 fl oz	0.03	0.00	--
14052	Alcoholic beverage, distilled, whiskey, 86 proof	27.8	1.0 fl oz	0.03	0.00	--
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	28.35	1.0 oz	0.03	1.61	0.005

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
17128	Veal, shoulder, blade chop, separable lean and fat, raw	85.0	3.0 oz	0.03	15.91	0.161
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.03	17.75	0.196
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	85.0	3.0 oz	0.03	24.25	0.268
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	85.0	3.0 oz	0.03	17.67	0.198
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.03	19.90	0.220
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	85.0	3.0 oz	0.03	21.96	0.231
17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	85.0	1.0 serving	0.03	25.80	0.286
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.03	23.62	0.247
02065	Spearmint, fresh	0.3	2.0 leaves	0.03	0.01	0.000
17193	Veal, variety meats and by-products, heart, raw	28.35	1.0 oz	0.02	4.87	0.052
35141	Mutton, cooked, roasted (Navajo)	28.35	1.0 oz	0.02	9.48	0.073
04677	Margarine-like spread, SMART BALANCE Omega Plus Spread (with plant sterols & fish oil)	14.0	1.0 tablespoon	0.02	0.02	--
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	107.0	1.0 chop	0.02	30.31	0.269
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.02	12.90	0.125
04673	Margarine-like spread, SMART BALANCE Regular Buttery Spread with flax oil	14.0	1.0 tablespoon	--	0.02	--
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	89.0	1.0 thigh	0.02	20.41	0.180
21443	POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed	44.0	1.0 drumstick, bone and skin removed	0.02	11.66	0.089
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.02	21.16	0.222
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	0.02	23.36	0.270
03012	Babyfood, meat, chicken, strained	15.0	1.0 tbsp	0.02	2.06	0.023
02064	Peppermint, fresh	0.1	2.0 leaves	0.01	0.00	0.000
07954	Beef sausage, pre-cooked	48.0	1.0 serving	0.01	7.44	0.047
10142	Pork, cured, ham, center slice, separable lean and fat, unheated	28.35	1.0 oz	0.01	5.72	0.069

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
23302	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0.01	23.40	0.263
23315	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0.01	24.82	0.283
23317	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0.01	24.09	0.272
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	0.01	23.09	0.255
23420	Beef, New Zealand, imported, intermuscular fat, raw	113.0	4.0 oz	0.01	7.88	0.082
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.01	14.24	0.129
14440	Beverages, water, bottled, non-carbonated, DANNON Fluoride To Go	29.6	1.0 fl oz	0.01	0.00	--
21427	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	86.0	1.0 thigh without skin	0.01	19.59	0.150
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.01	20.03	0.221
02053	Vinegar, distilled	14.9	1.0 tbsp	0.01	0.00	--
01145	Butter, without salt	5.0	1.0 pat (1" sq, 1/3" high)	0.00	0.04	0.001
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	0.00	0.04	0.001
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	28.35	1.0 oz	0.00	3.15	0.016
10132	Pork, cured, feet, pickled	28.35	1.0 oz	0.00	3.30	0.007
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	85.0	3.0 oz	0.00	23.44	0.119
13147	Beef, rib, shortribs, separable lean and fat, choice, raw	28.35	1.0 oz	0.00	4.08	0.046
13808	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.00	20.74	0.232
23186	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.00	19.30	0.217
05176	Turkey, heart, all classes, cooked, simmered	20.0	1.0 heart	0.00	4.98	0.054
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.00	31.43	0.375
15050	Fish, mackerel, Pacific and jack, mixed species, raw	85.0	3.0 oz	0.00	17.06	0.191
19041	Snacks, pork skins, plain	28.35	1.0 oz	0.00	17.38	0.033
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.00	8.23	0.054
13387	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.00	19.96	0.224
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.00	26.07	0.172
17285	Lamb, Australian, imported, fresh, separable fat, cooked	85.0	3.0 oz	0.00	8.01	0.094

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	26.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.00	6.58	0.077
17003	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.00	5.75	0.067
15136	Crustaceans, crab, alaska king, raw	85.0	3.0 oz	0.00	15.55	0.217
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.00	25.34	0.310
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	85.0	3.0 oz	0.00	22.32	0.246
23151	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.00	17.79	0.210
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00	19.90	0.259
05139	Duck, domesticated, meat and skin, raw	85.0	3.0 oz	0.00	9.77	0.122
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	115.0	1.0 serving	0.00	22.68	0.251
05707	Turkey, whole, meat and skin, with added solution, roasted	85.0	3.0 oz	0.00	22.18	0.224
15015	Fish, cod, Atlantic, raw	85.0	3.0 oz	0.00	15.14	0.169
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	85.0	3.0 oz	0.00	23.98	0.269
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	13.6	1.0 tbsp	--	0.00	--
13858	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.00	19.35	0.217
17462	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	0.00	22.06	0.230
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.00	18.17	0.223
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	85.0	3.0 oz	0.00	17.12	0.179
17169	Game meat, goat, cooked, roasted	85.0	3.0 oz	0.00	23.04	0.343
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	114.0	4.0 oz	0.00	23.77	0.283
15098	Fish, sheepshead, cooked, dry heat	85.0	3.0 oz	0.00	22.12	0.247
04644	Oil, industrial, canola for salads, woks and light frying	13.6	1.0 tablespoon	--	0.00	--
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.00	22.96	0.273
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.00	23.61	0.156
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00	19.93	0.223
23567	Beef, ground, 85% lean meat / 15% fat, raw	85.0	3.0 oz	0.00	15.80	0.080

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
17051	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.00	4.71	0.055
17252	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.00	19.96	0.233
21432	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed	91.0	1.0 thigh, without skin	0.00	20.39	0.156
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	44.0	1.0 medallion	0.00	9.21	0.061
15185	Fish, tuna, white, canned in oil, without salt, drained solids	85.0	3.0 oz	0.00	22.55	0.252
05024	Chicken, gizzard, all classes, cooked, simmered	145.0	1.0 cup chopped or dice	0.00	44.07	--
05315	Duck, young duckling, domesticated, White Pekin, breast, meat and skin, boneless, cooked, roasted	56.0	1.0 unit (yield from 1 lb ready-to-cook duck)	0.00	13.72	0.189
23413	Beef, New Zealand, imported, flat, separable lean only, raw	113.0	4.0 oz	0.00	24.07	0.252
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00	18.22	0.120
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.00	24.93	0.164
17134	Veal, sirloin, separable lean and fat, raw	28.35	1.0 oz	0.00	5.41	0.055
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0.00	25.65	0.194
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	0.00	45.22	0.509
04592	Fish oil, menhaden, fully hydrogenated	12.5	1.0 tbsp	--	0.00	--
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	13.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.00	3.96	0.046
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	28.35	1.0 oz	0.00	4.70	0.023
10004	Pork, fresh, backfat, raw	28.35	1.0 oz	0.00	0.83	0.010
13824	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.00	4.69	0.052
07901	USDA Commodity, pork, sausage, bulk/links/patties, frozen, cooked	28.35	1.0 oz	0.00	5.60	--
23202	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.00	15.63	0.175
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	85.0	3.0 oz	0.00	26.55	0.278
05193	Turkey, all classes, leg, meat and skin, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.00	20.52	0.230
17137	Veal, sirloin, separable lean only, raw	28.35	1.0 oz	0.00	5.73	0.058
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	85.0	3.0 oz	0.00	20.58	0.262
03011	Babyfood, meat, lamb, junior	28.35	1.0 oz	0.00	4.31	0.043

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	77.0	1.0 fillet	0.00	9.39	0.128
04595	Shortening, multipurpose, soybean (hydrogenated) and palm (hydrogenated)	12.8	1.0 tbsp	--	0.00	--
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.00	28.90	0.190
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.00	17.52	0.115
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	0.00	47.31	0.543
23295	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	0.00	23.02	0.264
23508	USDA Commodity, beef, ground, bulk/coarse ground, frozen, raw	85.0	1.0 serving	0.00	14.76	--
17019	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.00	4.80	0.056
05630	Emu, outside drum, raw	85.0	3.0 oz	0.00	19.62	0.130
17220	Lamb, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.00	4.45	0.045
10201	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	0.00	25.04	0.318
15152	Crustaceans, shrimp, mixed species, canned	128.0	1.0 cup	0.00	26.14	0.238
04701	Oil, industrial, soy, fully hydrogenated	13.6	1.0 tablespoon	--	0.00	--
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.00	23.45	0.264
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.00	25.58	0.324
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0.00	7.81	0.051
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	85.0	3.0 oz	0.00	28.19	0.286
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	28.0	3.0 oz	0.00	8.01	0.099
17304	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.00	5.79	0.068
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00	18.16	0.208
15031	Fish, grouper, mixed species, raw	85.0	3.0 oz	0.00	16.47	0.184
15236	Fish, salmon, Atlantic, farmed, raw	85.0	3.0 oz	0.00	17.36	0.178
10204	Pork, fresh, loin, country-style ribs, separable lean and fat, raw	128.0	1.0 rib without refuse (Yield from 1 raw rib, with refuse, weighing 196g)	0.00	24.76	0.261
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.00	17.58	0.116

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	85.0	3.0 oz	0.00	25.32	0.265
13002	Beef, carcass, separable lean and fat, select, raw	28.35	1.0 oz	0.00	4.96	0.057
17185	Lamb, variety meats and by-products, brain, raw	28.35	1.0 oz	0.00	2.95	0.030
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.00	22.98	0.272
15114	Fish, trout, mixed species, raw	79.0	1.0 fillet	0.00	16.41	0.184
04661	Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners	13.6	1.0 tbsp	--	0.00	--
05158	Quail, meat only, raw	92.0	1.0 quail	0.00	20.02	0.314
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.00	22.64	0.238
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.00	25.24	0.309
36000	APPLEBEE'S, 9 oz house sirloin steak	157.0	1.0 serving	0.00	42.15	0.559
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.00	6.31	0.041
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.00	25.29	0.167
17269	Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.00	5.98	--
23052	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	0.00	23.81	0.156
15117	Fish, tuna, fresh, bluefin, raw	85.0	3.0 oz	0.00	19.83	0.222
13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.00	20.55	0.222
17352	Veal, Australian, shank, hind, bone-in, separable lean and fat	85.0	3.0 oz	0.00	16.81	0.165
07020	Corned beef loaf, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.00	6.41	0.046
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.00	23.09	0.260
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.00	23.17	0.260
05123	Chicken, stewing, meat and skin, raw	85.0	3.0 oz	0.00	14.92	0.167
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	115.0	1.0 serving	0.00	25.36	0.281
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	85.0	3.0 oz	0.00	14.08	0.135
14209	Beverages, coffee, brewed, prepared with tap water	29.6	1.0 fl oz	0.00	0.04	--
15204	Fish, pike, walleye, cooked, dry heat	124.0	1.0 fillet	0.00	30.43	0.341
13331	Beef, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.00	4.45	0.058

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
13842	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.00	17.73	0.199
17443	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.00	26.70	0.277
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.00	20.31	0.228
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	85.0	3.0 oz	0.00	25.64	0.269
17153	Game meat, beefalo, composite of cuts, cooked, roasted	85.0	3.0 oz	0.00	26.06	--
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.00	23.43	0.279
15082	Fish, salmon, coho, wild, cooked, moist heat	85.0	3.0 oz	0.00	23.26	0.260
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.00	23.03	0.290
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.00	23.53	0.155
13925	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.00	20.31	0.228
23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.00	19.98	0.216
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.00	4.70	0.055
05654	Ostrich, tenderloin, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.00	18.76	0.167
17236	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.00	4.87	0.057
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.00	15.25	0.108
23394	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.00	24.70	0.303
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.00	6.32	0.042
17118	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.00	21.52	0.218
17320	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.00	5.49	0.064
23103	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00	16.28	0.184
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	0.00	19.64	0.212
04572	Oil, nutmeg butter	13.6	1.0 tbsp	--	0.00	--
10220	Pork, fresh, ground, cooked	85.0	3.0 oz	0.00	21.84	0.277
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.00	25.88	0.297

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
17282	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.00	5.74	0.067
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	34.0	1.0 medallion	0.00	8.99	0.059
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.00	23.80	0.281
05053	Chicken, broilers or fryers, back, meat only, raw	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.00	6.06	0.071
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.00	22.79	0.271
15133	Fish, whiting, mixed species, cooked, dry heat	72.0	1.0 fillet	0.00	16.91	0.189
13490	Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.00	25.44	0.167
07034	Headcheese, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.00	3.87	--
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.00	23.20	0.275
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00	20.05	0.262
05136	Chicken, capons, meat and skin, cooked, roasted	85.0	3.0 oz	0.00	24.62	0.276
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	85.0	1.0 serving	0.00	20.77	0.230
15217	Fish, sucker, white, cooked, dry heat	124.0	1.0 fillet	0.00	26.65	0.299
04501	Oil, cocoa butter	13.6	1.0 tablespoon	--	0.00	--
13855	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.00	18.94	0.212
17459	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.00	26.24	0.273
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	113.0	4.0 oz	0.00	16.79	0.176
05309	Chicken, cornish game hens, meat only, raw	85.0	3.0 oz	0.00	17.03	0.199
17166	Game meat, elk, raw	28.35	1.0 oz	0.00	6.51	0.117
15095	Fish, shark, mixed species, raw	85.0	3.0 oz	0.00	17.83	0.200
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.00	17.60	0.185
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz (1 serving)	0.00	24.26	0.278
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00	19.97	0.224
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.00	21.43	0.109

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
13348	Beef, cured, corned beef, canned	28.35	1.0 oz	0.00	7.68	0.070
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.00	30.21	0.353
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	85.0	3.0 oz	0.00	21.34	0.243
17249	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted	85.0	3.0 oz	0.00	19.49	0.228
23033	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	0.00	24.85	0.163
15182	Fish, salmon, sockeye, canned, without salt, drained solids with bone	85.0	3.0 oz	0.00	17.40	0.195
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	85.0	3.0 oz	0.00	26.14	0.274
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.00	23.71	0.156
01159	Cheese, goat, soft type	28.35	1.0 oz	0.00	5.25	0.055
13448	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.00	25.10	0.308
17131	Veal, shoulder, blade chop, separable lean only, raw	85.0	3.0 oz	0.00	16.66	0.168
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	0.00	28.71	0.217
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.00	24.00	0.270
04589	Fish oil, cod liver	4.5	1.0 tsp	--	0.00	--
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.00	31.89	0.343
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	111.0	1.0 thigh without skin	0.00	27.25	0.250
10001	Pork, fresh, carcass, separable lean and fat, raw	28.35	1.0 oz	0.00	3.94	0.045
10805	USDA Commodity, pork, ground, fine/coarse, frozen, raw	113.0	1.0 oz crumbles	0.00	17.41	--
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	0.00	25.50	0.241
13236	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.00	23.36	0.276
13821	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.00	22.65	0.260
17214	Lamb, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.00	4.88	0.054
23199	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.00	20.33	0.228
04695	Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D	14.0	1.0 tbsp	0.00	0.08	--
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	85.0	3.0 oz	0.00	15.92	0.167
15063	Fish, pike, northern, cooked, dry heat	85.0	3.0 oz	0.00	20.99	0.235

