



**NDB No. 04609**  
**Animal fat, bacon grease**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	44.874			RA	4		1.930		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	2.686			RA	4		0.115		
17:1.....g									
18:1 undifferentiated.....g	40.994			RA	4		1.763		
20:1.....g	0.995			RA	4		0.043		
22:1 undifferentiated.....g	0.000			RA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	11.144			RA	4		0.479		
18:2 undifferentiated.....g	10.149			RA	4		0.436		
18:3 undifferentiated.....g	0.995			RA	4		0.043		
18:4.....g	0.000			RA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000			RA	4		0.000		
20:5 n-3.....g	0.000			RA	4		0.000		
22:5 n-3.....g	0.000			RA	4		0.000		
22:6 n-3.....g	0.000			RA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	95			RA	4		4		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0			Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 4.3g: 1 tsp

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 43214

Butter replacement, without fat, powder

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
<hr/>									
Fatty acids, total monounsaturated.....g	0.276				4		0.221		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020				4		0.016		
17:1.....g									
18:1 undifferentiated.....g	0.243				4		0.194		
20:1.....g	0.000				4		0.000		
22:1 undifferentiated.....g	0.000				4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.057				4		0.046		
18:2 undifferentiated.....g	0.039				4		0.031		
18:3 undifferentiated.....g	0.018				4		0.014		
18:4.....g	0.000				4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000		
20:5 n-3.....g	0.000				4		0.000		
22:5 n-3.....g	0.000				4		0.000		
22:6 n-3.....g	0.000				4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	2				4		2		
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0				4		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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#### Common Measures:

Measure 1 = 80g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	42.10								
Energy.....kcal	499				NC				
Energy.....kj	2088								
Protein.....g	3.30								
Total lipid (fat).....g	55.10								
Ash.....g	1.00		0		NR				
Carbohydrate, by difference.....g	0.00								
Fiber, total dietary.....g	0.0								
Sugars, total.....g	0.00		0		Z				
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	48								
Iron, Fe.....mg	1.09								
Magnesium, Mg.....mg	5								
Phosphorus, P.....mg	34								
Potassium, K.....mg	71								
Sodium, Na.....mg	450								
Zinc, Zn.....mg	0.26								
Copper, Cu.....mg	0.000								
Manganese, Mn.....mg									
Selenium, Se.....mcg	1.0		0		BFZN				
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0								
Thiamin.....mg	0.010								
Riboflavin.....mg	0.070								
Niacin.....mg	0.020								
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.010								
Folate, total.....mcg	1								
Folic acid.....mcg	0		0		Z				
Folate, food.....mcg	1								
Folate, DFE.....mcg_DFE	1		0		NC				
Vitamin B-12.....mcg	0.13								
Vitamin A, IU.....IU	1698		0		NC				
Vitamin A, RAE.....mcg_RAE	465		0		NC				
Retinol.....mcg	456		0		BFFN				
Vitamin E (alpha-tocopherol).....mg	1.58		0		BFFN				
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	4.8		0		BFFN				
<b>Lipids:</b>									
Fatty acids, total saturated.....g	34.321								
4:0.....g	1.788								
6:0.....g	1.060								
8:0.....g	0.619								
10:0.....g	1.380								
12:0.....g	1.550								
13:0.....g									
14:0.....g	5.547								
15:0.....g									
16:0.....g	14.499								
17:0.....g									
18:0.....g	6.682								
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 04601**  
**Butter, light, stick, with salt**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	15.927					4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.237					4			
17:1.....g									
18:1 undifferentiated.....g	13.867					4			
20:1.....g	0.000					7			
22:1 undifferentiated.....g	0.000					7			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.046					4			
18:2 undifferentiated.....g	1.244					4			
18:3 undifferentiated.....g	0.802					4			
18:4.....g	0.000					7			
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000					7			
20:5 n-3.....g	0.000					7			
22:5 n-3.....g	0.000					7			
22:6 n-3.....g	0.000					7			
Fatty acids, total trans.....g									
Cholesterol.....mg	106					4			
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0					7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			
<b>Carotenoids:</b>									
Carotene, beta.....mcg	107		0	BFFN		4			
Carotene, alpha.....mcg	0		0	Z		7			
Cryptoxanthin, beta.....mcg	0		0	Z		7			
Lycopene.....mcg	0		0	Z		7			
Lutein + zeaxanthin.....mcg	0		0	Z		7			

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**Common Measures:**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 04602**  
**Butter, light, stick, without salt**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	15.927					4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.237					4			
17:1.....g									
18:1 undifferentiated.....g	13.867					4			
20:1.....g	0.000					7			
22:1 undifferentiated.....g	0.000					7			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.046					4			
18:2 undifferentiated.....g	1.244					4			
18:3 undifferentiated.....g	0.802					4			
18:4.....g	0.000					7			
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000					7			
20:5 n-3.....g	0.000					7			
22:5 n-3.....g	0.000					7			
22:6 n-3.....g	0.000					7			
Fatty acids, total trans.....g									
Cholesterol.....mg	106					4			
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0					7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			
<b>Carotenoids:</b>									
Carotene, beta.....mcg	107		0	BFZN		4			
Carotene, alpha.....mcg	0		0	Z		7			
Cryptoxanthin, beta.....mcg	0		0	Z		7			
Lycopene.....mcg	0		0	Z		7			
Lutein + zeaxanthin.....mcg	0		0	Z		7			

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**Common Measures:**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**Butter-margarine blend, stick, unsalted**

**Refuse: 0%**

[illegible]

**NDB No. 42307**  
**Butter-margarine blend, stick, unsalted**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
Fatty acids, total monounsaturated.....g	31.832					4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.582					4			
17:1.....g									
18:1 undifferentiated.....g	30.872					4			
20:1.....g	0.000					7			
22:1 undifferentiated.....g	0.000					7			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	18.236					4			
18:2 undifferentiated.....g	17.110					4			
18:3 undifferentiated.....g	1.126					4			
18:4.....g	0.000					7			
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000					7			
20:5 n-3.....g	0.000					7			
22:5 n-3.....g	0.000					7			
22:6 n-3.....g	0.000					7			
Fatty acids, total trans.....g									
Cholesterol.....mg	88		0	S		4			
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0					7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			
<b>Carotenoids:</b>									
Carotene, beta.....mcg	610		0	CAZN		4			
Carotene, alpha.....mcg	0		0	CAZN		4			
Cryptoxanthin, beta.....mcg	0		0	CAZN		4			
Lycopene.....mcg	0		0	CAZN		4			
Lutein + zeaxanthin.....mcg	0		0	CAZN		4			

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**Common Measures:**

**Calories Factors: Protein 4.27 Fat 8.84 Carbohydrate 3.87**

**Food Group: 04 Fats and Oils**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 42116

Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.273				4		8.019	0.491	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.032				4		0.078	0.005	
17:1.....g									
18:1 undifferentiated.....g	3.197				4		7.833	0.480	
20:1.....g	0.028				4		0.069	0.004	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.994				4		19.585	1.199	
18:2 undifferentiated.....g	7.039				4		17.246	1.056	
18:3 undifferentiated.....g	0.941				4		2.305	0.141	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.000				4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	FLA	4		0.064	0.004	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	

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#### Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 15.0g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 42158

Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.391				4		7.935	0.509	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.038				4		0.089	0.006	
17:1.....g									
18:1 undifferentiated.....g	3.340				4		7.816	0.501	
20:1.....g	0.000				4		0.000	0.000	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.891				4		6.765	0.434	
18:2 undifferentiated.....g	2.680				4		6.271	0.402	
18:3 undifferentiated.....g	0.204				4		0.477	0.031	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.000				4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0				8		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	4		0	BFZN	4		9.639	0.618	
Carotene, alpha.....mcg	2		0	BFZN	4		3.991	0.256	
Cryptoxanthin, beta.....mcg	2		0	BFZN	4		3.528	0.226	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	49		0	BFZN	4		115.625	7.412	

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#### Common Measures:

Measure 1 = 234g: 1 cup

Measure 2 = 15.0g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 42157

Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.640				1		1.690	0.109	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010				4		0.026	0.002	
17:1.....g									
18:1 undifferentiated.....g	0.620				4		1.637	0.105	
20:1.....g	0.005				4		0.013	0.001	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.444				1		3.812	0.245	
18:2 undifferentiated.....g	1.271				4		3.355	0.216	
18:3 undifferentiated.....g	0.171				4		0.451	0.029	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.000				4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0				1		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	BFZN	4		0.357	0.023	
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.321	0.021	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	4		0	BFZN	4		11.239	0.724	

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#### Common Measures:

Measure 1 = 264g: 1 cup

Measure 2 = 17g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 04001**  
**Fat, beef tallow**

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	0.00		0		1		0.00	0.00	
Energy.....kcal	902		0	NC	4		1849	115	
Energy.....kj	3774				4		7737	483	
Protein (N x 0).....g	0.00		0		1		0.00	0.00	
Total lipid (fat).....g	100.00		0		1		205.00	12.80	
Ash.....g	0.00		0		1		0.00	0.00	
Carbohydrate, by difference.....g	0.00		0		1		0.00	0.00	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	0		0		4		0	0	
Iron, Fe.....mg	0.00		0		4		0.00	0.00	
Magnesium, Mg.....mg	0		0		4		0	0	
Phosphorus, P.....mg	0		0		4		0	0	
Potassium, K.....mg	0		1		1		0	0	
Sodium, Na.....mg	0		1		1		0	0	
Zinc, Zn.....mg	0.00		0		4		0.00	0.00	
Copper, Cu.....mg	0.000		0		4		0.000	0.000	
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.2		0	BFZN	4		0.4	0.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.000		0		4		0.000	0.000	
Riboflavin.....mg	0.000		0		4		0.000	0.000	
Niacin.....mg	0.000		0		4		0.000	0.000	
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	
Folate, total.....mcg	0		0		4		0	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	0		0		4		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12.....mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	2.70		1		1		5.54	0.35	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	Z	7		0.0	0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	49.800		0		1		102.090	6.374	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.900	0.508	5		1		1.845	0.115	
13:0.....g									
14:0.....g	3.700	0.421	14		1		7.585	0.474	
15:0.....g									
16:0.....g	24.900	0.819	15		1		51.045	3.187	
17:0.....g									
18:0.....g	18.900	0.927	15		1		38.745	2.419	
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 04001**  
**Fat, beef tallow**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	41.800		0		1		85.690	5.350	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	4.200	0.551	15		1		8.610	0.538	
17:1.....g									
18:1 undifferentiated.....g	36.000	1.275	15		1		73.800	4.608	
20:1.....g	0.300	0.107	4		1		0.615	0.038	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.000		0		1		8.200	0.512	
18:2 undifferentiated.....g	3.100	0.511	15		1		6.355	0.397	
18:3 undifferentiated.....g	0.600	0.160	9		1		1.230	0.077	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	109		0		1		223	14	
Phytosterols.....mg	0		0		4		0	0	
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

NDB No. 04001  
Fat, beef tallow

Calories Factors: Protein

Fat 9.02

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	0.20	0.026	3		1		0.41	0.03	
Energy.....kcal	900		0	NC	4		1846	115	
Energy.....kj	3767				4		7723	482	
Protein (N x 0).....g	0.00		0		1		0.00	0.00	
Total lipid (fat).....g	99.80	0.026	3		1		204.59	12.77	
Ash.....g	0.00		0		1		0.00	0.00	
Carbohydrate, by difference.....g	0.00		0		1		0.00	0.00	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	0		0		4		0	0	
Iron, Fe.....mg	0.00		0		4		0.00	0.00	
Magnesium, Mg.....mg	0		0		4		0	0	
Phosphorus, P.....mg	0		0		4		0	0	
Potassium, K.....mg	0		0		4		0	0	
Sodium, Na.....mg	0		0		4		0	0	
Zinc, Zn.....mg	0.00		0		4		0.00	0.00	
Copper, Cu.....mg	0.000		0		4		0.000	0.000	
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.2		0	BFZN	4		0.4	0.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.000		0		4		0.000	0.000	
Riboflavin.....mg	0.000		0		4		0.000	0.000	
Niacin.....mg	0.000		0		4		0.000	0.000	
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	
Folate, total.....mcg	0		0		4		0	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	0		0		4		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12.....mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	2.70		0		4		5.54	0.35	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	Z	7		0.0	0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	29.800		0		1		61.090	3.814	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.100	0.016	14		1		0.205	0.013	
13:0.....g									
14:0.....g	0.900	0.048	62		1		1.845	0.115	
15:0.....g									
16:0.....g	21.600	0.381	70		1		44.280	2.765	
17:0.....g									
18:0.....g	6.000	0.186	70		1		12.300	0.768	
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 04542**  
**Fat, chicken**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	44.700		0		1		91.635	5.722	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	5.700	0.187	70		1		11.685	0.730	
17:1.....g									
18:1 undifferentiated.....g	37.300	0.499	70		1		76.465	4.774	
20:1.....g	1.100	0.305	12		1		2.255	0.141	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	20.900		0		1		42.845	2.675	
18:2 undifferentiated.....g	19.500	0.617	70		1		39.975	2.496	
18:3 undifferentiated.....g	1.000	0.075	56		1		2.050	0.128	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.100	0.038	5		1		0.205	0.013	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	85		0		1		174	11	
Phytosterols.....mg	0		0		4		0	0	
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

NDB No. 04542  
Fat, chicken

Calories Factors:	Protein	Fat 9.02	Carbohydrate	Food Group: 04 Fats and Oils
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**NDB No. 04574**  
**Fat, duck**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	49.300		0		1		6.310	101.065	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	4.000	0.090	98		1		0.512	8.200	
17:1.....g									
18:1 undifferentiated.....g	44.200	0.290	98		1		5.658	90.610	
20:1.....g	1.100	0.043	91		1		0.141	2.255	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	12.900		0		1		1.651	26.445	
18:2 undifferentiated.....g	12.000	0.237	98		1		1.536	24.600	
18:3 undifferentiated.....g	1.000	0.033	93		1		0.128	2.050	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	100		0		1		13	205	
Phytosterols.....mg	0		0		4		0	0	
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup



NDB No. 04574  
Fat, duck

Calories Factors:	Protein	Fat 8.84	Carbohydrate	Food Group: 04 Fats and Oils
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**NDB No. 04576**  
**Fat, goose**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	56.700		0		1		116.235	7.258	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	2.800	0.257	21		1		5.740	0.358	
17:1.....g									
18:1 undifferentiated.....g	53.500		0		1		109.675	6.848	
20:1.....g	0.100		2		1		0.205	0.013	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	11.000		0		1		22.550	1.408	
18:2 undifferentiated.....g	9.800	0.536	21		1		20.090	1.254	
18:3 undifferentiated.....g	0.500	0.326	6		1		1.025	0.064	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		1		1		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	100		0		1		205	13	
Phytosterols.....mg	0		0		4		0	0	
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

**Calories Factors: Protein**

**Fat 8.84**

**Carbohydrate**

**Food Group: 04 Fats and Oils**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 04520**  
**Fat, mutton tallow**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	40.600		0		1		83.230	5.197	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	2.300	0.208	31		1		4.715	0.294	
17:1.....g									
18:1 undifferentiated.....g	37.600	0.452	64		1		77.080	4.813	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.800		0		1		15.990	0.998	
18:2 undifferentiated.....g	5.500	0.284	64		1		11.275	0.704	
18:3 undifferentiated.....g	2.300	0.133	64		1		4.715	0.294	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	102		0		1		209	13	
Phytosterols.....mg	0		0		4		0	0	
<b>Amino Acids:</b>									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

NDB No. 04520  
Fat, mutton tallow

Calories Factors:	Protein	Fat 9.02	Carbohydrate	Food Group: 04 Fats and Oils
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 04575**  
**Fat, turkey**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	42.900		0		1		87.945	5.491	1.845
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	6.000	0.297	32		1		12.300	0.768	0.258
17:1.....g									
18:1 undifferentiated.....g	35.900	0.750	32		1		73.595	4.595	1.544
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	23.100		0		1		47.355	2.957	0.993
18:2 undifferentiated.....g	21.200	0.660	32		1		43.460	2.714	0.912
18:3 undifferentiated.....g	1.400	0.079	32		1		2.870	0.179	0.060
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.300	0.031	11		1		0.615	0.038	0.013
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	102		0		1		209	13	4
Phytosterols.....mg	0		0		4		0	0	0
<b>Amino Acids:</b>									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

Measure 3 = 4.3g: 1 tsp



NDB No. 04575  
Fat, turkey

Calories Factors:	Protein	Fat 8.84	Carbohydrate	Food Group: 04 Fats and Oils
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	0.00		1		1		0.00	0.00	0.00
Energy.....kcal	902		0	NC	4		1966	123	41
Energy.....kj	3774				4		8227	513	170
Protein (N x 0).....g	0.00		1		1		0.00	0.00	0.00
Total lipid (fat).....g	100.00		1		1		218.00	13.60	4.50
Ash.....g	0.00		1		1		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	0		0		4		0	0	0
Iron, Fe.....mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg.....mg	0		0		4		0	0	0
Phosphorus, P.....mg	0		0		4		0	0	0
Potassium, K.....mg	0		0		4		0	0	0
Sodium, Na.....mg	0		0		4		0	0	0
Zinc, Zn.....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu.....mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn.....mg	0.000		0		4		0.000	0.000	0.000
Selenium, Se.....mcg	0.0		0	Z	7		0.0	0.0	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg									
Riboflavin.....mg	0.000		0		4		0.000	0.000	0.000
Niacin.....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	0.000
Folate, total.....mcg	0		0		4		0	0	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	0		0		4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, IU.....IU	100000		1		1		218000	13600	4500
Vitamin A, RAE.....mcg_RAE	30000		1		1		65400	4080	1350
Retinol.....mcg	30000		1		1		65400	4080	1350
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	10000.000		0	T	4		21800.000	1360.000	450.000
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	22.608		0		1		49.285	3.075	1.017
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	3.568		2		1		7.778	0.485	0.161
15:0.....g									
16:0.....g	10.630		2		1		23.173	1.446	0.478
17:0.....g									
18:0.....g	2.799		2		1		6.102	0.381	0.126
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 04589**  
**Fish oil, cod liver**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Fatty acids, total monounsaturated.....g	46.711		0		1		101.830	6.353	2.102
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	8.309		2		1		18.114	1.130	0.374
17:1.....g									
18:1 undifferentiated.....g	20.653		2		1		45.024	2.809	0.929
20:1.....g	10.422		2		1		22.720	1.417	0.469
22:1 undifferentiated.....g	7.328		2		1		15.975	0.997	0.330
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	22.541		0		1		49.139	3.066	1.014
18:2 undifferentiated.....g	0.935		2		1		2.038	0.127	0.042
18:3 undifferentiated.....g	0.935		2		1		2.038	0.127	0.042
18:4.....g	0.935		2		1		2.038	0.127	0.042
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.935		2		1		2.038	0.127	0.042
20:5 n-3.....g	6.898		2		1		15.038	0.938	0.310
22:5 n-3.....g	0.935		2		1		2.038	0.127	0.042
22:6 n-3.....g	10.968		2		1		23.910	1.492	0.494
Fatty acids, total trans.....g									
Cholesterol.....mg	570		1		1		1243	78	26
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 218g: 1 cup  
Measure 2 = 13.6g: 1 tbsp  
Measure 3 = 4.5g: 1 tsp

**Calories Factors: Protein**

**Fat 9.02**

**Carbohydrate**

**Food Group: 04 Fats and Oils**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 04590**  
**Fish oil, herring**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
Fatty acids, total monounsaturated.....g	56.564		0		1		123.310	7.693	2.545
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	9.642		17		1		21.020	1.311	0.434
17:1.....g									
18:1 undifferentiated.....g	11.955		17		1		26.062	1.626	0.538
20:1.....g	13.625		17		1		29.703	1.853	0.613
22:1 undifferentiated.....g	20.613		17		1		44.936	2.803	0.928
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	15.604		0		1		34.017	2.122	0.702
18:2 undifferentiated.....g	1.149		17		1		2.505	0.156	0.052
18:3 undifferentiated.....g	0.763		17		1		1.663	0.104	0.034
18:4.....g	2.305		17		1		5.025	0.313	0.104
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.289		17		1		0.630	0.039	0.013
20:5 n-3.....g	6.273		17		1		13.675	0.853	0.282
22:5 n-3.....g	0.619	0.000	17		1		1.349	0.084	0.028
22:6 n-3.....g	4.206		17		1		9.169	0.572	0.189
Fatty acids, total trans.....g									
Cholesterol.....mg	766		1		1		1670	104	34
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 218g: 1 cup  
 Measure 2 = 13.6g: 1 tbsp  
 Measure 3 = 4.5g: 1 1tsp

**Calories Factors: Protein**

**Fat 9.02**

**Carbohydrate**

**Food Group: 04 Fats and Oils**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	0.00		1		1		0.00	0.00	0.00
Energy.....kcal	902		0	NC	4		1966	123	41
Energy.....kj	3774				4		8227	513	170
Protein (N x 0).....g	0.00		1		1		0.00	0.00	0.00
Total lipid (fat).....g	100.00		1		1		218.00	13.60	4.50
Ash.....g	0.00		1		1		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	0		0		4		0	0	0
Iron, Fe.....mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg.....mg	0		0		4		0	0	0
Phosphorus, P.....mg	0		0		4		0	0	0
Potassium, K.....mg	0		0		4		0	0	0
Sodium, Na.....mg	0		0		4		0	0	0
Zinc, Zn.....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu.....mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn.....mg	0.000		0		4		0.000	0.000	0.000
Selenium, Se.....mcg	0.0		0	Z	7		0.0	0.0	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0		4		0.000	0.000	0.000
Niacin.....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	0.000
Folate, total.....mcg	0		0		4		0	0	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	0		0		4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0		4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0		4		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	30.427		0		1		66.331	4.138	1.369
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	7.958		4		1		17.348	1.082	0.358
15:0.....g									
16:0.....g	15.146		4		1		33.018	2.060	0.682
17:0.....g									
18:0.....g	3.775		4		1		8.230	0.513	0.170
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 04591**  
**Fish oil, menhaden**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Fatty acids, total monounsaturated.....g	26.694		0		1		58.193	3.630	1.201
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	10.482		4		1		22.851	1.426	0.472
17:1.....g									
18:1 undifferentiated.....g	14.527		4		1		31.669	1.976	0.654
20:1.....g	1.332		4		1		2.904	0.181	0.060
22:1 undifferentiated.....g	0.352		4		1		0.767	0.048	0.016
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	34.197		0		1		74.549	4.651	1.539
18:2 undifferentiated.....g	2.154		4		1		4.696	0.293	0.097
18:3 undifferentiated.....g	1.490		4		1		3.248	0.203	0.067
18:4.....g	2.739		4		1		5.971	0.373	0.123
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	1.169		4		1		2.548	0.159	0.053
20:5 n-3.....g	13.168		4		1		28.706	1.791	0.593
22:5 n-3.....g	4.915	0.000	4		1		10.715	0.668	0.221
22:6 n-3.....g	8.562		4		1		18.665	1.164	0.385
Fatty acids, total trans.....g									
Cholesterol.....mg	521		1		1		1136	71	23
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 218g: 1 cup  
 Measure 2 = 13.6g: 1 tbsp  
 Measure 3 = 4.5g: 1 1tsp

**Calories Factors: Protein**

**Fat 9.02**

**Carbohydrate**

**Food Group: 04 Fats and Oils**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Fish oil, menhaden, fully hydrogenated**

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	0.00		1		1		0.00	0.00	0.00
Energy.....kcal	902		0	NC	4		1849	113	41
Energy.....kj	3774				4		7737	472	170
Protein (N x 0).....g	0.00		1		1		0.00	0.00	0.00
Total lipid (fat).....g	100.00		1		1		205.00	12.50	4.50
Ash.....g	0.00		1		1		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	0		0		4		0	0	0
Iron, Fe.....mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg.....mg	0		0		4		0	0	0
Phosphorus, P.....mg	0		0		4		0	0	0
Potassium, K.....mg	0		0		4		0	0	0
Sodium, Na.....mg	0		0		4		0	0	0
Zinc, Zn.....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu.....mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn.....mg	0.000		0		4		0.000	0.000	0.000
Selenium, Se.....mcg	0.0		0	Z	7		0.0	0.0	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0		4		0.000	0.000	0.000
Niacin.....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	0.000
Folate, total.....mcg	0		0		4		0	0	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	0		0		4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0		4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0		4		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	95.600		0		1		195.980	11.950	4.302
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	9.057		1		1		18.567	1.132	0.408
15:0.....g									
16:0.....g	35.221		1		1		72.203	4.403	1.585
17:0.....g									
18:0.....g	21.133		1		1		43.323	2.642	0.951
20:0.....g									
22:0.....g									
24:0.....g									



NDB No. 04592

Fish oil, menhaden, fully hydrogenated

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	<u>measures of food</u>		
							Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	500		1		1		1025	63	23
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 205g: 1 cup

Measure 2 = 12.5g: 1 tbsp

Measure 3 = 4.5g: 1 tsp

**Calories Factors: Protein**

**Fat 9.02**

**Carbohydrate**

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 04593**  
**Fish oil, salmon**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
Fatty acids, total monounsaturated.....g	29.037		0		1		63.301	3.949	1.307
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	4.823		1		1		10.514	0.656	0.217
17:1.....g									
18:1 undifferentiated.....g	16.978		1		1		37.012	2.309	0.764
20:1.....g	3.859		1		1		8.413	0.525	0.174
22:1 undifferentiated.....g	3.376		1		1		7.360	0.459	0.152
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	40.324		0		1		87.906	5.484	1.815
18:2 undifferentiated.....g	1.543		1		1		3.364	0.210	0.069
18:3 undifferentiated.....g	1.061		1		1		2.313	0.144	0.048
18:4.....g	2.798		1		1		6.100	0.381	0.126
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.675		1		1		1.472	0.092	0.030
20:5 n-3.....g	13.023		1		1		28.390	1.771	0.586
22:5 n-3.....g	2.991		1		1		6.520	0.407	0.135
22:6 n-3.....g	18.232		1		1		39.746	2.480	0.820
Fatty acids, total trans.....g									
Cholesterol.....mg	485		1		1		1057	66	22
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 218g: 1 cup  
Measure 2 = 13.6g: 1 tbsp  
Measure 3 = 4.5g: 1 1tsp

**Calories Factors: Protein**

**Fat 9.02**

**Carbohydrate**

**Food Group: 04 Fats and Oils**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	0.00		1		1		0.00	0.00	0.00
Energy.....kcal	902		0	NC	4		1966	123	41
Energy.....kj	3774				4		8227	513	170
Protein (N x 0).....g	0.00		1		1		0.00	0.00	0.00
Total lipid (fat).....g	100.00		1		1		218.00	13.60	4.50
Ash.....g	0.00		1		1		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	0		0		4		0	0	0
Iron, Fe.....mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg.....mg	0		0		4		0	0	0
Phosphorus, P.....mg	0		0		4		0	0	0
Potassium, K.....mg	0		0		4		0	0	0
Sodium, Na.....mg	0		0		4		0	0	0
Zinc, Zn.....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu.....mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn.....mg	0.000		0		4		0.000	0.000	0.000
Selenium, Se.....mcg	0.0		0	Z	7		0.0	0.0	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0		4		0.000	0.000	0.000
Niacin.....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	0.000
Folate, total.....mcg	0		0		4		0	0	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	0		0		4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0		4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0		4		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	332.000		0	T	4		723.760	45.152	14.940
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	29.892		0		1		65.165	4.065	1.345
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.103		2		1		0.225	0.014	0.005
13:0.....g									
14:0.....g	6.525		2		1		14.225	0.887	0.294
15:0.....g									
16:0.....g	16.646		2		1		36.288	2.264	0.749
17:0.....g									
18:0.....g	3.887		2		1		8.474	0.529	0.175
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 04594**  
**Fish oil, sardine**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
Fatty acids, total monounsaturated.....g	33.841		0		1		73.773	4.602	1.523
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	7.514		2		1		16.381	1.022	0.338
17:1.....g									
18:1 undifferentiated.....g	14.752		2		1		32.159	2.006	0.664
20:1.....g	5.986		2		1		13.049	0.814	0.269
22:1 undifferentiated.....g	5.589		2		1		12.184	0.760	0.252
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	31.867		0		1		69.470	4.334	1.434
18:2 undifferentiated.....g	2.014		2		1		4.391	0.274	0.091
18:3 undifferentiated.....g	1.327		2		1		2.893	0.180	0.060
18:4.....g	3.025		2		1		6.595	0.411	0.136
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	1.756		2		1		3.828	0.239	0.079
20:5 n-3.....g	10.137		2		1		22.099	1.379	0.456
22:5 n-3.....g	1.973		2		1		4.301	0.268	0.089
22:6 n-3.....g	10.656		2		1		23.230	1.449	0.480
Fatty acids, total trans.....g									
Cholesterol.....mg	710		1		1		1548	97	32
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 218g: 1 cup  
Measure 2 = 13.6g: 1 tbsp  
Measure 3 = 4.5g: 1 1tsp

**Calories Factors: Protein**

**Fat 9.02**

**Carbohydrate**

**Food Group: 04 Fats and Oils**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 42231**  
**Flaxseed oil**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	20.200				1		44.036	2.747	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	20.200				1		44.036	2.747	
20:1.....g	0.000				1		0.000	0.000	
22:1 undifferentiated.....g	0.000				1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	66.000				1		143.880	8.976	
18:2 undifferentiated.....g	12.700				1		27.686	1.727	
18:3 undifferentiated.....g	53.300				1		116.194	7.249	
18:4.....g	0.000				1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				1		0.000	0.000	
20:5 n-3.....g	0.000				1		0.000	0.000	
22:5 n-3.....g	0.000				1		0.000	0.000	
22:6 n-3.....g	0.000				1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 218g: 1 cup

Measure 2 = 13.6g: 1 tbsp

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 04 Fats and Oils**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





**NDB No. 04002**  
**Lard**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	45.100		0		1		92.455	5.773	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	2.700	0.270	36		1		5.535	0.346	
17:1.....g									
18:1 undifferentiated.....g	41.200	0.532	38		1		84.460	5.274	
20:1.....g	1.000	0.210	7		1		2.050	0.128	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	11.200		0		1		22.960	1.434	
18:2 undifferentiated.....g	10.200	0.243	38		1		20.910	1.306	
18:3 undifferentiated.....g	1.000	0.107	29		1		2.050	0.128	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	95		0		1		195	12	
Phytosterols.....mg	0		0		4		0	0	
<b>Amino Acids:</b>									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

NDB No. 04002  
Lard

Calories Factors: Protein

Fat 9.02

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 04630

Margarine Spread, approximately 48% fat, tub

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code
					Measure 1	Measure 2
						Measure 3
<b>Proximates:</b>						
Water.....g	49.66	0.207	6	A	1	
Energy.....kcal	424		0	NC	4	
Energy.....kj	1776		0	NC	4	
Protein (N x 6.38).....g	0.20	0.043	6	A	1	
Total lipid (fat).....g	47.53	0.115	6	A	1	
Ash.....g	1.75	0.086	6	A	1	
Carbohydrate, by difference.....g	0.86		0	NC	4	
Fiber, total dietary.....g	0.0		0	Z	7	
Sugars, total.....g						
Starch.....g						
<b>Minerals:</b>						
Calcium, Ca.....mg	4	0.217	6	A	1	
Iron, Fe.....mg	0.21	0.077	5	A	1	
Magnesium, Mg.....mg	1	0.019	6	A	1	
Phosphorus, P.....mg	4	0.325	6	A	1	
Potassium, K.....mg	36	1.292	6	A	1	
Sodium, Na.....mg	646	32.791	6	A	1	
Zinc, Zn.....mg	0.06	0.021	6	A	1	
Copper, Cu.....mg	0.008	0.008	6	A	1	
Manganese, Mn.....mg	0.000	0.000	5	A	1	
Selenium, Se.....mcg	0.0	0.000	3	A	1	
<b>Vitamins:</b>						
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7	
Thiamin.....mg	0.000	0.000	3	A	1	
Riboflavin.....mg	0.019	0.001	3	A	1	
Niacin.....mg	0.000	0.000	3	A	1	
Pantothenic acid.....mg	0.001		1	A	1	
Vitamin B-6.....mg	0.001	0.001	3	A	1	
Folate, total.....mcg	2	0.061	3	A	1	
Folic acid.....mcg	0		0	Z	7	
Folate, food.....mcg	2	0.061	3	A	1	
Folate, DFE.....mcg_DFE	2		0	NC	4	
Vitamin B-12.....mcg						
Vitamin A, IU.....IU						
Vitamin A, RAE.....mcg_RAE						
Retinol.....mcg						
Vitamin E (alpha-tocopherol).....mg	3.94	0.045	6	A	1	
Tocopherol, beta.....mg						
Tocopherol, gamma.....mg						
Tocopherol, delta.....mg						
Vitamin D.....IU						
Vitamin K (phylloquinone).....mcg	101.3	2.657	6	A	1	
<b>Lipids:</b>						
Fatty acids, total saturated.....g	8.792		0	NC	4	
4:0.....g	0.000		6	A	1	
6:0.....g	0.000		6	A	1	
8:0.....g	0.000		6	A	1	
10:0.....g	0.000		6	A	1	
12:0.....g	0.000	0.000	6	A	1	
13:0.....g						
14:0.....g	0.038	0.001	6	A	1	
15:0.....g	0.000	0.000	6	A	1	
16:0.....g	4.862	0.026	6	A	1	
17:0.....g	0.049	0.001	6	A	1	
18:0.....g	3.425	0.027	6	A	1	
20:0.....g	0.162	0.003	6	A	1	
22:0.....g	0.185	0.003	6	A	1	
24:0.....g	0.071	0.002	6	A	1	

**NDB No. 04630**  
**Margarine Spread, approximately 48% fat, tub**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	16.416		0	NC	4				
14:1.....g	0.000	0.000	6	A	1				
15:1.....g									
16:1 undifferentiated.....g	0.034		0	AS	1				
16:1 c.....g	0.034	0.001	6	A	1				
16:1 t.....g	0.000	0.000	6	A	1				
17:1.....g									
18:1 undifferentiated.....g	16.316		0	AS	1				
18:1 c.....g	11.894	0.434	6	A	1				
18:1 t.....g	4.422	0.442	6	A	1				
20:1.....g	0.066	0.003	6	A	1				
22:1 undifferentiated.....g	0.000	0.000	6	A	1				
24:1 c.....g	0.000	0.000	6	A	1				
Fatty acids, total polyunsaturated.....g	20.235		0	NC	4				
18:2 undifferentiated.....g	17.886		0	AS	1				
18:2 n-6 c,c.....g	17.355	0.938	6	A	1				
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.532	0.319	6	A	1				
18:2 t not further defined.....g									
18:3 undifferentiated.....g	2.121		0	AS	1				
18:4.....g	0.000		6	A	1				
20:2 n-6 c,c.....g	0.228	0.026	6	A	1				
20:3 undifferentiated.....g	0.000	0.000	6	A	1				
20:4 undifferentiated.....g	0.000	0.000	6	A	1				
20:5 n-3.....g	0.000	0.000	6	A	1				
22:5 n-3.....g	0.000	0.000	6	A	1				
22:6 n-3.....g	0.000		6	A	1				
Fatty acids, total trans.....g	4.422		0	NC	4				
Fatty acids, total trans-monoenoic.....g	4.422		0	NC	4				
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	1	0.070	3	A	1				
Phytosterols.....mg									
Stigmasterol.....mg	20	0.521	6	A	1				
Campesterol.....mg	22	0.664	6	A	1				
Beta-sitosterol.....mg	62	1.070	6	A	1				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**Calories Factors: Protein 4.27      Fat 8.84      Carbohydrate 3.87**

**Food Group: 04 Fats and Oils**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 04631**  
**Margarine spread, fat-free, tub**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number	Deriv	Source	Confidence	measures of food		
			of Data				Code	Code	Measure 1
			Points						
24:0.....g									
Fatty acids, total monounsaturated.....g	0.356		0	NC	4		0.829	0.052	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.178		0	AS	1		0.415	0.026	
18:1 c.....g	0.010		2	A	1		0.023	0.001	
18:1 t.....g	0.168		2	A	1		0.392	0.025	
20:1.....g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.422		0	NC	4		0.984	0.062	
18:2 undifferentiated.....g	0.376		0	AS	1		0.877	0.055	
18:2 n-6 c,c.....g	0.376		2	A	1		0.877	0.055	
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.046		0	AS	1		0.108	0.007	
18:4.....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:5 n-3.....g	0.000		2	A	1		0.000	0.000	
22:5 n-3.....g	0.000		2	A	1		0.000	0.000	
22:6 n-3.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.168		0	NC	4		0.392	0.025	
Fatty acids, total trans-monoenoic.....g	0.168		0	NC	4		0.392	0.025	
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0		2	A	1		1	0	
Phytosterols.....mg									
Stigmasterol.....mg	1		2	A	1		1	0	
Campesterol.....mg	1		2	A	1		2	0	
Beta-sitosterol.....mg	2		2	A	1		4	0	
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 233g: 1 cup

Measure 2 = 14.6g: 1 tbsp

**Calories Factors: Protein 4.27**

**Fat 8.84**

**Carbohydrate 3.87**

**NDB No. 04631**  
**Margarine spread, fat-free, tub**

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**NDB No. 04629**  
**Margarine, 70% vegetable oil spread, soybean and soybean(hydrogenated)**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	27.41	0.444	10	A	1		3.84		
Energy.....kcal	619			NC	4		87		
Energy.....Kj	2589			NC	4		362		
Protein (N x 6.38).....g	0.21	0.049	10	A	1		0.03		
Total lipid (fat).....g	69.40	1.237	10	A	1		9.72		
Ash.....g	1.85	0.065	10	A	1		0.26		
Carbohydrate, by difference.....g	1.13			NC	4		0.16		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	7	1.023	10	A	1		1		
Iron, Fe.....mg	0.12	0.004	10	A	1		0.02		
Magnesium, Mg.....mg	2	0.244	10	A	1		0		
Phosphorus, P.....mg	10	0.957	10	A	1		1		
Potassium, K.....mg	46	5.735	10	A	1		6		
Sodium, Na.....mg	700	8.591	10	A	1		98		
Zinc, Zn.....mg	0.06	0.019	10	A	1		0.01		
Copper, Cu.....mg									
Manganese, Mn.....mg	0.014		1	A	1		0.002		
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.052		1	A	1		0.007		
Riboflavin.....mg	0.025	0.004	5	A	1		0.004		
Niacin.....mg									
Pantothenic acid.....mg	0.001	0.000	4	A	1		0.000		
Vitamin B-6.....mg	0.003		1	A	1		0.000		
Folate, total.....mcg	1	0.106	3	A	1		0		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	1	0.106	3	A	1		0		
Folate, DFE.....mcg_DFE	1		0	NC	4		0		
Vitamin B-12.....mcg									
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	12.623			NC	4		1.767		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.000	0.000	10	A	1		0.000		
13:0.....g									
14:0.....g	0.041	0.009	8	A	1		0.006		
15:0.....g	0.000	0.000	10	A	1		0.000		
16:0.....g	7.005	0.120	10	A	1		0.981		
17:0.....g	0.000	0.000	10	A	1		0.000		
18:0.....g	5.085	0.040	10	A	1		0.712		
20:0.....g	0.233	0.006	10	A	1		0.033		
22:0.....g	0.258	0.002	10	A	1		0.036		
24:0.....g	0.000	0.000	10	A	1		0.000		



NDB No. 04629

Margarine, 70% vegetable oil spread, soybean and soybean(hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	36.733			NC	4		5.143		
14:1.....g	0.000	0.000	10	A	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.000			AS	1		0.000		
16:1 c.....g	0.000	0.000	10	A	1		0.000		
16:1 t.....g	0.000	0.000	10	A	1		0.000		
17:1.....g									
18:1 undifferentiated.....g	36.733			AS	1		5.143		
18:1 c.....g	17.506	0.462	10	A	1		2.451		
18:1 t.....g	19.227	0.039	10	A	1		2.692		
20:1.....g	0.000	0.000	10	A	1		0.000		
22:1 undifferentiated.....g	0.000	0.000	10	A	1		0.000		
24:1 c.....g	0.000	0.000	10	A	1		0.000		
Fatty acids, total polyunsaturated.....g	16.299			NC	4		2.282		
18:2 undifferentiated.....g	14.723			AS	1		2.061		
18:2 n-6 c,c.....g	13.656	0.267	10	A	1		1.912		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	1.067	0.618	10	A	1		0.149		
18:2 t not further defined.....g									
18:3 undifferentiated.....g	1.575			AS	1		0.221		
18:4.....g									
20:2 n-6 c,c.....g	0.000	0.000	10	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	10	A	1		0.000		
20:4 undifferentiated.....g	0.000	0.000	10	A	1		0.000		
20:5 n-3.....g	0.000	0.000	10	A	1		0.000		
22:5 n-3.....g	0.000	0.000	10	A	1		0.000		
22:6 n-3.....g									
Fatty acids, total trans.....g	19.227			NC	4		2.692		
Fatty acids, total trans-monoenoic.....g	19.227			NC	4		2.692		
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0	0.000	6	A	1		0		
Phytosterols.....mg									
Stigmasterol.....mg	25	0.757	6	A	1		3		
Campesterol.....mg	31	0.304	6	A	1		4		
Beta-sitosterol.....mg	81	2.067	6	A	1		11		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

#### Common Measures:

Measure 1 = 14.0g: 1 tbsp

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 04628

Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	17.17	0.077	8	A	1		2.40		
Energy.....kcal	705		0	NC	4		99		
Energy.....kj	2948		0	NC	4		413		
Protein.....g	0.18	0.001	4	A	1		0.02		
Total lipid (fat).....g	78.77	0.700	8	A	1		11.03		
Ash.....g	1.94	0.024	8	A	1		0.27		
Carbohydrate, by difference.....g	1.94		0	NC	4		0.27		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	3	0.166	8	A	1		0		
Iron, Fe.....mg	0.12	0.015	8	A	1		0.02		
Magnesium, Mg.....mg	1	0.030	8	A	1		0		
Phosphorus, P.....mg	5	0.202	8	A	1		1		
Potassium, K.....mg	18	0.862	6	A	1		2		
Sodium, Na.....mg	654	19.966	8	A	1		92		
Zinc, Zn.....mg	0.11	0.021	8	A	1		0.01		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.012		1	A	1		0.002		
Riboflavin.....mg	0.000	0.000	4	A	1		0.000		
Niacin.....mg	0.003	0.003	4	A	1		0.000		
Pantothenic acid.....mg	0.000	0.000	4	A	1		0.000		
Vitamin B-6.....mg	0.000		1	A	1		0.000		
Folate, total.....mcg	1		2	A	1		0		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	1		2	A	1		0		
Folate, DFE.....mcg_DFE	1		0	NC	4		0		
Vitamin B-12.....mcg									
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg	6.23	0.638	8	A	1		0.87		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	75.0	9.109	16	A	1		10.5		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	14.787		0	NC	4		2.070		
4:0.....g	0.000		8	A	1		0.000		
6:0.....g	0.000		8	A	1		0.000		
8:0.....g	0.000		8	A	1		0.000		
10:0.....g	0.000		8	A	1		0.000		
12:0.....g	0.000	0.000	8	A	1		0.000		
13:0.....g									
14:0.....g	0.069	0.003	8	A	1		0.010		
15:0.....g	0.000	0.000	8	A	1		0.000		
16:0.....g	8.135	0.107	8	A	1		1.139		
17:0.....g	0.000	0.000	8	A	1		0.000		
18:0.....g	6.047	0.117	8	A	1		0.847		
20:0.....g	0.263	0.006	8	A	1		0.037		
22:0.....g	0.271	0.007	8	A	1		0.038		

NDB No. 04628

Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
24:0.....g	0.000	0.000	8	A	1		0.000		
Fatty acids, total monounsaturated.....g	37.201		0	NC	4		5.208		
14:1.....g	0.000	0.000	8	A	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.000		0	AS	1		0.000		
16:1 c.....g	0.000	0.000	8	A	1		0.000		
16:1 t.....g	0.000	0.000	8	A	1		0.000		
17:1.....g									
18:1 undifferentiated.....g	37.201		0	AS	1		5.208		
18:1 c.....g	17.515	0.439	8	A	1		2.452		
18:1 t.....g	19.686	0.415	8	A	1		2.756		
20:1.....g	0.000	0.000	8	A	1		0.000		
22:1 undifferentiated.....g	0.000	0.000	8	A	1		0.000		
24:1 c.....g	0.000	0.000	8	A	1		0.000		
Fatty acids, total polyunsaturated.....g	23.097		0	NC	4		3.234		
18:2 undifferentiated.....g	20.877		0	AS	1		2.923		
18:2 n-6 c,c.....g	20.174	0.746	8	A	1		2.824		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.703	0.162	8	A	1		0.098		
18:2 t not further defined.....g									
18:3 undifferentiated.....g	2.220		0	AS	1		0.311		
18:4.....g	0.000		8	A	1		0.000		
20:2 n-6 c,c.....g	0.000	0.000	8	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	8	A	1		0.000		
20:4 undifferentiated.....g	0.000	0.000	8	A	1		0.000		
20:5 n-3.....g	0.000	0.000	8	A	1		0.000		
22:5 n-3.....g	0.000	0.000	8	A	1		0.000		
22:6 n-3.....g	0.000		8	A	1		0.000		
Fatty acids, total trans.....g	19.686		0	NC	4		2.756		
Fatty acids, total trans-monoenoic.....g	19.686		0	NC	4		2.756		
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0	0.000	4	A	1		0		
Phytosterols.....mg									
Stigmasterol.....mg	28	1.105	4	A	1		4		
Campesterol.....mg	41	2.622	4	A	1		6		
Beta-sitosterol.....mg	117	14.160	4	A	1		16		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

#### Common Measures:

Measure 1 = 14.0g: 1 tbsp

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated ), for flaky pastries**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	15.80		0	BFZN	4		2.21		
Energy.....kcal	714		0	LC	8		100		
Energy.....kj	2989		0	LC	8		418		
Protein.....g	1.90		0	BFZN	4		0.27		
Total lipid (fat).....g	80.20		1	PAK	1		11.23		
Ash.....g	2.00		0	BFZN	4		0.28		
Carbohydrate, by difference.....g	0.00		0	BFZN	4		0.00		
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0		
Sugars, total.....g	0.00		0	BFZN	4		0.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	66		0	BFZN	4		9		
Iron, Fe.....mg	0.00		0	BFZN	4		0.00		
Magnesium, Mg.....mg	6		0	BFZN	4		1		
Phosphorus, P.....mg	51		0	BFZN	4		7		
Potassium, K.....mg	94		0	BFZN	4		13		
Sodium, Na.....mg	879		0	LC	8		123		
Zinc, Zn.....mg	0.00		0	BFZN	4		0.00		
Copper, Cu.....mg	0.000		0	BFZN	4		0.000		
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.0		0	BFZN	4		0.0		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.4		0	BFZN	4		0.0		
Thiamin.....mg	0.022		0	BFZN	4		0.003		
Riboflavin.....mg	0.081		0	BFZN	4		0.011		
Niacin.....mg	0.050		0	BFZN	4		0.007		
Pantothenic acid.....mg	0.187		0	BFZN	4		0.026		
Vitamin B-6.....mg	0.019		0	BFZN	4		0.003		
Folate, total.....mcg	3		0	BFZN	4		0		
Folic acid.....mcg	0		0	BFZN	4		0		
Folate, food.....mcg	3		0	BFZN	4		0		
Folate, DFE.....mcg_DFE	3		0	NC	4		0		
Vitamin B-12.....mcg	0.21		0	BFZN	4		0.03		
Vitamin A, IU.....IU	4286		0	LC	8		600		
Vitamin A, RAE.....mcg_RAE	1032		0	NC	4		144		
Retinol.....mcg	981		0	NR	4		137		
Vitamin E (alpha-tocopherol).....mg	4.60		0	BFZN	4		0.64		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	106.2		0	BFZN	4		14.9		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	20.442		0	NC	4		2.862		
4:0.....g	0.000		1	A	1		0.000		
6:0.....g	0.000		1	A	1		0.000		
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.052		1	A	1		0.007		
13:0.....g									
14:0.....g	0.121		1	A	1		0.017		
15:0.....g	0.038		1	A	1		0.005</		

NDB No. 04665

Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated ), for flaky pastries

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	46.692		0	NC	4		6.537		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.061		0	AS	1		0.009		
16:1 c.....g	0.061		1	A	1		0.009		
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	46.631		0	AS	1		6.528		
18:1 c.....g	25.077		1	A	1		3.511		
18:1 t.....g	21.554		1	A	1		3.018		
20:1.....g	0.000		1	A	1		0.000		
22:1 undifferentiated.....g	0.000		1	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	9.265		0	NC	4		1.297		
18:2 undifferentiated.....g	8.478		0	AS	1		1.187		
18:2 n-6 c,c.....g	5.759		1	A	1		0.806		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	2.719		1	A	1		0.381		
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.786		0	AS	1		0.110		
18:4.....g	0.000		1	A	1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:5 n-3.....g	0.000		1	A	1		0.000		
22:5 n-3.....g	0.000		1	A	1		0.000		
22:6 n-3.....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g	24.747		0	NC	4		3.465		
Fatty acids, total trans-monoenoic.....g	21.554		0	NC	4		3.018		
Fatty acids, total trans-polyenoic.....g	3.193		0	NC	4		0.447		
Cholesterol.....mg	0		0	LC	8		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0		
Caffeine.....mg	0		0	BFZN	4		0		
Theobromine.....mg	0		0	BFZN	4		0		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	610		0	BFZN	4		85.400		
Carotene, alpha.....mcg	0		0	BFZN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 14.0g: 1 tbsp

**Calories Factors: Protein****Fat****Carbohydrate****Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 04668

Margarine, industrial, soy (partially hydrogenated) and soy, use for baking, sauces and candy

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	37.460		0	NC	4		85.035		1.761
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.053		0	AS	1		0.120		0.002
16:1 c.....g	0.053		1	A	1		0.120		0.002
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	37.323		0	AS	1		84.723		1.754
18:1 c.....g	18.353		1	A	1		41.661		0.863
18:1 t.....g	18.970		1	A	1		43.062		0.892
20:1.....g	0.084		1	A	1		0.192		0.004
22:1 undifferentiated.....g	0.000		1	A	1		0.000		0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	22.422		0	NC	4		50.898		1.054
18:2 undifferentiated.....g	19.665		0	AS	1		44.640		0.924
18:2 n-6 c,c.....g	18.400		1	A	1		41.769		0.865
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	1.265		1	A	1		2.871		0.059
18:2 t not further defined.....g									
18:3 undifferentiated.....g	2.757		0	AS	1		6.258		0.130
18:4.....g	0.000		1	A	1		0.000		0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000		0.000
20:5 n-3.....g	0.000		1	A	1		0.000		0.000
22:5 n-3.....g	0.000		1	A	1		0.000		0.000
22:6 n-3.....g	0.000		1	A	1		0.000		0.000
Fatty acids, total trans.....g	20.578		0	NC	4		46.711		0.967
Fatty acids, total trans-monoenoic.....g	18.970		0	NC	4		43.062		0.892
Fatty acids, total trans-polyenoic.....g	1.608		0	NC	4		3.649		0.076
Cholesterol.....mg	0		0	LC	8		0		0
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0		0.0
Caffeine.....mg	0		0	BFZN	4		0		0
Theobromine.....mg	0		0	BFZN	4		0		0
<b>Carotenoids:</b>									
Carotene, beta.....mcg	610		0	BFZN	4		1384.700		28.670
Carotene, alpha.....mcg	0		0	BFZN	4		0.000		0.000
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000		0.000
Lycopene.....mcg	0		0	BFZN	4		0.000		0.000
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000		0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 227g: 1 cup

Measure 3 = 4.7g: 1 tsp

**Calories Factors: Protein****Fat****Carbohydrate****Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





NDB No. 04065

Margarine, regular, hard, corn (hydrogenated and regular)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	38.800		0		1		1.824	43.844	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	38.800	0.479	22		1		1.824	43.844	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	24.100		0		1		1.133	27.233	
18:2 undifferentiated.....g	23.700	0.465	22		1		1.114	26.781	
18:3 undifferentiated.....g	0.400	0.035	21		1		0.019	0.452	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	570	33.000	7		1		27	644	
<b>Amino Acids:</b>									
Tryptophan.....g	0.012		0		1		0.001	0.014	
Threonine.....g	0.039		0		1		0.002	0.044	
Isoleucine.....g	0.052		0		1		0.002	0.059	
Leucine.....g	0.084		0		1		0.004	0.095	
Lysine.....g	0.068		0		1		0.003	0.077	
Methionine.....g	0.021		0		1		0.001	0.024	
Cystine.....g	0.008		0		1		0.000	0.009	
Phenylalanine.....g	0.041		0		1		0.002	0.046	
Tyrosine.....g	0.041		0		1		0.002	0.046	
Valine.....g	0.057		0		1		0.003	0.064	
Arginine.....g	0.031		0		1		0.001	0.035	
Histidine.....g	0.023		0		1		0.001	0.026	
Alanine.....g	0.029		0		1		0.001	0.033	
Aspartic acid.....g	0.065		0		1		0.003	0.073	
Glutamic acid.....g	0.179		0		1		0.008	0.202	
Glycine.....g	0.018		0		1		0.001	0.020	
Proline.....g	0.083		0		1		0.004	0.094	
Serine.....g	0.046		0		1		0.002	0.052	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	610		0	CAZN	4		28.670	689.300	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick

**NDB No. 04065**

**Margarine, regular, hard, corn (hydrogenated and regular)**

**Calories Factors: Protein 4.27**

**Fat 8.84**

**Carbohydrate 3.87**

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Margarine, regular, hard, corn (hydrogenated)**

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	15.70	0.194	93		1		0.74	17.74	
Energy.....kcal	719		0	NC	4		34	812	
Energy.....kj	3007				4		141	3398	
Protein (N x 6.38).....g	0.90	0.077	34		1		0.04	1.02	
Total lipid (fat).....g	80.50	0.026	572		1		3.78	90.97	
Ash.....g	2.00	0.031	61		1		0.09	2.26	
Carbohydrate, by difference.....g	0.90		0	NC	4		0.04	1.02	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g	0.00		0	CAZN	4		0.00	0.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	30		0		1		1	34	
Iron, Fe.....mg	0.00		0		4		0.00	0.00	
Magnesium, Mg.....mg	3		0		1		0	3	
Phosphorus, P.....mg	23		0		1		1	26	
Potassium, K.....mg	42		0		1		2	48	
Sodium, Na.....mg	943	9.459	337		1		44	1066	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.0		0	Z	7		0.0	0.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.2		0		1		0.0	0.2	
Thiamin.....mg	0.010		0		1		0.000	0.011	
Riboflavin.....mg	0.037		0		1		0.002	0.042	
Niacin.....mg	0.023		0		1		0.001	0.026	
Pantothenic acid.....mg	0.084		0		1		0.004	0.095	
Vitamin B-6.....mg	0.009		0		1		0.000	0.010	
Folate, total.....mcg	1		0		1		0	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	1		0		1		0	1	
Folate, DFE.....mcg_DFE	1		0	NC	4		0	1	
Vitamin B-12.....mcg	0.10		0		1		0.00	0.11	
Vitamin A, IU.....IU	3577		0	NC	4		168	4042	
Vitamin A, RAE.....mcg_RAE	819		0	NC	4		38	925	
Retinol.....mcg	768		0	CAZN	4		36	868	
Vitamin E (alpha-tocopherol).....mg	11.60		0		4		0.55	13.11	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	13.200		0		1		0.620	14.916	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.000	0.026	3		1		0.000	0.000	

NDB No. 04071

Margarine, regular, hard, corn (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	45.800		0		1		2.153	51.754	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	45.800	1.997	6		1		2.153	51.754	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	18.000		0		1		0.846	20.340	
18:2 undifferentiated.....g	17.700	2.083	6		1		0.832	20.001	
18:3 undifferentiated.....g	0.200		0		1		0.009	0.226	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	571		2		1		27	645	
<u>Amino Acids:</u>									
Tryptophan.....g	0.012		0		1		0.001	0.014	
Threonine.....g	0.039		0		1		0.002	0.044	
Isoleucine.....g	0.052		0		1		0.002	0.059	
Leucine.....g	0.084		0		1		0.004	0.095	
Lysine.....g	0.068		0		1		0.003	0.077	
Methionine.....g	0.021		0		1		0.001	0.024	
Cystine.....g	0.008		0		1		0.000	0.009	
Phenylalanine.....g	0.041		0		1		0.002	0.046	
Tyrosine.....g	0.041		0		1		0.002	0.046	
Valine.....g	0.057		0		1		0.003	0.064	
Arginine.....g	0.031		0		1		0.001	0.035	
Histidine.....g	0.023		0		1		0.001	0.026	
Alanine.....g	0.029		0		1		0.001	0.033	
Aspartic acid.....g	0.065		0		1		0.003	0.073	
Glutamic acid.....g	0.179		0		1		0.008	0.202	
Glycine.....g	0.018		0		1		0.001	0.020	
Proline.....g	0.083		0		1		0.004	0.094	
Serine.....g	0.046		0		1		0.002	0.052	
Hydroxyproline.....g									
<u>Carotenoids:</u>									
Carotene, beta.....mcg	610		0	CAZN	4		28.670	689.300	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick

**Calories Factors: Protein 4.27****Fat 8.84****Carbohydrate 3.87**

**NDB No. 04071**

**Margarine, regular, hard, corn (hydrogenated)**

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 04067

Margarine, regular, hard, corn and soybean (hydrogenated) and cottonseed (hydrogenated), with salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	36.800		0		1		1.730	41.584	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	36.800	0.060	164		1		1.730	41.584	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	25.100		0		1		1.180	28.363	
18:2 undifferentiated.....g	24.800	0.072	292		1		1.166	28.024	
18:3 undifferentiated.....g	0.300	0.035	287		1		0.014	0.339	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	425	20.000	6		1		20	480	
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.012		0		1		0.001	0.014	
Threonine.....g	0.039		0		1		0.002	0.044	
Isoleucine.....g	0.052		0		1		0.002	0.059	
Leucine.....g	0.084		0		1		0.004	0.095	
Lysine.....g	0.068		0		1		0.003	0.077	
Methionine.....g	0.021		0		1		0.001	0.024	
Cystine.....g	0.008		0		1		0.000	0.009	
Phenylalanine.....g	0.041		0		1		0.002	0.046	
Tyrosine.....g	0.041		0		1		0.002	0.046	
Valine.....g	0.057		0		1		0.003	0.064	
Arginine.....g	0.031		0		1		0.001	0.035	
Histidine.....g	0.023		0		1		0.001	0.026	
Alanine.....g	0.029		0		1		0.001	0.033	
Aspartic acid.....g	0.065		0		1		0.003	0.073	
Glutamic acid.....g	0.179		0		1		0.008	0.202	
Glycine.....g	0.018		0		1		0.001	0.020	
Proline.....g	0.083		0		1		0.004	0.094	
Serine.....g	0.046		0		1		0.002	0.052	
Hydroxyproline.....g									
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	610		0	CAZN	4		28.670	689.300	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick

**Calories Factors: Protein 4.27****Fat 8.84****Carbohydrate 3.87**

**NDB No. 04067**

**Margarine, regular, hard, corn and soybean (hydrogenated) and cottonseed (hydrogenated), with salt**

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





NDB No. 04068

Margarine, regular, hard, corn and soybean (hydrogenated) and cottonseed (hydrogenated), without salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	36.700		0		1		1.725	41.471	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	36.700	0.070	164		1		1.725	41.471	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	25.000		0		1		1.175	28.250	
18:2 undifferentiated.....g	24.700	0.076	292		1		1.161	27.911	
18:3 undifferentiated.....g	0.300	0.035	287		1		0.014	0.339	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	265		0		4		12	299	
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.007		0		1		0.000	0.008	
Threonine.....g	0.022		0		1		0.001	0.025	
Isoleucine.....g	0.030		0		1		0.001	0.034	
Leucine.....g	0.049		0		1		0.002	0.055	
Lysine.....g	0.039		0		1		0.002	0.044	
Methionine.....g	0.012		0		1		0.001	0.014	
Cystine.....g	0.005		0		1		0.000	0.006	
Phenylalanine.....g	0.024		0		1		0.001	0.027	
Tyrosine.....g	0.024		0		1		0.001	0.027	
Valine.....g	0.033		0		1		0.002	0.037	
Arginine.....g	0.018		0		1		0.001	0.020	
Histidine.....g	0.013		0		1		0.001	0.015	
Alanine.....g	0.017		0		1		0.001	0.019	
Aspartic acid.....g	0.038		0		1		0.002	0.043	
Glutamic acid.....g	0.104		0		1		0.005	0.118	
Glycine.....g	0.011		0		1		0.001	0.012	
Proline.....g	0.048		0		1		0.002	0.054	
Serine.....g	0.027		0		1		0.001	0.031	
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	610		0	CAZN	4		28.670	689.300	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick

**NDB No. 04068**

**Margarine, regular, hard, corn and soybean (hydrogenated) and cottonseed (hydrogenated), without salt**

**Calories Factors: Protein 4.27**

**Fat 8.84**

**Carbohydrate 3.87**

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 04089

Margarine, regular, hard, safflower and soybean (hydrogenated and regular) and cottonseed (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Fatty acids, total monounsaturated.....g	30.300		0		1		1.424	34.239	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.200		1		1		0.009	0.226	
17:1.....g									
18:1 undifferentiated.....g	30.100		1		1		1.415	34.013	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	32.300		0		1		1.518	36.499	
18:2 undifferentiated.....g	32.000		1		1		1.504	36.160	
18:3 undifferentiated.....g	0.200		1		1		0.009	0.226	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	235		1		1		11	266	
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.012		0		1		0.001	0.014	
Threonine.....g	0.039		0		1		0.002	0.044	
Isoleucine.....g	0.052		0		1		0.002	0.059	
Leucine.....g	0.084		0		1		0.004	0.095	
Lysine.....g	0.068		0		1		0.003	0.077	
Methionine.....g	0.021		0		1		0.001	0.024	
Cystine.....g	0.008		0		1		0.000	0.009	
Phenylalanine.....g	0.041		0		1		0.002	0.046	
Tyrosine.....g	0.041		0		1		0.002	0.046	
Valine.....g	0.057		0		1		0.003	0.064	
Arginine.....g	0.031		0		1		0.001	0.035	
Histidine.....g	0.023		0		1		0.001	0.026	
Alanine.....g	0.029		0		1		0.001	0.033	
Aspartic acid.....g	0.065		0		1		0.003	0.073	
Glutamic acid.....g	0.179		0		1		0.008	0.202	
Glycine.....g	0.018		0		1		0.001	0.020	
Proline.....g	0.083		0		1		0.004	0.094	
Serine.....g	0.046		0		1		0.002	0.052	
Hydroxyproline.....g									
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	610		0	CAZN	4		28.670	689.300	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick

**Calories Factors: Protein 4.27****Fat 8.84****Carbohydrate 3.87**

**NDB No. 04089**

**Margarine, regular, hard, safflower and soybean (hydrogenated and regular) and cottonseed (hydrogenated)**

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 04078

Margarine, regular, hard, safflower and soybean (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	31.700		0		1		1.490	35.821	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100	0.050	5		1		0.005	0.113	
17:1.....g									
18:1 undifferentiated.....g	31.700	1.084	8		1		1.490	35.821	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	31.400		0		1		1.476	35.482	
18:2 undifferentiated.....g	31.300	1.112	8		1		1.471	35.369	
18:3 undifferentiated.....g	0.200	0.055	5		1		0.009	0.226	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	203		1		1		10	229	
<b>Amino Acids:</b>									
Tryptophan.....g	0.012		0		1		0.001	0.014	
Threonine.....g	0.039		0		1		0.002	0.044	
Isoleucine.....g	0.052		0		1		0.002	0.059	
Leucine.....g	0.084		0		1		0.004	0.095	
Lysine.....g	0.068		0		1		0.003	0.077	
Methionine.....g	0.021		0		1		0.001	0.024	
Cystine.....g	0.008		0		1		0.000	0.009	
Phenylalanine.....g	0.041		0		1		0.002	0.046	
Tyrosine.....g	0.041		0		1		0.002	0.046	
Valine.....g	0.057		0		1		0.003	0.064	
Arginine.....g	0.031		0		1		0.001	0.035	
Histidine.....g	0.023		0		1		0.001	0.026	
Alanine.....g	0.029		0		1		0.001	0.033	
Aspartic acid.....g	0.065		0		1		0.003	0.073	
Glutamic acid.....g	0.179		0		1		0.008	0.202	
Glycine.....g	0.018		0		1		0.001	0.020	
Proline.....g	0.083		0		1		0.004	0.094	
Serine.....g	0.046		0		1		0.002	0.052	
Hydroxyproline.....g									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	610		0	CAZN	4		28.670	689.300	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick

