



**NDB No. 43212**  
**Bacon bits, meatless**

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	6.225				4		0.436		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4		0.000		
17:1.....g									
18:1 undifferentiated.....g	6.225				4		0.436		
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	13.548				4		0.948		
18:2 undifferentiated.....g	12.070				4		0.845		
18:3 undifferentiated.....g	1.479				4		0.104		
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	0				7		0		
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0				7		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		

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 = 7.0g: 1 tbsp

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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	48.98		2		1		70.53	7.84	2.45
Energy.....kcal	310		0	NC	4		446	50	15
Energy.....kj	1296		0	NC	4		1867	207	65
Protein (N x 5.71).....g	10.68		2		1		15.38	1.71	0.53
Total lipid (fat).....g	29.52		2		1		42.51	4.72	1.48
Ash.....g	4.50		2		1		6.48	0.72	0.23
Carbohydrate, by difference.....g	6.32		0	NC	4		9.10	1.01	0.32
Fiber, total dietary.....g	2.6		0		1		3.7	0.4	0.1
Sugars, total.....g	0.00		0	LC	8		0.00	0.00	0.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	23		2		1		33	4	1
Iron, Fe.....mg	2.41		2		1		3.47	0.39	0.12
Magnesium, Mg.....mg	19		2		1		27	3	1
Phosphorus, P.....mg	70		2		1		101	11	4
Potassium, K.....mg	170		2		1		245	27	9
Sodium, Na.....mg	1465		2		1		2110	234	73
Zinc, Zn.....mg	0.42		2		1		0.60	0.07	0.02
Copper, Cu.....mg	0.105		2		1		0.151	0.017	0.005
Manganese, Mn.....mg	0.205		2		1		0.295	0.033	0.010
Selenium, Se.....mcg	7.4		0	BFZN	4		10.7	1.2	0.4
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0
Thiamin.....mg	4.400		0		1		6.336	0.704	0.220
Riboflavin.....mg	0.481		2		1		0.693	0.077	0.024
Niacin.....mg	7.560		2		1		10.886	1.210	0.378
Pantothenic acid.....mg	0.113		2		1		0.163	0.018	0.006
Vitamin B-6.....mg	0.479		2		1		0.690	0.077	0.024
Folate, total.....mcg	42		2		1		60	7	2
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	42		2		1		60	7	2
Folate, DFE.....mcg_DFE	42		0	NC	4		60	7	2
Vitamin B-12.....mcg	0.00		0		1		0.00	0.00	0.00
Vitamin A, IU.....IU	88		0	NC	4		127	14	4
Vitamin A, RAE.....mcg_RAE	4		0	NC	4		6	1	0
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	6.90		0	O	4		9.94	1.10	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	0.0
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.622		0		1		6.656	0.740	0.231
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	0.245		0		1		0.353	0.039	0.012
13:0.....g									
14:0.....g	0.163		0		1		0.235	0.026	0.008
15:0.....g									
16:0.....g	3.045		0		1		4.385	0.487	0.152
17:0.....g									
18:0.....g	1.169		0		1		1.683	0.187	0.058
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 16104**  
**Bacon, meatless**

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	7.095		0		1		10.217	1.135	0.355
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	7.095		0		1		10.217	1.135	0.355
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	15.441		0		1		22.235	2.471	0.772
18:2 undifferentiated.....g	13.756		0		1		19.809	2.201	0.688
18:3 undifferentiated.....g	1.686		0		1		2.428	0.270	0.084
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		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.161		12		1		0.232	0.026	0.008
Threonine.....g	0.453		18		1		0.652	0.072	0.023
Isoleucine.....g	0.559		18		1		0.805	0.089	0.028
Leucine.....g	0.914		18		1		1.316	0.146	0.046
Lysine.....g	0.727		18		1		1.047	0.116	0.036
Methionine.....g	0.146		17		1		0.210	0.023	0.007
Cystine.....g	0.176		14		1		0.253	0.028	0.009
Phenylalanine.....g	0.611		17		1		0.880	0.098	0.031
Tyrosine.....g	0.400		17		1		0.576	0.064	0.020
Valine.....g	0.593		18		1		0.854	0.095	0.030
Arginine.....g	0.875		15		1		1.260	0.140	0.044
Histidine.....g	0.299		15		1		0.431	0.048	0.015
Alanine.....g	0.492		14		1		0.708	0.079	0.025
Aspartic acid.....g	1.330		13		1		1.915	0.213	0.067
Glutamic acid.....g	2.429		14		1		3.498	0.389	0.121
Glycine.....g	0.473		14		1		0.681	0.076	0.024
Proline.....g	0.643		14		1		0.926	0.103	0.032
Serine.....g	0.626		14		1		0.901	0.100	0.031
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	53		0	O	4		76.032	8.448	2.640
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 = 144g: 1 cup

Measure 2 = 16g: 1 oz cooked, yield

Measure 3 = 5.0g: 1 strip

**NDB No. 16104**  
**Bacon, meatless**

**Calories Factors:** **Protein** 3.47                      **Fat** 8.37                      **Carbohydrate** 4.07

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Baked beans, canned, no salt added**

**Refuse: 0%**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				
									Confidence
	Points	Code	Code	Code					
<b>Proximates:</b>									
Water.....g	72.60				1	183.68			
Energy.....kcal	105		0	NC	4	266			
Energy.....kj	440		0	NC	4	1114			
Protein.....g	4.80				1	12.14			
Total lipid (fat).....g	0.40				1	1.01			
Ash.....g	1.59		0	BFSN	4	4.03			
Carbohydrate, by difference.....g	20.61		0	NC	4	52.14			
Fiber, total dietary.....g	5.5				1	13.9			
Sugars, total.....g	7.32		0	BFSN	4	18.53			
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	50				1	127			
Iron, Fe.....mg	0.29				1	0.73			
Magnesium, Mg.....mg	32				1	81			
Phosphorus, P.....mg	104				1	263			
Potassium, K.....mg	296				1	749			
Sodium, Na.....mg	1				4	3			
Zinc, Zn.....mg	1.40				1	3.54			
Copper, Cu.....mg	0.206				1	0.521			
Manganese, Mn.....mg									
Selenium, Se.....mcg	4.5		0	BFSN	4	11.4			
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	3.1				1	7.8			
Thiamin.....mg	0.150				1	0.380			
Riboflavin.....mg	0.060				1	0.152			
Niacin.....mg	0.430				1	1.088			
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.130				1	0.329			
Folate, total.....mcg	24				1	61			
Folic acid.....mcg	0		0	Z	7	0			
Folate, food.....mcg	24				1	61			
Folate, DFE.....mcg_DFE	24		0	NC	4	61			
Vitamin B-12.....mcg	0.00				7	0.00			
Vitamin A, IU.....IU	108		0	NC	4	274			
Vitamin A, RAE.....mcg_RAE	5		0	NC	4	14			
Retinol.....mcg	0		0	Z	7	0			
Vitamin E (alpha-tocopherol).....mg	0.53		0	BFSN	4	1.34			
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.9		0	BFSN	4	2.2			
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.103				4	0.261			
4:0.....g	0.000				4	0.000			
6:0.....g	0.000				4	0.000			
8:0.....g	0.000				4	0.000			
10:0.....g	0.000				4	0.000			
12:0.....g	0.000				4	0.000			
13:0.....g									
14:0.....g	0.000				4	0.000			
15:0.....g									
16:0.....g	0.097				4	0.245			
17:0.....g									
18:0.....g	0.006				4	0.015			
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 43449

Baked beans, canned, no salt added

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	0.035				4		0.089		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.035				4		0.089		
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	0.172				4		0.435		
18:2 undifferentiated.....g	0.093				4		0.235		
18:3 undifferentiated.....g	0.078				4		0.197		
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	0				1		0		
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	65		0	BFSN	4		164.599		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	512		0	BFSN	4		1295.700		
Lutein + zeaxanthin.....mcg	20		0	BFSN	4		49.456		

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 = 253g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 16 Legumes and Legume Products

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





**NDB No. 42182**  
**Bean beverage**

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	0.000				4		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				4		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	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 230g: 1 cup

Measure 2 = 28.8g: 1 fl oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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

**Beans, adzuki, mature seed, cooked, boiled, 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 Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	66.29		2		1		152.47		
Energy.....kcal	128		0	NC	4		294		
Energy.....kj	536				4		1232		
Protein (N x 6.25).....g	7.52		1		1		17.30		
Total lipid (fat).....g	0.10		2		1		0.23		
Ash.....g	1.33		1		1		3.06		
Carbohydrate, by difference.....g	24.77		0	NC	4		56.97		
Fiber, total dietary.....g	7.3		0	BFSN	4		16.8		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	28		1		1		64		
Iron, Fe.....mg	2.00		1		1		4.60		
Magnesium, Mg.....mg	52		1		1		120		
Phosphorus, P.....mg	168		1		1		386		
Potassium, K.....mg	532		1		1		1224		
Sodium, Na.....mg	244		0		1		561		
Zinc, Zn.....mg	1.77		0		1		4.07		
Copper, Cu.....mg	0.298		0		1		0.685		
Manganese, Mn.....mg	0.573		0		1		1.318		
Selenium, Se.....mcg	1.2		0	BFSN	4		2.8		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0		
Thiamin.....mg	0.115		0		1		0.265		
Riboflavin.....mg	0.064		0		1		0.147		
Niacin.....mg	0.717		0		1		1.649		
Pantothenic acid.....mg	0.430		0		4		0.989		
Vitamin B-6.....mg	0.096		0		4		0.221		
Folate, total.....mcg	121		0		4		279		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	121		0		4		279		
Folate, DFE.....mcg_DFE	121		0	NC	4		279		
Vitamin B-12.....mcg	0.00		0		1		0.00		
Vitamin A, IU.....IU	6		0		1		14		
Vitamin A, RAE.....mcg_RAE	0		0		1		1		
Retinol.....mcg	0		0	Z	7		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	0.036		0		4		0.083		
Fatty acids, total monounsaturated.....g									
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.009		0		4		0.021		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g									
18:2 undifferentiated.....g	0.021								

NDB No. 16302

Beans, adzuki, mature seed, cooked, boiled, 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			
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		1		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.072		0		1		0.166		
Threonine.....g	0.255		0		1		0.587		
Isoleucine.....g	0.300		0		1		0.690		
Leucine.....g	0.632		0		1		1.454		
Lysine.....g	0.567		0		1		1.304		
Methionine.....g	0.079		0		1		0.182		
Cystine.....g	0.070		0		1		0.161		
Phenylalanine.....g	0.398		0		1		0.915		
Tyrosine.....g	0.224		0		1		0.515		
Valine.....g	0.387		0		1		0.890		
Arginine.....g	0.486		0		1		1.118		
Histidine.....g	0.198		0		1		0.455		
Alanine.....g	0.439		0		1		1.010		
Aspartic acid.....g	0.891		0		1		2.049		
Glutamic acid.....g	1.173		0		1		2.698		
Glycine.....g	0.286		0		1		0.658		
Proline.....g	0.331		0		1		0.761		
Serine.....g	0.369		0		1		0.849		
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 = 230g: 1 cup

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 16 Legumes and Legume Products

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



NDB No. 16003

Beans, adzuki, mature seeds, canned, sweetened

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			
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		1		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.036		0		1		0.107		
Threonine.....g	0.129		0		1		0.382		
Isoleucine.....g	0.151		0		1		0.447		
Leucine.....g	0.319		0		1		0.944		
Lysine.....g	0.286		0		1		0.847		
Methionine.....g	0.040		0		1		0.118		
Cystine.....g	0.035		0		1		0.104		
Phenylalanine.....g	0.201		0		1		0.595		
Tyrosine.....g	0.113		0		1		0.334		
Valine.....g	0.196		0		1		0.580		
Arginine.....g	0.246		0		1		0.728		
Histidine.....g	0.100		0		1		0.296		
Alanine.....g	0.222		0		1		0.657		
Aspartic acid.....g	0.451		0		1		1.335		
Glutamic acid.....g	0.593		0		1		1.755		
Glycine.....g	0.145		0		1		0.429		
Proline.....g	0.167		0		1		0.494		
Serine.....g	0.187		0		1		0.554		
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 = 296g: 1 cup

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 16 Legumes and Legume Products

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



NDB No. 16002

Beans, adzuki, mature seeds, cooked, boiled, 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	Code	Code	Code			
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		1		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.072		0		1		0.166		
Threonine.....g	0.255		0		1		0.587		
Isoleucine.....g	0.300		0		1		0.690		
Leucine.....g	0.632		0		1		1.454		
Lysine.....g	0.567		0		1		1.304		
Methionine.....g	0.079		0		1		0.182		
Cystine.....g	0.070		0		1		0.161		
Phenylalanine.....g	0.398		0		1		0.915		
Tyrosine.....g	0.224		0		1		0.515		
Valine.....g	0.387		0		1		0.890		
Arginine.....g	0.486		0		1		1.118		
Histidine.....g	0.198		0		1		0.455		
Alanine.....g	0.439		0		1		1.010		
Aspartic acid.....g	0.891		0		1		2.049		
Glutamic acid.....g	1.173		0		1		2.698		
Glycine.....g	0.286		0		1		0.658		
Proline.....g	0.331		0		1		0.761		
Serine.....g	0.369		0		1		0.849		
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 = 230g: 1 cup

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 16 Legumes and Legume Products

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

*Vigna angularis*

**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	13.44		7		1		26.48		
Energy.....kcal	329		0	NC	4		648		
Energy.....Kj	1377				4		2712		
Protein (N x 6.25).....g	19.87		6		1		39.14		
Total lipid (fat).....g	0.53		3		1		1.04		
Ash.....g	3.26		3		1		6.42		
Carbohydrate, by difference.....g	62.90		0	NC	4		123.91		
Fiber, total dietary.....g	12.7		0		4		25.0		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	66		2		1		130		
Iron, Fe.....mg	4.98		3		1		9.81		
Magnesium, Mg.....mg	127		2		1		250		
Phosphorus, P.....mg	381		3		1		751		
Potassium, K.....mg	1254		1		1		2470		
Sodium, Na.....mg	5		1		1		10		
Zinc, Zn.....mg	5.04		1		1		9.93		
Copper, Cu.....mg	1.094		1		1		2.155		
Manganese, Mn.....mg	1.730		1		1		3.408		
Selenium, Se.....mcg	3.1		0	BFSN	4		6.1		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0		
Thiamin.....mg	0.455		2		1		0.896		
Riboflavin.....mg	0.220		2		1		0.433		
Niacin.....mg	2.630		2		1		5.181		
Pantothenic acid.....mg	1.471		0		4		2.898		
Vitamin B-6.....mg	0.351		0		4		0.691		
Folate, total.....mcg	622		0		4		1225		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	622		0		4		1225		
Folate, DFE.....mcg_DFE	622		0	NC	4		1225		
Vitamin B-12.....mcg	0.00		0		1		0.00		
Vitamin A, IU.....IU	17		2		1		33		
Vitamin A, RAE.....mcg_RAE	1		2		1		2		
Retinol.....mcg	0		0	Z	7		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	0.191		0		4		0.376		
Fatty acids, total monounsaturated.....g									
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.050		0		4		0.099		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g									
18:2 undifferentiated.....g	0.113		0		4		0.223		
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c.c.....g									



**NDB No. 16001**  
**Beans, adzuki, mature seeds, raw**

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
20:3 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		1		0		
Phytosterols.....mg	76		0		1		150		
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.191		6		1		0.376		
Threonine.....g	0.674		8		1		1.328		
Isoleucine.....g	0.791		8		1		1.558		
Leucine.....g	1.668		8		1		3.286		
Lysine.....g	1.497		8		1		2.949		
Methionine.....g	0.210		9		1		0.414		
Cystine.....g	0.184		8		1		0.362		
Phenylalanine.....g	1.052		8		1		2.072		
Tyrosine.....g	0.591		8		1		1.164		
Valine.....g	1.023		8		1		2.015		
Arginine.....g	1.284		8		1		2.529		
Histidine.....g	0.524		8		1		1.032		
Alanine.....g	1.160		8		1		2.285		
Aspartic acid.....g	2.355		8		1		4.639		
Glutamic acid.....g	3.099		8		1		6.105		
Glycine.....g	0.756		8		1		1.489		
Proline.....g	0.874		8		1		1.722		
Serine.....g	0.976		8		1		1.923		
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 = 197g: 1 cup