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.00	22.75	0.150
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.00	21.12	0.237
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.00	26.62	0.305
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.00	18.36	0.206
17016	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.00	22.45	0.263
05627	Emu, full rump, cooked, broiled	85.0	1.0 serving (3 oz)	0.00	28.62	0.189
17217	Veal, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0.00	20.47	0.201
10198	Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.00	22.94	0.292
44005	Oil, corn, peanut, and olive	14.0	1.0 tablespoon	--	0.00	--
04698	Oil, industrial, canola, high oleic	14.0	1.0 tablespoon	--	0.00	--
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00	18.25	0.209
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.00	25.13	0.298
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.00	23.38	0.286
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.00	6.49	0.043
17099	Veal, leg (top round), separable lean only, raw	28.35	1.0 oz	0.00	6.03	0.061
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.00	22.92	0.174
17301	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.00	23.59	0.275
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	0.00	3.52	0.046
15233	Fish, catfish, channel, wild, cooked, dry heat	143.0	1.0 fillet	0.00	26.41	0.296
04532	Oil, hazelnut	13.6	1.0 tablespoon	--	0.00	--
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.00	7.16	0.084
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.00	5.87	0.039
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	113.0	4.0 oz	0.00	23.24	0.244
17182	Game meat, raccoon, cooked, roasted	85.0	3.0 oz	0.00	24.82	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.00	24.64	0.272
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00	18.37	0.240
15111	Fish, swordfish, cooked, dry heat	85.0	3.0 oz	0.00	19.93	0.225
04658	Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product	13.6	1.0 tbsp	--	0.00	--
05155	Pheasant, breast, meat only, raw	85.0	3.0 oz	0.00	20.71	0.288
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.00	17.41	0.184
13965	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.00	22.19	0.240
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	85.0	3.0 oz	0.00	20.88	0.106
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	0.00	25.08	0.272
17265	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.00	25.02	0.292
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00	18.05	0.119
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.00	24.95	0.326
15198	Fish, ling, cooked, dry heat	85.0	3.0 oz	0.00	20.70	0.232
05037	Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted	101.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.00	26.23	0.292
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	114.0	4.0 oz	0.00	34.22	0.360
14093	Beverages, The COCA-COLA company, Glaceau Vitamin Water, Revive Fruit Punch, fortified	591.0	20.0 fl oz	--	0.00	--
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.00	19.22	0.252
17349	Veal, Australian, shank, fore, bone-in, separable lean only, raw	85.0	3.0 oz	0.00	17.15	0.173
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.00	26.29	0.296
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00	18.33	0.206
05120	Chicken, roasting, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.00	32.55	0.381
17067	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	0.00	8.26	0.096
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	143.0	1.0 drumstick with skin	0.00	25.78	0.253

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	0.00	7.29	0.082
04055	Oil, palm	13.6	1.0 tbsp	--	0.00	--
13328	Beef, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.00	4.59	0.042
13839	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.00	18.32	0.205
17440	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.00	26.12	0.271
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	113.0	4.0 oz	0.00	24.67	0.259
17150	Game meat, beaver, raw	28.35	1.0 oz	0.00	6.82	--
15079	Fish, salmon, chum, raw	85.0	3.0 oz	0.00	17.12	0.192
10020	Pork, fresh, loin, whole, separable lean and fat, raw	85.0	3.0 oz	0.00	16.78	0.207
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.00	22.96	0.151
13922	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.00	20.31	0.228
23308	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0.00	24.40	0.279
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.00	23.20	0.251
17032	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.00	5.66	0.066
05651	Ostrich, oyster, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.00	18.32	0.163
17233	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.00	22.72	0.265
42151	Vegetable oil-butter spread, reduced calorie	13.0	1.0 tbsp	--	0.00	--
10107	Pork, fresh, variety meats and by-products, kidneys, cooked, braised	140.0	1.0 cup	0.00	35.56	0.461
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	0.00	22.15	0.188
14050	Alcoholic beverage, distilled, rum, 80 proof	27.8	1.0 fl oz	--	0.00	--
23391	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.00	22.25	0.249
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.00	6.08	0.040
17115	Veal, rib, separable lean only, cooked, roasted	85.0	3.0 oz	0.00	21.90	0.222
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	85.0	3.0 oz	0.00	23.98	0.278
17317	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	0.00	27.34	0.284
23100	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.00	23.77	0.292

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
04559	Shortening household soybean (hydrogenated) and palm	12.8	1.0 tbsp	--	0.00	--
05088	Chicken, broilers or fryers, neck, meat only, raw	6.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.00	1.05	0.012
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.00	25.83	0.308
13887	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.00	5.60	0.063
23477	Beef, ground, 97% lean meat / 3% fat, raw	113.0	4.0 oz	0.00	24.84	0.127
13096	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.00	22.59	0.149
17198	Veal, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	0.00	22.37	0.287
05173	Turkey, gizzard, all classes, raw	63.0	1.0 raw gizzard	0.00	11.84	0.131
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	145.0	1.0 chop	0.00	39.99	0.420
36013	Restaurant, family style, sirloin steak	166.0	1.0 serving	0.00	49.47	0.652
15047	Fish, mackerel, Atlantic, cooked, dry heat	88.0	1.0 fillet	0.00	20.99	0.235
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.00	6.41	0.042
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00	16.03	0.180
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00	20.05	0.262
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	0.00	21.72	0.217
15009	Fish, carp, cooked, dry heat	85.0	3.0 oz	0.00	19.43	0.218
15214	Fish, seatrout, mixed species, cooked, dry heat	85.0	3.0 oz	0.00	18.24	0.204
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	85.0	3.0 oz	0.00	14.02	0.175
13852	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.00	19.16	0.214
17456	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.00	23.46	0.244
05306	Ground turkey, cooked	82.0	1.0 patty (4 oz, raw) (yield after cooking)	0.00	22.44	0.256
17163	Game meat, caribou, cooked, roasted	85.0	3.0 oz	0.00	25.30	0.389
43366	Turkey, wing, smoked, cooked, with skin, bone removed	19.0	1.0 oz with bone, cooked (yield after bone removed)	0.00	5.21	--
15092	Fish, sea bass, mixed species, cooked, dry heat	101.0	1.0 fillet	0.00	23.87	0.268
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.00	23.82	0.283

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.00	23.05	0.151
23321	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	0.00	19.46	0.204
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	85.0	3.0 oz	0.00	23.21	0.118
17045	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.00	20.77	0.243
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	0.00	23.04	0.262
17246	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.00	4.87	0.057
21425	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	152.0	1.0 breast without skin	0.00	40.87	0.313
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00	18.20	0.120
15179	Fish, salmon, chinook, smoked, (lox), regular	28.35	1.0 oz	0.00	5.18	0.058
05018	Chicken, broilers or fryers, skin only, cooked, roasted	34.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.00	6.92	0.055
10121	Pork, fresh, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.00	4.62	0.053
14385	Beverages, water, bottled, POLAND SPRING	29.6	1.0 fl oz	--	0.00	--
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00	17.91	0.117
13445	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.00	24.28	0.272
17330	Game meat , bison, ground, raw	85.0	1.0 serving (3 oz)	0.00	15.87	0.120
23113	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.00	20.94	0.235
04586	Shortening, special purpose for cakes and frostings, soybean (hydrogenated)	12.8	1.0 tbsp	--	0.00	--
10802	USDA Commodity, pork, cured, ham, boneless, cooked, heated	28.35	1.0 oz boneless	0.00	5.34	--
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.00	18.81	0.204
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.00	22.41	0.251
17211	Lamb, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0.00	19.41	0.248
23196	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.00	21.11	0.236
05186	Turkey, all classes, light meat, cooked, roasted	85.0	1.0 serving	0.00	25.61	0.273
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	0.00	21.31	0.224

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
15060	Fish, perch, mixed species, raw	60.0	1.0 fillet	0.00	11.63	0.130
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.00	8.34	0.055
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.00	28.53	0.188
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00	17.24	0.194
17295	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.00	21.46	0.251
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00	18.11	0.207
17013	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.00	5.83	0.068
05624	Emu, fan fillet, cooked, broiled	85.0	1.0 serving (3 oz)	0.00	26.58	0.176
10195	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.00	22.35	0.274
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	85.0	3.0 oz	0.00	14.25	0.199
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00	17.31	0.199
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.00	24.41	0.319
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00	18.65	0.229
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.00	6.15	0.041
05717	Turkey, retail parts, thigh, meat only, raw	85.0	3.0 oz	0.00	17.51	0.216
17298	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.00	4.89	0.057
15025	Fish, eel, mixed species, raw	85.0	3.0 oz	0.00	15.67	0.176
04529	Oil, almond	13.6	1.0 tablespoon	--	0.00	--
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	105.0	1.0 drumstick with skin (yield from 1 lb ready-to-cook chicken)	0.00	24.52	0.264
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.00	5.87	0.039
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	85.0	3.0 oz	0.00	25.61	0.269
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	85.0	3.0 oz	0.00	25.82	0.341
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	0.00	23.20	0.257
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.00	22.51	0.268

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
15108	Fish, sunfish, pumpkin seed, raw	48.0	1.0 fillet	0.00	9.31	0.104
04655	Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries	14.0	1.0 tbsp	--	0.00	--
05152	Guinea hen, meat only, raw	85.0	3.0 oz	0.00	17.54	0.205
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.00	24.68	0.294
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.00	25.47	0.310
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85.0	3.0 oz	0.00	21.73	0.110
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	0.00	23.94	0.247
17262	Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.00	4.50	0.053
21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	132.0	1.0 breast without skin	0.00	38.25	0.293
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.00	22.85	0.150
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	124.0	1.0 fillet	0.00	37.76	0.446
15195	Fish, drum, freshwater, cooked, dry heat	85.0	3.0 oz	0.00	19.12	0.214
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	85.0	3.0 oz	0.00	14.19	0.157
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	138.0	1.0 rack	0.00	36.43	0.433
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.00	23.94	0.293
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	0.00	30.84	0.270
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00	14.64	0.165
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00	18.86	0.212
05117	Chicken, roasting, light meat, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.00	21.98	0.256
17064	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0.00	5.88	0.069
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	85.0	3.0 oz	0.00	18.54	0.221
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.00	0.03	--
04044	Oil, soybean, salad or cooking	13.6	1.0 tbsp	--	0.00	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
13834	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.00	18.66	0.209
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.00	22.49	0.252
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	85.0	3.0 oz	0.00	20.58	0.216
05228	Turkey, wing, from whole bird, meat only, roasted	85.0	3.0 oz	0.00	25.61	0.273
17147	Game meat, bear, cooked, simmered	85.0	3.0 oz	0.00	27.56	--
15076	Fish, salmon, Atlantic, wild, raw	85.0	3.0 oz	0.00	16.86	0.189
04614	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	14.3	1.0 tbsp	0.00	0.09	--
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.00	22.07	0.263
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.00	25.45	0.306
13919	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.00	20.31	0.228
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.00	21.90	0.236
17029	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.00	4.12	0.048
05648	Ostrich, outside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.00	19.43	0.173
17230	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.00	5.24	0.061
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	0.00	22.56	0.192
23388	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.00	18.10	0.202
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.00	8.37	0.055
17112	Veal, rib, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.00	20.37	0.207
17314	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.00	24.24	0.252
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.00	27.21	0.312
04551	Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)	12.8	1.0 tbsp	--	0.00	--
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.00	19.39	0.230
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.00	23.33	0.261
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.00	23.82	0.156

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.00	24.11	0.296
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.00	22.48	0.236
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.00	24.47	0.280
15044	Fish, ling, raw	85.0	3.0 oz	0.00	16.14	0.181
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.00	6.29	0.042
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.00	22.43	0.257
17279	Veal, shank (fore and hind), separable lean only, cooked, braised	85.0	3.0 oz	0.00	27.39	0.276
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	150.0	1.0 steak	0.00	40.68	0.267
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.00	24.51	0.292
15130	Fish, whitefish, mixed species, raw	85.0	3.0 oz	0.00	16.23	0.182
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00	17.41	0.115
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	1.0 serving	0.00	22.74	0.150
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	113.0	4.0 oz	0.00	24.54	0.271
05303	Poultry, mechanically deboned, from mature hens, raw	227.0	0.5 lb	0.00	33.41	0.268
17160	Game meat, buffalo, water, raw	28.35	1.0 oz	0.00	5.78	0.071
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.00	19.45	0.231
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.00	20.16	0.240
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.00	22.78	0.156
23318	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0.00	25.35	0.291
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	85.0	3.0 oz	0.00	22.35	0.113
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.00	21.20	0.247
05663	Ground turkey, fat free, pan-broiled crumbles	85.0	3.0 oz	0.00	26.94	0.306
17243	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.00	25.04	0.292

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
23006	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.00	20.91	0.234
05015	Chicken, broilers or fryers, skin only, raw	47.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.00	6.27	0.050
10118	Pork, fresh, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0.00	23.97	0.246
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	114.0	4.0 oz	0.00	23.85	0.250
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00	17.99	0.118
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.00	26.10	0.298
17125	Veal, shoulder, arm, separable lean only, raw	28.35	1.0 oz	0.00	5.68	0.058
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	85.0	3.0 oz	0.00	25.96	0.327
17327	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.00	18.45	0.216
15268	Fish, cod, Pacific, raw (not previously frozen)	85.0	3.0 oz	0.00	14.91	--
04583	Oil, mustard	14.0	1.0 tbsp	--	0.00	--
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	116.0	1.0 thigh without skin	0.00	28.72	0.324
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	85.0	3.0 oz	0.00	22.16	0.254
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.00	24.42	0.214
13166	USDA Commodity, beef, canned	45.0	1.0 serving	0.00	9.23	0.105
13815	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.00	4.86	0.054
17208	Veal, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.00	15.93	0.127
23193	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.00	15.23	0.171
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85.0	3.0 oz	0.00	22.75	0.271
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	0.00	4.34	0.053
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.00	19.49	0.128
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.00	25.00	0.164
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.00	26.04	0.171
17292	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.00	5.80	0.068

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.00	23.77	0.273
17010	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	128.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	39.69	0.463
05621	Emu, ground, raw	117.0	1.0 patty	0.00	26.64	0.176
10192	Pork, fresh, backribs, separable lean and fat, raw	85.0	3.0 oz	0.00	16.21	0.188
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.00	23.93	0.275
23158	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.00	23.77	0.310
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00	19.61	0.241
17093	Veal, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	0.00	8.01	0.081
05714	Turkey, skin, from retail parts, from dark meat, raw	28.35	1.0 oz	0.00	4.07	0.016
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.00	20.69	0.194
15022	Fish, cusk, raw	122.0	1.0 fillet	0.00	23.17	0.260
15227	Crustaceans, crab, queen, cooked, moist heat	85.0	3.0 oz	0.00	20.16	0.280
04518	Oil, corn, industrial and retail, all purpose salad or cooking	13.6	1.0 tbsp	--	0.00	--
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.00	23.41	0.262
17176	Game meat, opossum, cooked, roasted	85.0	3.0 oz	0.00	25.67	--
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	85.0	3.0 oz	0.00	26.40	0.292
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	138.0	1.0 rack	0.00	40.30	0.480
15105	Fish, sturgeon, mixed species, cooked, dry heat	85.0	3.0 oz	0.00	17.60	0.197
04652	Oil, industrial, soy (partially hydrogenated), all purpose	13.6	1.0 tbsp	--	0.00	--
05149	Goose, domesticated, meat only, cooked, roasted	143.0	1.0 unit (yield from 1 lb ready-to-cook goose)	0.00	41.43	0.576
10046	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	112.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 172g)	0.00	27.35	0.288
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00	17.54	0.116
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.00	22.95	0.116
17259	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.00	21.54	0.252