**Calories Factors: Protein 4.27****Fat 8.84****Carbohydrate 3.87**



**NDB No. 04078**

**Margarine, regular, hard, safflower and soybean (hydrogenated)**

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 04079

Margarine, regular, hard, safflower and soybean (hydrogenated) and cottonseed (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	23.000		0		1		1.081	25.990	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	23.000	0.554	4		1		1.081	25.990	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	40.700		0		1		1.913	45.991	
18:2 undifferentiated.....g	40.600	1.973	4		1		1.908	45.878	
18:3 undifferentiated.....g	0.100	0.019	4		1		0.005	0.113	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	265		0		4		12	299	
<u>Amino Acids:</u>									
Tryptophan.....g	0.012		0		1		0.001	0.014	
Threonine.....g	0.039		0		1		0.002	0.044	
Isoleucine.....g	0.052		0		1		0.002	0.059	
Leucine.....g	0.084		0		1		0.004	0.095	
Lysine.....g	0.068		0		1		0.003	0.077	
Methionine.....g	0.021		0		1		0.001	0.024	
Cystine.....g	0.008		0		1		0.000	0.009	
Phenylalanine.....g	0.041		0		1		0.002	0.046	
Tyrosine.....g	0.041		0		1		0.002	0.046	
Valine.....g	0.057		0		1		0.003	0.064	
Arginine.....g	0.031		0		1		0.001	0.035	
Histidine.....g	0.023		0		1		0.001	0.026	
Alanine.....g	0.029		0		1		0.001	0.033	
Aspartic acid.....g	0.065		0		1		0.003	0.073	
Glutamic acid.....g	0.179		0		1		0.008	0.202	
Glycine.....g	0.018		0		1		0.001	0.020	
Proline.....g	0.083		0		1		0.004	0.094	
Serine.....g	0.046		0		1		0.002	0.052	
Hydroxyproline.....g									
<u>Carotenoids:</u>									
Carotene, beta.....mcg	610		0	CAZN	4		28.670	689.300	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick

**Calories Factors: Protein 4.27****Fat 8.84****Carbohydrate 3.87**

**NDB No. 04079**

**Margarine, regular, hard, safflower and soybean (hydrogenated) and cottonseed (hydrogenated)**

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Margarine, regular, hard, soybean (hydrogenated and regular)**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	15.70	0.194	93		1		0.74	17.74	
Energy.....kcal	719		0	NC	4		34	812	
Energy.....kj	3007				4		141	3398	
Protein (N x 6.38).....g	0.90	0.077	34		1		0.04	1.02	
Total lipid (fat).....g	80.50	0.026	572		1		3.78	90.97	
Ash.....g	2.00	0.031	61		1		0.09	2.26	
Carbohydrate, by difference.....g	0.90		0	NC	4		0.04	1.02	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g	0.00		0	CAZN	4		0.00	0.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	30		0		1		1	34	
Iron, Fe.....mg	0.00		0		4		0.00	0.00	
Magnesium, Mg.....mg	3		0		1		0	3	
Phosphorus, P.....mg	23		0		1		1	26	
Potassium, K.....mg	42		0		1		2	48	
Sodium, Na.....mg	943	9.459	337		1		44	1066	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.0		0	Z	7		0.0	0.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.2		0		1		0.0	0.2	
Thiamin.....mg	0.010		0		1		0.000	0.011	
Riboflavin.....mg	0.037		0		1		0.002	0.042	
Niacin.....mg	0.023		0		1		0.001	0.026	
Pantothenic acid.....mg	0.084		0		1		0.004	0.095	
Vitamin B-6.....mg	0.009		0		1		0.000	0.010	
Folate, total.....mcg	1		0		1		0	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	1		0		1		0	1	
Folate, DFE.....mcg_DFE	1		0	NC	4		0	1	
Vitamin B-12.....mcg	0.10		0		1		0.00	0.11	
Vitamin A, IU.....IU	3577		0	NC	4		168	4042	
Vitamin A, RAE.....mcg_RAE	819		0	NC	4		38	925	
Retinol.....mcg	768		0	CAZN	4		36	868	
Vitamin E (alpha-tocopherol).....mg	3.10		0		4		0.15	3.50	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	13.100		0		1		0.616	14.803	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.100		2		1		0.005		

NDB No. 04080

Margarine, regular, hard, soybean (hydrogenated and regular)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	37.600		0		1		1.767	42.488	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	37.600	0.147	9		1		1.767	42.488	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	26.200		0		1		1.231	29.606	
18:2 undifferentiated.....g	24.300	0.372	9		1		1.142	27.459	
18:3 undifferentiated.....g	1.900	0.193	9		1		0.089	2.147	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	219	9.204	6		1		10	247	
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.012		0		1		0.001	0.014	
Threonine.....g	0.039		0		1		0.002	0.044	
Isoleucine.....g	0.052		0		1		0.002	0.059	
Leucine.....g	0.084		0		1		0.004	0.095	
Lysine.....g	0.068		0		1		0.003	0.077	
Methionine.....g	0.021		0		1		0.001	0.024	
Cystine.....g	0.008		0		1		0.000	0.009	
Phenylalanine.....g	0.041		0		1		0.002	0.046	
Tyrosine.....g	0.041		0		1		0.002	0.046	
Valine.....g	0.057		0		1		0.003	0.064	
Arginine.....g	0.031		0		1		0.001	0.035	
Histidine.....g	0.023		0		1		0.001	0.026	
Alanine.....g	0.029		0		1		0.001	0.033	
Aspartic acid.....g	0.065		0		1		0.003	0.073	
Glutamic acid.....g	0.179		0		1		0.008	0.202	
Glycine.....g	0.018		0		1		0.001	0.020	
Proline.....g	0.083		0		1		0.004	0.094	
Serine.....g	0.046		0		1		0.002	0.052	
Hydroxyproline.....g									
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	610		0	CAZN	4		28.670	689.300	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick

**Calories Factors: Protein 4.27****Fat 8.84****Carbohydrate 3.87**

**NDB No. 04080**

**Margarine, regular, hard, soybean (hydrogenated and regular)**

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Margarine, regular, hard, soybean (hydrogenated)**

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	15.70	0.194	93		1		0.74	17.74	
Energy.....kcal	719		0	NC	4		34	812	
Energy.....kj	3007				4		141	3398	
Protein (N x 6.38).....g	0.90	0.077	34		1		0.04	1.02	
Total lipid (fat).....g	80.50	0.026	572		1		3.78	90.97	
Ash.....g	2.00	0.031	61		1		0.09	2.26	
Carbohydrate, by difference.....g	0.90		0	NC	4		0.04	1.02	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g	0.00		0	CAZN	4		0.00	0.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	30		0		1		1	34	
Iron, Fe.....mg	0.00		0		4		0.00	0.00	
Magnesium, Mg.....mg	3		0		1		0	3	
Phosphorus, P.....mg	23		0		1		1	26	
Potassium, K.....mg	42		0		1		2	48	
Sodium, Na.....mg	943	9.459	337		1		44	1066	
Zinc, Zn.....mg	0.00		0		4		0.00	0.00	
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.0		0	Z	7		0.0	0.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.2		0		1		0.0	0.2	
Thiamin.....mg	0.010		0		1		0.000	0.011	
Riboflavin.....mg	0.037		0		1		0.002	0.042	
Niacin.....mg	0.023		0		1		0.001	0.026	
Pantothenic acid.....mg	0.084		0		1		0.004	0.095	
Vitamin B-6.....mg	0.009		0		1		0.000	0.010	
Folate, total.....mcg	1		0		1		0	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	1		0		1		0	1	
Folate, DFE.....mcg_DFE	1		0	NC	4		0	1	
Vitamin B-12.....mcg	0.10		0		1		0.00	0.11	
Vitamin A, IU.....IU	3577		0	NC	4		168	4042	
Vitamin A, RAE.....mcg_RAE	819		0	NC	4		38	925	
Retinol.....mcg	768		0	CAZN	4		36	868	
Vitamin E (alpha-tocopherol).....mg	3.10		1		1		0.15	3.50	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	16.700		0		1		0.785	18.871	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.200	0.080	4		1		0.009	0.226	
15:0.....g									
16:0.....g	9.600	0.615	4		1		0.451	10.848	
17:0.....g									
18:0.....g	6.900	0.103	4		1		0.324	7.797	
20:0.....g									
22:0.....g									
24:0.....g									



**NDB No. 04073**  
**Margarine, regular, hard, soybean (hydrogenated)**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	39.300		0		1		1.847	44.409	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.200		1		1		0.009	0.226	
17:1.....g									
18:1 undifferentiated.....g	39.100	1.521	4		1		1.838	44.183	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	20.900		0		1		0.982	23.617	
18:2 undifferentiated.....g	19.400	1.179	4		1		0.912	21.922	
18:3 undifferentiated.....g	1.500	0.420	4		1		0.071	1.695	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	146		1		1		7	165	
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.012		0		1		0.001	0.014	
Threonine.....g	0.039		0		1		0.002	0.044	
Isoleucine.....g	0.052		0		1		0.002	0.059	
Leucine.....g	0.084		0		1		0.004	0.095	
Lysine.....g	0.068		0		1		0.003	0.077	
Methionine.....g	0.021		0		1		0.001	0.024	
Cystine.....g	0.008		0		1		0.000	0.009	
Phenylalanine.....g	0.041		0		1		0.002	0.046	
Tyrosine.....g	0.041		0		1		0.002	0.046	
Valine.....g	0.057		0		1		0.003	0.064	
Arginine.....g	0.031		0		1		0.001	0.035	
Histidine.....g	0.023		0		1		0.001	0.026	
Alanine.....g	0.029		0		1		0.001	0.033	
Aspartic acid.....g	0.065		0		1		0.003	0.073	
Glutamic acid.....g	0.179		0		1		0.008	0.202	
Glycine.....g	0.018		0		1		0.001	0.020	
Proline.....g	0.083		0		1		0.004	0.094	
Serine.....g	0.046		0		1		0.002	0.052	
Hydroxyproline.....g									
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	610		0	CAZN	4		28.670	689.300	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick

**Calories Factors: Protein 4.27**

**Fat 8.84**

**Carbohydrate 3.87**

**NDB No. 04073**  
**Margarine, regular, hard, soybean (hydrogenated)**

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Margarine, regular, hard, soybean (hydrogenated) and corn and cottonseed (hydrogenated)**

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	15.70	0.194	93		1		0.74	17.74	
Energy.....kcal	719		0	NC	4		34	812	
Energy.....kj	3007				4		141	3398	
Protein (N x 6.38).....g	0.90	0.077	34		1		0.04	1.02	
Total lipid (fat).....g	80.50	0.026	572		1		3.78	90.97	
Ash.....g	2.00	0.031	61		1		0.09	2.26	
Carbohydrate, by difference.....g	0.90		0	NC	4		0.04	1.02	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g	0.00		0	CAZN	4		0.00	0.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	30		0		1		1	34	
Iron, Fe.....mg	0.00		0		4		0.00	0.00	
Magnesium, Mg.....mg	3		0		1		0	3	
Phosphorus, P.....mg	23		0		1		1	26	
Potassium, K.....mg	42		0		1		2	48	
Sodium, Na.....mg	943	9.459	337		1		44	1066	
Zinc, Zn.....mg	0.00		0		4		0.00	0.00	
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.0		0	Z	7		0.0	0.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.2		0		1		0.0	0.2	
Thiamin.....mg	0.010		0		1		0.000	0.011	
Riboflavin.....mg	0.037		0		1		0.002	0.042	
Niacin.....mg	0.023		0		1		0.001	0.026	
Pantothenic acid.....mg	0.084		0		1		0.004	0.095	
Vitamin B-6.....mg	0.009		0		1		0.000	0.010	
Folate, total.....mcg	1		0		1		0	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	1		0		1		0	1	
Folate, DFE.....mcg_DFE	1		0	NC	4		0	1	
Vitamin B-12.....mcg	0.10		0		1		0.00	0.11	
Vitamin A, IU.....IU	3577		0	NC	4		168	4042	
Vitamin A, RAE.....mcg_RAE	819		0	NC	4		38	925	
Retinol.....mcg	768		0	CAZN	4		36	868	
Vitamin E (alpha-tocopherol).....mg	3.10		0		4		0.15	3.50	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	19.800		0		1		0.931	22.374	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.300		2		1		0.014	0.339	
15:0.....g									
16:0.....g	10.900		2		1		0.512	12.317	
17:0.....g									
18:0.....g	8.600		2		1		0.404	9.718	
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 04074

Margarine, regular, hard, soybean (hydrogenated) and corn and cottonseed (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	32.000		0		1		1.504	36.160	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	32.000		2		1		1.504	36.160	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	25.100		0		1		1.180	28.363	
18:2 undifferentiated.....g	23.600		2		1		1.109	26.668	
18:3 undifferentiated.....g	1.500		2		1		0.071	1.695	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	265		0		4		12	299	
<b>Amino Acids:</b>									
Tryptophan.....g	0.012		0		1		0.001	0.014	
Threonine.....g	0.039		0		1		0.002	0.044	
Isoleucine.....g	0.052		0		1		0.002	0.059	
Leucine.....g	0.084		0		1		0.004	0.095	
Lysine.....g	0.068		0		1		0.003	0.077	
Methionine.....g	0.021		0		1		0.001	0.024	
Cystine.....g	0.008		0		1		0.000	0.009	
Phenylalanine.....g	0.041		0		1		0.002	0.046	
Tyrosine.....g	0.041		0		1		0.002	0.046	
Valine.....g	0.057		0		1		0.003	0.064	
Arginine.....g	0.031		0		1		0.001	0.035	
Histidine.....g	0.023		0		1		0.001	0.026	
Alanine.....g	0.029		0		1		0.001	0.033	
Aspartic acid.....g	0.065		0		1		0.003	0.073	
Glutamic acid.....g	0.179		0		1		0.008	0.202	
Glycine.....g	0.018		0		1		0.001	0.020	
Proline.....g	0.083		0		1		0.004	0.094	
Serine.....g	0.046		0		1		0.002	0.052	
Hydroxyproline.....g									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	610		0	CAZN	4		28.670	689.300	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

#### Common Measures:

Measure 1 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

**NDB No. 04074**

**Margarine, regular, hard, soybean (hydrogenated) and corn and cottonseed (hydrogenated)**

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 04075

Margarine, regular, hard, soybean (hydrogenated) and cottonseed

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	40.700		0		1		1.913	45.991	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	40.700	3.306	7		1		1.913	45.991	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	19.900		0		1		0.935	22.487	
18:2 undifferentiated.....g	19.200	2.419	7		1		0.902	21.696	
18:3 undifferentiated.....g	0.700	0.176	7		1		0.033	0.791	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	219		1		1		10	247	
<b>Amino Acids:</b>									
Tryptophan.....g	0.012		0		1		0.001	0.014	
Threonine.....g	0.039		0		1		0.002	0.044	
Isoleucine.....g	0.052		0		1		0.002	0.059	
Leucine.....g	0.084		0		1		0.004	0.095	
Lysine.....g	0.068		0		1		0.003	0.077	
Methionine.....g	0.021		0		1		0.001	0.024	
Cystine.....g	0.008		0		1		0.000	0.009	
Phenylalanine.....g	0.041		0		1		0.002	0.046	
Tyrosine.....g	0.041		0		1		0.002	0.046	
Valine.....g	0.057		0		1		0.003	0.064	
Arginine.....g	0.031		0		1		0.001	0.035	
Histidine.....g	0.023		0		1		0.001	0.026	
Alanine.....g	0.029		0		1		0.001	0.033	
Aspartic acid.....g	0.065		0		1		0.003	0.073	
Glutamic acid.....g	0.179		0		1		0.008	0.202	
Glycine.....g	0.018		0		1		0.001	0.020	
Proline.....g	0.083		0		1		0.004	0.094	
Serine.....g	0.046		0		1		0.002	0.052	
Hydroxyproline.....g									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	610		0	CAZN	4		28.670	689.300	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick

**Calories Factors: Protein** 4.27**Fat** 8.84**Carbohydrate** 3.87

**NDB No. 04075**

**Margarine, regular, hard, soybean (hydrogenated) and cottonseed**

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





NDB No. 04076

Margarine, regular, hard, soybean (hydrogenated) and cottonseed (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	47.300		0		1		2.223	53.449	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	47.300	0.820	36		1		2.223	53.449	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	14.600		0		1		0.686	16.498	
18:2 undifferentiated.....g	13.700	0.685	36		1		0.644	15.481	
18:3 undifferentiated.....g	0.800	0.122	31		1		0.038	0.904	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	171		2		1		8	193	
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.012		0		1		0.001	0.014	
Threonine.....g	0.039		0		1		0.002	0.044	
Isoleucine.....g	0.052		0		1		0.002	0.059	
Leucine.....g	0.084		0		1		0.004	0.095	
Lysine.....g	0.068		0		1		0.003	0.077	
Methionine.....g	0.021		0		1		0.001	0.024	
Cystine.....g	0.008		0		1		0.000	0.009	
Phenylalanine.....g	0.041		0		1		0.002	0.046	
Tyrosine.....g	0.041		0		1		0.002	0.046	
Valine.....g	0.057		0		1		0.003	0.064	
Arginine.....g	0.031		0		1		0.001	0.035	
Histidine.....g	0.023		0		1		0.001	0.026	
Alanine.....g	0.029		0		1		0.001	0.033	
Aspartic acid.....g	0.065		0		1		0.003	0.073	
Glutamic acid.....g	0.179		0		1		0.008	0.202	
Glycine.....g	0.018		0		1		0.001	0.020	
Proline.....g	0.083		0		1		0.004	0.094	
Serine.....g	0.046		0		1		0.002	0.052	
Hydroxyproline.....g									
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	610		0	CAZN	4		28.670	689.300	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick

**Calories Factors: Protein 4.27****Fat 8.84****Carbohydrate 3.87**

**NDB No. 04076**

**Margarine, regular, hard, soybean (hydrogenated) and cottonseed (hydrogenated)**

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 04082

Margarine, regular, hard, soybean (hydrogenated) and palm (hydrogenated and regular)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	31.200		0		1		1.466	35.256	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	31.200		1		1		1.466	35.256	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	28.200		0		1		1.325	31.866	
18:2 undifferentiated.....g	25.900		1		1		1.217	29.267	
18:3 undifferentiated.....g	2.300		0		1		0.108	2.599	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	136		1		1		6	154	
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.012		0		1		0.001	0.014	
Threonine.....g	0.039		0		1		0.002	0.044	
Isoleucine.....g	0.052		0		1		0.002	0.059	
Leucine.....g	0.084		0		1		0.004	0.095	
Lysine.....g	0.068		0		1		0.003	0.077	
Methionine.....g	0.021		0		1		0.001	0.024	
Cystine.....g	0.008		0		1		0.000	0.009	
Phenylalanine.....g	0.041		0		1		0.002	0.046	
Tyrosine.....g	0.041		0		1		0.002	0.046	
Valine.....g	0.057		0		1		0.003	0.064	
Arginine.....g	0.031		0		1		0.001	0.035	
Histidine.....g	0.023		0		1		0.001	0.026	
Alanine.....g	0.029		0		1		0.001	0.033	
Aspartic acid.....g	0.065		0		1		0.003	0.073	
Glutamic acid.....g	0.179		0		1		0.008	0.202	
Glycine.....g	0.018		0		1		0.001	0.020	
Proline.....g	0.083		0		1		0.004	0.094	
Serine.....g	0.046		0		1		0.002	0.052	
Hydroxyproline.....g									
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	610		0	CAZN	4		28.670	689.300	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick

**Calories Factors: Protein 4.27****Fat 8.84****Carbohydrate 3.87**

**NDB No. 04082**

**Margarine, regular, hard, soybean (hydrogenated) and palm (hydrogenated and regular)**

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 04077

Margarine, regular, hard, soybean (hydrogenated) and palm (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	32.000		0		1		1.504	36.160	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100		1		1		0.005	0.113	
17:1.....g									
18:1 undifferentiated.....g	31.900	0.467	4		1		1.499	36.047	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	29.800		0		1		1.401	33.674	
18:2 undifferentiated.....g	26.800	1.540	4		1		1.260	30.284	
18:3 undifferentiated.....g	3.000	0.253	4		1		0.141	3.390	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	165		2		1		8	186	
<b>Amino Acids:</b>									
Tryptophan.....g	0.012		0		1		0.001	0.014	
Threonine.....g	0.039		0		1		0.002	0.044	
Isoleucine.....g	0.052		0		1		0.002	0.059	
Leucine.....g	0.084		0		1		0.004	0.095	
Lysine.....g	0.068		0		1		0.003	0.077	
Methionine.....g	0.021		0		1		0.001	0.024	
Cystine.....g	0.008		0		1		0.000	0.009	
Phenylalanine.....g	0.041		0		1		0.002	0.046	
Tyrosine.....g	0.041		0		1		0.002	0.046	
Valine.....g	0.057		0		1		0.003	0.064	
Arginine.....g	0.031		0		1		0.001	0.035	
Histidine.....g	0.023		0		1		0.001	0.026	
Alanine.....g	0.029		0		1		0.001	0.033	
Aspartic acid.....g	0.065		0		1		0.003	0.073	
Glutamic acid.....g	0.179		0		1		0.008	0.202	
Glycine.....g	0.018		0		1		0.001	0.020	
Proline.....g	0.083		0		1		0.004	0.094	
Serine.....g	0.046		0		1		0.002	0.052	
Hydroxyproline.....g									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	610		0	CAZN	4		28.670	689.300	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

#### Common Measures:

Measure 1 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87



**NDB No. 04077**

**Margarine, regular, hard, soybean (hydrogenated) and palm (hydrogenated)**

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 04083

Margarine, regular, hard, soybean (hydrogenated), cottonseed (hydrogenated), and soybean

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	41.200		0		1		1.936	46.556	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	41.200	0.874	4		1		1.936	46.556	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	20.200		0		1		0.949	22.826	
18:2 undifferentiated.....g	19.000	0.433	4		1		0.893	21.470	
18:3 undifferentiated.....g	1.100	0.315	4		1		0.052	1.243	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	208	21.865	4		1		10	235	
<u>Amino Acids:</u>									
Tryptophan.....g	0.012		0		1		0.001	0.014	
Threonine.....g	0.039		0		1		0.002	0.044	
Isoleucine.....g	0.052		0		1		0.002	0.059	
Leucine.....g	0.084		0		1		0.004	0.095	
Lysine.....g	0.068		0		1		0.003	0.077	
Methionine.....g	0.021		0		1		0.001	0.024	
Cystine.....g	0.008		0		1		0.000	0.009	
Phenylalanine.....g	0.041		0		1		0.002	0.046	
Tyrosine.....g	0.041		0		1		0.002	0.046	
Valine.....g	0.057		0		1		0.003	0.064	
Arginine.....g	0.031		0		1		0.001	0.035	
Histidine.....g	0.023		0		1		0.001	0.026	
Alanine.....g	0.029		0		1		0.001	0.033	
Aspartic acid.....g	0.065		0		1		0.003	0.073	
Glutamic acid.....g	0.179		0		1		0.008	0.202	
Glycine.....g	0.018		0		1		0.001	0.020	
Proline.....g	0.083		0		1		0.004	0.094	
Serine.....g	0.046		0		1		0.002	0.052	
Hydroxyproline.....g									
<u>Carotenoids:</u>									
Carotene, beta.....mcg	610		0	CAZN	4		28.670	689.300	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick

**Calories Factors: Protein 4.27****Fat 8.84****Carbohydrate 3.87**

**NDB No. 04083**

**Margarine, regular, hard, soybean (hydrogenated), cottonseed (hydrogenated), and soybean**

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 04081

Margarine, regular, hard, soybean, soybean (hydrogenated), and cottonseed (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	36.100		0		1		1.697	40.793	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	35.900	0.127	52		1		1.687	40.567	
20:1.....g	0.200	0.050	22		1		0.009	0.226	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	25.300		0		1		1.189	28.589	
18:2 undifferentiated.....g	22.500	0.089	119		1		1.058	25.425	
18:3 undifferentiated.....g	2.800	0.077	119		1		0.132	3.164	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	172		1		1		8	194	
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.012		0		1		0.001	0.014	
Threonine.....g	0.039		0		1		0.002	0.044	
Isoleucine.....g	0.052		0		1		0.002	0.059	
Leucine.....g	0.084		0		1		0.004	0.095	
Lysine.....g	0.068		0		1		0.003	0.077	
Methionine.....g	0.021		0		1		0.001	0.024	
Cystine.....g	0.008		0		1		0.000	0.009	
Phenylalanine.....g	0.041		0		1		0.002	0.046	
Tyrosine.....g	0.041		0		1		0.002	0.046	
Valine.....g	0.057		0		1		0.003	0.064	
Arginine.....g	0.031		0		1		0.001	0.035	
Histidine.....g	0.023		0		1		0.001	0.026	
Alanine.....g	0.029		0		1		0.001	0.033	
Aspartic acid.....g	0.065		0		1		0.003	0.073	
Glutamic acid.....g	0.179		0		1		0.008	0.202	
Glycine.....g	0.018		0		1		0.001	0.020	
Proline.....g	0.083		0		1		0.004	0.094	
Serine.....g	0.046		0		1		0.002	0.052	
Hydroxyproline.....g									
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	610		0	CAZN	4		28.670	689.300	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

#### Common Measures:

Measure 1 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

**NDB No. 04081**

**Margarine, regular, hard, soybean, soybean (hydrogenated), and cottonseed (hydrogenated)**

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Margarine, regular, hard, sunflower and soybean (hydrogenated) and cottonseed (hydrogenated)**

[illegible]



NDB No. 04521

Margarine, regular, hard, sunflower and soybean (hydrogenated) and cottonseed (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	28.500		0		1		1.340	32.205	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	28.500		1		1		1.340	32.205	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	36.600		0		1		1.720	41.358	
18:2 undifferentiated.....g	36.500		1		1		1.716	41.245	
18:3 undifferentiated.....g	0.100		1		1		0.005	0.113	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	425		0		4		20	480	
<b>Amino Acids:</b>									
Tryptophan.....g	0.012		0		1		0.001	0.014	
Threonine.....g	0.039		0		1		0.002	0.044	
Isoleucine.....g	0.052		0		1		0.002	0.059	
Leucine.....g	0.084		0		1		0.004	0.095	
Lysine.....g	0.068		0		1		0.003	0.077	
Methionine.....g	0.021		0		1		0.001	0.024	
Cystine.....g	0.008		0		1		0.000	0.009	
Phenylalanine.....g	0.041		0		1		0.002	0.046	
Tyrosine.....g	0.041		0		1		0.002	0.046	
Valine.....g	0.057		0		1		0.003	0.064	
Arginine.....g	0.031		0		1		0.001	0.035	
Histidine.....g	0.023		0		1		0.001	0.026	
Alanine.....g	0.029		0		1		0.001	0.033	
Aspartic acid.....g	0.065		0		1		0.003	0.073	
Glutamic acid.....g	0.179		0		1		0.008	0.202	
Glycine.....g	0.018		0		1		0.001	0.020	
Proline.....g	0.083		0		1		0.004	0.094	
Serine.....g	0.046		0		1		0.002	0.052	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		4		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	610		0	CAZN	4		28.670	689.300	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick

**NDB No. 04521**

**Margarine, regular, hard, sunflower and soybean (hydrogenated) and cottonseed (hydrogenated)**

**Calories Factors: Protein 4.27**

**Fat 8.84**

**Carbohydrate 3.87**

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Margarine, regular, liquid, soybean (hydrogenated and regular) and cottonseed**

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	15.80	0.384	8		1		35.87	2.24	0.74
Energy.....kcal	721		0	NC	4		1637	102	34
Energy.....kj	3017		0		4		6848	428	142
Protein (N x 6.38).....g	1.90		1		1		4.31	0.27	0.09
Total lipid (fat).....g	80.60	0.157	10		1		182.96	11.45	3.79
Ash.....g	2.00	0.026	6		1		4.54	0.28	0.09
Carbohydrate, by difference.....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	CAZN	4		0.00	0.00	0.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	66		0		1		150	9	3
Iron, Fe.....mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg.....mg	6		0		1		13	1	0
Phosphorus, P.....mg	51		0		1		116	7	2
Potassium, K.....mg	94		0		1		214	13	4
Sodium, Na.....mg	781		2		1		1773	111	37
Zinc, Zn.....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu.....mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.0		0	Z	7		0.0	0.0	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.4		0		1		0.8	0.1	0.0
Thiamin.....mg	0.022		0		1		0.050	0.003	0.001
Riboflavin.....mg	0.081		0		1		0.184	0.012	0.004
Niacin.....mg	0.050		0		1		0.114	0.007	0.002
Pantothenic acid.....mg	0.187		0		1		0.424	0.027	0.009
Vitamin B-6.....mg	0.019		0		1		0.043	0.003	0.001
Folate, total.....mcg	3		0		1		6	0	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	3		0		1		7	0	0
Folate, DFE.....mcg_DFE	3		0	NC	4		7	0	0
Vitamin B-12.....mcg	0.21		0		1		0.48	0.03	0.01
Vitamin A, IU.....IU	3577		0	NC	4		8120	508	168
Vitamin A, RAE.....mcg_RAE	819		0	NC	4		1859	116	38
Retinol.....mcg	768		0	CAZN	4		1743	109	36
Vitamin E (alpha-tocopherol).....mg	4.60	2.211	4		1		10.44	0.65	0.22
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	106.2		0	CAZN	4		241.1	15.1	5.0
<b>Lipids:</b>									
Fatty acids, total saturated.....g	13.200		0		1		29.964	1.874	0.620
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.100	0.001	3		1		0.227	0.014	0.005
15:0.....g									
16:0.....g	8.600	0.360	4		1		19.522	1.221	0.404
17:0.....g									
18:0.....g	4.600	0.624	4		1		10.442	0.653	0.216
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 04105

Margarine, regular, liquid, soybean (hydrogenated and regular) and cottonseed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	28.100		0		1		63.787	3.990	1.321
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	28.100	0.907	4		1		63.787	3.990	1.321
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	35.800		0		1		81.266	5.084	1.683
18:2 undifferentiated.....g	33.400	1.048	4		1		75.818	4.743	1.570
18:3 undifferentiated.....g	2.400	1.305	4		1		5.448	0.341	0.113
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	174	7.948	4		1		395	25	8
Amino Acids:									
Tryptophan.....g	0.027		0		1		0.061	0.004	0.001
Threonine.....g	0.086		0		1		0.195	0.012	0.004
Isoleucine.....g	0.115		0		1		0.261	0.016	0.005
Leucine.....g	0.186		0		1		0.422	0.026	0.009
Lysine.....g	0.151		0		1		0.343	0.021	0.007
Methionine.....g	0.048		0		1		0.109	0.007	0.002
Cystine.....g	0.018		0		1		0.041	0.003	0.001
Phenylalanine.....g	0.092		0		1		0.209	0.013	0.004
Tyrosine.....g	0.092		0		1		0.209	0.013	0.004
Valine.....g	0.127		0		1		0.288	0.018	0.006
Arginine.....g	0.069		0		1		0.157	0.010	0.003
Histidine.....g	0.052		0		1		0.118	0.007	0.002
Alanine.....g	0.066		0		1		0.150	0.009	0.003
Aspartic acid.....g	0.144		0		1		0.327	0.020	0.007
Glutamic acid.....g	0.398		0		1		0.903	0.057	0.019
Glycine.....g	0.040		0		1		0.091	0.006	0.002
Proline.....g	0.184		0		1		0.418	0.026	0.009
Serine.....g	0.103		0		1		0.234	0.015	0.005
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		1384.700	86.620	28.670
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

#### Common Measures:

Measure 1 = 227g: 1 cup

Measure 2 = 14.2g: 1 tbsp

Measure 3 = 4.7g: 1 tsp

**NDB No. 04105**

**Margarine, regular, liquid, soybean (hydrogenated and regular) and cottonseed**

**Calories Factors: Protein 4.27**

**Fat 8.84**

**Carbohydrate 3.87**

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 04610

Margarine, regular, stick, composite, 80% fat, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	17.17	0.077	8	A	1		2.40	2.44	0.81
Energy.....kcal	705		0	NC	4		99	100	33
Energy.....kj	2948		0	NC	4		413	419	139
Protein.....g	0.18	0.001	4	A	1		0.02	0.03	0.01
Total lipid (fat).....g	78.77	0.700	8	A	1		11.03	11.18	3.70
Ash.....g	1.94	0.024	8	A	1		0.27	0.28	0.09
Carbohydrate, by difference.....g	1.94		0	NC	4		0.27	0.28	0.09
Fiber, total dietary.....g	0.0			Z	7		0.0	0.0	0.0
Sugars, total.....g	0.00		0	CAZN	4		0.00	0.00	0.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	3	0.166	8	A	1		0	0	0
Iron, Fe.....mg	0.12	0.015	8	A	1		0.02	0.02	0.01
Magnesium, Mg.....mg	1	0.030	8	A	1		0	0	0
Phosphorus, P.....mg	5	0.202	8	A	1		1	1	0
Potassium, K.....mg	18	0.862	6	A	1		2	3	1
Sodium, Na.....mg	654	19.966	8	A	1		92	93	31
Zinc, Zn.....mg	0.11	0.021	8	A	1		0.01	0.02	0.00
Copper, Cu.....mg	0.000			BFZN	4		0.000	0.000	0.000
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.0		0	Z	7		0.0	0.0	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin.....mg	0.012		1	A	1		0.002	0.002	0.001
Riboflavin.....mg	0.000	0.000	4	A	1		0.000	0.000	0.000
Niacin.....mg	0.003	0.003	4	A	1		0.000	0.000	0.000
Pantothenic acid.....mg	0.000	0.000	4	A	1		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		1	A	1		0.000	0.000	0.000
Folate, total.....mcg	1		2	A	1		0	0	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	1		2	A	1		0	0	0
Folate, DFE.....mcg_DFE	1		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.10		0	O	4		0.01	0.01	0.00
Vitamin A, IU.....IU	3577		0	NC	4		501	508	168
Vitamin A, RAE.....mcg_RAE	819		0	NC	4		115	116	38
Retinol.....mcg	768		0	CAZN	4		108	109	36
Vitamin E (alpha-tocopherol).....mg	6.23	0.638	8	A	1		0.87	0.89	0.29
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	93.0		1	CAZN	4		13.0	13.2	4.4
<b>Lipids:</b>									
Fatty acids, total saturated.....g	14.787		0	NC	4		2.070	2.100	0.695
4:0.....g	0.000		8	A	1		0.000	0.000	0.000
6:0.....g	0.000		8	A	1		0.000	0.000	0.000
8:0.....g	0.000		8	A	1		0.000	0.000	0.000
10:0.....g	0.000		8	A	1		0.000	0.000	0.000
12:0.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.069	0.003	8	A	1		0.010	0.010	0.003
15:0.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
16:0.....g	8.135	0.107	8	A	1		1.139	1.155	0.382
17:0.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
18:0.....g	6.047	0.117	8	A	1		0.847	0.859	0.284
20:0.....g	0.263	0.006	8	A	1		0.037	0.037	0.012
22:0.....g	0.271	0.007	8	A	1		0.038	0.039	0.013
24:0.....g	0.000	0.000	8	A	1		0.000	0.000	0.000

NDB No. 04610

Margarine, regular, stick, composite, 80% fat, with salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	37.201		0	NC	4		5.208	5.283	1.748
14:1.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
15:1.....g									
16:1 undifferentiated.....g	0.000		0	A	1		0.000	0.000	0.000
16:1 c.....g									
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	37.201		0	A	1		5.208	5.283	1.748
18:1 c.....g									
18:1 t.....g									
20:1.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
24:1 c.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	23.097		0	NC	4		3.234	3.280	1.086
18:2 undifferentiated.....g	20.877		0	AS	1		2.923	2.965	0.981
18:2 n-6 c,c.....g									
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	2.220		0	AS	1		0.311	0.315	0.104
18:4.....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	0.000
Fatty acids, total trans.....g	19.686		0	NC	4		2.756	2.795	0.925
Fatty acids, total trans-monoenoic.....g	19.686		0	NC	4		2.756	2.795	0.925
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0	0.000	4	A	1		0	0	0
Phytosterols.....mg									
Stigmasterol.....mg	28	1.105	4	A	1		4	4	1
Campesterol.....mg	41	2.622	4	A	1		6	6	2
Beta-sitosterol.....mg	117	14.160	4	A	1		16	17	6
<b>Others:</b>									
Alcohol, ethyl.....g	0.0			Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
<b>Carotenoids:</b>									
Carotene, beta.....mcg	610		0	CAZN	4		85.400	86.620	28.670
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 14.0g: 1 tbsp

Measure 2 = 14.2g: 1 tbsp

Measure 3 = 4.7g: 1 tsp

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

**NDB No. 04610**  
**Margarine, regular, stick, composite, 80% fat, with salt**

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





NDB No. 04617

Margarine, regular, stick, unsalted, composite, 80% fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						
Fatty acids, total monounsaturated.....g	39.020			RA	4		88.575	5.541	1.951
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.180			RA	4		0.409	0.026	0.009
17:1.....g									
18:1 undifferentiated.....g	38.690			RA	4		87.826	5.494	1.935
20:1.....g	0.100			RA	4		0.227	0.014	0.005
22:1 undifferentiated.....g	0.030			RA	4		0.068	0.004	0.002
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	22.340			RA	4		50.712	3.172	1.117
18:2 undifferentiated.....g	20.560			RA	4		46.671	2.920	1.028
18:3 undifferentiated.....g	1.760			RA	4		3.995	0.250	0.088
18:4.....g	0.000			RA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000			RA	4		0.000	0.000	0.000
20:5 n-3.....g	0.000			RA	4		0.000	0.000	0.000
22:5 n-3.....g	0.000			RA	4		0.000	0.000	0.000
22:6 n-3.....g	0.000			RA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0			BFZN	4		0	0	0
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0			Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
<b>Carotenoids:</b>									
Carotene, beta.....mcg	610		0	CAZN	4		1384.700	86.620	30.500
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

#### Common Measures:

Measure 1 = 227g: 1 cup

Measure 2 = 14.2g: 1 tbsp

Measure 3 = 5.0g: 1 pat (1" sq, 1/3" high)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Margarine, regular, tub, composite, 80% fat, with salt**

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	16.20			BFZN	4		36.77	2.30	
Energy.....kcal	716			BFZN	4		1625	102	
Energy.....kj	2996				4		6800	425	
Protein (N x 6.25).....g	0.80			BFZN	4		1.82	0.11	
Total lipid (fat).....g	80.40			BFZN	4		182.51	11.42	
Ash.....g	2.00			BFZN	4		4.54	0.28	
Carbohydrate, by difference.....g	0.60		0	NC	4		1.36	0.09	
Fiber, total dietary.....g	0.0			Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	CAZN	4		0.00	0.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	26			BFZN	4		59	4	
Iron, Fe.....mg	0.00			BFZN	4		0.00	0.00	
Magnesium, Mg.....mg	2			BFZN	4		5	0	
Phosphorus, P.....mg	20			BFZN	4		45	3	
Potassium, K.....mg	38			BFZN	4		86	5	
Sodium, Na.....mg	1079			BFZN	4		2449	153	
Zinc, Zn.....mg	0.00			BFZN	4		0.00	0.00	
Copper, Cu.....mg	0.000			BFZN	4		0.000	0.000	
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.0		0	Z	7		0.0	0.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.1			BFZN	4		0.2	0.0	
Thiamin.....mg	0.009			BFZN	4		0.020	0.001	
Riboflavin.....mg	0.032			BFZN	4		0.073	0.005	
Niacin.....mg	0.020			BFZN	4		0.045	0.003	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.008			BFZN	4		0.018	0.001	
Folate, total.....mcg	1			BFZN	4		2	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	1			BFZN	4		2	0	
Folate, DFE.....mcg_DFE	1		0	NC	4		2	0	
Vitamin B-12.....mcg	0.08			BFZN	4		0.18	0.01	
Vitamin A, IU.....IU	3577		0	NC	4		8119	508	
Vitamin A, RAE.....mcg_RAE	819		0	NC	4		1859	116	
Retinol.....mcg	768		0	CAZN	4		1743	109	
Vitamin E (alpha-tocopherol).....mg	5.00		0	BFZN	4		11.35	0.71	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	93.0		1	CAZN	4		211.1	13.2	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	12.970			RA	4		29.442	1.842	
4:0.....g	0.000			RA	4		0.000	0.000	
6:0.....g	0.000			RA	4		0.000	0.000	
8:0.....g	0.000			RA	4		0.000	0.000	
10:0.....g	0.000			RA	4		0.000	0.000	
12:0.....g	0.000			RA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.100			RA	4		0.227	0.014	
15:0.....g									
16:0.....g	8.390			RA	4		19.045	1.191	
17:0.....g									
18:0.....g	4.410			RA	4		10.011	0.626	
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 04611

Margarine, regular, tub, composite, 80% fat, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	36.060			RA	4		81.856	5.121	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020			RA	4		0.045	0.003	
17:1.....g									
18:1 undifferentiated.....g	35.890			RA	4		81.470	5.096	
20:1.....g	0.100			RA	4		0.227	0.014	
22:1 undifferentiated.....g	0.030			RA	4		0.068	0.004	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	27.850			RA	4		63.220	3.955	
18:2 undifferentiated.....g	26.500			RA	4		60.155	3.763	
18:3 undifferentiated.....g	1.330			RA	4		3.019	0.189	
18:4.....g	0.000			RA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000			RA	4		0.000	0.000	
20:5 n-3.....g	0.000			RA	4		0.000	0.000	
22:5 n-3.....g	0.000			RA	4		0.000	0.000	
22:6 n-3.....g	0.000			RA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0			BFZN	4		0	0	
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0			Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	610		0	CAZN	4		1384.700	86.620	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

#### Common Measures:

Measure 1 = 227g: 1 cup

Measure 2 = 14.2g: 1 tbsp

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 04618

Margarine, regular, tub, unsalted, composite, 80% fat

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	36.060			RA	4		81.856	5.121	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020			RA	4		0.045	0.003	
17:1.....g									
18:1 undifferentiated.....g	35.890			RA	4		81.470	5.096	
20:1.....g	0.100			RA	4		0.227	0.014	
22:1 undifferentiated.....g	0.030			RA	4		0.068	0.004	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	27.850			RA	4		63.220	3.955	
18:2 undifferentiated.....g	26.500			RA	4		60.155	3.763	
18:3 undifferentiated.....g	1.330			RA	4		3.019	0.189	
18:4.....g	0.000			RA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000			RA	4		0.000	0.000	
20:5 n-3.....g	0.000			RA	4		0.000	0.000	
22:5 n-3.....g	0.000			RA	4		0.000	0.000	
22:6 n-3.....g	0.000			RA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0			BFZN	4		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0			Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	610		0	CAZN	4		1384.700	86.620	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

#### Common Measures:

Measure 1 = 227g: 1 cup

Measure 2 = 14.2g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Margarine, regular, unspecified oils, with salt added**

**Refuse: 0%**

[illegible]

NDB No. 04132

Margarine, regular, unspecified oils, with salt added

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	35.800		0		1		1.683	40.454	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	35.800	1.519	17		1		1.683	40.454	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	25.400		0		1		1.194	28.702	
18:2 undifferentiated.....g	24.300	1.844	17		1		1.142	27.459	
18:3 undifferentiated.....g	1.100	0.233	17		1		0.052	1.243	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	265		0		4		12	299	
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.012		0		1		0.001	0.014	
Threonine.....g	0.039		0		1		0.002	0.044	
Isoleucine.....g	0.052		0		1		0.002	0.059	
Leucine.....g	0.084		0		1		0.004	0.095	
Lysine.....g	0.068		0		1		0.003	0.077	
Methionine.....g	0.021		0		1		0.001	0.024	
Cystine.....g	0.008		0		1		0.000	0.009	
Phenylalanine.....g	0.041		0		1		0.002	0.046	
Tyrosine.....g	0.041		0		1		0.002	0.046	
Valine.....g	0.057		0		1		0.003	0.064	
Arginine.....g	0.031		0		1		0.001	0.035	
Histidine.....g	0.023		0		1		0.001	0.026	
Alanine.....g	0.029		0		1		0.001	0.033	
Aspartic acid.....g	0.065		0		1		0.003	0.073	
Glutamic acid.....g	0.179		0		1		0.008	0.202	
Glycine.....g	0.018		0		1		0.001	0.020	
Proline.....g	0.083		0		1		0.004	0.094	
Serine.....g	0.046		0		1		0.002	0.052	
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	610		0	CAZN	4		28.670	689.300	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick



**NDB No. 04132**  
**Margarine, regular, unspecified oils, with salt added**

**Calories Factors:** Protein 4.27                      Fat 8.84                      Carbohydrate 3.87                      **Food Group:** 04 Fats and Oils  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Margarine, regular, unspecified oils, without added salt**

[illegible]

NDB No. 04131

Margarine, regular, unspecified oils, without added salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	36.700		0		1		1.725	41.471	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	36.700		1		1		1.725	41.471	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	25.000		0		1		1.175	28.250	
18:2 undifferentiated.....g	24.700		1		1		1.161	27.911	
18:3 undifferentiated.....g	0.300		1		1		0.014	0.339	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	265		0		4		12	299	
Amino Acids:									
Tryptophan.....g	0.007		0		1		0.000	0.008	
Threonine.....g	0.022		0		1		0.001	0.025	
Isoleucine.....g	0.030		0		1		0.001	0.034	
Leucine.....g	0.049		0		1		0.002	0.055	
Lysine.....g	0.039		0		1		0.002	0.044	
Methionine.....g	0.012		0		1		0.001	0.014	
Cystine.....g	0.005		0		1		0.000	0.006	
Phenylalanine.....g	0.024		0		1		0.001	0.027	
Tyrosine.....g	0.024		0		1		0.001	0.027	
Valine.....g	0.033		0		1		0.002	0.037	
Arginine.....g	0.018		0		1		0.001	0.020	
Histidine.....g	0.013		0		1		0.001	0.015	
Alanine.....g	0.017		0		1		0.001	0.019	
Aspartic acid.....g	0.038		0		1		0.002	0.043	
Glutamic acid.....g	0.104		0		1		0.005	0.118	
Glycine.....g	0.011		0		1		0.001	0.012	
Proline.....g	0.048		0		1		0.002	0.054	
Serine.....g	0.027		0		1		0.001	0.031	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		28.670	689.300	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick

**NDB No. 04131**

**Margarine, regular, unspecified oils, without added salt**

**Calories Factors: Protein 4.27**

**Fat 8.84**

**Carbohydrate 3.8**

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Margarine, vegetable oil spread, 20% fat**

**Refuse: 0%**

[illegible]

NDB No. 04633

Margarine, vegetable oil spread, 20% fat

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	7.480				4		17.952	1.122	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	7.450				4		17.880	1.118	
20:1.....g	0.040				4		0.096	0.006	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	8.040				4		19.296	1.206	
18:2 undifferentiated.....g	7.840				4		18.816	1.176	
18:3 undifferentiated.....g	0.160				4		0.384	0.024	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.000				4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	610		0	CAZN	4		1464.000	91.500	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 240g: 1 cup

Measure 2 = 15.0g: 1 tbsp

**Calories Factors: Protein****Fat 9.02****Carbohydrate****Food Group: 04 Fats and Oils**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 04634

Margarine, vegetable oil spread, 20% fat, without salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
24:0.....g									
Fatty acids, total monounsaturated.....g	7.480		0	BFZN	4		15.334	0.957	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	7.450		0	BFZN	4		15.273	0.954	
20:1.....g	0.040		0	BFZN	4		0.082	0.005	
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	8.040		0	BFZN	4		16.482	1.029	
18:2 undifferentiated.....g	7.840		0	BFZN	4		16.072	1.004	
18:3 undifferentiated.....g	0.160		0	BFZN	4		0.328	0.020	
18:4.....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	BFZN	4		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	610		0	BFZN	4		1250.500	78.080	
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

#### Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 04612

Margarine, vegetable oil spread, 60% fat, stick

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	39.23	2.015	4	JA	6		89.84	5.61	
Energy.....kcal	518		0	NC	4		1186	74	
Energy.....kj	2167		0	NC	4		4963	310	
Protein (N x 6.25).....g	0.60		2		1		1.37	0.09	
Total lipid (fat).....g	58.34	1.710	4	JA	6		133.59	8.34	
Ash.....g	1.70		2		1		3.89	0.24	
Carbohydrate, by difference.....g	0.14		0	NC	4		0.32	0.02	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g	0.00		0	CAZN	4		0.00	0.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	21		0		1		48	3	
Iron, Fe.....mg	0.00		0		4		0.00	0.00	
Magnesium, Mg.....mg	2		0		1		4	0	
Phosphorus, P.....mg	16		0		1		37	2	
Potassium, K.....mg	30		0		1		68	4	
Sodium, Na.....mg	785		0	BFZN	4		1798	112	
Zinc, Zn.....mg	0.00		0		4		0.00	0.00	
Copper, Cu.....mg	0.000			BFZN	4		0.000	0.000	
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.0		0	Z	7		0.0	0.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.1		0		1		0.3	0.0	
Thiamin.....mg	0.007		0		1		0.016	0.001	
Riboflavin.....mg	0.026		0		1		0.060	0.004	
Niacin.....mg	0.016		0		1		0.037	0.002	
Pantothenic acid.....mg	0.059		0		1		0.135	0.008	
Vitamin B-6.....mg	0.006		0		1		0.014	0.001	
Folate, total.....mcg	1		0		1		2	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	1		0		1		2	0	
Folate, DFE.....mcg_DFE	1		0	NC	4		2	0	
Vitamin B-12.....mcg	0.07		0		1		0.15	0.01	
Vitamin A, IU.....IU	3571		0	ML	5		8178	511	
Vitamin A, RAE.....mcg_RAE	819		0	NC	4		1876	117	
Retinol.....mcg	768		0	CAZN	4		1759	110	
Vitamin E (alpha-tocopherol).....mg	5.00		0		4		11.45	0.72	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	101.3	2.657	6	A	1		231.9	14.5	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	10.399		0	NC	4		23.813	1.487	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		2	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.046		2	A	1		0.105	0.007	
15:0.....g	0.000		2	A	1		0.000	0.000	
16:0.....g	5.628		2	A	1		12.888	0.805	
17:0.....g	0.064		2	A	1		0.147	0.009	
18:0.....g	4.183		2	A	1		9.578	0.598	
20:0.....g	0.191		2	A	1		0.437	0.027	
22:0.....g	0.206		2	A	1		0.473	0.030	
24:0.....g	0.081		2	A	1		0.186	0.012	

NDB No. 04612

Margarine, vegetable oil spread, 60% fat, stick

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	27.429		0	NC	4		62.813	3.922	
14:1.....g	0.000		2	A	1		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.045		0	AS	1		0.103	0.006	
16:1 c.....g	0.045		2	A	1		0.103	0.006	
16:1 t.....g	0.000		2	A	1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	27.315		0	AS	1		62.551	3.906	
18:1 c.....g	13.727		2	A	1		31.436	1.963	
18:1 t.....g	13.587		2	A	1		31.115	1.943	
20:1.....g	0.069		2	A	1		0.159	0.010	
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
24:1 c.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	15.348		0	NC	4		35.147	2.195	
18:2 undifferentiated.....g	13.580		0	AS	1		31.098	1.942	
18:2 n-6 c,c.....g	12.940		2	A	1		29.633	1.850	
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.639		2	A	1		1.464	0.091	
18:2 t not further defined.....g									
18:3 undifferentiated.....g	1.525		0	AS	1		3.492	0.218	
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.243		2	A	1		0.557	0.035	
20:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:5 n-3.....g	0.000		2	A	1		0.000	0.000	
22:5 n-3.....g	0.000		2	A	1		0.000	0.000	
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g	13.587		0	NC	4		31.114	1.943	
Fatty acids, total trans-monoenoic.....g	13.587		0	NC	4		31.114	1.943	
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Stigmasterol.....mg	21		2	A	1		49	3	
Campesterol.....mg	24		2	A	1		55	3	
Beta-sitosterol.....mg	67		2	A	1		154	10	
<b>Others:</b>									
Alcohol, ethyl.....g	0.0			Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	610		0	CAZN	4		1396.900	87.230	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 229g: 1 cup

Measure 2 = 14.3g: 1 tbsp

**Calories Factors: Protein 3.87****Fat 8.84****Carbohydrate 4.27**

**NDB No. 04612**  
**Margarine, vegetable oil spread, 60% fat, stick**

**Food Group:** 04 Fats and Oils  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 04619

Margarine, vegetable oil spread, 60% fat, stick, no salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	39.23		0	BFZN	4				
Energy.....kcal	519		0	NC	4				
Energy.....kj	2170		0	NC	4				
Protein (N x 6.25).....g	0.60		0	BFZN	4				
Total lipid (fat).....g	58.34		0	BFZN	4				
Ash.....g	1.70		0	BFZN	4				
Carbohydrate, by difference.....g	0.14		0	BFZN	4				
Fiber, total dietary.....g	0.0			Z	7				
Sugars, total.....g	0.00		0	BFZN	4				
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	21		0	BFZN	4				
Iron, Fe.....mg	0.00		0	BFZN	4				
Magnesium, Mg.....mg	2		0	BFZN	4				
Phosphorus, P.....mg	16		0	BFZN	4				
Potassium, K.....mg	30		0	BFZN	4				
Sodium, Na.....mg	2			BFZN	4				
Zinc, Zn.....mg	0.00		0	BFZN	4				
Copper, Cu.....mg	0.000		0	BFZN	4				
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.0		0	Z	7				
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.1		0	BFZN	4				
Thiamin.....mg	0.007		0	BFZN	4				
Riboflavin.....mg	0.026		0	BFZN	4				
Niacin.....mg	0.016		0	BFZN	4				
Pantothenic acid.....mg	0.059		0	BFZN	4				
Vitamin B-6.....mg	0.006		0	BFZN	4				
Folate, total.....mcg	1		0	BFZN	4				
Folic acid.....mcg	0		0	Z	7				
Folate, food.....mcg	1		0	BFZN	4				
Folate, DFE.....mcg_DFE	1		0	NC	4				
Vitamin B-12.....mcg	0.07		0	BFZN	4				
Vitamin A, IU.....IU	3571		0	BFZN	4				
Vitamin A, RAE.....mcg_RAE	819		0	BFZN	4				
Retinol.....mcg	768		0	BFZN	4				
Vitamin E (alpha-tocopherol).....mg	5.00		0	BFZN	4				
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	101.3	2.657	6	A	1				
<b>Lipids:</b>									
Fatty acids, total saturated.....g	10.399		0	BFZN	4				
4:0.....g	0.000		0	BFZN	4				
6:0.....g	0.000		0	BFZN	4				
8:0.....g	0.000		0	BFZN	4				
10:0.....g	0.000		0	BFZN	4				
12:0.....g	0.000		0	BFZN	4				
13:0.....g									
14:0.....g	0.046		0	BFZN	4				
15:0.....g	0.000		0	BFZN	4				
16:0.....g	5.628		0	BFZN	4				
17:0.....g	0.064		0	BFZN	4				
18:0.....g	4.183		0	BFZN	4				

NDB No. 04619

Margarine, vegetable oil spread, 60% fat, stick, no salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
20:0.....g	0.191		0	BFZN	4				
22:0.....g	0.206		0	BFZN	4				
24:0.....g	0.081		0	BFZN	4				
Fatty acids, total monounsaturated.....g	27.429		0	BFZN	4				
14:1.....g	0.000		0	BFZN	4				
15:1.....g									
16:1 undifferentiated.....g	0.045		0	BFZN	4				
16:1 c.....g	0.045		0	BFZN	4				
16:1 t.....g	0.000		0	BFZN	4				
17:1.....g									
18:1 undifferentiated.....g	27.315		0	BFZN	4				
18:1 c.....g	13.727		0	BFZN	4				
18:1 t.....g	13.587		0	BFZN	4				
20:1.....g	0.069		0	BFZN	4				
22:1 undifferentiated.....g	0.000		0	BFZN	4				
24:1 c.....g	0.000		0	BFZN	4				
Fatty acids, total polyunsaturated.....g	15.348		0	BFZN	4				
18:2 undifferentiated.....g	13.580		0	BFZN	4				
18:2 n-6 c,c.....g	12.940		0	BFZN	4				
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.639		0	BFZN	4				
18:2 t not further defined.....g									
18:3 undifferentiated.....g	1.525		0	BFZN	4				
18:4.....g	0.000		0	BFZN	4				
20:2 n-6 c,c.....g	0.243		0	BFZN	4				
20:3 undifferentiated.....g	0.000		0	BFZN	4				
20:4 undifferentiated.....g	0.000		0	BFZN	4				
20:5 n-3.....g	0.000		0	BFZN	4				
22:5 n-3.....g	0.000		0	BFZN	4				
22:6 n-3.....g	0.000		0	BFZN	4				
Fatty acids, total trans.....g	13.587		0	BFZN	4				
Fatty acids, total trans-monoenoic.....g	13.587		0	BFZN	4				
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0		0	BFZN	4				
Phytosterols.....mg									
Stigmasterol.....mg	21		0	BFZN	4				
Campesterol.....mg	24		0	BFZN	4				
Beta-sitosterol.....mg	67		0	BFZN	4				
<b>Others:</b>									
Alcohol, ethyl.....g	0.0			Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				
<b>Carotenoids:</b>									
Carotene, beta.....mcg	610		0	BFZN	4				
Carotene, alpha.....mcg	0		0	BFZN	4				
Cryptoxanthin, beta.....mcg	0		0	BFZN	4				
Lycopene.....mcg	0		0	BFZN	4				
Lutein + zeaxanthin.....mcg	0		0	CAZN	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**Calories Factors: Protein** 3.87

**Fat** 8.84

**Carbohydrate** 4.27

**NDB No. 04619**

**Margarine, vegetable oil spread, 60% fat, stick, no salt**

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 04613

Margarine, vegetable oil spread, 60% fat, tub/bottle

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	38.13		1	A	1		87.32	1.83	
Energy.....kcal	531		0	NC	4		1216	25	
Energy.....kj	2222		0	NC	4		5088	107	
Protein (N x 6.25).....g	0.60			BFZN	4		1.37	0.03	
Total lipid (fat).....g	60.00		1	A	1		137.40	2.88	
Ash.....g	1.70			BFZN	4		3.89	0.08	
Carbohydrate, by difference.....g	0.00			BFZN	4		0.00	0.00	
Fiber, total dietary.....g	0.0			Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	21			BFZN	4		48	1	
Iron, Fe.....mg	0.00			BFZN	4		0.00	0.00	
Magnesium, Mg.....mg	2			BFZN	4		5	0	
Phosphorus, P.....mg	16			BFZN	4		37	1	
Potassium, K.....mg	30			BFZN	4		69	1	
Sodium, Na.....mg	785		0	BFZN	4		1798	38	
Zinc, Zn.....mg	0.00			BFZN	4		0.00	0.00	
Copper, Cu.....mg	0.000			BFZN	4		0.000	0.000	
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.0		0	Z	7		0.0	0.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.1			BFZN	4		0.2	0.0	
Thiamin.....mg	0.007			BFZN	4		0.016	0.000	
Riboflavin.....mg	0.026			BFZN	4		0.060	0.001	
Niacin.....mg	0.016			BFZN	4		0.037	0.001	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.006			BFZN	4		0.014	0.000	
Folate, total.....mcg	1			BFZN	4		2	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	1		0	BFZN	4		2	0	
Folate, DFE.....mcg_DFE	1		0	NC	4		2	0	
Vitamin B-12.....mcg	0.07			BFZN	4		0.16	0.00	
Vitamin A, IU.....IU	3571			ML	5		8178	171	
Vitamin A, RAE.....mcg_RAE	819		0	NC	4		1876	39	
Retinol.....mcg	768		0	CAZN	4		1759	37	
Vitamin E (alpha-tocopherol).....mg	5.00		0	BFZN	4		11.45	0.24	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	101.3	2.657	6	A	1		231.9	4.9	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	9.685		0	NC	4		22.179	0.465	
4:0.....g	0.000			RA	4		0.000	0.000	
6:0.....g	0.000			RA	4		0.000	0.000	
8:0.....g	0.000			RA	4		0.000	0.000	
10:0.....g	0.000			RA	4		0.000	0.000	
12:0.....g	0.000		0	RA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.053		1	A	1		0.120	0.003	
15:0.....g	0.000		1	A	1		0.000	0.000	
16:0.....g	5.999		1	A	1		13.738	0.288	
17:0.....g	0.064		1	A	1		0.146	0.003	
18:0.....g	3.062		1	A	1		7.011	0.147	
20:0.....g	0.189		1	A	1		0.432	0.009	
22:0.....g	0.233		1	A	1		0.534	0.011	
24:0.....g	0.086		1	A	1		0.198	0.004	

NDB No. 04613

Margarine, vegetable oil spread, 60% fat, tub/bottle

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	13.116		0	NC	4		30.036	0.630	
14:1.....g	0.000		1	A	1		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.051		0	AS	1		0.117	0.002	
16:1 c.....g	0.051		1	A	1		0.117	0.002	
16:1 t.....g	0.000		1	A	1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	13.065		0	AS	1		29.919	0.627	
18:1 c.....g	12.882		1	A	1		29.499	0.618	
18:1 t.....g	0.183		1	A	1		0.419	0.009	
20:1.....g	0.087		1	A	1		0.200	0.004	
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
24:1 c.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	33.410		0	NC	4		76.509	1.604	
18:2 undifferentiated.....g	29.644		0	AS	1		67.885	1.423	
18:2 n-6 c,c.....g	29.306		1	A	1		67.110	1.407	
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.338		1	A	1		0.774	0.016	
18:2 t not further defined.....g									
18:3 undifferentiated.....g	3.766		0	AS	1		8.624	0.181	
18:4.....g	0.000			RA	4		0.000	0.000	
20:2 n-6 c,c.....g	0.614		1	A	1		1.407	0.029	
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	
22:6 n-3.....g	0.000			RA	4		0.000	0.000	
Fatty acids, total trans.....g	0.183		0	NC	4		0.419	0.009	
Fatty acids, total trans-monoenoic.....g	0.183		0	NC	4		0.419	0.009	
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	1		1	A	1		3	0	
Phytosterols.....mg									
Stigmasterol.....mg	28		1	A	1		63	1	
Campesterol.....mg	33		1	A	1		75	2	
Beta-sitosterol.....mg	82		1	A	1		187	4	
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0			Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	610		0	CAZN	4		1396.900	29.280	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 229g: 1 cup