**Calories Factors:** Protein 3.47      Fat 8.37      Carbohydrate 4.07

**Food Group:** 16 Legumes and Legume Products

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



**NDB No. 16004**  
**Beans, adzuki, yokan, mature seeds**

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			
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		1		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.032		0		1		0.004		
Threonine.....g	0.112		0		1		0.016		
Isoleucine.....g	0.131		0		1		0.018		
Leucine.....g	0.276		0		1		0.039		
Lysine.....g	0.248		0		1		0.035		
Methionine.....g	0.035		0		1		0.005		
Cystine.....g	0.031		0		1		0.004		
Phenylalanine.....g	0.174		0		1		0.024		
Tyrosine.....g	0.098		0		1		0.014		
Valine.....g	0.169		0		1		0.024		
Arginine.....g	0.213		0		1		0.030		
Histidine.....g	0.087		0		1		0.012		
Alanine.....g	0.192		0		1		0.027		
Aspartic acid.....g	0.390		0		1		0.055		
Glutamic acid.....g	0.513		0		1		0.072		
Glycine.....g	0.125		0		1		0.018		
Proline.....g	0.145		0		1		0.020		
Serine.....g	0.161		0		1		0.023		
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 slice

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products  
 USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 16006

Beans, baked, canned, plain or vegetarian

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						
<b>Proximates:</b>									
Water.....g	72.00	0.122	13	JA	6		182.87		
Energy.....kcal	94		0	NC	4		239		
Energy.....kj	393		0	NC	4		999		
Protein (N x 6.25).....g	4.75	0.052	8	JA	6		12.06		
Total lipid (fat).....g	0.37	0.044	8	JA	6		0.93		
Ash.....g	1.75	0.044	8	JA	6		4.44		
Carbohydrate, by difference.....g	21.14		0	NC	4		53.70		
Fiber, total dietary.....g	4.1	0.208	7	JA	6		10.4		
Sugars, total.....g	9.04	0.358	5	A	1		22.96		
Sucrose.....g	5.45	0.546	7	JA	6		13.85		
Glucose (dextrose).....g	1.81	0.050	7	JA	6		4.60		
Fructose.....g	1.78	0.136	7	JA	6		4.51		
Lactose.....g	0.00	0.000	5	A	1		0.00		
Maltose.....g	0.00	0.000	7	JA	6		0.00		
Galactose.....g	0.00	0.000	5	A	1		0.00		
Starch.....g	7.38	0.248	5	A	1		18.75		
<b>Minerals:</b>									
Calcium, Ca.....mg	34	1.690	5	JA	6		86		
Iron, Fe.....mg	1.18	0.062	6	JA	6		3.00		
Magnesium, Mg.....mg	26	0.966	5	JA	6		66		
Phosphorus, P.....mg	72	2.836	5	JA	6		184		
Potassium, K.....mg	217	5.391	5	JA	6		550		
Sodium, Na.....mg	337	13.897	5	JA	6		856		
Zinc, Zn.....mg	1.67	0.275	4	JA	6		4.24		
Copper, Cu.....mg	0.146	0.005	5	JA	6		0.371		
Manganese, Mn.....mg	0.087	0.022	5	JA	6		0.221		
Selenium, Se.....mcg	5.0	0.104	29	A	1		12.6		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	5	JO	11		0.0		
Thiamin.....mg	0.096	0.015	8	JA	6		0.244		
Riboflavin.....mg	0.039	0.005	8	JA	6		0.098		
Niacin.....mg	0.428	0.034	5	JA	6		1.087		
Pantothenic acid.....mg	0.216	0.032	5	JA	6		0.548		
Vitamin B-6.....mg	0.084	0.008	8	JA	6		0.213		
Folate, total.....mcg	12	0.860	7	JA	6		29		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	12	0.860	7	JA	6		29		
Folate, DFE.....mcg_DFE	12		0	NC	4		29		
Vitamin B-12.....mcg	0.00		0		1		0.00		
Vitamin A, IU.....IU	108		0	AS	1		275		
Vitamin A, RAE.....mcg_RAE	5		0	AS	1		14		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.15	0.022	3	A	1		0.39		
Tocopherol, beta.....mg	0.00	0.000	3	A	1		0.00		
Tocopherol, gamma.....mg	0.71	0.025	3	A	1		1.80		
Tocopherol, delta.....mg	0.05	0.000	3	A	1		0.13		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.8	0.072	5	A	1		2.2		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.088		0	NC	4		0.224		
4:0.....g	0.000	0.000	5	JA	6		0.000		
6:0.....g	0.000	0.000	5	JA	6		0.000		
8:0.....g	0.000	0.000	5	JA	6		0.000		
10:0.....g	0.000	0.000	5	JA	6		0.000		
12:0.....g	0.000	0.000	5	JA	6		0.000		
13:0.....g	0.000	0.000	5	A	1		0.000		
14:0.....g	0.000	0.001	5	JA	6		0.001		
15:0.....g	0.000	0.000	5	A	1				

NDB No. 16006

Beans, baked, canned, plain or vegetarian

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
15:0.....g	0.000	0.000		A	1		0.000		
16:0.....g	0.038	0.014	5	JA	6		0.095		
17:0.....g	0.000	0.000	5	A	1		0.000		
18:0.....g	0.018	0.008	5	JA	6		0.046		
20:0.....g	0.000	0.000	5	A	1		0.000		
22:0.....g	0.000	0.000	5	A	1		0.000		
24:0.....g	0.000	0.000	5	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.083		0	NC	4		0.211		
14:1.....g	0.000	0.000	5	A	1		0.000		
15:1.....g	0.000	0.000	5	A	1		0.000		
16:1 undifferentiated.....g	0.000	0.001	5	JA	6		0.001		
17:1.....g	0.000	0.000	5	A	1		0.000		
18:1 undifferentiated.....g	0.052		0	A	1		0.133		
18:1 c.....g	0.052	0.021	5	A	1		0.133		
18:1 t.....g	0.000	0.000	5	A	1		0.000		
20:1.....g	0.000	0.000	5	JA	6		0.000		
22:1 undifferentiated.....g	0.000	0.000	5	JA	6		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.133		0	NC	4		0.337		
18:2 undifferentiated.....g	0.043	0.015	5	JA	6		0.110		
18:3 undifferentiated.....g	0.041		0	A	1		0.104		
18:3 n-6 c,c,c.....g	0.000	0.000	5	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g	0.000	0.000	5	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	5	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	5	JA	6		0.000		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000	0.000	5	JA	6		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000	0.000	5	JA	6		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.051		0	A	1		0.128		
Threonine.....g	0.149		0	A	1		0.378		
Isoleucine.....g	0.226		0	A	1		0.574		
Leucine.....g	0.405		0	A	1		1.029		
Lysine.....g	0.298		0	A	1		0.758		
Methionine.....g	0.047		0	A	1		0.120		
Cystine.....g	0.037		0	A	1		0.094		
Phenylalanine.....g	0.267		0	A	1		0.678		
Tyrosine.....g	0.121		0	A	1		0.308		
Valine.....g	0.260		0	A	1		0.661		
Arginine.....g	0.229		0	A	1		0.583		
Histidine.....g	0.132		0	A	1		0.334		
Alanine.....g	0.203		0	A	1		0.515		
Aspartic acid.....g	0.631		0	A	1		1.604		
Glutamic acid.....g	0.800		0	A	1		2.032		
Glycine.....g	0.186		0	A	1		0.471		
Proline.....g	0.240		0	A	1		0.610		
Serine.....g	0.320		0	A	1		0.813		
Hydroxyproline.....g	0.000	0.000	5	A	1		0.000		
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	65	6.229	5	A	1		164.948		

NDB No. 16006

Beans, baked, canned, plain or vegetarian

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
Carotene, alpha.....mcg	0	0.000	5	A	1		0.000		
Cryptoxanthin, beta.....mcg	0	0.000	5	A	1		0.000		
Lycopene.....mcg	511	45.064	5	A	1		1298.448		
Lutein + zeaxanthin.....mcg	16	6.290	5	A	1		40.742		

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 = 254g: 1 cup

**Calories Factors: Protein** 4

**Fat** 8.4

**Carbohydrate** 3.4

**Food Group:** 16 Legumes and Legume Products

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



**NDB No. 16007**  
**Beans, baked, canned, with beef**

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	1.385		0		1		3.684		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.138		0		1		0.367		
17:1.....g									
18:1 undifferentiated.....g	1.195		0		1		3.179		
20:1.....g	0.010		0		1		0.027		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.205		0		1		0.545		
18:2 undifferentiated.....g	0.142		0		1		0.378		
18:3 undifferentiated.....g	0.053		0		1		0.141		
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	22		0		1		59		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.077		0		1		0.205		
Threonine.....g	0.268		0		1		0.713		
Isoleucine.....g	0.279		0		1		0.742		
Leucine.....g	0.510		0		1		1.357		
Lysine.....g	0.452		0		1		1.202		
Methionine.....g	0.104		0		1		0.277		
Cystine.....g	0.068		0		1		0.181		
Phenylalanine.....g	0.329		0		1		0.875		
Tyrosine.....g	0.182		0		1		0.484		
Valine.....g	0.330		0		1		0.878		
Arginine.....g	0.401		0		1		1.067		
Histidine.....g	0.182		0		1		0.484		
Alanine.....g	0.290		0		1		0.771		
Aspartic acid.....g	0.743		0		1		1.976		
Glutamic acid.....g	0.976		0		1		2.596		
Glycine.....g	0.283		0		1		0.753		
Proline.....g	0.278		0		1		0.739		
Serine.....g	0.333		0		1		0.886		
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 = 266g: 1 cup

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 3.8**

**Food Group: 16 Legumes and Legume Products**

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



**Refuse: 0%**

[illegible]

**NDB No. 16008**  
**Beans, baked, canned, with franks**

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	0.810		0		1		2.098		
17:0.....g									
18:0.....g	0.751		0		1		1.945		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.830		0		1		7.330		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.266		0		1		0.689		
17:1.....g									
18:1 undifferentiated.....g	2.564		0		1		6.641		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.836		0		1		2.165		
18:2 undifferentiated.....g	0.628		0		1		1.627		
18:3 undifferentiated.....g	0.208		0		1		0.539		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	6		0		1		16		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.077		0		1		0.199		
Threonine.....g	0.279		0		1		0.723		
Isoleucine.....g	0.297		0		1		0.769		
Leucine.....g	0.534		0		1		1.383		
Lysine.....g	0.472		0		1		1.222		
Methionine.....g	0.105		0		1		0.272		
Cystine.....g	0.074		0		1		0.192		
Phenylalanine.....g	0.349		0		1		0.904		
Tyrosine.....g	0.190		0		1		0.492		
Valine.....g	0.345		0		1		0.894		
Arginine.....g	0.427		0		1		1.106		
Histidine.....g	0.190		0		1		0.492		
Alanine.....g	0.302		0		1		0.782		
Aspartic acid.....g	0.800		0		1		2.072		
Glutamic acid.....g	1.037		0		1		2.686		
Glycine.....g	0.288		0		1		0.746		
Proline.....g	0.290		0		1		0.751		
Serine.....g	0.357		0		1		0.925		
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	52		0	RF	4		134.556		
Carotene, alpha.....mcg	0		0	RF	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	RF	4		0.000		
Lycopene.....mcg	409		0	RF	4		1059.206		
Lutein + zeaxanthin.....mcg	16		0	RF	4		40.429		

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. 16008**

**Beans, baked, canned, with franks**

**Common Measures:**

Measure 1 = 259g: 1 cup

**Calories Factors: Protein 3.9**

**Fat 9**

**Carbohydrate 3.7**

**Food Group:** 16 Legumes and Legume Products

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



**NDB No. 16009**  
**Beans, baked, canned, with pork**

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 . 673		0		1		1 . 703		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0 . 040		0		1		0 . 101		
17:1.....g									
18:1 undifferentiated.....g	0 . 615		0		1		1 . 556		
20:1.....g	0 . 015		0		1		0 . 038		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0 . 199		0		1		0 . 503		
18:2 undifferentiated.....g	0 . 169		0		1		0 . 428		
18:3 undifferentiated.....g	0 . 030		0		1		0 . 076		
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	7		0		1		18		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0 . 062		0		1		0 . 157		
Threonine.....g	0 . 221		0		1		0 . 559		
Isoleucine.....g	0 . 232		0		1		0 . 587		
Leucine.....g	0 . 420		0		1		1 . 063		
Lysine.....g	0 . 361		0		1		0 . 913		
Methionine.....g	0 . 080		0		1		0 . 202		
Cystine.....g	0 . 057		0		1		0 . 144		
Phenylalanine.....g	0 . 285		0		1		0 . 721		
Tyrosine.....g	0 . 148		0		1		0 . 374		
Valine.....g	0 . 275		0		1		0 . 696		
Arginine.....g	0 . 326		0		1		0 . 825		
Histidine.....g	0 . 147		0		1		0 . 372		
Alanine.....g	0 . 221		0		1		0 . 559		
Aspartic acid.....g	0 . 637		0		1		1 . 612		
Glutamic acid.....g	0 . 802		0		1		2 . 029		
Glycine.....g	0 . 205		0		1		0 . 519		
Proline.....g	0 . 223		0		1		0 . 564		
Serine.....g	0 . 286		0		1		0 . 724		
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 = 253g: 1 cup

**Calories Factors: Protein 3.9**

**Fat 8.8**

**Carbohydrate 3.6**

**Food Group: 16 Legumes and Legume Products**

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



NDB No. 16010

Beans, baked, canned, with pork and sweet sauce

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	0.632		0		1		1.599		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.037		0		1		0.094		
17:1.....g									
18:1 undifferentiated.....g	0.578		0		1		1.462		
20:1.....g	0.014		0		1		0.035		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.187		0		1		0.473		
18:2 undifferentiated.....g	0.159		0		1		0.402		
18:3 undifferentiated.....g	0.028		0		1		0.071		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	7		0		1		18		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.063		0		1		0.159		
Threonine.....g	0.223		0		1		0.564		
Isoleucine.....g	0.234		0		1		0.592		
Leucine.....g	0.424		0		1		1.073		
Lysine.....g	0.364		0		1		0.921		
Methionine.....g	0.081		0		1		0.205		
Cystine.....g	0.058		0		1		0.147		
Phenylalanine.....g	0.287		0		1		0.726		
Tyrosine.....g	0.149		0		1		0.377		
Valine.....g	0.278		0		1		0.703		
Arginine.....g	0.329		0		1		0.832		
Histidine.....g	0.148		0		1		0.374		
Alanine.....g	0.222		0		1		0.562		
Aspartic acid.....g	0.642		0		1		1.624		
Glutamic acid.....g	0.809		0		1		2.047		
Glycine.....g	0.207		0		1		0.524		
Proline.....g	0.225		0		1		0.569		
Serine.....g	0.289		0		1		0.731		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	15	0.880	5	A	1		38.507		
Carotene, alpha.....mcg	0	0.000	5	A	1		0.000		
Cryptoxanthin, beta.....mcg	0	0.000	5	A	1		0.000		
Lycopene.....mcg	33	15.929	5	A	1		83.814		
Lutein + zeaxanthin.....mcg	0	0.000	5	A	1		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 = 253g: 1 cup