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00	16.47	0.108
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	90.0	1.0 fillet	0.00	16.86	0.208
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0.00	20.07	0.217
17343	Game meat, deer, ground, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.00	18.51	0.163
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.00	21.47	0.242
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00	18.28	0.205
05114	Chicken, roasting, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.00	35.01	0.409
17061	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, broiled	85.0	3.0 oz	0.00	23.87	0.279
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	85.0	3.0 oz	0.00	16.24	0.177
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	0.00	39.70	0.505
04037	Oil, rice bran	13.6	1.0 tablespoon	--	0.00	--
13831	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.00	19.32	0.217
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	85.0	3.0 oz	0.00	23.23	0.235
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00	17.74	0.199
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	113.0	4.0 oz	0.00	17.72	0.185
17144	Game meat, antelope, raw	28.35	1.0 oz	0.00	6.34	--
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	107.0	1.0 chop	0.00	31.73	0.279
43283	Pheasant, cooked, total edible	140.0	1.0 cup, chopped or diced	0.00	45.36	--
15073	Fish, roughy, orange, raw	85.0	3.0 oz	0.00	13.95	0.156
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.00	25.32	0.292
13916	Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.00	22.03	0.246
23517	Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85.0	3.0 oz	0.00	24.94	0.269
17026	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.00	5.92	0.069
05645	Ostrich, inside leg, cooked	85.0	1.0 serving (3 oz)	0.00	24.66	0.220
17227	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.00	21.68	0.253

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
14601	Beverages, WENDY'S, tea, ready-to-drink, unsweetened	29.6	1.0 fl oz	0.00	0.07	--
80200	Frog legs, raw	45.0	1.0 leg	0.00	7.38	--
04708	Mayonnaise, reduced fat, with olive oil	15.0	1.0 tbsp	0.00	0.06	--
13791	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00	16.36	0.184
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.00	19.49	0.230
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	28.35	1.0 oz	0.00	8.02	0.053
17109	Veal, loin, separable lean only, cooked, roasted	85.0	3.0 oz	0.00	22.37	0.226
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.00	22.92	0.244
17311	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.00	21.67	0.253
15243	Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	85.0	3.0 oz	0.00	14.89	0.207
04548	Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)	12.8	1.0 tbsp	--	0.00	--
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	85.0	3.0 oz	0.00	20.59	0.233
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.00	24.15	0.287
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.00	6.04	0.040
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	0.00	23.78	0.249
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.00	22.93	0.257
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00	18.22	0.218
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0.00	18.32	0.193
13977	Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.00	22.66	0.245
14261	Beverages, tea, green, ready to drink, unsweetened	473.0	16.0 fl oz	--	0.00	--
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0.00	8.39	0.055
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.00	28.36	0.186
17276	Veal, shank (fore and hind), separable lean and fat, raw	28.35	1.0 oz	0.00	5.43	0.055
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00	16.14	0.106
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	0.00	0.48	0.004

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.00	14.68	0.158
10174	Pork, fresh, variety meats and by-products, tail, raw	28.35	1.0 oz	0.00	5.03	0.025
14438	Beverages, water, bottled, non-carbonated, CRYSTAL GEYSER	29.6	1.0 fl oz	--	0.00	--
15127	Fish, tuna, fresh, yellowfin, raw	28.35	1.0 oz, boneless	0.00	6.92	0.074
13483	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.00	24.18	0.303
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	113.0	4.0 oz	0.00	24.50	0.271
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.00	21.28	0.240
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.00	25.05	0.280
05130	Chicken, stewing, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.00	46.26	0.540
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.00	19.92	0.233
42289	Oil, corn and canola	14.0	1.0 tbsp	--	0.00	--
15006	Fish, burbot, raw	116.0	1.0 fillet	0.00	22.40	0.251
15211	Fish, salmon, chum, cooked, dry heat	85.0	3.0 oz	0.00	21.95	0.246
13849	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.00	19.43	0.218
17453	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.00	23.41	0.243
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.00	21.73	0.244
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.00	17.59	0.197
10115	Pork, fresh, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.00	5.26	0.115
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	85.0	3.0 oz	0.00	24.95	0.261
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.00	25.92	0.263
17122	Veal, shoulder, arm, separable lean and fat, raw	28.35	1.0 oz	0.00	5.48	0.056
17324	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.00	5.64	0.066
23107	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.00	22.36	0.252
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	85.0	3.0 oz	0.00	20.93	0.226

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
04576	Fat, goose	12.8	1.0 tbsp	--	0.00	--
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	41.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.00	9.54	0.107
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.00	18.14	0.191
19177	Gelatins, dry powder, unsweetened	7.0	1.0 envelope (1 tbsp)	0.00	5.99	--
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	114.0	4.0 oz	0.00	33.00	0.295
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.00	24.83	0.163
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.00	25.67	0.168
17205	Lamb, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.00	4.73	0.048
23190	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.00	19.86	0.223
05180	Turkey from whole, neck, meat only, cooked, simmered	85.0	1.0 serving	0.00	19.11	0.203
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85.0	3.0 oz	0.00	21.15	0.252
15054	Fish, monkfish, raw	85.0	3.0 oz	0.00	12.31	0.138
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	28.35	1.0 oz	0.00	7.94	0.052
13391	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.00	23.18	0.152
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0.00	28.04	0.314
17289	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.00	23.38	0.273
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00	17.74	0.203
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.00	17.08	0.191
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.00	41.72	0.476
17007	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.00	5.36	0.063
10187	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw	28.35	1.0 oz	0.00	5.37	0.066
15140	Crustaceans, crab, blue, cooked, moist heat	118.0	1.0 cup, flaked and pieces	0.00	21.10	0.267
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	85.0	3.0 oz	0.00	21.57	0.110
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	85.0	3.0 oz	0.00	17.86	0.197

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.00	19.17	0.250
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00	18.65	0.229
17090	Veal, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0.00	5.73	0.058
05711	Turkey, retail parts, breast, meat only, cooked, roasted	863.0	1.0 breast	0.00	254.67	3.141
15019	Fish, cod, Pacific, raw (may have been previously frozen)	116.0	1.0 fillet	0.00	17.71	0.218
15224	Fish, wolffish, Atlantic, cooked, dry heat	119.0	0.5 fillet	0.00	26.70	0.299
04515	Oil, tomatoseed	13.6	1.0 tablespoon	--	0.00	--
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.00	23.54	0.265
23452	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	85.0	3.0 oz	0.00	25.43	0.266
17173	Game meat, moose, cooked, roasted	85.0	3.0 oz	0.00	24.88	--
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	113.0	4.0 oz	0.00	16.13	--
43391	Turkey, light or dark meat, smoked, cooked, skin and bone removed	28.0	1.0 medium slice (approx 3" x 2" x 1/4")	0.00	8.20	--
15102	Fish, snapper, mixed species, cooked, dry heat	85.0	3.0 oz	0.00	22.36	0.250
04649	Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening	13.6	1.0 tbsp	--	0.00	--
05146	Goose, domesticated, meat and skin, raw	85.0	3.0 oz	0.00	13.48	0.176
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.00	24.29	0.289
13953	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	569.0	1.0 roast (yield from 690g raw meat)	0.00	148.22	0.973
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00	19.77	0.222
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	85.0	3.0 oz	0.00	22.04	0.112
17055	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.00	5.47	0.064
17256	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.00	5.11	0.060
23040	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	179.0	1.0 steak	0.00	47.72	0.306
15189	Fish, bluefish, cooked, dry heat	117.0	1.0 fillet	0.00	30.06	0.337
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	71.0	1.0 drumstick	0.00	19.67	0.185

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.00	25.75	0.169
17340	Game meat, elk, loin, separable lean only, cooked, broiled	114.0	1.0 steak (yield from 148.1 g raw meat)	0.00	35.34	0.316
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00	18.01	0.203
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00	19.75	0.222
05111	Canada Goose, breast meat, skinless, raw	85.0	3.0 oz	0.00	20.66	--
17058	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.00	20.92	0.245
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	91.0	1.0 drumstick without skin	0.00	23.06	0.260
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	28.35	1.0 oz	0.00	4.94	0.059
13319	Beef, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.00	10.68	0.088
13828	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.00	18.92	0.212
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.00	25.55	0.286
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	85.0	3.0 oz	0.00	24.02	0.264
17141	Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised	85.0	3.0 oz	0.00	29.70	0.301
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	114.0	4.0 oz	0.00	27.08	0.323
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.00	17.33	0.183
15070	Fish, rockfish, Pacific, mixed species, raw	85.0	3.0 oz	0.00	15.61	0.208
04606	Meat drippings (lard, beef tallow, mutton tallow)	12.8	1.0 tablespoon	--	0.00	--
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.00	29.69	0.196
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.00	17.50	0.110
23299	Beef, Australian, imported, Wagyu, seam fat, Aust. marble score 4/5, raw	28.35	1.0 oz	0.00	1.70	--
23514	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz (1 serving)	0.00	22.80	0.246
17023	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.00	4.63	0.054
05642	Ostrich, ground, cooked, pan-broiled	93.0	1.0 patty	0.00	24.32	0.217
17224	Lamb, ground, raw	28.35	1.0 oz	0.00	4.69	0.055
10098	Pork, fresh, variety meats and by-products, chitterlings, raw	28.35	1.0 oz	0.00	2.17	--
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.00	23.38	0.264

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.00	25.45	0.301
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.00	6.27	0.041
17106	Veal, loin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.00	21.08	0.213
17308	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.00	5.85	0.068
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	85.0	3.0 oz	0.00	27.45	0.314
15035	Fish, haddock, smoked	28.35	1.0 oz, boneless	0.00	7.15	0.080
15240	Fish, trout, rainbow, farmed, raw	79.0	1.0 fillet	0.00	15.75	0.185
04544	Shortening, household, lard and vegetable oil	12.8	1.0 tablespoon	--	0.00	--
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.00	33.84	0.379
10208	Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised	80.0	1.0 rib without refuse (yield from 1 cooked rib, with refuse, weighing 141g)	0.00	22.19	0.234
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.00	24.06	0.158
13047	Beef, grass-fed, ground, raw	85.0	1.0 serving	0.00	16.51	--
17189	Veal, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.00	9.76	0.098
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	113.0	4.0 oz	0.00	22.83	0.252
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.00	23.89	0.293
04665	Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated), for flaky pastries	14.0	1.0 tbsp	0.00	0.27	--
05162	Squab, (pigeon), light meat without skin, raw	101.0	1.0 breast, bone removed	0.00	21.98	0.344
10059	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz (Yield from 1 cooked roast, with refuse, weighing 1515g)	0.00	23.61	0.248
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00	17.57	0.201
15038	Fish, halibut, Greenland, raw	85.0	3.0 oz	0.00	12.21	0.137
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.00	8.32	0.055
13372	Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.00	23.84	0.267
17273	Veal, breast, plate half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.00	22.04	0.223
23056	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0.00	24.72	0.162

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.00	15.23	0.143
10170	Pork, cured, shoulder, blade roll, separable lean and fat, unheated	28.35	1.0 oz	0.00	4.67	0.056
14434	Beverages, The COCA-COLA company, DASANI, water, bottled, non-carbonated	29.6	1.0 fl oz	--	0.00	--
15123	Fish, tuna, fresh, skipjack, raw	85.0	3.0 oz	0.00	18.70	0.209
13479	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.00	23.68	0.281
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	85.0	3.0 oz	0.00	23.94	0.264
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00	16.24	0.183
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.00	26.32	0.295
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	115.0	1.0 serving	0.00	24.26	0.268
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.00	22.18	0.236
15003	Fish, bass, fresh water, mixed species, raw	79.0	1.0 fillet	0.00	14.90	0.167
15208	Fish, sablefish, cooked, dry heat	85.0	3.0 oz	0.00	14.61	0.164
13335	Beef, variety meats and by-products, suet, raw	28.35	1.0 oz	0.00	0.43	0.003
13846	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.00	19.89	0.223
17447	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	0.00	22.54	0.234
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00	17.10	0.192
23436	Beef, New Zealand, imported, subcutaneous fat, raw	113.0	4.0 oz	0.00	9.60	0.101
17157	Game meat, bison, separable lean only, cooked, roasted	85.0	3.0 oz	0.00	24.17	--
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	92.0	1.0 piece	0.00	25.27	0.301
15086	Fish, salmon, sockeye, cooked, dry heat	85.0	3.0 oz	0.00	22.51	0.285
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	85.0	3.0 oz	0.00	24.33	0.309
13432	Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.00	30.28	0.339
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.00	17.26	0.113
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.00	21.84	0.236

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.00	5.54	0.065
05658	Ostrich, top loin, cooked	85.0	1.0 serving (3 oz)	0.00	23.90	0.213
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.00	19.60	0.230
15261	Fish, tilapia, raw	116.0	1.0 fillet	0.00	23.29	0.244
04573	Oil, ucuhuba butter	13.6	1.0 tbsp	--	0.00	--
10221	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.00	25.38	0.320
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.00	25.04	0.128
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	0.00	18.33	0.121
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.00	5.45	0.035
23187	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.00	19.71	0.221
05177	Turkey, liver, all classes, raw	78.0	1.0 raw liver	0.00	14.24	0.155
10072	Pork, fresh, shoulder, whole, separable lean only, raw	28.35	1.0 oz	0.00	5.54	0.070
14278	Beverages, tea, green, brewed, regular	245.0	1.0 cup	0.00	0.54	--
15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	0.00	16.40	0.184
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.00	6.27	0.041
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.00	23.40	0.154
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.00	6.22	0.041
17286	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.00	5.34	0.062
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.00	26.31	0.302
05057	Chicken, broilers or fryers, breast, meat and skin, raw	87.0	0.5 breast, bone removed (yield from 1 lb ready-to-cook chicken)	0.00	18.14	0.206
17004	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.00	23.99	0.280
10184	Pork, cured, ham, extra lean and regular, canned, unheated	140.0	1.0 cup	0.00	25.16	0.286
15137	Crustaceans, crab, alaska king, cooked, moist heat	134.0	1.0 leg	0.00	25.93	0.360
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.00	21.73	0.110
17373	Lamb, New Zealand, imported, heart, raw	113.0	4.0 oz	0.00	20.44	0.226

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
23152	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.00	18.40	0.240
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00	19.86	0.244
05140	Duck, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.00	26.59	0.325
17087	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	0.00	28.95	0.338
05708	Turkey, retail parts, breast, meat only, with added solution, raw	1171.0	1.0 breast	0.00	257.50	3.009
15016	Fish, cod, Atlantic, cooked, dry heat	85.0	3.0 oz	0.00	19.41	0.218
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85.0	3.0 oz	0.00	24.78	0.266
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	13.6	1.0 tablespoon	--	0.00	--
13859	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.00	4.75	0.053
17463	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.00	22.07	0.230
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.00	18.14	0.214
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	114.0	4.0 oz	0.00	18.02	0.189
17170	Game meat, horse, raw	28.35	1.0 oz	0.00	6.06	0.075
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	85.0	3.0 oz	0.00	20.53	0.244
15099	Fish, smelt, rainbow, raw	85.0	3.0 oz	0.00	14.99	0.167
04645	Oil, industrial, canola (partially hydrogenated) oil for deep fat frying	13.6	1.0 tablespoon	--	0.00	--
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	85.0	3.0 oz	0.00	18.69	0.196
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.00	28.55	0.188
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00	19.94	0.224
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85.0	3.0 oz	0.00	22.04	0.080
17052	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.00	24.23	0.283
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.00	19.23	0.224
23037	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00	17.33	0.114
15186	Fish, tuna, white, canned in water, without salt, drained solids	85.0	3.0 oz	0.00	20.08	0.225