Measure 2 = 4.8g: 1 tsp

**Calories Factors: Protein 3.87****Fat 8.84****Carbohydrate 4.27**



**NDB No. 04613**  
**Margarine, vegetable oil spread, 60% fat, tub/bottle**

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 04620

Margarine, vegetable oil spread, 60% fat, tub/bottle, unsalted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
Proximates:									
Water.....g	38.13		0	BFZN	4				
Energy.....kcal	531		0	BFZN	4				
Energy.....kj	2221		0	BFZN	4				
Protein (N x 6.25).....g	0.60		0	BFZN	4				
Total lipid (fat).....g	60.00		0	BFZN	4				
Ash.....g	1.30		0	NC	4				
Carbohydrate, by difference.....g	0.00		0	BFZN	4				
Fiber, total dietary.....g	0.0			Z	7				
Sugars, total.....g	0.00		0	BFZN	4				
Starch.....g									
Minerals:									
Calcium, Ca.....mg	21		0	BFZN	4				
Iron, Fe.....mg	0.00		0	BFZN	4				
Magnesium, Mg.....mg	2		0	BFZN	4				
Phosphorus, P.....mg	16		0	BFZN	4				
Potassium, K.....mg	30		0	BFZN	4				
Sodium, Na.....mg	28			BFZN	4				
Zinc, Zn.....mg	0.00		0	BFZN	4				
Copper, Cu.....mg	0.000		0	BFZN	4				
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.0		0	Z	7				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0	BFZN	4				
Thiamin.....mg	0.007		0	BFZN	4				
Riboflavin.....mg	0.026		0	BFZN	4				
Niacin.....mg	0.016		0	BFZN	4				
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.006		0	BFZN	4				
Folate, total.....mcg	1		0	BFZN	4				
Folic acid.....mcg	0		0	Z	7				
Folate, food.....mcg	1		0	BFZN	4				
Folate, DFE.....mcg_DFE	1		0	NC	4				
Vitamin B-12.....mcg	0.07		0	BFZN	4				
Vitamin A, IU.....IU	3571		0	BFZN	4				
Vitamin A, RAE.....mcg_RAE	819		0	NC	4				
Retinol.....mcg	768		0	BFZN	4				
Vitamin E (alpha-tocopherol).....mg	5.00		0	BFZN	4				
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	101.3	2.657	6	A	1				
Lipids:									
Fatty acids, total saturated.....g	9.685		0	BFZN	4				
4:0.....g	0.000		0	BFZN	4				
6:0.....g	0.000		0	BFZN	4				
8:0.....g	0.000		0	BFZN	4				
10:0.....g	0.000		0	BFZN	4				
12:0.....g	0.000		0	BFZN	4				
13:0.....g									
14:0.....g	0.053		0	BFZN	4				
15:0.....g	0.000		0	BFZN	4				
16:0.....g	5.999		0	BFZN	4				
17:0.....g	0.064		0	BFZN	4				
18:0.....g	3.062		0	BFZN	4				
20:0.....g	0.189		0	BFZN	4				
22:0.....g	0.233		0	BFZN	4				

NDB No. 04620

Margarine, vegetable oil spread, 60% fat, tub/bottle, unsalted

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	measures of food		
			of Data Points				Measure 1	Measure 2	Measure 3
24:0.....g	0.086		0	BFZN	4				
Fatty acids, total monounsaturated.....g	13.116		0	BFZN	4				
14:1.....g	0.000		0	BFZN	4				
15:1.....g									
16:1 undifferentiated.....g	0.051		0	BFZN	4				
16:1 c.....g	0.051		0	BFZN	4				
16:1 t.....g	0.000		0	BFZN	4				
17:1.....g									
18:1 undifferentiated.....g	13.065		0	BFZN	4				
18:1 c.....g	12.882		0	BFZN	4				
18:1 t.....g	0.183		0	BFZN	4				
20:1.....g	0.087		0	BFZN	4				
22:1 undifferentiated.....g	0.000		0	BFZN	4				
24:1 c.....g	0.000		0	BFZN	4				
Fatty acids, total polyunsaturated.....g	33.410		0	BFZN	4				
18:2 undifferentiated.....g	29.644		0	BFZN	4				
18:2 n-6 c,c.....g	29.306		0	BFZN	4				
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.338		0	BFZN	4				
18:2 t not further defined.....g									
18:3 undifferentiated.....g	3.766		0	BFZN	4				
18:4.....g	0.000		0	BFZN	4				
20:2 n-6 c,c.....g	0.614		0	BFZN	4				
20:3 undifferentiated.....g	0.000		0	BFZN	4				
20:4 undifferentiated.....g	0.000		0	BFZN	4				
20:5 n-3.....g	0.000		0	BFZN	4				
22:5 n-3.....g	0.000		0	BFZN	4				
22:6 n-3.....g	0.000		0	BFZN	4				
Fatty acids, total trans.....g	0.183		0	BFZN	4				
Fatty acids, total trans-monoenoic.....g	0.183		0	BFZN	4				
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	1		0	BFZN	4				
Phytosterols.....mg									
Stigmasterol.....mg	28		0	BFZN	4				
Campesterol.....mg	33		0	BFZN	4				
Beta-sitosterol.....mg	82		0	BFZN	4				
<b>Others:</b>									
Alcohol, ethyl.....g	0.0			Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				
<b>Carotenoids:</b>									
Carotene, beta.....mcg	610		0	BFZN	4				
Carotene, alpha.....mcg	0		0	BFZN	4				
Cryptoxanthin, beta.....mcg	0		0	BFZN	4				
Lycopene.....mcg	0		0	BFZN	4				
Lutein + zeaxanthin.....mcg	0		0	CAZN	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

#### Common Measures:

Calories Factors: Protein 3.87

Fat 8.84

Carbohydrate 4.27

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 04614

Margarine, vegetable oil spread, stick/tub/bottle, 60% fat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	38.68		0	RA	4		88.58	5.53	1.86
Energy.....kcal	526		0	RA	4		1204	75	25
Energy.....kj	2199		0	RA	4		5036	315	106
Protein (N x 6.25).....g	0.60		0	RA	4		1.37	0.09	0.03
Total lipid (fat).....g	59.17		0	RA	4		135.49	8.46	2.84
Ash.....g	1.70		0	RA	4		3.89	0.24	0.08
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	RA	4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	RA	4		0.00	0.00	0.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	21		0	RA	4		48	3	1
Iron, Fe.....mg	0.00		0	RA	4		0.00	0.00	0.00
Magnesium, Mg.....mg	2		0	RA	4		4	0	0
Phosphorus, P.....mg	16		0	RA	4		37	2	1
Potassium, K.....mg	30		0	RA	4		68	4	1
Sodium, Na.....mg	785		0	RA	4		1798	112	38
Zinc, Zn.....mg	0.00		0	RA	4		0.00	0.00	0.00
Copper, Cu.....mg	0.000		0	RA	4		0.000	0.000	0.000
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.0		0	RA	4		0.0	0.0	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.1		0	RA	4		0.2	0.0	0.0
Thiamin.....mg	0.007		0	RA	4		0.016	0.001	0.000
Riboflavin.....mg	0.026		0	RA	4		0.060	0.004	0.001
Niacin.....mg	0.016		0	RA	4		0.037	0.002	0.001
Pantothenic acid.....mg	0.030		0	RA	4		0.068	0.004	0.001
Vitamin B-6.....mg	0.006		0	RA	4		0.014	0.001	0.000
Folate, total.....mcg	1		0	RA	4		2	0	0
Folic acid.....mcg	0		0	RA	4		0	0	0
Folate, food.....mcg	1		0	RA	4		2	0	0
Folate, DFE.....mcg_DFE	1		0	NC	4		2	0	0
Vitamin B-12.....mcg	0.07		0	RA	4		0.16	0.01	0.00
Vitamin A, IU.....IU	3571		0	RA	4		8178	511	171
Vitamin A, RAE.....mcg_RAE	819		0	NC	4		1876	117	39
Retinol.....mcg	768		0	RA	4		1759	110	37
Vitamin E (alpha-tocopherol).....mg	5.00		0	RA	4		11.45	0.72	0.24
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	101.3	2.657	6	A	1		231.9	14.5	4.9
<b>Lipids:</b>									
Fatty acids, total saturated.....g	10.042		0	RA	4		22.996	1.436	0.482
4:0.....g	0.000		0	RA	4		0.000	0.000	0.000
6:0.....g	0.000		0	RA	4		0.000	0.000	0.000
8:0.....g	0.000		0	RA	4		0.000	0.000	0.000
10:0.....g	0.000		0	RA	4		0.000	0.000	0.000
12:0.....g	0.000		0	RA	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.049		0	RA	4		0.113	0.007	0.002
15:0.....g	0.000		0	RA	4		0.000	0.000	0.000
16:0.....g	5.813		0	RA	4		13.313	0.831	0.279
17:0.....g	0.064		0	RA	4		0.147	0.009	0.003
18:0.....g	3.622		0	RA	4		8.295	0.518	0.174
20:0.....g	0.190		0	RA	4		0.435	0.027	0.009
22:0.....g	0.220		0	RA	4		0.503	0.031	0.011
24:0.....g	0.084		0	RA	4		0.192	0.012	0.004

NDB No. 04614

Margarine, vegetable oil spread, stick/tub/bottle, 60% fat

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	20.316		0	RA	4		46.524	2.905	0.975
14:1.....g	0.000		0	RA	4		0.000	0.000	0.000
15:1.....g									
16:1 undifferentiated.....g	0.048		0	RA	4		0.110	0.007	0.002
16:1 c.....g	0.048		0	RA	4		0.110	0.007	0.002
16:1 t.....g	0.000		0	RA	4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	20.190		0	RA	4		46.234	2.887	0.969
18:1 c.....g	13.305		0	RA	4		30.467	1.903	0.639
18:1 t.....g	6.885		0	RA	4		15.767	0.985	0.330
20:1.....g	0.078		0	RA	4		0.179	0.011	0.004
22:1 undifferentiated.....g	0.000		0	RA	4		0.000	0.000	0.000
24:1 c.....g	0.000		0	RA	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	24.686		0	RA	4		56.531	3.530	1.185
18:2 undifferentiated.....g	21.612		0	RA	4		49.491	3.090	1.037
18:2 n-6 c,c.....g	21.123		0	RA	4		48.372	3.021	1.014
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.489		0	RA	4		1.119	0.070	0.023
18:2 t not further defined.....g									
18:3 undifferentiated.....g	2.645		0	RA	4		6.058	0.378	0.127
18:4.....g	0.000		0	RA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.429		0	RA	4		0.982	0.061	0.021
20:3 undifferentiated.....g	0.000		0	RA	4		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000		0	RA	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	RA	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	RA	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	RA	4		0.000	0.000	0.000
Fatty acids, total trans.....g	6.885		0	RA	4		15.767	0.985	0.330
Fatty acids, total trans-monoenoic.....g	6.885		0	RA	4		15.767	0.985	0.330
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	1		0	RA	4		2	0	0
Phytosterols.....mg									
Stigmasterol.....mg	25		0	RA	4		56	4	1
Campesterol.....mg	28		0	RA	4		65	4	1
Beta-sitosterol.....mg	74		0	RA	4		170	11	4
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	0.0
Caffeine.....mg	0		0	RA	4		0	0	0
Theobromine.....mg	0		0	RA	4		0	0	0
<b>Carotenoids:</b>									
Carotene, beta.....mcg	610		0	RA	4		1396.900	87.230	29.280
Carotene, alpha.....mcg	0		0	RA	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	RA	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	RA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	RA	4		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

#### Common Measures:

Measure 1 = 229g: 1 cup

Measure 2 = 14.3g: 1 tbsp

Measure 3 = 4.8g: 1 tsp

Calories Factors: Protein 3.87

Fat 8.84

Carbohydrate 4.27

**NDB No. 04614**  
**Margarine, vegetable oil spread, stick/tub/bottle, 60% fat**

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Margarine-butter blend, 60% corn oil margarine and 40% butter**

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
<b>Proximates:</b>									
Water.....g	15.77		1		1		2.24	35.80	0.79
Energy.....kcal	718		0	NC	4		102	1630	36
Energy.....kj	3004				4		427	6819	150
Protein (N x 6.38).....g	0.88		1		1		0.12	2.00	0.04
Total lipid (fat).....g	80.70		1		1		11.46	183.19	4.04
Ash.....g	2.00		1		1		0.28	4.54	0.10
Carbohydrate, by difference.....g	0.65		0	NC	4		0.09	1.48	0.03
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	CAZN	4		0.00	0.00	0.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	28		1		1		4	64	1
Iron, Fe.....mg	0.06		1		1		0.01	0.14	0.00
Magnesium, Mg.....mg	2		1		1		0	5	0
Phosphorus, P.....mg	23		1		1		3	52	1
Potassium, K.....mg	36		1		1		5	82	2
Sodium, Na.....mg	897		1		1		127	2036	45
Zinc, Zn.....mg	0.02		0		1		0.00	0.05	0.00
Copper, Cu.....mg	0.006		0		1		0.001	0.014	0.000
Manganese, Mn.....mg	0.002		0		1		0.000	0.005	0.000
Selenium, Se.....mcg	0.4		0	RK	4		0.1	0.9	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.1		1		1		0.0	0.2	0.0
Thiamin.....mg	0.008		1		1		0.001	0.018	0.000
Riboflavin.....mg	0.035		1		1		0.005	0.079	0.002
Niacin.....mg	0.031		1		1		0.004	0.070	0.002
Pantothenic acid.....mg	0.050		1		1		0.007	0.114	0.003
Vitamin B-6.....mg	0.006		1		1		0.001	0.014	0.000
Folate, total.....mcg	2		1		1		0	5	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	2		1		1		0	5	0
Folate, DFE.....mcg_DFE	2		0	NC	4		0	5	0
Vitamin B-12.....mcg	0.06		1		1		0.01	0.14	0.00
Vitamin A, IU.....IU	3577		0	NC	4		508	8120	179
Vitamin A, RAE.....mcg_RAE	819		0	NC	4		116	1859	41
Retinol.....mcg	768		0	CAZN	4		109	1743	38
Vitamin E (alpha-tocopherol).....mg	3.92		0	O	4		0.56	8.90	0.20
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	103.6		0	CAZN	4		14.7	235.1	5.2
<b>Lipids:</b>									
Fatty acids, total saturated.....g	28.442		0		1		4.039	64.563	1.422
4:0.....g	1.069		1		1		0.152	2.427	0.053
6:0.....g	0.631		1		1		0.090	1.432	0.032
8:0.....g	0.367		1		1		0.052	0.833	0.018
10:0.....g	0.825		1		1		0.117	1.873	0.041
12:0.....g	0.927		1		1		0.132	2.104	0.046
13:0.....g									
14:0.....g	3.381		1		1		0.480	7.675	0.169
15:0.....g									
16:0.....g	14.308		1		1		2.032	32.479	0.715
17:0.....g									
18:0.....g	6.935		1		1		0.985	15.742	0.347
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 04585

Margarine-butter blend, 60% corn oil margarine and 40% butter

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measures of food
							Measure 1 Measure 2 Measure 3
Fatty acids, total monounsaturated.....g	32.760		0		1		4.652 74.365 1.638
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.743		1		1		0.106 1.687 0.037
17:1.....g							
18:1 undifferentiated.....g	32.016		1		1		4.546 72.676 1.601
20:1.....g	0.000		0		1		0.000 0.000 0.000
22:1 undifferentiated.....g	0.000		0		1		0.000 0.000 0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	15.947		0		1		2.264 36.200 0.797
18:2 undifferentiated.....g	15.224		1		1		2.162 34.558 0.761
18:3 undifferentiated.....g	0.723		1		1		0.103 1.641 0.036
18:4.....g	0.000		0		1		0.000 0.000 0.000
20:2 n-6 c.c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		1		0.000 0.000 0.000
20:5 n-3.....g	0.000		0		1		0.000 0.000 0.000
22:5 n-3.....g	0.000		0		1		0.000 0.000 0.000
22:6 n-3.....g	0.000		0		1		0.000 0.000 0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	88		1		1		12 200 4
Phytosterols.....mg	342		1		1		49 776 17
<b>Amino Acids:</b>							
Tryptophan.....g	0.012		0		1		0.002 0.027 0.001
Threonine.....g	0.038		0		1		0.005 0.086 0.002
Isoleucine.....g	0.051		0		1		0.007 0.116 0.003
Leucine.....g	0.082		0		1		0.012 0.186 0.004
Lysine.....g	0.067		0		1		0.010 0.152 0.003
Methionine.....g	0.021		0		1		0.003 0.048 0.001
Cystine.....g	0.008		0		1		0.001 0.018 0.000
Phenylalanine.....g	0.040		0		1		0.006 0.091 0.002
Tyrosine.....g	0.040		0		1		0.006 0.091 0.002
Valine.....g	0.056		0		1		0.008 0.127 0.003
Arginine.....g	0.030		0		1		0.004 0.068 0.002
Histidine.....g	0.023		0		1		0.003 0.052 0.001
Alanine.....g	0.029		0		1		0.004 0.066 0.001
Aspartic acid.....g	0.064		0		1		0.009 0.145 0.003
Glutamic acid.....g	0.176		0		1		0.025 0.400 0.009
Glycine.....g	0.018		0		1		0.003 0.041 0.001
Proline.....g	0.081		0		1		0.012 0.184 0.004
Serine.....g	0.046		0		1		0.007 0.104 0.002
Hydroxyproline.....g							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0		4		0.0 0.0 0.0
Caffeine.....mg	0		0	Z	7		0 0 0
Theobromine.....mg	0		0	Z	7		0 0 0
<b>Carotenoids:</b>							
Carotene, beta.....mcg	610		0	CAZN	4		86.620 1384.700 30.500
Carotene, alpha.....mcg	0		0	CAZN	4		0.000 0.000 0.000
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000 0.000 0.000
Lycopene.....mcg	0		0	CAZN	4		0.000 0.000 0.000
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000 0.000 0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 14.2g: 1 tbs

Measure 2 = 227g: 1 cup

Measure 3 = 5.0g: 1 tsp



**NDB No. 04585**

**Margarine-butter blend, 60% corn oil margarine and 40% butter**

**Calories Factors: Protein 4.27**

**Fat 8.84**

**Carbohydrate 3.87**

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 04655

Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	37.243		0	NC	4		5.214		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.054		0	AS	1		0.008		
16:1 c.....g	0.054		1	A	1		0.008		
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	37.189		0	AS	1		5.207		
18:1 c.....g	19.650		1	A	1		2.751		
18:1 t.....g	17.539		1	A	1		2.456		
20:1.....g	0.000		1	A	1		0.000		
22:1 undifferentiated.....g	0.000		1	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.512		0	NC	4		1.052		
18:2 undifferentiated.....g	6.755		0	AS	1		0.946		
18:2 n-6 c,c.....g	5.491		1	A	1		0.769		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	1.265		1	A	1		0.177		
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.757		0	AS	1		0.106		
18:4.....g	0.000		1	A	1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:5 n-3.....g	0.000		1	A	1		0.000		
22:5 n-3.....g	0.000		1	A	1		0.000		
22:6 n-3.....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g	19.068		0	NC	4		2.669		
Fatty acids, total trans-monoenoic.....g	17.539		0	NC	4		2.456		
Fatty acids, total trans-polyenoic.....g	1.528		0	NC	4		0.214		
Cholesterol.....mg	0		0	LC	8		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0		
Caffeine.....mg	0		0	BFZN	4		0		
Theobromine.....mg	0		0	BFZN	4		0		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	BFZN	4		0.000		
Carotene, alpha.....mcg	0		0	BFZN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 14.0g: 1 tbsp

**Calories Factors: Protein****Fat 8.84****Carbohydrate****Food Group: 04 Fats and Oils**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Margarine-like spread, (approximately 40% fat), corn (hydrogenated and regular)**

**Refuse: 0%**

[illegible]

NDB No. 04107

Margarine-like spread, (approximately 40% fat), corn (hydrogenated and regular)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	14.500		0		1		33.640	0.696	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	14.500	0.072	96		1		33.640	0.696	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	16.300		0		1		37.816	0.782	
18:2 undifferentiated.....g	16.100	0.062	135		1		37.352	0.773	
18:3 undifferentiated.....g	0.200	0.021	133		1		0.464	0.010	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	270	87.204	4		1		626	13	
<b>Amino Acids:</b>									
Tryptophan.....g	0.007		0		1		0.016	0.000	
Threonine.....g	0.023		0		1		0.053	0.001	
Isoleucine.....g	0.031		0		1		0.072	0.001	
Leucine.....g	0.050		0		1		0.116	0.002	
Lysine.....g	0.040		0		1		0.093	0.002	
Methionine.....g	0.013		0		1		0.030	0.001	
Cystine.....g	0.005		0		1		0.012	0.000	
Phenylalanine.....g	0.025		0		1		0.058	0.001	
Tyrosine.....g	0.025		0		1		0.058	0.001	
Valine.....g	0.034		0		1		0.079	0.002	
Arginine.....g	0.018		0		1		0.042	0.001	
Histidine.....g	0.014		0		1		0.032	0.001	
Alanine.....g	0.018		0		1		0.042	0.001	
Aspartic acid.....g	0.039		0		1		0.090	0.002	
Glutamic acid.....g	0.107		0		1		0.248	0.005	
Glycine.....g	0.011		0		1		0.026	0.001	
Proline.....g	0.049		0		1		0.114	0.002	
Serine.....g	0.028		0		1		0.065	0.001	
Hydroxyproline.....g									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	610		0	CAZN	4		1415.200	29.280	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

#### Common Measures:

Measure 1 = 232g: 1 cup

Measure 2 = 4.8g: 1 tsp

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

**NDB No. 04107**

**Margarine-like spread, (approximately 40% fat), corn (hydrogenated and regular)**

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 04109

Margarine-like spread, (approximately 40% fat), soybean (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	16.700		0		1		38.744	0.802	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	16.700		2		1		38.744	0.802	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	13.800		0		1		32.016	0.662	
18:2 undifferentiated.....g	12.900		2		1		29.928	0.619	
18:3 undifferentiated.....g	0.900		2		1		2.088	0.043	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	190		2		1		441	9	
<b>Amino Acids:</b>									
Tryptophan.....g	0.007		0		1		0.016	0.000	
Threonine.....g	0.023		0		1		0.053	0.001	
Isoleucine.....g	0.031		0		1		0.072	0.001	
Leucine.....g	0.050		0		1		0.116	0.002	
Lysine.....g	0.040		0		1		0.093	0.002	
Methionine.....g	0.013		0		1		0.030	0.001	
Cystine.....g	0.005		0		1		0.012	0.000	
Phenylalanine.....g	0.025		0		1		0.058	0.001	
Tyrosine.....g	0.025		0		1		0.058	0.001	
Valine.....g	0.034		0		1		0.079	0.002	
Arginine.....g	0.018		0		1		0.042	0.001	
Histidine.....g	0.014		0		1		0.032	0.001	
Alanine.....g	0.018		0		1		0.042	0.001	
Aspartic acid.....g	0.039		0		1		0.090	0.002	
Glutamic acid.....g	0.107		0		1		0.248	0.005	
Glycine.....g	0.011		0		1		0.026	0.001	
Proline.....g	0.049		0		1		0.114	0.002	
Serine.....g	0.028		0		1		0.065	0.001	
Hydroxyproline.....g									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	610		0	CAZN	4		1415.200	29.280	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

#### Common Measures:

Measure 1 = 232g: 1 cup

Measure 2 = 4.8g: 1 tsp

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87



**NDB No. 04109**

**Margarine-like spread, (approximately 40% fat), soybean (hydrogenated)**

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 04112

Margarine-like spread, (approximately 40% fat), soybean (hydrogenated) and cottonseed

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	14.200		0		1		32.944	0.682	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100		1		1		0.232	0.005	
17:1.....g									
18:1 undifferentiated.....g	14.200		1		1		32.944	0.682	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	14.500		0		1		33.640	0.696	
18:2 undifferentiated.....g	14.300		1		1		33.176	0.686	
18:3 undifferentiated.....g	0.200		1		1		0.464	0.010	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	70		1		1		162	3	
<b>Amino Acids:</b>									
Tryptophan.....g	0.007		0		1		0.016	0.000	
Threonine.....g	0.023		0		1		0.053	0.001	
Isoleucine.....g	0.031		0		1		0.072	0.001	
Leucine.....g	0.050		0		1		0.116	0.002	
Lysine.....g	0.040		0		1		0.093	0.002	
Methionine.....g	0.013		0		1		0.030	0.001	
Cystine.....g	0.005		0		1		0.012	0.000	
Phenylalanine.....g	0.025		0		1		0.058	0.001	
Tyrosine.....g	0.025		0		1		0.058	0.001	
Valine.....g	0.034		0		1		0.079	0.002	
Arginine.....g	0.018		0		1		0.042	0.001	
Histidine.....g	0.014		0		1		0.032	0.001	
Alanine.....g	0.018		0		1		0.042	0.001	
Aspartic acid.....g	0.039		0		1		0.090	0.002	
Glutamic acid.....g	0.107		0		1		0.248	0.005	
Glycine.....g	0.011		0		1		0.026	0.001	
Proline.....g	0.049		0		1		0.114	0.002	
Serine.....g	0.028		0		1		0.065	0.001	
Hydroxyproline.....g									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	610		0	CAZN	4		1415.200	29.280	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

#### Common Measures:

Measure 1 = 232g: 1 cup

Measure 2 = 4.8g: 1 tsp

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

**NDB No. 04112**

**Margarine-like spread, (approximately 40% fat), soybean (hydrogenated) and cottonseed**

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 04110

Margarine-like spread, (approximately 40% fat), soybean (hydrogenated) and cottonseed (hydrogenated)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	58.10	0.543	16		1		134.79	2.79	
Energy.....kcal	345		0	NC	4		801	17	
Energy.....kj	1444				4		3351	69	
Protein (N x 6.38).....g	0.50	0.070	11		1		1.16	0.02	
Total lipid (fat).....g	38.80	0.063	183		1		90.02	1.86	
Ash.....g	2.20	0.083	10		1		5.10	0.11	
Carbohydrate, by difference.....g	0.40		0	NC	4		0.93	0.02	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g	0.00		0	CAZN	4		0.00	0.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	18		0		1		41	1	
Iron, Fe.....mg	0.00		0		4		0.00	0.00	
Magnesium, Mg.....mg	2		0		1		4	0	
Phosphorus, P.....mg	14		0		1		32	1	
Potassium, K.....mg	25		0		1		59	1	
Sodium, Na.....mg	960	5.715	107		1		2226	46	
Zinc, Zn.....mg	0.00		0		4		0.00	0.00	
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.0		0	Z	7		0.0	0.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.1		0		1		0.2	0.0	
Thiamin.....mg	0.006		0		1		0.014	0.000	
Riboflavin.....mg	0.022		0		1		0.051	0.001	
Niacin.....mg	0.013		0		1		0.030	0.001	
Pantothenic acid.....mg	0.051		0		1		0.118	0.002	
Vitamin B-6.....mg	0.005		0		1		0.012	0.000	
Folate, total.....mcg	1		0		1		2	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	1		0		1		2	0	
Folate, DFE.....mcg_DFE	1		0	NC	4		2	0	
Vitamin B-12.....mcg	0.06		0		1		0.13	0.00	
Vitamin A, IU.....IU	3577		0	NC	4		8298	172	
Vitamin A, RAE.....mcg_RAE	819		0	NC	4		1900	39	
Retinol.....mcg	768		0	CAZN	4		1782	37	
Vitamin E (alpha-tocopherol).....mg	8.60		1		1		19.95	0.41	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	93.0		1	CAZN	4		215.8	4.5	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	7.200		0		1		16.704	0.346	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		1		1		0.000	0.000	
15:0.....g									
16:0.....g	4.400	0.075	3		1		10.208	0.211	
17:0.....g									
18:0.....g	2.800	0.139	3		1		6.496	0.134	
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 04110

Margarine-like spread, (approximately 40% fat), soybean (hydrogenated) and cottonseed (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	18.400		0		1		42.688	0.883	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	18.400	1.360	3		1		42.688	0.883	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	11.400		0		1		26.448	0.547	
18:2 undifferentiated.....g	10.700	1.176	3		1		24.824	0.514	
18:3 undifferentiated.....g	0.700	0.245	3		1		1.624	0.034	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	106	13.542	4		1		246	5	
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.007		0		1		0.016	0.000	
Threonine.....g	0.023		0		1		0.053	0.001	
Isoleucine.....g	0.031		0		1		0.072	0.001	
Leucine.....g	0.050		0		1		0.116	0.002	
Lysine.....g	0.040		0		1		0.093	0.002	
Methionine.....g	0.013		0		1		0.030	0.001	
Cystine.....g	0.005		0		1		0.012	0.000	
Phenylalanine.....g	0.025		0		1		0.058	0.001	
Tyrosine.....g	0.025		0		1		0.058	0.001	
Valine.....g	0.034		0		1		0.079	0.002	
Arginine.....g	0.018		0		1		0.042	0.001	
Histidine.....g	0.014		0		1		0.032	0.001	
Alanine.....g	0.018		0		1		0.042	0.001	
Aspartic acid.....g	0.039		0		1		0.090	0.002	
Glutamic acid.....g	0.107		0		1		0.248	0.005	
Glycine.....g	0.011		0		1		0.026	0.001	
Proline.....g	0.049		0		1		0.114	0.002	
Serine.....g	0.028		0		1		0.065	0.001	
Hydroxyproline.....g									
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	610		0	CAZN	4		1415.200	29.280	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

#### Common Measures:

Measure 1 = 232g: 1 cup

Measure 2 = 4.8g: 1 tsp

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

**NDB No. 04110**

**Margarine-like spread, (approximately 40% fat), soybean (hydrogenated) and cottonseed (hydrogenated)**

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





NDB No. 04108

Margarine-like spread, (approximately 40% fat), soybean (hydrogenated) and palm (hydrogenated and regular)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	14.100		0		1		32.712	0.677	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	14.100	0.102	3		1		32.712	0.677	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	12.800		0		1		29.696	0.614	
18:2 undifferentiated.....g	12.100	0.493	3		1		28.072	0.581	
18:3 undifferentiated.....g	0.700	0.079	3		1		1.624	0.034	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	130		2		1		302	6	
<b>Amino Acids:</b>									
Tryptophan.....g	0.007		0		1		0.016	0.000	
Threonine.....g	0.023		0		1		0.053	0.001	
Isoleucine.....g	0.031		0		1		0.072	0.001	
Leucine.....g	0.050		0		1		0.116	0.002	
Lysine.....g	0.040		0		1		0.093	0.002	
Methionine.....g	0.013		0		1		0.030	0.001	
Cystine.....g	0.005		0		1		0.012	0.000	
Phenylalanine.....g	0.025		0		1		0.058	0.001	
Tyrosine.....g	0.025		0		1		0.058	0.001	
Valine.....g	0.034		0		1		0.079	0.002	
Arginine.....g	0.018		0		1		0.042	0.001	
Histidine.....g	0.014		0		1		0.032	0.001	
Alanine.....g	0.018		0		1		0.042	0.001	
Aspartic acid.....g	0.039		0		1		0.090	0.002	
Glutamic acid.....g	0.107		0		1		0.248	0.005	
Glycine.....g	0.011		0		1		0.026	0.001	
Proline.....g	0.049		0		1		0.114	0.002	
Serine.....g	0.028		0		1		0.065	0.001	
Hydroxyproline.....g									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	610		0	CAZN	4		1415.200	29.280	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

#### Common Measures:

Measure 1 = 232g: 1 cup

Measure 2 = 4.8g: 1 tsp

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

**NDB No. 04108**

**Margarine-like spread, (approximately 40% fat), soybean (hydrogenated) and palm (hydrogenated and regular)**

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 04128

Margarine-like spread, (approximately 40% fat), unspecified oils

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	15.700		0		1		7.536	36.424	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100		2		1		0.048	0.232	
17:1.....g									
18:1 undifferentiated.....g	15.600	0.834	5		1		7.488	36.192	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	13.800		0		1		6.624	32.016	
18:2 undifferentiated.....g	13.200	0.906	5		1		6.336	30.624	
18:3 undifferentiated.....g	0.500	0.145	5		1		0.240	1.160	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	150		0		4		72	348	
Amino Acids:									
Tryptophan.....g	0.007		0		1		0.003	0.016	
Threonine.....g	0.023		0		1		0.011	0.053	
Isoleucine.....g	0.031		0		1		0.015	0.072	
Leucine.....g	0.050		0		1		0.024	0.116	
Lysine.....g	0.040		0		1		0.019	0.093	
Methionine.....g	0.013		0		1		0.006	0.030	
Cystine.....g	0.005		0		1		0.002	0.012	
Phenylalanine.....g	0.025		0		1		0.012	0.058	
Tyrosine.....g	0.025		0		1		0.012	0.058	
Valine.....g	0.034		0		1		0.016	0.079	
Arginine.....g	0.018		0		1		0.009	0.042	
Histidine.....g	0.014		0		1		0.007	0.032	
Alanine.....g	0.018		0		1		0.009	0.042	
Aspartic acid.....g	0.039		0		1		0.019	0.090	
Glutamic acid.....g	0.107		0		1		0.051	0.248	
Glycine.....g	0.011		0		1		0.005	0.026	
Proline.....g	0.049		0		1		0.024	0.114	
Serine.....g	0.028		0		1		0.013	0.065	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		292.800	1415.200	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

#### Common Measures:

Measure 1 = 48g: 1 tablespoon

Measure 2 = 232g: 1 cup

**NDB No. 04128**

**Margarine-like spread, (approximately 40% fat), unspecified oils**

**Calories Factors: Protein 4.27**

**Fat 8.84**

**Carbohydrate 3.8**

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 42313

Margarine-like spread, 70% fat, liquid, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
Fatty acids, total monounsaturated.....g	33.053					4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000					7			
17:1.....g									
18:1 undifferentiated.....g	33.053					4			
20:1.....g	0.000					7			
22:1 undifferentiated.....g	0.000					7			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	23.226					4			
18:2 undifferentiated.....g	22.667					4			
18:3 undifferentiated.....g	0.489					4			
18:4.....g	0.000					7			
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000					7			
20:5 n-3.....g	0.000					7			
22:5 n-3.....g	0.000					7			
22:6 n-3.....g	0.000					7			
Fatty acids, total trans.....g									
Cholesterol.....mg	0					4			
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0					4			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			
<b>Carotenoids:</b>									
Carotene, beta.....mcg	610		0	CAZN		4			
Carotene, alpha.....mcg	0		0	CAZN		4			
Cryptoxanthin, beta.....mcg	0		0	CAZN		4			
Lycopene.....mcg	0		0	CAZN		4			
Lutein + zeaxanthin.....mcg	0		0	CAZN		4			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

#### Common Measures:

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 04674

Margarine-like spread, SMART BALANCE Light Buttery Spread

GFA Brands

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Proximates:									
Water.....g	60.80		0	MC	9		8.51		
Energy.....kcal	337		0	MC	9		47		
Energy.....kj	1410		0	MC	9		197		
Protein (N x 6.38).....g	0.00		0	MC	9		0.00		
Total lipid (fat) (1).....g	37.20		0	MC	9		5.21		
Ash.....g	1.68		0	MC	9		0.24		
Carbohydrate, by difference.....g	0.00		0	MC	9		0.00		
Fiber, total dietary.....g	0.0		0	MC	9		0.0		
Sugars, total.....g	0.00		0	MC	9		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg	1		0	MC	9		0		
Potassium, K.....mg	26		0	MC	9		4		
Sodium, Na.....mg	640		0	MC	9		90		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Lipids:									
Fatty acids, total saturated.....g	10.820		0	MC	9		1.515		
Fatty acids, total monounsaturated.....g	14.220		0	MC	9		1.991		
Fatty acids, total polyunsaturated.....g	9.950		0	MC	9		1.393		
Fatty acids, total trans.....g	0.390		0	MC	9		0.055		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

#### Common Measures:

Measure 1 = 14.0g: 1 tablespoon

#### Footnotes

1 contains 1.571 g omega-3 fatty acids

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 04677

Margarine-like spread, SMART BALANCE Omega Plus Spread (with plant sterols & fish oil)

GFA Brands

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	27.10		0	MC	9		3.79		
Energy.....kcal	605		0	MC	9		85		
Energy.....kj	2531		0	MC	9		354		
Protein (N x 6.38).....g	0.00		0	MC	9		0.00		
Total lipid (fat) (1).....g	66.80		0	MC	9		9.35		
Ash.....g	1.96		0	MC	9		0.27		
Carbohydrate, by difference.....g	0.00		0	MC	9		0.00		
Fiber, total dietary.....g	0.0		0	MC	9		0.0		
Sugars, total.....g	0.00		0	MC	9		0.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg	23		0	MC	9		3		
Potassium, K.....mg	71		0	MC	9		10		
Sodium, Na.....mg	729		0	MC	9		102		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	19.350		0	MC	9		2.709		
Fatty acids, total monounsaturated.....g	25.310		0	MC	9		3.543		
Fatty acids, total polyunsaturated.....g	18.140		0	MC	9		2.540		
Fatty acids, total trans.....g	0.670		0	MC	9		0.094		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg	3		0	MC	9		0		
Stigmasterol.....mg	0		0	MC	9		0		
Campesterol.....mg	0		0	MC	9		0		
Beta-sitosterol.....mg	3		0	MC	9		0		

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**Common Measures:**

Measure 1 = 14.0g: 1 tablespoon

**Footnotes**

1 contains 3.982 g omega-3 fatty acids of which 1.071 g are long chain fatty acids

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**NDB No. 04673**  
**Margarine-like spread, SMART BALANCE Regular Buttery Spread**  
*GFA Brands*

**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Proximates:									
Water.....g	30.80		0	MC	9		4.31		
Energy.....kcal	605		0	MC	9		85		
Energy.....kj	2531		0	MC	9		354		
Protein (N x 6.38).....g	0.00		0	MC	9		0.00		
Total lipid (fat) (1).....g	66.90		0	MC	9		9.37		
Ash.....g	1.29		0	MC	9		0.18		
Carbohydrate, by difference.....g	0.00		0	MC	9		0.00		
Fiber, total dietary.....g	0.0		0	MC	9		0.0		
Sugars, total.....g	0.00		0	MC	9		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg	4		0	MC	9		1		
Potassium, K.....mg	28		0	MC	9		4		
Sodium, Na.....mg	646		0	MC	9		90		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Lipids:									
Fatty acids, total saturated.....g	19.510		0	MC	9		2.731		
Fatty acids, total monounsaturated.....g	25.640		0	MC	9		3.590		
Fatty acids, total polyunsaturated.....g	17.700		0	MC	9		2.478		
Fatty acids, total trans.....g	0.710		0	MC	9		0.099		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 14.0g: 1 tablespoon

**Footnotes**

1 contains 2.841 g omega-3 fatty acids

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**NDB No. 04676**  
**Margarine-like spread, SMART BEAT Smart Squeeze**  
*GFA Brands*

**Refuse:** 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
<b>Proximates:</b>									
Water.....g	87.91		0	MC	9		12.31		
Energy.....kcal	47		0	MC	9		7		
Energy.....kj	197		0	MC	9		28		
Protein (N x 6.38).....g	0.00		0	MC	9		0.00		
Total lipid (fat) (1).....g	2.10		0	MC	9		0.29		
Ash.....g	2.45		0	MC	9		0.34		
Carbohydrate, by difference.....g	7.10		0	MC	9		0.99		
Fiber, total dietary.....g	0.0		0	MC	9		0.0		
Sugars, total.....g	1.00		0	MC	9		0.14		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg	0		0	MC	9		0		
Potassium, K.....mg	26		0	MC	9		4		
Sodium, Na.....mg	829		0	MC	9		116		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.310		0	MC	9		0.043		
Fatty acids, total monounsaturated.....g	0.470		0	MC	9		0.066		
Fatty acids, total polyunsaturated.....g	1.180		0	MC	9		0.165		
Fatty acids, total trans.....g	0.040		0	MC	9		0.006		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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#### Common Measures:

Measure 1 = 14.0g: 1 tablespoon

#### Footnotes

1 contains 0.164 g omega-3 fatty acids

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 04675

Margarine-like spread, SMART BEAT Super Light without saturated fat

GFA Brands

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
<b>Proximates:</b>									
Water.....g	80.83		0	MC	9		11.32		
Energy.....kcal	158		0	MC	9		22		
Energy.....kj	661		0	MC	9		93		
Protein (N x 6.38).....g	0.00		0	MC	9		0.00		
Total lipid (fat) (1).....g	17.10		0	MC	9		2.39		
Ash.....g	1.91		0	MC	9		0.27		
Carbohydrate, by difference.....g	0.00		0	MC	9		0.00		
Fiber, total dietary.....g	0.0		0	MC	9		0.0		
Sugars, total.....g	0.00		0	MC	9		0.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg	0		0	MC	9		0		
Potassium, K.....mg	12		0	MC	9		2		
Sodium, Na.....mg	755		0	MC	9		106		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.220		0	MC	9		0.311		
Fatty acids, total monounsaturated.....g	7.600		0	MC	9		1.064		
Fatty acids, total polyunsaturated.....g	3.980		0	MC	9		0.557		
Fatty acids, total trans.....g	2.450		0	MC	9		0.343		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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#### Common Measures:

Measure 1 = 14.0g: 1 tablespoon

#### Footnotes

1 contains 0.779 g omega-3 fatty acids

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 04106

Margarine-like spread, approximately 60% fat, tub, soybean (hydrogenated) and cottonseed (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	38.900		0		1		89.081	1.867	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	38.900		2		1		89.081	1.867	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.100		0		1		16.259	0.341	
18:2 undifferentiated.....g	7.000		2		1		16.030	0.336	
18:3 undifferentiated.....g	0.200		2		1		0.458	0.010	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	159		2		1		364	8	
<b>Amino Acids:</b>									
Tryptophan.....g	0.008		0		1		0.018	0.000	
Threonine.....g	0.027		0		1		0.062	0.001	
Isoleucine.....g	0.036		0		1		0.082	0.002	
Leucine.....g	0.059		0		1		0.135	0.003	
Lysine.....g	0.048		0		1		0.110	0.002	
Methionine.....g	0.015		0		1		0.034	0.001	
Cystine.....g	0.006		0		1		0.014	0.000	
Phenylalanine.....g	0.029		0		1		0.066	0.001	
Tyrosine.....g	0.029		0		1		0.066	0.001	
Valine.....g	0.040		0		1		0.092	0.002	
Arginine.....g	0.022		0		1		0.050	0.001	
Histidine.....g	0.016		0		1		0.037	0.001	
Alanine.....g	0.021		0		1		0.048	0.001	
Aspartic acid.....g	0.045		0		1		0.103	0.002	
Glutamic acid.....g	0.126		0		1		0.289	0.006	
Glycine.....g	0.013		0		1		0.030	0.001	
Proline.....g	0.058		0		1		0.133	0.003	
Serine.....g	0.033		0		1		0.076	0.002	
Hydroxyproline.....g									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	610		0	CAZN	4		1396.900	29.280	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

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#### Common Measures:

Measure 1 = 229g: 1 cup

Measure 2 = 4.8g: 1 tsp

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

**NDB No. 04106**

**Margarine-like spread, approximately 60% fat, tub, soybean (hydrogenated) and cottonseed (hydrogenated)**

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





NDB No. 04624

Margarine-like spread, fat free, liquid, salted

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	0.740			RA	4		0.111		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002			RA	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.737			RA	4		0.111		
20:1.....g	0.000			RA	4		0.000		
22:1 undifferentiated.....g	0.000			RA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.764			RA	4		0.265		
18:2 undifferentiated.....g	1.742			RA	4		0.261		
18:3 undifferentiated.....g	0.001			RA	4		0.000		
18:4.....g	0.000			RA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000			RA	4		0.000		
20:5 n-3.....g	0.000			RA	4		0.000		
22:5 n-3.....g	0.000			RA	4		0.000		
22:6 n-3.....g	0.000			RA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	1			RA	4		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0			Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	610		0	CAZN	4		91.500		
Carotene, alpha.....mcg	0		0	CAZN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000		
Lycopene.....mcg	0		0	CAZN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000		

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#### Common Measures:

Measure 1 = 15.0g: 1 tbsp

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Margarine-like spread, made with yogurt, stick, salted**

[illegible]

NDB No. 04626

Margarine-like spread, made with yogurt, stick, salted

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	39.900		0	BFZN	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.700		0	BFZN	4				
17:1.....g									
18:1 undifferentiated.....g	39.200		0	BFZN	4				
20:1.....g	0.000		0	BFZN	4				
22:1 undifferentiated.....g	0.000		0	BFZN	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	14.000		0	BFZN	4				
18:2 undifferentiated.....g	12.600		0	BFZN	4				
18:3 undifferentiated.....g	1.400		0	BFZN	4				
18:4.....g	0.000		0	BFZN	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4				
20:5 n-3.....g	0.000		0	BFZN	4				
22:5 n-3.....g	0.000		0	BFZN	4				
22:6 n-3.....g	0.000		0	BFZN	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9				
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	610		0	CAZN	4				
Carotene, alpha.....mcg	0		0	CAZN	4				
Cryptoxanthin, beta.....mcg	0		0	CAZN	4				
Lycopene.....mcg	0		0	CAZN	4				
Lutein + zeaxanthin.....mcg	0		0	CAZN	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

#### Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Margarine-like spread, reduced calorie, 40% fat, stick, with salt**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	57.80								
Energy.....kcal	356								
Energy.....kj	1490								
Protein.....g	0.60								
Total lipid (fat).....g	40.00								
Ash.....g	1.60		0		O				
Carbohydrate, by difference.....g	0.00								
Fiber, total dietary.....g	0.0								
Sugars, total.....g	0.00		0		CAZN				
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	21								
Iron, Fe.....mg	0.00								
Magnesium, Mg.....mg	2								
Phosphorus, P.....mg	16								
Potassium, K.....mg	30								
Sodium, Na.....mg	994								
Zinc, Zn.....mg	0.00								
Copper, Cu.....mg	0.000								
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.0		0		Z				7
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.1								4
Thiamin.....mg	0.010								4
Riboflavin.....mg	0.030								4
Niacin.....mg	0.020								4
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.010								4
Folate, total.....mcg	1								4
Folic acid.....mcg	0		0		Z				7
Folate, food.....mcg	1								4
Folate, DFE.....mcg_DFE	1		0		NC				4
Vitamin B-12.....mcg	0.07								4
Vitamin A, IU.....IU	3577		0		NC				4
Vitamin A, RAE.....mcg_RAE	819		0		NC				4
Retinol.....mcg	768		0		CAZN				4
Vitamin E (alpha-tocopherol).....mg	5.00		0		BFZN				4
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	93.0		1		CAZN				4
<b>Lipids:</b>									
Fatty acids, total saturated.....g	6.081								4
4:0.....g	0.000								7
6:0.....g	0.000								7
8:0.....g	0.000								7
10:0.....g	0.000								7
12:0.....g	0.000								7
13:0.....g									
14:0.....g	0.025								4
15:0.....g									
16:0.....g	3.707								4
17:0.....g									
18:0.....g	2.294								4
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 42310

Margarine-like spread, reduced calorie, 40% fat, stick, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	18.887					4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000					7			
17:1.....g									
18:1 undifferentiated.....g	18.887					4			
20:1.....g	0.000					7			
22:1 undifferentiated.....g	0.000					7			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	13.272					4			
18:2 undifferentiated.....g	12.953					4			
18:3 undifferentiated.....g	0.279					4			
18:4.....g	0.000					7			
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000					7			
20:5 n-3.....g	0.000					7			
22:5 n-3.....g	0.000					7			
22:6 n-3.....g	0.000					7			
Fatty acids, total trans.....g									
Cholesterol.....mg	0					4			
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0					4			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			
<b>Carotenoids:</b>									
Carotene, beta.....mcg	610		0	CAZN		4			
Carotene, alpha.....mcg	0		0	CAZN		4			
Cryptoxanthin, beta.....mcg	0		0	CAZN		4			
Lycopene.....mcg	0		0	CAZN		4			
Lutein + zeaxanthin.....mcg	0		0	CAZN		4			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

#### Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Margarine-like spread, reduced calorie, about 40% fat, made with yogurt, tub, salted**

[illegible]

NDB No. 04627

Margarine-like spread, reduced calorie, about 40% fat, made with yogurt, tub, salted

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	9.800		0	BFZN	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.350		0	BFZN	4				
17:1.....g									
18:1 undifferentiated.....g	9.450		0	BFZN	4				
20:1.....g	0.000		0	BFZN	4				
22:1 undifferentiated.....g	0.000		0	BFZN	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	16.800		0	BFZN	4				
18:2 undifferentiated.....g	15.040		0	BFZN	4				
18:3 undifferentiated.....g	1.750		0	BFZN	4				
18:4.....g	0.000		0	BFZN	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4				
20:5 n-3.....g	0.000		0	BFZN	4				
22:5 n-3.....g	0.000		0	BFZN	4				
22:6 n-3.....g	0.000		0	BFZN	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9				
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				
<b>Carotenoids:</b>									
Carotene, beta.....mcg	610		0	CAZN	4				
Carotene, alpha.....mcg	0		0	CAZN	4				
Cryptoxanthin, beta.....mcg	0		0	CAZN	4				
Lycopene.....mcg	0		0	CAZN	4				
Lutein + zeaxanthin.....mcg	0		0	CAZN	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

#### Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Margarine-like spread, stick or tub, sweetened**[illegible]



NDB No. 42256

Margarine-like spread, stick or tub, sweetened

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	17.000						1		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000						4		
17:1.....g									
18:1 undifferentiated.....g	16.900						4		
20:1.....g	0.100						4		
22:1 undifferentiated.....g	0.000						4		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	23.800						1		
18:2 undifferentiated.....g	20.870						4		
18:3 undifferentiated.....g	2.930						4		
18:4.....g	0.000						4		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000						4		
20:5 n-3.....g	0.000						7		
22:5 n-3.....g	0.000						7		
22:6 n-3.....g	0.000						7		
Fatty acids, total trans.....g									
Cholesterol.....mg	0						7		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0						7		
Caffeine.....mg	0		0	Z			7		
Theobromine.....mg	0		0	Z			7		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	610		0	CAZN			4		
Carotene, alpha.....mcg	0		0	CAZN			4		
Cryptoxanthin, beta.....mcg	0		0	CAZN			4		
Lycopene.....mcg	0		0	CAZN			4		
Lutein + zeaxanthin.....mcg	0		0	CAZN			4		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

#### Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 43598**  
**Mayonnaise dressing, no cholesterol**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	18.026				4		43.082	2.704	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				7		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	18.026				4		43.082	2.704	
20:1.....g	0.000				7		0.000	0.000	
22:1 undifferentiated.....g	0.000				7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	45.539				4		108.838	6.831	
18:2 undifferentiated.....g	40.569				4		96.960	6.085	
18:3 undifferentiated.....g	4.970				4		11.878	0.746	
18:4.....g	0.000				7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				7		0.000	0.000	
20:5 n-3.....g	0.000				7		0.000	0.000	
22:5 n-3.....g	0.000				7		0.000	0.000	
22:6 n-3.....g	0.000				7		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 239g: 1 cup

Measure 2 = 15.0g: 1 tbsp

**Calories Factors: Protein** 4.36

**Fat** 8.84

**Carbohydrate** 3.8

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 43355

Mayonnaise, low sodium, low calorie or diet

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	4.500				4		10.080	0.630	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	4.500				4		10.080	0.630	
20:1.....g	0.000				4		0.000	0.000	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	10.600				4		23.744	1.484	
18:2 undifferentiated.....g	9.000				4		20.160	1.260	
18:3 undifferentiated.....g	1.600				4		3.584	0.224	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.000				4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	24				4		54	3	
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

#### Common Measures:

Measure 1 = 224g: 1 cup

Measure 2 = 14.0g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 42178**  
**Mayonnaise, made with tofu**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	5.246		0	FLM	4		12.591	0.787	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.044		0	FLM	4		0.107	0.007	
17:1.....g									
18:1 undifferentiated.....g	4.887		0	FLM	4		11.728	0.733	
20:1.....g	0.094		0	FLM	4		0.225	0.014	
22:1 undifferentiated.....g	0.221		0	FLM	4		0.531	0.033	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	16.590		0	FLM	4		39.815	2.488	
18:2 undifferentiated.....g	14.578		0	FLM	4		34.988	2.187	
18:3 undifferentiated.....g	2.011		0	FLM	4		4.827	0.302	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	FLM	4		0	0	
Theobromine.....mg	0		0	FLM	4		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	23		0	FLM	4		54.344	3.397	
Carotene, alpha.....mcg	0		0	FLM	4		0.032	0.002	
Cryptoxanthin, beta.....mcg	6		0	FLM	4		14.010	0.876	
Lycopene.....mcg	0		0	FLM	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	21		0	FLM	4		51.407	3.213	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 240g: 1 cup

Measure 2 = 15.0g: 1 tbsp

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 04 Fats and Oils**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





NDB No. 42138

Mayonnaise, reduced-calorie or diet, cholesterol-free

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	7.707				4		17.803	1.125	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	7.707				4		17.803	1.125	
20:1.....g	0.000				4		0.000	0.000	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	19.500				4		45.045	2.847	
18:2 undifferentiated.....g	17.372				4		40.129	2.536	
18:3 undifferentiated.....g	2.128				4		4.916	0.311	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.000				4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

#### Common Measures:

Measure 1 = 231g: 1 cup

Measure 2 = 14.6g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

### Meat drippings (lard, beef tallow, mutton tallow)

[illegible]

NDB No. 04606

Meat drippings (lard, beef tallow, mutton tallow)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Fatty acids, total monounsaturated.....g	41.770			RA	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	3.024			RA	4				
17:1.....g									
18:1 undifferentiated.....g	37.728			RA	4				
20:1.....g	0.427			RA	4				
22:1 undifferentiated.....g	0.000			RA	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.560			RA	4				
18:2 undifferentiated.....g	6.179			RA	4				
18:3 undifferentiated.....g	1.282			RA	4				
18:4.....g	0.000			RA	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000			RA	4				
20:5 n-3.....g	0.000			RA	4				
22:5 n-3.....g	0.000			RA	4				
22:6 n-3.....g	0.000			RA	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	101			RA	4				
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0			Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	Z	7				
Carotene, alpha.....mcg	0		0	Z	7				
Cryptoxanthin, beta.....mcg	0		0	Z	7				
Lycopene.....mcg	0		0	Z	7				
Lutein + zeaxanthin.....mcg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 42299**  
**Oil, canola and soybean**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	55.340				4		120.641	7.526	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.200				4		0.436	0.027	
17:1.....g									
18:1 undifferentiated.....g	52.770				4		115.039	7.177	
20:1.....g	1.530				4		3.335	0.208	
22:1 undifferentiated.....g	0.540				4		1.177	0.073	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	32.430				4		70.697	4.410	
18:2 undifferentiated.....g	23.370				4		50.947	3.178	
18:3 undifferentiated.....g	9.050				4		19.729	1.231	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.000				4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	RA	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	RA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	RA	4		0.000	0.000	
Lycopene.....mcg	0		0	RA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	RA	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 218g: 1 cup

Measure 2 = 13.6g: 1 tbsp

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 04 Fats and Oils**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Refuse: 0%**

[illegible]

**NDB No. 42289**  
**Oil, corn and canola**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	41.800				1		93.632	5.852	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100				1		0.224	0.014	
17:1.....g									
18:1 undifferentiated.....g	40.500				1		90.720	5.670	
20:1.....g	0.900				1		2.016	0.126	
22:1 undifferentiated.....g	0.300				1		0.672	0.042	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	44.600				1		99.904	6.244	
18:2 undifferentiated.....g	39.500				1		88.480	5.530	
18:3 undifferentiated.....g	5.100				1		11.424	0.714	
18:4.....g	0.000				1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				1		0.000	0.000	
20:5 n-3.....g	0.000				1		0.000	0.000	
22:5 n-3.....g	0.000				1		0.000	0.000	
22:6 n-3.....g	0.000				1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 224g: 1 cup

Measure 2 = 14.0g: 1 tbsp

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 04 Fats and Oils**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	0.00						4		
Energy.....kcal	884						4		
Energy.....kj	3699						4		
Protein.....g	0.00						7		
Total lipid (fat).....g	100.00						1		
Ash.....g	0.00		0	NC			4		
Carbohydrate, by difference.....g	0.00						7		
Fiber, total dietary.....g	0.0						7		
Sugars, total.....g	0.00		0	RA			4		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	0						4		
Iron, Fe.....mg	0.13						4		
Magnesium, Mg.....mg	0						4		
Phosphorus, P.....mg	0						4		
Potassium, K.....mg	0						4		
Sodium, Na.....mg	0						4		
Zinc, Zn.....mg	0.02						4		
Copper, Cu.....mg	0.000						4		
Manganese, Mn.....mg	0.000		0	RA			4		
Selenium, Se.....mcg	0.0		0	Z			7		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0						7		
Thiamin.....mg	0.000						7		
Riboflavin.....mg	0.000						7		
Niacin.....mg	0.000						7		
Pantothenic acid.....mg	0.000		0	RA			4		
Vitamin B-6.....mg	0.000						7		
Folate, total.....mcg	0		0	RA			4		
Folic acid.....mcg	0		0	RA			4		
Folate, food.....mcg	0		0	RA			4		
Folate, DFE.....mcg_DFE	0		0	NC			4		
Vitamin B-12.....mcg	0.00						7		
Vitamin A, IU.....IU	0		0	RA			4		
Vitamin A, RAE.....mcg_RAE	0		0	RA			4		
Retinol.....mcg	0		0	RA			4		
Vitamin E (alpha-tocopherol).....mg	14.78		0	RA			4		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	21.0		0	RA			4		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	14.367						4		
4:0.....g	0.000						4		
6:0.....g	0.000						4		
8:0.....g	0.000						4		
10:0.....g	0.000						4		
12:0.....g	0.000						4		
13:0.....g									
14:0.....g	0.033						4		
15:0.....g									
16:0.....g	10.467						4		
17:0.....g									
18:0.....g	2.067						4		
20:0.....g									
22:0.....g									
24:0.....g									



**NDB No. 44005**  
**Oil, corn, peanut, and olive**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points			Code			
Fatty acids, total monounsaturated.....g	48.033					4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.300					4			
17:1.....g									
18:1 undifferentiated.....g	47.167					4			
20:1.....g	0.533					4			
22:1 undifferentiated.....g	0.000					4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	33.033					4			
18:2 undifferentiated.....g	32.633					4			
18:3 undifferentiated.....g	0.433					4			
18:4.....g	0.000					4			
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000					4			
20:5 n-3.....g	0.000					4			
22:5 n-3.....g	0.000					4			
22:6 n-3.....g	0.000					4			
Fatty acids, total trans.....g									
Cholesterol.....mg	0					7			
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0					7			
Caffeine.....mg	0		0	RA		4			
Theobromine.....mg	0		0	RA		4			
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	0		0	RA		4			
Carotene, alpha.....mcg	0		0	RA		4			
Cryptoxanthin, beta.....mcg	0		0	RA		4			
Lycopene.....mcg	0		0	RA		4			
Lutein + zeaxanthin.....mcg	0		0	RA		4			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying**

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points						
<b>Proximates:</b>									
Water.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Energy.....kcal	884		0	NC	4		120	1927	40
Energy.....kj	3766		0	NC	4		512	8209	169
Protein.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Total lipid (fat).....g	100.00		1	PAK	1		13.60	218.00	4.50
Ash.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	0		0	BFZN	4		0	0	0
Iron, Fe.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Magnesium, Mg.....mg	0		0	BFZN	4		0	0	0
Phosphorus, P.....mg	0		0	BFZN	4		0	0	0
Potassium, K.....mg	0		0	BFZN	4		0	0	0
Sodium, Na.....mg	0		0	BFZN	4		0	0	0
Zinc, Zn.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Copper, Cu.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Manganese, Mn.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Selenium, Se.....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total.....mcg	0		0	BFZN	4		0	0	0
Folic acid.....mcg	0		0	BFZN	4		0	0	0
Folate, food.....mcg	0		0	BFZN	4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0	BFZN	4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	BFZN	4		0	0	0
Retinol.....mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	17.10		0	BFZN	4		2.33	37.28	0.77
Tocopherol, beta.....mg	0.02		0	BFZN	4		0.00	0.03	0.00
Tocopherol, gamma.....mg	30.35		0	BFZN	4		4.13	66.16	1.37
Tocopherol, delta.....mg	0.97		0	BFZN	4		0.13	2.11	0.04
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	122.0		0	BFZN	4		16.6	265.9	5.5
<b>Lipids:</b>									
Fatty acids, total saturated.....g	7.615		0	NC	4		1.036	16.600	0.343
4:0.....g	0.000		1	A	1		0.000	0.000	0.000
6:0.....g	0.000		1	A	1		0.000	0.000	0.000
8:0.....g	0.000		1	A	1		0.000	0.000	0.000
10:0.....g	0.000		1	A	1		0.000	0.000	0.000
12:0.....g	0.037		1	A	1		0.005	0.081	0.002
13:0.....g									
14:0.....g	0.066		1	A	1		0.009	0.144	0.003
15:0.....g	0.037		1	A	1		0.005	0.081	0.002
16:0.....g	4.134		1	A	1		0.562	9.011	0.186
17:0.....g	0.048		1	A	1		0.006	0.104	0.002
18:0.....g	2.249		1	A	1		0.306	4.903	0.101
20:0.....g	0.727		1	A	1		0.099	1.586	0.033
22:0.....g	0.317		1	A	1		0.043	0.691	0.014
24:0.....g									

NDB No. 04643

Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	62.093		0	NC	4		8.445	135.363	2.794
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.218		0	AS	1		0.030	0.475	0.010
16:1 c.....g	0.218		1	A	1		0.030	0.475	0.010
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	60.754		0	AS	1		8.262	132.443	2.734
18:1 c.....g	60.592		1	A	1		8.240	132.090	2.727
18:1 t.....g	0.162		1	A	1		0.022	0.353	0.007
20:1.....g	1.122		1	A	1		0.153	2.445	0.050
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	25.588		0	NC	4		3.480	55.781	1.151
18:2 undifferentiated.....g	17.915		0	AS	1		2.436	39.054	0.806
18:2 n-6 c,c.....g	17.734		1	A	1		2.412	38.659	0.798
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.181		1	A	1		0.025	0.394	0.008
18:2 t not further defined.....g									
18:3 undifferentiated.....g	6.397		0	AS	1		0.870	13.946	0.288
18:4.....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	1.618		0	NC	4		0.220	3.528	0.073
Fatty acids, total trans-monoenoic.....g	0.162		0	NC	4		0.022	0.353	0.007
Fatty acids, total trans-polyenoic.....g	1.457		0	NC	4		0.198	3.175	0.066
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

#### Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 teaspoon

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code					
<b>Proximates:</b>									
Water.....g	0.07		1	A	1		0.01	0.15	0.00
Energy.....kcal	880		0	NC	4		120	1917	40
Energy.....kj	3680		0	NC	4		501	8023	166
Protein (N x 6.25).....g	0.00		1	A	1		0.00	0.00	0.00
Total lipid (fat).....g	99.50		1		1		13.53	216.91	4.48
Ash.....g	0.01		1	A	1		0.00	0.03	0.00
Carbohydrate, by difference.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	1		1	A	1		0	2	0
Iron, Fe.....mg	0.15		1	A	1		0.02	0.32	0.01
Magnesium, Mg.....mg	0		1	A	1		0	0	0
Phosphorus, P.....mg	0		1	A	1		0	0	0
Potassium, K.....mg	2		1	A	1		0	4	0
Sodium, Na.....mg	7		1	A	1		1	14	0
Zinc, Zn.....mg	0.04		1	A	1		0.01	0.08	0.00
Copper, Cu.....mg	0.000		1	A	1		0.000	0.000	0.000
Manganese, Mn.....mg	0.000		1	A	1		0.000	0.000	0.000
Selenium, Se.....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total.....mcg	0		0	BFZN	4		0	0	0
Folic acid.....mcg	0		0	BFZN	4		0	0	0
Folate, food.....mcg	0		0	BFZN	4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0	BFZN	4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	BFZN	4		0	0	0
Retinol.....mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.09		0	BFZN	4		0.01	0.20	0.00
Tocopherol, beta.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.20		0	BFZN	4		0.03	0.44	0.01
Tocopherol, delta.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.5		0	BFZN	4		0.1	1.1	0.0
<b>Lipids:</b>									
Fatty acids, total saturated.....g	93.536		0	NC	4		12.721	203.908	4.209
4:0.....g	0.060		1	A	1		0.008	0.131	0.003
6:0.....g	0.634		1	A	1		0.086	1.381	0.029
8:0.....g	7.574		1	A	1		1.030	16.511	0.341
10:0.....g	5.539		1	A	1		0.753	12.075	0.249
12:0.....g	44.216		1	A	1		6.013	96.391	1.990
13:0.....g									
14:0.....g	16.411		1	A	1		2.232	35.777	0.739
15:0.....g									
16:0.....g	8.561		1	A	1		1.164	18.664	0.385
17:0.....g									
18:0.....g	10.397		1	A	1		1.414	22.666	0.468
20:0.....g	0.144								