**NDB No. 16010**

**Beans, baked, canned, with pork and sweet sauce**

**Calories Factors: Protein** 3.9

**Fat** 8.9

**Carbohydrate** 3.7

**Food Group:** 16 Legumes and Legume Products

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



NDB No. 16011

Beans, baked, canned, with pork and tomato sauce

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	73.50	0.512	234	JA	6		185.95	11.76	
Energy.....kcal	94		0	NC	4		238	15	
Energy.....kj	394		0	NC	4		997	63	
Protein (N x 6.25).....g	5.15	0.002	246	JA	6		13.04	0.82	
Total lipid (fat).....g	0.93	0.059	243	JO	11		2.35	0.15	
Ash.....g	1.73	0.001	210	JA	6		4.37	0.28	
Carbohydrate, by difference.....g	18.69		0	NC	4		47.29	2.99	
Fiber, total dietary.....g	4.0	0.082	5	JA	6		10.2	0.6	
Sugars, total.....g	5.67		0	NC	4		14.36	0.91	
Sucrose.....g	3.36	0.366	12	JA	6		8.49	0.54	
Glucose (dextrose).....g	1.20	0.108	12	JA	6		3.04	0.19	
Fructose.....g	1.03	0.151	12	JA	6		2.61	0.16	
Lactose.....g	0.00	0.000	4	A	1		0.00	0.00	
Maltose.....g	0.09	0.049	7	JA	6		0.22	0.01	
Galactose.....g	0.00	0.000	4	A	1		0.00	0.00	
Starch.....g	8.05	0.150	4	A	1		20.37	1.29	
<b>Minerals:</b>									
Calcium, Ca.....mg	56	0.084	225	JA	6		141	9	
Iron, Fe.....mg	3.24	0.004	245	JA	6		8.21	0.52	
Magnesium, Mg.....mg	34	0.028	83	JA	6		87	6	
Phosphorus, P.....mg	116	0.094	186	JA	6		293	19	
Potassium, K.....mg	295	0.200	86	JA	6		746	47	
Sodium, Na.....mg	437	0.196	223	JA	6		1106	70	
Zinc, Zn.....mg	5.48	1.471	10	JA	6		13.86	0.88	
Copper, Cu.....mg	0.213	0.005	11	JA	6		0.540	0.034	
Manganese, Mn.....mg	0.302	0.015	9	JA	6		0.764	0.048	
Selenium, Se.....mcg	4.7	0.078	28	A	1		12.0	0.8	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	3.0	0.000	218	JA	6		7.7	0.5	
Thiamin.....mg	0.052	0.000	226	JA	6		0.131	0.008	
Riboflavin.....mg	0.046	0.000	227	JA	6		0.116	0.007	
Niacin.....mg	0.494	0.010	210	JA	6		1.249	0.079	
Pantothenic acid.....mg	0.392	0.019	8	JA	6		0.992	0.063	
Vitamin B-6.....mg	0.063	0.003	10	JA	6		0.160	0.010	
Folate, total.....mcg	15	0.223	8	JA	6		38	2	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	15	0.223	8	JA	6		38	2	
Folate, DFE.....mcg_DFE	15		0	NC	4		38	2	
Vitamin B-12.....mcg	0.00	0.000	6	JA	6		0.00	0.00	
Vitamin A, IU.....IU	84		0	AS	1		212	13	
Vitamin A, RAE.....mcg_RAE	4		0	AS	1		11	1	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.10	0.008	9	JO	11		0.24	0.02	
Tocopherol, beta.....mg	0.00	0.000	9	JO	11		0.00	0.00	
Tocopherol, gamma.....mg	0.61	0.054	9	JO	11		1.54	0.10	
Tocopherol, delta.....mg	0.04	0.007	9	JO	11		0.10	0.01	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.5	0.136	4	A	1		1.2	0.1	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.258		0	NC	4		0.653	0.041	
4:0.....g	0.000	0.000	4	JA	6		0.000	0.000	
6:0.....g	0.000	0.000	4	JA	6		0.000	0.000	
8:0.....g	0.000	0.000	4	JA	6		0.000	0.000	
10:0.....g	0.000	0.000	4	JA	6		0.000	0.000	
12:0.....g	0.000	0.000	4	JA	6		0.000	0.000	
13:0.....g	0.000	0.000	4	A	1		0.000	0.000	
14:0.....g	0.008	0.001	4	JA	6		0.020	0.001	
15:0.....g	0.000	0.000	4	A	1				

NDB No. 16011

Beans, baked, canned, with pork and tomato sauce

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
15:0.....g	0.000	0.000		A	1		0.000	0.000	
16:0.....g	0.153	0.018	4	JA	6		0.388	0.025	
17:0.....g	0.001	0.001	4	A	1		0.003	0.000	
18:0.....g	0.096	0.015	4	JA	6		0.242	0.015	
20:0.....g	0.000	0.000	4	A	1		0.000	0.000	
22:0.....g	0.000	0.000	4	A	1		0.000	0.000	
24:0.....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.476		0	NC	4		1.204	0.076	
14:1.....g	0.000	0.000	4	A	1		0.000	0.000	
15:1.....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.012	0.000	4	JA	6		0.031	0.002	
17:1.....g	0.001	0.001	4	A	1		0.001	0.000	
18:1 undifferentiated.....g	0.232		0	A	1		0.586	0.037	
18:1 c.....g	0.232	0.023	4	A	1		0.586	0.037	
18:1 t.....g	0.000	0.000	4	A	1		0.000	0.000	
20:1.....g	0.000	0.000	4	JA	6		0.000	0.000	
22:1 undifferentiated.....g	0.000	0.000	4	JA	6		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.138		0	NC	4		0.349	0.022	
18:2 undifferentiated.....g	0.101	0.006	4	JA	6		0.255	0.016	
18:3 undifferentiated.....g	0.000		0	A	1		0.000	0.000	
18:3 n-6 c,c,c.....g	0.000	0.000	4	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g	0.002	0.001	4	A	1		0.006	0.000	
20:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	4	JA	6		0.000	0.000	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000	0.000	4	JA	6		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000	0.000	4	JA	6		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	7		0		1		18	1	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.075		0	A	1		0.189	0.012	
Threonine.....g	0.140		0	A	1		0.355	0.022	
Isoleucine.....g	0.223		0	A	1		0.564	0.036	
Leucine.....g	0.383		0	A	1		0.969	0.061	
Lysine.....g	0.327		0	A	1		0.826	0.052	
Methionine.....g	0.040		0	A	1		0.101	0.006	
Cystine.....g	0.042		0	A	1		0.107	0.007	
Phenylalanine.....g	0.238		0	A	1		0.602	0.038	
Tyrosine.....g	0.118		0	A	1		0.298	0.019	
Valine.....g	0.253		0	A	1		0.640	0.040	
Arginine.....g	0.230		0	A	1		0.581	0.037	
Histidine.....g	0.118		0	A	1		0.297	0.019	
Alanine.....g	0.185		0	A	1		0.468	0.030	
Aspartic acid.....g	0.603		0	A	1		1.526	0.096	
Glutamic acid.....g	0.743		0	A	1		1.879	0.119	
Glycine.....g	0.185		0	A	1		0.468	0.030	
Proline.....g	0.258		0	A	1		0.652	0.041	
Serine.....g	0.295		0	A	1		0.746	0.047	
Hydroxyproline.....g	0.000	0.000	4	A	1		0.000	0.000	
<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	50	6.589	4	A	1		127.322	8.052	

NDB No. 16011

Beans, baked, canned, with pork and tomato sauce

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points			Confidence Code	measures of food		
			Deriv Code	Source Code			Measure 1	Measure 2	Measure 3
Carotene, alpha.....mcg	0	0.000	4	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0	0.000	4	A	1		0.000	0.000	
Lycopene.....mcg	322	69.682	4	A	1		813.395	51.440	
Lutein + zeaxanthin.....mcg	14	4.020	4	A	1		34.977	2.212	

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**Common Measures:**

Measure 1 = 253g: 1 cup

Measure 2 = 16g: 1 tbsp

**Calories Factors:** Protein 4

Fat 8.8

Carbohydrate 3.5

**Food Group:** 16 Legumes and Legume Products

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



**NDB No. 16005**  
**Beans, baked, home prepared**

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	2.133		0		1		5.396		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.125		0		1		0.316		
17:1.....g									
18:1 undifferentiated.....g	1.953		0		1		4.941		
20:1.....g	0.046		0		1		0.116		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.740		0		1		1.872		
18:2 undifferentiated.....g	0.593		0		1		1.500		
18:3 undifferentiated.....g	0.147		0		1		0.372		
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	5		0		1		13		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.067		0		1		0.170		
Threonine.....g	0.228		0		1		0.577		
Isoleucine.....g	0.242		0		1		0.612		
Leucine.....g	0.428		0		1		1.083		
Lysine.....g	0.379		0		1		0.959		
Methionine.....g	0.086		0		1		0.218		
Cystine.....g	0.062		0		1		0.157		
Phenylalanine.....g	0.287		0		1		0.726		
Tyrosine.....g	0.155		0		1		0.392		
Valine.....g	0.282		0		1		0.713		
Arginine.....g	0.356		0		1		0.901		
Histidine.....g	0.153		0		1		0.387		
Alanine.....g	0.236		0		1		0.597		
Aspartic acid.....g	0.637		0		1		1.612		
Glutamic acid.....g	0.841		0		1		2.128		
Glycine.....g	0.232		0		1		0.587		
Proline.....g	0.239		0		1		0.605		
Serine.....g	0.288		0		1		0.729		
Hydroxyproline.....g									

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**Common Measures:**

Measure 1 = 253g: 1 cup

**Calories Factors: Protein 3.9**

**Fat 8.8**

**Carbohydrate 3.6**

**Food Group: 16 Legumes and Legume Products**

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



**NDB No. 16018**  
**Beans, black turtle soup, mature seeds, canned**

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	0.025		0		1		0.060		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.025		0		1		0.060		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.125		0		1		0.300		
18:2 undifferentiated.....g	0.068		0		1		0.163		
18:3 undifferentiated.....g	0.057		0		1		0.137		
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		1		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.071		0		1		0.170		
Threonine.....g	0.254		0		1		0.610		
Isoleucine.....g	0.266		0		1		0.638		
Leucine.....g	0.481		0		1		1.154		
Lysine.....g	0.414		0		1		0.994		
Methionine.....g	0.091		0		1		0.218		
Cystine.....g	0.066		0		1		0.158		
Phenylalanine.....g	0.326		0		1		0.782		
Tyrosine.....g	0.170		0		1		0.408		
Valine.....g	0.315		0		1		0.756		
Arginine.....g	0.373		0		1		0.895		
Histidine.....g	0.168		0		1		0.403		
Alanine.....g	0.253		0		1		0.607		
Aspartic acid.....g	0.729		0		1		1.750		
Glutamic acid.....g	0.919		0		1		2.206		
Glycine.....g	0.235		0		1		0.564		
Proline.....g	0.255		0		1		0.612		
Serine.....g	0.328		0		1		0.787		
Hydroxyproline.....g									

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**Common Measures:**

Measure 1 = 240g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 16 Legumes and Legume Products**

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





NDB No. 16317

Beans, black turtle soup, mature seeds, cooked, boiled, 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 Points	Code	Code	Code			
Fatty acids, total monounsaturated.....g	0.030		0		1		0.056		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.030		0		1		0.056		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.149		0		1		0.276		
18:2 undifferentiated.....g	0.081		0		1		0.150		
18:3 undifferentiated.....g	0.068		0		1		0.126		
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		1		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.097		0		1		0.179		
Threonine.....g	0.344		0		1		0.636		
Isoleucine.....g	0.361		0		1		0.668		
Leucine.....g	0.653		0		1		1.208		
Lysine.....g	0.562		0		1		1.040		
Methionine.....g	0.123		0		1		0.228		
Cystine.....g	0.089		0		1		0.165		
Phenylalanine.....g	0.442		0		1		0.818		
Tyrosine.....g	0.230		0		1		0.426		
Valine.....g	0.428		0		1		0.792		
Arginine.....g	0.507		0		1		0.938		
Histidine.....g	0.228		0		1		0.422		
Alanine.....g	0.343		0		1		0.635		
Aspartic acid.....g	0.990		0		1		1.832		
Glutamic acid.....g	1.247		0		1		2.307		
Glycine.....g	0.319		0		1		0.590		
Proline.....g	0.347		0		1		0.642		
Serine.....g	0.445		0		1		0.823		
Hydroxyproline.....g									

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#### Common Measures:

Measure 1 = 185g: 1 cup

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 16 Legumes and Legume Products

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

**Beans, black turtle soup, mature seeds, cooked, boiled, 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	65.74		0		1		121.62		
Energy.....kcal	130		0	NC	4		241		
Energy.....kj	546		0	NC	4		1009		
Protein (N x 6.25).....g	8.18		0		1		15.13		
Total lipid (fat).....g	0.35		0		1		0.65		
Ash.....g	1.38		0		1		2.55		
Carbohydrate, by difference.....g	24.35		0	NC	4		45.05		
Fiber, total dietary.....g	5.3		0		4		9.8		
Sugars, total.....g	0.33		0	BFSN	4		0.61		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	55		0		1		102		
Iron, Fe.....mg	2.85		0		1		5.27		
Magnesium, Mg.....mg	49		0		1		91		
Phosphorus, P.....mg	152		0		1		281		
Potassium, K.....mg	433		0		1		801		
Sodium, Na.....mg	3		0		1		6		
Zinc, Zn.....mg	0.76		0		1		1.41		
Copper, Cu.....mg	0.269		0		1		0.498		
Manganese, Mn.....mg	0.327		0		1		0.605		
Selenium, Se.....mcg	1.2		0	BFSN	4		2.2		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0		
Thiamin.....mg	0.225		0		1		0.416		
Riboflavin.....mg	0.056		0		1		0.104		
Niacin.....mg	0.527		0		1		0.975		
Pantothenic acid.....mg	0.260		0		1		0.481		
Vitamin B-6.....mg	0.077		0		1		0.142		
Folate, total.....mcg	86		0		1		158		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	86		0		1		158		
Folate, DFE.....mcg_DFE	86		0	NC	4		158		
Vitamin B-12.....mcg	0.00		0		1		0.00		
Vitamin A, IU.....IU	0		0	NC	4		0		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.90		0	BFSN	4		1.67		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	3.4		0	BFSN	4		6.2		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.089		0		1		0.165		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.084		0		1				

NDB No. 16017

Beans, black turtle soup, mature seeds, cooked, boiled, 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	0.030		0		1		0.056		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.030		0		1		0.056		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.149		0		1		0.276		
18:2 undifferentiated.....g	0.081		0		1		0.150		
18:3 undifferentiated.....g	0.068		0		1		0.126		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.097		0		1		0.179		
Threonine.....g	0.344		0		1		0.636		
Isoleucine.....g	0.361		0		1		0.668		
Leucine.....g	0.653		0		1		1.208		
Lysine.....g	0.562		0		1		1.040		
Methionine.....g	0.123		0		1		0.228		
Cystine.....g	0.089		0		1		0.165		
Phenylalanine.....g	0.442		0		1		0.818		
Tyrosine.....g	0.230		0		1		0.426		
Valine.....g	0.428		0		1		0.792		
Arginine.....g	0.507		0		1		0.938		
Histidine.....g	0.228		0		1		0.422		
Alanine.....g	0.343		0		1		0.635		
Aspartic acid.....g	0.990		0		1		1.832		
Glutamic acid.....g	1.247		0		1		2.307		
Glycine.....g	0.319		0		1		0.590		
Proline.....g	0.347		0		1		0.642		
Serine.....g	0.445		0		1		0.823		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		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	BFSN	4		0.000		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0.000		

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#### Common Measures:

Measure 1 = 185g: 1 cup

**NDB No. 16017**

**Beans, black turtle soup, mature seeds, cooked, boiled, without salt**

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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



NDB No. 16016

Beans, black turtle soup, mature seeds, raw

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	0.078		0		1		0.144		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.078		0		1		0.144		
20:1.....g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.387		0		1		0.712		
18:2 undifferentiated.....g	0.211		0		1		0.388		
18:3 undifferentiated.....g	0.176		0		1		0.324		
18:4.....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFSN	4		0.000		
20:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:6 n-3.....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.252		0		1		0.464		
Threonine.....g	0.894		0		1		1.645		
Isoleucine.....g	0.938		0		1		1.726		
Leucine.....g	1.697		0		1		3.122		
Lysine.....g	1.459		0		1		2.685		
Methionine.....g	0.320		0		1		0.589		
Cystine.....g	0.231		0		1		0.425		
Phenylalanine.....g	1.149		0		1		2.114		
Tyrosine.....g	0.598		0		1		1.100		
Valine.....g	1.112		0		1		2.046		
Arginine.....g	1.316		0		1		2.421		
Histidine.....g	0.592		0		1		1.089		
Alanine.....g	0.891		0		1		1.639		
Aspartic acid.....g	2.570		0		1		4.729		
Glutamic acid.....g	3.240		0		1		5.962		
Glycine.....g	0.830		0		1		1.527		
Proline.....g	0.901		0		1		1.658		
Serine.....g	1.156		0		1		2.127		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	BFSN	4		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	BFSN	4		0.000		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 184g: 1 cup

**NDB No. 16016**

**Beans, black turtle soup, mature seeds, raw**

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate** 4.07

**Food Group:** 16 Legumes and Legume Products

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





NDB No. 16315

Beans, black, mature seeds, cooked, boiled, 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 Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.047		0		1		0.081		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.047		0		1		0.081		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.231		0		1		0.397		
18:2 undifferentiated.....g	0.126		0		1		0.217		
18:3 undifferentiated.....g	0.105		0		1		0.181		
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		1		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.105		0		1		0.181		
Threonine.....g	0.373		0		1		0.642		
Isoleucine.....g	0.391		0		1		0.673		
Leucine.....g	0.708		0		1		1.218		
Lysine.....g	0.608		0		1		1.046		
Methionine.....g	0.133		0		1		0.229		
Cystine.....g	0.096		0		1		0.165		
Phenylalanine.....g	0.479		0		1		0.824		
Tyrosine.....g	0.250		0		1		0.430		
Valine.....g	0.464		0		1		0.798		
Arginine.....g	0.549		0		1		0.944		
Histidine.....g	0.247		0		1		0.425		
Alanine.....g	0.372		0		1		0.640		
Aspartic acid.....g	1.072		0		1		1.844		
Glutamic acid.....g	1.351		0		1		2.324		
Glycine.....g	0.346		0		1		0.595		
Proline.....g	0.376		0		1		0.647		
Serine.....g	0.482		0		1		0.829		
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 = 172g: 1 cup

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 16 Legumes and Legume Products