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
05316	Duck, young duckling, domesticated, White Pekin, breast, meat only, boneless, cooked without skin, broiled	85.0	3.0 oz	0.00	23.46	0.323
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	140.0	1.0 cup	0.00	31.67	0.333
14075	Beverages, GEROLSTEINER BRUNNEN GmbH & Co. KG,Gerolsteiner naturally sparkling mineral water,	240.0	8.0 fl oz	--	0.00	--
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	85.0	3.0 oz	0.00	26.60	0.279
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.00	24.67	0.162
17135	Veal, sirloin, separable lean and fat, cooked, braised	85.0	3.0 oz	0.00	26.57	0.269
17337	Game meat, bison, top round, separable lean only, 1" steak, raw	85.0	1.0 serving (3 oz)	0.00	19.82	0.150
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	0.00	45.42	0.512
04593	Fish oil, salmon	13.6	1.0 tbsp	--	0.00	--
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.00	38.05	0.444
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	95.0	1.0 drumstick without skin	0.00	21.58	0.232
10005	Pork, fresh, belly, raw	28.35	1.0 oz	0.00	2.65	--
42231	Oil, flaxseed, cold pressed	13.6	1.0 tbsp	0.00	0.01	--
13825	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.00	19.06	0.213
23213	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.00	16.62	0.186
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	113.0	4.0 oz	0.00	24.25	0.254
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.00	19.79	0.221
17138	Veal, sirloin, separable lean only, cooked, braised	85.0	3.0 oz	0.00	28.87	0.292
10088	Pork, fresh, spareribs, separable lean and fat, raw	85.0	3.0 oz	0.00	13.15	0.139
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.00	17.76	0.187
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	60.0	1.0 fillet	0.00	14.09	0.158
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.00	23.60	0.155
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.00	22.47	0.148
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	0.00	46.47	0.533

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
23509	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.00	22.02	0.238
17020	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.00	20.94	0.245
05631	Emu, oyster, raw	85.0	3.0 oz	0.00	19.39	0.128
17221	Lamb, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	0.00	18.33	0.185
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.00	23.53	0.299
04702	Oil, industrial, cottonseed, fully hydrogenated	13.6	1.0 tablespoon	--	0.00	--
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00	18.39	0.211
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0.00	8.47	0.056
17103	Veal, leg (top round), separable lean only, cooked, roasted	85.0	3.0 oz	0.00	23.86	0.241
17305	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.00	23.49	0.275
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00	18.04	0.207
15032	Fish, grouper, mixed species, cooked, dry heat	85.0	3.0 oz	0.00	21.11	0.236
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	85.0	3.0 oz	0.00	18.79	0.211
04541	Oil, cupu assu	13.6	1.0 tablespoon	--	0.00	--
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	86.0	1.0 rib without refuse (Yield from 1 cooked rib, with refuse, weighing 140g)	0.00	22.78	0.240
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.00	27.77	0.165
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.00	25.51	0.267
13019	Beef, retail cuts, separable fat, raw	28.35	1.0 oz	0.00	2.33	0.015
17186	Lamb, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.00	10.67	0.110
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	113.0	4.0 oz	0.00	22.42	0.257
15115	Fish, trout, rainbow, wild, raw	85.0	3.0 oz	0.00	17.41	0.195
04662	Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)	13.6	1.0 tbsp	--	0.00	--
05159	Quail, breast, meat only, raw	85.0	3.0 oz	0.00	19.20	0.301
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.00	18.40	0.194
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00	18.04	0.118

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.00	19.61	0.129
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.00	27.96	0.184
17270	Veal, breast, separable fat, cooked	28.35	1.0 oz	0.00	2.66	0.027
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	41.0	1.0 medallion	0.00	8.42	0.055
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.00	43.27	0.505
10167	Pork, cured, separable fat (from ham and arm picnic), roasted	28.35	1.0 oz	0.00	2.17	0.007
15118	Fish, tuna, fresh, bluefin, cooked, dry heat	85.0	3.0 oz	0.00	25.42	0.285
13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0.00	20.44	0.221
17353	Lamb, Australian, ground, 85% lean / 15% fat, raw	113.0	1.0 serving (4 oz)	0.00	19.37	--
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.00	24.20	0.273
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.00	23.27	0.261
05124	Chicken, stewing, meat and skin, cooked, stewed	85.0	3.0 oz	0.00	22.85	0.256
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	85.0	1.0 serving	0.00	28.31	0.313
15205	Fish, pollock, Atlantic, cooked, dry heat	85.0	3.0 oz	0.00	21.18	0.237
13332	Beef, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0.00	23.04	0.298
13843	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.00	19.12	0.214
17444	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.00	25.40	0.263
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.00	22.35	0.251
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.00	24.25	0.254
05293	Turkey breast, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	0.00	18.84	0.209
17154	Veal, Australian, separable fat, raw	28.0	1.0 oz	0.00	2.77	--
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	85.0	3.0 oz	0.00	18.39	0.219
15083	Fish, salmon, pink, raw	85.0	3.0 oz	0.00	17.42	0.188
10024	Pork, fresh, loin, whole, separable lean only, raw	85.0	3.0 oz	0.00	18.22	0.231
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.00	23.26	0.153
13926	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.00	5.15	0.058

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
23545	Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.00	25.47	0.275
17036	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.00	24.38	0.285
05655	Ostrich, tip trimmed, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.00	18.57	0.166
17237	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.00	22.15	0.259
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00	18.18	0.205
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.00	38.22	0.427
10112	Pork, fresh, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.00	3.99	0.035
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.00	24.50	0.154
23395	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.00	17.96	0.201
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.00	6.56	0.043
17119	Veal, shoulder, whole (arm and blade), separable lean only, raw	28.35	1.0 oz	0.00	5.61	0.057
05741	Turkey, thigh, from whole bird, meat only, roasted	85.0	3.0 oz	0.00	23.55	0.251
17321	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.00	22.25	0.260
23104	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00	16.32	0.184
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.00	23.15	0.244
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	0.00	6.57	0.074
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	28.35	1.0 oz	0.00	8.43	0.055
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.00	26.08	0.299
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.00	6.25	0.041
17283	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.00	22.70	0.265
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.00	24.11	0.314
17001	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.00	4.79	0.056

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	142.0	1.0 chop	0.00	43.25	0.514
15134	Fish, wolffish, Atlantic, raw	85.0	3.0 oz	0.00	14.88	0.167
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.00	25.58	0.342
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	85.0	3.0 oz	0.00	19.21	0.212
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.00	24.63	0.321
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00	19.86	0.244
05705	Turkey, whole, meat only, with added solution, roasted	28.0	3.0 oz	0.00	7.45	0.079
15013	Fish, cisco, raw	79.0	1.0 fillet	0.00	15.00	0.168
15218	Fish, sunfish, pumpkin seed, cooked, dry heat	37.0	1.0 fillet	0.00	9.20	0.103
04502	Oil, cottonseed, salad or cooking	13.6	1.0 tablespoon	--	0.00	--
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.00	16.63	0.110
14121	Beverages, carbonated, club soda	29.6	1.0 fl oz	--	0.00	--
17460	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.00	26.48	0.275
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.00	26.60	0.279
05310	Chicken, cornish game hens, meat only, cooked, roasted	85.0	3.0 oz	0.00	19.80	0.231
17167	Game meat, elk, cooked, roasted	85.0	3.0 oz	0.00	25.66	0.463
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.00	23.07	0.298
04642	Oil, industrial, mid-oleic, sunflower	13.6	1.0 tablespoon	--	0.00	--
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.00	23.98	0.286
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.00	24.40	0.280
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00	19.97	0.224
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.00	24.18	0.122
17049	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.00	23.55	0.275
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	85.0	3.0 oz	0.00	22.00	0.252
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.00	4.82	0.056

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	40.0	1.0 medallion	0.00	8.20	0.054
15183	Fish, tuna, light, canned in oil, without salt, drained solids	85.0	3.0 oz	0.00	24.76	0.277
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145.0	1.0 cup chopped or dice	0.00	39.37	0.158
23411	Beef, New Zealand, imported, flank, separable lean only, raw	113.0	4.0 oz	0.00	23.20	0.243
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.00	23.77	0.156
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.00	24.84	0.291
17132	Veal, shoulder, blade, separable lean only, cooked, braised	85.0	3.0 oz	0.00	27.76	0.281
17334	Game meat, bison, chuck, shoulder clod, separable lean only, raw	85.0	1.0 serving (3 oz)	0.00	17.95	0.136
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.00	23.46	0.264
04590	Fish oil, herring	13.6	1.0 tbsp	--	0.00	--
05105	Chicken, broilers or fryers, wing, meat only, raw	17.0	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	0.00	3.73	0.044
05673	Chicken, skin (drumsticks and thighs), cooked, braised	28.35	1.0 oz	0.00	4.14	0.020
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	28.35	1.0 oz	0.00	6.01	0.067
13284	Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00	17.99	0.201
13822	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.00	22.45	0.258
17215	Lamb, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0.00	22.49	0.248
23200	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.00	21.12	0.237
05191	Turkey, all classes, breast, meat and skin, raw	146.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.00	31.96	0.353
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	85.0	3.0 oz	0.00	22.58	0.238
15064	Fish, pike, walleye, raw	85.0	3.0 oz	0.00	16.27	0.182
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.00	29.23	0.192
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.00	17.00	0.190
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.00	26.95	0.309
23293	Beef, Australian, imported, grass-fed, ground, 85% lean / 15% fat, raw	114.0	4.0 oz (4 oz)	0.00	20.20	0.228

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
17017	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.00	5.82	0.068
05628	Emu, inside drum, raw	85.0	3.0 oz	0.00	18.89	0.125
17218	Veal, variety meats and by-products, thymus, raw	28.35	1.0 oz	0.00	4.88	--
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.00	18.53	0.235
04699	Oil, industrial, soy, low linolenic	14.0	1.0 tablespoon	--	0.00	--
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00	18.09	0.207
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00	17.76	0.210
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.00	23.36	0.276
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.00	6.43	0.042
17100	Veal, leg (top round), separable lean only, cooked, braised	85.0	3.0 oz	0.00	31.20	0.316
17302	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.00	5.20	0.061
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	0.00	19.35	0.250
15234	Fish, catfish, channel, farmed, raw	85.0	3.0 oz	0.00	12.95	0.155
04534	Oil, babassu	13.6	1.0 tbsp	--	0.00	--
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	96.0	1.0 drumstick without skin	0.00	23.27	0.262
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.00	27.92	0.184
13000	Beef, grass-fed, strip steaks, lean only, raw	85.0	3.0 oz	0.00	19.61	--
17183	Game meat, squirrel, raw	28.35	1.0 oz	0.00	6.02	--
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	113.0	4.0 oz	0.00	24.30	0.269
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.00	23.53	0.288
15112	Fish, tilefish, raw	85.0	3.0 oz	0.00	14.88	0.167
04659	Oil, industrial, coconut, confection fat, typical basis for ice cream coatings	13.6	1.0 tbsp	--	0.00	--
05156	Pheasant, leg, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-eat pheasant)	0.00	21.98	0.306
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.00	24.49	0.292
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.00	22.24	0.240

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
18372	Leavening agents, baking soda	4.6	1.0 tsp	--	0.00	--
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.00	6.39	0.042
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	85.0	3.0 oz	0.00	25.40	0.278
17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.00	6.07	--
23050	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	0.00	23.14	0.152
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00	19.58	0.240
15199	Fish, lingcod, cooked, dry heat	85.0	3.0 oz	0.00	19.24	0.216
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.00	25.85	0.287
05336	USDA Commodity Chicken, canned, meat only, drained	135.0	1.0 cup drained	0.00	37.15	0.435
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0.00	17.97	0.214
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.00	24.58	0.302
17350	Veal, Australian, shank, fore, bone-in, separable lean and fat, raw	85.0	3.0 oz	0.00	16.64	0.163
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.00	26.50	0.298
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00	18.66	0.209
15202	Fish, milkfish, cooked, dry heat	85.0	3.0 oz	0.00	22.37	0.251
04058	Oil, sesame, salad or cooking	13.6	1.0 tablespoon	--	0.00	--
13329	Beef, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.00	17.34	0.158
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.00	19.56	0.219
17441	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.00	25.64	0.267
17151	Game meat, beaver, cooked, roasted	85.0	3.0 oz	0.00	29.62	--
15080	Fish, salmon, chum, canned, drained solids with bone	85.0	3.0 oz	0.00	18.22	0.204
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	85.0	3.0 oz	0.00	23.15	0.286
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.00	22.58	0.149
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	149.0	1.0 steak (yield from 1 raw steak weighing149g)	0.00	28.86	0.189

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
23309	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0.00	25.55	0.293
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.00	24.15	0.272
17033	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	147.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	40.78	0.476
05652	Ostrich, oyster, cooked	85.0	1.0 serving (3 oz)	0.00	24.49	0.218
17234	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.00	4.88	0.057
05006	Chicken, broilers or fryers, meat and skin, raw	85.0	3.0 oz	0.00	15.81	0.176
10109	Pork, fresh, variety meats and by-products, leaf fat, raw	28.35	1.0 oz	0.00	0.50	0.002
13803	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.00	5.22	0.058
14051	Alcoholic beverage, distilled, vodka, 80 proof	27.8	1.0 fl oz	--	0.00	--
23392	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.00	24.36	0.288
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.00	9.81	0.064
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	28.35	1.0 oz	0.00	5.46	0.055
17318	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.00	4.73	0.055
23101	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.00	23.10	0.273
04560	Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)	12.8	1.0 tbsp	--	0.00	--
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	85.0	3.0 oz	0.00	17.55	0.184
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.00	23.49	0.263
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	85.0	3.0 oz	0.00	22.41	0.114
13097	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.00	5.71	0.064
23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.00	24.89	0.325
05174	Turkey, gizzard, all classes, cooked, simmered	45.0	1.0 gizzard cooked	0.00	11.90	0.107
15131	Fish, whitefish, mixed species, smoked	136.0	1.0 cup, cooked	0.00	31.82	0.356
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00	17.14	0.113

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
23146	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.00	23.05	0.282
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00	20.05	0.246
15010	Fish, catfish, channel, wild, raw	85.0	3.0 oz	0.00	13.92	0.156
15215	Fish, shad, american, cooked, dry heat	144.0	1.0 fillet	0.00	31.26	0.350
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.00	5.41	0.035
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.00	24.62	0.292
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	113.0	4.0 oz	0.00	20.08	0.210
05307	Chicken, cornish game hens, meat and skin, raw	85.0	3.0 oz	0.00	14.58	0.161
17164	Game meat, deer, raw	28.35	1.0 oz	0.00	6.51	--
43367	Turkey, drumstick, smoked, cooked, with skin, bone removed	21.0	1.0 oz with bone, cooked (yield after bone removed)	0.00	5.86	--
15093	Fish, seatrout, mixed species, raw	85.0	3.0 oz	0.00	14.23	0.160
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.00	21.24	0.252
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.00	22.06	0.238
35190	Salmon, red (sockeye), filets with skin, smoked (Alaska Native)	108.0	1.0 filet	0.00	65.47	--
23562	Beef, ground, 90% lean meat / 10% fat, raw	113.0	4.0 oz	0.00	22.60	0.115
17046	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.00	19.15	0.224
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	85.0	3.0 oz	0.00	21.98	0.251
17247	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.00	26.44	0.309
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	141.0	1.0 steak	0.00	40.59	0.266
15180	Fish, salmon, chum, canned, without salt, drained solids with bone	85.0	3.0 oz	0.00	18.22	0.204
16122	Soy protein isolate	28.35	1.0 oz	0.00	25.04	0.316
05019	Chicken, broilers or fryers, skin only, cooked, stewed	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.00	6.70	0.054
10122	Pork, fresh, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	0.00	20.48	0.236
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.00	25.23	0.264
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00	17.65	0.116