NDB No. 04661

Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.267		0	NC	4		0.036	0.581	0.012
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.267		0	AS	1		0.036	0.581	0.012
18:1 c.....g	0.000		1	A	1		0.000	0.000	0.000
18:1 t.....g	0.267		1	A	1		0.036	0.581	0.012
20:1.....g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	NC	4		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	0.000
18:2 n-6 c,c.....g	0.000		1	A	1		0.000	0.000	0.000
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
18:4.....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.267		0	NC	4		0.036	0.581	0.012
Fatty acids, total trans-monoenoic.....g	0.267		0	NC	4		0.036	0.581	0.012
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4		0.000	0.000	0.000
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg	86		0	BFZN	4		12	187	4
<b>Amino Acids:</b>									
Tryptophan.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Lysine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	0.000

NDB No. 04661

Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data						
			Points	Code	Code	Code			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

**Calories Factors: Protein**

**Fat** 8.84

**Carbohydrate**

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts**

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points						
<b>Proximates:</b>									
Water.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Energy.....kcal	884		0	NC	4		120	1927	40
Energy.....kj	3699		0	NC	4		503	8063	166
Protein.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Total lipid (fat).....g	100.00		1	PAK	1		13.60	218.00	4.50
Ash.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	0		0	BFZN	4		0	0	0
Iron, Fe.....mg	0.04		0	BFZN	4		0.01	0.09	0.00
Magnesium, Mg.....mg	0		0	BFZN	4		0	0	0
Phosphorus, P.....mg	0		0	BFZN	4		0	0	0
Potassium, K.....mg	0		0	BFZN	4		0	0	0
Sodium, Na.....mg	0		0	BFZN	4		0	0	0
Zinc, Zn.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Copper, Cu.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Manganese, Mn.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Selenium, Se.....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total.....mcg	0		0	BFZN	4		0	0	0
Folic acid.....mcg	0		0	BFZN	4		0	0	0
Folate, food.....mcg	0		0	BFZN	4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0	BFZN	4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	BFZN	4		0	0	0
Retinol.....mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.09		0	BFZN	4		0.01	0.20	0.00
Tocopherol, beta.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.20		0	BFZN	4		0.03	0.44	0.01
Tocopherol, delta.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.5		0	BFZN	4		0.1	1.1	0.0
<b>Lipids:</b>									
Fatty acids, total saturated.....g	86.002		0	NC	4		11.696	187.485	3.870
4:0.....g	0.060		1	A	1		0.008	0.131	0.003
6:0.....g	0.750		1	A	1		0.102	1.634	0.034
8:0.....g	8.212		1	A	1		1.117	17.902	0.370
10:0.....g	5.594		1	A	1		0.761	12.196	0.252
12:0.....g	43.749		1	A	1		5.950	95.372	1.969
13:0.....g									
14:0.....g	16.760		1	A	1		2.279	36.537	0.754
15:0.....g	0.000		1	A	1		0.000	0.000	0.000
16:0.....g	8.400		1	A	1		1.142	18.312	0.378
17:0.....g	0.000		1	A	1		0.000	0.000	0.000
18:0.....g	2.478		1	A	1		0.337	5.402	0.112
20:0.....g	0.000		1	A	1		0.000	0.000	0.000
22:0.....g	0.000		1	A	1		0.000	0.000	0.000
24:0.....g									

NDB No. 04646

Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	5.935		0	NC	4		0.807	12.939	0.267
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	0.000
16:1 c.....g	0.000		1	A	1		0.000	0.000	0.000
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	5.935		0	AS	1		0.807	12.939	0.267
18:1 c.....g	5.935		1	A	1		0.807	12.939	0.267
18:1 t.....g	0.000		1	A	1		0.000	0.000	0.000
20:1.....g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.657		0	NC	4		0.225	3.612	0.075
18:2 undifferentiated.....g	1.657		0	AS	1		0.225	3.612	0.075
18:2 n-6 c,c.....g	1.657		1	A	1		0.225	3.612	0.075
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.000		1	A	1		0.000	0.000	0.000
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	0.000
18:4.....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4		0.000	0.000	0.000
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg	86		0	BFZN	4		12	187	4
Amino Acids:									
Tryptophan.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Lysine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000



NDB No. 04646

Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	<u>measures of food</u>		
							Measure 1	Measure 2	Measure 3
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

**Calories Factors: Protein**

**Fat** 8.84

**Carbohydrate**

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Oil, industrial, palm kernel (hydrogenated), filling fat**

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
<b>Proximates:</b>									
Water.....g	0.08		1	A	1		0.01	0.17	0.00
Energy.....kcal	884		0	NC	4		120	1927	40
Energy.....kj	3699		0	NC	4		503	8063	166
Protein (N x 6.25).....g	0.00		1	A	1		0.00	0.00	0.00
Total lipid (fat).....g	100.00		1	PAK	1		13.60	218.00	4.50
Ash.....g	0.01		1	A	1		0.00	0.03	0.00
Carbohydrate, by difference.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	2		1	A	1		0	4	0
Iron, Fe.....mg	0.15		1	A	1		0.02	0.32	0.01
Magnesium, Mg.....mg	0		1	A	1		0	0	0
Phosphorus, P.....mg	0		1	A	1		0	0	0
Potassium, K.....mg	1		1	A	1		0	2	0
Sodium, Na.....mg	6		1	A	1		1	12	0
Zinc, Zn.....mg	0.04		1	A	1		0.01	0.08	0.00
Copper, Cu.....mg	0.000		1	A	1		0.000	0.000	0.000
Manganese, Mn.....mg	0.000		1	A	1		0.000	0.000	0.000
Selenium, Se.....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total.....mcg	0		0	BFZN	4		0	0	0
Folic acid.....mcg	0		0	BFZN	4		0	0	0
Folate, food.....mcg	0		0	BFZN	4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0	BFZN	4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	BFZN	4		0	0	0
Retinol.....mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	3.81		0	BFZN	4		0.52	8.31	0.17
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	24.7		0	BFZN	4		3.4	53.9	1.1
<b>Lipids:</b>									
Fatty acids, total saturated.....g	88.209		0	NC	4		11.996	192.296	3.969
4:0.....g	0.063		1	A	1		0.009	0.137	0.003
6:0.....g	0.318		1	A	1		0.043	0.693	0.014
8:0.....g	3.760		1	A	1		0.511	8.196	0.169
10:0.....g	3.291		1	A	1		0.448	7.174	0.148
12:0.....g	44.702		1	A	1		6.079	97.450	2.012
13:0.....g									
14:0.....g	14.094		1	A	1		1.917	30.725	0.634
15:0.....g									
16:0.....g	7.664		1	A	1		1.042	16.707	0.345
17:0.....g									
18:0.....g	14.319		1	A	1		1.947	31.214	0.644
20:0.....g	0.000		1	A	1		0.000	0.000	0.000
22:0.....g									
24:0.....g									

NDB No. 04663

Oil, industrial, palm kernel (hydrogenated), filling fat

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Fatty acids, total monounsaturated.....g	5.705		0	NC	4		0.776	12.437	0.257
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	5.705		0	AS	1		0.776	12.437	0.257
18:1 c.....g	1.047		1	A	1		0.142	2.282	0.047
18:1 t.....g	4.658		1	A	1		0.634	10.155	0.210
20:1.....g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	NC	4		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	0.000
18:2 n-6 c,c.....g	0.000		1	A	1		0.000	0.000	0.000
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
18:4.....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	4.658		0	NC	4		0.634	10.155	0.210
Fatty acids, total trans-monoenoic.....g	4.658		0	NC	4		0.634	10.155	0.210
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4		0.000	0.000	0.000
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg	95		0	BFZN	4		13	207	4
Amino Acids:									
Tryptophan.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Lysine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	0.000

NDB No. 04663

Oil, industrial, palm kernel (hydrogenated), filling fat

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data						
			Points	Code	Code	Code			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

**Calories Factors: Protein**

**Fat** 8.84

**Carbohydrate**

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
<b>Proximates:</b>									
Water.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Energy.....kcal	884		0	NC	4		120	1927	40
Energy.....kj	3699		0	NC	4		503	8063	166
Protein (N x 6.25).....g	0.00		0	BFZN	4		0.00	0.00	0.00
Total lipid (fat).....g	100.00		1	PAK	1		13.60	218.00	4.50
Ash.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	0		0	BFZN	4		0	0	0
Iron, Fe.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Magnesium, Mg.....mg	0		0	BFZN	4		0	0	0
Phosphorus, P.....mg	0		0	BFZN	4		0	0	0
Potassium, K.....mg	0		0	BFZN	4		0	0	0
Sodium, Na.....mg	0		0	BFZN	4		0	0	0
Zinc, Zn.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Copper, Cu.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total.....mcg	0		0	BFZN	4		0	0	0
Folic acid.....mcg	0		0	BFZN	4		0	0	0
Folate, food.....mcg	0		0	BFZN	4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0	BFZN	4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	BFZN	4		0	0	0
Retinol.....mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	12.10		0	BFZN	4		1.65	26.38	0.54
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	24.7		0	BFZN	4		3.4	53.9	1.1
<b>Lipids:</b>									
Fatty acids, total saturated.....g	25.883		0	NC	4		3.520	56.425	1.165
4:0.....g	0.000		1	A	1		0.000	0.000	0.000
6:0.....g	0.000		1	A	1		0.000	0.000	0.000
8:0.....g	0.000		1	A	1		0.000	0.000	0.000
10:0.....g	0.000		1	A	1				

NDB No. 04654

Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	59.133		0	NC	4		8.042	128.910	2.661
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.076		0	AS	1		0.010	0.165	0.003
16:1 c.....g	0.076		1	A	1		0.010	0.165	0.003
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	59.020		0	AS	1		8.027	128.663	2.656
18:1 c.....g	31.734		1	A	1		4.316	69.181	1.428
18:1 t.....g	27.285		1	A	1		3.711	59.482	1.228
20:1.....g	0.037		1	A	1		0.005	0.081	0.002
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	10.305		0	NC	4		1.401	22.464	0.464
18:2 undifferentiated.....g	9.610		0	AS	1		1.307	20.949	0.432
18:2 n-6 c,c.....g	6.619		1	A	1		0.900	14.430	0.298
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	2.991		1	A	1		0.407	6.519	0.135
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.162		0	AS	1		0.022	0.353	0.007
18:4.....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	30.809		0	NC	4		4.190	67.163	1.386
Fatty acids, total trans-monoenoic.....g	27.285		0	NC	4		3.711	59.482	1.228
Fatty acids, total trans-polyenoic.....g	3.524		0	NC	4		0.479	7.681	0.159
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg	152		0	BFZN	4		21	331	7
Amino Acids:									
Tryptophan.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Lysine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000

NDB No. 04654

Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

**Calories Factors: Protein**

**Fat 8.84**

**Carbohydrate**

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**NDB No. 04053**  
**Oil, olive, salad or cooking**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	0.00		2	A	1		0.00	0.00	0.00
Energy.....kcal	884		0	NC	4		119	1909	40
Energy.....kj	3699		0	NC	4		499	7989	166
Protein (N x 0).....g	0.00		2	A	1		0.00	0.00	0.00
Total lipid (fat).....g	100.00		0		1		13.50	216.00	4.50
Ash.....g	0.00		2	A	1		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	1		2	A	1		0	2	0
Iron, Fe.....mg	0.66		2	A	1		0.09	1.42	0.03
Magnesium, Mg.....mg	0		2	A	1		0	0	0
Phosphorus, P.....mg	0		2	A	1		0	0	0
Potassium, K.....mg	1		2	A	1		0	2	0
Sodium, Na.....mg	3		2	A	1		0	6	0
Zinc, Zn.....mg	0.00		2	A	1		0.00	0.00	0.00
Copper, Cu.....mg	0.000		2	A	1		0.000	0.000	0.000
Manganese, Mn.....mg	0.000		2	A	1		0.000	0.000	0.000
Selenium, Se.....mcg	0.0		2	A	1		0.0	0.0	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0		4		0.000	0.000	0.000
Niacin.....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	0.000
Folate, total.....mcg	0		0		4		0	0	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	0		0		4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0		4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	14.35	1.535	6	A	1		1.94	30.99	0.65
Tocopherol, beta.....mg	0.11	0.052	6	A	1		0.01	0.24	0.00
Tocopherol, gamma.....mg	0.83	0.184	6	A	1		0.11	1.80	0.04
Tocopherol, delta.....mg	0.00	0.000	6	A	1		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	60.2		2	A	1		8.1	130.0	2.7
<b>Lipids:</b>									
Fatty acids, total saturated.....g	13.454		0	NC	4		1.816	29.061	0.605
4:0.....g	0.000		2	A	1		0.000	0.000	0.000
6:0.....g	0.000		2	A	1		0.000	0.000	0.000
8:0.....g	0.000		2	A	1		0.000	0.000	0.000
10:0.....g	0.000		2	A	1		0.000	0.000	0.000
12:0.....g	0.000		2	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		2	A	1		0.000	0.000	0.000
15:0.....g									
16:0.....g	10.930		2	A	1		1.475	23.608	0.492
17:0.....g	0.000		2	A	1		0.000	0.000	0.000
18:0.....g	1.981		2	A	1		0.267	4.279	0.089
20:0.....g	0.416		2	A	1		0.056	0.897	0.019
22:0.....g	0.128		2	A	1		0.017	0.276	0.006
24:0.....g	0.000		2	A	1		0.000	0.000	0.000



**NDB No. 04053**  
**Oil, olive, salad or cooking**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	73.901		0	NC	4		9.977	159.626	3.326
14:1.....g	0.000		2	A	1		0.000	0.000	0.000
15:1.....g									
16:1 undifferentiated.....g	1.158		2	A	1		0.156	2.500	0.052
17:1.....g	0.137		2	A	1		0.018	0.296	0.006
18:1 undifferentiated.....g	72.294		2	A	1		9.760	156.155	3.253
20:1.....g	0.313		2	A	1		0.042	0.675	0.014
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	10.003		0	NC	4		1.350	21.606	0.450
18:2 undifferentiated.....g	9.211		2	A	1		1.243	19.895	0.414
18:3 undifferentiated.....g	0.793		2	A	1		0.107	1.712	0.036
18:4.....g	0.000		2	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		2	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		2	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	221	41.923	13		1		30	477	10
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 13.5g: 1 tablespoon

Measure 2 = 216g: 1 cup

Measure 3 = 4.5g: 1 tsp

NDB No. 04053  
Oil, olive, salad or cooking

Calories Factors:	Protein	Fat 8.84	Carbohydrate	Food Group: 04 Fats and Oils
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**NDB No. 04042**  
**Oil, peanut, salad or cooking**

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	0.00		0		1		0.00	0.00	0.00
Energy.....kcal	884		0	NC	4		119	1909	40
Energy.....kj	3699		0		4		499	7989	166
Protein (N x 0).....g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat).....g	100.00		0		1		13.50	216.00	4.50
Ash.....g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	0	0.024	9		1		0	0	0
Iron, Fe.....mg	0.03	0.004	9		1		0.00	0.06	0.00
Magnesium, Mg.....mg	0	0.017	8		1		0	0	0
Phosphorus, P.....mg	0		0		4		0	0	0
Potassium, K.....mg	0	0.004	6		1		0	0	0
Sodium, Na.....mg	0	0.037	11		1		0	0	0
Zinc, Zn.....mg	0.01		1		1		0.00	0.02	0.00
Copper, Cu.....mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.0		0	Z	7		0.0	0.0	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0		4		0.000	0.000	0.000
Niacin.....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	0.000
Folate, total.....mcg	0		0		4		0	0	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	0		0	Z	7		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0		4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	15.69	0.395	6	A	1		2.12	33.90	0.71
Tocopherol, beta.....mg	0.46	0.036	6	A	1		0.06	0.99	0.02
Tocopherol, gamma.....mg	15.91	0.749	6	A	1		2.15	34.35	0.72
Tocopherol, delta.....mg	1.37	0.166	6	A	1		0.18	2.95	0.06
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.7		1	A	1		0.1	1.6	0.0
<b>Lipids:</b>									
Fatty acids, total saturated.....g	16.900		0		1		2.282	36.504	0.761
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.100	0.092	4		1		0.014	0.216	0.005
15:0.....g									
16:0.....g	9.500	0.233	15		1		1.283	20.520	0.428
17:0.....g									
18:0.....g	2.200	0.165	15		1		0.297	4.752	0.099
20:0.....g	1.400		0		1		0.189	3.024	0.063
22:0.....g	2.800		0		1		0.378	6.048	0.126
24:0.....g	0.900		0		1		0.122	1.944	0.041

**NDB No. 04042**  
**Oil, peanut, salad or cooking**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	46.200		0		1		6.237	99.792	2.079
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100	0.072	4		1		0.014	0.216	0.005
17:1.....g									
18:1 undifferentiated.....g	44.800	1.835	15		1		6.048	96.768	2.016
20:1.....g	1.300	0.097	14		1		0.176	2.808	0.059
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	32.000		0		1		4.320	69.120	1.440
18:2 undifferentiated.....g	32.000	1.744	15		1		4.320	69.120	1.440
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	207	43.078	8		1		28	447	9
<b>Amino Acids:</b>									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 13.5g: 1 tablespoon

Measure 2 = 216g: 1 cup

Measure 3 = 4.5g: 1 tsp

NDB No. 04042  
Oil, peanut, salad or cooking

Calories Factors:	Protein	Fat 8.84	Carbohydrate	Food Group: 04 Fats and Oils
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data						
	Points	Code	Code	Code					
<b>Proximates:</b>									
Water.....g	0.00		0		1		0.00	0.00	0.00
Energy.....kcal	884		0	NC	4		120	1927	40
Energy.....kj	3699		0		4		503	8063	166
Protein (N x 0).....g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat).....g	100.00		0		1		13.60	218.00	4.50
Ash.....g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	0		0		4		0	0	0
Iron, Fe.....mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg.....mg	0		0		4		0	0	0
Phosphorus, P.....mg	0		0		4		0	0	0
Potassium, K.....mg	0		0		4		0	0	0
Sodium, Na.....mg	0		0		4		0	0	0
Zinc, Zn.....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu.....mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.0		0	Z	7		0.0	0.0	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0		4		0.000	0.000	0.000
Niacin.....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	0.000
Folate, total.....mcg	0		0	Z	7		0	0	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	0		0	Z	7		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0	AS	1		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	1.40	0.097	5		1		0.19	3.05	0.06
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	13.6	2.621	7	A	1		1.8	29.6	0.6
<b>Lipids:</b>									
Fatty acids, total saturated.....g	14.200		0		1		1.931	30.956	0.639
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	8.900	0.378	37		1		1.210	19.402	0.401
17:0.....g									
18:0.....g	4.800	0.220	37		1		0.653	10.464	0.216
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 04058**  
**Oil, sesame, salad or cooking**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	39.700		0		1		5.399	86.546	1.787
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.200	0.035	32		1		0.027	0.436	0.009
17:1.....g									
18:1 undifferentiated.....g	39.300	0.659	38		1		5.345	85.674	1.769
20:1.....g	0.200	0.047	11		1		0.027	0.436	0.009
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	41.700		0		1		5.671	90.906	1.877
18:2 undifferentiated.....g	41.300	0.677	38		1		5.617	90.034	1.859
18:3 undifferentiated.....g	0.300	0.058	23		1		0.041	0.654	0.014
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	865		0		1		118	1886	39
<b>Amino Acids:</b>									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

NDB No. 04058  
Oil, sesame, salad or cooking

Calories Factors:	Protein	Fat 8.84	Carbohydrate	Food Group: 04 Fats and Oils
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	0.00		0		1		0.00	0.00	0.00
Energy.....kcal	884		0	NC	4		120	1927	40
Energy.....kj	3699				4		503	8063	166
Protein (N x 0).....g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat).....g	100.00		0		1		13.60	218.00	4.50
Ash.....g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	0	0.021	3		1		0	0	0
Iron, Fe.....mg	0.02	0.007	12		1		0.00	0.04	0.00
Magnesium, Mg.....mg	0	0.023	3		1		0	0	0
Phosphorus, P.....mg	0	0.055	10		1		0	1	0
Potassium, K.....mg	0		0		4		0	0	0
Sodium, Na.....mg	0		1		1		0	0	0
Zinc, Zn.....mg	0.00		1		1		0.00	0.00	0.00
Copper, Cu.....mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.0		0	Z	7		0.0	0.0	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0		4		0.000	0.000	0.000
Niacin.....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	0.000
Folate, total.....mcg	0		0	Z	7		0	0	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	0		0	Z	7		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0	AS	1		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	9.21	1.787	80	JA	6		1.25	20.09	0.41
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	197.6	18.988	35	A	1		26.9	430.7	8.9
<b>Lipids:</b>									
Fatty acids, total saturated.....g	14.400		0		1		1.958	31.392	0.648
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000	0.038	11		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.100	0.017	27		1		0.014	0.218	0.005
15:0.....g									
16:0.....g	10.300	0.139	68		1		1.401	22.454	0.464
17:0.....g									
18:0.....g	3.800	0.063	68		1		0.517	8.284	0.171
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 04044**  
**Oil, soybean, salad or cooking**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	23.300		0		1		3.169	50.794	1.049
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.200	0.045	29		1		0.027	0.436	0.009
17:1.....g									
18:1 undifferentiated.....g	22.800	0.292	70		1		3.101	49.704	1.026
20:1.....g	0.200	0.029	18		1		0.027	0.436	0.009
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	57.900		0		1		7.874	126.222	2.606
18:2 undifferentiated.....g	51.000	0.287	70		1		6.936	111.180	2.295
18:3 undifferentiated.....g	6.800	0.131	66		1		0.925	14.824	0.306
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	250	33.841	14		1		34	545	11
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

NDB No. 04044  
Oil, soybean, salad or cooking

Calories Factors:	Protein	Fat 8.84	Carbohydrate	Food Group: 04 Fats and Oils
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 04034

Oil, soybean, salad or cooking, (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	43.000		0		1		5.848	1.935	93.740
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.400	0.143	8		1		0.054	0.018	0.872
17:1.....g									
18:1 undifferentiated.....g	42.500	0.645	43		1		5.780	1.913	92.650
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	37.600		0		1		5.114	1.692	81.968
18:2 undifferentiated.....g	34.900	0.704	43		1		4.746	1.571	76.082
18:3 undifferentiated.....g	2.600	0.158	39		1		0.354	0.117	5.668
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	132		0		1		18	6	288
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 4.5g: 1 tsp

Measure 3 = 218g: 1 cup

NDB No. 04034  
Oil, soybean, salad or cooking, (hydrogenated)

Calories Factors:	Protein	Fat 8.84	Carbohydrate	Food Group: 04 Fats and Oils
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 04543

Oil, soybean, salad or cooking, (hydrogenated) and cottonseed

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	29.500		0		1		4.012	64.310	1.328
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.200	0.046	7		1		0.027	0.436	0.009
17:1.....g									
18:1 undifferentiated.....g	29.300	1.206	16		1		3.985	63.874	1.319
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	48.100		0		1		6.542	104.858	2.165
18:2 undifferentiated.....g	45.300	0.888	16		1		6.161	98.754	2.039
18:3 undifferentiated.....g	2.800	0.398	16		1		0.381	6.104	0.126
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	152		0		4		21	331	7
<b>Amino Acids:</b>									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp



**NDB No. 04543**  
**Oil, soybean, salad or cooking, (hydrogenated) and cottonseed**

<b>Calories Factors:</b>	<b>Protein</b>	<b>Fat 8.84</b>	<b>Carbohydrate</b>	<b>Food Group:</b> 04 Fats and Oils
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 04510

Oil, vegetable safflower, salad or cooking, linoleic, (over 70%)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	14.355		0	MA	12		1.952	31.294	0.646
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	MA	12		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	14.355		0	MA	12		1.952	31.294	0.646
20:1.....g	0.000		0	MA	12		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	MA	12		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	74.623		0	MA	12		10.149	162.678	3.358
18:2 undifferentiated.....g	74.623		0	MA	12		10.149	162.678	3.358
18:3 undifferentiated.....g	0.000		0	MA	12		0.000	0.000	0.000
18:4.....g	0.000		0	MA	12		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	MA	12		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	MA	12		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	MA	12		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	MA	12		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	444		0		1		60	968	20
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 13.6g: 1 cup

Measure 2 = 218g: 1 tbsp

Measure 3 = 4.5g: 1 tsp

**NDB No. 04510**  
**Oil, vegetable safflower, salad or cooking, linoleic, (over 70%)**

<b>Calories Factors:</b>	<b>Protein</b>	<b>Fat 8.84</b>	<b>Carbohydrate</b>	<b>Food Group:</b> 04 Fats and Oils
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 04511

Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points						
18:0.....g	1.915		0	MA	12		0.260	4.175	0.086
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	74.646		0	MA	12		10.152	162.728	3.359
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	MA	12		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	74.646		0	MA	12		10.152	162.728	3.359
20:1.....g	0.000		0	MA	12		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	MA	12		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	14.350		0	MA	12		1.952	31.283	0.646
18:2 undifferentiated.....g	14.350		0	MA	12		1.952	31.283	0.646
18:3 undifferentiated.....g	0.000		0	MA	12		0.000	0.000	0.000
18:4.....g	0.000		0	MA	12		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	MA	12		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	MA	12		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	MA	12		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	MA	12		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	444		0		4		60	968	20
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

NDB No. 04511  
Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

food, or similar food.

**Common Measures:**  
Measure 1 = 13.6g: 1 tablespoon  
Measure 2 = 218g: 1 cup  
Measure 3 = 4.5g: 1 tsp

**Calories Factors:** Protein                      Fat 8.84                      Carbohydrate

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





**NDB No. 04529**  
**Oil, vegetable, almond**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	69.900		0		1		9.506	152.382	3.146
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.600	0.025	89		1		0.082	1.308	0.027
17:1.....g									
18:1 undifferentiated.....g	69.400	0.426	91		1		9.438	151.292	3.123
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	17.400		0		1		2.366	37.932	0.783
18:2 undifferentiated.....g	17.400	0.394	91		1		2.366	37.932	0.783
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	266		0		4		36	580	12
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

NDB No. 04529  
Oil, vegetable, almond

Calories Factors:	Protein	Fat 8.84	Carbohydrate	Food Group: 04 Fats and Oils
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 04530**  
**Oil, vegetable, apricot kernel**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	60.000		0		1		8.160	130.800	2.700
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.500	0.071	51		1		0.204	3.270	0.068
17:1.....g									
18:1 undifferentiated.....g	58.500	0.763	54		1		7.956	127.530	2.633
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	29.300		0		1		3.985	63.874	1.319
18:2 undifferentiated.....g	29.300	0.688	54		1		3.985	63.874	1.319
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	266		0		4		36	580	12
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

NDB No. 04530  
Oil, vegetable, apricot kernel

Calories Factors:	Protein	Fat 8.84	Carbohydrate	Food Group: 04 Fats and Oils
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 04534**  
**Oil, vegetable, babassu**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	11.400		0		1		1.550	24.852	0.513
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		2		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	11.400	0.526	6		1		1.550	24.852	0.513
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.600		0		1		0.218	3.488	0.072
18:2 undifferentiated.....g	1.600	0.284	6		1		0.218	3.488	0.072
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	95		0		4		13	207	4
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

NDB No. 04534  
Oil, vegetable, babassu

Calories Factors:	Protein	Fat 8.82	Carbohydrate	Food Group: 04 Fats and Oils
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)





**NDB No. 04501**  
**Oil, vegetable, cocoa butter**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	32.900		0		1		4.474	71.722	1.481
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.200	0.019	108		1		0.027	0.436	0.009
17:1.....g									
18:1 undifferentiated.....g	32.600	0.121	154		1		4.434	71.068	1.467
20:1.....g	0.000	0.010	21		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.000		0		1		0.408	6.540	0.135
18:2 undifferentiated.....g	2.800	0.048	154		1		0.381	6.104	0.126
18:3 undifferentiated.....g	0.100	0.009	117		1		0.014	0.218	0.005
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		7		0	0	0
Phytosterols.....mg	201		0		1		27	438	9
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

NDB No. 04501  
Oil, vegetable, cocoa butter

Calories Factors:	Protein	Fat 8.84	Carbohydrate	Food Group: 04 Fats and Oils
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Oil, vegetable, corn, industrial and retail, all purpose salad or cooking**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	0.00		0		1		0.00	0.00	0.00
Energy.....kcal	884		0	NC	4		120	1927	40
Energy.....kj	3699		0		4		503	8063	166
Protein (N x 0).....g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat).....g	100.00		0		1		13.60	218.00	4.50
Ash.....g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	0		0		4		0	0	0
Iron, Fe.....mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg.....mg	0		0		4		0	0	0
Phosphorus, P.....mg	0		0		4		0	0	0
Potassium, K.....mg	0		0		4		0	0	0
Sodium, Na.....mg	0		0		4		0	0	0
Zinc, Zn.....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu.....mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.0		0	Z	7		0.0	0.0	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0		4		0.000	0.000	0.000
Niacin.....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	0.000
Folate, total.....mcg	0		0		4		0	0	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	0		0	Z	7		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0		4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	14.30	1.040	46		1		1.94	31.17	0.64
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.9	0.294	13	A	1		0.3	4.2	0.1
<b>Lipids:</b>									
Fatty acids, total saturated.....g	12.948		0	NC	4		1.761	28.227	0.583
4:0.....g	0.000		1	JA	6		0.000	0.000	0.000
6:0.....g	0.000		1	JA	6		0.000	0.000	0.000
8:0.....g	0.000		1	JA	6		0.000	0.000	0.000
10:0.....g	0.000		1	JA	6		0.000	0.000	0.000
12:0.....g	0.000		2	JA	6		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.024		2	JA	6		0.003	0.051	0.001
15:0.....g	0.000		1	A	1		0.000	0.000	0.000
16:0.....g	10.579		2	JA	6		1.439	23.063	0.476
17:0.....g	0.067		1	A	1		0.009	0.145	0.003
18:0.....g	1.848		2	JA	6		0.251	4.029	0.083
20:0.....g	0.431		1	A	1		0.059	0.939	0.019
22:0.....g	0.000		1	A	1				

NDB No. 04518

Oil, vegetable, corn, industrial and retail, all purpose salad or cooking

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	27.576		0	NC	4		3.750	60.116	1.241
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.114		0	AS	1		0.015	0.248	0.005
16:1 c.....g	0.114		1	A	1		0.015	0.248	0.005
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	27.333		0	AS	1		3.717	59.586	1.230
18:1 c.....g	27.333		1	A	1		3.717	59.586	1.230
18:1 t.....g	0.000		1	A	1		0.000	0.000	0.000
20:1.....g	0.129		1	JA	6		0.018	0.282	0.006
22:1 undifferentiated.....g	0.000		1	JA	6		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	54.677		0	NC	4		7.436	119.195	2.460
18:2 undifferentiated.....g	53.515		0	AS	1		7.278	116.663	2.408
18:2 n-6 c,c.....g	53.230		1	A	1		7.239	116.041	2.395
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.286		1	A	1		0.039	0.623	0.013
18:2 t not further defined.....g									
18:3 undifferentiated.....g	1.161		0	A	1		0.158	2.532	0.052
18:4.....g	0.000		1	JA	6		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		1	JA	6		0.000	0.000	0.000
20:5 n-3.....g	0.000		1	JA	6		0.000	0.000	0.000
22:5 n-3.....g	0.000		1	JA	6		0.000	0.000	0.000
22:6 n-3.....g	0.000		1	JA	6		0.000	0.000	0.000
Fatty acids, total trans.....g	0.286		0	NC	4		0.039	0.623	0.013
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic.....g	0.286		0	NC	4		0.039	0.623	0.013
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	968	84.091	8		1		132	2110	44
<b>Amino Acids:</b>									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000

NDB No. 04518

Oil, vegetable, corn, industrial and retail, all purpose salad or cooking

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	<u>measures of food</u>		
							Measure 1	Measure 2	Measure 3
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

**Calories Factors: Protein**

**Fat 8.84**

**Carbohydrate**

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 04502

Oil, vegetable, cottonseed, salad or cooking

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	17.800		0		1		2.421	38.804	0.801
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.800	0.031	120		1		0.109	1.744	0.036
17:1.....g									
18:1 undifferentiated.....g	17.000	0.259	124		1		2.312	37.060	0.765
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	51.900		0		1		7.058	113.142	2.336
18:2 undifferentiated.....g	51.500	0.357	123		1		7.004	112.270	2.318
18:3 undifferentiated.....g	0.200	0.030	59		1		0.027	0.436	0.009
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.100	0.015	48		1		0.014	0.218	0.005
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	324	14.738	9		1		44	706	15
<b>Amino Acids:</b>									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp



**NDB No. 04502**  
**Oil, vegetable, cottonseed, salad or cooking**

<b>Calories Factors:</b>	<b>Protein</b>	<b>Fat</b> 8.84	<b>Carbohydrate</b>	<b>Food Group:</b> 04 Fats and Oils
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 04541**  
**Oil, vegetable, cupu assu**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	
							Measure 1 Measure 2 Measure 3
Fatty acids, total monounsaturated.....g	38.700		0		1		5.263 84.366 1.742
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.000		0		4		0.000 0.000 0.000
17:1.....g							
18:1 undifferentiated.....g	38.700		1		1		5.263 84.366 1.742
20:1.....g	0.000		0		4		0.000 0.000 0.000
22:1 undifferentiated.....g	0.000		0		4		0.000 0.000 0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	3.800		0		1		0.517 8.284 0.171
18:2 undifferentiated.....g	3.800		1		1		0.517 8.284 0.171
18:3 undifferentiated.....g	0.000		0		4		0.000 0.000 0.000
18:4.....g	0.000		0		4		0.000 0.000 0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		4		0.000 0.000 0.000
20:5 n-3.....g	0.000		0		4		0.000 0.000 0.000
22:5 n-3.....g	0.000		0		4		0.000 0.000 0.000
22:6 n-3.....g	0.000		0		4		0.000 0.000 0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0		4		0 0 0
Phytosterols.....mg	95		0		4		13 207 4
<b>Amino Acids:</b>							
Tryptophan.....g	0.000		0		4		0.000 0.000 0.000
Threonine.....g	0.000		0		4		0.000 0.000 0.000
Isoleucine.....g	0.000		0		4		0.000 0.000 0.000
Leucine.....g	0.000		0		4		0.000 0.000 0.000
Lysine.....g	0.000		0		4		0.000 0.000 0.000
Methionine.....g	0.000		0		4		0.000 0.000 0.000
Cystine.....g	0.000		0		4		0.000 0.000 0.000
Phenylalanine.....g	0.000		0		4		0.000 0.000 0.000
Tyrosine.....g	0.000		0		4		0.000 0.000 0.000
Valine.....g	0.000		0		4		0.000 0.000 0.000
Arginine.....g	0.000		0		4		0.000 0.000 0.000
Histidine.....g	0.000		0		4		0.000 0.000 0.000
Alanine.....g	0.000		0		4		0.000 0.000 0.000
Aspartic acid.....g	0.000		0		4		0.000 0.000 0.000
Glutamic acid.....g	0.000		0		4		0.000 0.000 0.000
Glycine.....g	0.000		0		4		0.000 0.000 0.000
Proline.....g	0.000		0		4		0.000 0.000 0.000
Serine.....g	0.000		0		4		0.000 0.000 0.000
Hydroxyproline.....g							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0	Z	7		0.0 0.0 0.0
Caffeine.....mg	0		0	Z	7		0 0 0
Theobromine.....mg	0		0	Z	7		0 0 0
<b>Carotenoids:</b>							
Carotene, beta.....mcg	0		0	Z	7		0.000 0.000 0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000 0.000 0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000 0.000 0.000
Lycopene.....mcg	0		0	Z	7		0.000 0.000 0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000 0.000 0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

NDB No. 04541  
Oil, vegetable, cupu assu

Calories Factors:	Protein	Fat 8.62	Carbohydrate	Food Group: 04 Fats and Oils
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data						
			Points	Code	Code	Code			
<b>Proximates:</b>									
Water.....g	0.00		0		1		0.00	0.00	0.00
Energy.....kcal	884		0	NC	4		120	1927	40
Energy.....kj	3699		0		4		503	8063	166
Protein (N x 0).....g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat).....g	100.00		0		1		13.60	218.00	4.50
Ash.....g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	0		0		4		0	0	0
Iron, Fe.....mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg.....mg	0		0		4		0	0	0
Phosphorus, P.....mg	0		0		4		0	0	0
Potassium, K.....mg	0		0		4		0	0	0
Sodium, Na.....mg	0		0		4		0	0	0
Zinc, Zn.....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.0		0	Z	7		0.0	0.0	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0		4		0.000	0.000	0.000
Niacin.....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	0.000
Folate, total.....mcg	0		0	Z	7		0	0	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	0		0	Z	7		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0	AS	1		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	28.80		0		4		3.92	62.78	1.30
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	9.600		0		1		1.306	20.928	0.432
4:0.....g	0.000		0		4		0.000	0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000	0.000
12:0.....g	0.000		0		4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.100	0.016	10		1		0.014	0.218	0.005
15:0.....g									
16:0.....g	6.700	0.140	19		1		0.911	14.606	0.302
17:0.....g									
18:0.....g	2.700	0.191	19		1		0.367	5.886	0.122
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 04517**  
**Oil, vegetable, grapeseed**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	16.100		0		1		2.190	35.098	0.725
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.300	0.160	3		1		0.041	0.654	0.014
17:1.....g									
18:1 undifferentiated.....g	15.800	0.581	19		1		2.149	34.444	0.711
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	69.900		0		1		9.506	152.382	3.146
18:2 undifferentiated.....g	69.600	0.693	19		1		9.466	151.728	3.132
18:3 undifferentiated.....g	0.100	0.061	13		1		0.014	0.218	0.005
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	180		0		4		24	392	8
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

NDB No. 04517  
Oil, vegetable, grapeseed

Calories Factors:	Protein	Fat 8.84	Carbohydrate	Food Group: 04 Fats and Oils
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	0.00		0		1		0.00	0.00	0.00
Energy.....kcal	884		0	NC	4		120	1927	40
Energy.....kj	3699		0		4		503	8063	166
Protein (N x 0).....g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat).....g	100.00		0		1		13.60	218.00	4.50
Ash.....g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	0		0		4		0	0	0
Iron, Fe.....mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg.....mg	0		0		4		0	0	0
Phosphorus, P.....mg	0		0		4		0	0	0
Potassium, K.....mg	0		0		4		0	0	0
Sodium, Na.....mg	0		0		4		0	0	0
Zinc, Zn.....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.0		0	Z	7		0.0	0.0	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0		4		0.000	0.000	0.000
Niacin.....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	0.000
Folate, total.....mcg	0		0	Z	7		0	0	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	0		0	Z	7		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0	AS	1		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	47.20		0		4		6.42	102.90	2.12
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	7.400		0		1		1.006	16.132	0.333
4:0.....g	0.000		0		4		0.000	0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000	0.000
12:0.....g	0.000		7		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.100	0.042	12		1		0.014	0.218	0.005
15:0.....g									
16:0.....g	5.200	0.055	111		1		0.707	11.336	0.234
17:0.....g									
18:0.....g	2.000	0.054	110		1		0.272	4.360	0.090
20:0.....g									
22:0.....g									
24:0.....g									



**NDB No. 04532**  
**Oil, vegetable, hazelnut**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	78.000		0		1		10.608	170.040	3.510
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.200	0.010	104		1		0.027	0.436	0.009
17:1.....g									
18:1 undifferentiated.....g	77.800	0.299	111		1		10.581	169.604	3.501
20:1.....g	0.000	0.003	96		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	10.200		0		1		1.387	22.236	0.459
18:2 undifferentiated.....g	10.100	0.318	111		1		1.374	22.018	0.455
18:3 undifferentiated.....g	0.000	0.006	101		1		0.000	0.000	0.000
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	120		0		4		16	262	5
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

NDB No. 04532  
Oil, vegetable, hazelnut

Calories Factors:	Protein	Fat 8.84	Carbohydrate	Food Group: 04 Fats and Oils
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Oil, vegetable, industrial, canola (partially hydrogenated) oil for deep fat frying**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
<b>Proximates:</b>									
Water.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Energy.....kcal	884		0	BFZN	4		120	1927	40
Energy.....kj	3699		0	BFZN	4		503	8063	166
Protein.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Total lipid (fat).....g	100.00		1	PAK	1		13.60	218.00	4.50
Ash.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	0		0	BFZN	4		0	0	0
Iron, Fe.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Magnesium, Mg.....mg	0		0	BFZN	4		0	0	0
Phosphorus, P.....mg	0		0	BFZN	4		0	0	0
Potassium, K.....mg	0		0	BFZN	4		0	0	0
Sodium, Na.....mg	0		0	BFZN	4		0	0	0
Zinc, Zn.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Copper, Cu.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Manganese, Mn.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Selenium, Se.....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total.....mcg	0		0	BFZN	4		0	0	0
Folic acid.....mcg	0		0	BFZN	4		0	0	0
Folate, food.....mcg	0		0	BFZN	4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0	BFZN	4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	BFZN	4		0	0	0
Retinol.....mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	17.10		0	BFZN	4		2.33	37.28	0.77
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	122.0		0	BFZN	4		16.6	265.9	5.5
<b>Lipids:</b>									
Fatty acids, total saturated.....g	10.117		0	NC	4		1.376	22.055	0.455
4:0.....g	0.000		1	A	1		0.000	0.000	0.000
6:0.....g	0.000		1	A	1		0.000	0.000	0.000
8:0.....g	0.000		1	A	1		0.000	0.000	0.000
10:0.....g	0.000		1	A	1		0.000	0.000	0.000
12:0.....g	0.000		1	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.066		1	A	1		0.009	0.144	0.003
15:0.....g	0.047		1	A	1		0.006	0.103	0.002
16:0.....g	5.101		1	A	1		0.694	11.120	0.230
17:0.....g	0.076		1	A	1		0.010	0.166	0.003
18:0.....g	3.831		1	A	1		0.521	8.352	0.172
20:0.....g	0.641		1</						

NDB No. 04645

Oil, vegetable, industrial, canola (partially hydrogenated) oil for deep fat frying

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	71.075		0	NC	4		9.666	154.944	3.198
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.218		0	AS	1		0.030	0.475	0.010
16:1 c.....g	0.218		1	A	1		0.030	0.475	0.010
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	70.081		0	AS	1		9.531	152.775	3.154
18:1 c.....g	47.292		1	A	1		6.432	103.097	2.128
18:1 t.....g	22.789		1	A	1		3.099	49.679	1.025
20:1.....g	0.777		1	A	1		0.106	1.693	0.035
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	14.038		0	NC	4		1.909	30.602	0.632
18:2 undifferentiated.....g	12.543		0	AS	1		1.706	27.344	0.564
18:2 n-6 c,c.....g	8.781		1	A	1		1.194	19.143	0.395
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	3.762		1	A	1		0.512	8.201	0.169
18:2 t not further defined.....g									
18:3 undifferentiated.....g	1.028		0	AS	1		0.140	2.241	0.046
18:4.....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	27.017		0	NC	4		3.674	58.897	1.216
Fatty acids, total trans-monoenoic.....g	22.789		0	NC	4		3.099	49.679	1.025
Fatty acids, total trans-polyenoic.....g	4.228		0	NC	4		0.575	9.218	0.190
Cholesterol.....mg									
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

#### Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 teaspoon

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Oil, vegetable, industrial, canola for salads, woks and light frying**

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Energy.....kcal	884		0	BFZN	4		120	40	1927
Energy.....kj	3699		0	BFZN	4		503	166	8063
Protein.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Total lipid (fat).....g	100.00		1	PAK	1		13.60	4.50	218.00
Ash.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	0		0	BFZN	4		0	0	0
Iron, Fe.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Magnesium, Mg.....mg	0		0	BFZN	4		0	0	0
Phosphorus, P.....mg	0		0	BFZN	4		0	0	0
Potassium, K.....mg	0		0	BFZN	4		0	0	0
Sodium, Na.....mg	0		0	BFZN	4		0	0	0
Zinc, Zn.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Copper, Cu.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Manganese, Mn.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Selenium, Se.....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total.....mcg	0		0	BFZN	4		0	0	0
Folic acid.....mcg	0		0	BFZN	4		0	0	0
Folate, food.....mcg	0		0	BFZN	4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0	BFZN	4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	BFZN	4		0	0	0
Retinol.....mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	17.10		0	BFZN	4		2.33	0.77	37.28
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	122.0		0	BFZN	4		16.6	5.5	265.9
<b>Lipids:</b>									
Fatty acids, total saturated.....g	7.758		0	NC	4		1.055	0.349	16.912
4:0.....g	0.000		1	A	1		0.000	0.000	0.000
6:0.....g	0.000		1	A	1		0.000	0.000	0.000
8:0.....g	0.000		1	A	1		0.000	0.000	0.000
10:0.....g	0.000		1	A	1		0.000	0.000	0.000
12:0.....g	0.037		1	A	1		0.005	0.002	0.081
13:0.....g									
14:0.....g	0.066		1	A	1		0.009	0.003	0.144
15:0.....g	0.037		1	A	1		0.005	0.002	0.081
16:0.....g	4.191		1	A	1		0.570	0.189	9.136
17:0.....g	0.057		1	A	1		0.008	0.003	0.124
18:0.....g	2.306		1	A	1		0.314	0.104	5.028
20:0.....g	0.727		1	A	1		0.099	0.033	1.586
22:0.....g	0.336		1	A	1		0.046	0.015	0.733
24:0.....g									

NDB No. 04644

Oil, vegetable, industrial, canola for salads, woks and light frying

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	61.150		0	NC	4		8.316	2.752	133.306
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.284		0	AS	1		0.039	0.013	0.620
16:1 c.....g	0.284		1	A	1		0.039	0.013	0.620
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	59.782		0	AS	1		8.130	2.690	130.325
18:1 c.....g	59.496		1	A	1		8.091	2.677	129.701
18:1 t.....g	0.286		1	A	1		0.039	0.013	0.623
20:1.....g	1.083		1	A	1		0.147	0.049	2.362
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	26.397		0	NC	4		3.590	1.188	57.546
18:2 undifferentiated.....g	18.762		0	AS	1		2.552	0.844	40.902
18:2 n-6 c,c.....g	18.572		1	A	1		2.526	0.836	40.487
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.190		1	A	1		0.026	0.009	0.415
18:2 t not further defined.....g									
18:3 undifferentiated.....g	6.340		0	AS	1		0.862	0.285	13.822
18:4.....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	1.771		0	NC	4		0.241	0.080	3.861
Fatty acids, total trans-monoenoic.....g	0.286		0	NC	4		0.039	0.013	0.623
Fatty acids, total trans-polyenoic.....g	1.485		0	NC	4		0.202	0.067	3.238
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 4.5g: 1 teaspoon

Measure 3 = 218g: 1 cup

**Calories Factors: Protein****Fat****Carbohydrate****Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Oil, vegetable, industrial, coconut, confection fat, typical basis for ice cream coatings**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code					
<b>Proximates:</b>									
Water.....g	0.08		1	A	1		0.01	0.17	0.00
Energy.....kcal	884		0	NC	4		120	1927	40
Energy.....kj	3699		0	NC	4		503	8063	166
Protein (N x 6.25).....g	0.00		1	A	1		0.00	0.00	0.00
Total lipid (fat).....g	100.00		1	PAK	1		13.60	218.00	4.50
Ash.....g	0.01		1	A	1		0.00	0.03	0.00
Carbohydrate, by difference.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	2		1	A	1		0	4	0
Iron, Fe.....mg	0.15		1	A	1		0.02	0.32	0.01
Magnesium, Mg.....mg	0		1	A	1		0	0	0
Phosphorus, P.....mg	0		1	A	1		0	0	0
Potassium, K.....mg	2		1	A	1		0	4	0
Sodium, Na.....mg	5		1	A	1		1	11	0
Zinc, Zn.....mg	0.04		1	A	1		0.01	0.08	0.00
Copper, Cu.....mg	0.000		1	A	1		0.000	0.000	0.000
Manganese, Mn.....mg	0.000		1	A	1		0.000	0.000	0.000
Selenium, Se.....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total.....mcg	0		0	BFZN	4		0	0	0
Folic acid.....mcg	0		0	BFZN	4		0	0	0
Folate, food.....mcg	0		0	BFZN	4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0	BFZN	4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	BFZN	4		0	0	0
Retinol.....mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.09		0	BFZN	4		0.01	0.20	0.00
Tocopherol, beta.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.20		0	BFZN	4		0.03	0.44	0.01
Tocopherol, delta.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.5		0	BFZN	4		0.1	1.1	0.0
<b>Lipids:</b>									
Fatty acids, total saturated.....g	86.503		0	NC	4		11.764	188.576	3.893
4:0.....g	0.063		1	A	1		0.009	0.138	0.003
6:0.....g	0.752		1	A	1		0.102	1.638	0.034
8:0.....g	7.889		1	A	1		1.073	17	

NDB No. 04659

Oil, vegetable, industrial, coconut, confection fat, typical basis for ice cream coatings

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	5.681		0	NC	4		0.773	12.385	0.256
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	5.681		0	AS	1		0.773	12.385	0.256
18:1 c.....g	5.681		1	A	1		0.773	12.385	0.256
18:1 t.....g	0.000		1	A	1		0.000	0.000	0.000
20:1.....g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.450		0	NC	4		0.197	3.162	0.065
18:2 undifferentiated.....g	1.450		0	AS	1		0.197	3.162	0.065
18:2 n-6 c,c.....g	1.450		1	A	1		0.197	3.162	0.065
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
18:4.....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4		0.000	0.000	0.000
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg	86		0	BFZN	4		12	187	4
Amino Acids:									
Tryptophan.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Lysine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	0.000



NDB No. 04659

Oil, vegetable, industrial, coconut, confection fat, typical basis for ice cream coatings

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data						
			Points	Code	Code	Code			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

**Calories Factors: Protein**

**Fat** 8.84

**Carbohydrate**

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Oil, vegetable, industrial, mid-oleic, sunflower, principal uses frying and salad dressings**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
<b>Proximates:</b>									
Water.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Energy.....kcal	884		0	NC	4		120	40	1927
Energy.....kj	3699		0	NC	4		503	166	8063
Protein.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Total lipid (fat).....g	100.00		1	PAK	1		13.60	4.50	218.00
Ash.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	0		0	BFZN	4		0	0	0
Iron, Fe.....mg	0.03		0	BFZN	4		0.00	0.00	0.07
Magnesium, Mg.....mg	0		0	BFZN	4		0	0	0
Phosphorus, P.....mg	0		0	BFZN	4		0	0	0
Potassium, K.....mg	0		0	BFZN	4		0	0	0
Sodium, Na.....mg	0		0	BFZN	4		0	0	0
Zinc, Zn.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total.....mcg	0		0	BFZN	4		0	0	0
Folic acid.....mcg	0		0	BFZN	4		0	0	0
Folate, food.....mcg	0		0	BFZN	4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0	BFZN	4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	BFZN	4		0	0	0
Retinol.....mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	41.08		0	BFZN	4		5.59	1.85	89.55
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	5.4		0	BFZN	4		0.7	0.2	11.8
<b>Lipids:</b>									
Fatty acids, total saturated.....g	9.009		0	NC	4		1.225	0.405	19.640
4:0.....g	0.000		1	A	1		0.000	0.000	0.000
6:0.....g	0.000		1	A	1		0.000	0.000	0.000
8:0.....g	0.000		1	A	1		0.000	0.000	0.000
10:0.....g	0.000		1	A	1		0.000	0.000	0.000
12:0.....g	0.000		1	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.057		1	A	1		0.008	0.003	0.123
15:0.....g	0.000		1	A	1		0.000	0.000	0.000
16:0.....g	4.219		1	A	1		0.574	0.190	9.197
17:0.....g	0.037		1	A	1		0.005	0.002	0.081
18:0.....g	3.564		1	A	1		0.485	0.160	7.770
20:0.....g	0.297		1	A	1		0.040	0.013	0.647
22:0.....g	0.83								

NDB No. 04642

Oil, vegetable, industrial, mid-oleic, sunflower, principal uses frying and salad dressings

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	57.334		0	NC	4		7.797	2.580	124.989
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.095		0	AS	1		0.013	0.004	0.206
16:1 c.....g	0.095		1	A	1		0.013	0.004	0.206
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	57.029		0	AS	1		7.756	2.566	124.322
18:1 c.....g	57.029		1	A	1		7.756	2.566	124.322
18:1 t.....g	0.000		1	A	1		0.000	0.000	0.000
20:1.....g	0.211		1	A	1		0.029	0.009	0.460
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	28.962		0	NC	4		3.939	1.303	63.136
18:2 undifferentiated.....g	28.924		0	AS	1		3.934	1.302	63.055
18:2 n-6 c,c.....g	28.705		1	A	1		3.904	1.292	62.578
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.219		1	A	1		0.030	0.010	0.477
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.037		0	AS	1		0.005	0.002	0.081
18:4.....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.219		0	NC	4		0.030	0.010	0.477
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic.....g	0.219		0	NC	4		0.030	0.010	0.477
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 4.5g: 1 teaspoon

Measure 3 = 218g: 1 cup

**Calories Factors: Protein****Fat 8.84****Carbohydrate****Food Group: 04 Fats and Oils**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 04662

Oil, vegetable, industrial, palm and palm kernel, filling fat

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	19.702		0	NC	4		2.680	42.951	0.887
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	19.702		0	AS	1		2.680	42.951	0.887
18:1 c.....g	19.702		1	A	1		2.680	42.951	0.887
18:1 t.....g	0.000		1	A	1		0.000	0.000	0.000
20:1.....g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.247		0	NC	4		0.442	7.079	0.146
18:2 undifferentiated.....g	3.247		0	AS	1		0.442	7.079	0.146
18:2 n-6 c,c.....g	3.247		1	A	1		0.442	7.079	0.146
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
18:4.....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4		0.000	0.000	0.000
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg	95		0	BFZN	4		13	207	4
<b>Amino Acids:</b>									
Tryptophan.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Lysine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	0.000

NDB No. 04662

Oil, vegetable, industrial, palm and palm kernel, filling fat

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

**Calories Factors: Protein**

**Fat** 8.84

**Carbohydrate**

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Oil, vegetable, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
<b>Proximates:</b>									
Water.....g	0.04		1	A	1		0.01	0.09	0.00
Energy.....kcal	884		0	NC	4		120	1927	40
Energy.....kj	3699		0	NC	4		503	8063	166
Protein (N x 6.25).....g	0.00		1	A	1		0.00	0.00	0.00
Total lipid (fat).....g	100.00		1	PAK	1		13.60	218.00	4.50
Ash.....g	0.01		1	A	1		0.00	0.03	0.00
Carbohydrate, by difference.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	1		1	A	1		0	2	0
Iron, Fe.....mg	0.15		1	A	1		0.02	0.32	0.01
Magnesium, Mg.....mg	0		1	A	1		0	0	0
Phosphorus, P.....mg	0		1	A	1		0	0	0
Potassium, K.....mg	2		1	A	1		0	3	0
Sodium, Na.....mg	6		1	A	1		1	12	0
Zinc, Zn.....mg	0.04		1	A	1		0.01	0.08	0.00
Copper, Cu.....mg	0.000		1	A	1		0.000	0.000	0.000
Manganese, Mn.....mg	0.000		1	A	1		0.000	0.000	0.000
Selenium, Se.....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total.....mcg	0		0	BFZN	4		0	0	0
Folic acid.....mcg	0		0	BFZN	4		0	0	0
Folate, food.....mcg	0		0	BFZN	4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0	BFZN	4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	BFZN	4		0	0	0
Retinol.....mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	3.81		0	BFZN	4		0.52	8.31	0.17
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	24.7		0	BFZN	4		3.4	53.9	1.1
<b>Lipids:</b>									
Fatty acids, total saturated.....g	88.965		0	NC	4		12.099	193.943	4.003
4:0.....g	0.073		1	A	1		0.010	0.159	0.003
6:0.....g	0.325		1	A	1		0.044	0.708	0.015
8:0.....g	3.895		1	A	1		0.530	8.491	0.175
10:0.....g	3.322		1	A	1		0.452	7.241	0.149
12:0.....g	45.314		1	A	1		6.163	98.785	2.039
13:0.....g									
14:0.....g	13.916		1	A	1		1.893	30.336	0.626
15:0.....g									
16:0.....g	7.353		1	A	1		1.000	16.030	0.331
17:0.....g									
18:0.....g	14.561		1	A	1		1.980	31.742	0.655
20:0.....g	0.207		1	A	1		0.028	0.450	0.009
22:0.....g									

NDB No. 04660

Oil, vegetable, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	4.934		0	NC	4		0.671	10.756	0.222
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	4.934		0	AS	1		0.671	10.756	0.222
18:1 c.....g	1.254		1	A	1		0.170	2.733	0.056
18:1 t.....g	3.680		1	A	1		0.501	8.023	0.166
20:1.....g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	NC	4		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	0.000
18:2 n-6 c,c.....g	0.000		1	A	1		0.000	0.000	0.000
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
18:4.....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	3.680		0	NC	4		0.501	8.023	0.166
Fatty acids, total trans-monoenoic.....g	3.680		0	NC	4		0.501	8.023	0.166
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4		0.000	0.000	0.000
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg	95		0	BFZN	4		13	207	4
Amino Acids:									
Tryptophan.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Lysine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	0.000



NDB No. 04660

Oil, vegetable, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

**Calories Factors: Protein**

**Fat** 8.84

**Carbohydrate**

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Oil, vegetable, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product**

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
Proximates:									
Water.....g	0.04		1	A	1		0.01	0.09	0.00
Energy.....kcal	884		0	NC	4		120	1927	40
Energy.....kj	3699		0	NC	4		503	8063	166
Protein (N x 6.25).....g	0.00		1	A	1		0.00	0.00	0.00
Total lipid (fat).....g	100.00		1	PAK	1		13.60	218.00	4.50
Ash.....g	0.01		1	A	1		0.00	0.03	0.00
Carbohydrate, by difference.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1		1	A	1		0	3	0
Iron, Fe.....mg	0.15		1	A	1		0.02	0.32	0.01
Magnesium, Mg.....mg	0		1	A	1		0	0	0
Phosphorus, P.....mg	0		1	A	1		0	0	0
Potassium, K.....mg	1		1	A	1		0	2	0
Sodium, Na.....mg	6		1	A	1		1	13	0
Zinc, Zn.....mg	0.04		1	A	1		0.01	0.08	0.00
Copper, Cu.....mg	0.000		1	A	1		0.000	0.000	0.000
Manganese, Mn.....mg	0.000		1	A	1		0.000	0.000	0.000
Selenium, Se.....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total.....mcg	0		0	BFZN	4		0	0	0
Folic acid.....mcg	0		0	BFZN	4		0	0	0
Folate, food.....mcg	0		0	BFZN	4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0	BFZN	4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	BFZN	4		0	0	0
Retinol.....mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	3.81		0	BFZN	4		0.52	8.31	0.17
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	24.7		0	BFZN	4		3.4	53.9	1.1
Lipids:									
Fatty acids, total saturated.....g	92.614		0	NC	4		12.595	201.898	4.168
4:0.....g	0.077		1	A	1		0.011	0.169	0.003
6:0.....g	0.258		1	A	1		0.035	0.563	0.012
8:0.....g	3.260		1	A	1		0.443	7.107	0.147
10:0.....g	3.157		1	A	1		0.429	6.882	0.142
12:0.....g	48.445		1	A	1		6.589	105.611	2.180
13:0.....g									
14:0.....g	16.205		1	A	1		2.204	35.327	0.729
15:0.....g									
16:0.....g	7.696		1	A	1		1.047	16.777	0.346
17:0.....g									
18:0.....g	13.477		1	A	1		1.833	29.380	0.606
20:0.....g	0.037		1	A	1		0.005	0.081	0.002
22:0.....g									
24:0.....g									

NDB No. 04658

Oil, vegetable, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Fatty acids, total monounsaturated.....g	1.271		0	NC	4		0.173	2.770	0.057
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	1.271		0	AS	1		0.173	2.770	0.057
18:1 c.....g	1.271		1	A	1		0.173	2.770	0.057
18:1 t.....g	0.000		1	A	1		0.000	0.000	0.000
20:1.....g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.037		0	NC	4		0.005	0.081	0.002
18:2 undifferentiated.....g	0.037		0	AS	1		0.005	0.081	0.002
18:2 n-6 c,c.....g	0.037		1	A	1		0.005	0.081	0.002
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
18:4.....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4		0.000	0.000	0.000
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg	95		0	BFZN	4		13	207	4
Amino Acids:									
Tryptophan.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Lysine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	0.000

NDB No. 04658

Oil, vegetable, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

**Calories Factors: Protein**

**Fat** 8.84

**Carbohydrate**

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Oil, vegetable, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
<b>Proximates:</b>									
Water.....g	0.05		1	A	1		0.01	0.11	0.00
Energy.....kcal	884		0	NC	4		120	1927	40
Energy.....kj	3699		0	NC	4		503	8063	166
Protein (N x 6.25).....g	0.00		1	A	1		0.00	0.00	0.00
Total lipid (fat).....g	100.00		1	PAK	1		13.60	218.00	4.50
Ash.....g	0.01		1	A	1		0.00	0.03	0.00
Carbohydrate, by difference.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	1		1	A	1		0	3	0
Iron, Fe.....mg	0.15		1	A	1		0.02	0.32	0.01
Magnesium, Mg.....mg	0		1	A	1		0	0	0
Phosphorus, P.....mg	0		1	A	1		0	0	0
Potassium, K.....mg	1		1	A	1		0	2	0
Sodium, Na.....mg	6		1	A	1		1	13	0
Zinc, Zn.....mg	0.08		1	A	1		0.01	0.16	0.00
Copper, Cu.....mg	0.000		1	A	1		0.000	0.000	0.000
Manganese, Mn.....mg	0.000		1	A	1		0.000	0.000	0.000
Selenium, Se.....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total.....mcg	0		0	BFZN	4		0	0	0
Folic acid.....mcg	0		0	BFZN	4		0	0	0
Folate, food.....mcg	0		0	BFZN	4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0	BFZN	4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	BFZN	4		0	0	0
Retinol.....mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	3.81		0	BFZN	4		0.52	8.31	0.17
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	24.7		0	BFZN	4		3.4	53.9	1.1
<b>Lipids:</b>									
Fatty acids, total saturated.....g	93.701		0	NC	4		12.743	204.268	4.217
4:0.....g	0.069		1	A	1		0.009	0.150	0.003
6:0.....g	0.321		1	A	1		0.044	0.700	0.014
8:0.....g	3.873		1	A	1		0.527	8.444	0.174
10:0.....g	3.125		1	A	1		0.425	6.813	0.141
12:0.....g	42.515		1	A	1		5.782	92.682	1.913
13:0.....g									
14:0.....g	14.782		1	A	1		2.010	32.224	0.665
15:0.....g									
16:0.....g	8.173		1	A	1		1.111	17.816	0.368
17:0.....g									
18:0.....g	20.585		1	A	1		2.800	44.875	0.926
20:0.....g	0.258		1	A	1		0.035	0.563	0.012
22:0.....g									

NDB No. 04657

Oil, vegetable, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.257		0	NC	4		0.035	0.561	0.012
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.257		0	AS	1		0.035	0.561	0.012
18:1 c.....g	0.000		1	A	1		0.000	0.000	0.000
18:1 t.....g	0.257		1	A	1		0.035	0.561	0.012
20:1.....g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	NC	4		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	0.000
18:2 n-6 c,c.....g	0.000		1	A	1		0.000	0.000	0.000
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
18:4.....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.257		0	NC	4		0.035	0.561	0.012
Fatty acids, total trans-monoenoic.....g	0.257		0	NC	4		0.035	0.561	0.012
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4		0.000	0.000	0.000
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg	95		0	BFZN	4		13	207	4
Amino Acids:									
Tryptophan.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Lysine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	0.000