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



NDB No. 16015

Beans, black, mature seeds, cooked, boiled, 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	0.047		0		1		0.081		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.047		0		1		0.081		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.231		0		1		0.397		
18:2 undifferentiated.....g	0.126		0		1		0.217		
18:3 undifferentiated.....g	0.105		0		1		0.181		
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		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.105		0		1		0.181		
Threonine.....g	0.373		0		1		0.642		
Isoleucine.....g	0.391		0		1		0.673		
Leucine.....g	0.708		0		1		1.218		
Lysine.....g	0.608		0		1		1.046		
Methionine.....g	0.133		0		1		0.229		
Cystine.....g	0.096		0		1		0.165		
Phenylalanine.....g	0.479		0		1		0.824		
Tyrosine.....g	0.250		0		1		0.430		
Valine.....g	0.464		0		1		0.798		
Arginine.....g	0.549		0		1		0.944		
Histidine.....g	0.247		0		1		0.425		
Alanine.....g	0.372		0		1		0.640		
Aspartic acid.....g	1.072		0		1		1.844		
Glutamic acid.....g	1.351		0		1		2.324		
Glycine.....g	0.346		0		1		0.595		
Proline.....g	0.376		0		1		0.647		
Serine.....g	0.482		0		1		0.829		
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 = 172g: 1 cup

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 16 Legumes and Legume Products

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



**NDB No. 16014**  
**Beans, black, mature seeds, raw**

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	0.123		0		1		0.239	0.015	
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	0.123		0		1		0.239	0.015	
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	0.610		0		1		1.183	0.074	
18:2 undifferentiated.....g	0.332		0		1		0.644	0.040	
18:3 undifferentiated.....g	0.278		0		1		0.539	0.034	
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		1		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.256		34		1		0.497	0.031	
Threonine.....g	0.909		90		1		1.763	0.110	
Isoleucine.....g	0.954		90		1		1.851	0.115	
Leucine.....g	1.725		90		1		3.347	0.209	
Lysine.....g	1.483		91		1		2.877	0.179	
Methionine.....g	0.325		54		1		0.631	0.039	
Cystine.....g	0.235		49		1		0.456	0.028	
Phenylalanine.....g	1.168		88		1		2.266	0.141	
Tyrosine.....g	0.608		83		1		1.180	0.074	
Valine.....g	1.130		90		1		2.192	0.137	
Arginine.....g	1.337		85		1		2.594	0.162	
Histidine.....g	0.601		88		1		1.166	0.073	
Alanine.....g	0.905		77		1		1.756	0.110	
Aspartic acid.....g	2.613		85		1		5.069	0.316	
Glutamic acid.....g	3.294		77		1		6.390	0.399	
Glycine.....g	0.843		77		1		1.635	0.102	
Proline.....g	0.916		75		1		1.777	0.111	
Serine.....g	1.175		77		1		2.280	0.142	
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	BFSN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 194g: 1 cup

Measure 2 = 12.1g: 1 tbsp

**NDB No. 16014**  
**Beans, black, mature seeds, raw**

**Calories Factors:** Protein 3.47      Fat 8.37      Carbohydrate 4.07

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Beans, chili, barbeque, ranch style, cooked**

[illegible]

NDB No. 43112

Beans, chili, barbeque, ranch style, 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 Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Fatty acids, total monounsaturated.....g	0.077				4		0.195		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.077				4		0.195		
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	0.555				4		1.404		
18:2 undifferentiated.....g	0.216				4		0.546		
18:3 undifferentiated.....g	0.339				4		0.858		
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	0				7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	7		0	BNA	4		18.216		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000		
Lycopene.....mcg	312		0	BFSN	4		789.849		
Lutein + zeaxanthin.....mcg	13		0	BFSN	4		34.118		

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 = 253g: 1 cup

**Calories Factors: Protein****Fat****Carbohydrate****Food Group:** 16 Legumes and Legume Products

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





NDB No. 16021

Beans, cranberry (roman), mature seeds, canned

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	0.024		0		1		0.062		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.024		0		1		0.062		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.120		0		1		0.312		
18:2 undifferentiated.....g	0.066		0		1		0.172		
18:3 undifferentiated.....g	0.055		0		1		0.143		
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		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.066		0		1		0.172		
Threonine.....g	0.233		0		1		0.606		
Isoleucine.....g	0.245		0		1		0.637		
Leucine.....g	0.443		0		1		1.152		
Lysine.....g	0.381		0		1		0.991		
Methionine.....g	0.083		0		1		0.216		
Cystine.....g	0.060		0		1		0.156		
Phenylalanine.....g	0.300		0		1		0.780		
Tyrosine.....g	0.156		0		1		0.406		
Valine.....g	0.290		0		1		0.754		
Arginine.....g	0.343		0		1		0.892		
Histidine.....g	0.154		0		1		0.400		
Alanine.....g	0.232		0		1		0.603		
Aspartic acid.....g	0.671		0		1		1.745		
Glutamic acid.....g	0.845		0		1		2.197		
Glycine.....g	0.216		0		1		0.562		
Proline.....g	0.235		0		1		0.611		
Serine.....g	0.302		0		1		0.785		
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 = 260g: 1 cup

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 16 Legumes and Legume Products

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



**NDB No. 16320**  
**Beans, cranberry (roman), mature seeds, cooked, boiled, 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	0.040		0		1		0.071		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.040		0		1		0.071		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.199		0		1		0.352		
18:2 undifferentiated.....g	0.108		0		1		0.191		
18:3 undifferentiated.....g	0.091		0		1		0.161		
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		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.111		0		1		0.196		
Threonine.....g	0.393		0		1		0.696		
Isoleucine.....g	0.412		0		1		0.729		
Leucine.....g	0.746		0		1		1.320		
Lysine.....g	0.641		0		1		1.135		
Methionine.....g	0.140		0		1		0.248		
Cystine.....g	0.102		0		1		0.181		
Phenylalanine.....g	0.505		0		1		0.894		
Tyrosine.....g	0.263		0		1		0.466		
Valine.....g	0.489		0		1		0.866		
Arginine.....g	0.578		0		1		1.023		
Histidine.....g	0.260		0		1		0.460		
Alanine.....g	0.391		0		1		0.692		
Aspartic acid.....g	1.129		0		1		1.998		
Glutamic acid.....g	1.424		0		1		2.520		
Glycine.....g	0.365		0		1		0.646		
Proline.....g	0.396		0		1		0.701		
Serine.....g	0.508		0		1		0.899		
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 = 177g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 16 Legumes and Legume Products**

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



**NDB No. 16020**  
**Beans, cranberry (roman), mature seeds, cooked, boiled, 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	Code	Code				
Fatty acids, total monounsaturated.....g	0.040		0		1		0.071		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.040		0		1		0.071		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.199		0		1		0.352		
18:2 undifferentiated.....g	0.108		0		1		0.191		
18:3 undifferentiated.....g	0.091		0		1		0.161		
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		1		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.111		0		1		0.196		
Threonine.....g	0.393		0		1		0.696		
Isoleucine.....g	0.412		0		1		0.729		
Leucine.....g	0.746		0		1		1.320		
Lysine.....g	0.641		0		1		1.135		
Methionine.....g	0.140		0		1		0.248		
Cystine.....g	0.102		0		1		0.181		
Phenylalanine.....g	0.505		0		1		0.894		
Tyrosine.....g	0.263		0		1		0.466		
Valine.....g	0.489		0		1		0.866		
Arginine.....g	0.578		0		1		1.023		
Histidine.....g	0.260		0		1		0.460		
Alanine.....g	0.391		0		1		0.692		
Aspartic acid.....g	1.129		0		1		1.998		
Glutamic acid.....g	1.424		0		1		2.520		
Glycine.....g	0.365		0		1		0.646		
Proline.....g	0.396		0		1		0.701		
Serine.....g	0.508		0		1		0.899		
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 = 177g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 16 Legumes and Legume Products**

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



**NDB No. 16019**  
**Beans, cranberry (roman), mature seeds, raw**

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	0.106		0		1		0.207		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.106		0		1		0.207		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.527		0		1		1.028		
18:2 undifferentiated.....g	0.287		0		1		0.560		
18:3 undifferentiated.....g	0.240		0		1		0.468		
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		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.273		0		1		0.532		
Threonine.....g	0.969		0		1		1.890		
Isoleucine.....g	1.017		0		1		1.983		
Leucine.....g	1.838		0		1		3.584		
Lysine.....g	1.580		0		1		3.081		
Methionine.....g	0.346		0		1		0.675		
Cystine.....g	0.251		0		1		0.489		
Phenylalanine.....g	1.245		0		1		2.428		
Tyrosine.....g	0.648		0		1		1.264		
Valine.....g	1.205		0		1		2.350		
Arginine.....g	1.426		0		1		2.781		
Histidine.....g	0.641		0		1		1.250		
Alanine.....g	0.965		0		1		1.882		
Aspartic acid.....g	2.785		0		1		5.431		
Glutamic acid.....g	3.511		0		1		6.846		
Glycine.....g	0.899		0		1		1.753		
Proline.....g	0.976		0		1		1.903		
Serine.....g	1.253		0		1		2.443		
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 = 195g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 16 Legumes and Legume Products**

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





NDB No. 16323

Beans, french, mature seeds, cooked, boiled, 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 Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.052		0		1		0.092		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.051		0		1		0.090		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.453		0		1		0.802		
18:2 undifferentiated.....g	0.166		0		1		0.294		
18:3 undifferentiated.....g	0.287		0		1		0.508		
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		1		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.083		0		1		0.147		
Threonine.....g	0.297		0		1		0.526		
Isoleucine.....g	0.311		0		1		0.550		
Leucine.....g	0.563		0		1		0.997		
Lysine.....g	0.484		0		1		0.857		
Methionine.....g	0.106		0		1		0.188		
Cystine.....g	0.077		0		1		0.136		
Phenylalanine.....g	0.381		0		1		0.674		
Tyrosine.....g	0.199		0		1		0.352		
Valine.....g	0.369		0		1		0.653		
Arginine.....g	0.437		0		1		0.773		
Histidine.....g	0.196		0		1		0.347		
Alanine.....g	0.296		0		1		0.524		
Aspartic acid.....g	0.853		0		1		1.510		
Glutamic acid.....g	1.075		0		1		1.903		
Glycine.....g	0.275		0		1		0.487		
Proline.....g	0.299		0		1		0.529		
Serine.....g	0.384		0		1		0.680		
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 = 177g: 1 cup

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 16 Legumes and Legume Products

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



NDB No. 16023

Beans, french, mature seeds, cooked, boiled, 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	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	0.052		0		1		0.092		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.051		0		1		0.090		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.453		0		1		0.802		
18:2 undifferentiated.....g	0.166		0		1		0.294		
18:3 undifferentiated.....g	0.287		0		1		0.508		
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		1		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.083		0		1		0.147		
Threonine.....g	0.297		0		1		0.526		
Isoleucine.....g	0.311		0		1		0.550		
Leucine.....g	0.563		0		1		0.997		
Lysine.....g	0.484		0		1		0.857		
Methionine.....g	0.106		0		1		0.188		
Cystine.....g	0.077		0		1		0.136		
Phenylalanine.....g	0.381		0		1		0.674		
Tyrosine.....g	0.199		0		1		0.352		
Valine.....g	0.369		0		1		0.653		
Arginine.....g	0.437		0		1		0.773		
Histidine.....g	0.196		0		1		0.347		
Alanine.....g	0.296		0		1		0.524		
Aspartic acid.....g	0.853		0		1		1.510		
Glutamic acid.....g	1.075		0		1		1.903		
Glycine.....g	0.275		0		1		0.487		
Proline.....g	0.299		0		1		0.529		
Serine.....g	0.384		0		1		0.680		
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 = 177g: 1 cup

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 16 Legumes and Legume Products

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



**NDB No. 16022**  
**Beans, french, mature seeds, raw**

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	0.138		0		1		0.254		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		1		0.006		
17:1.....g									
18:1 undifferentiated.....g	0.135		0		1		0.248		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.207		0		1		2.221		
18:2 undifferentiated.....g	0.442		0		1		0.813		
18:3 undifferentiated.....g	0.765		0		1		1.408		
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		1		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.223		0		1		0.410		
Threonine.....g	0.792		0		1		1.457		
Isoleucine.....g	0.831		0		1		1.529		
Leucine.....g	1.502		0		1		2.764		
Lysine.....g	1.291		0		1		2.375		
Methionine.....g	0.283		0		1		0.521		
Cystine.....g	0.205		0		1		0.377		
Phenylalanine.....g	1.017		0		1		1.871		
Tyrosine.....g	0.530		0		1		0.975		
Valine.....g	0.984		0		1		1.811		
Arginine.....g	1.165		0		1		2.144		
Histidine.....g	0.524		0		1		0.964		
Alanine.....g	0.789		0		1		1.452		
Aspartic acid.....g	2.276		0		1		4.188		
Glutamic acid.....g	2.869		0		1		5.279		
Glycine.....g	0.734		0		1		1.351		
Proline.....g	0.798		0		1		1.468		
Serine.....g	1.023		0		1		1.882		
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 = 184g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 16 Legumes and Legume Products**

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

**Beans, great northern, mature seeds, canned**

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	69.89		0		1		183.11		
Energy.....kcal	114		0	NC	4		299		
Energy.....kj	477				4		1250		
Protein (N x 6.25).....g	7.37		0		1		19.31		
Total lipid (fat).....g	0.39		0		1		1.02		
Ash.....g	1.33		0		1		3.48		
Carbohydrate, by difference.....g	21.03		0	NC	4		55.10		
Fiber, total dietary.....g	4.9		0		1		12.8		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	53		0		1		139		
Iron, Fe.....mg	1.57		0		1		4.11		
Magnesium, Mg.....mg	51		0		1		134		
Phosphorus, P.....mg	136		0		1		356		
Potassium, K.....mg	351		0		1		920		
Sodium, Na.....mg	4		0		1		10		
Zinc, Zn.....mg	0.65		1		1		1.70		
Copper, Cu.....mg	0.160		1		1		0.419		
Manganese, Mn.....mg	0.408		0		1		1.069		
Selenium, Se.....mcg	4.1		0	BFSN	4		10.7		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.3		0		1		3.4		
Thiamin.....mg	0.143		0		1		0.375		
Riboflavin.....mg	0.060		0		1		0.157		
Niacin.....mg	0.461		0		1		1.208		
Pantothenic acid.....mg	0.278		0		1		0.728		
Vitamin B-6.....mg	0.106		0		1		0.278		
Folate, total.....mcg	81		0		1		213		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	81		0		1		213		
Folate, DFE.....mcg_DFE	81		0	NC	4		213		
Vitamin B-12.....mcg	0.00		0		1		0.00		
Vitamin A, IU.....IU	1		0		1		3		
Vitamin A, RAE.....mcg_RAE	0		0		1		0		
Retinol.....mcg	0		0	Z	7		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	0.120		0		1		0.314		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.113		0		1		0.296		
17:0.....g									
18:0.....g	0.007		0		1	</			

**NDB No. 16026**  
**Beans, great northern, mature seeds, canned**

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	0.018		0		1		0.047		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.018		0		1		0.047		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.161		0		1		0.422		
18:2 undifferentiated.....g	0.089		0		1		0.233		
18:3 undifferentiated.....g	0.072		0		1		0.189		
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		1		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.087		0		1		0.228		
Threonine.....g	0.310		0		1		0.812		
Isoleucine.....g	0.325		0		1		0.852		
Leucine.....g	0.588		0		1		1.541		
Lysine.....g	0.506		0		1		1.326		
Methionine.....g	0.111		0		1		0.291		
Cystine.....g	0.080		0		1		0.210		
Phenylalanine.....g	0.399		0		1		1.045		
Tyrosine.....g	0.208		0		1		0.545		
Valine.....g	0.386		0		1		1.011		
Arginine.....g	0.456		0		1		1.195		
Histidine.....g	0.205		0		1		0.537		
Alanine.....g	0.309		0		1		0.810		
Aspartic acid.....g	0.891		0		1		2.334		
Glutamic acid.....g	1.124		0		1		2.945		
Glycine.....g	0.288		0		1		0.755		
Proline.....g	0.312		0		1		0.817		
Serine.....g	0.401		0		1		1.051		
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 = 262g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 16 Legumes and Legume Products**

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





NDB No. 16325

Beans, great northern, mature seeds, cooked, boiled, 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 Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.021		0		1		0.037		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.021		0		1		0.037		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.187		0		1		0.331		
18:2 undifferentiated.....g	0.103		0		1		0.182		
18:3 undifferentiated.....g	0.084		0		1		0.149		
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		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.099		0		1		0.175		
Threonine.....g	0.351		0		1		0.621		
Isoleucine.....g	0.368		0		1		0.651		
Leucine.....g	0.665		0		1		1.177		
Lysine.....g	0.572		0		1		1.012		
Methionine.....g	0.125		0		1		0.221		
Cystine.....g	0.091		0		1		0.161		
Phenylalanine.....g	0.451		0		1		0.798		
Tyrosine.....g	0.235		0		1		0.416		
Valine.....g	0.436		0		1		0.772		
Arginine.....g	0.516		0		1		0.913		
Histidine.....g	0.232		0		1		0.411		
Alanine.....g	0.349		0		1		0.618		
Aspartic acid.....g	1.008		0		1		1.784		
Glutamic acid.....g	1.270		0		1		2.248		
Glycine.....g	0.325		0		1		0.575		
Proline.....g	0.353		0		1		0.625		
Serine.....g	0.453		0		1		0.802		
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 = 177g: 1 cup