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
13446	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.00	23.96	0.271
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	85.0	3.0 oz	0.00	26.57	0.269
17331	Game meat, bison, ground, cooked, pan-broiled	87.0	1.0 patty (yield from 112.7 g raw meat)	0.00	20.68	0.157
23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.00	20.80	0.235
15274	Fish, trout, brook, raw, New York State	149.0	1.0 filet	0.00	31.63	--
04587	Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed	12.8	1.0 tbsp	--	0.00	--
10803	USDA Commodity, pork, ground, fine/coarse, frozen, cooked	28.35	1.0 oz grilled patties	0.00	6.68	--
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.00	23.50	0.262
13819	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.00	4.92	0.055
17212	Veal, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.00	4.25	--
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.00	23.69	0.262
23197	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.00	20.14	0.225
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	85.0	3.0 oz	0.00	21.74	0.276
15061	Fish, perch, mixed species, cooked, dry heat	46.0	1.0 fillet	0.00	11.44	0.128
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.00	23.31	0.153
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00	17.27	0.195
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00	18.09	0.207
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.00	24.06	0.281
05625	Emu, flat fillet, raw	85.0	3.0 oz	0.00	18.91	0.125
10196	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.00	23.49	0.288
15147	Crustaceans, lobster, northern, raw	150.0	1.0 lobster	0.00	24.78	0.322
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00	17.30	0.198

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.00	25.49	0.313
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00	18.51	0.219
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.00	9.84	0.065
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	85.0	3.0 oz	0.00	26.99	0.273
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.00	22.92	0.195
17299	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.00	21.15	0.247
10898	Pork, pickled pork hocks	117.0	3.0 oz	0.00	22.36	0.044
15026	Fish, eel, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	0.00	6.70	0.075
04530	Oil, apricot kernel	13.6	1.0 tablespoon	--	0.00	--
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.00	35.45	0.400
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.00	27.85	0.183
14143	Beverages, carbonated, low calorie, other than cola or pepper, without caffeine	29.6	1.0 fl oz	0.00	0.03	--
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	113.0	4.0 oz	0.00	22.74	0.238
17180	Game meat, rabbit, wild, raw	28.35	1.0 oz	0.00	6.18	0.082
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.00	21.70	0.240
04656	Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter	13.6	1.0 tbsp	--	0.00	--
05153	Pheasant, raw, meat and skin	85.0	3.0 oz	0.00	19.30	0.258
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.00	21.92	0.230
13961	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz (1 serving)	0.00	21.88	0.236
14247	Beverages, tea, black, ready to drink	473.0	16.0 fl oz	--	0.00	--
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.00	19.93	0.101
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	85.0	3.0 oz	0.00	24.32	0.247
17263	Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.00	16.88	0.197
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00	17.83	0.117

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	115.0	1.0 fillet	0.00	35.40	0.461
15196	Fish, halibut, greenland, cooked, dry heat	85.0	3.0 oz	0.00	15.66	0.175
05333	Chicken, ground, crumbles, cooked, pan-browned	85.0	3.0 oz crumbled	0.00	19.79	0.167
10153	Pork, cured, ham, whole, separable lean only, roasted	140.0	1.0 cup	0.00	35.07	0.420
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.00	22.16	0.239
17347	Game meat, deer, tenderloin, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	0.00	25.42	0.226
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00	15.19	0.171
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00	19.37	0.217
05118	Chicken, roasting, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.00	37.98	0.444
17065	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	0.00	25.15	0.294
10864	Pork, bacon, rendered fat, cooked	85.0	3.0 oz	0.00	0.06	--
04047	Oil, coconut	13.6	1.0 tbsp	--	0.00	--
13835	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.00	19.18	0.215
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.00	23.76	0.266
05236	Turkey, young hen, skin only, cooked, roasted	31.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.00	5.90	0.047
17148	Bison, ground, grass-fed, cooked	85.0	3.0 oz	0.00	21.63	0.163
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	85.0	3.0 oz	0.00	17.14	0.180
15077	Fish, salmon, chinook, smoked	28.35	1.0 oz, boneless	0.00	5.18	0.058
04615	Shortening, vegetable, household, composite	12.8	1.0 tbsp	--	0.00	--
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	85.0	3.0 oz	0.00	18.41	0.219
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.00	25.09	0.344
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.00	16.85	0.110
23306	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0.00	24.97	0.286
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.00	21.82	0.235

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.00	18.81	0.220
05649	Ostrich, outside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.00	19.86	0.177
17231	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.00	22.27	0.260
10105	Pork, fresh, variety meats and by-products, jowl, raw	28.35	1.0 oz	0.00	1.81	0.006
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.00	21.97	0.189
23389	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.00	21.84	0.245
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.00	8.27	0.054
17113	Veal, rib, separable lean only, raw	28.35	1.0 oz	0.00	5.66	0.057
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	0.00	24.21	0.252
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.00	26.65	0.306
15247	Fish, salmon, coho, wild, cooked, dry heat	85.0	3.0 oz	0.00	19.93	0.224
04554	Shortening industrial, soybean (hydrogenated) and cottonseed	12.8	1.0 tbsp	--	0.00	--
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.00	24.44	0.291
13885	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.00	5.52	0.062
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	85.0	3.0 oz	0.00	22.98	0.116
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.00	23.65	0.156
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	85.0	3.0 oz	0.00	19.05	0.201
15045	Fish, lingcod, raw	85.0	3.0 oz	0.00	15.01	0.168
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.00	9.40	0.062
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.00	23.09	0.260
17280	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.00	5.06	0.059
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00	18.35	0.121
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	129.0	1.0 fillet	0.00	37.91	0.466

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	32.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.00	8.30	0.090
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.00	21.27	0.246
13340	Beef, variety meats and by-products, tongue, cooked, simmered	85.0	3.0 oz	0.00	16.40	--
13850	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.00	5.48	0.036
17454	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.00	23.91	0.249
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	113.0	4.0 oz	0.00	24.04	0.252
05304	Turkey, mechanically deboned, from turkey frames, raw	227.0	0.5 lb	0.00	30.17	0.241
17161	Game meat, buffalo, water, cooked, roasted	85.0	3.0 oz	0.00	22.81	0.278
15090	Fish, scup, raw	85.0	3.0 oz	0.00	16.05	0.179
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.00	20.65	0.246
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0.00	24.45	0.274
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.00	21.93	0.111
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.00	27.73	0.182
17043	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.00	4.76	0.056
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	0.00	24.64	0.280
17244	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.00	20.26	0.237
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.00	17.24	0.193
10119	Pork, fresh, variety meats and by-products, stomach, raw	28.35	1.0 oz	0.00	4.78	--
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	85.0	1.0 serving	0.00	27.27	0.286
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.00	23.09	0.152
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.00	25.88	0.291
17126	Veal, shoulder, arm, separable lean only, cooked, braised	85.0	3.0 oz	0.00	30.37	0.308
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	85.0	3.0 oz	0.00	24.00	0.303

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
17328	Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.00	5.41	0.063
15269	Fish, cod, Pacific, cooked (not previously frozen)	85.0	3.0 oz	0.00	17.36	--
04584	Oil, sunflower, high oleic (70% and over)	14.0	1.0 tbsp	--	0.00	--
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.00	35.00	0.409
10228	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw	28.35	1.0 oz	0.00	6.02	0.077
13227	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.00	6.17	0.069
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.00	22.76	0.255
17209	Lamb, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	0.00	4.24	--
23194	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.00	15.67	0.176
10079	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted	85.0	3.0 oz	0.00	22.68	0.288
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	0.00	9.26	0.113
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.00	9.02	0.059
13395	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.00	23.83	0.267
13901	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.00	6.31	0.071
17293	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.00	23.21	0.271
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.00	23.70	0.272
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.00	43.43	0.507
17011	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.00	5.08	0.059
05622	Emu, ground, cooked, pan-broiled	109.0	1.0 patty (yield from 135.8 g raw meat)	0.00	30.99	0.205
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.00	19.56	0.233
15144	Crustaceans, crab, queen, raw	85.0	3.0 oz	0.00	15.72	0.219
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.00	24.04	0.275
23159	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.00	23.98	0.294
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00	19.49	0.230

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.00	6.26	0.041
17094	Veal, leg (top round), separable lean and fat, raw	28.35	1.0 oz	0.00	5.95	0.060
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	28.35	1.0 oz	0.00	6.97	0.027
17296	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.00	5.80	0.068
15023	Fish, mahimahi, raw	85.0	3.0 oz	0.00	15.72	0.176
04520	Fat, mutton tallow	12.8	1.0 tbsp	--	0.00	--
13866	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.00	5.83	0.065
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.00	25.07	0.263
17177	Game meat, rabbit, domesticated, composite of cuts, raw	28.35	1.0 oz	0.00	5.68	0.075
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	113.0	4.0 oz	0.00	23.30	0.258
15106	Fish, sturgeon, mixed species, smoked	28.35	1.0 oz	0.00	8.85	0.099
04653	Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry	13.6	1.0 tbsp	--	0.00	--
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.00	22.94	0.273
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.00	22.47	0.148
35211	Caribou, hind quarter, meat, cooked (Alaska Native)	66.0	0.5 cup	0.00	19.01	--
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	85.0	3.0 oz	0.00	21.46	0.109
17260	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.00	4.87	0.057
23044	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	0.00	21.50	0.141
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.00	19.35	0.252
15193	Fish, cusk, cooked, dry heat	95.0	1.0 fillet	0.00	23.13	0.259
05032	Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted	79.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.00	22.93	0.258
10149	Pork, cured, ham, steak, boneless, extra lean, unheated	28.35	1.0 oz	0.00	5.55	0.067
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	122.0	1.0 rack	0.00	32.06	0.382
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz (1serving)	0.00	20.80	0.225

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
17344	Game meat, deer, ground, cooked, pan-broiled	93.0	1.0 patty	0.00	24.60	0.218
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.00	21.94	0.247
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00	18.62	0.209
17062	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0.00	4.75	0.056
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	130.0	1.0 thigh with skin	0.00	31.50	0.348
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	28.35	1.0 oz	0.00	5.75	0.068
04038	Oil, wheat germ	4.5	1.0 tsp	--	0.00	--
13832	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.00	19.64	0.220
17435	Veal, shank, separable lean and fat, raw	85.0	3.0 oz	0.00	16.39	0.166
05220	Turkey, breast, from whole bird, meat only, roasted	85.0	3.0 oz	0.00	25.61	0.244
17145	Game meat, antelope, cooked, roasted	85.0	3.0 oz	0.00	25.03	--
15074	Fish, sablefish, raw	85.0	3.0 oz	0.00	11.40	0.128
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	85.0	3.0 oz	0.00	24.53	0.292
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.00	25.03	0.293
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.00	16.67	0.110
23303	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0.00	24.84	0.285
23519	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0.00	21.87	0.236
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.00	25.49	0.298
05646	Ostrich, inside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.00	20.14	0.179
17228	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.00	5.36	0.063
06174	Soup, stock, fish, home-prepared	233.0	1.0 cup	0.00	5.27	--
83110	Fish, mackerel, salted	80.0	1.0 piece (5-1/2" x 1-1/2" x 1/2")	0.00	14.80	--
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	85.0	3.0 oz	0.00	23.83	0.257
10102	Pork, fresh, variety meats and by-products, feet, raw	28.35	1.0 oz	0.00	6.57	--
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	114.0	4.0 oz	0.00	22.81	0.194

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
23386	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.00	19.61	0.241
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.00	19.36	0.128
17110	Veal, rib, separable lean and fat, raw	28.35	1.0 oz	0.00	5.35	0.054
05732	Turkey, retail parts, breast, meat and skin, raw	85.0	3.0 oz	0.00	18.60	0.218
17312	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.00	5.95	0.069
04549	Shortening industrial, lard and vegetable oil	12.8	1.0 tbsp	--	0.00	--
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	85.0	3.0 oz	0.00	22.32	0.261
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.00	23.96	0.286
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.00	23.91	0.157
23472	Beef, ground, 93% lean meat / 7% fat, raw	113.0	4.0 oz	0.00	23.56	0.120
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.00	23.42	0.154
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.00	21.32	0.235
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.00	24.80	0.321
43497	Jellyfish, dried, salted	58.0	1.0 cup	0.00	3.19	--
04669	USDA Commodity Food, oil, vegetable, soybean, refined	13.6	1.0 tablespoon	--	0.00	--
05168	Turkey, whole, meat only, cooked, roasted	85.0	3.0 oz	0.00	24.70	0.264
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	135.0	1.0 chop	0.00	39.42	0.470
13979	Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.00	20.55	0.222
15042	Fish, herring, Atlantic, kippered	28.35	1.0 oz, boneless	0.00	6.97	0.078
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.00	8.96	0.059
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.00	28.36	0.186
17277	Veal, shank (fore and hind), separable lean and fat, cooked, braised	85.0	3.0 oz	0.00	26.81	0.270
23060	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0.00	21.19	0.147
05048	Chicken, broilers or fryers, back, meat and skin, raw	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.00	8.29	0.089

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
10175	Pork, fresh, variety meats and by-products, tail, cooked, simmered	85.0	3.0 oz	0.00	14.45	0.087
14439	Water, bottled, non-carbonated, NAYA	29.6	1.0 fl oz	--	0.00	--
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.00	22.10	0.247
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.00	24.50	0.281
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00	16.03	0.180
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00	20.05	0.246
05131	Chicken, stewing, dark meat, meat only, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.00	20.68	0.242
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	115.0	1.0 serving	0.00	22.98	0.254
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	28.35	1.0 oz	0.00	6.28	0.031
15007	Fish, butterfish, raw	32.0	1.0 fillet	0.00	5.53	0.062
15212	Fish, salmon, pink, cooked, dry heat	85.0	3.0 oz	0.00	20.89	0.225
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.00	24.05	0.271
17040	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.00	27.89	0.326
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.00	18.55	0.217
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.00	22.28	0.250
04001	Fat, beef tallow	12.8	1.0 tbsp	--	0.00	--
05013	Chicken, broilers or fryers, meat only, roasted	140.0	1.0 cup, chopped or diced	0.00	40.50	0.473
10116	Pork, fresh, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0.00	24.22	0.531
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	114.0	4.0 oz	0.00	22.50	0.236
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00	18.07	0.119
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.00	25.68	0.267
17123	Veal, shoulder, arm, separable lean and fat, cooked, braised	85.0	3.0 oz	0.00	28.59	0.289
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	85.0	3.0 oz	0.00	21.93	0.155
17325	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.00	29.04	0.339
15266	Fish, pollock, Alaska, raw (not previously frozen)	85.0	3.0 oz	0.00	14.59	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
04581	Oil, avocado	14.0	1.0 tbsp	--	0.00	--
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	149.0	1.0 thigh without skin	0.00	29.29	0.331
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.00	19.03	0.201
13158	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled	85.0	3.0 oz	0.00	24.86	0.279
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.00	5.48	0.036
17206	Lamb, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.00	16.90	0.173
23191	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.00	19.95	0.224
10076	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.00	31.68	0.369
02074	Seasoning mix, dry, sazon, coriander & annatto	1.0	0.25 tsp	--	0.00	--
15055	Fish, mullet, striped, raw	28.35	1.0 oz	0.00	5.49	0.062
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.00	9.74	0.064
13392	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.00	21.02	0.235
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.00	6.29	0.041
17290	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.00	5.17	0.060
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00	17.94	0.206
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.00	38.35	0.437
17008	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	41.99	0.491
05363	Ruffed Grouse, breast meat, skinless, raw	113.0	4.0 oz	0.00	29.31	--
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	85.0	3.0 oz	0.00	22.41	0.249
15141	Crustaceans, crab, blue, canned	135.0	1.0 cup	0.00	24.14	0.305
13498	Beef, ground, 70% lean meat / 30% fat, raw	113.0	4.0 oz	0.00	16.22	0.082
23156	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.00	23.29	0.286
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00	18.51	0.219
05144	Duck, wild, meat and skin, raw	85.0	3.0 oz	0.00	14.81	0.201
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	0.00	27.12	0.275