NDB No. 04657

Oil, vegetable, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

**Calories Factors: Protein**

**Fat** 8.84

**Carbohydrate**

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Oil, vegetable, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
<b>Proximates:</b>									
Water.....g	0.05		1	A	1		0.01	0.11	0.00
Energy.....kcal	884		0	NC	4		120	1927	40
Energy.....kj	3699		0	NC	4		503	8063	166
Protein (N x 6.25).....g	0.00		1	A	1		0.00	0.00	0.00
Total lipid (fat).....g	100.00		1	PAK	1		13.60	218.00	4.50
Ash.....g	0.01		1	A	1		0.00	0.03	0.00
Carbohydrate, by difference.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	1		1	A	1		0	3	0
Iron, Fe.....mg	0.29		1	A	1		0.04	0.63	0.01
Magnesium, Mg.....mg	0		1	A	1		0	0	0
Phosphorus, P.....mg	0		1	A	1		0	0	0
Potassium, K.....mg	2		1	A	1		0	5	0
Sodium, Na.....mg	6		1	A	1		1	13	0
Zinc, Zn.....mg	0.04		1	A	1		0.01	0.08	0.00
Copper, Cu.....mg	0.000		1	A	1		0.000	0.000	0.000
Manganese, Mn.....mg	0.000		1	A	1		0.000	0.000	0.000
Selenium, Se.....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total.....mcg	0		0	BFZN	4		0	0	0
Folic acid.....mcg	0		0	BFZN	4		0	0	0
Folate, food.....mcg	0		0	BFZN	4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0	BFZN	4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	BFZN	4		0	0	0
Retinol.....mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	3.81		0	BFZN	4		0.52	8.31	0.17
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	24.7		0	BFZN	4		3.4	53.9	1.1
<b>Lipids:</b>									
Fatty acids, total saturated.....g	87.558		0	NC	4		11.908	190.876	3.940
4:0.....g	0.076		1	A	1		0.010	0.165	0.003
6:0.....g	0.156		1	A	1		0.021	0.341	0.007
8:0.....g	2.493		1	A	1		0.339	5.434	0.112
10:0.....g	3.109		1	A	1		0.423	6.778	0.140
12:0.....g	53.428		1	A	1		7.266	116.472	2.404
13:0.....g									
14:0.....g	18.921		1	A	1		2.573	41.248	0.851
15:0.....g									
16:0.....g	7.472		1	A	1		1.016	16.289	0.336
17:0.....g									
18:0.....g	1.866		1	A	1		0.254	4.069	0.084
20:0.....g	0.037		1	A	1		0.005	0.081	0.002
22:0.....g									



NDB No. 04656

Oil, vegetable, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	5.406		0	NC	4		0.735	11.786	0.243
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	5.406		0	AS	1		0.735	11.786	0.243
18:1 c.....g	5.406		1	A	1		0.735	11.786	0.243
18:1 t.....g	0.000		1	A	1		0.000	0.000	0.000
20:1.....g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.834		0	NC	4		0.113	1.817	0.038
18:2 undifferentiated.....g	0.834		0	AS	1		0.113	1.817	0.038
18:2 n-6 c,c.....g	0.834		1	A	1		0.113	1.817	0.038
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
18:4.....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4		0.000	0.000	0.000
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg	95		0	BFZN	4		13	207	4
Amino Acids:									
Tryptophan.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Lysine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	0.000

NDB No. 04656

Oil, vegetable, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

**Calories Factors: Protein**

**Fat** 8.84

**Carbohydrate**

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Oil, vegetable, industrial, soy ( partially hydrogenated), all purpose**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
<b>Proximates:</b>									
Water.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Energy.....kcal	884		0	NC	4		120	1927	40
Energy.....kj	3699		0	NC	4		503	8063	166
Protein (N x 6.25).....g	0.00		0	BFZN	4		0.00	0.00	0.00
Total lipid (fat).....g	100.00		1	PAK	1		13.60	218.00	4.50
Ash.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	0		0	BFZN	4		0	0	0
Iron, Fe.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Magnesium, Mg.....mg	0		0	BFZN	4		0	0	0
Phosphorus, P.....mg	0		0	BFZN	4		0	0	0
Potassium, K.....mg	0		0	BFZN	4		0	0	0
Sodium, Na.....mg	0		0	BFZN	4		0	0	0
Zinc, Zn.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Copper, Cu.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total.....mcg	0		0	BFZN	4		0	0	0
Folic acid.....mcg	0		0	BFZN	4		0	0	0
Folate, food.....mcg	0		0	BFZN	4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0	BFZN	4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	BFZN	4		0	0	0
Retinol.....mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	8.10		0	BFZN	4		1.10	17.66	0.36
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	24.7		0	BFZN	4		3.4	53.9	1.1
<b>Lipids:</b>									
Fatty acids, total saturated.....g	24.750		0	NC	4		3.366	53.956	1.114
4:0.....g	0.000		1	A	1		0.000	0.000	0.000
6:0.....g	0.000		1	A	1		0.000	0.000	0.000
8:0.....g	0.000		1	A	1		0.000	0.000	0.000
10:0.....g	0.000		1	A	1		0.000	0.000	0.000
12:0.....g	0.000		1	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.104		1	A	1		0.014	0.226	0.005
15:0.....g	0.037		1	A	1		0.005	0.081	0.002
16:0.....g	11.178		1	A	1		1.520	24.368	0.503
17:0.....g	0.124		1	A	1		0.017	0.269	0.006
18:0.....g	12.589		1	A	1		1.712	27.444	0.567
20:0.....g	0.354		1	A	1		0.048</		

NDB No. 04652

Oil, vegetable, industrial, soy ( partially hydrogenated), all purpose

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	61.248		0	NC	4		8.330	133.520	2.756
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.085		0	AS	1		0.012	0.186	0.004
16:1 c.....g	0.085		1	A	1		0.012	0.186	0.004
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	61.125		0	AS	1		8.313	133.253	2.751
18:1 c.....g	31.487		1	A	1		4.282	68.641	1.417
18:1 t.....g	29.638		1	A	1		4.031	64.612	1.334
20:1.....g	0.037		1	A	1		0.005	0.081	0.002
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	9.295		0	NC	4		1.264	20.263	0.418
18:2 undifferentiated.....g	8.591		0	AS	1		1.168	18.727	0.387
18:2 n-6 c,c.....g	4.562		1	A	1		0.620	9.945	0.205
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	4.029		1	A	1		0.548	8.782	0.181
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.209		0	AS	1		0.028	0.456	0.009
18:4.....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	34.162		0	NC	4		4.646	74.473	1.537
Fatty acids, total trans-monoenoic.....g	29.638		0	NC	4		4.031	64.612	1.334
Fatty acids, total trans-polyenoic.....g	4.524		0	NC	4		0.615	9.861	0.204
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg	132		0	BFZN	4		18	288	6
Amino Acids:									
Tryptophan.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Lysine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000

NDB No. 04652

Oil, vegetable, industrial, soy ( partially hydrogenated), all purpose

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	<u>measures of food</u>		
							Measure 1	Measure 2	Measure 3
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

**Calories Factors: Protein**

**Fat** 8.84

**Carbohydrate**

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Oil, vegetable, industrial, soy (partially hydrogenated ) and soy (winterized), pourable clear fry**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
<b>Proximates:</b>									
Water.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Energy.....kcal	884		0	NC	4		120	1927	40
Energy.....kj	3699		0	NC	4		503	8063	166
Protein (N x 6.25).....g	0.00		0	BFZN	4		0.00	0.00	0.00
Total lipid (fat).....g	100.00		1	PAK	1		13.60	218.00	4.50
Ash.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	0		0	BFZN	4		0	0	0
Iron, Fe.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Magnesium, Mg.....mg	0		0	BFZN	4		0	0	0
Phosphorus, P.....mg	0		0	BFZN	4		0	0	0
Potassium, K.....mg	0		0	BFZN	4		0	0	0
Sodium, Na.....mg	0		0	BFZN	4		0	0	0
Zinc, Zn.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Copper, Cu.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total.....mcg	0		0	BFZN	4		0	0	0
Folic acid.....mcg	0		0	BFZN	4		0	0	0
Folate, food.....mcg	0		0	BFZN	4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0	BFZN	4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	BFZN	4		0	0	0
Retinol.....mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	8.10		0	BFZN	4		1.10	17.66	0.36
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	24.7		0	BFZN	4		3.4	53.9	1.1
<b>Lipids:</b>									
Fatty acids, total saturated.....g	15.341		0	NC	4		2.086	33.443	0.690
4:0.....g	0.000		1	A	1		0.000	0.000	0.000
6:0.....g	0.000		1	A	1		0.000	0.000	0.000
8:0.....g	0.000		1	A	1		0.000	0.000	0.000
10:0.....g	0.000		1	A	1		0.000	0.000	0.000
12:0.....g	0.000		1	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.094		1	A	1		0.013	0.205	0.004
15:0.....g	0.000		1	A	1		0.000	0.000	0.000
16:0.....g	10.154		1	A	1		1.381	22.136	0.457
17:0.....g	0.086		1	A	1		0.012	0.186	0.004
18:0.....g	4.346		1	A	1		0.591	9.473	0.196
20:0.....g	0.325		1	A	1		0.044		

NDB No. 04653

Oil, vegetable, industrial, soy (partially hydrogenated ) and soy (winterized), pourable clear fry

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Fatty acids, total monounsaturated.....g	34.630		0	NC	4		4.710	75.493	1.558
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.095		0	AS	1		0.013	0.206	0.004
16:1 c.....g	0.095		1	A	1		0.013	0.206	0.004
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	34.535		0	AS	1		4.697	75.287	1.554
18:1 c.....g	26.228		1	A	1		3.567	57.177	1.180
18:1 t.....g	8.308		1	A	1		1.130	18.110	0.374
20:1.....g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	45.228		0	NC	4		6.151	98.596	2.035
18:2 undifferentiated.....g	40.953		0	AS	1		5.570	89.278	1.843
18:2 n-6 c,c.....g	38.944		1	A	1		5.296	84.897	1.752
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	2.010		1	A	1		0.273	4.381	0.090
18:2 t not further defined.....g									
18:3 undifferentiated.....g	3.837		0	AS	1		0.522	8.364	0.173
18:4.....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	10.755		0	NC	4		1.463	23.446	0.484
Fatty acids, total trans-monoenoic.....g	8.308		0	NC	4		1.130	18.110	0.374
Fatty acids, total trans-polyenoic.....g	2.447		0	NC	4		0.333	5.335	0.110
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg	132		0	BFZN	4		18	288	6
Amino Acids:									
Tryptophan.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Lysine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000

NDB No. 04653

Oil, vegetable, industrial, soy (partially hydrogenated ) and soy (winterized), pourable clear fry

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	<u>measures of food</u>		
							Measure 1	Measure 2	Measure 3
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

**Calories Factors: Protein**

**Fat 8.84**

**Carbohydrate**

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**Oil, vegetable, industrial, soy (partially hydrogenated ), palm, principal uses icings and fillings**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
<b>Proximates:</b>									
Water.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Energy.....kcal	884		0	NC	4		120	1927	40
Energy.....kj	3699		0	NC	4		503	8063	166
Protein (N x 6.25).....g	0.00		0	BFZN	4		0.00	0.00	0.00
Total lipid (fat).....g	100.00		1	PAK	1		13.60	218.00	4.50
Ash.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	0		0	BFZN	4		0	0	0
Iron, Fe.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Magnesium, Mg.....mg	0		0	BFZN	4		0	0	0
Phosphorus, P.....mg	0		0	BFZN	4		0	0	0
Potassium, K.....mg	0		0	BFZN	4		0	0	0
Sodium, Na.....mg	0		0	BFZN	4		0	0	0
Zinc, Zn.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Copper, Cu.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total.....mcg	0		0	BFZN	4		0	0	0
Folic acid.....mcg	0		0	BFZN	4		0	0	0
Folate, food.....mcg	0		0	BFZN	4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0	BFZN	4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	BFZN	4		0	0	0
Retinol.....mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	8.10		0	BFZN	4		1.10	17.66	0.36
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	24.7		0	BFZN	4		3.4	53.9	1.1
<b>Lipids:</b>									
Fatty acids, total saturated.....g	28.421		0	NC	4		3.865	61.957	1.279
4:0.....g	0.000		1	A	1		0.000	0.000	0.000
6:0.....g	0.000		1	A	1		0.000	0.000	0.000
8:0.....g	0.000		1	A	1		0.000	0.000	0.000
10:0.....g	0.000		1	A	1		0.000	0.000	0.000
12:0.....g	0.056		1	A	1		0.008	0.122	0.003
13:0.....g									
14:0.....g	0.254		1	A	1		0.035	0.554	0.011
15:0.....g	0.037		1	A	1		0.005	0.081	0.002
16:0.....g	15.833		1	A	1		2.153	34.516	0.712
17:0.....g	0.105		1	A	1		0.014	0.228	0.005
18:0.....g	11.503		1	A	1		1.564	25.076	0.518
20:0.....g	0.354		1	A	1		0.048</		

NDB No. 04664

Oil, vegetable, industrial, soy (partially hydrogenated ), palm, principal uses icings and fillings

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	59.715		0	NC	4		8.121	130.180	2.687
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.104		0	AS	1		0.014	0.227	0.005
16:1 c.....g	0.104		1	A	1		0.014	0.227	0.005
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	59.477		0	AS	1		8.089	129.660	2.676
18:1 c.....g	31.134		1	A	1		4.234	67.873	1.401
18:1 t.....g	28.343		1	A	1		3.855	61.787	1.275
20:1.....g	0.134		1	A	1		0.018	0.293	0.006
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.095		0	NC	4		0.965	15.467	0.319
18:2 undifferentiated.....g	6.610		0	AS	1		0.899	14.409	0.297
18:2 n-6 c,c.....g	4.210		1	A	1		0.573	9.177	0.189
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	2.400		1	A	1		0.326	5.232	0.108
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	0.000
18:4.....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	31.228		0	NC	4		4.247	68.078	1.405
Fatty acids, total trans-monoenoic.....g	28.343		0	NC	4		3.855	61.787	1.275
Fatty acids, total trans-polyenoic.....g	2.886		0	NC	4		0.392	6.290	0.130
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg	132		0	BFZN	4		18	288	6
<b>Amino Acids:</b>									
Tryptophan.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Lysine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000

NDB No. 04664

Oil, vegetable, industrial, soy (partially hydrogenated ), palm, principal uses icings and fillings

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	<u>measures of food</u>		
							Measure 1	Measure 2	Measure 3
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

**Calories Factors: Protein**

**Fat 8.84**

**Carbohydrate**

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Oil, vegetable, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
<b>Proximates:</b>									
Water.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Energy.....kcal	884		0	NC	4		120	1927	40
Energy.....kj	3699		0	NC	4		503	8063	166
Protein.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Total lipid (fat).....g	100.00		1	PAK	1		13.60	218.00	4.50
Ash.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	0		0	BFZN	4		0	0	0
Iron, Fe.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Magnesium, Mg.....mg	0		0	BFZN	4		0	0	0
Phosphorus, P.....mg	0		0	BFZN	4		0	0	0
Potassium, K.....mg	0		0	BFZN	4		0	0	0
Sodium, Na.....mg	0		0	BFZN	4		0	0	0
Zinc, Zn.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Copper, Cu.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total.....mcg	0		0	BFZN	4		0	0	0
Folic acid.....mcg	0		0	BFZN	4		0	0	0
Folate, food.....mcg	0		0	BFZN	4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0	BFZN	4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	BFZN	4		0	0	0
Retinol.....mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	8.10		0	BFZN	4		1.10	17.66	0.36
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	24.7		0	BFZN	4		3.4	53.9	1.1
<b>Lipids:</b>									
Fatty acids, total saturated.....g	18.101		0	NC	4		2.462	39.461	0.815
4:0.....g	0.000		1	A	1		0.000	0.000	0.000
6:0.....g	0.000		1	A	1		0.000	0.000	0.000
8:0.....g	0.000		1	A	1		0.000	0.000	0.000
10:0.....g	0.000		1	A	1		0.000	0.000	0.000
12:0.....g	0.000		1	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.075		1	A	1		0.010	0.164	0.003
15:0.....g	0.000		1	A	1		0.000	0.000	0.000
16:0.....g	10.970		1	A	1		1.492	23.914	0.494
17:0.....g	0.095		1	A	1		0.013	0.207	0.004
18:0.....g	6.156		1	A	1		0.837	13.421	0.277
20:0.....g	0.402		1	A	1		0.055	0.876</	

NDB No. 04651

Oil, vegetable, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	40.262		0	NC	4		5.476	87.771	1.812
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.104		0	AS	1		0.014	0.227	0.005
16:1 c.....g	0.104		1	A	1		0.014	0.227	0.005
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	39.928		0	AS	1		5.430	87.042	1.797
18:1 c.....g	30.324		1	A	1		4.124	66.107	1.365
18:1 t.....g	9.603		1	A	1		1.306	20.935	0.432
20:1.....g	0.230		1	A	1		0.031	0.502	0.010
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	36.847		0	NC	4		5.011	80.327	1.658
18:2 undifferentiated.....g	34.563		0	AS	1		4.701	75.346	1.555
18:2 n-6 c,c.....g	31.791		1	A	1		4.324	69.305	1.431
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	2.771		1	A	1		0.377	6.042	0.125
18:2 t not further defined.....g									
18:3 undifferentiated.....g	1.733		0	AS	1		0.236	3.777	0.078
18:4.....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	12.927		0	NC	4		1.758	28.180	0.582
Fatty acids, total trans-monoenoic.....g	9.603		0	NC	4		1.306	20.935	0.432
Fatty acids, total trans-polyenoic.....g	3.324		0	NC	4		0.452	7.245	0.150
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg	132		0	BFZN	4		18	288	6
Amino Acids:									
Tryptophan.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Lysine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000

NDB No. 04651

Oil, vegetable, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	<u>measures of food</u>		
							Measure 1	Measure 2	Measure 3
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

**Calories Factors: Protein**

**Fat 8.84**

**Carbohydrate**

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Oil, vegetable, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables**

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
<b>Proximates:</b>									
Water.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Energy.....kcal	884		0	NC	4		120	1927	40
Energy.....kj	3699		0	NC	4		503	8063	166
Protein.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Total lipid (fat).....g	100.00		1	PAK	1		13.60	218.00	4.50
Ash.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	0		0	BFZN	4		0	0	0
Iron, Fe.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Magnesium, Mg.....mg	0		0	BFZN	4		0	0	0
Phosphorus, P.....mg	0		0	BFZN	4		0	0	0
Potassium, K.....mg	0		0	BFZN	4		0	0	0
Sodium, Na.....mg	0		0	BFZN	4		0	0	0
Zinc, Zn.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Copper, Cu.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total.....mcg	0		0	BFZN	4		0	0	0
Folic acid.....mcg	0		0	BFZN	4		0	0	0
Folate, food.....mcg	0		0	BFZN	4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0	BFZN	4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	BFZN	4		0	0	0
Retinol.....mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	8.10		0	BFZN	4		1.10	17.66	0.36
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	24.7		0	BFZN	4		3.4	53.9	1.1
<b>Lipids:</b>									
Fatty acids, total saturated.....g	17.683		0	NC	4		2.405	38.548	0.796
4:0.....g	0.000		1	A	1		0.000	0.000	0.000
6:0.....g	0.000		1	A	1		0.000	0.000	0.000
8:0.....g	0.000		1	A	1		0.000	0.000	0.000
10:0.....g	0.000		1	A	1		0.000	0.000	0.000
12:0.....g	0.000		1	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.094		1	A	1		0.013	0.205	0.004
15:0.....g	0.037		1	A	1		0.005	0.081	0.002
16:0.....g	10.543		1	A	1		1.434	22.983	0.474
17:0.....g	0.105		1	A	1		0.014	0.228	0.005
18:0.....g	6.175		1	A	1		0.840	13.462	0.278
20:0.....g	0.364		1	A	1		0.049	0.793	0.016
22:0.....g	0.365		1	A	1		0.050	0.795	0.016
24:0.....g									

NDB No. 04648

Oil, vegetable, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	41.929		0	NC	4		5.702	91.405	1.887
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.095		0	AS	1		0.013	0.206	0.004
16:1 c.....g	0.095		1	A	1		0.013	0.206	0.004
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	41.633		0	AS	1		5.662	90.760	1.873
18:1 c.....g	31.620		1	A	1		4.300	68.932	1.423
18:1 t.....g	10.013		1	A	1		1.362	21.828	0.451
20:1.....g	0.201		1	A	1		0.027	0.439	0.009
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	35.638		0	NC	4		4.847	77.690	1.604
18:2 undifferentiated.....g	33.020		0	AS	1		4.491	71.983	1.486
18:2 n-6 c,c.....g	30.153		1	A	1		4.101	65.733	1.357
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	2.867		1	A	1		0.390	6.249	0.129
18:2 t not further defined.....g									
18:3 undifferentiated.....g	1.942		0	AS	1		0.264	4.234	0.087
18:4.....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	13.555		0	NC	4		1.844	29.551	0.610
Fatty acids, total trans-monoenoic.....g	10.013		0	NC	4		1.362	21.828	0.451
Fatty acids, total trans-polyenoic.....g	3.543		0	NC	4		0.482	7.723	0.159
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg	132		0	BFZN	4		18	288	6
<b>Amino Acids:</b>									
Tryptophan.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Lysine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000



NDB No. 04648

Oil, vegetable, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	<u>measures of food</u>		
							Measure 1	Measure 2	Measure 3
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

**Calories Factors: Protein**

**Fat 8.84**

**Carbohydrate**

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Oil, vegetable, industrial, soy, refined, for woks and light frying**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
<b>Proximates:</b>									
Water.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Energy.....kcal	884		0	BFZN	4		120	1927	40
Energy.....kj	3699		0	BFZN	4		503	8063	166
Protein.....g	0.00		0	Z	7		0.00	0.00	0.00
Total lipid (fat).....g	100.00		1	PAK	1		13.60	218.00	4.50
Ash.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	0		0	BFZN	4		0	0	0
Iron, Fe.....mg	0.02		0	BFZN	4		0.00	0.04	0.00
Magnesium, Mg.....mg	0		0	BFZN	4		0	0	0
Phosphorus, P.....mg	0		0	BFZN	4		0	1	0
Potassium, K.....mg	0		0	BFZN	4		0	0	0
Sodium, Na.....mg	0		0	BFZN	4		0	0	0
Zinc, Zn.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Copper, Cu.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total.....mcg	0		0	BFZN	4		0	0	0
Folic acid.....mcg	0		0	BFZN	4		0	0	0
Folate, food.....mcg	0		0	BFZN	4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0	BFZN	4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	BFZN	4		0	0	0
Retinol.....mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	9.21		0	BFZN	4		1.25	20.09	0.41
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	197.6		0	BFZN	4		26.9	430.7	8.9
<b>Lipids:</b>									
Fatty acids, total saturated.....g	15.340		0	NC	4		2.086	33.441	0.690
4:0.....g	0.000		1	A	1		0.000	0.000	0.000
6:0.....g	0.000		1	A	1		0.000	0.000	0.000
8:0.....g	0.000		1	A	1		0.000	0.000	0.000
10:0.....g	0.000		1	A	1		0.000	0.000	0.000
12:0.....g	0.000		1	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.094		1	A	1		0.013	0.205	0.004
15:0.....g	0.000		1	A	1		0.000	0.000	0.000
16:0.....g	10.410		1	A	1		1.416	22.694	0.468
17:0.....g	0.105		1	A	1		0.014	0.228	0.005
18:0.....g	4.041		1	A	1		0.550	8.809	0.182
20:0.....g	0.335		1	A	1		0.046		

NDB No. 04650

Oil, vegetable, industrial, soy, refined, for woks and light frying

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	21.701		0	NC	4		2.951	47.308	0.977
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.123		0	AS	1		0.017	0.269	0.006
16:1 c.....g	0.123		1	A	1		0.017	0.269	0.006
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	21.541		0	AS	1		2.930	46.958	0.969
18:1 c.....g	21.541		1	A	1		2.930	46.958	0.969
18:1 t.....g	0.000		1	A	1		0.000	0.000	0.000
20:1.....g	0.037		1	A	1		0.005	0.081	0.002
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	58.208		0	NC	4		7.916	126.893	2.619
18:2 undifferentiated.....g	51.296		0	AS	1		6.976	111.826	2.308
18:2 n-6 c,c.....g	51.172		1	A	1		6.959	111.556	2.303
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.124		1	A	1		0.017	0.270	0.006
18:2 t not further defined.....g									
18:3 undifferentiated.....g	6.912		0	AS	1		0.940	15.067	0.311
18:4.....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.124		0	NC	4		0.017	0.270	0.006
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic.....g	0.124		0	NC	4		0.017	0.270	0.006
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg	250		0	BFZN	4		34	545	11
Amino Acids:									
Tryptophan.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Lysine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000

NDB No. 04650

Oil, vegetable, industrial, soy, refined, for woks and light frying

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	<u>measures of food</u>		
							Measure 1	Measure 2	Measure 3
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

**Calories Factors: Protein**

**Fat** 8.84

**Carbohydrate**

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	0.00		0		1		0.00	0.00	0.00
Energy.....kcal	884		0	NC	4		120	1927	40
Energy.....kj	3699				4		503	8063	166
Protein (N x 0).....g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat).....g	100.00		0		1		13.60	218.00	4.50
Ash.....g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	0		0		4		0	0	0
Iron, Fe.....mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg.....mg	0		0		4		0	0	0
Phosphorus, P.....mg	0		0		4		0	0	0
Potassium, K.....mg	0		0		4		0	0	0
Sodium, Na.....mg	0		0		4		0	0	0
Zinc, Zn.....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.0		0	Z	7		0.0	0.0	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0		4		0.000	0.000	0.000
Niacin.....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	0.000
Folate, total.....mcg	0		0	Z	7		0	0	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	0		0	Z	7		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0	AS	1		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.20		0		4		0.03	0.44	0.01
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	90.000		0		1		12.240	196.200	4.050
4:0.....g	0.000		0		4		0.000	0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000	0.000
12:0.....g	3.100		1		1		0.422	6.758	0.140
13:0.....g									
14:0.....g	82.600		1		1		11.234	180.068	3.717
15:0.....g									
16:0.....g	4.300		1		1		0.585	9.374	0.194
17:0.....g									
18:0.....g	0.000		0		4		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 04572**  
**Oil, vegetable, nutmeg butter**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Fatty acids, total monounsaturated.....g	4.800		0		1		0.653	10.464	0.216
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	4.800		1		1		0.653	10.464	0.216
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	0		0		4		0	0	0
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

NDB No. 04572  
Oil, vegetable, nutmeg butter

Calories Factors: Protein	Fat 8.62	Carbohydrate	Food Group: 04 Fats and Oils
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)





**NDB No. 04055**  
**Oil, vegetable, palm**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Fatty acids, total monounsaturated.....g	37.000		0		1		5.032	79.920	1.665
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.300	0.071	7		1		0.041	0.648	0.014
17:1.....g									
18:1 undifferentiated.....g	36.600	0.635	15		1		4.978	79.056	1.647
20:1.....g	0.100	0.072	4		1		0.014	0.216	0.005
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	9.300		0		1		1.265	20.088	0.419
18:2 undifferentiated.....g	9.100	0.419	15		1		1.238	19.656	0.410
18:3 undifferentiated.....g	0.200	0.046	9		1		0.027	0.432	0.009
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 216g: 1 cup

Measure 3 = 4.5g: 1 tsp

NDB No. 04055  
Oil, vegetable, palm

Calories Factors:	Protein	Fat 8.84	Carbohydrate	Food Group: 04 Fats and Oils
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	0.00		0		1		0.00	0.00	0.00
Energy.....kcal	884		0	NC	4		120	1927	40
Energy.....kj	3699		0		4		503	8063	166
Protein (N x 0).....g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat).....g	100.00		0		1		13.60	218.00	4.50
Ash.....g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	0		0		4		0	0	0
Iron, Fe.....mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg.....mg	0		0		4		0	0	0
Phosphorus, P.....mg	0		0		4		0	0	0
Potassium, K.....mg	0		0		4		0	0	0
Sodium, Na.....mg	0		0		4		0	0	0
Zinc, Zn.....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.0		0	Z	7		0.0	0.0	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0		4		0.000	0.000	0.000
Niacin.....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	0.000
Folate, total.....mcg	0		0	Z	7		0	0	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	0		0	Z	7		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0	AS	1		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	11.40		0		4		1.55	24.85	0.51
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	13.500		0		1		1.836	29.430	0.608
4:0.....g	0.000		0		4		0.000	0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000	0.000
12:0.....g	0.000		0		4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	0.000
15:0.....g									
16:0.....g	10.600		1		1		1.442	23.108	0.477
17:0.....g									
18:0.....g	2.900		1		1		0.394	6.322	0.131
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 04514**  
**Oil, vegetable, poppyseed**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	
							Measure 1 Measure 2 Measure 3
Fatty acids, total monounsaturated.....g	19.700		0		1		2.679 42.946 0.887
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.000		0		4		0.000 0.000 0.000
17:1.....g							
18:1 undifferentiated.....g	19.700		1		1		2.679 42.946 0.887
20:1.....g	0.000		0		4		0.000 0.000 0.000
22:1 undifferentiated.....g	0.000		0		4		0.000 0.000 0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	62.400		0		1		8.486 136.032 2.808
18:2 undifferentiated.....g	62.400		1		1		8.486 136.032 2.808
18:3 undifferentiated.....g	0.000		0		4		0.000 0.000 0.000
18:4.....g	0.000		0		4		0.000 0.000 0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		4		0.000 0.000 0.000
20:5 n-3.....g	0.000		0		4		0.000 0.000 0.000
22:5 n-3.....g	0.000		0		4		0.000 0.000 0.000
22:6 n-3.....g	0.000		0		4		0.000 0.000 0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0		4		0 0 0
Phytosterols.....mg	276		0		4		38 602 12
<b>Amino Acids:</b>							
Tryptophan.....g	0.000		0		4		0.000 0.000 0.000
Threonine.....g	0.000		0		4		0.000 0.000 0.000
Isoleucine.....g	0.000		0		4		0.000 0.000 0.000
Leucine.....g	0.000		0		4		0.000 0.000 0.000
Lysine.....g	0.000		0		4		0.000 0.000 0.000
Methionine.....g	0.000		0		4		0.000 0.000 0.000
Cystine.....g	0.000		0		4		0.000 0.000 0.000
Phenylalanine.....g	0.000		0		4		0.000 0.000 0.000
Tyrosine.....g	0.000		0		4		0.000 0.000 0.000
Valine.....g	0.000		0		4		0.000 0.000 0.000
Arginine.....g	0.000		0		4		0.000 0.000 0.000
Histidine.....g	0.000		0		4		0.000 0.000 0.000
Alanine.....g	0.000		0		4		0.000 0.000 0.000
Aspartic acid.....g	0.000		0		4		0.000 0.000 0.000
Glutamic acid.....g	0.000		0		4		0.000 0.000 0.000
Glycine.....g	0.000		0		4		0.000 0.000 0.000
Proline.....g	0.000		0		4		0.000 0.000 0.000
Serine.....g	0.000		0		4		0.000 0.000 0.000
Hydroxyproline.....g							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0	Z	7		0.0 0.0 0.0
Caffeine.....mg	0		0	Z	7		0 0 0
Theobromine.....mg	0		0	Z	7		0 0 0
<b>Carotenoids:</b>							
Carotene, beta.....mcg	0		0	Z	7		0.000 0.000 0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000 0.000 0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000 0.000 0.000
Lycopene.....mcg	0		0	Z	7		0.000 0.000 0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000 0.000 0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

NDB No. 04514  
Oil, vegetable, poppyseed

Calories Factors:	Protein	Fat 8.84	Carbohydrate	Food Group: 04 Fats and Oils
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	0.00		0		1		0.00	0.00	0.00
Energy.....kcal	884		0	NC	4		120	1927	40
Energy.....kj	3699		0		4		503	8063	166
Protein (N x 0).....g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat).....g	100.00		0		1		13.60	218.00	4.50
Ash.....g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	0		0		4		0	0	0
Iron, Fe.....mg	0.07	0.015	3		1		0.01	0.15	0.00
Magnesium, Mg.....mg	0		0		4		0	0	0
Phosphorus, P.....mg	0		0		4		0	0	0
Potassium, K.....mg	0		0		4		0	0	0
Sodium, Na.....mg	0		0		4		0	0	0
Zinc, Zn.....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.0		0	Z	7		0.0	0.0	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0		4		0.000	0.000	0.000
Niacin.....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	0.000
Folate, total.....mcg	0		0	Z	7		0	0	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	0		0	Z	7		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0	AS	1		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	32.30		1		1		4.39	70.41	1.45
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	24.7	5.831	69	JO	11		3.4	53.9	1.1
<b>Lipids:</b>									
Fatty acids, total saturated.....g	19.700		0		1		2.679	42.946	0.887
4:0.....g	0.000		0		4		0.000	0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000	0.000
12:0.....g	0.000		0		4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.700	0.131	28		1		0.095	1.526	0.032
15:0.....g									
16:0.....g	16.900	0.368	31		1		2.298	36.842	0.761
17:0.....g									
18:0.....g	1.600	0.087	29		1		0.218	3.488	0.072
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 04037**  
**Oil, vegetable, rice bran**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	39.300		0		1		5.345	85.674	1.769
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.200	0.039	9		1		0.027	0.436	0.009
17:1.....g									
18:1 undifferentiated.....g	39.100	0.449	38		1		5.318	85.238	1.760
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	35.000		0		1		4.760	76.300	1.575
18:2 undifferentiated.....g	33.400	0.403	38		1		4.542	72.812	1.503
18:3 undifferentiated.....g	1.600	0.159	34		1		0.218	3.488	0.072
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	1190		2		1		162	2594	54
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

NDB No. 04037  
Oil, vegetable, rice bran

Calories Factors:	Protein	Fat 8.84	Carbohydrate	Food Group: 04 Fats and Oils
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)





**NDB No. 04536**  
**Oil, vegetable, sheanut**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Fatty acids, total monounsaturated.....g	44.000		0		1		5.984	95.920	1.980
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100		1		1		0.014	0.218	0.005
17:1.....g									
18:1 undifferentiated.....g	43.500	1.375	4		1		5.916	94.830	1.958
20:1.....g	0.000		2		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		1		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.200		0		1		0.707	11.336	0.234
18:2 undifferentiated.....g	4.900	0.547	4		1		0.666	10.682	0.221
18:3 undifferentiated.....g	0.300		2		1		0.041	0.654	0.014
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	357		0		4		49	778	16
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

NDB No. 04536  
Oil, vegetable, sheanut

Calories Factors:	Protein	Fat 8.62	Carbohydrate	Food Group: 04 Fats and Oils
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 04584

Oil, vegetable, sunflower, high oleic (70% and over)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	83.594		0		1		11.703	182.235	3.762
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	82.630		7		1		11.568	180.133	3.718
20:1.....g	0.964		6		1		0.135	2.102	0.043
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.798		0		1		0.532	8.280	0.171
18:2 undifferentiated.....g	3.606		7		1		0.505	7.861	0.162
18:3 undifferentiated.....g	0.192		6		1		0.027	0.419	0.009
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

#### Common Measures:

Measure 1 = 14.0g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 04060

Oil, vegetable, sunflower, linoleic (less than 60%)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	45.400		0		1		6.174	98.972	2.043
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.200	0.016	27		1		0.027	0.436	0.009
17:1.....g									
18:1 undifferentiated.....g	45.300	0.777	45		1		6.161	98.754	2.039
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	40.100		0		1		5.454	87.418	1.805
18:2 undifferentiated.....g	39.800	0.751	45		1		5.413	86.764	1.791
18:3 undifferentiated.....g	0.200	0.024	20		1		0.027	0.436	0.009
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	100		0		4		14	218	5
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

NDB No. 04060  
Oil, vegetable, sunflower, linoleic (less than 60%)

Calories Factors:	Protein	Fat 8.84	Carbohydrate	Food Group: 04 Fats and Oils
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)





NDB No. 04506

Oil, vegetable, sunflower, linoleic, (approx. 65%)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	
							Measure 1 Measure 2 Measure 3
Fatty acids, total monounsaturated.....g	19.500		0		1		2.652 42.510 0.878
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.000		0		1		0.000 0.000 0.000
17:1.....g							
18:1 undifferentiated.....g	19.500	0.425	177		1		2.652 42.510 0.878
20:1.....g	0.000		0		1		0.000 0.000 0.000
22:1 undifferentiated.....g	0.000		0		1		0.000 0.000 0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	65.700		0		1		8.935 143.226 2.957
18:2 undifferentiated.....g	65.700	0.456	177		1		8.935 143.226 2.957
18:3 undifferentiated.....g	0.000		0		1		0.000 0.000 0.000
18:4.....g	0.000		0		1		0.000 0.000 0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		1		0.000 0.000 0.000
20:5 n-3.....g	0.000		0		1		0.000 0.000 0.000
22:5 n-3.....g	0.000		0		1		0.000 0.000 0.000
22:6 n-3.....g	0.000		0		1		0.000 0.000 0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0		4		0 0 0
Phytosterols.....mg	100		0		4		14 218 5
<b>Amino Acids:</b>							
Tryptophan.....g	0.000		0		4		0.000 0.000 0.000
Threonine.....g	0.000		0		4		0.000 0.000 0.000
Isoleucine.....g	0.000		0		4		0.000 0.000 0.000
Leucine.....g	0.000		0		4		0.000 0.000 0.000
Lysine.....g	0.000		0		4		0.000 0.000 0.000
Methionine.....g	0.000		0		4		0.000 0.000 0.000
Cystine.....g	0.000		0		4		0.000 0.000 0.000
Phenylalanine.....g	0.000		0		4		0.000 0.000 0.000
Tyrosine.....g	0.000		0		4		0.000 0.000 0.000
Valine.....g	0.000		0		4		0.000 0.000 0.000
Arginine.....g	0.000		0		4		0.000 0.000 0.000
Histidine.....g	0.000		0		4		0.000 0.000 0.000
Alanine.....g	0.000		0		4		0.000 0.000 0.000
Aspartic acid.....g	0.000		0		4		0.000 0.000 0.000
Glutamic acid.....g	0.000		0		4		0.000 0.000 0.000
Glycine.....g	0.000		0		4		0.000 0.000 0.000
Proline.....g	0.000		0		4		0.000 0.000 0.000
Serine.....g	0.000		0		4		0.000 0.000 0.000
Hydroxyproline.....g							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0	Z	7		0.0 0.0 0.0
Caffeine.....mg	0		0	Z	7		0 0 0
Theobromine.....mg	0		0	Z	7		0 0 0
<b>Carotenoids:</b>							
Carotene, beta.....mcg	0		0	Z	7		0.000 0.000 0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000 0.000 0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000 0.000 0.000
Lycopene.....mcg	0		0	Z	7		0.000 0.000 0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000 0.000 0.000

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**Common Measures:**

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

**NDB No. 04506**  
**Oil, vegetable, sunflower, linoleic, (approx. 65%)**

<b>Calories Factors:</b>	<b>Protein</b>	<b>Fat</b> 8.84	<b>Carbohydrate</b>	<b>Food Group:</b> 04 Fats and Oils
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 04545

Oil, vegetable, sunflower, linoleic, (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	46.200		0		1		6.283	100.716	2.079
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	46.000	0.115	4		1		6.256	100.280	2.070
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	36.400		0		1		4.950	79.352	1.638
18:2 undifferentiated.....g	35.300	0.366	4		1		4.801	76.954	1.589
18:3 undifferentiated.....g	0.900	0.102	3		1		0.122	1.962	0.041
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	10		0		4		1	22	0
<b>Amino Acids:</b>									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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**Common Measures:**

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

NDB No. 04545  
Oil, vegetable, sunflower, linoleic, (hydrogenated)

Calories Factors:	Protein	Fat 8.84	Carbohydrate	Food Group: 04 Fats and Oils
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 04516**  
**Oil, vegetable, teaseed**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	51.500		0		1		7.004	112.270	2.318
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.500	0.196	3		1		0.068	1.090	0.023
17:1.....g									
18:1 undifferentiated.....g	49.900	1.547	3		1		6.786	108.782	2.246
20:1.....g	1.000		2		1		0.136	2.180	0.045
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	23.000		0		1		3.128	50.140	1.035
18:2 undifferentiated.....g	22.200	1.993	3		1		3.019	48.396	0.999
18:3 undifferentiated.....g	0.700		1		1		0.095	1.526	0.032
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	102		0		4		14	222	5
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp



NDB No. 04516  
Oil, vegetable, teaseed

Calories Factors:	Protein	Fat 8.84	Carbohydrate	Food Group: 04 Fats and Oils
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 04515**  
**Oil, vegetable, tomatoseed**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	22.800		0		1		3.101	49.704	1.026
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.500	0.090	4		1		0.068	1.090	0.023
17:1.....g									
18:1 undifferentiated.....g	21.900	2.867	5		1		2.978	47.742	0.986
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	53.100		0		1		7.222	115.758	2.390
18:2 undifferentiated.....g	50.800	3.818	5		1		6.909	110.744	2.286
18:3 undifferentiated.....g	2.300	0.237	4		1		0.313	5.014	0.104
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	100		0		4		14	218	5
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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**Common Measures:**

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

NDB No. 04515  
Oil, vegetable, tomatoseed

Calories Factors:	Protein	Fat 8.84	Carbohydrate	Food Group: 04 Fats and Oils
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 04573**  
**Oil, vegetable, ucuhuba butter**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	
							Measure 1 Measure 2 Measure 3
Fatty acids, total monounsaturated.....g	6.700		0		1		0.911 14.606 0.302
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.000		0		4		0.000 0.000 0.000
17:1.....g							
18:1 undifferentiated.....g	6.700		1		1		0.911 14.606 0.302
20:1.....g	0.000		0		4		0.000 0.000 0.000
22:1 undifferentiated.....g	0.000		0		4		0.000 0.000 0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	2.900		0		1		0.394 6.322 0.131
18:2 undifferentiated.....g	2.900		1		1		0.394 6.322 0.131
18:3 undifferentiated.....g	0.000		0		4		0.000 0.000 0.000
18:4.....g	0.000		0		4		0.000 0.000 0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		4		0.000 0.000 0.000
20:5 n-3.....g	0.000		0		4		0.000 0.000 0.000
22:5 n-3.....g	0.000		0		4		0.000 0.000 0.000
22:6 n-3.....g	0.000		0		4		0.000 0.000 0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0		4		0 0 0
Phytosterols.....mg	95		0		4		13 207 4
<b>Amino Acids:</b>							
Tryptophan.....g	0.000		0		4		0.000 0.000 0.000
Threonine.....g	0.000		0		4		0.000 0.000 0.000
Isoleucine.....g	0.000		0		4		0.000 0.000 0.000
Leucine.....g	0.000		0		4		0.000 0.000 0.000
Lysine.....g	0.000		0		4		0.000 0.000 0.000
Methionine.....g	0.000		0		4		0.000 0.000 0.000
Cystine.....g	0.000		0		4		0.000 0.000 0.000
Phenylalanine.....g	0.000		0		4		0.000 0.000 0.000
Tyrosine.....g	0.000		0		4		0.000 0.000 0.000
Valine.....g	0.000		0		4		0.000 0.000 0.000
Arginine.....g	0.000		0		4		0.000 0.000 0.000
Histidine.....g	0.000		0		4		0.000 0.000 0.000
Alanine.....g	0.000		0		4		0.000 0.000 0.000
Aspartic acid.....g	0.000		0		4		0.000 0.000 0.000
Glutamic acid.....g	0.000		0		4		0.000 0.000 0.000
Glycine.....g	0.000		0		4		0.000 0.000 0.000
Proline.....g	0.000		0		4		0.000 0.000 0.000
Serine.....g	0.000		0		4		0.000 0.000 0.000
Hydroxyproline.....g							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0	Z	7		0.0 0.0 0.0
Caffeine.....mg	0		0	Z	7		0 0 0
Theobromine.....mg	0		0	Z	7		0 0 0
<b>Carotenoids:</b>							
Carotene, beta.....mcg	0		0	Z	7		0.000 0.000 0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000 0.000 0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000 0.000 0.000
Lycopene.....mcg	0		0	Z	7		0.000 0.000 0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000 0.000 0.000

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**Common Measures:**

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

NDB No. 04573  
Oil, vegetable, ucuhuba butter

Calories Factors:	Protein	Fat 8.84	Carbohydrate	Food Group: 04 Fats and Oils
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)





**NDB No. 04528**  
**Oil, vegetable, walnut**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	22.800		0		1		49.704	3.101	1.026
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100	0.027	11		1		0.218	0.014	0.005
17:1.....g									
18:1 undifferentiated.....g	22.200	1.264	34		1		48.396	3.019	0.999
20:1.....g	0.400	0.268	6		1		0.872	0.054	0.018
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	63.300		0		1		137.994	8.609	2.849
18:2 undifferentiated.....g	52.900	1.208	34		1		115.322	7.194	2.381
18:3 undifferentiated.....g	10.400	0.576	32		1		22.672	1.414	0.468
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	176		0		1		384	24	8
<b>Amino Acids:</b>									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 218g: 1 tablespoon

Measure 2 = 13.6g: 1 cup

Measure 3 = 4.5g: 1 tsp

NDB No. 04528  
Oil, vegetable, walnut

Calories Factors:	Protein	Fat 8.84	Carbohydrate	Food Group: 04 Fats and Oils
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 04038**  
**Oil, wheat germ**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	
Fatty acids, total monounsaturated.....g	15.100		0		1		
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.500	0.087	13		1		
17:1.....g							
18:1 undifferentiated.....g	14.600	0.467	13		1		
20:1.....g	0.000		0		1		
22:1 undifferentiated.....g	0.000		0		1		
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	61.700		0		1		
18:2 undifferentiated.....g	54.800	0.322	13		1		
18:3 undifferentiated.....g	6.900	0.360	13		1		
18:4.....g	0.000		0		1		
20:2 n-6 c.c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		1		
20:5 n-3.....g	0.000		0		1		
22:5 n-3.....g	0.000		0		1		
22:6 n-3.....g	0.000		0		1		
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0		4		
Phytosterols.....mg	553		0		1		
<b>Amino Acids:</b>							
Tryptophan.....g	0.000		0		4		
Threonine.....g	0.000		0		4		
Isoleucine.....g	0.000		0		4		
Leucine.....g	0.000		0		4		
Lysine.....g	0.000		0		4		
Methionine.....g	0.000		0		4		
Cystine.....g	0.000		0		4		
Phenylalanine.....g	0.000		0		4		
Tyrosine.....g	0.000		0		4		
Valine.....g	0.000		0		4		
Arginine.....g	0.000		0		4		
Histidine.....g	0.000		0		4		
Alanine.....g	0.000		0		4		
Aspartic acid.....g	0.000		0		4		
Glutamic acid.....g	0.000		0		4		
Glycine.....g	0.000		0		4		
Proline.....g	0.000		0		4		
Serine.....g	0.000		0		4		
Hydroxyproline.....g							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0	Z	7		
Caffeine.....mg	0		0	Z	7		
Theobromine.....mg	0		0	Z	7		
<b>Carotenoids:</b>							
Carotene, beta.....mcg	0		0	Z	7		
Carotene, alpha.....mcg	0		0	Z	7		
Cryptoxanthin, beta.....mcg	0		0	Z	7		
Lycopene.....mcg	0		0	Z	7		
Lutein + zeaxanthin.....mcg	0		0	Z	7		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

NDB No. 04038  
Oil, wheat germ

Calories Factors:	Protein	Fat 8.84	Carbohydrate	Food Group: 04 Fats and Oils
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Salad Dressing, coleslaw dressing, reduced fat**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	37.00				4		99.53	6.29	
Energy.....kcal	329		0	NC	4		884	56	
Energy.....kj	1376		0	NC	4		3701	234	
Protein.....g	0.00				4		0.00	0.00	
Total lipid (fat).....g	20.00				4		53.80	3.40	
Ash.....g	3.00		0	NC	4		8.07	0.51	
Carbohydrate, by difference.....g	40.00				4		107.60	6.80	
Fiber, total dietary.....g	0.4				4		1.1	0.1	
Sugars, total.....g	38.73		0	FLA	4		104.19	6.58	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	36				4		97	6	
Iron, Fe.....mg	0.26				4		0.70	0.04	
Magnesium, Mg.....mg	5				4		13	1	
Phosphorus, P.....mg	30				4		81	5	
Potassium, K.....mg	50				4		135	9	
Sodium, Na.....mg	1600				4		4304	272	
Zinc, Zn.....mg	0.18				4		0.48	0.03	
Copper, Cu.....mg	0.000				4		0.000	0.000	
Manganese, Mn.....mg	0.004		0	FLA	4		0.012	0.001	
Selenium, Se.....mcg	1.6		0	CAZN	4		4.3	0.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0				4		0.0	0.0	
Thiamin.....mg	0.010				4		0.027	0.002	
Riboflavin.....mg	0.010				4		0.027	0.002	
Niacin.....mg	0.250				4		0.673	0.043	
Pantothenic acid.....mg	0.001		0	FLA	4		0.004	0.000	
Vitamin B-6.....mg	0.020				4		0.054	0.003	
Folate, total.....mcg	0		0	FLA	4		0	0	
Folic acid.....mcg	0		0	FLA	4		0	0	
Folate, food.....mcg	0		0	FLA	4		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12.....mcg	0.10				4		0.27	0.02	
Vitamin A, IU.....IU	1		0	NC	4		2	0	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		1	0	
Retinol.....mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol).....mg	1.84		0	FLA	4		4.96	0.31	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	0.054		0	FLA	4		0.144	0.009	
Vitamin K (phylloquinone).....mcg	39.5		0	FLA	4		106.2	6.7	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.980				4		8.016	0.507	
4:0.....g	0.000				4		0.000	0.000	
6:0.....g	0.000				4		0.000	0.000	
8:0.....g	0.000				4		0.000	0.000	
10:0.....g	0.000				4		0.000	0.000	
12:0.....g	0.000				4		0.000	0.000	
13:0.....g									
14:0.....g	0.020								

**NDB No. 42230**  
**Salad Dressing, coleslaw dressing, reduced fat**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
24:0.....g									
Fatty acids, total monounsaturated.....g	8.600				4		23.134	1.462	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.080				4		0.215	0.014	
17:1.....g									
18:1 undifferentiated.....g	8.500				4		22.865	1.445	
20:1.....g	0.000				4		0.000	0.000	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.520				4		20.229	1.278	
18:2 undifferentiated.....g	6.980				4		18.776	1.187	
18:3 undifferentiated.....g	0.520				4		1.399	0.088	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.000				7		0.000	0.000	
22:5 n-3.....g	0.000				7		0.000	0.000	
22:6 n-3.....g	0.000				7		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	25				4		67	4	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	FLA	4		0.119	0.008	
Carotene, alpha.....mcg	0		0	FLA	4		0.051	0.003	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.045	0.003	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	1		0	FLA	4		1.471	0.093	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 269g: 1 cup

Measure 2 = 17g: 1 tbsp

**Calories Factors: Protein 2.44**

**Fat 8.84**

**Carbohydrate 3.8**

**Food Group: 04 Fats and Oils**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





**NDB No. 42193**  
**Salad Dressing, mayonnaise-like, fat-free**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	1.887		0	FLM	4		4.831		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	1.887		0	FLM	4		4.831		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.063		0	FLM	4		0.161		
18:2 undifferentiated.....g	0.043		0	FLM	4		0.111		
18:3 undifferentiated.....g	0.019		0	FLM	4		0.049		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	9		0	MC	9		23		
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 256g: 1 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**NDB No. 04121**  
**Salad dressing, KRAFT FREE Fat Free Italian Dressing**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	81.60		0	MC	9		26.93		
Energy.....kcal	62		0	MC	9		20		
Energy.....kj	259				9		86		
Protein.....g	1.40		0	MC	9		0.46		
Total lipid (fat).....g	0.90		0	NR	4		0.30		
Ash.....g	3.60		0	MC	9		1.19		
Carbohydrate, by difference (1).....g	11.00		0	MC	9		3.63		
Fiber, total dietary.....g	0.7		0	MC	9		0.2		
Sugars, total.....g	6.60		0	MC	9		2.18		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	42		0	MC	9		14		
Iron, Fe.....mg	0.24		0	MC	9		0.08		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	205		0	MC	9		68		
Potassium, K.....mg	115		0	MC	9		38		
Sodium, Na.....mg	1302		0	MC	9		430		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.3		0	MC	9		0.4		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	158		0	MC	9		52		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.500		0	MC	9		0.165		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	3		0	MC	9		1		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 33g: 2 tbsp

**Footnotes**

1 Contains other proximate components.

NDB No. 04121  
Salad dressing, KRAFT FREE Fat Free Italian Dressing

Calories Factors:	Protein	Fat	Carbohydrate	Food Group: 04 Fats and Oils
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**NDB No. 04119**  
**Salad dressing, KRAFT FREE Fat Free Ranch Dressing**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	63.60		0	MC	9		22.26		
Energy.....kcal	138		0	MC	9		48		
Energy.....kj	577				9		202		
Protein.....g	0.70		0	MC	9		0.25		
Total lipid (fat).....g	1.00		0	NR	4		0.35		
Ash.....g	3.00		0	MC	9		1.05		
Carbohydrate, by difference (1).....g	30.60		0	MC	9		10.71		
Fiber, total dietary.....g	0.6		0	MC	9		0.2		
Sugars, total.....g	6.10		0	MC	9		2.14		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	26		0	MC	9		9		
Iron, Fe.....mg	0.06		0	MC	9		0.02		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	79		0	MC	9		28		
Potassium, K.....mg	88		0	MC	9		31		
Sodium, Na.....mg	1011		0	MC	9		354		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.1		0	MC	9		0.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	8		0	MC	9		3		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.200		0	MC	9		0.070		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	1		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 35g: 2 tbsp

**Footnotes**

1 Contains other proximate components.

NDB No. 04119  
Salad dressing, KRAFT FREE Fat Free Ranch Dressing

Calories Factors:	Protein	Fat	Carbohydrate	Food Group: 04 Fats and Oils
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**NDB No. 04118**  
**Salad dressing, KRAFT LIGHT DONE RIGHT! Italian Dressing**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	73.00		0	MC	9		22.63		
Energy.....kcal	170		0	MC	9		53		
Energy.....kj	711				9		220		
Protein.....g	1.10		0	MC	9		0.34		
Total lipid (fat).....g	14.40		0	NR	4		4.46		
Ash.....g	2.10		0	MC	9		0.65		
Carbohydrate, by difference (1).....g	8.00		0	MC	9		2.48		
Fiber, total dietary.....g	1.3		0	MC	9		0.4		
Sugars, total.....g	4.90		0	MC	9		1.52		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	28		0	MC	9		9		
Iron, Fe.....mg	0.33		0	MC	9		0.10		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	25		0	MC	9		8		
Potassium, K.....mg	90		0	MC	9		28		
Sodium, Na.....mg	736		0	MC	9		228		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.8		0	MC	9		0.6		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	179		0	MC	9		55		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.300		0	MC	9		0.403		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	1		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 31g: 2 tbsp

**Footnotes**

1 Contains other proximate components.

NDB No. 04118  
Salad dressing, KRAFT LIGHT DONE RIGHT! Italian Dressing

Calories Factors:	Protein	Fat	Carbohydrate	Food Group: 04 Fats and Oils
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**NDB No. 04117**  
**Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	61.30		0	MC	9		18.39		
Energy.....kcal	256		0	MC	9		77		
Energy.....kj	1071				9		321		
Protein.....g	1.20		0	MC	9		0.36		
Total lipid (fat).....g	22.80		0	NR	4		6.84		
Ash.....g	2.70		0	MC	9		0.81		
Carbohydrate, by difference (1).....g	10.50		0	MC	9		3.15		
Fiber, total dietary.....g	0.5		0	MC	9		0.2		
Sugars, total.....g	4.20		0	MC	9		1.26		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	26		0	MC	9		8		
Iron, Fe.....mg	0.19		0	MC	9		0.06		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	155		0	MC	9		47		
Potassium, K.....mg	134		0	MC	9		40		
Sodium, Na.....mg	1009		0	MC	9		303		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.1		0	MC	9		0.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	41		0	MC	9		12		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.900		0	MC	9		0.570		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	28		0	MC	9		8		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 30g: 2 tbsp

**Footnotes**

1 Contains other proximate components.



NDB No. 04117  
Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing

Calories Factors:	Protein	Fat	Carbohydrate	Food Group: 04 Fats and Oils
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 04014

## Salad dressing, KRAFT MIRACLE WHIP FREE Nonfat Dressing

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	78.70		0	MC	9		12.59		
Energy.....kcal	84		0	MC	9		13		
Energy.....kj	351				9		56		
Protein.....g	0.20		0	MC	9		0.03		
Total lipid (fat).....g	2.70		0	NR	4		0.43		
Ash.....g	1.90		0	MC	9		0.30		
Carbohydrate, by difference (1).....g	15.50		0	MC	9		2.48		
Fiber, total dietary.....g	1.9		0	MC	9		0.3		
Sugars, total.....g	10.30		0	MC	9		1.65		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	6		0	MC	9		1		
Iron, Fe.....mg	0.12		0	MC	9		0.02		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	5		0	MC	9		1		
Potassium, K.....mg	49		0	MC	9		8		
Sodium, Na.....mg	788		0	MC	9		126		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	69		0	MC	9		11		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
* Vitamin K (phylloquinone) (2).....mcg	83.6		0	MC	9		13.4		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.600		0	MC	9		0.096		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	9		0	MC	9		1		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 16g: 1 tbsp

**Footnotes**

- 1 Contains other proximate components.
- 2 Added nutrient

NDB No. 04014  
Salad dressing, KRAFT MIRACLE WHIP FREE Nonfat Dressing

\*Vitamin or mineral added for enrichment or fortification

Calories Factors:	Protein	Fat	Carbohydrate	Food Group: 04 Fats and Oils
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**NDB No. 04012**  
**Salad dressing, KRAFT MIRACLE WHIP LIGHT Dressing**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Proximates:									
Water.....g	63.30		0	MC	9		10.13		
Energy.....kcal	231		0	MC	9		37		
Energy.....kj	967				9		155		
Protein.....g	0.60		0	MC	9		0.10		
Total lipid (fat).....g	18.60		0	NR	4		2.98		
Ash.....g	2.20		0	MC	9		0.35		
Carbohydrate, by difference (1).....g	14.40		0	MC	9		2.30		
Fiber, total dietary.....g	0.1		0	MC	9		0.0		
Sugars, total.....g	9.90		0	MC	9		1.58		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		0	MC	9		1		
Iron, Fe.....mg	0.17		0	MC	9		0.03		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	13		0	MC	9		2		
Potassium, K.....mg	23		0	MC	9		4		
Sodium, Na.....mg	821		0	MC	9		131		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	34		0	MC	9		5		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
* Vitamin K (phylloquinone) (2).....mcg	83.6		0	MC	9		13.4		
Lipids:									
Fatty acids, total saturated.....g	2.900		0	MC	9		0.464		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	26		0	MC	9		4		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 16g: 1 tbsp

**Footnotes**

- 1 Contains other proximate components.
- 2 Added nutrient

**NDB No. 04012**  
**Salad dressing, KRAFT MIRACLE WHIP LIGHT Dressing**

\*Vitamin or mineral added for enrichment or fortification

<b>Calories Factors:</b>	<b>Protein</b>	<b>Fat</b>	<b>Carbohydrate</b>	<b>Food Group:</b> 04 Fats and Oils
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 04013

Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	81.80		0	MC	9		13.09		
Energy.....kcal	70		0	MC	9		11		
Energy.....kj	293				9		47		
Protein.....g	0.20		0	MC	9		0.03		
Total lipid (fat).....g	2.70		0	NR	4		0.43		
Ash.....g	2.20		0	MC	9		0.35		
Carbohydrate, by difference (1).....g	12.40		0	MC	9		1.98		
Fiber, total dietary.....g	2.0		0	MC	9		0.3		
Sugars, total.....g	6.80		0	MC	9		1.09		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	6		0	MC	9		1		
Iron, Fe.....mg	0.10		0	MC	9		0.02		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	27		0	MC	9		4		
Potassium, K.....mg	50		0	MC	9		8		
Sodium, Na.....mg	750		0	MC	9		120		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	99		0	MC	9		16		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
* Vitamin K (phylloquinone) (2).....mcg	155.1		0	MC	9		24.8		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.500		0	MC	9		0.080		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	10		0	MC	9		2		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 16g: 1 tbsp

**Footnotes**

- 1 Contains other proximate components.
- 2 Added nutrient

**NDB No. 04013**

**Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing**

\*Vitamin or mineral added for enrichment or fortification

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**NDB No. 04011**  
**Salad dressing, KRAFT Mayo Light Mayonnaise**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	55.40		0	MC	9		8.31		
Energy.....kcal	334		0	MC	9		50		
Energy.....kj	1397				9		210		
Protein.....g	0.60		0	MC	9		0.09		
Total lipid (fat).....g	32.90		0	NR	4		4.94		
Ash.....g	2.10		0	MC	9		0.32		
Carbohydrate, by difference (1).....g	8.50		0	MC	9		1.28		
Fiber, total dietary.....g	0.1		0	MC	9		0.0		
Sugars, total.....g	4.20		0	MC	9		0.63		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	6		0	MC	9		1		
Iron, Fe.....mg	0.20		0	MC	9		0.03		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	58		0	MC	9		9		
Potassium, K.....mg	52		0	MC	9		8		
Sodium, Na.....mg	797		0	MC	9		120		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.3		0	MC	9		0.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	185		0	MC	9		28		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
* Vitamin K (phylloquinone) (2).....mcg	155.1		0	MC	9		23.3		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.000		0	MC	9		0.750		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	35		0	MC	9		5		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 15.0g: 1 tbsp

**Footnotes**

- 1 Contains other proximate components.
- 2 Added nutrient



NDB No. 04011

Salad dressing, KRAFT Mayo Light Mayonnaise

\*Vitamin or mineral added for enrichment or fortification

Calories Factors: ProteinFatCarbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**NDB No. 04115**  
**Salad dressing, KRAFT Ranch Dressing**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	36.80		0	MC	9		10.67		
Energy.....kcal	510		0	MC	9		148		
Energy.....kj	2134				9		619		
Protein.....g	1.40		0	MC	9		0.41		
Total lipid (fat).....g	53.70		0	NR	4		15.57		
Ash.....g	2.60		0	MC	9		0.75		
Carbohydrate, by difference (1).....g	4.60		0	MC	9		1.33		
Fiber, total dietary.....g	0.3		0	MC	9		0.1		
Sugars, total.....g	4.00		0	MC	9		1.16		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	29		0	MC	9		8		
Iron, Fe.....mg	0.18		0	MC	9		0.05		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	91		0	MC	9		26		
Potassium, K.....mg	49		0	MC	9		14		
Sodium, Na.....mg	990		0	MC	9		287		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.2		0	MC	9		0.1		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	38		0	MC	9		11		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	8.200		0	MC	9		2.378		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	28		0	MC	9		8		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 29g: 2 tbsp

**Footnotes**

1 Contains other proximate components.

NDB No. 04115  
Salad dressing, KRAFT Ranch Dressing

Calories Factors:	Protein	Fat	Carbohydrate	Food Group: 04 Fats and Oils
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**NDB No. 04116**  
**Salad dressing, KRAFT Zesty Italian Dressing**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	52.70		0	MC	9		16.34		
Energy.....kcal	351		0	MC	9		109		
Energy.....kj	1469				9		455		
Protein.....g	0.30		0	MC	9		0.09		
Total lipid (fat).....g	35.90		0	NR	4		11.13		
Ash.....g	4.20		0	MC	9		1.30		
Carbohydrate, by difference (1).....g	5.70		0	MC	9		1.77		
Fiber, total dietary.....g	0.5		0	MC	9		0.2		
Sugars, total.....g	4.30		0	MC	9		1.33		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	4		0	MC	9		1		
Iron, Fe.....mg	0.16		0	MC	9		0.05		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	14		0	MC	9		4		
Potassium, K.....mg	29		0	MC	9		9		
Sodium, Na.....mg	1630		0	MC	9		505		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.5		0	MC	9		0.2		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	36		0	MC	9		11		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.000		0	MC	9		1.240		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 31g: 2 tbsp