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 16 Legumes and Legume Products

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



NDB No. 16025

Beans, great northern, mature seeds, cooked, boiled, 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	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	0.021		0		1		0.037		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.021		0		1		0.037		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.187		0		1		0.331		
18:2 undifferentiated.....g	0.103		0		1		0.182		
18:3 undifferentiated.....g	0.084		0		1		0.149		
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		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.099		0		1		0.175		
Threonine.....g	0.351		0		1		0.621		
Isoleucine.....g	0.368		0		1		0.651		
Leucine.....g	0.665		0		1		1.177		
Lysine.....g	0.572		0		1		1.012		
Methionine.....g	0.125		0		1		0.221		
Cystine.....g	0.091		0		1		0.161		
Phenylalanine.....g	0.451		0		1		0.798		
Tyrosine.....g	0.235		0		1		0.416		
Valine.....g	0.436		0		1		0.772		
Arginine.....g	0.516		0		1		0.913		
Histidine.....g	0.232		0		1		0.411		
Alanine.....g	0.349		0		1		0.618		
Aspartic acid.....g	1.008		0		1		1.784		
Glutamic acid.....g	1.270		0		1		2.248		
Glycine.....g	0.325		0		1		0.575		
Proline.....g	0.353		0		1		0.625		
Serine.....g	0.453		0		1		0.802		
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 = 177g: 1 cup

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 16 Legumes and Legume Products

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



NDB No. 16024

Beans, great northern, mature seeds, raw

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	0.053		0		1		0.097		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.053		0		1		0.097		
20:1.....g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.477		0		1		0.873		
18:2 undifferentiated.....g	0.263		0		1		0.481		
18:3 undifferentiated.....g	0.213		0		1		0.390		
18:4.....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFSN	4		0.000		
20:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:6 n-3.....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.259		0		1		0.474		
Threonine.....g	0.920		0		1		1.684		
Isoleucine.....g	0.965		0		1		1.766		
Leucine.....g	1.745		0		1		3.193		
Lysine.....g	1.500		0		1		2.745		
Methionine.....g	0.329		0		1		0.602		
Cystine.....g	0.238		0		1		0.436		
Phenylalanine.....g	1.182		0		1		2.163		
Tyrosine.....g	0.615		0		1		1.125		
Valine.....g	1.144		0		1		2.094		
Arginine.....g	1.353		0		1		2.476		
Histidine.....g	0.608		0		1		1.113		
Alanine.....g	0.916		0		1		1.676		
Aspartic acid.....g	2.644		0		1		4.839		
Glutamic acid.....g	3.333		0		1		6.099		
Glycine.....g	0.853		0		1		1.561		
Proline.....g	0.927		0		1		1.696		
Serine.....g	1.189		0		1		2.176		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	BFSN	4		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	BFSN	4		0.000		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 183g: 1 cup

**NDB No. 16024**  
**Beans, great northern, mature seeds, raw**

**Calories Factors:** **Protein** 3.47                      **Fat** 8.37                      **Carbohydrate** 4.07

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 16029

Beans, kidney, all types, mature seeds, canned

Includes USDA commodity food A086

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				
	Points								
<b>Proximates:</b>									
Water.....g	78.04	0.095	44	JA	6		199.80		
Energy.....kcal	82		0	NC	4		210		
Energy.....kj	344		0	NC	4		880		
Protein (N x 6.25).....g	5.22	0.020	44	JA	6		13.36		
Total lipid (fat).....g	0.60	0.295	43	JA	6		1.55		
Ash.....g	1.64	0.025	44	JA	6		4.19		
Carbohydrate, by difference.....g	14.50		0	NC	4		37.11		
Fiber, total dietary.....g	4.3		0	BFSN	4		10.9		
Sugars, total.....g	1.85		1	A	1		4.74		
Sucrose.....g	1.85		1	A	1		4.74		
Glucose (dextrose).....g	0.00		1	A	1		0.00		
Fructose.....g	0.00		1	A	1		0.00		
Lactose.....g	0.00		1	A	1		0.00		
Maltose.....g	0.00		1	A	1		0.00		
Galactose.....g	0.00		1	A	1		0.00		
Starch.....g	8.90		1	A	1		22.78		
<b>Minerals:</b>									
Calcium, Ca.....mg	34	6.550	44	JA	6		86		
Iron, Fe.....mg	1.17	0.065	45	JA	6		2.98		
Magnesium, Mg.....mg	27		2	JA	6		70		
Phosphorus, P.....mg	90		2	JA	6		230		
Potassium, K.....mg	237	20.500	41	JA	6		605		
Sodium, Na.....mg	296	51.000	42	JA	6		758		
Zinc, Zn.....mg	0.46		2	JA	6		1.19		
Copper, Cu.....mg	0.135		2	JA	6		0.345		
Manganese, Mn.....mg	0.168		1	JA	6		0.431		
Selenium, Se.....mcg	0.9	0.350	10	A	1		2.2		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.2		5		1		3.1		
Thiamin.....mg	0.116	0.007	44	JA	6		0.296		
Riboflavin.....mg	0.051	0.021	46	JA	6		0.130		
Niacin.....mg	0.411	0.091	43	JA	6		1.052		
Pantothenic acid.....mg	0.138		1	JA	6		0.353		
Vitamin B-6.....mg	0.074		1	JA	6		0.191		
Folate, total.....mcg	36		1	JA	6		92		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	36		1	JA	6		92		
Folate, DFE.....mcg_DFE	36		0	NC	4		92		
Vitamin B-12.....mcg	0.00		0		1		0.00		
Vitamin A, IU.....IU	0		0	AS	1		0		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.02		1	A	1		0.05		
Tocopherol, beta.....mg	0.00		1	A	1		0.00		
Tocopherol, gamma.....mg	0.69		1	A	1		1.77		
Tocopherol, delta.....mg	0.02		1	A	1		0.05		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	4.1		1	A	1		10.4		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.084		0	NC	4		0.216		
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	0.000		1	A	1		0.000		
13:0.....g	0.000		1	A	1		0.000		
14:0.....g	0.006		1	A	1		0.014		
15:0.....g	0.000		1	A	1				



NDB No. 16029

Beans, kidney, all types, mature seeds, canned

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number			Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code				
15:0.....g	0.000			A	1		0.000		
16:0.....g	0.056		1	JA	6		0.144		
17:0.....g	0.000		1	A	1		0.000		
18:0.....g	0.023		1	JA	6		0.058		
20:0.....g	0.000		1	A	1		0.000		
22:0.....g	0.000		1	A	1		0.000		
24:0.....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.230		0	NC	4		0.588		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.009		1	A	1		0.023		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	0.078		0	JA	6		0.199		
18:1 c.....g	0.143		1	A	1		0.366		
18:1 t.....g	0.000		1	A	1		0.000		
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	0.158		0	NC	4		0.404		
18:2 undifferentiated.....g	0.063		1	JA	6		0.162		
18:3 undifferentiated.....g	0.049		0	JA	6		0.125		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		1	A	1		0.000		
22:5 n-3.....g									
22:6 n-3.....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.061		0		1		0.156		
Threonine.....g	0.219		0		1		0.561		
Isoleucine.....g	0.229		0		1		0.586		
Leucine.....g	0.415		0		1		1.062		
Lysine.....g	0.356		0		1		0.911		
Methionine.....g	0.078		0		1		0.200		
Cystine.....g	0.057		0		1		0.146		
Phenylalanine.....g	0.281		0		1		0.719		
Tyrosine.....g	0.146		0		1		0.374		
Valine.....g	0.272		0		1		0.696		
Arginine.....g	0.322		0		1		0.824		
Histidine.....g	0.145		0		1		0.371		
Alanine.....g	0.218		0		1		0.558		
Aspartic acid.....g	0.628		0		1		1.608		
Glutamic acid.....g	0.792		0		1		2.028		
Glycine.....g	0.203		0		1		0.520		
Proline.....g	0.220		0		1		0.563		
Serine.....g	0.283		0		1		0.724		
Hydroxyproline.....g	0.000		1	A	1		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:

**NDB No. 16029**

**Beans, kidney, all types, mature seeds, canned**

Measure 1 = 256g: 1 cup

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate** 4.07

**Food Group:** 16 Legumes and Legume Products

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

**Beans, kidney, all types, mature seeds, cooked, boiled, with salt**

[illegible]

NDB No. 16328

Beans, kidney, all types, mature seeds, cooked, boiled, 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 Points	Code	Code	Code			
Fatty acids, total monounsaturated.....g	0.039		0		1		0.069		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.039		0		1		0.069		
20:1.....g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.275		0		1		0.487		
18:2 undifferentiated.....g	0.107		0		1		0.189		
18:3 undifferentiated.....g	0.168		0		1		0.297		
18:4.....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFSN	4		0.000		
20:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:6 n-3.....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.103		0		1		0.182		
Threonine.....g	0.365		0		1		0.646		
Isoleucine.....g	0.383		0		1		0.678		
Leucine.....g	0.693		0		1		1.227		
Lysine.....g	0.595		0		1		1.053		
Methionine.....g	0.130		0		1		0.230		
Cystine.....g	0.094		0		1		0.166		
Phenylalanine.....g	0.469		0		1		0.830		
Tyrosine.....g	0.244		0		1		0.432		
Valine.....g	0.454		0		1		0.804		
Arginine.....g	0.537		0		1		0.950		
Histidine.....g	0.242		0		1		0.428		
Alanine.....g	0.364		0		1		0.644		
Aspartic acid.....g	1.049		0		1		1.857		
Glutamic acid.....g	1.323		0		1		2.342		
Glycine.....g	0.339		0		1		0.600		
Proline.....g	0.368		0		1		0.651		
Serine.....g	0.472		0		1		0.835		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	BFSN	4		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	BFSN	4		0.000		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 177g: 1 cup

**NDB No. 16328**

**Beans, kidney, all types, mature seeds, cooked, boiled, with salt**

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate** 4.07

**Food Group:** 16 Legumes and Legume Products

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

**NDB No. 16028**  
**Beans, kidney, all types, mature seeds, cooked, boiled, 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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	66.94	0.208	20		1		118.48	7.36	
Energy.....kcal	127		0	NC	4		225	14	
Energy.....kj	532		0	NC	4		941	58	
Protein (N x 6.25).....g	8.67	0.097	23		1		15.35	0.95	
Total lipid (fat).....g	0.50	0.015	23		1		0.89	0.06	
Ash.....g	1.09	0.028	23		1		1.93	0.12	
Carbohydrate, by difference.....g	22.80		0	NC	4		40.36	2.51	
Fiber, total dietary.....g	6.4		0		1		11.3	0.7	
Sugars, total.....g	0.32		0	BFSN	4		0.56	0.03	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	35	0.919	53	JA	6		63	4	
Iron, Fe.....mg	2.22	0.125	54	JA	6		3.93	0.24	
Magnesium, Mg.....mg	42	0.814	54	JA	6		75	5	
Phosphorus, P.....mg	138	3.054	53	JA	6		245	15	
Potassium, K.....mg	405	9.316	54	JA	6		716	45	
Sodium, Na.....mg	1	0.758	50	JA	6		2	0	
Zinc, Zn.....mg	1.00	0.019	54	JA	6		1.76	0.11	
Copper, Cu.....mg	0.216	0.014	54	JA	6		0.383	0.024	
Manganese, Mn.....mg	0.430	0.027	54	JA	6		0.761	0.047	
Selenium, Se.....mcg	1.1	0.223	48	JA	6		1.9	0.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.2		0		1		2.1	0.1	
Thiamin.....mg	0.160	0.017	23		1		0.283	0.018	
Riboflavin.....mg	0.058	0.003	23		1		0.103	0.006	
Niacin.....mg	0.578	0.038	23		1		1.023	0.064	
Pantothenic acid.....mg	0.220	0.006	8		1		0.389	0.024	
Vitamin B-6.....mg	0.120	0.006	8		1		0.212	0.013	
Folate, total.....mcg	130	3.817	8		1		229	14	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	130	3.817	8		1		229	14	
Folate, DFE.....mcg_DFE	130		0	NC	4		229	14	
Vitamin B-12.....mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU.....IU	0		0	NC	4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.03		1	A	1		0.05	0.00	
Tocopherol, beta.....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.92		1	A	1		1.63	0.10	
Tocopherol, delta.....mg	0.01		1	A	1		0.02	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	8.4		1	A	1		14.9	0.9	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.072		0		1		0.127	0.008	
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	0.064		0		1		0.113	0.007	
17:0.....g									
18:0.....g	0.008		0		1		0.014	0.001	
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 16028

Beans, kidney, all types, mature seeds, cooked, boiled, 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	0.039		0		1		0.069	0.004	
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	0.039		0		1		0.069	0.004	
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	0.275		0		1		0.487	0.030	
18:2 undifferentiated.....g	0.107		0		1		0.189	0.012	
18:3 undifferentiated.....g	0.168		0		1		0.297	0.018	
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		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.103		0		1		0.182	0.011	
Threonine.....g	0.365		0		1		0.646	0.040	
Isoleucine.....g	0.383		0		1		0.678	0.042	
Leucine.....g	0.693		0		1		1.227	0.076	
Lysine.....g	0.595		0		1		1.053	0.065	
Methionine.....g	0.130		0		1		0.230	0.014	
Cystine.....g	0.094		0		1		0.166	0.010	
Phenylalanine.....g	0.469		0		1		0.830	0.052	
Tyrosine.....g	0.244		0		1		0.432	0.027	
Valine.....g	0.454		0		1		0.804	0.050	
Arginine.....g	0.537		0		1		0.950	0.059	
Histidine.....g	0.242		0		1		0.428	0.027	
Alanine.....g	0.364		0		1		0.644	0.040	
Aspartic acid.....g	1.049		0		1		1.857	0.115	
Glutamic acid.....g	1.323		0		1		2.342	0.146	
Glycine.....g	0.339		0		1		0.600	0.037	
Proline.....g	0.368		0		1		0.651	0.040	
Serine.....g	0.472		0		1		0.835	0.052	
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	BFSN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 177g: 1 cup

Measure 2 = 11.0g: 1 tbsp

**NDB No. 16028**

**Beans, kidney, all types, mature seeds, cooked, boiled, without salt**

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate** 4.07

**Food Group:** 16 Legumes and Legume Products

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





NDB No. 16027

Beans, kidney, all types, mature seeds, raw

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	0.064		0		1		0.118		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.064		0		1		0.118		
20:1.....g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.457		0		1		0.841		
18:2 undifferentiated.....g	0.178		0		1		0.328		
18:3 undifferentiated.....g	0.279		0		1		0.513		
18:4.....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFSN	4		0.000		
20:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:5 n-3.....g									
22:6 n-3.....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg	127		0		1		234		
<b>Amino Acids:</b>									
Tryptophan.....g	0.279		0		1		0.513		
Threonine.....g	0.992		0		1		1.825		
Isoleucine.....g	1.041		0		1		1.915		
Leucine.....g	1.882		0		1		3.463		
Lysine.....g	1.618		0		1		2.977		
Methionine.....g	0.355		0		1		0.653		
Cystine.....g	0.256		0		1		0.471		
Phenylalanine.....g	1.275		0		1		2.346		
Tyrosine.....g	0.664		0		1		1.222		
Valine.....g	1.233		0		1		2.269		
Arginine.....g	1.460		0		1		2.686		
Histidine.....g	0.656		0		1		1.207		
Alanine.....g	0.988		0		1		1.818		
Aspartic acid.....g	2.852		0		1		5.248		
Glutamic acid.....g	3.595		0		1		6.615		
Glycine.....g	0.920		0		1		1.693		
Proline.....g	1.000		0		1		1.840		
Serine.....g	1.282		0		1		2.359		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	BFSN	4		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	BFSN	4		0.000		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 184g: 1 cup