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
05712	Turkey, retail parts, wing, meat only, raw	28.0	3.0 oz	0.00	6.29	0.078
15020	Fish, croaker, Atlantic, raw	79.0	1.0 fillet	0.00	14.05	0.157
15225	Fish, yellowtail, mixed species, cooked, dry heat	146.0	0.5 fillet	0.00	43.32	0.485
04516	Oil, teaseed	13.6	1.0 tablespoon	--	0.00	--
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00	17.14	0.193
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	114.0	4.0 oz	0.00	22.09	0.358
17174	Game meat, muskrat, raw	28.35	1.0 oz	0.00	5.89	--
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.00	21.50	0.238
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	122.0	1.0 rack	0.00	33.95	0.404
15103	Fish, spot, raw	64.0	1.0 fillet	0.00	11.85	0.132
04650	Oil, industrial, soy, refined, for woks and light frying	13.6	1.0 tbsp	--	0.00	--
05147	Goose, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.00	35.22	0.465
10044	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw	133.0	1.0 chop without refuse (Yield from 1 raw chop, with refuse, weighing 201g)	0.00	26.97	0.285
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00	17.54	0.116
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00	19.79	0.222
23572	Beef, ground, 80% lean meat / 20% fat, raw	113.0	4.0 oz	0.00	19.40	0.098
17056	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.00	27.50	0.321
17257	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.00	22.92	0.268
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00	15.94	0.105
15190	Fish, burbot, cooked, dry heat	90.0	1.0 fillet	0.00	22.28	0.249
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	116.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.00	23.51	0.263
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.00	26.18	0.172
17341	Game meat, elk, round, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	0.00	26.30	0.235
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00	17.89	0.201

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00	19.80	0.222
05112	Chicken, roasting, meat and skin, cooked, roasted	85.0	3.0 oz	0.00	20.37	0.226
17059	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw	28.35	1.0 oz	0.00	5.73	0.067
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	95.0	1.0 drumstick without skin	0.00	21.84	0.246
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.00	36.22	0.437
10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless	0.00	43.42	0.402
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	12.8	1.0 tbsp	--	0.00	--
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.00	19.21	0.215
17428	Veal, shank, separable lean only, raw	85.0	3.0 oz	0.00	16.80	0.170
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00	17.32	0.194
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	85.0	3.0 oz	0.00	23.19	0.243
17142	Veal, ground, raw	85.0	3.0 oz	0.00	15.79	0.160
10096	Pork, fresh, variety meats and by-products, brain, raw	28.35	1.0 oz	0.00	2.91	0.037
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	85.0	3.0 oz	0.00	23.44	0.246
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149.0	1.0 fillet	0.00	33.12	0.441
04609	Animal fat, bacon grease	4.3	1.0 tsp	--	0.00	--
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.00	24.05	0.158
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.00	22.71	0.147
23515	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85.0	3.0 oz	0.00	22.41	0.242
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.00	21.39	0.250
05643	Ostrich, fan, raw	85.0	1.0 serving (cooked from 4oz raw)	0.00	18.54	0.165
17225	Lamb, ground, cooked, broiled	85.0	3.0 oz	0.00	21.04	0.246
14559	Beverages, water, bottled, non-carbonated, EVIAN	29.6	1.0 fl oz	--	0.00	--
10099	Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	85.0	3.0 oz	0.00	10.62	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00	16.30	0.184
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	27.8	1.0 fl oz	--	0.00	--
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.00	25.09	0.327
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.00	6.29	0.041
17107	Veal, loin, separable lean only, raw	85.0	3.0 oz	0.00	18.57	0.188
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.00	22.18	0.236
17309	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.00	22.74	0.265
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	0.00	27.62	0.317
15036	Fish, halibut, Atlantic and Pacific, raw	85.0	3.0 oz	0.00	15.78	0.198
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	0.00	16.90	0.198
04545	Oil, sunflower, linoleic, (partially hydrogenated)	13.6	1.0 tbsp	--	0.00	--
05080	Chicken, broilers or fryers, leg, meat only, raw	85.0	3.0 oz	0.00	16.29	0.184
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	138.0	1.0 rack	0.00	40.30	0.480
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.00	6.15	0.041
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.00	24.62	0.161
17190	Veal, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.00	12.31	0.123
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.00	20.73	0.230
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00	18.57	0.230
04666	Shortening, industrial, soy (partially hydrogenated) and corn for frying	12.8	1.0 tbsp	--	0.00	--
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.00	17.81	0.187
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00	17.44	0.200
02047	Salt, table	6.0	1.0 tsp	--	0.00	--
15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	0.00	5.09	0.057
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	28.35	1.0 oz	0.00	8.35	0.055
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.00	24.60	0.161
17274	Veal, breast, point half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.00	24.00	0.242

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
23057	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00	17.57	0.116
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.00	38.32	0.448
15124	Fish, tuna, white, canned in oil, drained solids	85.0	3.0 oz	0.00	22.55	0.252
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.00	22.08	0.247
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.00	21.23	0.239
23351	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.00	25.21	0.282
17075	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted	85.0	3.0 oz	0.00	23.53	0.275
05696	Turkey from whole, light meat, meat only, with added solution, raw	114.0	4.0 oz	0.00	24.56	0.261
15004	Fish, bass, striped, raw	85.0	3.0 oz	0.00	15.07	0.169
15209	Fish, salmon, Atlantic, wild, cooked, dry heat	85.0	3.0 oz	0.00	21.62	0.242
13337	Beef, variety meats and by-products, thymus, raw	28.35	1.0 oz	0.00	3.45	0.027
13847	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.00	4.47	0.050
17448	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.00	23.81	0.247
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.00	20.60	0.230
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	85.0	3.0 oz	0.00	10.65	0.111
05301	Poultry, mechanically deboned, from backs and necks with skin, raw	227.0	0.5 lb	0.00	25.86	0.207
17158	Game meat, boar, wild, raw	28.35	1.0 oz	0.00	6.10	0.082
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	105.0	1.0 piece	0.00	22.73	0.271
15087	Fish, salmon, sockeye, canned, drained solids	85.0	3.0 oz	0.00	20.05	0.241
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.00	16.63	0.194
13436	Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.00	30.70	0.344
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.00	22.92	0.150
17120	Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	0.00	28.63	0.290
05742	Turkey, retail parts, thigh, meat and skin, raw	85.0	3.0 oz	0.00	16.61	0.187
17322	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.00	4.84	0.056
15262	Fish, tilapia, cooked, dry heat	87.0	1.0 fillet	0.00	22.75	0.231

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
04574	Fat, duck	12.8	1.0 tbsp	--	0.00	--
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.00	22.13	0.233
13149	Beef, rib, shortribs, separable lean only, choice, raw	28.35	1.0 oz	0.00	5.40	0.060
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.00	25.60	0.170
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.00	24.62	0.272
23188	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.00	19.46	0.218
05178	Turkey, liver, all classes, cooked, simmered	53.0	1.0 liver cooked	0.00	14.31	0.156
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	0.00	34.20	0.435
15052	Fish, mackerel, spanish, cooked, dry heat	146.0	1.0 fillet	0.00	34.44	0.385
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.00	9.83	0.065
13389	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.00	23.40	0.262
13895	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.00	28.98	0.325
17287	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.00	21.06	0.246
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.00	27.28	0.313
23281	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.00	16.92	0.190
17005	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.00	1.89	0.022
14532	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof	27.8	1.0 fl oz	--	0.00	--
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	85.0	3.0 oz	0.00	20.29	0.103
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	85.0	3.0 oz	0.00	17.96	0.199
23153	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.00	18.69	0.230
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00	19.85	0.235
17088	Veal, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0.00	5.49	0.056
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.00	23.75	0.278
15017	Fish, cod, Atlantic, canned, solids and liquid	85.0	3.0 oz	0.00	19.35	0.217
15222	Fish, turbot, european, cooked, dry heat	85.0	3.0 oz	0.00	17.49	0.196

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
04513	Vegetable oil, palm kernel	13.6	1.0 tablespoon	--	0.00	--
13860	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.00	20.51	0.230
17464	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	0.00	26.26	0.273
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.00	18.22	0.238
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	85.0	3.0 oz	0.00	27.15	0.285
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	85.0	3.0 oz	0.00	17.27	0.212
17171	Game meat, horse, cooked, roasted	85.0	3.0 oz	0.00	23.92	0.297
15100	Fish, smelt, rainbow, cooked, dry heat	85.0	3.0 oz	0.00	19.21	0.215
04646	Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts	13.6	1.0 tbsp	--	0.00	--
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.00	25.67	0.305
13951	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.00	23.76	0.156
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00	19.92	0.224
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.00	20.93	0.106
13353	Beef, cured, luncheon meat, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.00	5.32	0.038
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.00	19.62	0.230
17254	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.00	5.09	0.060
23038	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	0.00	22.16	0.145
15187	Fish, bass, freshwater, mixed species, cooked, dry heat	62.0	1.0 fillet	0.00	14.99	0.168
05317	Duck, young duckling, domesticated, White Pekin, leg, meat and skin, bone in, cooked, roasted	92.0	1.0 leg, bone removed (yield after cooking)	0.00	24.61	0.339
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	140.0	1.0 cup	0.00	25.89	0.294
14076	Beverages, ICELANDIC, Glacial Natural spring water	100.0	1.0 serving	--	0.00	--
14411	Beverages, water, tap, drinking	29.6	1.0 fl oz	--	0.00	--
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	113.0	4.0 oz	0.00	20.93	0.219
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.00	15.10	0.099

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.00	25.20	0.166
17136	Veal, sirloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.00	21.37	0.216
17338	Game meat, elk, ground, raw	102.0	1.0 patty (yield from 102.2 g raw meat)	0.00	22.20	0.198
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	0.00	44.92	0.506
04594	Fish oil, sardine	13.6	1.0 tbsp	--	0.00	--
16272	Vitasoy USA Nasoya, Lite Silken Tofu	91.0	0.2 package	0.00	7.47	--
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	111.0	1.0 thigh without skin	0.00	25.05	0.216
10006	Pork, fresh, separable fat, raw	28.35	1.0 oz	0.00	2.62	0.031
14190	Beverages, tea, green, ready-to-drink, diet	269.0	1.0 cup	--	0.00	--
13317	Beef, ground, patties, frozen, cooked, broiled	85.0	3.0 oz	0.00	19.59	--
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.00	19.35	0.217
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	85.0	3.0 oz	0.00	27.11	0.275
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.00	24.96	0.280
05195	Turkey, all classes, wing, meat and skin, raw	33.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.00	6.67	0.072
17139	Veal, sirloin, separable lean only, cooked, roasted	85.0	3.0 oz	0.00	22.37	0.226
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85.0	3.0 oz	0.00	24.70	0.314
10942	Pork, fresh, composite of separable fat, with added solution, raw	28.35	1.0 oz	0.00	2.63	0.028
03013	Babyfood, meat, chicken, junior	15.0	1.0 tbsp	0.00	2.10	0.025
15068	Fish, pompano, florida, raw	28.35	1.0 oz, boneless	0.00	5.24	0.059
04601	Butter, light, stick, with salt	14.0	1.0 tablespoon	0.00	0.46	--
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.00	28.12	0.184
13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.00	16.42	0.116
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	0.00	46.97	0.539
23511	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.00	22.21	0.240
17021	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.00	5.83	0.068
05632	Emu, top loin, cooked, broiled	85.0	1.0 serving (3 oz)	0.00	24.71	0.163

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
10203	Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.00	24.49	0.311
14555	Water, bottled, generic	29.6	1.0 fl oz	--	0.00	--
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.00	25.34	0.347
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.00	9.08	0.060
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.00	22.18	0.236
17306	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.00	5.43	0.064
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00	18.10	0.207
15033	Fish, haddock, raw	85.0	3.0 oz	0.00	13.87	0.180
15238	Fish, salmon, coho, farmed, raw	85.0	3.0 oz	0.00	18.08	0.202
04542	Fat, chicken	12.8	1.0 tbsp	--	0.00	--
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	138.0	1.0 rack	0.00	30.02	0.380
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.00	22.75	0.153
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	113.0	4.0 oz	0.00	24.57	0.258
13020	Beef, retail cuts, separable fat, cooked	28.35	1.0 oz	0.00	3.02	0.020
17187	Lamb, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.00	14.42	0.149
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	85.0	3.0 oz	0.00	26.69	0.295
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.00	24.35	0.318
15116	Fish, trout, rainbow, wild, cooked, dry heat	143.0	1.0 fillet	0.00	32.78	0.368
04663	Oil, industrial, palm kernel (hydrogenated), filling fat	13.6	1.0 tbsp	--	0.00	--
05160	Squab, (pigeon), meat and skin, raw	85.0	3.0 oz	0.00	15.70	0.228
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.00	26.35	0.314
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00	18.04	0.118
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.00	8.75	0.058
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.00	28.27	0.186
17271	Veal, breast, whole, boneless, separable lean and fat, raw	28.35	1.0 oz	0.00	4.95	0.050

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
23054	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	32.0	1.0 medallion	0.00	8.39	0.055
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00	19.46	0.242
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.00	40.43	0.472
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	0.00	21.54	0.230
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	140.0	1.0 cup	0.00	28.60	0.318
14432	Beverages, water, bottled, non-carbonated, DANNON	29.6	1.0 fl oz	--	0.00	--
15119	Fish, tuna, light, canned in oil, drained solids	146.0	1.0 cup, solid or chunks	0.00	42.53	0.476
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	0.00	20.72	0.224
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	85.0	3.0 oz	0.00	11.93	0.132
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00	16.12	0.182
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.00	25.42	0.294
05125	Chicken, stewing, meat only, raw	85.0	3.0 oz	0.00	18.07	0.211
21464	Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	142.0	1.0 breast without skin	0.00	39.66	--
35009	Whale, beluga, meat, dried (Alaska Native)	45.0	1.0 strip	0.00	31.44	0.359
15001	Fish, anchovy, european, raw	85.0	3.0 oz	0.00	17.30	0.194
15206	Fish, pout, ocean, cooked, dry heat	137.0	0.5 fillet	0.00	29.22	0.327
13333	Beef, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.00	5.19	0.054
13844	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.00	4.68	0.052
17445	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.00	27.27	0.283
05294	Turkey thigh, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	0.00	15.98	0.178
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.00	19.16	0.228
15084	Fish, salmon, pink, canned, total can contents	85.0	3.0 oz	0.00	16.73	0.180
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	85.0	3.0 oz	0.00	24.28	0.309
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.00	30.28	0.199
13927	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.00	21.47	0.241
23313	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	0.00	23.20	0.266

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.00	21.99	0.237
17037	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.00	20.76	0.242
05656	Ostrich, tip trimmed, cooked	85.0	1.0 serving (3 oz)	0.00	24.22	0.216
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.00	19.78	0.231
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.00	17.42	0.195
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.00	34.55	0.386
10113	Pork, fresh, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.00	14.11	0.124
13807	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.00	5.00	0.056
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.00	28.50	0.298
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.00	6.29	0.041
04678	Oil, vegetable, Natreon canola, high stability, non trans, high oleic (70%)	14.0	1.0 tbsp	--	0.00	--
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	28.35	1.0 oz	0.00	4.87	0.059
15049	Fish, mackerel, king, raw	85.0	3.0 oz	0.00	17.24	0.193
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.00	6.33	0.042
13386	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.00	19.38	0.217
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.00	29.19	0.327
17284	Lamb, Australian, imported, fresh, separable fat, raw	28.35	1.0 oz	0.00	1.78	0.021
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00	17.12	0.196
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.00	6.77	0.079
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.00	20.84	0.244
15135	Fish, yellowtail, mixed species, raw	85.0	3.0 oz	0.00	19.67	0.220
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.00	25.70	0.335
17371	Lamb, New Zealand, imported, ground lamb, raw	113.0	4.0 oz	0.00	22.97	0.254