**Footnotes**

1 Contains other proximate components.

NDB No. 04116  
Salad dressing, KRAFT Zesty Italian Dressing

Calories Factors:	Protein	Fat	Carbohydrate	Food Group: 04 Fats and Oils
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Salad dressing, Mayonnaise dressing, diet, no cholesterol**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	39.90		0	RKA	1		96.56	5.99	
Energy.....kcal	390		0	RKI	6		944	59	
Energy.....kj	1632		0	RKI	6		3949	245	
Protein.....g	0.90		0	RKA	1		2.18	0.14	
Total lipid (fat).....g	33.40		0	RKA	1		80.83	5.01	
Ash.....g	1.90		0	RKA	1		4.60	0.29	
Carbohydrate, by difference.....g	23.90		0	RKI	6		57.84	3.59	
Fiber, total dietary.....g	0.0		0	RKI	6		0.0	0.0	
Sugars, total.....g	6.40		0	RKA	1		15.49	0.96	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	14		0	RKA	1		34	2	
Iron, Fe.....mg	0.20		0	RKA	1		0.48	0.03	
Magnesium, Mg.....mg	2		0	RKA	1		5	0	
Phosphorus, P.....mg	26		0	RKA	1		63	4	
Potassium, K.....mg	9		0	RKA	1		22	1	
Sodium, Na.....mg	711		0	RKA	1		1720	107	
Zinc, Zn.....mg	0.18		0	RKI	6		0.44	0.03	
Copper, Cu.....mg	0.010		0	RKI	6		0.024	0.002	
Manganese, Mn.....mg	0.088		0	RKI	6		0.213	0.013	
Selenium, Se.....mcg	1.6		0	RKI	6		3.9	0.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	RKI	6		0.0	0.0	
Thiamin.....mg	0.013		0	RKI	6		0.031	0.002	
Riboflavin.....mg	0.024		0	RKI	6		0.058	0.004	
Niacin.....mg	0.004		0	RKI	6		0.010	0.001	
Pantothenic acid.....mg	0.243		0	RKI	6		0.588	0.036	
Vitamin B-6.....mg	0.017		0	RKI	6		0.041	0.003	
Folate, total.....mcg	0		0	RKI	6		0	0	
Folic acid.....mcg	0		0	RKI	6		0	0	
Folate, food.....mcg	0		0	RKI	6		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12.....mcg	0.21		0	RKI	6		0.50	0.03	
Vitamin A, IU.....IU	220		0	NC	4		533	33	
Vitamin A, RAE.....mcg_RAE	21		0	NC	4		51	3	
Retinol.....mcg	12		0	RKI	6		29	2	
Vitamin E (alpha-tocopherol).....mg	2.06		0	RKA	1		4.99	0.31	
Tocopherol, beta.....mg	0.22		0	RKA	1		0.53	0.03	
Tocopherol, gamma.....mg	13.38		0	RKA	1		32.38	2.01	
Tocopherol, delta.....mg	1.43		0	RKA	1		3.46	0.21	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	42.2		0	RKA	1		102.0	6.3	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.000		0	RKA	1		12.100	0.750	
4:0.....g	0.000		0	RKA	1		0.000	0.000	
6:0.....g	0.000		0	RKA	1		0.000	0.000	
8:0.....g	0.000		0	RKA	1		0.000	0.000	
10:0.....g	0.000		0	RKA	1		0.000	0.000	
12:0.....g	0.100		0	RKA	1		0.242	0.015	</

NDB No. 43599

Salad dressing, Mayonnaise dressing, diet, no cholesterol

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	9.000		0	RKA	1		21.780	1.350	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RKA	1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	9.000		0	RKA	1		21.780	1.350	
20:1.....g	0.000		0	RKA	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RKA	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	18.000		0	RKA	1		43.560	2.700	
18:2 undifferentiated.....g	16.000		0	RKA	1		38.720	2.400	
18:3 undifferentiated.....g	2.000		0	RKA	1		4.840	0.300	
18:4.....g	0.000		0	RKA	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RKA	1		0.000	0.000	
20:5 n-3.....g	0.000		0	RKA	1		0.000	0.000	
22:5 n-3.....g	0.000		0	RKA	1		0.000	0.000	
22:6 n-3.....g	0.000		0	RKA	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	97		0	RKA	1		235	15	
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.013		0	RKI	6		0.031	0.002	
Threonine.....g	0.049		0	RKI	6		0.119	0.007	
Isoleucine.....g	0.052		0	RKI	6		0.126	0.008	
Leucine.....g	0.077		0	RKI	6		0.186	0.012	
Lysine.....g	0.061		0	RKI	6		0.148	0.009	
Methionine.....g	0.023		0	RKI	6		0.056	0.003	
Cystine.....g	0.016		0	RKI	6		0.039	0.002	
Phenylalanine.....g	0.039		0	RKI	6		0.094	0.006	
Tyrosine.....g	0.039		0	RKI	6		0.094	0.006	
Valine.....g	0.055		0	RKI	6		0.133	0.008	
Arginine.....g	0.062		0	RKI	6		0.150	0.009	
Histidine.....g	0.022		0	RKI	6		0.053	0.003	
Alanine.....g	0.045		0	RKI	6		0.109	0.007	
Aspartic acid.....g	0.075		0	RKI	6		0.182	0.011	
Glutamic acid.....g	0.110		0	RKI	6		0.266	0.017	
Glycine.....g	0.027		0	RKI	6		0.065	0.004	
Proline.....g	0.037		0	RKI	6		0.090	0.006	
Serine.....g	0.075		0	RKI	6		0.182	0.011	
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	RKI	6		0.0	0.0	
Caffeine.....mg	0		0	RKI	6		0	0	
Theobromine.....mg	0		0	RKI	6		0	0	
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	94		0	RKI	6		226.955	14.067	
Carotene, alpha.....mcg	1		0	RKI	6		2.991	0.185	
Cryptoxanthin, beta.....mcg	27		0	RKI	6		65.151	4.038	
Lycopene.....mcg	0		0	RKI	6		0.000	0.000	
Lutein + zeaxanthin.....mcg	87		0	RKI	6		209.561	12.989	

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**Common Measures:**

Measure 1 = 242g: 1 cup

Measure 2 = 15.0g: 1 tbsp

NDB No. 43599  
Salad dressing, Mayonnaise dressing, diet, no cholesterol

Calories Factors:	Protein	Fat	Carbohydrate	Food Group: 04 Fats and Oils
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)





**NDB No. 43331**  
**Salad dressing, bacon and tomato**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	8.415				4		20.196	1.262	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.111				4		0.266	0.017	
17:1.....g									
18:1 undifferentiated.....g	8.197				4		19.673	1.230	
20:1.....g	0.067				4		0.161	0.010	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	19.584				4		47.002	2.938	
18:2 undifferentiated.....g	17.244				4		41.386	2.587	
18:3 undifferentiated.....g	2.304				4		5.530	0.346	
18:4.....g	0.003				4		0.007	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.000				4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	4				4		10	1	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	92		0	BFZN	4		220.000	13.750	
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	52		0	BFZN	4		124.800	7.800	
Lycopene.....mcg	2597		0	BFZN	4		6231.600	389.475	
Lutein + zeaxanthin.....mcg	29		0	BFZN	4		69.110	4.319	

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**Common Measures:**

Measure 1 = 240g: 1 cup

Measure 2 = 15.0g: 1 tbsp

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 04 Fats and Oils**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Salad dressing, blue + roquefort cheese, commercial, regular, without salt**

[illegible]

NDB No. 04140

Salad dressing, blue + roquefort cheese, commercial, regular, without salt

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	17		0		1		3	42	
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 15g: 1 tablespoon

Measure 2 = 245g: 1 cup

**Calories Factors: Protein** 4.36

**Fat** 8.84

**Carbohydrate** 3.8

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 04539

Salad dressing, blue or roquefort cheese dressing, commercial, regular

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	12.300		0		1		1.845	30.135	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.300		0		1		0.045	0.735	
17:1.....g									
18:1 undifferentiated.....g	11.800		0		1		1.770	28.910	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	27.800		0		1		4.170	68.110	
18:2 undifferentiated.....g	23.500		0		1		3.525	57.575	
18:3 undifferentiated.....g	3.700		0		1		0.555	9.065	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	17		0		4		3	42	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.070		0		4		0.011	0.172	
Threonine.....g	0.176		0		4		0.026	0.431	
Isoleucine.....g	0.253		0		4		0.038	0.620	
Leucine.....g	0.431		0		4		0.065	1.056	
Lysine.....g	0.416		0		4		0.062	1.019	
Methionine.....g	0.131		0		4		0.020	0.321	
Cystine.....g	0.024		0		4		0.004	0.059	
Phenylalanine.....g	0.244		0		4		0.037	0.598	
Tyrosine.....g	0.290		0		4		0.044	0.711	
Valine.....g	0.349		0		4		0.052	0.855	
Arginine.....g	0.159		0		4		0.024	0.390	
Histidine.....g	0.170		0		4		0.026	0.417	
Alanine.....g	0.144		0		4		0.022	0.353	
Aspartic acid.....g	0.322		0		4		0.048	0.789	
Glutamic acid.....g	1.164		0		4		0.175	2.852	
Glycine.....g	0.091		0		4		0.014	0.223	
Proline.....g	0.472		0		4		0.071	1.156	
Serine.....g	0.256		0		4		0.038	0.627	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	19		0	FLA	4		2.799	45.724	
Carotene, alpha.....mcg	4		0	FLA	4		0.652	10.649	
Cryptoxanthin, beta.....mcg	4		0	FLA	4		0.576	9.415	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	126		0	FLA	4		18.889	308.514	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 15g: 1 tablespoon

Measure 2 = 245g: 1 cup

**NDB No. 04539**  
**Salad dressing, blue or roquefort cheese dressing, commercial, regular**

**Calories Factors:** **Protein** 4.36                      **Fat** 8.84                      **Carbohydrate** 3.8

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Salad dressing, blue or roquefort cheese dressing, fat-free**

[illegible]



NDB No. 42192

Salad dressing, blue or roquefort cheese dressing, fat-free

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	0.186				4		0.493	0.032	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002				4		0.005	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.182				4		0.482	0.031	
20:1.....g	0.002				4		0.005	0.000	
22:1 undifferentiated.....g	0.000				7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.462				4		1.224	0.079	
18:2 undifferentiated.....g	0.408				4		1.081	0.069	
18:3 undifferentiated.....g	0.054				4		0.143	0.009	
18:4.....g	0.000				7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				7		0.000	0.000	
20:5 n-3.....g	0.000				7		0.000	0.000	
22:5 n-3.....g	0.000				7		0.000	0.000	
22:6 n-3.....g	0.000				7		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	3				4		8	1	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	1		0	FLA	4		1.616	0.104	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 265g: 1 cup

Measure 2 = 17g: 1 tbsp

**Calories Factors: Protein** 4.03**Fat** 8.84**Carbohydrate** 3.8**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Salad dressing, blue or roquefort cheese dressing, reduced calorie**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	77.80		0		1		193.72	12.45	
Energy.....kcal	86		0		4		214	14	
Energy.....kj	360		0		4		897	58	
Protein.....g	2.10		0		1		5.23	0.34	
Total lipid (fat).....g	2.70		1		1		6.72	0.43	
Ash.....g	4.20		0	NC	4		10.46	0.67	
Carbohydrate, by difference.....g	13.20		0	NC	4		32.87	2.11	
Fiber, total dietary.....g	0.0		0		1		0.0	0.0	
Sugars, total.....g	3.60		0	BFZN	4		8.96	0.58	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	68		0		1		169	11	
Iron, Fe.....mg	0.14		0		1		0.35	0.02	
Magnesium, Mg.....mg	4		0		1		10	1	
Phosphorus, P.....mg	47		0		1		117	8	
Potassium, K.....mg	51		0		1		127	8	
Sodium, Na.....mg	1610		0		1		4009	258	
Zinc, Zn.....mg	0.30		0		1		0.75	0.05	
Copper, Cu.....mg	0.013		0		1		0.032	0.002	
Manganese, Mn.....mg									
Selenium, Se.....mcg	1.6		0	CAZN	4		4.0	0.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.010		0		1		0.025	0.002	
Riboflavin.....mg	0.040		0		1		0.100	0.006	
Niacin.....mg	0.040		0		1		0.100	0.006	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.020		0		1		0.050	0.003	
Folate, total.....mcg	28		0	BFZN	4		69	4	
Folic acid.....mcg	0		0	BFZN	4		0	0	
Folate, food.....mcg	28		0	BFZN	4		69	4	
Folate, DFE.....mcg_DFE	28		0	NC	4		69	4	
Vitamin B-12.....mcg	0.11		0		1		0.27	0.02	
Vitamin A, IU.....IU	254		0	NC	4		632	41	
Vitamin A, RAE.....mcg_RAE	67		0	NC	4		166	11	
Retinol.....mcg	65		0	BFZN	4		161	10	
Vitamin E (alpha-tocopherol).....mg	0.90		0	NR	4		2.24	0.14	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	91.0		0	BFZN	4		226.7	14.6	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.628		0		1		1.564	0.100	
4:0.....g	0.014		0		4		0.035	0.002	
6:0.....g	0.008		0		4		0.020	0.001	
8:0.....g	0.005		0		4		0.012	0.001	
10:0.....g	0.011		0		4		0.027	0.002	
12:0.....g	0.012		0		4		0.030	0.002	
13:0.....g									
14:0.....g	0.051		0		4		0.127	0.008</	

NDB No. 42153

Salad dressing, blue or roquefort cheese dressing, reduced calorie

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	1.092		0		1		2.719	0.175	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020		0		4		0.050	0.003	
17:1.....g									
18:1 undifferentiated.....g	1.063		0		4		2.647	0.170	
20:1.....g	0.000		0		7		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.855		0		1		2.129	0.137	
18:2 undifferentiated.....g	0.789		0		4		1.965	0.126	
18:3 undifferentiated.....g	0.064		0		4		0.159	0.010	
18:4.....g	0.000		0		7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		7		0.000	0.000	
20:5 n-3.....g	0.000		0		7		0.000	0.000	
22:5 n-3.....g	0.000		0		7		0.000	0.000	
22:6 n-3.....g	0.000		0		7		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	10		0		1		25	2	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	19		0	BFZN	4		46.470	2.986	
Carotene, alpha.....mcg	4		0	BFZN	4		10.823	0.695	
Cryptoxanthin, beta.....mcg	4		0	BFZN	4		9.568	0.615	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	126		0	BFZN	4		313.551	20.148	

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**Common Measures:**

Measure 1 = 249g: 1 cup

Measure 2 = 16g: 1 tbsp

**Calories Factors: Protein****Fat****Carbohydrate****Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Salad dressing, blue or roquefort cheese, low calorie**

**Refuse: 0%**

[illegible]

NDB No. 43020

Salad dressing, blue or roquefort cheese, low calorie

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	1.783				4		4.368	0.267	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.099				4		0.243	0.015	
17:1.....g									
18:1 undifferentiated.....g	1.645				4		4.030	0.247	
20:1.....g	0.003				4		0.007	0.000	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.422				4		5.934	0.363	
18:2 undifferentiated.....g	2.117				4		5.187	0.318	
18:3 undifferentiated.....g	0.301				4		0.737	0.045	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002				4		0.005	0.000	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.001				4		0.002	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	1				1		2	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	2		0	FLA	4		4.832	0.296	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 245g: 1 cup

Measure 2 = 15g: 1 tbsp

**Calories Factors: Protein****Fat****Carbohydrate****Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

### Salad dressing, buttermilk as main ingredient

[illegible]

NDB No. 43018

Salad dressing, buttermilk as main ingredient

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
Fatty acids, total monounsaturated.....g	15.774								4
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.191								4
17:1.....g									
18:1 undifferentiated.....g	15.544								4
20:1.....g	0.000								4
22:1 undifferentiated.....g	0.000								4
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	13.452								4
18:2 undifferentiated.....g	12.471								4
18:3 undifferentiated.....g	0.925								4
18:4.....g	0.000								4
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.011								4
20:5 n-3.....g	0.000								4
22:5 n-3.....g	0.000								4
22:6 n-3.....g	0.000								4
Fatty acids, total trans.....g									
Cholesterol.....mg	33								1
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0								1
Caffeine.....mg	0		0	Z					7
Theobromine.....mg	0		0	Z					7
<b>Carotenoids:</b>									
Carotene, beta.....mcg	2		0	BFZN					4
Carotene, alpha.....mcg	1		0	BFZN					4
Cryptoxanthin, beta.....mcg	1		0	BFZN					4
Lycopene.....mcg	0		0	BFZN					4
Lutein + zeaxanthin.....mcg	29		0	BFZN					4

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

#### Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	62.50	0.507	3	A	1				
Energy.....kcal	225		0	NC	4				
Energy.....kj	940		0	NC	4				
Protein.....g	1.03	0.880	3	A	1				
Total lipid (fat).....g	17.30	2.099	3	A	1				
Ash.....g	2.97	0.069	3	A	1				
Carbohydrate, by difference.....g	16.20		0	NC	4				
Fiber, total dietary.....g	0.9		2	A	1				
Sugars, total.....g	3.28	0.323	3	A	1				
Sucrose.....g	1.30	0.625	3	A	1				
Glucose (dextrose).....g	0.69	0.052	3	A	1				
Fructose.....g	0.57	0.033	3	A	1				
Lactose.....g	0.72	0.382	3	A	1				
Maltose.....g	0.00	0.000	3	A	1				
Galactose.....g	0.00	0.000	3	A	1				
Starch.....g	6.13	0.018	3	A	1				
<b>Minerals:</b>									
Calcium, Ca.....mg	125	78.092	3	A	1				
Iron, Fe.....mg	0.87	0.050	3	A	1				
Magnesium, Mg.....mg	6	1.234	3	A	1				
Phosphorus, P.....mg	193	38.412	3	A	1				
Potassium, K.....mg	132	6.766	3	A	1				
Sodium, Na.....mg	932	5.897	3	A	1				
Zinc, Zn.....mg	0.62	0.041	3	A	1				
Copper, Cu.....mg	0.162	0.011	3	A	1				
Manganese, Mn.....mg	0.053	0.006	3	A	1				
Selenium, Se.....mcg	2.9		0	FLA	4				
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.7		2	A	1				
Thiamin.....mg	0.022	0.012	3	A	1				
Riboflavin.....mg	0.027	0.013	3	A	1				
Niacin.....mg	0.007		1	A	1				
Pantothenic acid.....mg	0.861	0.033	3	A	1				
Vitamin B-6.....mg	0.029	0.008	3	A	1				
Folate, total.....mcg	4	0.718	3	A	1				
Folic acid.....mcg	0		0	Z	7				
Folate, food.....mcg	4	0.718	3	A	1				
Folate, DFE.....mcg_DFE	4		0	NC	4				
Vitamin B-12.....mcg	0.00	0.000	3	A	1				
Vitamin A, IU.....IU	67		0	FLA	4				
Vitamin A, RAE.....mcg_RAE	18		0	FLA	4				
Retinol.....mcg	17		0	FLA	4				
Vitamin E (alpha-tocopherol).....mg	1.60		0	FLA	4				
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	4.853		0	FLA	4				
Vitamin K (phylloquinone).....mcg	34.8		2	A	1				
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.328		0	NC	4				
4:0.....g	0.000	0.000	3	A	1				
6:0.....g	0.000	0.000	3	A	1				
8:0.....g	0.000	0.000	3	A	1				
10:0.....g	0.000	0.000	3	A	1				
12:0.....g	0.000	0.000	3	A	1				
13:0.....g									
14:0.....g	0.015	0.002	3	A	1				
15:0.....g									



**NDB No. 43215**  
**Salad dressing, buttermilk, lite**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.842	0.061	3	A	1				
17:0.....g	0.003	0.003	3	A	1				
18:0.....g	0.370	0.037	3	A	1				
20:0.....g	0.061	0.027	3	A	1				
22:0.....g	0.036	0.008	3	A	1				
24:0.....g	0.000	0.000	3	A	1				
Fatty acids, total monounsaturated.....g	5.422		0	NC	4				
14:1.....g	0.000	0.000	3	A	1				
15:1.....g									
16:1 undifferentiated.....g	0.022		0	A	1				
16:1 c.....g	0.022	0.010	3	A	1				
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	5.289		0	A	1				
18:1 c.....g	5.289	2.617	3	A	1				
18:1 t.....g	0.000	0.000	3	A	1				
20:1.....g	0.111	0.055	3	A	1				
22:1 undifferentiated.....g	0.000	0.000	3	A	1				
24:1 c.....g	0.000	0.000	3	A	1				
Fatty acids, total polyunsaturated.....g	4.334		0	NC	4				
18:2 undifferentiated.....g	0.089		0	A	1				
18:2 n-6 c,c.....g	3.587	0.254	3	A	1				
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.089	0.030	3	A	1				
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.000		0	Z	7				
18:4.....g	0.000	0.000	3	A	1				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000	0.000	3	A	1				
20:5 n-3.....g	0.000	0.000	3	A	1				
22:5 n-3.....g	0.000	0.000	3	A	1				
22:6 n-3.....g	0.000	0.000	3	A	1				
Fatty acids, total trans.....g									
Cholesterol.....mg	21	7.740	3	A	1				
Phytosterols.....mg									
Stigmasterol.....mg	6	3.350	3	A	1				
Campesterol.....mg	30	11.452	3	A	1				
Beta-sitosterol.....mg	49	13.175	3	A	1				
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4				
Caffeine.....mg	0		0	FLA	4				
Theobromine.....mg	0		0	FLA	4				
<b>Carotenoids:</b>									
Carotene, beta.....mcg	4		0	FLA	4				
Carotene, alpha.....mcg	2		0	FLA	4				
Cryptoxanthin, beta.....mcg	2		0	FLA	4				
Lycopene.....mcg	0		0	FLA	4				
Lutein + zeaxanthin.....mcg	49		0	FLA	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**NDB No. 43215**  
**Salad dressing, buttermilk, lite**

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 43015

Salad dressing, caesar dressing, regular

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	13.504				4		31.734	1.985	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.130				4		0.306	0.019	
17:1.....g									
18:1 undifferentiated.....g	13.186				4		30.987	1.938	
20:1.....g	0.113				4		0.266	0.017	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	32.857				4		77.214	4.830	
18:2 undifferentiated.....g	28.928				4		67.981	4.252	
18:3 undifferentiated.....g	3.867				4		9.087	0.568	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.002				4		0.005	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.003				4		0.007	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	2				1		5	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	1		0	FLA	4		2.606	0.163	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 235g: 1 cup

Measure 2 = 14.7g: 1 tbsp

**Calories Factors: Protein****Fat****Carbohydrate****Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 43021

Salad dressing, caesar, low calorie

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	1.124				4		2.698	0.169	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.014				4		0.034	0.002	
17:1.....g									
18:1 undifferentiated.....g	1.009				4		2.422	0.151	
20:1.....g	0.024				4		0.058	0.004	
22:1 undifferentiated.....g	0.066				4		0.158	0.010	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.368				4		5.683	0.355	
18:2 undifferentiated.....g	2.060				4		4.944	0.309	
18:3 undifferentiated.....g	0.291				4		0.698	0.044	
18:4.....g	0.001				4		0.002	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.005				4		0.012	0.001	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.008				4		0.019	0.001	
Fatty acids, total trans.....g									
Cholesterol.....mg	2				1		5	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	1		0	FLA	4		1.678	0.105	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 240g: 1 cup

Measure 2 = 15.0g: 1 tbsp

**Calories Factors: Protein****Fat****Carbohydrate****Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	39.90				1		99.75	6.38	
Energy.....kcal	390				1		975	62	
Energy.....kj	1632				1		4079	261	
Protein.....g	0.90				1		2.25	0.14	
Total lipid (fat).....g	33.40				1		83.50	5.34	
Ash.....g	2.00		0	NC	4		5.00	0.32	
Carbohydrate, by difference.....g	23.80			NC	4		59.50	3.81	
Fiber, total dietary.....g	0.1				1		0.3	0.0	
Sugars, total.....g	20.11		0	FLA	4		50.27	3.22	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	14				1		35	2	
Iron, Fe.....mg	0.20				1		0.50	0.03	
Magnesium, Mg.....mg	2				1		5	0	
Phosphorus, P.....mg	26				1		65	4	
Potassium, K.....mg	9				1		23	1	
Sodium, Na.....mg	710				1		1775	114	
Zinc, Zn.....mg	0.18				1		0.45	0.03	
Copper, Cu.....mg	0.011				1		0.028	0.002	
Manganese, Mn.....mg	0.108		0	FLA	4		0.269	0.017	
Selenium, Se.....mcg	1.6		0	CAZN	4		4.0	0.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0				1		0.0	0.0	
Thiamin.....mg	0.010				1		0.025	0.002	
Riboflavin.....mg	0.020				1		0.050	0.003	
Niacin.....mg	0.000				1		0.000	0.000	
Pantothenic acid.....mg	0.131		0	FLA	4		0.328	0.021	
Vitamin B-6.....mg	0.020				1		0.050	0.003	
Folate, total.....mcg	14		0	FLA	4		34	2	
Folic acid.....mcg	0		0	FLA	4		0	0	
Folate, food.....mcg	14		0	FLA	4		34	2	
Folate, DFE.....mcg_DFE	14		0	NC	4		34	2	
Vitamin B-12.....mcg	0.21				1		0.53	0.03	
Vitamin A, IU.....IU	63		0	NC	4		157	10	
Vitamin A, RAE.....mcg_RAE	17		0	NC	4		41	3	
Retinol.....mcg	16		0	FLA	4		40	3	
Vitamin E (alpha-tocopherol).....mg	3.08		0	FLA	4		7.70	0.49	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	4.675		0	FLA	4		11.688	0.748	
Vitamin K (phylloquinone).....mcg	63.7		0	FLA	4		159.1	10.2	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.900				1		12.250	0.784	
4:0.....g	0.000				4		0.000	0.000	
6:0.....g	0.000				4		0.000	0.000	
8:0.....g	0.000				4		0.000	0.000	
10:0.....g	0.000				4		0.000	0.000	
12:0.....g	0.100				4		0.250	0.016	
13:0.....g									
14:0.....g	0.000				4		0.000	0.000	
15:0.....g									
16:0.....g	3.500				4		8.750	0.560	
17:0.....g									
18:0.....g	1.400				4		3.500	0.224	
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 43016**  
**Salad dressing, coleslaw**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						
Fatty acids, total monounsaturated.....g	9.000				1		22.500	1.440	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	9.000				4		22.500	1.440	
20:1.....g	0.000				4		0.000	0.000	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	18.000				1		45.000	2.880	
18:2 undifferentiated.....g	16.000				4		40.000	2.560	
18:3 undifferentiated.....g	2.000				4		5.000	0.320	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.000				4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	26				1		65	4	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0				1		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	4		0	FLA	4		9.615	0.615	
Carotene, alpha.....mcg	2		0	FLA	4		4.107	0.263	
Cryptoxanthin, beta.....mcg	1		0	FLA	4		3.631	0.232	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	48		0	FLA	4		118.992	7.616	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 250g: 1 cup

Measure 2 = 16g: 1 tbsp

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 04 Fats and Oils**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**Salad dressing, french dressing, commercial, regular**

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code				
<b>Proximates:</b>									
Water.....g	36.56	2.490	5	A	1		5.85	91.39	4.50
Energy.....kcal	457		0	NC	4		73	1143	56
Energy.....kj	1913		0	NC	4		306	4782	235
Protein (N x 6.25).....g	0.77	0.132	5	A	1		0.12	1.91	0.09
Total lipid (fat).....g	44.81	2.449	5	A	1		7.17	112.02	5.51
Ash.....g	2.29	0.119	5	A	1		0.37	5.73	0.28
Carbohydrate, by difference.....g	15.58		0	NC	4		2.49	38.95	1.92
Fiber, total dietary.....g	0.0		1	A	1		0.0	0.0	0.0
Sugars, total.....g	15.95		1	A	1		2.55	39.88	1.96
Sucrose.....g	3.89		1	A	1		0.62	9.72	0.48
Glucose (dextrose).....g	6.71		1	A	1		1.07	16.77	0.82
Fructose.....g	5.36		1	A	1		0.86	13.40	0.66
Lactose.....g	0.00		1	A	1		0.00	0.00	0.00
Maltose.....g	0.00		1	A	1		0.00	0.00	0.00
Galactose.....g	0.00		1	A	1		0.00	0.00	0.00
Starch.....g	0.00		1	A	1		0.00	0.00	0.00
<b>Minerals:</b>									
Calcium, Ca.....mg	24	5.376	5	A	1		4	59	3
Iron, Fe.....mg	0.80	0.082	5	A	1		0.13	1.99	0.10
Magnesium, Mg.....mg	5	0.207	5	A	1		1	13	1
Phosphorus, P.....mg	19	3.658	5	A	1		3	48	2
Potassium, K.....mg	67	6.129	5	A	1		11	167	8
Sodium, Na.....mg	836	54.415	5	A	1		134	2090	103
Zinc, Zn.....mg	0.29	0.099	5	A	1		0.05	0.73	0.04
Copper, Cu.....mg	0.000	0.000	5	A	1		0.000	0.000	0.000
Manganese, Mn.....mg	0.021	0.021	5	A	1		0.003	0.051	0.003
Selenium, Se.....mcg	0.0		2	A	1		0.0	0.0	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.019		2	A	1		0.003	0.048	0.002
Riboflavin.....mg	0.053		2	A	1		0.008	0.133	0.007
Niacin.....mg	0.188		2	A	1		0.030	0.470	0.023
Pantothenic acid.....mg	0.000		1	A	1		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		1	A	1		0.000	0.000	0.000
Folate, total.....mcg	0		1	A	1		0	0	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	0		1	A	1		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.14		0		4		0.02	0.35	0.02
Vitamin A, IU.....IU	464		0	NC	4		74	1159	57
Vitamin A, RAE.....mcg_RAE	23		0	NC	4		4	58	3
Retinol.....mcg	0		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	5.00		0		4		0.80	12.50	0.62
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	121.4		1	A	1		19.4	303.5	14.9
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.648		0	NC	4		0.904	14.119	0.695
4:0.....g	0.000		2	A	1		0.000	0.000	0.000
6:0.....g	0.000		2	A	1		0.000	0.000	0.000
8:0.....g	0.000		2	A	1		0.000	0.000	0.000
10:0.....g	0.000		2	A	1		0.000	0.000	0.000
12:0.....g	0.000		2	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		2	A	1		0.000	0.000	0.000
15:0.....g									

NDB No. 04120

Salad dressing, french dressing, commercial, regular

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
16:0.....g	4.937		2	A	1		0.790	12.343	0.607
17:0.....g	0.000		2	A	1		0.000	0.000	0.000
18:0.....g	0.420		2	A	1		0.067	1.050	0.052
20:0.....g	0.133		2	A	1		0.021	0.333	0.016
22:0.....g	0.158		2	A	1		0.025	0.394	0.019
24:0.....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	8.433		0	NC	4		1.349	21.081	1.037
14:1.....g	0.000		2	A	1		0.000	0.000	0.000
15:1.....g									
16:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	8.284		2	A	1		1.325	20.710	1.019
20:1.....g	0.149		2	A	1		0.024	0.371	0.018
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	21.029		0	NC	4		3.365	52.571	2.587
18:2 undifferentiated.....g	18.292		2	A	1		2.927	45.730	2.250
18:3 undifferentiated.....g	2.737		2	A	1		0.438	6.841	0.337
18:4.....g	0.000		2	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		2	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		2	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.007		0	FLA	4		0.001	0.018	0.001
Threonine.....g	0.016		0	FLA	4		0.003	0.039	0.002
Isoleucine.....g	0.022		0	FLA	4		0.003	0.054	0.003
Leucine.....g	0.034		0	FLA	4		0.005	0.086	0.004
Lysine.....g	0.019		0	FLA	4		0.003	0.048	0.002
Methionine.....g	0.011		0	FLA	4		0.002	0.028	0.001
Cystine.....g	0.006		0	FLA	4		0.001	0.014	0.001
Phenylalanine.....g	0.016		0	FLA	4		0.003	0.040	0.002
Tyrosine.....g	0.007		0	FLA	4		0.001	0.018	0.001
Valine.....g	0.024		0	FLA	4		0.004	0.060	0.003
Arginine.....g	0.056		0	FLA	4		0.009	0.140	0.007
Histidine.....g	0.010		0	FLA	4		0.002	0.026	0.001
Alanine.....g	0.012		0	FLA	4		0.002	0.029	0.001
Aspartic acid.....g	0.043		0	FLA	4		0.007	0.108	0.005
Glutamic acid.....g	0.071		0	FLA	4		0.011	0.178	0.009
Glycine.....g	0.018		0	FLA	4		0.003	0.044	0.002
Proline.....g	0.009		0	FLA	4		0.001	0.022	0.001
Serine.....g	0.017		0	FLA	4		0.003	0.042	0.002
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	232	38.337	5	A	1		37.152	580.500	28.561
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	92	19.705	5	A	1		14.720	230.000	11.316
Lycopene.....mcg	373	297.248	5	A	1		59.712	933.000	45.904
Lutein + zeaxanthin.....mcg	0		0	NR	4		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**NDB No. 04120**

**Salad dressing, french dressing, commercial, regular**

**Common Measures:**

Measure 1 = 16g: 1 tablespoon

Measure 2 = 250g: 1 cup

Measure 3 = 12.3g: 1 individual packet

**Calories Factors: Protein 2.44**

**Fat 8.84**

**Carbohydrate 3.8**

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 04141

Salad dressing, french dressing, commercial, regular, without salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
16:0.....g	4.937		2	A	1				
17:0.....g	0.000		2	A	1				
18:0.....g	0.420		2	A	1				
20:0.....g	0.133		2	A	1				
22:0.....g	0.158		2	A	1				
24:0.....g	0.000		2	A	1				
Fatty acids, total monounsaturated.....g	8.433		0	NC	4				
14:1.....g	0.000		2	A	1				
15:1.....g									
16:1 undifferentiated.....g	0.000		2	A	1				
17:1.....g									
18:1 undifferentiated.....g	8.284		2	A	1				
20:1.....g	0.149		2	A	1				
22:1 undifferentiated.....g	0.000		2	A	1				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	21.029		0	NC	4				
18:2 undifferentiated.....g	18.292		2	A	1				
18:3 undifferentiated.....g	2.737		2	A	1				
18:4.....g	0.000		2	A	1				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		2	A	1				
20:5 n-3.....g	0.000		2	A	1				
22:5 n-3.....g	0.000		2	A	1				
22:6 n-3.....g	0.000		2	A	1				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1				
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	FLA	4				
Caffeine.....mg	0		0	FLA	4				
Theobromine.....mg	0		0	FLA	4				
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	232	38.337	5	A	1				
Carotene, alpha.....mcg	0		0	Z	7				
Cryptoxanthin, beta.....mcg	92	19.705	5	A	1				
Lycopene.....mcg	373	297.248	5	A	1				
Lutein + zeaxanthin.....mcg	0		0	NR	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

#### Common Measures:

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 04367

Salad dressing, french dressing, fat-free

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points			Code			
16:0.....g	0.018		1	A	1		0.003	0.047	
17:0.....g									
18:0.....g	0.012		1	A	1		0.002	0.030	
20:0.....g									
22:0.....g									
24:0.....g	0.002		1	A	1		0.000	0.006	
Fatty acids, total monounsaturated.....g	0.141		0	NC	4		0.023	0.361	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		1	A	1		0.000	0.006	
17:1.....g	0.009		1	A	1		0.001	0.024	
18:1 undifferentiated.....g	0.049		1	A	1		0.008	0.124	
20:1.....g	0.032		1	A	1		0.005	0.083	
22:1 undifferentiated.....g	0.049		1	A	1		0.008	0.124	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.062		0	NC	4		0.010	0.160	
18:2 undifferentiated.....g	0.042		1	A	1		0.007	0.106	
18:3 undifferentiated.....g	0.018		1	A	1		0.003	0.047	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g	0.002		1	A	1		0.000	0.006	
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		7		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	38	4.163	3	A	1		6.080	97.280	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	15		2	A	1		2.320	37.120	
Lycopene.....mcg	319	12.875	3	A	1		51.093	817.493	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 16g: 1 tablespoon

Measure 2 = 256g: 1 cup

**Calories Factors: Protein****Fat****Carbohydrate****Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





NDB No. 42171

Salad dressing, french dressing, reduced calorie

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	3.029				4		7.875	0.485	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.026				4		0.068	0.004	
17:1.....g									
18:1 undifferentiated.....g	2.964				4		7.706	0.474	
20:1.....g	0.026				4		0.068	0.004	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.527				4		19.570	1.204	
18:2 undifferentiated.....g	6.630				4		17.238	1.061	
18:3 undifferentiated.....g	0.884				4		2.298	0.141	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.000				4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	120		0	FLA	4		312.858	19.253	
Carotene, alpha.....mcg	4		0	FLA	4		9.926	0.611	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	3843		0	FLA	4		9992.959	614.951	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	

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**Common Measures:**

Measure 1 = 260g: 1 cup

Measure 2 = 16g: 1 tbsp

**Calories Factors: Protein****Fat****Carbohydrate****Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Salad dressing, french dressing, reduced fat**

	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	54.28	0.082	3	A	1		8.68	141.12	
Energy.....kcal	232		0	NC	4		37	602	
Energy.....kj	969		0	NC	4		155	2520	
Protein (N x 6.25).....g	0.58	0.045	3	A	1		0.09	1.52	
Total lipid (fat).....g	13.46	1.312	3	A	1		2.15	34.99	
Ash.....g	2.40	0.021	3	A	1		0.38	6.25	
Carbohydrate, by difference.....g	29.28		0	NC	4		4.68	76.13	
Fiber, total dietary.....g	1.1		1	A	1		0.2	2.8	
Sugars, total.....g	15.95		0	BFZN	4		2.55	41.48	
Sucrose.....g	0.00		0	Z	7		0.00	0.00	
Glucose (dextrose).....g	15.66		1	A	1		2.51	40.73	
Fructose.....g	12.49		1	A	1		2.00	32.48	
Lactose.....g	0.00		0	Z	7		0.00	0.00	
Maltose.....g	0.29		1	A	1		0.05	0.76	
Galactose.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g	0.86		1	A	1		0.14	2.24	
<b>Minerals:</b>									
Calcium, Ca.....mg	11	1.674	3	A	1		2	29	
Iron, Fe.....mg	0.87	0.064	3	A	1		0.14	2.26	
Magnesium, Mg.....mg	8	0.145	3	A	1		1	20	
Phosphorus, P.....mg	16	1.714	3	A	1		3	41	
Potassium, K.....mg	107	1.943	3	A	1		17	278	
Sodium, Na.....mg	804	2.236	3	A	1		129	2090	
Zinc, Zn.....mg	0.20	0.033	3	A	1		0.03	0.52	
Copper, Cu.....mg	0.160		1	A	1		0.026	0.416	
Manganese, Mn.....mg	0.110		1	A	1		0.018	0.286	
Selenium, Se.....mcg	1.6		0	CAZN	4		0.3	4.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.024		1	A	1		0.004	0.062	
Riboflavin.....mg	0.052		1	A	1		0.008	0.135	
Niacin.....mg	0.467		1	A	1		0.075	1.214	
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	
Vitamin B-6.....mg	0.055		1	A	1		0.009	0.143	
Folate, total.....mcg	2		0	FLA	4		0	4	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	2		0	FLA	4		0	4	
Folate, DFE.....mcg_DFE	2		0	NC	4		0	4	
Vitamin B-12.....mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU.....IU	541		0	NC	4		87	1406	
Vitamin A, RAE.....mcg_RAE	27		0	NC	4		4	70	
Retinol.....mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.30		0	O	4		0.05	0.78	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	4.8		0	FLA	4		0.8	12.6	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.099		0	NC	4		0.176	2.857	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		0	Z	7		0.000	0.000	
10:0.....g	0.000		0	Z	7		0.000	0.000	
12:0.....g	0.000		0	Z	7		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	Z	7		0.000	0.000	

NDB No. 04020

Salad dressing, french dressing, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
16:0.....g	0.798		1	A	1		0.128	2.075	
17:0.....g									
18:0.....g	0.301		1	A	1		0.048	0.783	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.898		0	NC	4		0.944	15.335	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	5.753		1	A	1		0.920	14.958	
20:1.....g	0.145		1	A	1		0.023	0.377	
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.029		0	NC	4		0.805	13.075	
18:2 undifferentiated.....g	3.859		1	A	1		0.617	10.033	
18:3 undifferentiated.....g	1.170		1	A	1		0.187	3.042	
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.003		0	FLA	4		0.001	0.009	
Threonine.....g	0.014		0	FLA	4		0.002	0.036	
Isoleucine.....g	0.010		0	FLA	4		0.002	0.025	
Leucine.....g	0.015		0	FLA	4		0.002	0.039	
Lysine.....g	0.017		0	FLA	4		0.003	0.043	
Methionine.....g	0.002		0	FLA	4		0.000	0.006	
Cystine.....g	0.003		0	FLA	4		0.000	0.007	
Phenylalanine.....g	0.016		0	FLA	4		0.003	0.042	
Tyrosine.....g	0.007		0	FLA	4		0.001	0.018	
Valine.....g	0.010		0	FLA	4		0.002	0.027	
Arginine.....g	0.010		0	FLA	4		0.002	0.027	
Histidine.....g	0.008		0	FLA	4		0.001	0.020	
Alanine.....g	0.026		0	FLA	4		0.004	0.068	
Aspartic acid.....g	0.093		0	FLA	4		0.015	0.243	
Glutamic acid.....g	0.254		0	FLA	4		0.041	0.660	
Glycine.....g	0.008		0	FLA	4		0.001	0.021	
Proline.....g	0.011		0	FLA	4		0.002	0.028	
Serine.....g	0.015		0	FLA	4		0.002	0.038	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	289	20.276	3	A	1		46.293	752.267	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	70	2.333	3	A	1		11.253	182.867	
Lycopene.....mcg	2530	165.125	3	A	1		404.800	6578.000	
Lutein + zeaxanthin.....mcg	124		0	NR	4		19.787	321.534	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**NDB No. 04020**

**Salad dressing, french dressing, reduced fat**

**Common Measures:**

Measure 1 = 16g: 1 tablespoon

Measure 2 = 260g: 1 cup

**Calories Factors: Protein 2.44**

**Fat 8.84**

**Carbohydrate 3.8**

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 04142

Salad dressing, french dressing, reduced fat, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.798		1	A	1		0.128	2.075	
17:0.....g									
18:0.....g	0.301		1	A	1		0.048	0.783	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.898		0	NC	4		0.944	15.335	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	5.753		1	A	1		0.920	14.958	
20:1.....g	0.145		1	A	1		0.023	0.377	
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.029		0	NC	4		0.805	13.075	
18:2 undifferentiated.....g	3.859		1	A	1		0.617	10.033	
18:3 undifferentiated.....g	1.170		1	A	1		0.187	3.042	
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	289	20.276	3	A	1		46.293	752.267	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	70	2.333	3	A	1		11.253	182.867	
Lycopene.....mcg	2530	165.125	3	A	1		404.800	6578.000	
Lutein + zeaxanthin.....mcg	124		0	NR	4		19.787	321.534	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

#### Common Measures:

Measure 1 = 16g: 1 tablespoon

Measure 2 = 260g: 1 cup

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

## Salad dressing, french, cottonseed, oil, home recipe

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	24.20		0		1		3.39	53.24	
Energy.....kcal	631		0	NC	4		88	1388	
Energy.....kj	2640		0		4		370	5807	
Protein (N x 6.25).....g	0.10		0		1		0.01	0.22	
Total lipid (fat).....g	70.20		0		1		9.83	154.44	
Ash.....g	1.80		0		1		0.25	3.96	
Carbohydrate, by difference.....g	3.40		0	NC	4		0.48	7.48	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	6		0		1		1	13	
Iron, Fe.....mg	0.20		0		1		0.03	0.44	
Magnesium, Mg.....mg									
Phosphorus, P.....mg	3		0		1		0	6	
Potassium, K.....mg	24		0		1		3	52	
Sodium, Na.....mg	658		0		1		92	1448	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg	1.6		0	CAZN	4		0.2	3.5	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.010		0		1		0.001	0.022	
Riboflavin.....mg	0.020		0		1		0.003	0.044	
Niacin.....mg	0.130		0		1		0.018	0.286	
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		0		1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	18.200		0		1		2.548	40.040	
Fatty acids, total monounsaturated.....g									
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	11.900		0		1		1.666	26.180	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g									
18:2 undifferentiated.....g	36.200		0		1		5.068	79.640	
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									

NDB No. 04146

Salad dressing, french, cottonseed, oil, home recipe

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 14.0g: 1 tablespoon

Measure 2 = 220g: 1 cup

**Calories Factors: Protein** 4.36

**Fat** 8.84

**Carbohydrate** 3.8

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





**NDB No. 04133**  
**Salad dressing, french, home recipe**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	20.700		0		1		2.898	45.540	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.200		0		1		0.028	0.440	
17:1.....g									
18:1 undifferentiated.....g	20.500		0		1		2.870	45.100	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	33.700		0		1		4.718	74.140	
18:2 undifferentiated.....g	31.700		0		1		4.438	69.740	
18:3 undifferentiated.....g	1.900		0		1		0.266	4.180	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g									
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	176		0		4		25	387	
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 14.0g: 1 tablespoon

Measure 2 = 220g: 1 cup

**Calories Factors: Protein** 4.36

**Fat** 8.84

**Carbohydrate** 3.8

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Salad dressing, green goddess, regular

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	29.10				1		71.30	4.37	
Energy.....kcal	508				1		1245	76	
Energy.....kj	2125				1		5207	319	
Protein.....g	1.90				1		4.66	0.29	
Total lipid (fat).....g	49.60				1		121.52	7.44	
Ash.....g	4.00		0	NC	4		9.80	0.60	
Carbohydrate, by difference.....g	15.40			NC	4		37.73	2.31	
Fiber, total dietary.....g	0.1				1		0.2	0.0	
Sugars, total.....g	7.67		0	FLA	4		18.79	1.15	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	34				1		83	5	
Iron, Fe.....mg	0.35				1		0.86	0.05	
Magnesium, Mg.....mg	7				1		17	1	
Phosphorus, P.....mg	31				1		76	5	
Potassium, K.....mg	58				1		142	9	
Sodium, Na.....mg	1083				1		2653	162	
Zinc, Zn.....mg	0.25				1		0.61	0.04	
Copper, Cu.....mg	0.010				1		0.025	0.002	
Manganese, Mn.....mg									
Selenium, Se.....mcg	1.6		0	CAZN	4		3.9	0.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.2				1		0.5	0.0	
Thiamin.....mg	0.020				1		0.049	0.003	
Riboflavin.....mg	0.050				1		0.123	0.008	
Niacin.....mg	0.140				1		0.343	0.021	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.010				1		0.025	0.002	
Folate, total.....mcg	4				1		10	1	
Folic acid.....mcg	0		0	FLA	4		0	0	
Folate, food.....mcg	4				1		10	1	
Folate, DFE.....mcg_DFE	4		0	NC	4		10	1	
Vitamin B-12.....mcg	0.26				1		0.64	0.04	
Vitamin A, IU.....IU	41		0	NC	4		100	6	
Vitamin A, RAE.....mcg_RAE	10		0	NC	4		25	2	
Retinol.....mcg	10		0	NC	4		25	2	
Vitamin E (alpha-tocopherol).....mg	4.60		0	FLA	4		11.26	0.69	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	3.827		0	FLA	4		9.377	0.574	
Vitamin K (phylloquinone).....mcg	96.7		0	FLA	4		236.8	14.5	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	7.426				4		18.194	1.114	
4:0.....g	0.019				4		0.047	0.003	
6:0.....g	0.011				4		0.027	0.002	
8:0.....g	0.007				4		0.017	0.001	
10:0.....g	0.015				4		0.037	0.002	
12:0.....g	0.016				4		0.039	0.002	
13:0.....g									
14:0.....g	0.109				4		0.267	0.016	
15:0.....g									
16:0.....g	5.205				4		12.752	0.781	
17:0.....g									
18:0.....g	1.933				4		4.736	0.290	
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 43017**  
**Salad dressing, green goddess, regular**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	11.588				4		28.391	1.738	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.111				4		0.272	0.017	
17:1.....g									
18:1 undifferentiated.....g	11.321				4		27.736	1.698	
20:1.....g	0.098				4		0.240	0.015	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	28.395				4		69.568	4.259	
18:2 undifferentiated.....g	25.005				4		61.262	3.751	
18:3 undifferentiated.....g	3.340				4		8.183	0.501	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.000				4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	40				1		98	6	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	3		0	FLA	4		7.714	0.472	
Carotene, alpha.....mcg	1		0	FLA	4		3.295	0.202	
Cryptoxanthin, beta.....mcg	1		0	FLA	4		2.913	0.178	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	39		0	FLA	4		95.468	5.845	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 245g: 1 cup

Measure 2 = 15g: 1 tbsp

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 04 Fats and Oils**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 04134**  
**Salad dressing, home recipe, cooked**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Fatty acids, total monounsaturated.....g	3.800		0		1		0.608	9.690	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100		0		1		0.016	0.255	
17:1.....g									
18:1 undifferentiated.....g	3.700		0		1		0.592	9.435	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.100		0		1		0.336	5.355	
18:2 undifferentiated.....g	2.000		0		1		0.320	5.100	
18:3 undifferentiated.....g	0.100		0		1		0.016	0.255	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	57		0		4		9	145	
Phytosterols.....mg	24		0		4		4	61	
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.160		0		4		0.026	0.408	
Threonine.....g	0.500		0		4		0.080	1.275	
Isoleucine.....g	0.654		0		4		0.105	1.668	
Leucine.....g	0.999		0		4		0.160	2.547	
Lysine.....g	0.793		0		4		0.127	2.022	
Methionine.....g	0.301		0		4		0.048	0.768	
Cystine.....g	0.162		0		4		0.026	0.413	
Phenylalanine.....g	0.552		0		4		0.088	1.408	
Tyrosine.....g	0.485		0		4		0.078	1.237	
Valine.....g	0.736		0		4		0.118	1.877	
Arginine.....g	0.510		0		4		0.082	1.301	
Histidine.....g	0.275		0		4		0.044	0.701	
Alanine.....g	0.473		0		4		0.076	1.206	
Aspartic acid.....g	0.915		0		4		0.146	2.333	
Glutamic acid.....g	1.865		0		4		0.298	4.756	
Glycine.....g	0.281		0		4		0.045	0.717	
Proline.....g	0.777		0		4		0.124	1.981	
Serine.....g	0.678		0		4		0.108	1.729	
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	3		0	RA	4		0.517	8.238	
Carotene, alpha.....mcg	0		0	RA	4		0.000	0.008	
Cryptoxanthin, beta.....mcg	1		0	RA	4		0.216	3.446	
Lycopene.....mcg	0		0	RA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	50		0	RA	4		8.010	127.662	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 16g: 1 tablespoon

Measure 2 = 255g: 1 cup

**NDB No. 04134**  
**Salad dressing, home recipe, cooked**

**Calories Factors:** **Protein** 4.36                      **Fat** 8.84                      **Carbohydrate** 3.8

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





NDB No. 04135

## Salad dressing, home recipe, vinegar and oil

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	14.800		0		1		2.368	37.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100		0		1		0.016	0.250	
17:1.....g									
18:1 undifferentiated.....g	14.700		0		1		2.352	36.750	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	24.100		0		1		3.856	60.250	
18:2 undifferentiated.....g	22.700		0		1		3.632	56.750	
18:3 undifferentiated.....g	1.400		0		1		0.224	3.500	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	66		0		4		11	165	
<b>Amino Acids:</b>									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	FLC	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	FLC	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000	0.000	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 16g: 1 tablespoon

Measure 2 = 250g: 1 cup

**NDB No. 04135**  
**Salad dressing, home recipe, vinegar and oil**

**Calories Factors:** **Protein** 4.36                      **Fat** 8.84                      **Carbohydrate** 3.8

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Salad dressing, italian dressing, commercial, regular**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	56.40	2.842	6	A	1		8.29	132.53	
Energy.....kcal	291		0	NC	4		43	685	
Energy.....kj	1219		0	NC	4		179	2865	
Protein (N x 6.25).....g	0.38	0.034	6	A	1		0.06	0.90	
Total lipid (fat).....g	28.37	0.731	6	A	1		4.17	66.66	
Ash.....g	4.42	0.137	6	A	1		0.65	10.39	
Carbohydrate, by difference.....g	10.43		0	NC	4		1.53	24.52	
Fiber, total dietary.....g	0.0		2	A	1		0.0	0.0	
Sugars, total.....g	8.32		2	A	1		1.22	19.55	
Sucrose.....g	0.00		2	A	1		0.00	0.00	
Glucose (dextrose).....g	4.68		2	A	1		0.69	11.01	
Fructose.....g	3.64		2	A	1		0.53	8.54	
Lactose.....g	0.00		2	A	1		0.00	0.00	
Maltose.....g	0.00		2	A	1		0.00	0.00	
Galactose.....g	0.00		2	A	1		0.00	0.00	
Starch.....g	0.00		2	A	1		0.00	0.00	
<b>Minerals:</b>									
Calcium, Ca.....mg	7	1.463	6	A	1		1	17	
Iron, Fe.....mg	0.63	0.083	6	A	1		0.09	1.47	
Magnesium, Mg.....mg	3	0.189	6	A	1		0	7	
Phosphorus, P.....mg	9	0.807	6	A	1		1	22	
Potassium, K.....mg	48	3.760	6	A	1		7	113	
Sodium, Na.....mg	1654	47.394	6	A	1		243	3887	
Zinc, Zn.....mg	0.13	0.025	6	A	1		0.02	0.31	
Copper, Cu.....mg	0.000	0.000	6	A	1		0.000	0.000	
Manganese, Mn.....mg	0.017	0.017	6	A	1		0.002	0.039	
Selenium, Se.....mcg	2.0	2.000	3	A	1		0.3	4.7	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.013	0.002	3	A	1		0.002	0.030	
Riboflavin.....mg	0.021	0.002	3	A	1		0.003	0.049	
Niacin.....mg	0.000	0.000	3	A	1		0.000	0.000	
Pantothenic acid.....mg	0.000		2	A	1		0.000	0.000	
Vitamin B-6.....mg	0.060		2	A	1		0.009	0.140	
Folate, total.....mcg	0		2	A	1		0	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	0		2	A	1		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12.....mcg	0.00		2	A	1		0.00	0.00	
Vitamin A, IU.....IU	36		0	NC	4		5	84	
Vitamin A, RAE.....mcg_RAE	2		0	NC	4		0	4	
Retinol.....mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol).....mg	5.00		0		4		0.74	11.75	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	56.0		0	FLA	4		8.2	1	

NDB No. 04114

Salad dressing, italian dressing, commercial, regular

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	3.298	0.144	3	A	1		0.485	7.750	
17:0.....g	0.000	0.000	3	A	1		0.000	0.000	
18:0.....g	0.953	0.246	3	A	1		0.140	2.240	
20:0.....g	0.073	0.036	3	A	1		0.011	0.171	
22:0.....g	0.150	0.019	3	A	1		0.022	0.353	
24:0.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	6.315		0	NC	4		0.928	14.841	
14:1.....g	0.000	0.000	3	A	1		0.000	0.000	
15:1.....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
17:1.....g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated.....g	6.315	0.130	3	A	1		0.928	14.841	
20:1.....g	0.000	0.000	3	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	12.941		0	NC	4		1.902	30.411	
18:2 undifferentiated.....g	11.527	1.332	3	A	1		1.695	27.089	
18:3 undifferentiated.....g	1.413	0.356	3	A	1		0.208	3.321	
18:4.....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:5 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	
22:5 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	A	1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.000		0	A	1		0.000	0.000	
Threonine.....g	0.000		0	A	1		0.000	0.000	
Isoleucine.....g	0.000		0	A	1		0.000	0.000	
Leucine.....g	0.000		0	A	1		0.000	0.000	
Lysine.....g	0.000		0	A	1		0.000	0.000	
Methionine.....g	0.000		0	A	1		0.000	0.000	
Cystine.....g	0.000		0	A	1		0.000	0.000	
Phenylalanine.....g	0.000		0	A	1		0.000	0.000	
Tyrosine.....g	0.000		0	A	1		0.000	0.000	
Valine.....g	0.000		0	A	1		0.000	0.000	
Arginine.....g	0.000		0	A	1		0.000	0.000	
Histidine.....g	0.000		0	A	1		0.000	0.000	
Alanine.....g	0.000		0	A	1		0.000	0.000	
Aspartic acid.....g	0.000		0	A	1		0.000	0.000	
Glutamic acid.....g	0.056		0	A	1		0.008	0.131	
Glycine.....g	0.000		0	A	1		0.000	0.000	
Proline.....g	0.000		0	A	1		0.000	0.000	
Serine.....g	0.000		0	A	1		0.000	0.000	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	21	7.719	6	A	1		3.014	48.175	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	2	1.833	6	A	1		0.269	4.308	
Lycopene.....mcg	16	10.172	6	A	1		2.352	37.600	
Lutein + zeaxanthin.....mcg	0		0	NR	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**NDB No. 04114**

**Salad dressing, italian dressing, commercial, regular**

**Common Measures:**

Measure 1 = 14.7g: 1 tbsp

Measure 2 = 235g: 1 cup

**Calories Factors: Protein 2.44**

**Fat 8.84**

**Carbohydrate 3.8**

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Salad dressing, italian dressing, commercial, regular, without salt**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	56.40	2.842	6	A	1		8.29	132.53	
Energy.....kcal	292		0	NC	4		43	686	
Energy.....kj	1222		0	NC	4		180	2872	
Protein (N x 6.25).....g	0.38	0.034	6	A	1		0.06	0.90	
Total lipid (fat).....g	28.37	0.731	6	A	1		4.17	66.66	
Ash.....g	4.42	0.137	6	A	1		0.65	10.39	
Carbohydrate, by difference.....g	10.43		0	NC	4		1.53	24.52	
Fiber, total dietary.....g	0.0		2	A	1		0.0	0.0	
Sugars, total.....g	8.32		2	A	1		1.22	19.55	
Sucrose.....g	0.00		2	A	1		0.00	0.00	
Glucose (dextrose).....g	4.68		2	A	1		0.69	11.01	
Fructose.....g	3.64		2	A	1		0.53	8.54	
Lactose.....g	0.00		2	A	1		0.00	0.00	
Maltose.....g	0.00		2	A	1		0.00	0.00	
Galactose.....g	0.00		2	A	1		0.00	0.00	
Starch.....g	0.00		2	A	1		0.00	0.00	
<b>Minerals:</b>									
Calcium, Ca.....mg	7	1.463	6	A	1		1	17	
Iron, Fe.....mg	0.63	0.083	6	A	1		0.09	1.47	
Magnesium, Mg.....mg	3	0.189	6	A	1		0	7	
Phosphorus, P.....mg	9	0.807	6	A	1		1	22	
Potassium, K.....mg	48	3.760	6	A	1		7	113	
Sodium, Na.....mg	30		0		1		4	71	
Zinc, Zn.....mg	0.13	0.025	6	A	1		0.02	0.31	
Copper, Cu.....mg	0.000	0.000	6	A	1		0.000	0.000	
Manganese, Mn.....mg	0.017	0.017	6	A	1		0.002	0.039	
Selenium, Se.....mcg	2.0	2.000	3	A	1		0.3	4.7	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.013	0.002	3	A	1		0.002	0.030	
Riboflavin.....mg	0.021	0.002	3	A	1		0.003	0.049	
Niacin.....mg	0.000	0.000	3	A	1		0.000	0.000	
Pantothenic acid.....mg	0.000		2	A	1		0.000	0.000	
Vitamin B-6.....mg	0.060		2	A	1		0.009	0.140	
Folate, total.....mcg	0		2	A	1		0	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	0		2	A	1		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12.....mcg	0.00		2	A	1		0.00	0.00	
Vitamin A, IU.....IU	36		0	NC	4		5	84	
Vitamin A, RAE.....mcg_RAE	2		0	NC	4		0	4	
Retinol.....mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol).....mg	2.61		0	FLA	4		0.38	6.14	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	56.0		0	FLA	4		8.2	131.6	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.474		0	NC	4		0.658	10.514	
4:0.....g	0.000	0.000	3	A	1		0.000	0.000	
6:0.....g	0.000	0.000	3	A	1		0.000	0.000	
8:0.....g	0.000	0.000	3	A	1		0.000	0.000	
10:0.....g	0.000	0.000	3	A	1		0.000	0.000	
12:0.....g	0.000	0.000	3	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.000	0.000	3	A	1		0.000	0.000	

NDB No. 04143

Salad dressing, italian dressing, commercial, regular, without salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	3.298	0.144	3	A	1		0.485	7.750	
17:0.....g	0.000	0.000	3	A	1		0.000	0.000	
18:0.....g	0.953	0.246	3	A	1		0.140	2.240	
20:0.....g	0.073	0.036	3	A	1		0.011	0.171	
22:0.....g	0.150	0.019	3	A	1		0.022	0.353	
24:0.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	6.315		0	NC	4		0.928	14.841	
14:1.....g	0.000	0.000	3	A	1		0.000	0.000	
15:1.....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
17:1.....g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated.....g	6.315	0.130	3	A	1		0.928	14.841	
20:1.....g	0.000	0.000	3	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	12.941		0	NC	4		1.902	30.411	
18:2 undifferentiated.....g	11.527	1.332	3	A	1		1.695	27.089	
18:3 undifferentiated.....g	1.413	0.356	3	A	1		0.208	3.321	
18:4.....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:5 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	
22:5 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	67		0		1		10	157	
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	21	7.719	6	A	1		3.014	48.175	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	2	1.833	6	A	1		0.269	4.308	
Lycopene.....mcg	16	10.172	6	A	1		2.352	37.600	
Lutein + zeaxanthin.....mcg	0		0	NR	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

#### Common Measures:

Measure 1 = 14.7g: 1 tablespoon

Measure 2 = 235g: 1 cup

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**NDB No. 04636**  
**Salad dressing, italian dressing, fat-free**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	85.95	0.925	3	A	1		12.03	198.53	
Energy.....kcal	47		0	NC	4		7	108	
Energy.....kj	195		0	NC	4		27	451	
Protein.....g	0.97	0.178	3	A	1		0.14	2.23	
Total lipid (fat).....g	0.87	0.051	3	A	1		0.12	2.00	
Ash.....g	3.47	0.089	3	A	1		0.49	8.01	
Carbohydrate, by difference.....g	8.75		0	NC	4		1.23	20.22	
Fiber, total dietary.....g	0.6		2	A	1		0.1	1.4	
Sugars, total.....g	8.85		2	A	1		1.24	20.43	
Sucrose.....g	0.29		2	A	1		0.04	0.66	
Glucose (dextrose).....g	2.82		2	A	1		0.39	6.50	
Fructose.....g	5.59		2	A	1		0.78	12.92	
Lactose.....g	0.00		2	A	1		0.00	0.00	
Maltose.....g	0.15		2	A	1		0.02	0.34	
Galactose.....g	0.00		2	A	1		0.00	0.00	
Starch.....g	2.58		2	A	1		0.36	5.96	
<b>Minerals:</b>									
Calcium, Ca.....mg	30	6.854	3	A	1		4	69	
Iron, Fe.....mg	0.40	0.070	3	A	1		0.06	0.92	
Magnesium, Mg.....mg	5	0.291	3	A	1		1	10	
Phosphorus, P.....mg	109	54.871	3	A	1		15	252	
Potassium, K.....mg	102	5.068	3	A	1		14	236	
Sodium, Na.....mg	1129	35.455	3	A	1		158	2608	
Zinc, Zn.....mg	0.36	0.108	3	A	1		0.05	0.82	
Copper, Cu.....mg	0.116	0.036	3	A	1		0.016	0.269	
Manganese, Mn.....mg	0.032	0.012	3	A	1		0.004	0.074	
Selenium, Se.....mcg	2.0		1	A	1		0.3	4.6	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.4				1		0.1	0.9	
Thiamin.....mg	0.031		1	A	1		0.004	0.072	
Riboflavin.....mg	0.053		1	A	1		0.007	0.122	
Niacin.....mg	0.135		1	A	1		0.019	0.312	
Pantothenic acid.....mg	0.000		1	A	1		0.000	0.000	
Vitamin B-6.....mg	0.000		1	A	1		0.000	0.000	
Folate, total.....mcg	12		1	A	1		2	27	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	12		1	A	1		2	27	
Folate, DFE.....mcg_DFE	12		0	NC	4		2	27	
Vitamin B-12.....mcg	0.31		1	A	1		0.04	0.71	
Vitamin A, IU.....IU	77		0	NC	4		11	177	
Vitamin A, RAE.....mcg_RAE	4		0	NC	4		1	9	
Retinol.....mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.76		0	NR	4		0.11	1.76	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.6		0	FLA	4		0.2	3.6	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.295		0	NC	4		0.041	0.681	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		0	Z	7		0.000	0.000	
10:0.....g	0.003		2	A	1		0.000	0.006	
12:0.....g	0.010		2	A	1		0.001	0.022	
13:0.....g	0.001		1	A	1		0.000	0.002	
14:0.....g	0.038		2	A	1		0.005	0.088	
15:0.....g	0.005		2	A	1		0.001	0.012	