**NDB No. 16027**  
**Beans, kidney, all types, mature seeds, raw**

**Calories Factors:** Protein 3.47                      Fat 8.37                      Carbohydrate 4.07

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 16331**  
**Beans, kidney, california red, mature seeds, cooked, boiled, 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	0.007		0		1		0.012		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.007		0		1		0.012		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.052		0		1		0.092		
18:2 undifferentiated.....g	0.020		0		1		0.035		
18:3 undifferentiated.....g	0.032		0		1		0.057		
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		1		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.108		0		1		0.191		
Threonine.....g	0.384		0		1		0.680		
Isoleucine.....g	0.403		0		1		0.713		
Leucine.....g	0.729		0		1		1.290		
Lysine.....g	0.627		0		1		1.110		
Methionine.....g	0.137		0		1		0.242		
Cystine.....g	0.099		0		1		0.175		
Phenylalanine.....g	0.494		0		1		0.874		
Tyrosine.....g	0.257		0		1		0.455		
Valine.....g	0.478		0		1		0.846		
Arginine.....g	0.565		0		1		1.000		
Histidine.....g	0.254		0		1		0.450		
Alanine.....g	0.383		0		1		0.678		
Aspartic acid.....g	1.105		0		1		1.956		
Glutamic acid.....g	1.392		0		1		2.464		
Glycine.....g	0.356		0		1		0.630		
Proline.....g	0.387		0		1		0.685		
Serine.....g	0.497		0		1		0.880		
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 = 177g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 16 Legumes and Legume Products**

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

**Beans, kidney, california red, mature seeds, cooked, boiled, without salt**

**Refuse: 0%**

[illegible]

NDB No. 16031

Beans, kidney, california red, mature seeds, cooked, boiled, 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	Code			
Fatty acids, total monounsaturated.....g	0.007		0		1		0.012		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.007		0		1		0.012		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.052		0		1		0.092		
18:2 undifferentiated.....g	0.020		0		1		0.035		
18:3 undifferentiated.....g	0.032		0		1		0.057		
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		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.108		0		1		0.191		
Threonine.....g	0.384		0		1		0.680		
Isoleucine.....g	0.403		0		1		0.713		
Leucine.....g	0.729		0		1		1.290		
Lysine.....g	0.627		0		1		1.110		
Methionine.....g	0.137		0		1		0.242		
Cystine.....g	0.099		0		1		0.175		
Phenylalanine.....g	0.494		0		1		0.874		
Tyrosine.....g	0.257		0		1		0.455		
Valine.....g	0.478		0		1		0.846		
Arginine.....g	0.565		0		1		1.000		
Histidine.....g	0.254		0		1		0.450		
Alanine.....g	0.383		0		1		0.678		
Aspartic acid.....g	1.105		0		1		1.956		
Glutamic acid.....g	1.392		0		1		2.464		
Glycine.....g	0.356		0		1		0.630		
Proline.....g	0.387		0		1		0.685		
Serine.....g	0.497		0		1		0.880		
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 = 177g: 1 cup

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 16 Legumes and Legume Products

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

*Phaseolus vulgaris*

**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	11.75		0		1		21.62		
Energy.....kcal	330		0	NC	4		607		
Energy.....kj	1381				4		2541		
Protein (N x 6.25).....g	24.37	0.149	6		1		44.84		
Total lipid (fat).....g	0.25	0.019	8		1		0.46		
Ash.....g	3.83		0		1		7.05		
Carbohydrate, by difference.....g	59.80		0	NC	4		110.03		
Fiber, total dietary.....g	24.9		0		4		45.8		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	195		2		1		359		
Iron, Fe.....mg	9.35		2		1		17.20		
Magnesium, Mg.....mg	160		2		1		294		
Phosphorus, P.....mg	405		2		1		745		
Potassium, K.....mg	1490		2		1		2742		
Sodium, Na.....mg	11		2		1		20		
Zinc, Zn.....mg	2.55		2		1		4.69		
Copper, Cu.....mg	1.100		2		1		2.024		
Manganese, Mn.....mg	1.000		2		1		1.840		
Selenium, Se.....mcg	3.2		0	BFSN	4		5.9		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	4.5		0		1		8.3		
Thiamin.....mg	0.529		0		1		0.973		
Riboflavin.....mg	0.219		0		1		0.403		
Niacin.....mg	2.060		0		1		3.790		
Pantothenic acid.....mg	0.780		0		1		1.435		
Vitamin B-6.....mg	0.397		0		1		0.730		
Folate, total.....mcg	394		0		1		725		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	394		0		1		725		
Folate, DFE.....mcg_DFE	394		0	NC	4		725		
Vitamin B-12.....mcg	0.00		0		1		0.00		
Vitamin A, IU.....IU	8		0		1		15		
Vitamin A, RAE.....mcg_RAE	0		0		1		1		
Retinol.....mcg	0		0	Z	7		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	0.036		0		1		0.066		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.032		0		1		0.059		
17:0.....g									
18:0.....g	0.004		0		1		0.007		
20:0.....g									
22:0.....g									
24:0.....g									



**NDB No. 16030**  
**Beans, kidney, california red, mature seeds, raw**

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	0.019		0		1		0.035		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.019		0		1		0.035		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.138		0		1		0.254		
18:2 undifferentiated.....g	0.054		0		1		0.099		
18:3 undifferentiated.....g	0.084		0		1		0.155		
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		1		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.289		0		1		0.532		
Threonine.....g	1.026		0		1		1.888		
Isoleucine.....g	1.076		0		1		1.980		
Leucine.....g	1.946		0		1		3.581		
Lysine.....g	1.673		0		1		3.078		
Methionine.....g	0.367		0		1		0.675		
Cystine.....g	0.265		0		1		0.488		
Phenylalanine.....g	1.318		0		1		2.425		
Tyrosine.....g	0.686		0		1		1.262		
Valine.....g	1.275		0		1		2.346		
Arginine.....g	1.509		0		1		2.777		
Histidine.....g	0.679		0		1		1.249		
Alanine.....g	1.022		0		1		1.880		
Aspartic acid.....g	2.948		0		1		5.424		
Glutamic acid.....g	3.717		0		1		6.839		
Glycine.....g	0.952		0		1		1.752		
Proline.....g	1.034		0		1		1.903		
Serine.....g	1.326		0		1		2.440		
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 = 184g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 16 Legumes and Legume Products**

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



NDB No. 16034

Beans, kidney, red, mature seeds, canned

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	0.027		0		1		0.069	0.004	
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	0.027		0		1		0.069	0.004	
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	0.189		0		1		0.484	0.030	
18:2 undifferentiated.....g	0.073		0		1		0.187	0.012	
18:3 undifferentiated.....g	0.116		0		1		0.297	0.019	
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		1		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.062		0		1		0.159	0.010	
Threonine.....g	0.221		0		1		0.566	0.035	
Isoleucine.....g	0.232		0		1		0.594	0.037	
Leucine.....g	0.419		0		1		1.073	0.067	
Lysine.....g	0.360		0		1		0.922	0.058	
Methionine.....g	0.079		0		1		0.202	0.013	
Cystine.....g	0.057		0		1		0.146	0.009	
Phenylalanine.....g	0.284		0		1		0.727	0.045	
Tyrosine.....g	0.148		0		1		0.379	0.024	
Valine.....g	0.274		0		1		0.701	0.044	
Arginine.....g	0.325		0		1		0.832	0.052	
Histidine.....g	0.146		0		1		0.374	0.023	
Alanine.....g	0.220		0		1		0.563	0.035	
Aspartic acid.....g	0.634		0		1		1.623	0.101	
Glutamic acid.....g	0.800		0		1		2.048	0.128	
Glycine.....g	0.205		0		1		0.525	0.033	
Proline.....g	0.222		0		1		0.568	0.036	
Serine.....g	0.285		0		1		0.730	0.046	
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	BFSN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 256g: 1 cup

Measure 2 = 16g: 1 tbsp

**NDB No. 16034**

**Beans, kidney, red, mature seeds, canned**

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate** 4.07

**Food Group:** 16 Legumes and Legume Products

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



NDB No. 16333

Beans, kidney, red, mature seeds, cooked, boiled, with salt

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u> <u>measures of food</u>		
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
Fatty acids, total monounsaturated.....g	0.039		0		1		0.069		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.039		0		1		0.069		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.275		0		1		0.487		
18:2 undifferentiated.....g	0.107		0		1		0.189		
18:3 undifferentiated.....g	0.168		0		1		0.297		
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		1		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.103		0		1		0.182		
Threonine.....g	0.365		0		1		0.646		
Isoleucine.....g	0.383		0		1		0.678		
Leucine.....g	0.693		0		1		1.227		
Lysine.....g	0.595		0		1		1.053		
Methionine.....g	0.130		0		1		0.230		
Cystine.....g	0.094		0		1		0.166		
Phenylalanine.....g	0.469		0		1		0.830		
Tyrosine.....g	0.244		0		1		0.432		
Valine.....g	0.454		0		1		0.804		
Arginine.....g	0.537		0		1		0.950		
Histidine.....g	0.242		0		1		0.428		
Alanine.....g	0.364		0		1		0.644		
Aspartic acid.....g	1.049		0		1		1.857		
Glutamic acid.....g	1.323		0		1		2.342		
Glycine.....g	0.339		0		1		0.600		
Proline.....g	0.368		0		1		0.651		
Serine.....g	0.472		0		1		0.835		
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 = 177g: 1 cup

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 16 Legumes and Legume Products

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



**NDB No. 16033**
**Beans, kidney, red, mature seeds, cooked, boiled, 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	0.039		0		1		0.069	0.004	
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	0.039		0		1		0.069	0.004	
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	0.275		0		1		0.487	0.030	
18:2 undifferentiated.....g	0.107		0		1		0.189	0.012	
18:3 undifferentiated.....g	0.168		0		1		0.297	0.018	
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		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.103		0		1		0.182	0.011	
Threonine.....g	0.365		0		1		0.646	0.040	
Isoleucine.....g	0.383		0		1		0.678	0.042	
Leucine.....g	0.693		0		1		1.227	0.076	
Lysine.....g	0.595		0		1		1.053	0.065	
Methionine.....g	0.130		0		1		0.230	0.014	
Cystine.....g	0.094		0		1		0.166	0.010	
Phenylalanine.....g	0.469		0		1		0.830	0.052	
Tyrosine.....g	0.244		0		1		0.432	0.027	
Valine.....g	0.454		0		1		0.804	0.050	
Arginine.....g	0.537		0		1		0.950	0.059	
Histidine.....g	0.242		0		1		0.428	0.027	
Alanine.....g	0.364		0		1		0.644	0.040	
Aspartic acid.....g	1.049		0		1		1.857	0.115	
Glutamic acid.....g	1.323		0		1		2.342	0.146	
Glycine.....g	0.339		0		1		0.600	0.037	
Proline.....g	0.368		0		1		0.651	0.040	
Serine.....g	0.472		0		1		0.835	0.052	
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	BFSN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 177g: 1 cup

Measure 2 = 11.0g: 1 tbsp



**NDB No. 16033**

**Beans, kidney, red, mature seeds, cooked, boiled, without salt**

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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



NDB No. 16032

Beans, kidney, red, mature seeds, raw

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	0.082		0		1		0.151	0.010	
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	0.082		0		1		0.151	0.010	
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	0.586		0		1		1.078	0.071	
18:2 undifferentiated.....g	0.228		0		1		0.420	0.028	
18:3 undifferentiated.....g	0.358		0		1		0.659	0.044	
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		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.267		0		1		0.491	0.033	
Threonine.....g	0.948		0		1		1.744	0.116	
Isoleucine.....g	0.995		0		1		1.831	0.121	
Leucine.....g	1.799		0		1		3.310	0.219	
Lysine.....g	1.547		0		1		2.846	0.189	
Methionine.....g	0.339		0		1		0.624	0.041	
Cystine.....g	0.245		0		1		0.451	0.030	
Phenylalanine.....g	1.218		0		1		2.241	0.149	
Tyrosine.....g	0.634		0		1		1.167	0.077	
Valine.....g	1.179		0		1		2.169	0.144	
Arginine.....g	1.395		0		1		2.567	0.170	
Histidine.....g	0.627		0		1		1.154	0.076	
Alanine.....g	0.945		0		1		1.739	0.115	
Aspartic acid.....g	2.725		0		1		5.014	0.332	
Glutamic acid.....g	3.436		0		1		6.322	0.419	
Glycine.....g	0.880		0		1		1.619	0.107	
Proline.....g	0.955		0		1		1.757	0.117	
Serine.....g	1.226		0		1		2.256	0.150	
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	BFSN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 184g: 1 cup

Measure 2 = 12.2g: 1 tbsp

**NDB No. 16032**  
**Beans, kidney, red, mature seeds, raw**

**Calories Factors:** Protein 3.47      Fat 8.37      Carbohydrate 4.07

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 16336**  
**Beans, kidney, royal red, mature seeds, cooked, boiled 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				
			Points						
Fatty acids, total monounsaturated.....g	0.013		0		1		0.023		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.013		0		1		0.023		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.093		0		1		0.165		
18:2 undifferentiated.....g	0.036		0		1		0.064		
18:3 undifferentiated.....g	0.057		0		1		0.101		
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		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.112		0		1		0.198		
Threonine.....g	0.399		0		1		0.706		
Isoleucine.....g	0.419		0		1		0.742		
Leucine.....g	0.757		0		1		1.340		
Lysine.....g	0.651		0		1		1.152		
Methionine.....g	0.143		0		1		0.253		
Cystine.....g	0.103		0		1		0.182		
Phenylalanine.....g	0.513		0		1		0.908		
Tyrosine.....g	0.267		0		1		0.473		
Valine.....g	0.496		0		1		0.878		
Arginine.....g	0.587		0		1		1.039		
Histidine.....g	0.264		0		1		0.467		
Alanine.....g	0.398		0		1		0.704		
Aspartic acid.....g	1.148		0		1		2.032		
Glutamic acid.....g	1.447		0		1		2.561		
Glycine.....g	0.370		0		1		0.655		
Proline.....g	0.402		0		1		0.712		
Serine.....g	0.516		0		1		0.913		
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 = 177g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 16 Legumes and Legume Products**

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



NDB No. 16036

Beans, kidney, royal red, mature seeds, cooked, boiled, 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	0.013		0		1		0.023		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.013		0		1		0.023		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.093		0		1		0.165		
18:2 undifferentiated.....g	0.036		0		1		0.064		
18:3 undifferentiated.....g	0.057		0		1		0.101		
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		1		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.112		0		1		0.198		
Threonine.....g	0.399		0		1		0.706		
Isoleucine.....g	0.419		0		1		0.742		
Leucine.....g	0.757		0		1		1.340		
Lysine.....g	0.651		0		1		1.152		
Methionine.....g	0.143		0		1		0.253		
Cystine.....g	0.103		0		1		0.182		
Phenylalanine.....g	0.513		0		1		0.908		
Tyrosine.....g	0.267		0		1		0.473		
Valine.....g	0.496		0		1		0.878		
Arginine.....g	0.587		0		1		1.039		
Histidine.....g	0.264		0		1		0.467		
Alanine.....g	0.398		0		1		0.704		
Aspartic acid.....g	1.148		0		1		2.032		
Glutamic acid.....g	1.447		0		1		2.561		
Glycine.....g	0.370		0		1		0.655		
Proline.....g	0.402		0		1		0.712		
Serine.....g	0.516		0		1		0.913		
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 = 177g: 1 cup

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 16 Legumes and Legume Products

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





**NDB No. 16035**  
**Beans, kidney, royal red, mature seeds, raw**

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	0.035		0		1		0.064		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.035		0		1		0.064		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.249		0		1		0.458		
18:2 undifferentiated.....g	0.097		0		1		0.178		
18:3 undifferentiated.....g	0.152		0		1		0.280		
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		1		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.300		0		1		0.552		
Threonine.....g	1.066		0		1		1.961		
Isoleucine.....g	1.118		0		1		2.057		
Leucine.....g	2.022		0		1		3.720		
Lysine.....g	1.738		0		1		3.198		
Methionine.....g	0.381		0		1		0.701		
Cystine.....g	0.276		0		1		0.508		
Phenylalanine.....g	1.370		0		1		2.521		
Tyrosine.....g	0.713		0		1		1.312		
Valine.....g	1.325		0		1		2.438		
Arginine.....g	1.568		0		1		2.885		
Histidine.....g	0.705		0		1		1.297		
Alanine.....g	1.062		0		1		1.954		
Aspartic acid.....g	3.063		0		1		5.636		
Glutamic acid.....g	3.862		0		1		7.106		
Glycine.....g	0.989		0		1		1.820		
Proline.....g	1.074		0		1		1.976		
Serine.....g	1.378		0		1		2.536		
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 = 184g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 16 Legumes and Legume Products**

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

**Beans, liquid from stewed kidney beans**

[illegible]

**NDB No. 43125**  
**Beans, liquid from stewed kidney beans**

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				
Fatty acids, total monounsaturated.....g	1.536				4		3.686		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.095				4		0.228		
17:1.....g									
18:1 undifferentiated.....g	1.420				4		3.408		
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	0.340				4		0.816		
18:2 undifferentiated.....g	0.299				4		0.718		
18:3 undifferentiated.....g	0.033				4		0.079		
18:4.....g	0.000				4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.007				4		0.017		
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	4				4		10		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0				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 = 240g: 1 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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