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
23150	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.00	18.04	0.221
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00	19.85	0.235
17085	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	0.00	23.98	0.280
15014	Fish, cisco, smoked	28.35	1.0 oz	0.00	4.64	0.052
15219	Fish, trout, mixed species, cooked, dry heat	62.0	1.0 fillet	0.00	16.51	0.185
04506	Oil, sunflower, linoleic, (approx. 65%)	13.6	1.0 tbsp	--	0.00	--
13857	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.00	23.09	0.152
17461	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	0.00	28.19	0.292
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	114.0	4.0 oz	0.00	24.27	0.254
17168	Goat, raw	28.35	1.0 oz	0.00	5.84	0.087
15097	Fish, sheepshead, raw	85.0	3.0 oz	0.00	17.18	0.192
04643	Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying	13.6	1.0 tablespoon	--	0.00	--
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.00	21.77	0.230
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.00	23.51	0.155
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00	19.97	0.224
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	85.0	3.0 oz	0.00	22.63	0.115
17050	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.00	21.64	0.253
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.00	24.58	0.287
21431	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed	41.0	1.0 drumstick, bone and skin removed	0.00	10.62	0.081
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	30.0	1.0 medallion	0.00	7.82	0.051
15184	Fish, tuna, light, canned in water, without salt, drained solids	85.0	3.0 oz	0.00	21.68	0.243
05023	Chicken, gizzard, all classes, raw	28.35	1.0 oz	0.00	5.01	--
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	85.0	3.0 oz	0.00	28.24	0.296
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00	18.33	0.121

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.00	25.49	0.328
17133	Veal, shoulder, blade, separable lean only, cooked, roasted	85.0	3.0 oz	0.00	21.79	0.220
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0.00	25.03	0.190
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.00	24.80	0.280
04591	Fish oil, menhaden	13.6	1.0 tbsp	--	0.00	--
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	12.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.00	3.62	0.042
10003	Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	28.35	1.0 oz	0.00	5.17	0.058
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.00	25.96	0.298
13823	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.00	22.97	0.264
17422	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	113.0	4.0 oz	0.00	23.65	0.231
23201	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.00	16.02	0.179
05192	Turkey, all classes, breast, meat and skin, cooked, roasted	112.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.00	32.16	0.356
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	0.00	22.73	0.289
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	85.0	1.0 serving (3 oz)	0.00	20.71	0.195
15065	Fish, pollock, Atlantic, raw	85.0	3.0 oz	0.00	16.52	0.185
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.00	23.87	0.157
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.00	20.58	0.231
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.00	26.76	0.307
23294	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0.00	23.77	0.272
23507	USDA Commodity, beef, patties (100%), frozen, raw	85.0	3.0 oz	0.00	12.44	--
17018	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.00	23.94	0.280
05629	Emu, inside drums, cooked, broiled	85.0	1.0 serving (3 oz)	0.00	27.52	0.182
17219	Veal, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	0.00	19.27	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.00	23.76	0.302
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	27.8	1.0 fl oz	--	0.00	--
04700	Oil, industrial, soy, ultra low linolenic	13.6	1.0 tablespoon	--	0.00	--
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00	18.48	0.212
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.00	23.42	0.305
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.00	6.30	0.041
17303	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.00	21.89	0.256
15235	Fish, catfish, channel, farmed, cooked, dry heat	143.0	1.0 fillet	0.00	26.37	0.315
04536	Oil, sheanut	13.6	1.0 tablespoon	--	0.00	--
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	85.0	3.0 oz	0.00	23.38	0.273
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.00	22.14	0.151
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	113.0	4.0 oz	0.00	23.29	0.244
13001	Beef, carcass, separable lean and fat, choice, raw	28.35	1.0 oz	0.00	4.91	0.057
17184	Game meat, squirrel, cooked, roasted	85.0	3.0 oz	0.00	26.15	--
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	85.0	3.0 oz	0.00	27.62	0.305
15113	Fish, tilefish, cooked, dry heat	150.0	0.5 fillet	0.00	36.73	0.411
04660	Oil, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy	13.6	1.0 tbsp	--	0.00	--
05157	Quail, meat and skin, raw	109.0	1.0 quail	0.00	21.40	0.314
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.00	22.92	0.273
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.00	25.60	0.314
14252	Beverages, Malt liquor beverage	1184.0	1.0 bottle	0.00	4.14	--
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.00	6.25	0.041
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.00	22.77	0.150
17268	Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.00	6.27	--
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00	18.83	0.124

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00	19.59	0.256
05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.00	20.42	0.238
05337	USDA Commodity, Chicken, canned, meat only, with water	135.0	1.0 cup drained	0.00	29.73	0.348
10165	Pork, cured, salt pork, raw	28.35	1.0 oz	0.00	1.43	0.005
14429	Beverages, water, tap, municipal	29.6	1.0 fl oz	--	0.00	--
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.00	22.86	0.256
17351	Veal, Australian, shank, hind, bone-in, separable lean only, raw	85.0	3.0 oz	0.00	17.31	0.175
23134	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.00	23.54	0.265
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.00	23.21	0.260
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	0.00	21.15	0.223
14649	Beverages, tea, hibiscus, brewed	237.0	8.0 fl oz	--	0.00	--
15203	Fish, monkfish, cooked, dry heat	85.0	3.0 oz	0.00	15.78	0.177
04060	Oil, sunflower, linoleic (less than 60%)	13.6	1.0 tbsp	--	0.00	--
13330	Beef, variety meats and by-products, mechanically separated beef, raw	28.35	1.0 oz	0.00	4.24	0.048
13841	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.00	4.54	0.051
17442	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.00	26.32	0.274
23227	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.00	21.12	0.236
23431	Beef, New Zealand, imported, ribs prepared, raw	113.0	4.0 oz	0.00	24.08	0.252
17152	Game meat, beefalo, composite of cuts, raw	28.35	1.0 oz	0.00	6.61	--
15081	Fish, salmon, coho, wild, raw	85.0	3.0 oz	0.00	18.38	0.206
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.00	23.22	0.287
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.00	23.40	0.154
13924	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	119.0	1.0 steak (yield from 1 raw steak weighing 151g)	0.00	31.51	0.201
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.00	22.21	0.240
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.00	22.24	0.260

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
05653	Ostrich, round, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.00	18.69	0.167
17235	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.00	21.21	0.248
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.00	21.97	0.246
23393	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.00	25.22	0.329
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.00	9.41	0.062
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	0.00	27.25	0.276
05739	Turkey, drumstick, from whole bird, meat only, roasted	85.0	3.0 oz	0.00	25.61	0.273
17319	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.00	20.04	0.234
23102	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00	16.29	0.184
15253	Salmon, sockeye, canned, total can contents	85.0	3.0 oz	0.00	17.54	0.211
04570	Shortening, confectionery, fractionated palm	13.6	1.0 tbsp	--	0.00	--
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	5.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.00	1.23	0.014
10219	Pork, fresh, ground, raw	28.35	1.0 oz	0.00	4.79	0.061
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.00	22.13	0.112
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.00	24.55	0.161
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	85.0	3.0 oz	0.00	18.85	0.205
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.00	23.49	0.280
15132	Fish, whiting, mixed species, raw	92.0	1.0 fillet	0.00	16.85	0.189
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00	17.68	0.116
23147	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.00	22.98	0.299
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00	20.05	0.237
05135	Chicken, capons, meat and skin, raw	85.0	3.0 oz	0.00	15.95	0.181
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	115.0	1.0 serving	0.00	23.75	0.262
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	0.00	22.54	0.230

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
15216	Fish, spot, cooked, dry heat	50.0	1.0 fillet	0.00	11.86	0.133
13854	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.00	20.85	0.137
17458	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.00	25.02	0.260
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00	19.58	0.232
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	85.0	3.0 oz	0.00	16.15	0.169
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	85.0	3.0 oz	0.00	18.93	0.210
17165	Game meat, deer, cooked, roasted	85.0	3.0 oz	0.00	25.68	--
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0.00	25.97	0.335
15094	Fish, shad, american, raw	85.0	3.0 oz	0.00	14.39	0.161
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.00	21.84	0.260
13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.00	23.88	0.258
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	3.0 oz	0.00	22.19	0.113
17047	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.00	5.67	0.066
05668	Ground turkey, 85% lean, 15% fat, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.00	14.36	0.163
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.00	21.17	0.247
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00	18.67	0.122
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	85.0	3.0 oz	0.00	16.81	0.189
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00	18.17	0.120
13447	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.00	24.79	0.279
17130	Veal, shoulder, blade, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.00	21.38	0.217
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0.00	23.84	0.180
06996	Gravy, CAMPBELL'S, au jus	59.0	0.25 cup	0.00	1.00	--
23115	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.00	21.13	0.238
04588	Oil, oat	13.6	1.0 tbsp	--	0.00	--
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	85.0	1.0 piece	0.00	20.22	0.255
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	95.0	1.0 drumstick without skin	0.00	22.73	0.256

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	0.00	23.38	0.212
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.00	18.79	0.222
13820	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.00	23.23	0.260
17213	Veal, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0.00	24.74	--
23198	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.00	20.66	0.231
05188	Turkey, from whole, dark meat, cooked, roasted	85.0	1.0 serving	0.00	23.55	0.251
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.00	19.64	0.241
03007	Babyfood, meat, pork, strained	28.35	1.0 oz	0.00	3.97	0.039
15062	Fish, pike, northern, raw	85.0	3.0 oz	0.00	16.37	0.184
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.00	27.82	0.183
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.00	17.31	0.194
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00	18.10	0.207
23502	USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked	28.35	1.0 oz	0.00	7.39	--
17015	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.00	5.27	0.062
05626	Emu, full rump, raw	85.0	3.0 oz	0.00	19.41	0.128
17216	Veal, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.00	5.19	0.051
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.00	21.95	0.267
15148	Crustaceans, lobster, northern, cooked, moist heat	145.0	1.0 cup	0.00	27.55	0.360
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00	17.33	0.199
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00	17.99	0.221
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00	18.84	0.246
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.00	9.39	0.062
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.00	23.54	0.238

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
17300	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.00	5.81	0.068
15232	Fish, roughy, orange, cooked, dry heat	85.0	3.0 oz	0.00	19.24	0.196
04531	Oil, soybean lecithin	13.6	1.0 tablespoon	--	0.00	--
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	130.0	1.0 drumstick with skin	0.00	25.23	0.285
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.00	22.45	0.152
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	85.0	3.0 oz	0.00	27.08	0.284
17181	Game meat, rabbit, wild, cooked, stewed	85.0	3.0 oz	0.00	28.07	0.371
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	113.0	4.0 oz	0.00	23.57	0.261
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.00	26.04	0.340
15110	Fish, swordfish, raw	85.0	3.0 oz	0.00	16.71	0.189
04657	Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter	13.6	1.0 tbsp	--	0.00	--
05154	Pheasant, raw, meat only	85.0	3.0 oz	0.00	20.03	0.279
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.00	24.50	0.292
13963	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.00	22.21	0.240
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.00	22.34	0.113
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	0.00	25.42	0.276
17264	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.00	4.87	0.057
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.00	22.62	0.149
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.00	24.75	0.303
15197	Fish, herring, Pacific, cooked, dry heat	144.0	1.0 fillet	0.00	30.25	0.338
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	95.0	1.0 thigh	0.00	22.89	0.185
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.00	21.68	0.243
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	102.0	1.0 steak (yield from 134.9 g raw meat)	0.00	32.10	0.288
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.00	26.38	0.298

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00	18.46	0.207
05119	Chicken, roasting, dark meat, meat only, raw	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.00	21.18	0.247
17066	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	0.00	1.96	0.023
15200	Fish, mackerel, king, cooked, dry heat	85.0	3.0 oz	0.00	22.10	0.247
04053	Oil, olive, salad or cooking	13.5	1.0 tablespoon	--	0.00	--
13838	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.00	4.61	0.052
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.00	24.31	0.252
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	85.0	3.0 oz	0.00	25.39	0.266
05277	Chicken, canned, meat only, with broth	142.0	1.0 can (5 oz)	0.00	30.91	0.345
15078	Fish, salmon, chinook, raw	85.0	3.0 oz	0.00	16.94	0.191
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	85.0	3.0 oz	0.00	24.39	0.290
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.00	22.77	0.150
13921	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	140.0	1.0 steak (yield from 181 g raw meat)	0.00	37.00	0.244
23307	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean only, raw	114.0	4.0 oz	0.00	24.48	0.280
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.00	20.92	0.226
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.00	17.95	0.210
05650	Ostrich, outside strip, cooked	85.0	1.0 serving (3 oz)	0.00	24.27	0.217
17232	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.00	5.38	0.063
93600	Turtle, green, raw	85.0	3.0 oz	0.00	16.83	--
10106	Pork, fresh, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.00	4.67	0.060
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	0.00	21.73	0.182
14049	Alcoholic beverage, distilled, gin, 90 proof	27.8	1.0 fl oz	--	0.00	--
23390	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.00	22.88	0.257

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.00	6.31	0.041
17114	Veal, rib, separable lean only, cooked, braised	85.0	3.0 oz	0.00	29.27	0.297
05736	Turkey, retail parts, drumstick, meat and skin, raw	85.0	3.0 oz	0.00	16.97	0.173
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.00	27.44	0.285
23099	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.00	22.70	0.256
04556	Shortening frying (heavy duty), palm (hydrogenated)	12.8	1.0 tbsp	--	0.00	--
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.00	2.16	0.022
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	0.00	24.31	0.289
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.00	23.18	0.259
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.00	24.55	0.125
13095	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.00	4.96	0.056
23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.00	23.59	0.279
04675	Margarine-like spread, SMART BEAT Super Light without saturated fat	14.0	1.0 tablespoon	--	0.00	--
05172	Turkey, whole, giblets, cooked, simmered	95.0	1.0 giblets	0.00	25.12	0.254
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	135.0	1.0 chop	0.00	41.23	0.490
15046	Fish, mackerel, Atlantic, raw	112.0	1.0 fillet	0.00	20.83	0.233
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.00	6.12	0.040
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.00	26.40	0.173
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00	17.06	0.192
17281	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.00	20.84	0.243
23064	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0.00	23.39	0.154
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.00	23.93	0.293
15008	Fish, carp, raw	85.0	3.0 oz	0.00	15.16	0.170

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
15213	Fish, scup, cooked, dry heat	50.0	1.0 fillet	0.00	12.10	0.136
13341	Beef, variety meats and by-products, tripe, raw	28.35	1.0 oz	0.00	3.42	--
13851	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.00	21.97	0.145
17455	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.00	25.09	0.261
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	0.00	23.94	0.251
05305	Ground turkey, raw	453.6	1.0 lb	0.00	89.18	1.012
17162	Game meat, caribou, raw	28.35	1.0 oz	0.00	6.42	0.099
15091	Fish, sea bass, mixed species, raw	129.0	1.0 fillet	0.00	23.77	0.266
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.00	18.04	0.215
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.00	17.58	0.116
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.00	24.79	0.126
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.00	25.83	0.302
05665	Ground turkey, 93% lean, 7% fat, raw	28.35	1.0 oz	0.00	5.31	0.060
17245	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.00	19.30	0.225
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.00	21.40	0.240
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.00	22.42	0.260
14384	Beverages, water, bottled, PERRIER	29.6	1.0 fl oz	--	0.00	--
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.00	25.58	0.268
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00	18.14	0.119
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.00	26.43	0.311
17127	Veal, shoulder, arm, separable lean only, cooked, roasted	85.0	3.0 oz	0.00	22.21	0.225
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	85.0	3.0 oz	0.00	25.08	0.316
17329	Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.00	20.26	0.236
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00	18.46	0.208
15270	Crustaceans, shrimp, raw (not previously frozen)	85.0	3.0 oz	0.00	17.08	--