NDB No. 04636

Salad dressing, italian dressing, fat-free

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
16:0.....g	0.151		2	A	1		0.021	0.348	
17:0.....g	0.004		2	A	1		0.001	0.009	
18:0.....g	0.071		2	A	1		0.010	0.164	
20:0.....g	0.011		1	A	1		0.002	0.025	
22:0.....g	0.003		2	A	1		0.000	0.006	
24:0.....g									
Fatty acids, total monounsaturated.....g	0.235		0	NC	4		0.033	0.543	
14:1.....g	0.005		2	A	1		0.001	0.010	
15:1.....g									
16:1 undifferentiated.....g	0.009		2	A	1		0.001	0.020	
17:1.....g	0.009		2	A	1		0.001	0.021	
18:1 undifferentiated.....g	0.210		2	A	1		0.029	0.485	
20:1.....g	0.000		0	Z	7		0.000	0.000	
22:1 undifferentiated.....g	0.003		2	A	1		0.000	0.007	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.192		0	NC	4		0.027	0.444	
18:2 undifferentiated.....g	0.163		2	A	1		0.023	0.377	
18:3 undifferentiated.....g	0.027		2	A	1		0.004	0.062	
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g	0.002		1	A	1		0.000	0.005	
20:4 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	2		1	A	1		0	4	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	40	11.289	3	A	1		5.647	93.170	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	11	6.064	3	A	1		1.493	24.640	
Lycopene.....mcg	5	5.000	3	A	1		0.700	11.550	
Lutein + zeaxanthin.....mcg	0		0	NR	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 14.0g: 1 tbsp

Measure 2 = 231g: 1 cup

**Calories Factors: Protein****Fat****Carbohydrate****Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 42140

Salad dressing, italian dressing, reduced calorie

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	4.660				4		10.066	0.652	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.040				4		0.086	0.006	
17:1.....g									
18:1 undifferentiated.....g	4.560				4		9.850	0.638	
20:1.....g	0.040				4		0.086	0.006	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	11.580				8		25.013	1.621	
18:2 undifferentiated.....g	10.200				4		22.032	1.428	
18:3 undifferentiated.....g	1.360				4		2.938	0.190	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.000				4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	FLA	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 216g: 1 cup

Measure 2 = 14.0g: 1 tbsp

**Calories Factors: Protein****Fat****Carbohydrate****Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 04021

Salad dressing, italian dressing, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
16:0.....g	0.318		2	A	1		0.048	0.763	
17:0.....g	0.000		2	A	1		0.000	0.000	
18:0.....g	0.133		2	A	1		0.020	0.319	
20:0.....g	0.000		2	A	1		0.000	0.000	
22:0.....g	0.000		2	A	1		0.000	0.000	
24:0.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	2.190		0	NC	4		0.328	5.255	
14:1.....g	0.000		2	A	1		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
17:1.....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated.....g	2.190		2	A	1		0.328	5.255	
20:1.....g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.704		0	NC	4		0.256	4.088	
18:2 undifferentiated.....g	1.338		2	A	1		0.201	3.210	
18:3 undifferentiated.....g	0.366		2	A	1		0.055	0.878	
18:4.....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:5 n-3.....g	0.000		2	A	1		0.000	0.000	
22:5 n-3.....g	0.000		2	A	1		0.000	0.000	
22:6 n-3.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	6	0.278	3		1		1	14	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.006		0	FLA	4		0.001	0.014	
Threonine.....g	0.012		0	FLA	4		0.002	0.028	
Isoleucine.....g	0.016		0	FLA	4		0.002	0.040	
Leucine.....g	0.024		0	FLA	4		0.004	0.058	
Lysine.....g	0.018		0	FLA	4		0.003	0.043	
Methionine.....g	0.008		0	FLA	4		0.001	0.018	
Cystine.....g	0.006		0	FLA	4		0.001	0.014	
Phenylalanine.....g	0.013		0	FLA	4		0.002	0.031	
Tyrosine.....g	0.008		0	FLA	4		0.001	0.018	
Valine.....g	0.017		0	FLA	4		0.003	0.040	
Arginine.....g	0.051		0	FLA	4		0.008	0.123	
Histidine.....g	0.008		0	FLA	4		0.001	0.019	
Alanine.....g	0.010		0	FLA	4		0.001	0.024	
Aspartic acid.....g	0.032		0	FLA	4		0.005	0.076	
Glutamic acid.....g	0.068		0	FLA	4		0.010	0.163	
Glycine.....g	0.015		0	FLA	4		0.002	0.036	
Proline.....g	0.011		0	FLA	4		0.002	0.027	
Serine.....g	0.013		0	FLA	4		0.002	0.031	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	7	7.333	3	A	1		1.100	17.600	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0	0.000	3	A	1		0.000	0.000	
Lycopene.....mcg	0	0.000	3	A	1		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	NR	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**NDB No. 04021**

**Salad dressing, italian dressing, reduced fat**

**Common Measures:**

Measure 1 = 15.0g: 1 tablespoon

Measure 2 = 240g: 1 cup

**Calories Factors: Protein 2.44**

**Fat 8.84**

**Carbohydrate 3.8**

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 04144

Salad dressing, italian dressing, reduced fat, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
<b>Proximates:</b>									
Water.....g	84.68	0.158	3	A	1		12.70	203.23	
Energy.....kcal	76		0	NC	4		11	182	
Energy.....kj	317		0	NC	4		48	761	
Protein (N x 6.25).....g	0.47	0.046	3	A	1		0.07	1.12	
Total lipid (fat).....g	6.38	1.376	3	A	1		0.96	15.31	
Ash.....g	3.90	0.087	3	A	1		0.59	9.37	
Carbohydrate, by difference.....g	4.57		0	NC	4		0.69	10.97	
Fiber, total dietary.....g	0.0		1	A	1		0.0	0.0	
Sugars, total.....g	4.55		1	A	1		0.68	10.92	
Sucrose.....g	0.00		1	A	1		0.00	0.00	
Glucose (dextrose).....g	2.31		1	A	1		0.35	5.54	
Fructose.....g	2.24		1	A	1		0.34	5.39	
Lactose.....g	0.00		1	A	1		0.00	0.00	
Maltose.....g	0.00		1	A	1		0.00	0.00	
Galactose.....g	0.00		1	A	1		0.00	0.00	
Starch.....g	0.00		1	A	1		0.00	0.00	
<b>Minerals:</b>									
Calcium, Ca.....mg	9	0.240	3	A	1		1	21	
Iron, Fe.....mg	0.65	0.068	3	A	1		0.10	1.55	
Magnesium, Mg.....mg	4	0.153	3	A	1		1	10	
Phosphorus, P.....mg	11	0.267	3	A	1		2	26	
Potassium, K.....mg	85	7.117	3	A	1		13	203	
Sodium, Na.....mg	30		0		1		5	72	
Zinc, Zn.....mg	0.19	0.007	3	A	1		0.03	0.46	
Copper, Cu.....mg	0.000	0.000	3	A	1		0.000	0.000	
Manganese, Mn.....mg	0.000	0.000	3	A	1		0.000	0.000	
Selenium, Se.....mcg	8.0		1	A	1		1.2	19.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.000		1	A	1		0.000	0.000	
Riboflavin.....mg	0.015		1	A	1		0.002	0.036	
Niacin.....mg	0.000		1	A	1		0.000	0.000	
Pantothenic acid.....mg	0.000		1	A	1		0.000	0.000	
Vitamin B-6.....mg	0.070		1	A	1		0.011	0.168	
Folate, total.....mcg	0		1	A	1		0	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	0		1	A	1		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12.....mcg	0.00		1	A	1		0.00	0.00	
Vitamin A, IU.....IU	12		0	NC	4		2	29	
Vitamin A, RAE.....mcg_RAE	1		0	NC	4		0	1	
Retinol.....mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.59		0	FLA	4		0.09	1.40	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	12.5		0	FLA	4		1.9	30.1	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.451		0	NC	4		0.068	1.082	
4:0.....g	0.000		2	A	1		0.000	0.000	
6:0.....g	0.000		2	A	1		0.000	0.000	
8:0.....g	0.000		2	A	1		0.000	0.000	
10:0.....g	0.000		2	A	1		0.000	0.000	
12:0.....g	0.000		2	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		2	A	1		0.000	0.000	
15:0.....g									

NDB No. 04144

Salad dressing, italian dressing, reduced fat, without salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.318		2	A	1		0.048	0.763	
17:0.....g	0.000		2	A	1		0.000	0.000	
18:0.....g	0.133		2	A	1		0.020	0.319	
20:0.....g	0.000		2	A	1		0.000	0.000	
22:0.....g	0.000		2	A	1		0.000	0.000	
24:0.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	2.190		0	NC	4		0.328	5.255	
14:1.....g	0.000		2	A	1		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
17:1.....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated.....g	2.190		2	A	1		0.328	5.255	
20:1.....g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.704		0	NC	4		0.256	4.088	
18:2 undifferentiated.....g	1.338		2	A	1		0.201	3.210	
18:3 undifferentiated.....g	0.366		2	A	1		0.055	0.878	
18:4.....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:5 n-3.....g	0.000		2	A	1		0.000	0.000	
22:5 n-3.....g	0.000		2	A	1		0.000	0.000	
22:6 n-3.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	6		0		1		1	14	
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	7	7.333	3	A	1		1.100	17.600	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0	0.000	3	A	1		0.000	0.000	
Lycopene.....mcg	0	0.000	3	A	1		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	NR	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

#### Common Measures:

Measure 1 = 15.0g: 1 tablespoon

Measure 2 = 240g: 1 cup

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





NDB No. 43329

Salad dressing, mayonnaise and mayonnaise-type, low calorie

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.628				4		10.737	0.671	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.076				4		0.176	0.011	
17:1.....g									
18:1 undifferentiated.....g	4.494				4		10.426	0.652	
20:1.....g	0.039				4		0.090	0.006	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	10.396				4		24.119	1.507	
18:2 undifferentiated.....g	9.151				4		21.230	1.327	
18:3 undifferentiated.....g	1.203				4		2.791	0.174	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.019				4		0.044	0.003	
20:5 n-3.....g	0.001				4		0.002	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.005				4		0.012	0.001	
Fatty acids, total trans.....g									
Cholesterol.....mg	26				1		60	4	
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	94		0	BFZN	4		217.577	13.599	
Carotene, alpha.....mcg	1		0	BFZN	4		2.867	0.179	
Cryptoxanthin, beta.....mcg	27		0	BFZN	4		62.459	3.904	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	87		0	BFZN	4		200.901	12.556	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 232g: 1 cup

Measure 2 = 14.5g: 1 tbsp

**Calories Factors: Protein** 4.36**Fat** 8.84**Carbohydrate** 3.8**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 04018

Salad dressing, mayonnaise type, regular, with salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	9.000		0		1		1.323	21.150	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	9.000	0.176	73		1		1.323	21.150	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	18.000		0		1		2.646	42.300	
18:2 undifferentiated.....g	16.000	0.211	127		1		2.352	37.600	
18:3 undifferentiated.....g	2.000	0.050	127		1		0.294	4.700	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	26		2		1		4	61	
Phytosterols.....mg	97		2		1		14	228	
<b>Amino Acids:</b>									
Tryptophan.....g	0.013		0		4		0.002	0.031	
Threonine.....g	0.049		0		4		0.007	0.115	
Isoleucine.....g	0.052		0		4		0.008	0.122	
Leucine.....g	0.077		0		4		0.011	0.181	
Lysine.....g	0.061		0		4		0.009	0.143	
Methionine.....g	0.023		0		4		0.003	0.054	
Cystine.....g	0.016		0		4		0.002	0.038	
Phenylalanine.....g	0.039		0		4		0.006	0.092	
Tyrosine.....g	0.039		0		4		0.006	0.092	
Valine.....g	0.055		0		4		0.008	0.129	
Arginine.....g	0.062		0		4		0.009	0.146	
Histidine.....g	0.022		0		4		0.003	0.052	
Alanine.....g	0.045		0		4		0.007	0.106	
Aspartic acid.....g	0.075		0		4		0.011	0.176	
Glutamic acid.....g	0.110		0		4		0.016	0.259	
Glycine.....g	0.027		0		4		0.004	0.063	
Proline.....g	0.037		0		4		0.005	0.087	
Serine.....g	0.075		0		4		0.011	0.176	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	94		0	FLA	4		13.786	220.390	
Carotene, alpha.....mcg	1		0	FLA	4		0.182	2.904	
Cryptoxanthin, beta.....mcg	27		0	FLA	4		3.958	63.267	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	87		0	FLA	4		12.730	203.499	

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**Common Measures:**

Measure 1 = 14.7g: 1 tablespoon

Measure 2 = 235g: 1 cup

**NDB No. 04018**

**Salad dressing, mayonnaise type, regular, with salt**

**Calories Factors: Protein** 4.36

**Fat** 8.84

**Carbohydrate** 3.8

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Salad dressing, mayonnaise, imitation, milk cream**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	79.60		1		1		11.94	191.04	
Energy.....kcal	97		0	NC	4		14	232	
Energy.....kj	404		0		4		61	970	
Protein (N x 6.25).....g	2.10		1		1		0.32	5.04	
Total lipid (fat).....g	5.10		1		1		0.77	12.24	
Ash.....g	2.10		1		1		0.32	5.04	
Carbohydrate, by difference.....g	11.10		0	NC	4		1.67	26.64	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	72		0		4		11	173	
Iron, Fe.....mg	0.50		0		4		0.08	1.20	
Magnesium, Mg.....mg	7		0		4		1	17	
Phosphorus, P.....mg	57		0		4		9	137	
Potassium, K.....mg	97		0		4		15	233	
Sodium, Na.....mg	504		1		1		76	1210	
Zinc, Zn.....mg	0.25		0		4		0.04	0.60	
Copper, Cu.....mg	0.010		0	A	1		0.002	0.024	
Manganese, Mn.....mg	0.001		0	RA	4		0.000	0.002	
Selenium, Se.....mcg	1.6		0	CAZN	4		0.2	3.8	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.3		0		4		0.1	0.8	
Thiamin.....mg	0.024		0		4		0.004	0.058	
Riboflavin.....mg	0.097		0		4		0.015	0.233	
Niacin.....mg	0.054		0		4		0.008	0.130	
Pantothenic acid.....mg	0.194		0		4		0.029	0.466	
Vitamin B-6.....mg	0.021		0		4		0.003	0.050	
Folate, total.....mcg	3		0		4		0	7	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	3		0		4		0	7	
Folate, DFE.....mcg_DFE	3		0	NC	4		0	7	
Vitamin B-12.....mcg	0.23		0		4		0.04	0.56	
Vitamin A, IU.....IU	13		0		4		2	31	
Vitamin A, RAE.....mcg_RAE	4		0	NC	4		1	9	
Retinol.....mcg	4		0	NC	4		1	9	
Vitamin E (alpha-tocopherol).....mg	0.40		0		4		0.06	0.96	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.800		0		1		0.420	6.720	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.100		2		1		0.015	0.240	
13:0.....g									
14:0.....g	0.400		2		1		0.060	0.960	
15:									

**NDB No. 04028**  
**Salad dressing, mayonnaise, imitation, milk cream**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Fatty acids, total monounsaturated.....g	1.700		0		1		0.255	4.080	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	1.700		2		1		0.255	4.080	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.300		0		1		0.045	0.720	
18:2 undifferentiated.....g	0.200		2		1		0.030	0.480	
18:3 undifferentiated.....g	0.100		2		1		0.015	0.240	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	43		1		1		6	103	
Phytosterols.....mg	6		0		4		1	14	
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.030		0		4		0.005	0.072	
Threonine.....g	0.095		0		4		0.014	0.228	
Isoleucine.....g	0.127		0		4		0.019	0.305	
Leucine.....g	0.206		0		4		0.031	0.494	
Lysine.....g	0.166		0		4		0.025	0.398	
Methionine.....g	0.053		0		4		0.008	0.127	
Cystine.....g	0.019		0		4		0.003	0.046	
Phenylalanine.....g	0.101		0		4		0.015	0.242	
Tyrosine.....g	0.101		0		4		0.015	0.242	
Valine.....g	0.141		0		4		0.021	0.338	
Arginine.....g	0.076		0		4		0.011	0.182	
Histidine.....g	0.057		0		4		0.009	0.137	
Alanine.....g	0.072		0		4		0.011	0.173	
Aspartic acid.....g	0.159		0		4		0.024	0.382	
Glutamic acid.....g	0.439		0		4		0.066	1.054	
Glycine.....g	0.049		0		4		0.007	0.118	
Proline.....g	0.203		0		4		0.030	0.487	
Serine.....g	0.114		0		4		0.017	0.274	
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 15.0g: 1 tablespoon

Measure 2 = 240g: 1 cup

**Calories Factors: Protein** 4.36

**Fat** 8.84

**Carbohydrate** 3.8

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





NDB No. 04027

Salad dressing, mayonnaise, imitation, soybean

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	4.500		0		1		0.675	10.800	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		2		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	4.500	1.146	3		1		0.675	10.800	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	10.600		0		1		1.590	25.440	
18:2 undifferentiated.....g	9.000	2.351	3		1		1.350	21.600	
18:3 undifferentiated.....g	1.600	0.414	3		1		0.240	3.840	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	24		2		1		4	58	
Phytosterols.....mg	62		2		1		9	149	
<b>Amino Acids:</b>									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 15.0g: 1 tablespoon

Measure 2 = 240g: 1 cup

**NDB No. 04027**  
**Salad dressing, mayonnaise, imitation, soybean**

**Calories Factors:** **Protein** 4.36                      **Fat** 8.84                      **Carbohydrate** 3.8

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Salad dressing, mayonnaise, imitation, soybean without cholesterol**

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	34.60	3.851	3		1		4.88	77.85	
Energy.....kcal	482		0	NC	4		68	1084	
Energy.....kj	2016		0		4		284	4537	
Protein (N x 6.25).....g	0.10	0.106	3		1		0.01	0.23	
Total lipid (fat).....g	47.70	2.691	3		1		6.73	107.33	
Ash.....g	1.80	0.380	3		1		0.25	4.05	
Carbohydrate, by difference.....g	15.80		0	NC	4		2.23	35.55	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g	6.00		0	O	4		0.85	13.50	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	0		0		4		0	0	
Iron, Fe.....mg	0.01		0		4		0.00	0.02	
Magnesium, Mg.....mg	0		0		4		0	0	
Phosphorus, P.....mg	0		0		4		0	0	
Potassium, K.....mg	10		0		4		1	23	
Sodium, Na.....mg	353		1		1		50	794	
Zinc, Zn.....mg	0.11		0		4		0.02	0.25	
Copper, Cu.....mg	0.001		0		4		0.000	0.002	
Manganese, Mn.....mg									
Selenium, Se.....mcg	1.6		0	CAZN	4		0.2	3.6	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.000		0		4		0.000	0.000	
Riboflavin.....mg	0.000		0		4		0.000	0.000	
Niacin.....mg	0.000		0		4		0.000	0.000	
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	
Folate, total.....mcg	0		0		4		0	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	0		0		4		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12.....mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU.....IU	0		0		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	5.00		0		4		0.71	11.25	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	42.2		0	BFZN	4		5.9	94.8	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	7.500		0		1		1.058	16.875	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		1		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		1		1		0.000	0.000	
15:0.....g									
16:0.....g	5.500	0.533	3		1		0.776	12.375	
17:0.....g									
18:0.....g	2.000	0.191	3		1		0.282	4.500	
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 04029

Salad dressing, mayonnaise, imitation, soybean without cholesterol

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	10.500		0		1		1.481	23.625	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	10.500	0.594	3		1		1.481	23.625	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	27.600		0		1		3.892	62.100	
18:2 undifferentiated.....g	23.000	1.560	3		1		3.243	51.750	
18:3 undifferentiated.....g	4.600	0.362	3		1		0.649	10.350	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		2		1		0	0	
Phytosterols.....mg	216		2		1		30	486	
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 14.1g: 1 tablespoon

Measure 2 = 225g: 1 cup

**NDB No. 04029**

**Salad dressing, mayonnaise, imitation, soybean without cholesterol**

**Calories Factors: Protein** 4.36

**Fat** 8.84

**Carbohydrate** 3.8

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

lite mayonnaise  
**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	55.91	0.368	3	A	1				
Energy.....kcal	324		0	NC	4				
Energy.....kj	1356		0	NC	4				
Protein (N x 6.25).....g	0.88	0.096	3	A	1				
Total lipid (fat).....g	33.09	0.099	3	A	1				
Ash.....g	1.91	0.101	3	A	1				
Carbohydrate, by difference.....g	8.20		0	NC	4				
Fiber, total dietary.....g	0.0		0	FLA	4				
Sugars, total.....g	4.34		2	A	1				
Sucrose.....g	2.79		2	A	1				
Glucose (dextrose).....g	0.70		2	A	1				
Fructose.....g	0.85		2	A	1				
Lactose.....g	0.00		2	A	1				
Maltose.....g	0.00		2	A	1				
Galactose.....g	0.00		2	A	1				
Starch.....g	3.01		2	A	1				
<b>Minerals:</b>									
Calcium, Ca.....mg	8	0.361	3	A	1				
Iron, Fe.....mg	0.32	0.006	3	A	1				
Magnesium, Mg.....mg	2	0.067	3	A	1				
Phosphorus, P.....mg	35	5.904	3	A	1				
Potassium, K.....mg	40	2.434	3	A	1				
Sodium, Na.....mg	673	48.011	3	A	1				
Zinc, Zn.....mg	0.18	0.017	3	A	1				
Copper, Cu.....mg	0.112	0.000	3	A	1				
Manganese, Mn.....mg	0.006		0	FLA	4				
Selenium, Se.....mcg	2.6		2	A	1				
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		2	A	1				
Thiamin.....mg	0.018		2	A	1				
Riboflavin.....mg	0.000		2	A	1				
Niacin.....mg	0.000		2	A	1				
Pantothenic acid.....mg	0.066		2	A	1				
Vitamin B-6.....mg	0.000		2	A	1				
Folate, total.....mcg	4		0	FLA	4				
Folic acid.....mcg	0		2	A	1				
Folate, food.....mcg	4		0	FLA	4				
Folate, DFE.....mcg_DFE	4		0	NC	4				
Vitamin B-12.....mcg	0.00		2	A	1				
Vitamin A, IU.....IU	220		0	BFZN	4				
Vitamin A, RAE.....mcg_RAE	21		0	BFZN	4				
Retinol.....mcg	12		0	BFZN	4				
Vitamin E (alpha-tocopherol).....mg	3.07	0.243	3	A	1				
Tocopherol, beta.....mg	0.28	0.020	3	A	1				
Tocopherol, gamma.....mg	23.04	1.871	3	A	1				
Tocopherol, delta.....mg	6.79	0.509	3	A	1				
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	24.7		0	BFZN	4				
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.209		0	NC	4				
4:0.....g	0.000	0.000	3	A	1				
6:0.....g	0.000	0.000	3	A	1				
8:0.....g	0.000	0.000	3	A	1				
10:0.....g	0.000	0.000	3	A	1				
12:0.....g	0.000	0.000	3	A	1				
13:0.....g									
14:0.....g	0.028	0.000	3	A	1				
15:0.....g									

**NDB No. 04641**  
**Salad dressing, mayonnaise, light**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	3.483	0.046	3	A	1				
17:0.....g	0.036	0.005	3	A	1				
18:0.....g	1.389	0.028	3	A	1				
20:0.....g	0.159	0.041	3	A	1				
22:0.....g	0.113	0.002	3	A	1				
24:0.....g	0.000	0.000	3	A	1				
Fatty acids, total monounsaturated.....g	8.067		0	NC	4				
14:1.....g	0.000	0.000	3	A	1				
15:1.....g									
16:1 undifferentiated.....g	0.052		0	A	1				
16:1 c.....g	0.052	0.003	3	A	1				
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	8.015		0	A	1				
18:1 c.....g	8.015	0.341	3	A	1				
18:1 t.....g	0.000	0.000	3	A	1				
20:1.....g	0.068	0.016	3	A	1				
22:1 undifferentiated.....g	0.000	0.000	3	A	1				
24:1 c.....g	0.000	0.000	3	A	1				
Fatty acids, total polyunsaturated.....g	17.953		0	NC	4				
18:2 undifferentiated.....g	16.035		0	NC	4				
18:2 n-6 c,c.....g	15.791	0.329	3	A	1				
18:2 CLAs.....g	0.137	0.042	3	A	1				
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.107	0.041	3	A	1				
18:2 t not further defined.....g									
18:3 undifferentiated.....g	1.918		0	AS	1				
18:4.....g	0.000	0.000	3	A	1				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000	0.000	3	A	1				
20:5 n-3.....g	0.000	0.000	3	A	1				
22:5 n-3.....g	0.000	0.000	3	A	1				
22:6 n-3.....g	0.000	0.000	3	A	1				
Fatty acids, total trans.....g	0.137		0	NC	4				
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4				
Fatty acids, total trans-polyenoic.....g	0.137		0	NC	4				
Cholesterol.....mg	35	2.470	3	A	1				
Phytosterols.....mg									
Stigmasterol.....mg	21	1.237	3	A	1				
Campesterol.....mg	19	1.885	3	A	1				
Beta-sitosterol.....mg	48	3.036	3	A	1				
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	FLA	4				
Theobromine.....mg	0		0	FLA	4				
<b>Carotenoids:</b>									
Carotene, beta.....mcg	94		0	BFZN	4				
Carotene, alpha.....mcg	1		0	BFZN	4				
Cryptoxanthin, beta.....mcg	27		0	BFZN	4				
Lycopene.....mcg	0		0	BFZN	4				
Lutein + zeaxanthin.....mcg	87		0	BFZN	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**NDB No. 04641**  
**Salad dressing, mayonnaise, light**

**Calories Factors:** **Protein** 4.36                      **Fat** 8.84                      **Carbohydrate** 3.38                      **Food Group:** 04 Fats and Oils  
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NDB No. 04026

Salad dressing, mayonnaise, soybean and safflower oil, with salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	13.000		0		1		1.794	28.600	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	13.000		2		1		1.794	28.600	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	55.000		0		1		7.590	121.000	
18:2 undifferentiated.....g	52.000		2		1		7.176	114.400	
18:3 undifferentiated.....g	3.000		2		1		0.414	6.600	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	59		0		4		8	130	
Phytosterols.....mg	347		0		4		48	763	
<b>Amino Acids:</b>									
Tryptophan.....g	0.017		0		1		0.002	0.037	
Threonine.....g	0.055		0		1		0.008	0.121	
Isoleucine.....g	0.065		0		1		0.009	0.143	
Leucine.....g	0.095		0		1		0.013	0.209	
Lysine.....g	0.072		0		1		0.010	0.158	
Methionine.....g	0.035		0		1		0.005	0.077	
Cystine.....g	0.023		0		1		0.003	0.051	
Phenylalanine.....g	0.057		0		1		0.008	0.125	
Tyrosine.....g	0.046		0		1		0.006	0.101	
Valine.....g	0.074		0		1		0.010	0.163	
Arginine.....g	0.072		0		1		0.010	0.158	
Histidine.....g	0.026		0		1		0.004	0.057	
Alanine.....g	0.061		0		1		0.008	0.134	
Aspartic acid.....g	0.094		0		1		0.013	0.207	
Glutamic acid.....g	0.143		0		1		0.020	0.315	
Glycine.....g	0.037		0		1		0.005	0.081	
Proline.....g	0.044		0		1		0.006	0.097	
Serine.....g	0.088		0		1		0.012	0.194	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 13.8g: 1 tablespoon

Measure 2 = 220g: 1 cup

**NDB No. 04026**  
**Salad dressing, mayonnaise, soybean and safflower oil, with salt**

**Calories Factors:** **Protein** 4.36                      **Fat** 8.84                      **Carbohydrate** 3.8

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 04025

Salad dressing, mayonnaise, soybean oil, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	15.30	0.395	25		1		2.11	33.66	2.14
Energy.....kcal	717		0	NC	4		99	1577	100
Energy.....kj	2999		0		4		414	6598	420
Protein (N x 6.25).....g	1.10	0.000	25		1		0.15	2.42	0.15
Total lipid (fat).....g	78.20	0.554	6	A	1		10.79	172.05	10.95
Ash.....g	1.50	0.053	25		1		0.21	3.30	0.21
Carbohydrate, by difference.....g	3.90		0	NC	4		0.54	8.57	0.55
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	0.48		0	FLA	4		0.07	1.05	0.07
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	18		0		1		2	40	3
Iron, Fe.....mg	0.50		0		1		0.07	1.10	0.07
Magnesium, Mg.....mg	1		0		4		0	2	0
Phosphorus, P.....mg	28		0		1		4	62	4
Potassium, K.....mg	34		0		1		5	75	5
Sodium, Na.....mg	568	2.424	408		1		78	1250	80
Zinc, Zn.....mg	0.16		1		4		0.02	0.35	0.02
Copper, Cu.....mg	0.010		0		4		0.001	0.022	0.001
Manganese, Mn.....mg									
Selenium, Se.....mcg	1.7	0.431	15	A	1		0.2	3.7	0.2
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.000		0		1		0.000	0.000	0.000
Riboflavin.....mg	0.000		0		1		0.000	0.000	0.000
Niacin.....mg	0.005		0		4		0.001	0.011	0.001
Pantothenic acid.....mg	0.217		0		4		0.030	0.477	0.030
Vitamin B-6.....mg	0.577		0		4		0.080	1.269	0.081
Folate, total.....mcg	8		0		4		1	17	1
Folic acid.....mcg	0		0	FLA	4		0	0	0
Folate, food.....mcg	8		0		4		1	17	1
Folate, DFE.....mcg_DFE	8		0	NC	4		1	17	1
Vitamin B-12.....mcg	0.26		0		4		0.04	0.56	0.04
Vitamin A, IU.....IU	280		0		1		39	616	39
Vitamin A, RAE.....mcg_RAE	81		0	NC	4		11	177	11
Retinol.....mcg	80		0	FLC	4		11	176	11
Vitamin E (alpha-tocopherol).....mg	5.22	0.372	6	A	1		0.72	11.49	0.73
Tocopherol, beta.....mg	0.32	0.022	6	A	1		0.04	0.70	0.04
Tocopherol, gamma.....mg	35.24	2.256	6	A	1		4.86	77.52	4.93
Tocopherol, delta.....mg	7.54	0.531	6	A	1		1.04	16.60	1.06
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	42.2		2	A	1		5.8	92.7	5.9
<b>Lipids:</b>									
Fatty acids, total saturated.....g	11.885		0	NC	4		1.640	26.146	1.664
4:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
6:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
8:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
10:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
12:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.068	0.003	6	A	1		0.009	0.150	0.010
15:0.....g									
16:0.....g	7.905	0.083	6	A	1		1.091	17.391	1.107
17:0.....g	0.074	0.015	6	A	1		0.010	0.163	0.010
18:0.....g	3.254	0.043	6	A	1		0.449	7.159	0.456
20:0.....g	0.292	0.011	6	A	1		0.040	0.642	0.041
22:0.....g	0.291	0.005	6	A	1		0.040	0.640	0.041
24:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	19.598		0	NC	4		2.705	43.116	2.744
14:1.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
15:1.....g									
16:1 undifferentiated.....g	0.110		0	AS	1		0.015	0.243	0.015
16:1 c.....g	0.110	0.006	6	A	1		0.015	0.243	0.015
16:1 t.....g									
17:1.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	19.385		0	AS	1		2.675	42.647	2.714
18:1 c.....g	19.385	0.673	6	A	1		2.675	42.647	2.714
18:1 t.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:1.....g	0.103	0.035	6	A	1		0.014	0.226	0.014
22:1 undifferentiated.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
24:1 c.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	42.674		0	NC	4		5.889	93.884	5.974
18:2 undifferentiated.....g	37.678		0	AS	1		5.200	82.891	5.275
18:2 n-6 c,c.....g	37.404	0.421	6	A	1		5.162	82.289	5.237
18:2 CLAs.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.274	0.089	6	A	1		0.038	0.603	0.038
18:2 t not further defined.....g									
18:3 undifferentiated.....g	4.997		0	AS	1		0.690	10.993	0.700
18:3 n-6 c,c,c.....g									
18:3i.....g									
18:4.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.274		0	NC	4		0.038	0.603	0.038
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic.....g	0.274		0	NC	4		0.038	0.603	0.038
Cholesterol.....mg	38	4.380	3	A	1		5	83	5
Phytosterols.....mg	223	20.000	10		1		31	491	31
Stigmasterol.....mg	39	1.600	3	A	1		5	85	5
Campesterol.....mg	39	4.671	3	A	1		5	86	5
Beta-sitosterol.....mg	102	6.657	3	A	1		14	225	14
<b>Amino Acids:</b>									
Tryptophan.....g	0.017		0		1		0.002	0.037	0.002
Threonine.....g	0.055		0		1		0.008	0.121	0.008
Isoleucine.....g	0.065		0		1		0.009	0.143	0.009
Leucine.....g	0.095		0		1		0.013	0.209	0.013
Lysine.....g	0.072		0		1		0.010	0.158	0.010
Methionine.....g	0.035		0		1		0.005	0.077	0.005
Cystine.....g	0.023		0		1		0.003	0.051	0.003
Phenylalanine.....g	0.057		0		1		0.008	0.125	0.008
Tyrosine.....g	0.046		0		1		0.006	0.101	0.006
Valine.....g	0.074		0		1		0.010	0.163	0.010
Arginine.....g	0.072		0		1		0.010	0.158	0.010
Histidine.....g	0.026		0		1		0.004	0.057	0.004
Alanine.....g	0.061		0		1		0.008	0.134	0.009
Aspartic acid.....g	0.094		0		1		0.013	0.207	0.013
Glutamic acid.....g	0.143		0		1		0.020	0.315	0.020
Glycine.....g	0.037		0		1		0.005	0.081	0.005
Proline.....g	0.044		0		1		0.006	0.097	0.006
Serine.....g	0.088		0		1		0.012	0.194	0.012
Hydroxyproline.....g									

NDB No. 04025

Salad dressing, mayonnaise, soybean oil, with salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLC	4		0	0	0
Theobromine.....mg	0		0	FLC	4		0	0	0
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	6		0	FLC	4		0.802	12.787	0.814
Carotene, alpha.....mcg	0		0	FLC	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	5		0	FLC	4		0.710	11.314	0.720
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	190		0	FLC	4		26.284	419.024	26.665

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 13.8g: 1 tablespoon

Measure 2 = 220g: 1 cup

Measure 3 = 14.0g: 1 tbsp

**Calories Factors: Protein** 4.36

**Fat** 8.85

**Carbohydrate** 3.68

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Salad dressing, mayonnaise, soybean oil, without salt**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	16.70		0		4		2.30	36.74	
Energy.....kcal	717		0	NC	4		99	1577	
Energy.....kj	2999		0		4		414	6598	
Protein (N x 6.25).....g	1.10		0		1		0.15	2.42	
Total lipid (fat).....g	79.40		0		1		10.96	174.68	
Ash.....g	0.10		0		4		0.01	0.22	
Carbohydrate, by difference.....g	2.70		0	NC	4		0.37	5.94	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	18		0		1		2	40	
Iron, Fe.....mg	0.50		0		1		0.07	1.10	
Magnesium, Mg.....mg									
Phosphorus, P.....mg	28		0		1		4	62	
Potassium, K.....mg	34		0		1		5	75	
Sodium, Na.....mg	30		0		1		4	66	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg	1.6		0	CAZN	4		0.2	3.5	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.000		0		1		0.000	0.000	
Riboflavin.....mg	0.000		0		1		0.000	0.000	
Niacin.....mg	0.000		0		1		0.000	0.000	
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	280		0		1		39	616	
Vitamin A, RAE.....mcg_RAE	84		0		1		12	185	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	11.800		0		1		1.628	25.960	
Fatty acids, total monounsaturated.....g	22.700		0		1		3.133	49.940	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100		0		1		0.014	0.220	
17:1.....g									
18:1 undifferentiated.....g	22.500		0		1		3.105	49.500	
20:1.....g	0.100		0		1		0.014	0.220	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	37.100		0		1		5.120	81.620	
18:2 undifferentiated.....g	37.100		0		1		5.120	81.620	
18:3 undifferentiated.....g	4.200		0		1		0.580	9.240	
18:4.....g					</				

NDB No. 04145

Salad dressing, mayonnaise, soybean oil, without salt

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	59		0		1		8	130	
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 13.8g: 1 tablespoon

Measure 2 = 220g: 1 cup

**Calories Factors: Protein** 4.36

**Fat** 8.84

**Carbohydrate** 3.8

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





NDB No. 42137

Salad dressing, peppercorn dressing, commercial, regular

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	14.840				1		1.989	3.858	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.229				4		0.031	0.060	
17:1.....g									
18:1 undifferentiated.....g	14.386				4		1.928	3.740	
20:1.....g	0.120				4		0.016	0.031	
22:1 undifferentiated.....g	0.001				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	32.972				1		4.418	8.573	
18:2 undifferentiated.....g	29.006				4		3.887	7.542	
18:3 undifferentiated.....g	3.861				4		0.517	1.004	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.037				4		0.005	0.010	
20:5 n-3.....g	0.001				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.010				4		0.001	0.003	
Fatty acids, total trans.....g									
Cholesterol.....mg	49				1		7	13	
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	2		0	BFZN	4		0.315	0.610	
Carotene, alpha.....mcg	1		0	BFZN	4		0.134	0.261	
Cryptoxanthin, beta.....mcg	1		0	BFZN	4		0.119	0.230	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	29		0	BFZN	4		3.891	7.550	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

#### Common Measures:

Measure 1 = 13.4g: 1 tbsp

Measure 2 = 26.0g: 1 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 04639

Salad dressing, ranch dressing, commercial, regular

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code
Measure 1	Measure 2	Measure 3				
<b>Proximates:</b>						
Water.....g	38.18	2.808	3	A	1	
Energy.....kcal	484		0	NC	4	
Energy.....kj	2026		0	NC	4	
Protein.....g	1.03	0.880	3	A	1	
Total lipid (fat).....g	51.39	3.542	3	A	1	
Ash.....g	2.71	0.192	3	A	1	
Carbohydrate, by difference.....g	6.69		0	NC	4	
Fiber, total dietary.....g	0.7		2	A	1	
Sugars, total.....g	2.45	0.535	3	A	1	
Sucrose.....g	1.50	0.717	3	A	1	
Glucose (dextrose).....g	0.48	0.065	3	A	1	
Fructose.....g	0.40	0.148	3	A	1	
Lactose.....g	0.07	0.000	3	A	1	
Maltose.....g	0.00	0.000	3	A	1	
Galactose.....g	0.00	0.000	3	A	1	
Starch.....g	1.77	0.134	3	A	1	
<b>Minerals:</b>						
Calcium, Ca.....mg	31	4.801	3	A	1	
Iron, Fe.....mg	0.62	0.145	3	A	1	
Magnesium, Mg.....mg	5	0.887	3	A	1	
Phosphorus, P.....mg	161	32.146	3	A	1	
Potassium, K.....mg	62	7.526	3	A	1	
Sodium, Na.....mg	816	87.617	3	A	1	
Zinc, Zn.....mg	0.40	0.028	3	A	1	
Copper, Cu.....mg	0.043	0.006	3	A	1	
Manganese, Mn.....mg	0.042	0.009	3	A	1	
Selenium, Se.....mcg	2.4		0	FLA	4	
<b>Vitamins:</b>						
Vitamin C, total ascorbic acid.....mg	3.4		2	A	1	
Thiamin.....mg	0.096	0.082	3	A	1	
Riboflavin.....mg	0.055	0.003	3	A	1	
Niacin.....mg	0.007	0.000	3	A	1	
Pantothenic acid.....mg	0.798	0.002	3	A	1	
Vitamin B-6.....mg	0.023	0.003	3	A	1	
Folate, total.....mcg	4	0.617	3	A	1	
Folic acid.....mcg	0		0	Z	7	
Folate, food.....mcg	4	0.617	3	A	1	
Folate, DFE.....mcg_DFE	4		0	NC	4	
Vitamin B-12.....mcg	0.33	0.000	3	A	1	
Vitamin A, IU.....IU	38		0	FLA	4	
Vitamin A, RAE.....mcg_RAE	10		0	FLA	4	
Retinol.....mcg	10		0	FLA	4	
Vitamin E (alpha-tocopherol).....mg	4.73		0	FLA	4	
Tocopherol, beta.....mg						
Tocopherol, gamma.....mg						
Tocopherol, delta.....mg						
Vitamin D.....IU	2.852		0	FLA	4	
Vitamin K (phylloquinone).....mcg	125.2		2	A	1	
<b>Lipids:</b>						
Fatty acids, total saturated.....g	8.019		0	NC	4	
4:0.....g	0.000	0.000	3	A	1	
6:0.....g	0.000	0.000	3	A	1	
8:0.....g	0.000	0.000	3	A	1	
10:0.....g	0.000	0.000	3	A	1	
12:0.....g	0.000	0.000	3	A	1	
13:0.....g						
14:0.....g	0.047	0.002	3	A	1	
15:0.....g						

NDB No. 04639

Salad dressing, ranch dressing, commercial, regular

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	5.321	0.558	3	A	1				
17:0.....g	0.059	0.006	3	A	1				
18:0.....g	2.248	0.252	3	A	1				
20:0.....g	0.168	0.020	3	A	1				
22:0.....g	0.177	0.021	3	A	1				
24:0.....g	0.000	0.000	3	A	1				
Fatty acids, total monounsaturated.....g	11.394		0	NC	4				
14:1.....g	0.000	0.000	3	A	1				
15:1.....g									
16:1 undifferentiated.....g	0.065		0	AS	1				
16:1 c.....g	0.065	0.005	3	A	1				
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	10.987		0	AS	1				
18:1 c.....g	10.987	1.161	3	A	1				
18:1 t.....g	0.000	0.000	3	A	1				
20:1.....g	0.343	0.102	3	A	1				
22:1 undifferentiated.....g	0.000	0.000	3	A	1				
24:1 c.....g	0.000	0.000	3	A	1				
Fatty acids, total polyunsaturated.....g	28.329		0	NC	4				
18:2 undifferentiated.....g	25.267		0	AS	1				
18:2 n-6 c,c.....g	24.887	2.569	3	A	1				
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.380	0.207	3	A	1				
18:2 t not further defined.....g									
18:3 undifferentiated.....g	3.063		0	A	1				
18:4.....g	0.000	0.000	3	A	1				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000	0.000	3	A	1				
20:5 n-3.....g	0.000	0.000	3	A	1				
22:5 n-3.....g	0.000	0.000	3	A	1				
22:6 n-3.....g	0.000	0.000	3	A	1				
Fatty acids, total trans.....g									
Cholesterol.....mg	33	1.931	3	A	1				
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.000		0	A	1				
Threonine.....g	0.290		0	A	1				
Isoleucine.....g	0.256		0	A	1				
Leucine.....g	0.481		0	A	1				
Lysine.....g	0.503		0	A	1				
Methionine.....g	0.220		0	A	1				
Cystine.....g	0.000		0	A	1				
Phenylalanine.....g	0.342		0	A	1				
Tyrosine.....g	0.261		0	A	1				
Valine.....g	0.220		0	A	1				
Arginine.....g	0.456		0	A	1				
Histidine.....g	0.230		0	A	1				
Alanine.....g	0.248		0	A	1				
Aspartic acid.....g	0.581		0	A	1				
Glutamic acid.....g	2.431		0	A	1				
Glycine.....g	0.175		0	A	1				
Proline.....g	0.405		0	A	1				
Serine.....g	0.314		0	A	1				
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4				
Caffeine.....mg	0		0	FLA	4				
Theobromine.....mg	0		0	FLA	4				

NDB No. 04639

Salad dressing, ranch dressing, commercial, regular

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	2		0	FLA	4				
Carotene, alpha.....mcg	1		0	FLA	4				
Cryptoxanthin, beta.....mcg	1		0	FLA	4				
Lycopene.....mcg	0		0	FLA	4				
Lutein + zeaxanthin.....mcg	29		0	FLA	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**Calories Factors: Protein** 4.36

**Fat** 8.84

**Carbohydrate** 3.8

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 04638

Salad dressing, ranch dressing, fat-free

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
16:0.....g	0.243	0.098	3	A	1		0.034		
17:0.....g	0.006	0.003	3	A	1		0.001		
18:0.....g	0.152	0.120	3	A	1		0.021		
20:0.....g	0.005	0.001	3	A	1		0.001		
22:0.....g	0.004	0.004	3	A	1		0.001		
24:0.....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.388		0	NC	4		0.054		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.006		0	AS	1		0.001		
16:1 c.....g	0.006	0.005	3	A	1		0.001		
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	0.370		0	AS	1		0.052		
18:1 c.....g	0.359	0.087	3	A	1		0.050		
18:1 t.....g	0.011	0.011	3	A	1		0.002		
20:1.....g	0.008	0.005	3	A	1		0.001		
22:1 undifferentiated.....g	0.004	0.007	3	A	1		0.001		
24:1 c.....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total polyunsaturated.....g	0.698		0	NC	4		0.098		
18:2 undifferentiated.....g	0.622		0	AS	1		0.087		
18:2 n-6 c,c.....g	0.611	0.198	3	AS	1		0.086		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.010	0.006	3	A	1		0.001		
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.076		0	AS	1		0.011		
18:4.....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000		
20:5 n-3.....g	0.000	0.000	3	A	1		0.000		
22:5 n-3.....g	0.000	0.000	3	A	1		0.000		
22:6 n-3.....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total trans.....g	0.021		0	NC	4		0.003		
Fatty acids, total trans-monoenoic.....g	0.011		0	NC	4		0.002		
Fatty acids, total trans-polyenoic.....g	0.010		0	NC	4		0.001		
Cholesterol.....mg	7	4.389	3	A	1		1		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0	A	1		0.000		
Threonine.....g	0.050		0	A	1		0.007		
Isoleucine.....g	0.050		0	A	1		0.007		
Leucine.....g	0.096		0	A	1		0.014		
Lysine.....g	0.094		0	A	1		0.013		
Methionine.....g	0.037		0	A	1		0.005		
Cystine.....g	0.000		0	A	1		0.000		
Phenylalanine.....g	0.109		0	A	1		0.015		
Tyrosine.....g	0.046		0	A	1		0.006		
Valine.....g	0.042		0	A	1		0.006		
Arginine.....g	0.072		0	A	1		0.010		
Histidine.....g	0.041		0	A	1		0.006		
Alanine.....g	0.039		0	A	1		0.006		
Aspartic acid.....g	0.115		0	A	1		0.016		
Glutamic acid.....g	0.504		0	A	1		0.071		
Glycine.....g	0.029		0	A	1		0.004		
Proline.....g	0.094		0	A	1		0.013		
Serine.....g	0.051		0	A	1		0.007		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		

**NDB No. 04638**  
**Salad dressing, ranch dressing, fat-free**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	0		0	FLA	4		0.019		
Carotene, alpha.....mcg	0		0	FLA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.017		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	4		0	FLA	4		0.596		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 14.0g: 1 tablespoon

**Calories Factors: Protein** 4.36      **Fat** 8.84      **Carbohydrate** 3.8

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 04640

Salad dressing, ranch dressing, reduced fat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code
					Measure 1	Measure 2
						Measure 3
<b>Proximates:</b>						
Water.....g	62.50	0.507	3	A	1	
Energy.....kcal	219		0	NC	4	
Energy.....kj	916		0	NC	4	
Protein.....g	1.03	0.880	3	A	1	
Total lipid (fat).....g	17.30	2.099	3	A	1	
Ash.....g	2.97	0.069	3	A	1	
Carbohydrate, by difference.....g	16.20		0	NC	4	
Fiber, total dietary.....g	0.9		2	A	1	
Sugars, total.....g	3.28	0.323	3	A	1	
Sucrose.....g	1.30	0.625	3	A	1	
Glucose (dextrose).....g	0.69	0.052	3	A	1	
Fructose.....g	0.57	0.033	3	A	1	
Lactose.....g	0.72	0.382	3	A	1	
Maltose.....g	0.00	0.000	3	A	1	
Galactose.....g	0.00	0.000	3	A	1	
Starch.....g	6.13	0.018	3	A	1	
<b>Minerals:</b>						
Calcium, Ca.....mg	125	78.092	3	A	1	
Iron, Fe.....mg	0.87	0.050	3	A	1	
Magnesium, Mg.....mg	6	1.234	3	A	1	
Phosphorus, P.....mg	193	38.412	3	A	1	
Potassium, K.....mg	132	6.766	3	A	1	
Sodium, Na.....mg	932	5.897	3	A	1	
Zinc, Zn.....mg	0.62	0.041	3	A	1	
Copper, Cu.....mg	0.162	0.011	3	A	1	
Manganese, Mn.....mg	0.053	0.006	3	A	1	
Selenium, Se.....mcg	2.9		0	FLA	4	
<b>Vitamins:</b>						
Vitamin C, total ascorbic acid.....mg	0.7		2	A	1	
Thiamin.....mg	0.022	0.012	3	A	1	
Riboflavin.....mg	0.027	0.013	3	A	1	
Niacin.....mg	0.007		1	A	1	
Pantothenic acid.....mg	0.861	0.033	3	A	1	
Vitamin B-6.....mg	0.029	0.008	3	A	1	
Folate, total.....mcg	4	0.718	3	A	1	
Folic acid.....mcg	0		0	Z	7	
Folate, food.....mcg	4	0.718	3	A	1	
Folate, DFE.....mcg_DFE	4		0	NC	4	
Vitamin B-12.....mcg	0.00	0.000	3	A	1	
Vitamin A, IU.....IU	67		0	FLA	4	
Vitamin A, RAE.....mcg_RAE	18		0	FLA	4	
Retinol.....mcg	17		0	FLA	4	
Vitamin E (alpha-tocopherol).....mg	1.60		0	FLA	4	
Tocopherol, beta.....mg						
Tocopherol, gamma.....mg						
Tocopherol, delta.....mg						
Vitamin D.....IU	4.853		0	FLA	4	
Vitamin K (phylloquinone).....mcg	34.8		2	A	1	
<b>Lipids:</b>						
Fatty acids, total saturated.....g	1.328		0	NC	4	
4:0.....g	0.000	0.000	3	A	1	
6:0.....g	0.000	0.000	3	A	1	
8:0.....g	0.000	0.000	3	A	1	
10:0.....g	0.000	0.000	3	A	1	
12:0.....g	0.000	0.000	3	A	1	
13:0.....g						
14:0.....g	0.015	0.002	3	A	1	
15:0.....g						

NDB No. 04640

Salad dressing, ranch dressing, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.842	0.061	3	A	1				
17:0.....g	0.003	0.003	3	A	1				
18:0.....g	0.370	0.037	3	A	1				
20:0.....g	0.061	0.027	3	A	1				
22:0.....g	0.036	0.008	3	A	1				
24:0.....g	0.000	0.000	3	A	1				
Fatty acids, total monounsaturated.....g	5.422		0	NC	4				
14:1.....g	0.000	0.000	3	A	1				
15:1.....g									
16:1 undifferentiated.....g	0.022		0	A	1				
16:1 c.....g	0.022	0.010	3	A	1				
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	5.289		0	A	1				
18:1 c.....g	5.289	2.617	3	A	1				
18:1 t.....g	0.000	0.000	3	A	1				
20:1.....g	0.111	0.055	3	A	1				
22:1 undifferentiated.....g	0.000	0.000	3	A	1				
24:1 c.....g	0.000	0.000	3	A	1				
Fatty acids, total polyunsaturated.....g	4.334		0	NC	4				
18:2 undifferentiated.....g	3.676		0	AS	1				
18:2 n-6 c,c.....g	3.587	0.254	3	A	1				
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.089	0.030	3	A	1				
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.658		0	AS	1				
18:4.....g	0.000	0.000	3	A	1				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000	0.000	3	A	1				
20:5 n-3.....g	0.000	0.000	3	A	1				
22:5 n-3.....g	0.000	0.000	3	A	1				
22:6 n-3.....g	0.000	0.000	3	A	1				
Fatty acids, total trans.....g									
Cholesterol.....mg	21	7.740	3	A	1				
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.000		0	A	1				
Threonine.....g	0.317		0	A	1				
Isoleucine.....g	0.315		0	A	1				
Leucine.....g	0.557		0	A	1				
Lysine.....g	0.572		0	A	1				
Methionine.....g	0.257		0	A	1				
Cystine.....g	0.000		0	A	1				
Phenylalanine.....g	0.532		0	A	1				
Tyrosine.....g	0.296		0	A	1				
Valine.....g	0.273		0	A	1				
Arginine.....g	0.505		0	A	1				
Histidine.....g	0.276		0	A	1				
Alanine.....g	0.281		0	A	1				
Aspartic acid.....g	0.565		0	A	1				
Glutamic acid.....g	2.507		0	A	1				
Glycine.....g	0.184		0	A	1				
Proline.....g	0.496		0	A	1				
Serine.....g	0.348		0	A	1				
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4				
Caffeine.....mg	0		0	FLA	4				
Theobromine.....mg	0		0	FLA	4				

NDB No. 04640

Salad dressing, ranch dressing, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	4		0	FLA	4				
Carotene, alpha.....mcg	2		0	FLA	4				
Cryptoxanthin, beta.....mcg	2		0	FLA	4				
Lycopene.....mcg	0		0	FLA	4				
Lutein + zeaxanthin.....mcg	49		0	FLA	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

**Calories Factors: Protein** 4.36

**Fat** 8.84

**Carbohydrate** 3.8

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 04015**  
**Salad dressing, russian dressing**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	11.800		0		1		1.770	28.910	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100		0		1		0.015	0.245	
17:1.....g									
18:1 undifferentiated.....g	11.600		0		1		1.740	28.420	
20:1.....g	0.100		0		1		0.015	0.245	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	29.400		0		1		4.410	72.030	
18:2 undifferentiated.....g	25.900		0		1		3.885	63.455	
18:3 undifferentiated.....g	3.500		0		1		0.525	8.575	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	18		0		4		3	44	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.024		0		4		0.004	0.059	
Threonine.....g	0.087		0		4		0.013	0.213	
Isoleucine.....g	0.092		0		4		0.014	0.225	
Leucine.....g	0.136		0		4		0.020	0.333	
Lysine.....g	0.108		0		4		0.016	0.265	
Methionine.....g	0.041		0		4		0.006	0.100	
Cystine.....g	0.028		0		4		0.004	0.069	
Phenylalanine.....g	0.070		0		4		0.011	0.172	
Tyrosine.....g	0.070		0		4		0.011	0.172	
Valine.....g	0.098		0		4		0.015	0.240	
Arginine.....g	0.111		0		4		0.017	0.272	
Histidine.....g	0.038		0		4		0.006	0.093	
Alanine.....g	0.080		0		4		0.012	0.196	
Aspartic acid.....g	0.134		0		4		0.020	0.328	
Glutamic acid.....g	0.196		0		4		0.029	0.480	
Glycine.....g	0.048		0		4		0.007	0.118	
Proline.....g	0.067		0		4		0.010	0.164	
Serine.....g	0.133		0		4		0.020	0.326	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	181		0	FLA	4		27.153	443.495	
Carotene, alpha.....mcg	1		0	FLA	4		0.094	1.529	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	628		0	FLA	4		94.269	1539.720	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 15g: 1 tbsp

Measure 2 = 245g: 1 cup

**NDB No. 04015**  
**Salad dressing, russian dressing**

**Calories Factors:** **Protein** 3.4                      **Fat** 8.84                      **Carbohydrate** 3.8                      **Food Group:** 04 Fats and Oils  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 04022

Salad dressing, russian dressing, low calorie

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.900		0		1		0.144	2.340	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.900		0		1		0.144	2.340	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.300		0		1		0.368	5.980	
18:2 undifferentiated.....g	2.000		0		1		0.320	5.200	
18:3 undifferentiated.....g	0.300		0		1		0.048	0.780	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	6	0.324	3		1		1	16	
Phytosterols.....mg	10		0		4		2	26	
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.007		0		4		0.001	0.018	
Threonine.....g	0.027		0		4		0.004	0.070	
Isoleucine.....g	0.029		0		4		0.005	0.075	
Leucine.....g	0.043		0		4		0.007	0.112	
Lysine.....g	0.034		0		4		0.005	0.088	
Methionine.....g	0.013		0		4		0.002	0.034	
Cystine.....g	0.009		0		4		0.001	0.023	
Phenylalanine.....g	0.022		0		4		0.004	0.057	
Tyrosine.....g	0.022		0		4		0.004	0.057	
Valine.....g	0.030		0		4		0.005	0.078	
Arginine.....g	0.035		0		4		0.006	0.091	
Histidine.....g	0.012		0		4		0.002	0.031	
Alanine.....g	0.025		0		4		0.004	0.065	
Aspartic acid.....g	0.042		0		4		0.007	0.109	
Glutamic acid.....g	0.061		0		4		0.010	0.159	
Glycine.....g	0.015		0		4		0.002	0.039	
Proline.....g	0.021		0		4		0.003	0.055	
Serine.....g	0.041		0		4		0.007	0.107	
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	20		0	FLA	4		3.148	51.157	
Carotene, alpha.....mcg	1		0	FLA	4		0.100	1.623	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	628		0	FLA	4		100.553	1633.989	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 16g: 1 tablespoon

Measure 2 = 260g: 1 cup



**NDB No. 04022**  
**Salad dressing, russian dressing, low calorie**

**Calories Factors:** Protein 2.44                      Fat 8.84                      Carbohydrate 3.8

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 04016

Salad dressing, sesame seed dressing, regular

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	11.900		0		1		1.785	29.155	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	11.900	1.343	6		1		1.785	29.155	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	25.100		0		1		3.765	61.495	
18:2 undifferentiated.....g	23.200	2.518	6		1		3.480	56.840	
18:3 undifferentiated.....g	2.000	0.312	6		1		0.300	4.900	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0	0.000	6		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.047		0		4		0.007	0.115	
Threonine.....g	0.049		0		4		0.007	0.120	
Isoleucine.....g	0.047		0		4		0.007	0.115	
Leucine.....g	0.082		0		4		0.012	0.201	
Lysine.....g	0.142		0		4		0.021	0.348	
Methionine.....g	0.029		0		4		0.004	0.071	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.086		0		4		0.013	0.211	
Tyrosine.....g	0.102		0		4		0.015	0.250	
Valine.....g	0.068		0		4		0.010	0.167	
Arginine.....g	0.399		0		4		0.060	0.978	
Histidine.....g	0.031		0		4		0.005	0.076	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.461		0		4		0.069	1.129	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	21		0	BFZN	4		3.075	50.225	
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	2		0	BFZN	4		0.275	4.492	
Lycopene.....mcg	16		0	BFZN	4		2.400	39.200	
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 15g: 1 tablespoon

Measure 2 = 245g: 1 cup

NDB No. 04016  
Salad dressing, sesame seed dressing, regular

Calories Factors: Protein 4.03      Fat 8.84      Carbohydrate 3.8      Food Group: 04 Fats and Oils  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**NDB No. 43019**  
**Salad dressing, sweet and sour**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	95.70				1		239.25	15.31	
Energy.....kcal	15				1		38	2	
Energy.....kj	63				1		157	10	
Protein.....g	0.10				1		0.25	0.02	
Total lipid (fat).....g	0.00				7		0.00	0.00	
Ash.....g	0.50		0	O	4		1.25	0.08	
Carbohydrate, by difference.....g	3.70			NC	4		9.25	0.59	
Fiber, total dietary.....g	0.0			Z	7		0.0	0.0	
Sugars, total.....g	3.70		0	NR	4		9.25	0.59	
Sucrose.....g	0.05		0	FLA	4		0.12	0.01	
Glucose (dextrose).....g									
Fructose.....g									
Lactose.....g									
Maltose.....g									
Galactose.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	4				1		10	1	
Iron, Fe.....mg	0.04				1		0.10	0.01	
Magnesium, Mg.....mg	3				1		8	0	
Phosphorus, P.....mg	3				1		8	0	
Potassium, K.....mg	33				1		83	5	
Sodium, Na.....mg	208				1		520	33	
Zinc, Zn.....mg	0.02				1		0.05	0.00	
Copper, Cu.....mg	0.010				1		0.025	0.002	
Manganese, Mn.....mg	0.060		0	FLA	4		0.150	0.010	
Selenium, Se.....mcg	1.6		0	CAZN	4		4.0	0.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	8.1				1		20.3	1.3	
Thiamin.....mg	0.010				1		0.025	0.002	
Riboflavin.....mg	0.000				1		0.000	0.000	
Niacin.....mg	0.060				1		0.150	0.010	
Pantothenic acid.....mg	0.027		0	FLA	4		0.067	0.004	
Vitamin B-6.....mg	0.010				1		0.025	0.002	
Folate, total.....mcg	2		0	FLA	4		6	0	
Folic acid.....mcg	0		0	FLA	4		0	0	
Folate, food.....mcg	2		0	FLA	4		6	0	
Folate, DFE.....mcg_DFE	2		0	NC	4		6	0	
Vitamin B-12.....mcg	0.00				7		0.00	0.00	
Vitamin A, IU.....IU	0		0	Z	7		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol).....mg	2.56		0	FLA	4		6.41	0.41	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	39.6		0	FLA	4		99.1	6.3	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.000				7		0.000	0.000	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	
15:0.....g									

**NDB No. 43019**  
**Salad dressing, sweet and sour**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.000		0		4		0.000	0.000	
17:0.....g									
18:0.....g	0.000		0		4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000				7		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000				7		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 250g: 1 cup

Measure 2 = 16g: 1 tbsp

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 04 Fats and Oils**

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NDB No. 04635

Salad dressing, thousand island dressing, fat-free

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points			Code			
16:0.....g	0.129		1	A	1		0.021	0.330	
17:0.....g	0.002		1	A	1		0.000	0.005	
18:0.....g	0.052		1	A	1		0.008	0.133	
20:0.....g	0.006		1	A	1		0.001	0.015	
22:0.....g	0.004		1	A	1		0.001	0.010	
24:0.....g	0.002		1	A	1		0.000	0.005	
Fatty acids, total monounsaturated.....g	0.342		0	NC	4		0.055	0.876	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		1	A	1		0.001	0.018	
17:1.....g	0.009		1	A	1		0.001	0.023	
18:1 undifferentiated.....g	0.285		1	A	1		0.046	0.730	
20:1.....g	0.018		1	A	1		0.003	0.046	
22:1 undifferentiated.....g	0.023		1	A	1		0.004	0.059	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.630		0	NC	4		0.101	1.613	
18:2 undifferentiated.....g	0.538		1	A	1		0.086	1.377	
18:3 undifferentiated.....g	0.088		1	A	1		0.014	0.225	
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.004		1	A	1		0.001	0.010	
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	5		1	A	1		1	12	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0	0.000	3	A	1		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	13	6.557	3	A	1		2.080	33.280	
Lycopene.....mcg	1587	77.983	3	A	1		253.920	4062.720	
Lutein + zeaxanthin.....mcg	0		0	NR	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 16g: 1 tbsp