**NDB No. 16039**  
**Beans, navy, mature seeds, canned**

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	0.038		0		1		0.100		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.038		0		1		0.100		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.186		0		1		0.487		
18:2 undifferentiated.....g	0.101		0		1		0.265		
18:3 undifferentiated.....g	0.085		0		1		0.223		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.089		0		1		0.233		
Threonine.....g	0.317		0		1		0.831		
Isoleucine.....g	0.332		0		1		0.870		
Leucine.....g	0.601		0		1		1.575		
Lysine.....g	0.517		0		1		1.355		
Methionine.....g	0.113		0		1		0.296		
Cystine.....g	0.082		0		1		0.215		
Phenylalanine.....g	0.407		0		1		1.066		
Tyrosine.....g	0.212		0		1		0.555		
Valine.....g	0.394		0		1		1.032		
Arginine.....g	0.466		0		1		1.221		
Histidine.....g	0.209		0		1		0.548		
Alanine.....g	0.315		0		1		0.825		
Aspartic acid.....g	0.910		0		1		2.384		
Glutamic acid.....g	1.147		0		1		3.005		
Glycine.....g	0.294		0		1		0.770		
Proline.....g	0.319		0		1		0.836		
Serine.....g	0.409		0		1		1.072		
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0		7		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	BFSN	4		0.000		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 262g: 1 cup

**NDB No. 16039**  
**Beans, navy, mature seeds, canned**

**Calories Factors:** **Protein** 3.47                      **Fat** 8.37                      **Carbohydrate** 4.07

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 16338

Beans, navy, mature seeds, cooked, boiled, 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	63.81	0.396	9	JO	11		116.13		
Energy.....kcal	140		0	NC	4		254		
Energy.....kj	585		0	NC	4		1064		
Protein (N x 6.25).....g	8.23	0.300	3	JO	11		14.98		
Total lipid (fat).....g	0.62	0.000	9	JO	11		1.12		
Ash.....g	1.30	0.022	9	JO	11		2.37		
Carbohydrate, by difference.....g	26.05		0	NC	4		47.40		
Fiber, total dietary.....g	10.5		1	A	1		19.0		
Sugars, total.....g	0.37		1	A	1		0.67		
Sucrose.....g	0.37		1	A	1		0.67		
Glucose (dextrose).....g	0.00		1	A	1		0.00		
Fructose.....g	0.00		1	A	1		0.00		
Lactose.....g	0.00		1	A	1		0.00		
Maltose.....g	0.00		1	A	1		0.00		
Galactose.....g	0.00		1	A	1		0.00		
Starch.....g	15.40		1	A	1		28.03		
<b>Minerals:</b>									
Calcium, Ca.....mg	69	2.524	44	JO	11		126		
Iron, Fe.....mg	2.36	0.060	45	JO	11		4.29		
Magnesium, Mg.....mg	53	0.986	45	JO	11		97		
Phosphorus, P.....mg	144	3.005	44	JO	11		262		
Potassium, K.....mg	389	10.703	45	JO	11		708		
Sodium, Na.....mg	237		0		1		431		
Zinc, Zn.....mg	1.03	0.025	45	JO	11		1.87		
Copper, Cu.....mg	0.210	0.015	45	JO	11		0.382		
Manganese, Mn.....mg	0.527	0.039	45	JO	11		0.959		
Selenium, Se.....mcg	2.9	0.653	29	JA	6		5.2		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.237	0.006	9	JO	11		0.431		
Riboflavin.....mg	0.066	0.002	9	JO	11		0.119		
Niacin.....mg	0.649	0.037	9	JO	11		1.180		
Pantothenic acid.....mg	0.266	0.009	9	JO	11		0.483		
Vitamin B-6.....mg	0.138	0.005	9	JO	11		0.251		
Folate, total.....mcg	140	6.063	8	A	1		255		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	140	6.063	8	A	1		255		
Folate, DFE.....mcg_DFE	140		0	NC	4		255		
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		0	AS	1		0		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.01		1	A	1		0.03		
Tocopherol, beta.....mg	0.00		1	A	1		0.00		
Tocopherol, gamma.....mg	1.28		1	A	1		2.33		
Tocopherol, delta.....mg	0.09		1	A	1		0.16		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.6		1	A	1		1.1		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.065		0	NC	4		0.118		
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	0.000		1	A	1		0.000		
13:0.....g	0.000		1	A	1		0.000		
14:0.....g	0.000		1	A	1		0.000		
15:0.....g	0.000		1	A	1		0.000		



NDB No. 16338

Beans, navy, mature seeds, cooked, boiled, 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 Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
16:0.....g	0.053		1	A	1		0.096		
17:0.....g	0.000		1	A	1		0.000		
18:0.....g	0.012		1	A	1		0.022		
20:0.....g	0.000		1	A	1		0.000		
22:0.....g	0.000		1	A	1		0.000		
24:0.....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.094		0	NC	4		0.170		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.000		1	A	1		0.000		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	0.047		0	AS	1		0.085		
18:1 c.....g	0.047		1	A	1		0.085		
18:1 t.....g	0.000		1	A	1		0.000		
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	0.324		0	NC	4		0.589		
18:2 undifferentiated.....g	0.089		1	A	1		0.163		
18:3 undifferentiated.....g	0.117		0	AS	1		0.213		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		1	A	1		0.000		
22:5 n-3.....g									
22:6 n-3.....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg									
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.100		0	JO	11		0.183		
Threonine.....g	0.289		0	JO	11		0.526		
Isoleucine.....g	0.387		0	JO	11		0.704		
Leucine.....g	0.700		0	JO	11		1.274		
Lysine.....g	0.520		0	JO	11		0.947		
Methionine.....g	0.111		0	JO	11		0.202		
Cystine.....g	0.076		0	JO	11		0.138		
Phenylalanine.....g	0.471		0	JO	11		0.857		
Tyrosine.....g	0.197		0	JO	11		0.358		
Valine.....g	0.504		0	JO	11		0.918		
Arginine.....g	0.415		0	JO	11		0.754		
Histidine.....g	0.206		0	JO	11		0.375		
Alanine.....g	0.369		0	JO	11		0.672		
Aspartic acid.....g	1.056		0	JO	11		1.921		
Glutamic acid.....g	1.259		0	JO	11		2.291		
Glycine.....g	0.326		0	JO	11		0.592		
Proline.....g	0.454		0	JO	11		0.826		
Serine.....g	0.479		0	JO	11		0.873		
Hydroxyproline.....g	0.000		1	A	1		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. 16338**

**Beans, navy, mature seeds, cooked, boiled, with salt**

**Common Measures:**

Measure 1 = 182g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16038

Beans, navy, mature seeds, cooked, boiled, 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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	63.81	0.396	9	JO	11		116.13		
Energy.....kcal	140		0	NC	4		254		
Energy.....kj	585		0	NC	4		1064		
Protein (N x 6.25).....g	8.23	0.300	3	JO	11		14.98		
Total lipid (fat).....g	0.62	0.000	9	JO	11		1.12		
Ash.....g	1.30	0.022	9	JO	11		2.37		
Carbohydrate, by difference.....g	26.05		0	NC	4		47.40		
Fiber, total dietary.....g	10.5		1	A	1		19.0		
Sugars, total.....g	0.37		1	A	1		0.67		
Sucrose.....g	0.37		1	A	1		0.67		
Glucose (dextrose).....g	0.00		1	A	1		0.00		
Fructose.....g	0.00		1	A	1		0.00		
Lactose.....g	0.00		1	A	1		0.00		
Maltose.....g	0.00		1	A	1		0.00		
Galactose.....g	0.00		1	A	1		0.00		
Starch.....g	15.40		1	A	1		28.03		
<b>Minerals:</b>									
Calcium, Ca.....mg	69	2.524	44	JO	11		126		
Iron, Fe.....mg	2.36	0.060	45	JO	11		4.29		
Magnesium, Mg.....mg	53	0.986	45	JO	11		97		
Phosphorus, P.....mg	144	3.005	44	JO	11		262		
Potassium, K.....mg	389	10.703	45	JO	11		708		
Sodium, Na.....mg	0	0.082	37	JO	11		1		
Zinc, Zn.....mg	1.03	0.025	45	JO	11		1.87		
Copper, Cu.....mg	0.210	0.015	45	JO	11		0.382		
Manganese, Mn.....mg	0.527	0.039	45	JO	11		0.959		
Selenium, Se.....mcg	2.9	0.653	29	JA	6		5.2		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.237	0.006	9	JO	11		0.431		
Riboflavin.....mg	0.066	0.002	9	JO	11		0.119		
Niacin.....mg	0.649	0.037	9	JO	11		1.180		
Pantothenic acid.....mg	0.266	0.009	9	JO	11		0.483		
Vitamin B-6.....mg	0.138	0.005	9	JO	11		0.251		
Folate, total.....mcg	140	6.063	8	A	1		255		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	140	6.063	8	A	1		255		
Folate, DFE.....mcg_DFE	140		0	NC	4		255		
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		0	NC	4		0		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.01		1	A	1		0.03		
Tocopherol, beta.....mg	0.00		1	A	1		0.00		
Tocopherol, gamma.....mg	1.28		1	A	1		2.33		
Tocopherol, delta.....mg	0.09		1	A	1		0.16		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.6		1	A	1		1.1		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.065		0	NC	4		0.118		
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	0.000		1	A	1		0.000		
13:0.....g	0.000		1	A	1		0.000		
14:0.....g	0.000		1	A	1		0.000		
15:0.....g	0.000		1	A	1		0.000		

**Beans, navy, mature seeds, cooked, boiled, 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	Code	Code				
16:0.....g	0.053		1	A	1		0.096		
17:0.....g	0.000		1	A	1		0.000		
18:0.....g	0.012		1	A	1		0.022		
20:0.....g	0.000		1	A	1		0.000		
22:0.....g	0.000		1	A	1		0.000		
24:0.....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.094		0	NC	4		0.170		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.000		1	A	1		0.000		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	0.047		0	AS	1		0.085		
18:1 c.....g	0.047		1	A	1		0.085		
18:1 t.....g	0.000		1	A	1		0.000		
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	0.324		0	NC	4		0.589		
18:2 undifferentiated.....g	0.089		1	A	1		0.163		
18:3 undifferentiated.....g	0.117		0	AS	1		0.213		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		1	A	1		0.000		
22:5 n-3.....g									
22:6 n-3.....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg									
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.100		0	JO	11		0.183		
Threonine.....g	0.289		0	JO	11		0.526		
Isoleucine.....g	0.387		0	JO	11		0.704		
Leucine.....g	0.700		0	JO	11		1.274		
Lysine.....g	0.520		0	JO	11		0.947		
Methionine.....g	0.111		0	JO	11		0.202		
Cystine.....g	0.076		0	JO	11		0.138		
Phenylalanine.....g	0.471		0	JO	11		0.857		
Tyrosine.....g	0.197		0	JO	11		0.358		
Valine.....g	0.504		0	JO	11		0.918		
Arginine.....g	0.415		0	JO	11		0.754		
Histidine.....g	0.206		0	JO	11		0.375		
Alanine.....g	0.369		0	JO	11		0.672		
Aspartic acid.....g	1.056		0	JO	11		1.921		
Glutamic acid.....g	1.259		0	JO	11		2.291		
Glycine.....g	0.326		0	JO	11		0.592		
Proline.....g	0.454		0	JO	11		0.826		
Serine.....g	0.479		0	JO	11		0.873		
Hydroxyproline.....g	0.000		1	A	1		0.000		
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b>Carotenoids:</b>									

NDB No. 16038

Beans, navy, mature seeds, cooked, boiled, without salt

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
Carotene, beta.....mcg	0		0	BFSY	4		0.000		
Carotene, alpha.....mcg	0		0	BFSY	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSY	4		0.000		
Lycopene.....mcg	0		0	BFSY	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSY	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 = 182g: 1 cup

**Calories Factors:** Protein 3.47

Fat 8.37

Carbohydrate 4.07

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16037

Beans, navy, mature seeds, raw

*Phaseolus vulgaris*

Includes USDA commodity food A918, A924

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	12.10	0.236	17	JO	11		25.17		
Energy.....kcal	337		0	NC	4		702		
Energy.....kj	1411		0	NC	4		2935		
Protein (N x 6.25).....g	22.33	0.256	72		1		46.45		
Total lipid (fat).....g	1.50	0.066	17	JO	11		3.12		
Ash.....g	3.32	0.024	17	JO	11		6.91		
Carbohydrate, by difference.....g	60.75		0	NC	4		126.36		
Fiber, total dietary.....g	24.4		0		4		50.8		
Sugars, total.....g	3.88		1	A	1		8.07		
Sucrose.....g	3.33		1	A	1		6.93		
Glucose (dextrose).....g	0.21		1	A	1		0.44		
Fructose.....g	0.00		1	A	1		0.00		
Lactose.....g	0.00		1	A	1		0.00		
Maltose.....g	0.00		1	A	1		0.00		
Galactose.....g	0.34		1	A	1		0.71		
Starch.....g	32.90		1	A	1		68.43		
<b>Minerals:</b>									
Calcium, Ca.....mg	147	2.879	13	JO	11		305		
Iron, Fe.....mg	5.49	0.203	13	JO	11		11.42		
Magnesium, Mg.....mg	175	1.876	13	JO	11		364		
Phosphorus, P.....mg	407	6.820	13	JO	11		847		
Potassium, K.....mg	1185	10.253	13	JO	11		2465		
Sodium, Na.....mg	5	0.705	9	JO	11		11		
Zinc, Zn.....mg	3.65	0.107	13	JO	11		7.59		
Copper, Cu.....mg	0.834	0.053	13	JO	11		1.734		
Manganese, Mn.....mg	1.418	0.100	13	JO	11		2.949		
Selenium, Se.....mcg	11.0	1.732	3	A	1		22.9		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.775	0.014	17	JO	11		1.612		
Riboflavin.....mg	0.164	0.008	17	JO	11		0.341		
Niacin.....mg	2.188	0.062	17	JO	11		4.552		
Pantothenic acid.....mg	0.744	0.023	17	JO	11		1.548		
Vitamin B-6.....mg	0.428	0.005	17	JO	11		0.889		
Folate, total.....mcg	364	11.327	17	JO	11		757		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	364	11.327	17	JO	11		757		
Folate, DFE.....mcg_DFE	364		0	NC	4		757		
Vitamin B-12.....mcg	0.00		0		1		0.00		
Vitamin A, IU.....IU	0		0	NC	4		0		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.02		1	A	1		0.04		
Tocopherol, beta.....mg	0.00		1	A	1		0.00		
Tocopherol, gamma.....mg	2.01		1	A	1		4.18		
Tocopherol, delta.....mg	0.17		1	A	1		0.35		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.5		1	A	1		5.2		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.109		0	NC	4		0.227		
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	0.000		1	A	1		0.000		
13:0.....g	0.000		1	A	1		0.000		
14:0.....g	0.001		1	A	1		0.003		
15:0.....g	0.001		1	A	1		0.002		

**NDB No. 16037**  
**Beans, navy, mature seeds, raw**

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	0.087		1	A	1		0.181		
17:0.....g	0.001		1	A	1		0.003		
18:0.....g	0.015		1	A	1		0.031		
20:0.....g	0.004		1	A	1		0.008		
22:0.....g	0.000		1	A	1		0.000		
24:0.....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.157		0	NC	4		0.327		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.001		1	A	1		0.003		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	0.075		0	AS	1		0.156		
18:1 c.....g	0.075		1	A	1		0.156		
18:1 t.....g	0.000		1	A	1		0.000		
20:1.....g	0.000		1	A	1		0.000		
22:1 undifferentiated.....g	0.005		1	A	1		0.011		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.905		0	NC	4		1.882		
18:2 undifferentiated.....g	0.215		1	A	1		0.447		
18:3 undifferentiated.....g	0.345		0	AS	1		0.717		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		1	A	1		0.000		
22:5 n-3.....g									
22:6 n-3.....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg									
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.247		0	JO	11		0.513		
Threonine.....g	0.711		0	JO	11		1.478		
Isoleucine.....g	0.952		0	JO	11		1.980		
Leucine.....g	1.723		0	JO	11		3.583		
Lysine.....g	1.280		0	JO	11		2.663		
Methionine.....g	0.273		0	JO	11		0.568		
Cystine.....g	0.187		0	JO	11		0.389		
Phenylalanine.....g	1.158		0	JO	11		2.409		
Tyrosine.....g	0.484		0	JO	11		1.006		
Valine.....g	1.241		0	JO	11		2.581		
Arginine.....g	1.020		0	JO	11		2.122		
Histidine.....g	0.507		0	JO	11		1.055		
Alanine.....g	0.908		0	JO	11		1.889		
Aspartic acid.....g	2.598		0	JO	11		5.404		
Glutamic acid.....g	3.098		0	JO	11		6.444		
Glycine.....g	0.801		0	JO	11		1.666		
Proline.....g	1.117		0	JO	11		2.322		
Serine.....g	1.180		0	JO	11		2.454		
Hydroxyproline.....g	0.000		1	A	1		0.000		
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	BFSN	4		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b>Carotenoids:</b>									