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
05100	Chicken, broilers or fryers, wing, meat and skin, raw	107.0	1.0 piece	0.00	18.75	0.236
10229	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked	85.0	3.0 oz	0.00	25.05	0.318
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	114.0	4.0 oz	0.00	24.57	0.249
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	85.0	3.0 oz	0.00	28.63	0.320
13817	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.00	4.81	0.054
17210	Lamb, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.00	4.21	0.054
23195	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.00	19.48	0.218
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	85.0	3.0 oz	0.00	14.81	0.156
15059	Fish, pout, ocean, raw	85.0	3.0 oz	0.00	14.14	0.158
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.00	19.47	0.128
13396	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.00	23.83	0.267
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.00	26.58	0.298
17294	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.00	5.27	0.062
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.00	23.75	0.272
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.00	40.57	0.475
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.00	21.72	0.254
05623	Emu, fan fillet, raw	85.0	1.0 serving (3 oz)	0.00	19.12	0.127
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.00	16.92	0.208
15145	Crustaceans, crayfish, mixed species, wild, raw	85.0	3.0 oz	0.00	13.57	0.189
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.00	23.77	0.273
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.00	23.69	0.280
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00	19.80	0.258

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.00	6.23	0.041
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85.0	3.0 oz	0.00	30.74	0.311
05716	Turkey, retail parts, drumstick, meat only, raw	85.0	3.0 oz	0.00	17.44	0.186
17297	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.00	23.10	0.269
15024	Fish, drum, freshwater, raw	85.0	3.0 oz	0.00	14.91	0.167
04528	Oil, walnut	13.6	1.0 tbsp	--	0.00	--
13867	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.00	23.44	0.263
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.00	19.22	0.235
17178	Game meat, rabbit, domesticated, composite of cuts, cooked, roasted	85.0	3.0 oz	0.00	24.70	0.326
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.00	23.75	0.263
15107	Fish, sucker, white, raw	85.0	3.0 oz	0.00	14.25	0.160
04654	Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening	13.6	1.0 tbsp	--	0.00	--
05151	Guinea hen, meat and skin, raw	85.0	3.0 oz	0.00	19.89	0.220
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.00	18.52	0.195
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00	17.54	0.116
23577	Beef, ground, 75% lean meat / 25% fat, raw	113.0	4.0 oz	0.00	17.81	0.090
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	0.00	24.14	0.250
17261	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.00	20.75	0.242
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00	17.63	0.116
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	121.0	1.0 fillet	0.00	37.00	0.454
15194	Fish, mahimahi, cooked, dry heat	85.0	3.0 oz	0.00	20.16	0.226
05033	Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed	90.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.00	23.53	0.265
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	0.00	31.21	0.371

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.00	18.97	0.222
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	54.0	1.0 steak	0.00	16.31	0.145
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00	14.86	0.167
23339	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00	19.07	0.213
17063	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	0.00	20.76	0.242
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.00	36.49	0.435
04042	Oil, peanut, salad or cooking	13.5	1.0 tbsp	--	0.00	--
13324	Beef, variety meats and by-products, kidneys, cooked, simmered	85.0	3.0 oz	0.00	23.18	--
13833	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.00	4.58	0.051
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.00	23.00	0.258
17146	Game meat, bear, raw	28.35	1.0 oz	0.00	5.70	--
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	146.0	1.0 chop	0.00	28.40	0.308
43287	Dove, cooked (includes squab)	140.0	1.0 cup, chopped or diced	0.00	33.46	--
15075	Fish, sablefish, smoked	28.35	1.0 oz	0.00	5.00	0.056
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	85.0	3.0 oz	0.00	16.89	0.201
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.00	25.37	0.320
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.00	22.49	0.148
23304	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	0.00	22.47	0.254
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	0.00	22.17	0.239
17028	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.00	22.60	0.264
05647	Ostrich, inside strip, cooked	85.0	1.0 serving (3 oz)	0.00	24.96	0.223
17229	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	41.99	0.491
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	85.0	3.0 oz	0.00	22.19	0.189

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
23387	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.00	18.31	0.205
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.00	8.22	0.054
17111	Veal, rib, separable lean and fat, cooked, braised	85.0	3.0 oz	0.00	27.57	0.279
17313	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.00	22.55	0.264
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.00	26.27	0.302
04550	Shortening frying (heavy duty), beef tallow and cottonseed	12.8	1.0 tbsp	--	0.00	--
05084	Chicken, broilers or fryers, neck, meat and skin, raw	15.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.00	2.11	0.021
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.00	25.18	0.300
13883	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.00	5.56	0.062
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	85.0	3.0 oz	0.00	22.29	0.113
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.00	6.16	0.041
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	85.0	3.0 oz	0.00	22.36	0.247
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00	19.09	0.249
04670	USDA Commodity Food, oil, vegetable, low saturated fat	13.6	1.0 tbsp	--	0.00	--
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	145.0	1.0 chop	0.00	38.60	0.406
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.00	24.51	0.281
15043	Fish, herring, Pacific, raw	85.0	3.0 oz	0.00	13.93	0.156
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.00	9.77	0.064
13379	Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	235.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	63.87	0.421
17278	Veal, shank (fore and hind), separable lean only, raw	28.35	1.0 oz	0.00	5.47	0.055
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00	17.79	0.117
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.00	25.13	0.299
15129	Fish, turbot, european, raw	85.0	3.0 oz	0.00	13.64	0.153

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.00	28.82	0.190
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00	17.48	0.197
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.00	23.70	0.262
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00	16.03	0.180
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00	20.05	0.237
05132	Chicken, stewing, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.00	39.40	0.461
17079	Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled	85.0	3.0 oz	0.00	24.91	0.292
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.00	22.56	0.269
13438	Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.00	30.70	0.344
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.00	5.65	0.036
23557	Beef, ground, 95% lean meat / 5% fat, raw	113.0	4.0 oz	0.00	24.19	0.123
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.00	23.05	0.269
05662	Ground turkey, fat free, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.00	20.03	0.227
17242	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.00	4.84	0.056
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.00	17.09	0.191
04002	Lard	12.8	1.0 tbsp	--	0.00	--
05014	Chicken, broilers or fryers, meat only, stewed	140.0	1.0 cup, chopped or diced	0.00	38.21	0.447
10117	Pork, fresh, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.00	5.06	0.052
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	85.0	3.0 oz	0.00	29.33	0.308
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.00	22.39	0.147
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.00	26.29	0.259
17124	Veal, shoulder, arm, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.00	21.64	0.219

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	85.0	3.0 oz	0.00	27.25	0.343
17326	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.00	4.67	0.055
15267	Fish, pollock, Alaska, cooked (not previously frozen)	85.0	3.0 oz	0.00	16.51	--
04582	Oil, canola	14.0	1.0 tbsp	--	0.00	--
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	28.35	1.0 oz	0.00	5.69	0.062
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	0.00	25.09	0.221
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.00	27.38	0.180
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.00	25.54	0.172
17207	Veal, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.00	4.62	0.037
23192	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.00	15.41	0.173
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	85.0	3.0 oz	0.00	17.22	0.205
15056	Fish, mullet, striped, cooked, dry heat	93.0	1.0 fillet	0.00	23.07	0.259
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.00	8.31	0.055
13393	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.00	21.17	0.237
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.00	29.41	0.329
17291	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.00	21.39	0.250
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00	17.82	0.204
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	85.0	3.0 oz	0.00	19.12	0.241
17009	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.00	5.98	0.070
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	85.0	3.0 oz	0.00	22.68	0.240
23157	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.00	22.98	0.272
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.00	18.84	0.246

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
05145	Duck, wild, breast, meat only, raw	73.0	1.0 unit (yield from 1 lb ready-to-cook duck)	0.00	14.49	0.201
17092	Veal, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	0.00	1.71	0.017
05713	Turkey, retail parts, wing, meat only, cooked, roasted	85.0	3.0 oz	0.00	25.64	0.316
04517	Oil, grapeseed	13.6	1.0 tablespoon	--	0.00	--
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.00	5.83	0.065
17175	Game meat, muskrat, cooked, roasted	85.0	3.0 oz	0.00	25.58	--
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	113.0	4.0 oz	0.00	23.65	0.261
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	122.0	1.0 rack	0.00	33.95	0.404
15104	Fish, sturgeon, mixed species, raw	85.0	3.0 oz	0.00	13.72	0.154
04651	Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor	13.6	1.0 tbsp	--	0.00	--
05148	Goose, domesticated, meat only, raw	85.0	3.0 oz	0.00	19.34	0.269
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.00	22.66	0.269
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.00	21.81	0.144
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00	19.77	0.221
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.00	20.43	0.104
17057	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.00	21.66	0.253
17258	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.00	5.32	0.062
23042	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	0.00	21.00	0.138
15191	Fish, butterfish, cooked, dry heat	25.0	1.0 fillet	0.00	5.54	0.062
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.00	20.37	0.220
17342	Game meat, elk, tenderloin, separable lean only, cooked, broiled	92.0	1.0 steak (yield from 123.5 g raw meat)	0.00	28.30	0.253
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.00	21.66	0.244
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.00	18.42	0.206
05113	Chicken, roasting, meat only, raw	85.0	3.0 oz	0.00	17.28	0.201

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
17060	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised	85.0	3.0 oz	0.00	28.64	0.335
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	85.0	3.0 oz	0.00	19.55	0.221
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	28.35	1.0 oz	0.00	5.81	0.074
10859	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless (yield from 189g raw meat)	0.00	42.52	0.388
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1.0 tbsp	--	0.00	--
13830	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.00	4.75	0.053
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	85.0	3.0 oz	0.00	24.75	0.251
07910	Bratwurst, veal, cooked	84.0	1.0 serving 2.96 oz	0.00	11.75	0.119
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00	17.05	0.191
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	85.0	3.0 oz	0.00	23.38	0.245
05216	Turkey, back, from whole bird, meat only, roasted	85.0	3.0 oz	0.00	23.55	0.251
17143	Veal, ground, cooked, broiled	85.0	3.0 oz	0.00	20.72	0.210
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.00	10.32	0.132
43282	Quail, cooked, total edible	28.35	1.0 oz	0.00	7.12	--
13415	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.00	25.21	0.288
13915	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw	85.0	3.0 oz	0.00	16.15	0.181
23301	Beef, Australian, imported, Wagyu, seam fat, Aust. marble score 9, raw	28.0	1.0 oz	0.00	1.44	--
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.00	24.31	0.279
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.00	19.17	0.224
05644	Ostrich, inside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.00	19.03	0.170
17226	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.00	4.97	0.058
14599	Beverages, Powerade Zero Ion4, calorie-free, assorted flavors	237.0	8.0 fl oz	--	0.00	--
13788	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00	16.27	0.184
03024	Babyfood, water, bottled, GERBER, without added fluoride.	113.0	1.0 serving	--	0.00	--
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.00	19.80	0.222
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.00	6.21	0.041

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
17108	Veal, loin, separable lean only, cooked, braised	85.0	3.0 oz	0.00	28.53	0.289
17310	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.00	5.48	0.064
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85.0	3.0 oz	0.00	19.16	0.241
15242	Crustaceans, crayfish, mixed species, farmed, raw	85.0	3.0 oz	0.00	12.62	0.176
04546	Shortening bread, soybean (hydrogenated) and cottonseed	12.8	1.0 tablespoon	--	0.00	--
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.00	19.12	0.228
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.00	24.21	0.156
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.00	6.02	0.039
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	113.0	4.0 oz	0.00	23.29	0.258
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.00	23.28	0.275
04667	Shortening, industrial, soy (partially hydrogenated) for baking and confections	12.8	1.0 tbsp	--	0.00	--
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	85.0	3.0 oz	0.00	22.24	0.234
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.00	17.13	0.193
14260	Beverages, tea, green, brewed, decaffeinated	240.0	240.0 ml	--	0.00	--
15040	Fish, herring, Atlantic, cooked, dry heat	143.0	1.0 fillet	0.00	32.93	0.369
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0.00	8.07	0.053
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.00	24.85	0.163
17275	Veal, breast, whole, boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.00	25.77	0.260
23058	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0.00	22.36	0.147
01003	Butter oil, anhydrous	12.8	1.0 tbsp	0.00	0.04	0.001
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.00	36.36	0.424
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	89.0	1.0 thigh	0.00	21.41	0.197
10173	Pork, fresh, variety meats and by-products, feet, cooked, simmered	85.0	3.0 oz	0.00	18.65	--
14437	Beverages, water, bottled, non-carbonated, CALISTOGA	29.6	1.0 fl oz	--	0.00	--
15126	Fish, tuna, white, canned in water, drained solids	85.0	3.0 oz	0.00	20.08	0.225
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.00	19.05	0.248

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.00	20.14	0.223
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.00	21.21	0.239
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.00	25.32	0.284
05129	Chicken, stewing, light meat, meat only, raw	89.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.00	20.56	0.240
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.00	22.92	0.244
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.00	23.59	0.221
15005	Fish, bluefish, raw	150.0	1.0 fillet	0.00	30.06	0.336
15210	Fish, salmon, chinook, cooked, dry heat	85.0	3.0 oz	0.00	21.86	0.245
13338	Beef, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	0.00	18.57	0.143
13848	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.00	17.55	0.196
17449	Lamb, Australian, imported, fresh, external fat, cooked	85.0	3.0 oz	0.00	14.36	0.149
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.00	19.84	0.223
23438	Beef, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	0.00	13.01	0.137
05302	Poultry, mechanically deboned, from backs and necks without skin, raw	227.0	0.5 lb	0.00	31.30	0.250
17159	Game meat, boar, wild, cooked, roasted	85.0	3.0 oz	0.00	24.06	0.323
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.00	26.44	0.314
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	149.0	1.0 cup, drained	0.00	36.68	0.411
10114	Pork, fresh, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	0.00	4.26	0.057
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	114.0	4.0 oz	0.00	25.18	0.263
23638	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.00	8.39	0.055
17121	Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted	85.0	3.0 oz	0.00	21.94	0.222
17323	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.00	25.24	0.295
15264	Salmon, sockeye, canned, drained solids, without skin and bones	85.0	3.0 oz	0.00	22.38	0.269
04575	Fat, turkey	12.8	1.0 tbsp	--	0.00	--
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	137.0	1.0 thigh with skin	0.00	31.87	0.333
10223	Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	85.0	3.0 oz	0.00	25.86	0.328

NDB_No	Description	Weight(g)	Measure	Carbohydrate, by difference(g) Per Measure	Protein(g) Per Measure	Tryptophan(g) Per Measure
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.00	18.83	0.170
13150	Beef, rib, shortribs, separable lean only, choice, cooked, braised	121.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.00	37.22	0.244
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.00	5.43	0.035
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	113.0	4.0 oz	0.00	24.23	0.268
23189	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.00	20.00	0.224
04685	Oil, cooking and salad, ENOVA, 80% diglycerides	14.0	1.0 tbsp (1 NLEA serving)	--	0.00	--
05179	Turkey from whole, neck, meat only, raw	28.35	1.0 oz	0.00	4.68	0.050
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	85.0	3.0 oz	0.00	15.90	0.190