Measure 2 = 256g: 1 cup

**Calories Factors: Protein****Fat****Carbohydrate****Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





NDB No. 04023

Salad dressing, thousand island dressing, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	measures of food		
			Points				Measure 1	Measure 2	Measure 3
14:0.....g	0.000		2	A	1		0.000	0.000	
15:0.....g									
16:0.....g	0.524		2	A	1		0.079	1.283	
17:0.....g	0.000		1	A	1		0.000	0.000	
18:0.....g	0.223		2	A	1		0.033	0.545	
20:0.....g	0.000		2	A	1		0.000	0.000	
22:0.....g	0.000		2	A	1		0.000	0.000	
24:0.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	6.468		0	NC	4		0.970	15.845	
14:1.....g	0.000		2	A	1		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
17:1.....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated.....g	6.285		2	A	1		0.943	15.398	
20:1.....g	0.183		2	A	1		0.027	0.447	
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.692		0	NC	4		0.404	6.594	
18:2 undifferentiated.....g	1.955		2	A	1		0.293	4.789	
18:3 undifferentiated.....g	0.737		2	A	1		0.111	1.806	
18:4.....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:5 n-3.....g	0.000		2	A	1		0.000	0.000	
22:5 n-3.....g	0.000		2	A	1		0.000	0.000	
22:6 n-3.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	1		1	A	1		0	3	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0	A	1		0.000	0.000	
Threonine.....g	0.000		0	A	1		0.000	0.000	
Isoleucine.....g	0.000		0	A	1		0.000	0.000	
Leucine.....g	0.000		0	A	1		0.000	0.000	
Lysine.....g	0.000		0	A	1		0.000	0.000	
Methionine.....g	0.000		0	A	1		0.000	0.000	
Cystine.....g	0.000		0	A	1		0.000	0.000	
Phenylalanine.....g	0.000		0	A	1		0.000	0.000	
Tyrosine.....g	0.000		0	A	1		0.000	0.000	
Valine.....g	0.000		0	A	1		0.000	0.000	
Arginine.....g	0.000		0	A	1		0.000	0.000	
Histidine.....g	0.000		0	A	1		0.000	0.000	
Alanine.....g	0.000		0	A	1		0.000	0.000	
Aspartic acid.....g	0.000		0	A	1		0.000	0.000	
Glutamic acid.....g	0.142		0	A	1		0.021	0.349	
Glycine.....g	0.000		0	A	1		0.000	0.000	
Proline.....g	0.000		0	A	1		0.000	0.000	
Serine.....g	0.000		0	A	1		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	154		2	A	1		23.025	376.075	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	65		2	A	1		9.750	159.250	
Lycopene.....mcg	3097		2	A	1		464.475	7586.425	
Lutein + zeaxanthin.....mcg	100		0	NR	4		14.925	243.775	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 04023

Salad dressing, thousand island dressing, reduced fat

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 15g: 1 tablespoon

Measure 2 = 245g: 1 cup

**Calories Factors:** Protein 3.9

Fat 8.84

Carbohydrate 3.8

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Salad dressing, thousand island, commercial, regular**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	46.51	1.369	6	A	1		116.28	7.44	
Energy.....kcal	370		0	NC	4		925	59	
Energy.....kj	1548		0	NC	4		3870	248	
Protein (N x 6.25).....g	1.09	0.023	6	A	1		2.73	0.17	
Total lipid (fat).....g	35.06	0.791	6	A	1		87.66	5.61	
Ash.....g	2.69	0.044	6	A	1		6.73	0.43	
Carbohydrate, by difference.....g	14.64		0	NC	4		36.60	2.34	
Fiber, total dietary.....g	0.8		2	A	1		1.9	0.1	
Sugars, total.....g	15.18		2	A	1		37.94	2.43	
Sucrose.....g	6.40		2	A	1		15.99	1.02	
Glucose (dextrose).....g	4.78		2	A	1		11.96	0.77	
Fructose.....g	4.00		2	A	1		9.99	0.64	
Lactose.....g	0.00		2	A	1		0.00	0.00	
Maltose.....g	0.00		2	A	1		0.00	0.00	
Galactose.....g	0.00		2	A	1		0.00	0.00	
Starch.....g	0.00		2	A	1		0.00	0.00	
<b>Minerals:</b>									
Calcium, Ca.....mg	17	0.692	6	A	1		43	3	
Iron, Fe.....mg	1.18	0.089	6	A	1		2.96	0.19	
Magnesium, Mg.....mg	8	0.217	6	A	1		19	1	
Phosphorus, P.....mg	27	0.735	6	A	1		68	4	
Potassium, K.....mg	107	2.622	6	A	1		268	17	
Sodium, Na.....mg	863	21.246	6	A	1		2158	138	
Zinc, Zn.....mg	0.26	0.017	6	A	1		0.65	0.04	
Copper, Cu.....mg	0.000	0.000	6	A	1		0.000	0.000	
Manganese, Mn.....mg	0.040	0.025	6	A	1		0.100	0.006	
Selenium, Se.....mcg	1.5		2	A	1		3.8	0.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		2	A	1		0.0	0.0	
Thiamin.....mg	1.445	1.213	3	A	1		3.613	0.231	
Riboflavin.....mg	0.058	0.002	3	A	1		0.144	0.009	
Niacin.....mg	0.418	0.015	3	A	1		1.044	0.067	
Pantothenic acid.....mg	0.000		2	A	1		0.000	0.000	
Vitamin B-6.....mg	0.000		2	A	1		0.000	0.000	
Folate, total.....mcg	0		2	A	1		0	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	0		2	A	1		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12.....mcg	0.00		2	A	1		0.00	0.00	
Vitamin A, IU.....IU	211		0	NC	4		527	34	
Vitamin A, RAE.....mcg_RAE	14		0	NC	4		35	2	
Retinol.....mcg	4		0	FLA	4		11	1	
Vitamin E (alpha-tocopherol).....mg	4.00		0		4		10.00	0.64	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	69.1		1	A	1		172.7</		

NDB No. 04017

Salad dressing, thousand island, commercial, regular

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2
16:0.....g	3.516	0.087	4	A	1		8.789	0.562
17:0.....g	0.000	0.000	4	A	1		0.000	0.000
18:0.....g	1.341	0.029	4	A	1		3.351	0.214
20:0.....g	0.122	0.004	4	A	1		0.304	0.019
22:0.....g	0.114	0.002	4	A	1		0.285	0.018
24:0.....g	0.000	0.000	4	A	1		0.000	0.000
Fatty acids, total monounsaturated.....g	7.881		0	NC	4		19.703	1.261
14:1.....g	0.000	0.000	4	A	1		0.000	0.000
15:1.....g								
16:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000
17:1.....g	0.000	0.000	4	A	1		0.000	0.000
18:1 undifferentiated.....g	7.727	0.344	4	A	1		19.318	1.236
20:1.....g	0.154	0.004	4	A	1		0.385	0.025
22:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	18.220		0	NC	4		45.549	2.915
18:2 undifferentiated.....g	15.869	0.348	4	A	1		39.672	2.539
18:3 undifferentiated.....g	2.351	0.063	4	A	1		5.877	0.376
18:4.....g	0.000	0.000	4	A	1		0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000
20:5 n-3.....g	0.000	0.000	4	A	1		0.000	0.000
22:5 n-3.....g	0.000	0.000	4	A	1		0.000	0.000
22:6 n-3.....g	0.000	0.000	4	A	1		0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	26		2	A	1		65	4
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.000		0	A	1		0.000	0.000
Threonine.....g	0.000		0	A	1		0.000	0.000
Isoleucine.....g	0.000		0	A	1		0.000	0.000
Leucine.....g	0.000		0	A	1		0.000	0.000
Lysine.....g	0.000		0	A	1		0.000	0.000
Methionine.....g	0.000		0	A	1		0.000	0.000
Cystine.....g	0.000		0	A	1		0.000	0.000
Phenylalanine.....g	0.000		0	A	1		0.000	0.000
Tyrosine.....g	0.000		0	A	1		0.000	0.000
Valine.....g	0.000		0	A	1		0.000	0.000
Arginine.....g	0.000		0	A	1		0.000	0.000
Histidine.....g	0.000		0	A	1		0.000	0.000
Alanine.....g	0.000		0	A	1		0.000	0.000
Aspartic acid.....g	0.110		0	A	1		0.275	0.018
Glutamic acid.....g	0.250		0	A	1		0.626	0.040
Glycine.....g	0.000		0	A	1		0.000	0.000
Proline.....g	0.000		0	A	1		0.000	0.000
Serine.....g	0.000		0	A	1		0.000	0.000
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0
Theobromine.....mg	0		0	FLA	4		0	0
<b>Carotenoids:</b>								
Carotene, beta.....mcg	92	6.726	6	A	1		229.167	14.667
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000
Cryptoxanthin, beta.....mcg	52	3.276	6	A	1		130.000	8.320
Lycopene.....mcg	2597	163.390	6	A	1		6491.250	415.440
Lutein + zeaxanthin.....mcg	29		0	FLA	4		71.990	4.607

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**NDB No. 04017**

**Salad dressing, thousand island, commercial, regular**

**Common Measures:**

Measure 1 = 250g: 1 cup

Measure 2 = 16g: 1 tbsp

**Calories Factors: Protein 4.03**

**Fat 8.84**

**Carbohydrate 3.8**

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 04030

Sandwich spread, with chopped pickle, regular, unspecified oils

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	40.80	1.148	6		1		6.12	99.96	
Energy.....kcal	389		0	NC	4		58	953	
Energy.....kj	1628		0		4		244	3988	
Protein (N x 6.25).....g	0.90	0.106	7		1		0.14	2.21	
Total lipid (fat).....g	34.00	1.570	7		1		5.10	83.30	
Ash.....g	2.00	0.140	7		1		0.30	4.90	
Carbohydrate, by difference.....g	22.40		0	NC	4		3.36	54.88	
Fiber, total dietary.....g	0.4		0		4		0.1	1.0	
Sugars, total.....g	15.18		0	BFZN	4		2.28	37.18	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	14		0		4		2	34	
Iron, Fe.....mg	0.20		0		4		0.03	0.49	
Magnesium, Mg.....mg	2		0		4		0	5	
Phosphorus, P.....mg	26		0		4		4	64	
Potassium, K.....mg	35		0		4		5	86	
Sodium, Na.....mg	1000		0		4		150	2450	
Zinc, Zn.....mg	0.81		0		4		0.12	1.98	
Copper, Cu.....mg	0.010		0		4		0.002	0.025	
Manganese, Mn.....mg									
Selenium, Se.....mcg	1.6		0	CAZN	4		0.2	3.9	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.010		0		4		0.002	0.025	
Riboflavin.....mg	0.020		0		4		0.003	0.049	
Niacin.....mg	0.010		0		4		0.002	0.025	
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	
Vitamin B-6.....mg	0.020		0		4		0.003	0.049	
Folate, total.....mcg	6		0		4		1	15	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	6		0		4		1	15	
Folate, DFE.....mcg_DFE	6		0	NC	4		1	15	
Vitamin B-12.....mcg	0.21		0		4		0.03	0.51	
Vitamin A, IU.....IU	223		0	NC	4		33	547	
Vitamin A, RAE.....mcg_RAE	22		0	NC	4		3	54	
Retinol.....mcg	13		0	NC	4		2	32	
Vitamin E (alpha-tocopherol).....mg	4.00		0		4		0.60	9.80	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	24.7		0	BFZN	4		3.7	60.6	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.100		0		1		0.765	12.495	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	3.900	0.202	8		1		0.585	9.555	
17:0.....g									
18:0.....g	1.200	0.080	8		1		0.180	2.940	
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 04030

Sandwich spread, with chopped pickle, regular, unspecified oils

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	7.400		0		1		1.110	18.130	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	7.400	0.364	8		1		1.110	18.130	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	20.000		0		1		3.000	49.000	
18:2 undifferentiated.....g	18.100	0.848	8		1		2.715	44.345	
18:3 undifferentiated.....g	1.900	0.188	8		1		0.285	4.655	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	76	5.857	7		1		11	186	
Phytosterols.....mg	75		0		4		11	184	
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.013		0		4		0.002	0.032	
Threonine.....g	0.049		0		4		0.007	0.120	
Isoleucine.....g	0.052		0		4		0.008	0.127	
Leucine.....g	0.077		0		4		0.012	0.189	
Lysine.....g	0.061		0		4		0.009	0.149	
Methionine.....g	0.023		0		4		0.003	0.056	
Cystine.....g	0.016		0		4		0.002	0.039	
Phenylalanine.....g	0.039		0		4		0.006	0.096	
Tyrosine.....g	0.039		0		4		0.006	0.096	
Valine.....g	0.055		0		4		0.008	0.135	
Arginine.....g	0.062		0		4		0.009	0.152	
Histidine.....g	0.022		0		4		0.003	0.054	
Alanine.....g	0.045		0		4		0.007	0.110	
Aspartic acid.....g	0.075		0		4		0.011	0.184	
Glutamic acid.....g	0.110		0		4		0.017	0.270	
Glycine.....g	0.027		0		4		0.004	0.066	
Proline.....g	0.037		0		4		0.006	0.091	
Serine.....g	0.075		0		4		0.011	0.184	
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	94		0	BFZN	4		14.067	229.769	
Carotene, alpha.....mcg	1		0	BFZN	4		0.185	3.028	
Cryptoxanthin, beta.....mcg	27		0	BFZN	4		4.038	65.959	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	87		0	BFZN	4		12.989	212.159	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

#### Common Measures:

Measure 1 = 15g: 1 tablespoon

Measure 2 = 245g: 1 cup



NDB No. 04030  
Sandwich spread, with chopped pickle, regular, unspecified oils

Calories Factors: Protein 3.92                      Fat 8.84                      Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

### Shortening bread, soybean (hydrogenated) and cottonseed

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	0.00		0		1		0.00	0.00	
Energy.....kcal	884		0	NC	4		113	1812	
Energy.....kj	3699		0		4		473	7582	
Protein (N x 0).....g	0.00		0		1		0.00	0.00	
Total lipid (fat).....g	100.00		0		1		12.80	205.00	
Ash.....g	0.00		0		1		0.00	0.00	
Carbohydrate, by difference.....g	0.00		0		1		0.00	0.00	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	0		0		4		0	0	
Iron, Fe.....mg	0.00		0		4		0.00	0.00	
Magnesium, Mg.....mg	0		0		4		0	0	
Phosphorus, P.....mg	0		0		4		0	0	
Potassium, K.....mg	0		0		4		0	0	
Sodium, Na.....mg	0		0		4		0	0	
Zinc, Zn.....mg	0.00		0		4		0.00	0.00	
Copper, Cu.....mg	0.000		0	BFZN	4		0.000	0.000	
Manganese, Mn.....mg	0.000		0	BFZN	4		0.000	0.000	
Selenium, Se.....mcg	0.0		0	Z	7		0.0	0.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.000		0		4		0.000	0.000	
Riboflavin.....mg	0.000		0		4		0.000	0.000	
Niacin.....mg	0.000		0		4		0.000	0.000	
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	
Folate, total.....mcg	0		0		4		0	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	0		0		4		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12.....mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU.....IU	0		0		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	8.00		0		4		1.02	16.40	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	22.000		0		1		2.816	45.100	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	
1									

**NDB No. 04546**  
**Shortening bread, soybean (hydrogenated) and cottonseed**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	33.000		0		1		4.224	67.650	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	33.000	3.373	7		1		4.224	67.650	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	40.600		0		1		5.197	83.230	
18:2 undifferentiated.....g	36.700	2.189	7		1		4.698	75.235	
18:3 undifferentiated.....g	4.000	0.641	7		1		0.512	8.200	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	200		0		4		26	410	
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 12.8g: 1 tablespoon

Measure 2 = 205g: 1 cup

**Calories Factors: Protein**

**Fat 8.84**

**Carbohydrate**

**Food Group: 04 Fats and Oils**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 04548

## Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	54.200		0		1		6.938	111.110	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	54.200	1.609	3		1		6.938	111.110	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	14.100		0		1		1.805	28.905	
18:2 undifferentiated.....g	13.100	1.124	3		1		1.677	26.855	
18:3 undifferentiated.....g	1.100		1		1		0.141	2.255	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	200		0		4		26	410	
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

**NDB No. 04548**  
**Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)**

<b>Calories Factors:</b>	<b>Protein</b>	<b>Fat</b> 8.82	<b>Carbohydrate</b>	<b>Food Group:</b> 04 Fats and Oils
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 04551

Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.200		0		1		0.282	4.510	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	2.200	0.316	3		1		0.282	4.510	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.000		0		1		0.128	2.050	
18:2 undifferentiated.....g	1.000		1		1		0.128	2.050	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	86		0		4		11	176	
<b>Amino Acids:</b>									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup



**NDB No. 04551**  
**Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)**

<b>Calories Factors:</b>	<b>Protein</b>	<b>Fat 8.84</b>	<b>Carbohydrate</b>	<b>Food Group:</b> 04 Fats and Oils
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 04550

Shortening frying (heavy duty), beef tallow and cottonseed

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
Fatty acids, total monounsaturated.....g	38.500		0		1		4.928	78.925	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	4.300		1		1		0.550	8.815	
17:1.....g									
18:1 undifferentiated.....g	34.200		1		1		4.378	70.110	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	8.800		0		1		1.126	18.040	
18:2 undifferentiated.....g	8.300		1		1		1.062	17.015	
18:3 undifferentiated.....g	0.500		1		1		0.064	1.025	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	100		0		4		13	205	
Phytosterols.....mg	32		0		4		4	66	
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

#### Common Measures:

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

Calories Factors: Protein

Fat 9.02

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 04556**  
**Shortening frying (heavy duty), palm (hydrogenated)**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	40.600		0		1		5.197	83.230	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	40.600	1.714	4		1		5.197	83.230	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.500		0		1		0.960	15.375	
18:2 undifferentiated.....g	7.500	2.186	4		1		0.960	15.375	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	49		0		4		6	100	
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

**Calories Factors: Protein**

**Fat 8.84**

**Carbohydrate**

**Food Group: 04 Fats and Oils**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Shortening frying (heavy duty), soybean (hydrogenated), linoleic (30%) stabilizers with silicon**

[illegible]

NDB No. 04552

Shortening frying (heavy duty), soybean (hydrogenated), linoleic (30%) stabilizers with silicon

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	43.700		0		1		5.594	89.585	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	43.700	0.519	8		1		5.594	89.585	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	33.500		0		1		4.288	68.675	
18:2 undifferentiated.....g	31.100	0.453	8		1		3.981	63.755	
18:3 undifferentiated.....g	2.400	0.213	8		1		0.307	4.920	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	132		0		4		17	271	
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

**NDB No. 04552**  
**Shortening frying (heavy duty), soybean (hydrogenated), linoleic (30%) stabilizers with silicon**

<b>Calories Factors:</b>	<b>Protein</b>	<b>Fat</b> 8.84	<b>Carbohydrate</b>	<b>Food Group:</b> 04 Fats and Oils
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)**

[illegible]

NDB No. 04560

Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	73.700		0		1		9.434	151.085	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	73.700		1		1		9.434	151.085	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.400		0		1		0.051	0.820	
18:2 undifferentiated.....g	0.300		1		1		0.038	0.615	
18:3 undifferentiated.....g	0.100		1		1		0.013	0.205	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	181		0		4		23	371	
<b>Amino Acids:</b>									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

**NDB No. 04560**  
**Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)**

<b>Calories Factors:</b>	<b>Protein</b>	<b>Fat 8.84</b>	<b>Carbohydrate</b>	<b>Food Group:</b> 04 Fats and Oils
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 04547

Shortening frying (regular), soybean (hydrogenated) and cottonseed (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	58.200		0		1		7.450	119.310	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	58.200	1.657	7		1		7.450	119.310	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	22.000		0		1		2.816	45.100	
18:2 undifferentiated.....g	21.200	1.898	7		1		2.714	43.460	
18:3 undifferentiated.....g	0.800	0.230	5		1		0.102	1.640	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	200		0		4		26	410	
<b>Amino Acids:</b>									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 12.8g: 1 tablespoon

Measure 2 = 205g: 1 cup

**NDB No. 04547**  
**Shortening frying (regular), soybean (hydrogenated) and cottonseed (hydrogenated)**

<b>Calories Factors:</b>	<b>Protein</b>	<b>Fat</b> 8.84	<b>Carbohydrate</b>	<b>Food Group:</b> 04 Fats and Oils
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 04559

## Shortening household soybean (hydrogenated) and palm

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
Fatty acids, total monounsaturated.....g	42.510		0		1		5.441	87.146	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100		2		1		0.013	0.205	
17:1.....g									
18:1 undifferentiated.....g	42.220		2		1		5.404	86.551	
20:1.....g	0.190		2		1		0.024	0.390	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	26.640		0		1		3.410	54.612	
18:2 undifferentiated.....g	25.160		2		1		3.220	51.578	
18:3 undifferentiated.....g	1.480		2		1		0.189	3.034	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	148		1		1		19	303	
<b>Amino Acids:</b>									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

**Calories Factors: Protein****Fat 8.84****Carbohydrate****Food Group: 04 Fats and Oils**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





NDB No. 04549

## Shortening industrial, lard and vegetable oil

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	40.700		0		1		5.210	83.435	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.400		2		1		0.179	2.870	
17:1.....g									
18:1 undifferentiated.....g	38.000	1.934	3		1		4.864	77.900	
20:1.....g	0.600		2		1		0.077	1.230	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	19.200		0		1		2.458	39.360	
18:2 undifferentiated.....g	18.100	0.683	3		1		2.317	37.105	
18:3 undifferentiated.....g	1.000		2		1		0.128	2.050	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	56		0		4		7	115	
Phytosterols.....mg	13		0		4		2	27	
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

**Calories Factors: Protein****Fat** 9.02**Carbohydrate****Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 04554

## Shortening industrial, soybean (hydrogenated) and cottonseed

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	58.000		0		1		7.424	118.900	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	58.000	1.046	22		1		7.424	118.900	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	12.000		0		1		1.536	24.600	
18:2 undifferentiated.....g	11.400	1.028	22		1		1.459	23.370	
18:3 undifferentiated.....g	0.600	0.171	10		1		0.077	1.230	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	200		0		4		26	410	
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

**NDB No. 04554**  
**Shortening industrial, soybean (hydrogenated) and cottonseed**

<b>Calories Factors:</b>	<b>Protein</b>	<b>Fat 8.84</b>	<b>Carbohydrate</b>	<b>Food Group:</b> 04 Fats and Oils
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)

### Shortening, confectionery, fractionated palm

[illegible]

NDB No. 04570

Shortening, confectionery, fractionated palm

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	29.600		0		1		4.026	64.528	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	29.300		1		1		3.985	63.874	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.500		0		1		0.068	1.090	
18:2 undifferentiated.....g	0.500		1		1		0.068	1.090	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	49		0		4		7	107	
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

**Calories Factors: Protein****Fat 8.62****Carbohydrate****Food Group: 04 Fats and Oils**

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**NDB No. 04615**  
**Shortening, household, composite**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	44.620			RA	4		5.711	91.471	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.170			RA	4		0.022	0.349	
17:1.....g									
18:1 undifferentiated.....g	44.280			RA	4		5.668	90.774	
20:1.....g	0.085			RA	4		0.011	0.174	
22:1 undifferentiated.....g	0.030			RA	4		0.004	0.062	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	30.875			RA	4		3.952	63.294	
18:2 undifferentiated.....g	28.450			RA	4		3.642	58.323	
18:3 undifferentiated.....g	2.385			RA	4		0.305	4.889	
18:4.....g	0.000			RA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000			RA	4		0.000	0.000	
20:5 n-3.....g	0.000			RA	4		0.000	0.000	
22:5 n-3.....g	0.000			RA	4		0.000	0.000	
22:6 n-3.....g	0.000			RA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0			Z	7		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0			Z	7		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

**Calories Factors: Protein**

**Fat 8.84**

**Carbohydrate**

**Food Group: 04 Fats and Oils**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 04544

## Shortening, household, lard and vegetable oil

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	44.400		0		1		5.683	91.020	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	3.100	0.226	14		1		0.397	6.355	
17:1.....g									
18:1 undifferentiated.....g	40.900	0.793	20		1		5.235	83.845	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	10.900		0		1		1.395	22.345	
18:2 undifferentiated.....g	9.700	0.476	20		1		1.242	19.885	
18:3 undifferentiated.....g	1.100	0.131	12		1		0.141	2.255	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	56		0		4		7	115	
Phytosterols.....mg	13		0		4		2	27	
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 12.8g: 1 tablespoon

Measure 2 = 205g: 1 cup

NDB No. 04544  
Shortening, household, lard and vegetable oil

Calories Factors:	Protein	Fat 9.02	Carbohydrate	Food Group: 04 Fats and Oils
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 04031

Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	44.500		0		1		91.225	5.696	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	44.500	1.002	19		1		91.225	5.696	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	26.100		0		1		53.505	3.341	
18:2 undifferentiated.....g	24.500	1.106	19		1		50.225	3.136	
18:3 undifferentiated.....g	1.600	0.189	17		1		3.280	0.205	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	200		0		4		410	26	
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

**NDB No. 04031**  
**Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)**

<b>Calories Factors:</b>	<b>Protein</b>	<b>Fat 8.84</b>	<b>Carbohydrate</b>	<b>Food Group:</b> 04 Fats and Oils
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Shortening, industrial, soy (partially hydrogenated ) and corn for frying**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Deriv Source Confidence			Measure 1	Measure 2	Measure 3
			Points	Code	Code			
<b>Proximates:</b>								
Water.....g	0.00		0	BFZN	4		0.00	0.00
Energy.....kcal	884		0	BFZN	4		113	1812
Energy.....kj	3699		0	BFZN	4		473	7582
Protein (N x 0).....g	0.00		0	BFZN	4		0.00	0.00
Total lipid (fat).....g	100.00		1	PAK	1		12.80	205.00
Ash.....g	0.00		0	BFZN	4		0.00	0.00
Carbohydrate, by difference.....g	0.00		0	BFZN	4		0.00	0.00
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0
Sugars, total.....g	0.00		0	BFZN	4		0.00	0.00
Starch.....g								
<b>Minerals:</b>								
Calcium, Ca.....mg	0		0	BFZN	4		0	0
Iron, Fe.....mg	0.00		0	BFZN	4		0.00	0.00
Magnesium, Mg.....mg	0		0	BFZN	4		0	0
Phosphorus, P.....mg	0		0	BFZN	4		0	0
Potassium, K.....mg	0		0	BFZN	4		0	0
Sodium, Na.....mg	0		0	BFZN	4		0	0
Zinc, Zn.....mg	0.00		0	BFZN	4		0.00	0.00
Copper, Cu.....mg	0.000		0	BFZN	4		0.000	0.000
Manganese, Mn.....mg								
Selenium, Se.....mcg	0.0		0	BFZN	4		0.0	0.0
<b>Vitamins:</b>								
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0	0.0
Thiamin.....mg	0.000		0	BFZN	4		0.000	0.000
Riboflavin.....mg	0.000		0	BFZN	4		0.000	0.000
Niacin.....mg	0.000		0	BFZN	4		0.000	0.000
Pantothenic acid.....mg	0.000		0	BFZN	4		0.000	0.000
Vitamin B-6.....mg	0.000		0	BFZN	4		0.000	0.000
Folate, total.....mcg	0		0	BFZN	4		0	0
Folic acid.....mcg	0		0	BFZN	4		0	0
Folate, food.....mcg	0		0	BFZN	4		0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0
Vitamin B-12.....mcg	0.00		0	BFZN	4		0.00	0.00
Vitamin A, IU.....IU	0		0	BFZN	4		0	0
Vitamin A, RAE.....mcg_RAE	0		0	BFZN	4		0	0
Retinol.....mcg	0		0	BFZN	4		0	0
Vitamin E (alpha-tocopherol).....mg	0.80		0	BFZN	4		0.10	1.65
Tocopherol, beta.....mg	0.00		0	BFZN	4		0.00	0.00
Tocopherol, gamma.....mg	29.44		0	BFZN	4		3.77	60.36
Tocopherol, delta.....mg	16.68		0	BFZN	4		2.14	34.20
Vitamin D.....IU								
Vitamin K (phylloquinone).....mcg	43.0		0	BFZN	4		5.5	88.2
<b>Lipids:</b>								
Fatty acids, total saturated.....g	17.416		0	NC	4		2.229	35.703
4:0.....g	0.000		1	A	1		0.000	0.000
6:0.....g	0.000		1	A	1		0.000	0.000
8:0.....g	0.000		1	A	1		0.000	0.000
10:0.....g	0.000		1	A	1		0.000	0.000
12:0.....g	0.000		1	A	1		0.000	0.000
13:0.....g								
14:0.....g	0.075		1	A	1		0.010	0.154
15:0.....g	0.037		1	A	1		0.005	0.0



NDB No. 04666

Shortening, industrial, soy (partially hydrogenated ) and corn for frying

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	40.824		0	NC	4		5.225	83.688	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.133		0	AS	1		0.017	0.272	
16:1 c.....g	0.133		1	A	1		0.017	0.272	
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	40.490		0	AS	1		5.183	83.004	
18:1 c.....g	30.744		1	A	1		3.935	63.024	
18:1 t.....g	9.746		1	A	1		1.248	19.980	
20:1.....g	0.201		1	A	1		0.026	0.413	
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	36.038		0	NC	4		4.613	73.877	
18:2 undifferentiated.....g	33.715		0	AS	1		4.316	69.116	
18:2 n-6 c,c.....g	30.372		1	A	1		3.888	62.263	
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	3.343		1	A	1		0.428	6.853	
18:2 t not further defined.....g									
18:3 undifferentiated.....g	1.628		0	AS	1		0.208	3.337	
18:4.....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans.....g	13.784		0	NC	4		1.764	28.257	
Fatty acids, total trans-monoenoic.....g	9.746		0	NC	4		1.248	19.980	
Fatty acids, total trans-polyenoic.....g	4.038		0	NC	4		0.517	8.277	
Cholesterol.....mg	0		0	BFZN	4		0	0	
Phytosterols.....mg	200		0	BFZN	4		26	410	
<b>Amino Acids:</b>									
Tryptophan.....g	0.000		0	BFZN	4		0.000	0.000	
Threonine.....g	0.000		0	BFZN	4		0.000	0.000	
Isoleucine.....g	0.000		0	BFZN	4		0.000	0.000	
Leucine.....g	0.000		0	BFZN	4		0.000	0.000	
Lysine.....g	0.000		0	BFZN	4		0.000	0.000	
Methionine.....g	0.000		0	BFZN	4		0.000	0.000	
Cystine.....g	0.000		0	BFZN	4		0.000	0.000	
Phenylalanine.....g	0.000		0	BFZN	4		0.000	0.000	
Tyrosine.....g	0.000		0	BFZN	4		0.000	0.000	
Valine.....g	0.000		0	BFZN	4		0.000	0.000	
Arginine.....g	0.000		0	BFZN	4		0.000	0.000	
Histidine.....g	0.000		0	BFZN	4		0.000	0.000	
Alanine.....g	0.000		0	BFZN	4		0.000	0.000	
Aspartic acid.....g	0.000		0	BFZN	4		0.000	0.000	
Glutamic acid.....g	0.000		0	BFZN	4		0.000	0.000	
Glycine.....g	0.000		0	BFZN	4		0.000	0.000	
Proline.....g	0.000		0	BFZN	4		0.000	0.000	
Serine.....g	0.000		0	BFZN	4		0.000	0.000	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	

NDB No. 04666

Shortening, industrial, soy (partially hydrogenated ) and corn for frying

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	<u>measures of food</u>		
							Measure 1	Measure 2	Measure 3
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

**Calories Factors: Protein**

**Fat 8.84**

**Carbohydrate**

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Shortening, industrial, soy (partially hydrogenated ) for baking and confections**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	0.00		0	BFZN	4		0.00	0.00	
Energy.....kcal	884		0	BFZN	4		113	1812	
Energy.....kj	3699		0	BFZN	4		473	7582	
Protein (N x 0).....g	0.00		0	BFZN	4		0.00	0.00	
Total lipid (fat).....g	100.00		1	PAK	1		12.80	205.00	
Ash.....g	0.00		0	BFZN	4		0.00	0.00	
Carbohydrate, by difference.....g	0.00		0	BFZN	4		0.00	0.00	
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0	
Sugars, total.....g	0.00		0	BFZN	4		0.00	0.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	0		0	BFZN	4		0	0	
Iron, Fe.....mg	0.00		0	BFZN	4		0.00	0.00	
Magnesium, Mg.....mg	0		0	BFZN	4		0	0	
Phosphorus, P.....mg	0		0	BFZN	4		0	0	
Potassium, K.....mg	0		0	BFZN	4		0	0	
Sodium, Na.....mg	0		0	BFZN	4		0	0	
Zinc, Zn.....mg	0.00		0	BFZN	4		0.00	0.00	
Copper, Cu.....mg	0.000		0	BFZN	4		0.000	0.000	
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.0		0	BFZN	4		0.0	0.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0	0.0	
Thiamin.....mg	0.000		0	BFZN	4		0.000	0.000	
Riboflavin.....mg	0.000		0	BFZN	4		0.000	0.000	
Niacin.....mg	0.000		0	BFZN	4		0.000	0.000	
Pantothenic acid.....mg	0.000		0	BFZN	4		0.000	0.000	
Vitamin B-6.....mg	0.000		0	BFZN	4		0.000	0.000	
Folate, total.....mcg	0		0	BFZN	4		0	0	
Folic acid.....mcg	0		0	BFZN	4		0	0	
Folate, food.....mcg	0		0	BFZN	4		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12.....mcg	0.00		0	BFZN	4		0.00	0.00	
Vitamin A, IU.....IU	0		0	BFZN	4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	BFZN	4		0	0	
Retinol.....mcg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.80		0	BFZN	4		0.10	1.65	
Tocopherol, beta.....mg	0.00		0	BFZN	4		0.00	0.00	
Tocopherol, gamma.....mg	29.44		0	BFZN	4		3.77	60.36	
Tocopherol, delta.....mg	16.68		0	BFZN	4		2.14	34.20	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	43.0		0	BFZN	4		5.5	88.2	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	18.788		0	NC	4		2.405	38.516	
4:0.....g	0.000		1	A	1		0.000	0.000	
6:0.....g	0.000		1	A	1		0.000	0.000	
8:0.....g	0.000		1	A	1		0.000	0.000	
10:0.....g	0.000		1	A	1		0.000	0.000	
12:0.....g	0.000		1	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.094		1	A	1		0.012	0.193	
15:0.....g	0.000		1	A	1		0.000	0.000	
16:0.....g	10.638		1	A	1		1.362	21.807	
17:0.....g	0.114		1	A	1		0.015	0.234	
18:0.....g	7.281		1	A	1		0.932	14.926	
20:0.....g	0.316		1	A	1		0.040	0.647	
22:0.....g	0.346		1	A	1		0.044	0.709	
24:0.....g									

NDB No. 04667

Shortening, industrial, soy (partially hydrogenated ) for baking and confections

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	71.023		0	NC	4		9.091	145.598	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.057		0	AS	1		0.007	0.116	
16:1 c.....g	0.057		1	A	1		0.007	0.116	
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	70.967		0	AS	1		9.084	145.481	
18:1 c.....g	30.848		1	A	1		3.949	63.239	
18:1 t.....g	40.118		1	A	1		5.135	82.242	
20:1.....g	0.000		1	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.400		0	NC	4		0.691	11.070	
18:2 undifferentiated.....g	5.000		0	AS	1		0.640	10.250	
18:2 n-6 c,c.....g	2.667		1	A	1		0.341	5.467	
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	2.333		1	A	1		0.299	4.783	
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
18:4.....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans.....g	42.851		0	NC	4		5.485	87.845	
Fatty acids, total trans-monoenoic.....g	40.118		0	NC	4		5.135	82.242	
Fatty acids, total trans-polyenoic.....g	2.733		0	NC	4		0.350	5.603	
Cholesterol.....mg	0		0	BFZN	4		0	0	
Phytosterols.....mg	200		0	BFZN	4		26	410	
<b>Amino Acids:</b>									
Tryptophan.....g	0.000		0	BFZN	4		0.000	0.000	
Threonine.....g	0.000		0	BFZN	4		0.000	0.000	
Isoleucine.....g	0.000		0	BFZN	4		0.000	0.000	
Leucine.....g	0.000		0	BFZN	4		0.000	0.000	
Lysine.....g	0.000		0	BFZN	4		0.000	0.000	
Methionine.....g	0.000		0	BFZN	4		0.000	0.000	
Cystine.....g	0.000		0	BFZN	4		0.000	0.000	
Phenylalanine.....g	0.000		0	BFZN	4		0.000	0.000	
Tyrosine.....g	0.000		0	BFZN	4		0.000	0.000	
Valine.....g	0.000		0	BFZN	4		0.000	0.000	
Arginine.....g	0.000		0	BFZN	4		0.000	0.000	
Histidine.....g	0.000		0	BFZN	4		0.000	0.000	
Alanine.....g	0.000		0	BFZN	4		0.000	0.000	
Aspartic acid.....g	0.000		0	BFZN	4		0.000	0.000	
Glutamic acid.....g	0.000		0	BFZN	4		0.000	0.000	
Glycine.....g	0.000		0	BFZN	4		0.000	0.000	
Proline.....g	0.000		0	BFZN	4		0.000	0.000	
Serine.....g	0.000		0	BFZN	4		0.000	0.000	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	

NDB No. 04667

Shortening, industrial, soy (partially hydrogenated ) for baking and confections

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	<u>measures of food</u>		
							Measure 1	Measure 2	Measure 3
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

**Calories Factors: Protein**

**Fat 8.84**

**Carbohydrate**

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
<b>Proximates:</b>									
Water.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Energy.....kcal	884		0	NC	4		120	1927	40
Energy.....kj	3699		0	NC	4		503	8063	166
Protein.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Total lipid (fat).....g	100.00		1	PAK	1		13.60	218.00	4.50
Ash.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	0		0	BFZN	4		0	0	0
Iron, Fe.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Magnesium, Mg.....mg	0		0	BFZN	4		0	0	0
Phosphorus, P.....mg	0		0	BFZN	4		0	0	0
Potassium, K.....mg	0		0	BFZN	4		0	0	0
Sodium, Na.....mg	0		0	BFZN	4		0	0	0
Zinc, Zn.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Copper, Cu.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total.....mcg	0		0	BFZN	4		0	0	0
Folic acid.....mcg	0		0	BFZN	4		0	0	0
Folate, food.....mcg	0		0	BFZN	4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0	BFZN	4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	BFZN	4		0	0	0
Retinol.....mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	8.10		0	BFZN	4		1.10	17.66	0.36
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	24.7		0	BFZN	4		3.4	53.9	1.1
<b>Lipids:</b>									
Fatty acids, total saturated.....g	18.358		0	NC	4		2.497	40.021	0.826
4:0.....g	0.000		1	A	1		0.000	0.000	0.000
6:0.....g	0.000		1	A	1		0.000	0.000	0.000
8:0.....g	0.000		1	A	1		0.000	0.000	0.000
10:0.....g	0.000		1	A	1		0.000	0.000	0.000
12:0.....g	0.000		1	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.085		1	A	1		0.012	0.185	0.004
15:0.....g	0.037		1	A	1		0.005	0.081	0.002
16:0.....g	10.714		1	A	1		1.457	23.355	0.482
17:0.....g	0.105		1	A	1		0.014	0.228	0.005
18:0.....g	6.709		1	A	1		0.912	14.626	0.302
20:0.....g	0.354		1	A	1		0.048	0.772</	

NDB No. 04649

Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	38.870		0	NC	4		5.286	84.737	1.749
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.104		0	AS	1		0.014	0.227	0.005
16:1 c.....g	0.104		1	A	1		0.014	0.227	0.005
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	38.603		0	AS	1		5.250	84.155	1.737
18:1 c.....g	29.315		1	A	1		3.987	63.906	1.319
18:1 t.....g	9.289		1	A	1		1.263	20.250	0.418
20:1.....g	0.163		1	A	1		0.022	0.355	0.007
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	38.009		0	NC	4		5.169	82.859	1.710
18:2 undifferentiated.....g	34.829		0	AS	1		4.737	75.928	1.567
18:2 n-6 c,c.....g	32.239		1	A	1		4.384	70.280	1.451
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	2.591		1	A	1		0.352	5.647	0.117
18:2 t not further defined.....g									
18:3 undifferentiated.....g	2.485		0	AS	1		0.338	5.417	0.112
18:4.....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	12.574		0	NC	4		1.710	27.412	0.566
Fatty acids, total trans-monoenoic.....g	9.289		0	NC	4		1.263	20.250	0.418
Fatty acids, total trans-polyenoic.....g	3.285		0	NC	4		0.447	7.162	0.148
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg	132		0	BFZN	4		18	288	6
Amino Acids:									
Tryptophan.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Lysine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000

NDB No. 04649

Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	<u>measures of food</u>		
							Measure 1	Measure 2	Measure 3
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

**Calories Factors: Protein**

**Fat** 8.84

**Carbohydrate**

**Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	0.00				4		0.00	0.00	
Energy.....kcal	894			RA	4		114	1833	
Energy.....kj	3740				4		479	7668	
Protein.....g	0.00				4		0.00	0.00	
Total lipid (fat).....g	100.00			RA	4		12.80	205.00	
Ash.....g	0.00				4		0.00	0.00	
Carbohydrate, by difference.....g	0.00				4		0.00	0.00	
Fiber, total dietary.....g	0.0			Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	BFZN	4		0.00	0.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	0				4		0	0	
Iron, Fe.....mg	0.00				4		0.00	0.00	
Magnesium, Mg.....mg	0				4		0	0	
Phosphorus, P.....mg	0				4		0	0	
Potassium, K.....mg	0				4		0	0	
Sodium, Na.....mg	0				4		0	0	
Zinc, Zn.....mg	0.00				4		0.00	0.00	
Copper, Cu.....mg	0.000				4		0.000	0.000	
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.0		0	Z	7		0.0	0.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0				4		0.0	0.0	
Thiamin.....mg	0.000				4		0.000	0.000	
Riboflavin.....mg	0.000				4		0.000	0.000	
Niacin.....mg	0.000				4		0.000	0.000	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.000				4		0.000	0.000	
Folate, total.....mcg	0				4		0	0	
Folic acid.....mcg	0		0	BFZN	4		0	0	
Folate, food.....mcg	0		0	BFZN	4		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12.....mcg	0.00				4		0.00	0.00	
Vitamin A, IU.....IU	0				4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.80		0	BFZN	4		0.10	1.65	
Tocopherol, beta.....mg	0.00		0	BFZN	4		0.00	0.00	
Tocopherol, gamma.....mg	29.44		0	BFZN	4		3.77	60.36	
Tocopherol, delta.....mg	16.68		0	BFZN	4		2.14	34.20	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	43.0		0	BFZN	4		5.5	88.2	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	23.950			A	1		3.066	49.098	
4:0.....g	0.000			A	1		0.000	0.000	
6:0.....g	0.000			A	1		0.000	0.000	
8:0.....g	0.000			A	1		0.000	0.000	
10:0.....g	0.000			A	1		0.000	0.000	
12:0.....g	0.090			A	1		0.012	0.185	
13:0.....g									
14:0.....g	0.130			A	1		0.017	0.267	
15:0.....g									
16:0.....g	11.060			A	1		1.416	22.673	
17:0.....g									
18:0.....g	12.210			A	1		1.563	25.031	
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 04616**  
**Shortening, institutional, composite**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	59.560			A	1		7.624	122.098	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.050			A	1		0.006	0.103	
17:1.....g									
18:1 undifferentiated.....g	59.440			A	1		7.608	121.852	
20:1.....g	0.040			A	1		0.005	0.082	
22:1 undifferentiated.....g	0.000			A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	12.090			A	1		1.548	24.785	
18:2 undifferentiated.....g	11.950			A	1		1.530	24.498	
18:3 undifferentiated.....g	0.140			A	1		0.018	0.287	
18:4.....g	0.000			A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000			A	1		0.000	0.000	
20:5 n-3.....g	0.000			A	1		0.000	0.000	
22:5 n-3.....g	0.000			A	1		0.000	0.000	
22:6 n-3.....g	0.000			A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0			RA	4		0	0	
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0			Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 04 Fats and Oils**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 04595

Shortening, multipurpose, soybean (hydrogenated) and palm (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	50.973		0		1		6.525	104.495	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	50.973		1		1		6.525	104.495	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	14.204		0		1		1.818	29.118	
18:2 undifferentiated.....g	13.600		1		1		1.741	27.880	
18:3 undifferentiated.....g	0.604		1		1		0.077	1.238	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

#### Common Measures:

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 04587

Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	29.583		0		1		3.787	60.645	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.230		1		1		0.029	0.472	
17:1.....g									
18:1 undifferentiated.....g	29.353		1		1		3.757	60.174	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	37.174		0		1		4.758	76.207	
18:2 undifferentiated.....g	33.984		1		1		4.350	69.667	
18:3 undifferentiated.....g	3.190		1		1		0.408	6.540	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

#### Common Measures:

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 04586

Shortening, special purpose for cakes and frostings, soybean (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	36.555		0		1		4.679	74.938	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	36.555		1		1		4.679	74.938	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	37.991		0		1		4.863	77.882	
18:2 undifferentiated.....g	35.790		1		1		4.581	73.370	
18:3 undifferentiated.....g	2.201		1		1		0.282	4.512	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

#### Common Measures:

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)





**NDB No. 04581**  
**Vegetable oil, avocado**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						
Fatty acids, total monounsaturated.....g	70.554		0		1		9.878	153.808	3.175
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	2.665		2		1		0.373	5.810	0.120
17:1.....g									
18:1 undifferentiated.....g	67.889		2		1		9.504	147.998	3.055
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	13.486		0		1		1.888	29.399	0.607
18:2 undifferentiated.....g	12.530		2		1		1.754	27.315	0.564
18:3 undifferentiated.....g	0.957		2		1		0.134	2.086	0.043
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 14.0g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

**Calories Factors: Protein**

**Fat 8.84**

**Carbohydrate**

**Food Group: 04 Fats and Oils**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**NDB No. 04582**  
**Vegetable oil, canola**

low erucic acid rapeseed oil

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	0.00		1		1		0.00	0.00	0.00
Energy.....kcal	884		0	NC	4		124	1927	40
Energy.....kj	3699		0	NC	4		518	8063	166
Protein (N x 0).....g	0.00		1		1		0.00	0.00	0.00
Total lipid (fat).....g	100.00		1		1		14.00	218.00	4.50
Ash.....g	0.00		1		1		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	0		0		4		0	0	0
Iron, Fe.....mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg.....mg	0		0		4		0	0	0
Phosphorus, P.....mg	0		0		4		0	0	0
Potassium, K.....mg	0		0		4		0	0	0
Sodium, Na.....mg	0		0		4		0	0	0
Zinc, Zn.....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu.....mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn.....mg	0.000		0		4		0.000	0.000	0.000
Selenium, Se.....mcg	0.0		0	Z	7		0.0	0.0	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0		4		0.000	0.000	0.000
Niacin.....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	0.000
Folate, total.....mcg	0		0	Z	7		0	0	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	0		0	Z	7		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0	AS	1		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	17.10	1.506	7	A	1		2.39	37.28	0.77
Tocopherol, beta.....mg	0.02	0.016	7	A	1		0.00	0.03	0.00
Tocopherol, gamma.....mg	30.35	3.104	7	A	1		4.25	66.16	1.37
Tocopherol, delta.....mg	0.97	0.098	7	A	1		0.14	2.11	0.04
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	122.0	3.157	4	A	1		17.1	265.9	5.5
<b>Lipids:</b>									
Fatty acids, total saturated.....g	7.100		0		1		0.994	15.478	0.320
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	4.000		45		1		0.560	8.720	0.180
17:0.....g									
18:0.....g	1.800		45		1		0.252	3.924	0.081
20:0.....g	0.700		1		1		0.098	1.526	0.032
22:0.....g	0.400		1		1		0.056	0.872	0.018
24:0.....g	0.200		1		1		0.028	0.436	0.009

**NDB No. 04582**  
**Vegetable oil, canola**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	58.900		0		1		8.246	128.402	2.651
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.200		22		1		0.028	0.436	0.009
17:1.....g									
18:1 undifferentiated.....g	56.100		45		1		7.854	122.298	2.525
20:1.....g	1.700		22		1		0.238	3.706	0.077
22:1 undifferentiated.....g	0.600		45		1		0.084	1.308	0.027
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	29.600		0		1		4.144	64.528	1.332
18:2 undifferentiated.....g	20.300		45		1		2.842	44.254	0.914
18:3 undifferentiated.....g	9.300		45		1		1.302	20.274	0.419
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 14.0g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

**Calories Factors: Protein**

**Fat 8.84**

**Carbohydrate**

**Food Group: 04 Fats and Oils**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	0.00		1		1		0.00	0.00	0.00
Energy.....kcal	862		0	NC	4		117	1879	39
Energy.....kj	3607				4		490	7862	162
Protein (N x 0).....g	0.00		0		4		0.00	0.00	0.00
Total lipid (fat).....g	100.00		1		1		13.60	218.00	4.50
Ash.....g	0.00		1		1		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	0		1		1		0	0	0
Iron, Fe.....mg	0.04		1		1		0.01	0.09	0.00
Magnesium, Mg.....mg	0		1		1		0	0	0
Phosphorus, P.....mg	0		1		1		0	0	0
Potassium, K.....mg	0		1		1		0	0	0
Sodium, Na.....mg	0		1		1		0	0	0
Zinc, Zn.....mg	0.00		1		1		0.00	0.00	0.00
Copper, Cu.....mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn.....mg	0.000		0		4		0.000	0.000	0.000
Selenium, Se.....mcg	0.0		0	Z	7		0.0	0.0	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0	0.0	0.0
Thiamin.....mg	0.000		1		1		0.000	0.000	0.000
Riboflavin.....mg	0.000		1		1		0.000	0.000	0.000
Niacin.....mg	0.000		1		1		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		1		1		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		1		1		0.000	0.000	0.000
Folate, total.....mcg	0		1		1		0	0	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	0		1		1		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		1		1		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0	AS	1		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.09		1	A	1		0.01	0.20	0.00
Tocopherol, beta.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.20		1	A	1		0.03	0.44	0.01
Tocopherol, delta.....mg	0.00		1	A	1		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.5		1	A	1		0.1	1.1	0.0
<b>Lipids:</b>									
Fatty acids, total saturated.....g	86.500		0		1		11.764	188.570	3.893
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.600		19		1		0.082	1.308	0.027
8:0.....g	7.500		19		1		1.020	16.350	0.338
10:0.....g	6.000		19		1		0.816	13.080	0.270
12:0.....g	44.600		19		1		6.066	97.228	2.007
13:0.....g									
14:0.....g	16.800		19		1		2.285	36.624	0.756
15:0.....g									
16:0.....g	8.200		19		1		1.115	17.876	0.369
17:0.....g									
18:0.....g	2.800		19		1		0.381	6.104	0.126
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 04047**  
**Vegetable oil, coconut**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.800		0		1		0.789	12.644	0.261
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	5.800		19		1		0.789	12.644	0.261
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.800		0		1		0.245	3.924	0.081
18:2 undifferentiated.....g	1.800		19		1		0.245	3.924	0.081
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	0
Phytosterols.....mg	86	1.561	19		1		12	187	4
<b>Amino Acids:</b>									
Tryptophan.....g	0.000		0		1		0.000	0.000	0.000
Threonine.....g	0.000		0		1		0.000	0.000	0.000
Isoleucine.....g	0.000		0		1		0.000	0.000	0.000
Leucine.....g	0.000		0		1		0.000	0.000	0.000
Lysine.....g	0.000		0		1		0.000	0.000	0.000
Methionine.....g	0.000		0		1		0.000	0.000	0.000
Cystine.....g	0.000		0		1		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		1		0.000	0.000	0.000
Tyrosine.....g	0.000		0		1		0.000	0.000	0.000
Valine.....g	0.000		0		1		0.000	0.000	0.000
Arginine.....g	0.000		0		1		0.000	0.000	0.000
Histidine.....g	0.000		0		1		0.000	0.000	0.000
Alanine.....g	0.000		0		1		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		1		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		1		0.000	0.000	0.000
Glycine.....g	0.000		0		1		0.000	0.000	0.000
Proline.....g	0.000		0		1		0.000	0.000	0.000
Serine.....g	0.000		0		1		0.000	0.000	0.000
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		1	A	1		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

NDB No. 04047  
Vegetable oil, coconut

Calories Factors:	Protein	Fat 8.62	Carbohydrate	Food Group: 04 Fats and Oils
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
<b>Proximates:</b>									
Water.....g	0.00		1		1		0.00	0.00	0.00
Energy.....kcal	884		0	NC	4		124	1927	40
Energy.....kj	3699				4		518	8063	166
Protein (N x 0).....g	0.00		1		1		0.00	0.00	0.00
Total lipid (fat).....g	100.00		1		1		14.00	218.00	4.50
Ash.....g	0.00		1		1		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	0		0		4		0	0	0
Iron, Fe.....mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg.....mg	0		0		4		0	0	0
Phosphorus, P.....mg	0		0		4		0	0	0
Potassium, K.....mg	0		0		4		0	0	0
Sodium, Na.....mg	0		0		4		0	0	0
Zinc, Zn.....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu.....mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn.....mg	0.000		0		4		0.000	0.000	0.000
Selenium, Se.....mcg	0.0		0	Z	7		0.0	0.0	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0		4		0.000	0.000	0.000
Niacin.....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	0.000
Folate, total.....mcg	0		0		4		0	0	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	0		0		4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0		4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0		4		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	11.582		0		1		1.621	25.249	0.521
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	1.388		2		1		0.194	3.026	0.062
15:0.....g									
16:0.....g	3.750		2		1		0.525	8.175	0.169
17:0.....g									
18:0.....g	1.119		2		1		0.157	2.439	0.050
20:0.....g									
22:0.....g									
24:0.....g									



**NDB No. 04583**  
**Vegetable oil, mustard**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	59.187		0		1		8.286	129.028	2.663
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.216		2		1		0.030	0.471	0.010
17:1.....g									
18:1 undifferentiated.....g	11.607		2		1		1.625	25.303	0.522
20:1.....g	6.190		2		1		0.867	13.494	0.279
22:1 undifferentiated.....g	41.175		2		1		5.765	89.762	1.853
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	21.230		0		1		2.972	46.281	0.955
18:2 undifferentiated.....g	15.332		2		1		2.146	33.424	0.690
18:3 undifferentiated.....g	5.899		2		1		0.826	12.860	0.265
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 14.0g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

**Calories Factors: Protein**

**Fat 8.84**

**Carbohydrate**

**Food Group: 04 Fats and Oils**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 04588**  
**Vegetable oil, oat**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	35.110		0		1		4.775	76.540	1.580
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.200		238		1		0.027	0.436	0.009
17:1.....g									
18:1 undifferentiated.....g	34.900		238		1		4.746	76.082	1.571
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	40.870		0		1		5.558	89.097	1.839
18:2 undifferentiated.....g	39.080		238		1		5.315	85.194	1.759
18:3 undifferentiated.....g	1.790		238		1		0.243	3.902	0.081
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

**Calories Factors: Protein**

**Fat 8.84**

**Carbohydrate**

**Food Group: 04 Fats and Oils**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 04513**  
**Vegetable oil, palm kernel**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	11.400		0		1		1.550	24.852	3.078
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	11.400		14		1		1.550	24.852	3.078
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.600		0		1		0.218	3.488	0.432
18:2 undifferentiated.....g	1.600		14		1		0.218	3.488	0.432
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	0
Phytosterols.....mg	95	0.000	14		1		13	207	26
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.000		0		1		0.000	0.000	0.000
Threonine.....g	0.000		0		1		0.000	0.000	0.000
Isoleucine.....g	0.000		0		1		0.000	0.000	0.000
Leucine.....g	0.000		0		1		0.000	0.000	0.000
Lysine.....g	0.000		0		1		0.000	0.000	0.000
Methionine.....g	0.000		0		1		0.000	0.000	0.000
Cystine.....g	0.000		0		1		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		1		0.000	0.000	0.000
Tyrosine.....g	0.000		0		1		0.000	0.000	0.000
Valine.....g	0.000		0		1		0.000	0.000	0.000
Arginine.....g	0.000		0		1		0.000	0.000	0.000
Histidine.....g	0.000		0		1		0.000	0.000	0.000
Alanine.....g	0.000		0		1		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		1		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		1		0.000	0.000	0.000
Glycine.....g	0.000		0		1		0.000	0.000	0.000
Proline.....g	0.000		0		1		0.000	0.000	0.000
Serine.....g	0.000		0		1		0.000	0.000	0.000
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 27g: 2 tbs (1/8 cup)

NDB No. 04513  
Vegetable oil, palm kernel

Calories Factors:	Protein	Fat 8.62	Carbohydrate	Food Group: 04 Fats and Oils
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 04531**  
**Vegetable oil, soybean lecithin**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	
							Measure 1 Measure 2 Measure 3
Fatty acids, total monounsaturated.....g	10.977		0		1		1.493 23.930 0.494
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.403		4		1		0.055 0.879 0.018
17:1.....g							
18:1 undifferentiated.....g	10.574		4		1		1.438 23.051 0.476
20:1.....g	0.000		4		1		0.000 0.000 0.000
22:1 undifferentiated.....g	0.000		0		1		0.000 0.000 0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	45.318		0		1		6.163 98.793 2.039
18:2 undifferentiated.....g	40.182		4		1		5.465 87.597 1.808
18:3 undifferentiated.....g	5.136		4		1		0.698 11.196 0.231
18:4.....g	0.000		0		1		0.000 0.000 0.000
20:2 n-6 c.c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		1		0.000 0.000 0.000
20:5 n-3.....g	0.000		0		1		0.000 0.000 0.000
22:5 n-3.....g	0.000		0		1		0.000 0.000 0.000
22:6 n-3.....g	0.000		0		1		0.000 0.000 0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	0		1		1		0 0 0
Phytosterols.....mg							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0		7		0.0 0.0 0.0
Caffeine.....mg	0		0	Z	7		0 0 0
Theobromine.....mg	0		0	Z	7		0 0 0
<b>Carotenoids:</b>							
Carotene, beta.....mcg	0		0	BFZN	4		0.000 0.000 0.000
Carotene, alpha.....mcg	0		0	BFZN	4		0.000 0.000 0.000
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000 0.000 0.000
Lycopene.....mcg	0		0	BFZN	4		0.000 0.000 0.000
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000 0.000 0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

**Calories Factors: Protein**

**Fat 7.63**

**Carbohydrate**

**Food Group: 04 Fats and Oils**

USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**Vegetable oil-butter spread, reduced calorie**

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
<b>Proximates:</b>									
Water.....g	44.70				1		92.53	5.81	
Energy.....kcal	465				4		963	60	
Energy.....kj	1946				4		4027	253	
Protein.....g	0.00				8		0.00	0.00	
Total lipid (fat).....g	53.00				1		109.71	6.89	
Ash.....g	2.30		0	NC	4		4.76	0.30	
Carbohydrate, by difference.....g	0.00				1		0.00	0.00	
Fiber, total dietary.....g	0.0				7		0.0	0.0	
Sugars, total.....g	0.00		0	BFZN	4		0.00	0.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	6				4		12	1	
Iron, Fe.....mg	0.04				4		0.08	0.01	
Magnesium, Mg.....mg	0				4		0	0	
Phosphorus, P.....mg	10				4		21	1	
Potassium, K.....mg	6				4		12	1	
Sodium, Na.....mg	581				1		1203	76	
Zinc, Zn.....mg	0.01				1		0.02	0.00	
Copper, Cu.....mg	0.001				1		0.002	0.000	
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.5		0	RA	4		1.0	0.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0				7		0.0	0.0	
Thiamin.....mg	0.000				4		0.000	0.000	
Riboflavin.....mg	0.010				4		0.021	0.001	
Niacin.....mg	0.010				4		0.021	0.001	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.000				4		0.000	0.000	
Folate, total.....mcg	1				4		2	0	
Folic acid.....mcg	0		0	BFZN	4		0	0	
Folate, food.....mcg	1				4		2	0	
Folate, DFE.....mcg_DFE	1		0	NC	4		2	0	
Vitamin B-12.....mcg	0.00				4		0.00	0.00	
Vitamin A, IU.....IU	3577		0	NC	4		7404	465	
Vitamin A, RAE.....mcg_RAE	819		0	NC	4		1695	106	
Retinol.....mcg	768		0	BFZN	4		1590	100	
Vitamin E (alpha-tocopherol).....mg	9.20		0	NR	4		19.04	1.20	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	61.1		0	BFFN	4		126.4	7.9	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	17.880				4		37.012	2.324	
4:0.....g	0.710				4		1.470	0.092	
6:0.....g	0.460				4		0.952	0.060	
8:0.....g	0.300				4		0.621	0.039	
10:0.....g	0.660				4		1.366	0.086	
12:0.....g	0.760				4		1.573	0.099	
13:0.....g									
14:0.....g	2.130				4		4.409	0.277	
15:0.....g									
16:0.....g	9.020				4		18.671	1.173	
17:0.....g									
18:0.....g	4.000				4		8.280	0.520	
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 42151

Vegetable oil-butter spread, reduced calorie

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	20.770				4		42.994	2.700	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.410				4		0.849	0.053	
17:1.....g									
18:1 undifferentiated.....g	20.160				4		41.731	2.621	
20:1.....g	0.000				4		0.000	0.000	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	11.150				4		23.081	1.450	
18:2 undifferentiated.....g	10.690				4		22.128	1.390	
18:3 undifferentiated.....g	0.460				4		0.952	0.060	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.000				4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	54				1		112	7	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	610		0	BFZN	4		1262.700	79.300	
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:**

Measure 1 = 207g: 1 cup

Measure 2 = 13.0g: 1 tbsp

**Calories Factors: Protein****Fat****Carbohydrate****Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Vegetable oil-butter spread, reduced calorie, tub, salted**

**Refuse: 0%**

[illegible]

NDB No. 42309

Vegetable oil-butter spread, reduced calorie, tub, salted

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	19.722				4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.361				4				
17:1.....g									
18:1 undifferentiated.....g	19.128				4				
20:1.....g	0.000				7				
22:1 undifferentiated.....g	0.000				7				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	11.299				4				
18:2 undifferentiated.....g	10.601				4				
18:3 undifferentiated.....g	0.698				4				
18:4.....g	0.000				7				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				7				
20:5 n-3.....g	0.000				7				
22:5 n-3.....g	0.000				7				
22:6 n-3.....g	0.000				7				
Fatty acids, total trans.....g									
Cholesterol.....mg	71				4				
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0				7				
Caffeine.....mg	0		0	BFZN	4				
Theobromine.....mg	0		0	BFZN	4				
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	610		0	BFZN	4				
Carotene, alpha.....mcg	0		0	BFZN	4				
Cryptoxanthin, beta.....mcg	0		0	BFZN	4				
Lycopene.....mcg	0		0	BFZN	4				
Lutein + zeaxanthin.....mcg	0		0	BFZN	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:****Calories Factors: Protein****Fat****Carbohydrate****Food Group:** 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Vegetable oil-butter spread, tub, salted**

**Refuse: 0%**

[illegible]

NDB No. 04600

Vegetable oil-butter spread, tub, salted

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	18.438				4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.018				4				
17:1.....g									
18:1 undifferentiated.....g	18.408				4				
20:1.....g	0.000				7				
22:1 undifferentiated.....g	0.000				7				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	12.573				4				
18:2 undifferentiated.....g	12.025				4				
18:3 undifferentiated.....g	0.549				4				
18:4.....g	0.000				7				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				7				
20:5 n-3.....g	0.000				7				
22:5 n-3.....g	0.000				7				
22:6 n-3.....g	0.000				7				
Fatty acids, total trans.....g									
Cholesterol.....mg	0				4				
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0				7				
Caffeine.....mg	0		0	BFZN	4				
Theobromine.....mg	0		0	BFZN	4				
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	610		0	BFZN	4				
Carotene, alpha.....mcg	0		0	BFZN	4				
Cryptoxanthin, beta.....mcg	0		0	BFZN	4				
Lycopene.....mcg	0		0	BFZN	4				
Lutein + zeaxanthin.....mcg	0		0	BFZN	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

**Common Measures:****Calories Factors: Protein****Fat****Carbohydrate****Food Group:** 04 Fats and Oils

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