**NDB No. 16037**  
**Beans, navy, mature seeds, raw**

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
Carotene, beta.....mcg	0		0	BFSN	4		0.000		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 208g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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





**NDB No. 16341**  
**Beans, pink, mature seeds, cooked, boiled, 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				
Fatty acids, total monounsaturated.....g	0.042		0		1		0.071		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.042		0		1		0.071		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.210		0		1		0.355		
18:2 undifferentiated.....g	0.114		0		1		0.193		
18:3 undifferentiated.....g	0.096		0		1		0.162		
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		1		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.107		0		1		0.181		
Threonine.....g	0.381		0		1		0.644		
Isoleucine.....g	0.400		0		1		0.676		
Leucine.....g	0.723		0		1		1.222		
Lysine.....g	0.622		0		1		1.051		
Methionine.....g	0.136		0		1		0.230		
Cystine.....g	0.099		0		1		0.167		
Phenylalanine.....g	0.490		0		1		0.828		
Tyrosine.....g	0.255		0		1		0.431		
Valine.....g	0.474		0		1		0.801		
Arginine.....g	0.561		0		1		0.948		
Histidine.....g	0.252		0		1		0.426		
Alanine.....g	0.380		0		1		0.642		
Aspartic acid.....g	1.095		0		1		1.851		
Glutamic acid.....g	1.381		0		1		2.334		
Glycine.....g	0.354		0		1		0.598		
Proline.....g	0.384		0		1		0.649		
Serine.....g	0.493		0		1		0.833		
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 = 169g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 16 Legumes and Legume Products**

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



NDB No. 16041

Beans, pink, mature seeds, cooked, boiled, 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	0.042		0		1		0.071		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.042		0		1		0.071		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.210		0		1		0.355		
18:2 undifferentiated.....g	0.114		0		1		0.193		
18:3 undifferentiated.....g	0.096		0		1		0.162		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.107		0		1		0.181		
Threonine.....g	0.381		0		1		0.644		
Isoleucine.....g	0.400		0		1		0.676		
Leucine.....g	0.723		0		1		1.222		
Lysine.....g	0.622		0		1		1.051		
Methionine.....g	0.136		0		1		0.230		
Cystine.....g	0.099		0		1		0.167		
Phenylalanine.....g	0.490		0		1		0.828		
Tyrosine.....g	0.255		0		1		0.431		
Valine.....g	0.474		0		1		0.801		
Arginine.....g	0.561		0		1		0.948		
Histidine.....g	0.252		0		1		0.426		
Alanine.....g	0.380		0		1		0.642		
Aspartic acid.....g	1.095		0		1		1.851		
Glutamic acid.....g	1.381		0		1		2.334		
Glycine.....g	0.354		0		1		0.598		
Proline.....g	0.384		0		1		0.649		
Serine.....g	0.493		0		1		0.833		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		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	BFSN	4		0.000		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 169g: 1 cup

**NDB No. 16041**

**Beans, pink, mature seeds, cooked, boiled, without salt**

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate** 4.07

**Food Group:** 16 Legumes and Legume Products

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



**NDB No. 16040**  
**Beans, pink, mature seeds, raw**

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	0.098		0		1		0.206		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.098		0		1		0.206		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.487		0		1		1.023		
18:2 undifferentiated.....g	0.265		0		1		0.557		
18:3 undifferentiated.....g	0.222		0		1		0.466		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.248		0		1		0.521		
Threonine.....g	0.882		0		1		1.852		
Isoleucine.....g	0.925		0		1		1.943		
Leucine.....g	1.673		0		1		3.513		
Lysine.....g	1.438		0		1		3.020		
Methionine.....g	0.315		0		1		0.662		
Cystine.....g	0.228		0		1		0.479		
Phenylalanine.....g	1.133		0		1		2.379		
Tyrosine.....g	0.590		0		1		1.239		
Valine.....g	1.096		0		1		2.302		
Arginine.....g	1.298		0		1		2.726		
Histidine.....g	0.583		0		1		1.224		
Alanine.....g	0.878		0		1		1.844		
Aspartic acid.....g	2.535		0		1		5.324		
Glutamic acid.....g	3.195		0		1		6.710		
Glycine.....g	0.818		0		1		1.718		
Proline.....g	0.889		0		1		1.867		
Serine.....g	1.140		0		1		2.394		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		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	BFSN	4		0.000		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 210g: 1 cup

**NDB No. 16040**  
**Beans, pink, mature seeds, raw**

**Calories Factors:** **Protein** 3.47      **Fat** 8.37      **Carbohydrate** 4.07

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)





**NDB No. 16044**  
**Beans, pinto, mature seeds, canned**

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	0.162		0	BFFN	4		0.389		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.162		0	BFFN	4		0.389		
20:1.....g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.289		0	BFFN	4		0.694		
18:2 undifferentiated.....g	0.122		0	BFFN	4		0.293		
18:3 undifferentiated.....g	0.167		0	BFFN	4		0.401		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000		
20:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:6 n-3.....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.058		0	BFFN	4		0.139		
Threonine.....g	0.205		0	BFFN	4		0.492		
Isoleucine.....g	0.214		0	BFFN	4		0.514		
Leucine.....g	0.388		0	BFFN	4		0.931		
Lysine.....g	0.334		0	BFFN	4		0.802		
Methionine.....g	0.074		0	BFFN	4		0.178		
Cystine.....g	0.053		0	BFFN	4		0.127		
Phenylalanine.....g	0.263		0	BFFN	4		0.631		
Tyrosine.....g	0.136		0	BFFN	4		0.326		
Valine.....g	0.255		0	BFFN	4		0.612		
Arginine.....g	0.302		0	BFFN	4		0.725		
Histidine.....g	0.135		0	BFFN	4		0.324		
Alanine.....g	0.204		0	BFFN	4		0.490		
Aspartic acid.....g	0.588		0	BFFN	4		1.411		
Glutamic acid.....g	0.742		0	BFFN	4		1.781		
Glycine.....g	0.190		0	BFFN	4		0.456		
Proline.....g	0.206		0	BFFN	4		0.494		
Serine.....g	0.264		0	BFFN	4		0.634		
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	Z	7		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	BFSN	4		0.000		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 240g: 1 cup

**NDB No. 16044**

**Beans, pinto, mature seeds, canned**

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate** 4.07

**Food Group:** 16 Legumes and Legume Products

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

**Beans, pinto, mature seeds, cooked, boiled, 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	62.95	0.476	13	JO	11		107.64		
Energy.....kcal	143		0	NC	4		245		
Energy.....kj	600		0	NC	4		1026		
Protein (N x 6.25).....g	9.01	0.264	6	JO	11		15.42		
Total lipid (fat).....g	0.65	0.022	12	JO	11		1.10		
Ash.....g	1.17	0.032	12	JO	11		2.00		
Carbohydrate, by difference.....g	26.22		0	NC	4		44.84		
Fiber, total dietary.....g	9.0	0.213	5	JA	6		15.4		
Sugars, total.....g									
Sucrose.....g	0.34	0.034	4	A	1		0.59		
Glucose (dextrose).....g	0.00	0.000	4	A	1		0.00		
Fructose.....g	0.00	0.000	4	A	1		0.00		
Lactose.....g	0.00	0.000	4	A	1		0.00		
Maltose.....g	0.00	0.000	4	A	1		0.00		
Galactose.....g									
Starch.....g	15.15	0.853	4	A	1		25.91		
<b>Minerals:</b>									
Calcium, Ca.....mg	46	0.812	65	JO	11		79		
Iron, Fe.....mg	2.09	0.045	66	JO	11		3.57		
Magnesium, Mg.....mg	50	0.846	66	JO	11		86		
Phosphorus, P.....mg	147	2.496	65	JO	11		251		
Potassium, K.....mg	436	8.999	66	JO	11		745		
Sodium, Na.....mg	238		0		1		407		
Zinc, Zn.....mg	0.98	0.015	66	JO	11		1.68		
Copper, Cu.....mg	0.219	0.010	66	JO	11		0.375		
Manganese, Mn.....mg	0.453	0.021	66	JO	11		0.775		
Selenium, Se.....mcg	6.2	0.586	53	JA	6		10.6		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.8		2	A	1		1.3		
Thiamin.....mg	0.193	0.010	12	JO	11		0.329		
Riboflavin.....mg	0.062	0.006	12	JO	11		0.106		
Niacin.....mg	0.318	0.033	12	JO	11		0.544		
Pantothenic acid.....mg	0.210	0.011	12	JO	11		0.359		
Vitamin B-6.....mg	0.229	0.039	16	JO	11		0.391		
Folate, total.....mcg	172	7.341	8		1		294		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	172	7.341	8		1		294		
Folate, DFE.....mcg_DFE	172		0	NC	4		294		
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		0	AS	1		0		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	3.5	0.406	5	JO	11		6.1		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.108		0	NC	4		0.185		

NDB No. 16343

Beans, pinto, mature seeds, cooked, boiled, 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
16:0.....g	0.133		0		1		0.228		
17:0.....g									
18:0.....g	0.003		0		1		0.004		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.106		0	NC	4		0.181		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.133		0		1		0.228		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.187		0	NC	4		0.320		
18:2 undifferentiated.....g	0.098		0		1		0.168		
18:3 undifferentiated.....g	0.137		0		1		0.234		
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		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.098		0	DA	1		0.168		
Threonine.....g	0.350		0	DA	1		0.599		
Isoleucine.....g	0.368		0	DA	1		0.628		
Leucine.....g	0.664		0	DA	1		1.136		
Lysine.....g	0.571		0	DA	1		0.976		
Methionine.....g	0.126		0	DA	1		0.215		
Cystine.....g	0.090		0	DA	1		0.154		
Phenylalanine.....g	0.450		0	DA	1		0.769		
Tyrosine.....g	0.234		0	DA	1		0.400		
Valine.....g	0.435		0	DA	1		0.744		
Arginine.....g	0.515		0	DA	1		0.881		
Histidine.....g	0.232		0	DA	1		0.396		
Alanine.....g	0.348		0	DA	1		0.596		
Aspartic acid.....g	1.005		0	DA	1		1.719		
Glutamic acid.....g	1.268		0	DA	1		2.168		
Glycine.....g	0.325		0	DA	1		0.556		
Proline.....g	0.352		0	DA	1		0.603		
Serine.....g	0.453		0	DA	1		0.774		
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	0		2	A	1		0.000		
Carotene, alpha.....mcg	0		2	A	1		0.000		
Cryptoxanthin, beta.....mcg	0		2	A	1		0.000		
Lycopene.....mcg	0		2	A	1		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 = 171g: 1 cup

**NDB No. 16343**

**Beans, pinto, mature seeds, cooked, boiled, with salt**

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate** 4.07

**Food Group:** 16 Legumes and Legume Products

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

**Beans, pinto, mature seeds, cooked, boiled, 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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	62.95	0.476	13	JO	11		107.64	6.67	
Energy.....kcal	143		0	NC	4		245	15	
Energy.....kj	600		0	NC	4		1026	64	
Protein (N x 6.25).....g	9.01	0.264	6	JO	11		15.42	0.96	
Total lipid (fat).....g	0.65	0.022	12	JO	11		1.10	0.07	
Ash.....g	1.17	0.032	12	JO	11		2.00	0.12	
Carbohydrate, by difference.....g	26.22		0	NC	4		44.84	2.78	
Fiber, total dietary.....g	9.0	0.213	5	JA	6		15.4	1.0	
Sugars, total.....g	0.34		0	AS	1		0.59	0.04	
Sucrose.....g	0.34	0.034	4	A	1		0.59	0.04	
Glucose (dextrose).....g	0.00	0.000	4	A	1		0.00	0.00	
Fructose.....g	0.00	0.000	4	A	1		0.00	0.00	
Lactose.....g	0.00	0.000	4	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	4	A	1		0.00	0.00	
Galactose.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g	15.15	0.853	4	A	1		25.91	1.61	
<b>Minerals:</b>									
Calcium, Ca.....mg	46	0.812	65	JO	11		79	5	
Iron, Fe.....mg	2.09	0.045	66	JO	11		3.57	0.22	
Magnesium, Mg.....mg	50	0.846	66	JO	11		86	5	
Phosphorus, P.....mg	147	2.496	65	JO	11		251	16	
Potassium, K.....mg	436	8.999	66	JO	11		745	46	
Sodium, Na.....mg	1	0.067	58	JO	11		2	0	
Zinc, Zn.....mg	0.98	0.015	66	JO	11		1.68	0.10	
Copper, Cu.....mg	0.219	0.010	66	JO	11		0.375	0.023	
Manganese, Mn.....mg	0.453	0.021	66	JO	11		0.775	0.048	
Selenium, Se.....mcg	6.2	0.586	53	JA	6		10.6	0.7	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.8		2	A	1		1.3	0.1	
Thiamin.....mg	0.193	0.010	12	JO	11		0.329	0.020	
Riboflavin.....mg	0.062	0.006	12	JO	11		0.106	0.007	
Niacin.....mg	0.318	0.033	12	JO	11		0.544	0.034	
Pantothenic acid.....mg	0.210	0.011	12	JO	11		0.359	0.022	
Vitamin B-6.....mg	0.229	0.039	16	JO	11		0.391	0.024	
Folate, total.....mcg	172	7.341	8	A	1		294	18	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	172	7.341	8	A	1		294	18	
Folate, DFE.....mcg_DFE	172		0	NC	4		294	18	
Vitamin B-12.....mcg	0.00		0	Z	7		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	0.94		0	NR	4		1.61	0.10	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	3.5	0.406	5	JO	11		6.1	0.4	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.108		0	NC	4		0.185	0.011	
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									

NDB No. 16043

Beans, pinto, mature seeds, cooked, boiled, 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	0.133		0		1		0.228	0.014	
17:0.....g									
18:0.....g	0.003		0		1		0.004	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.106		0	NC	4		0.181	0.011	
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	0.133		0		1		0.228	0.014	
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	0.187		0	NC	4		0.320	0.020	
18:2 undifferentiated.....g	0.098		0		1		0.168	0.010	
18:3 undifferentiated.....g	0.137		0		1		0.234	0.015	
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		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.096		0	DA	1		0.164	0.010	
Threonine.....g	0.342		0	DA	1		0.584	0.036	
Isoleucine.....g	0.359		0	DA	1		0.613	0.038	
Leucine.....g	0.648		0	DA	1		1.108	0.069	
Lysine.....g	0.557		0	DA	1		0.953	0.059	
Methionine.....g	0.122		0	DA	1		0.209	0.013	
Cystine.....g	0.088		0	DA	1		0.150	0.009	
Phenylalanine.....g	0.439		0	DA	1		0.750	0.046	
Tyrosine.....g	0.228		0	DA	1		0.390	0.024	
Valine.....g	0.425		0	DA	1		0.726	0.045	
Arginine.....g	0.503		0	DA	1		0.860	0.053	
Histidine.....g	0.226		0	DA	1		0.387	0.024	
Alanine.....g	0.340		0	DA	1		0.581	0.036	
Aspartic acid.....g	0.981		0	DA	1		1.677	0.104	
Glutamic acid.....g	1.237		0	DA	1		2.115	0.131	
Glycine.....g	0.317		0	DA	1		0.542	0.034	
Proline.....g	0.344		0	DA	1		0.588	0.036	
Serine.....g	0.441		0	DA	1		0.755	0.047	
Hydroxyproline.....g									
Others:									
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	
Carotenoids:									
Carotene, beta.....mcg	0		2	A	1		0.000	0.000	
Carotene, alpha.....mcg	0		2	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		2	A	1		0.000	0.000	
Lycopene.....mcg	0		2	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. 16043**

**Beans, pinto, mature seeds, cooked, boiled, without salt**

**Common Measures:**

Measure 1 = 171g: 1 cup

Measure 2 = 10.6g: 1 tbsp

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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

**NDB No. 16042**  
**Beans, pinto, mature seeds, raw**

Includes USDA commodity food A914, A942

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	11.33	0.306	20	JO	11		21.87	1.36	
Energy.....kcal	347		0	NC	4		670	42	
Energy.....kj	1452		0	NC	4		2802	174	
Protein (N x 6.25).....g	21.42	0.403	8	JO	11		41.35	2.57	
Total lipid (fat).....g	1.23	0.040	20	JO	11		2.38	0.15	
Ash.....g	3.46	0.064	20	JO	11		6.68	0.42	
Carbohydrate, by difference.....g	62.55		0	NC	4		120.72	7.51	
Fiber, total dietary.....g	15.5	0.170	4	A	1		29.9	1.9	
Sugars, total.....g	2.11		0	AS	1		4.08	0.25	
Sucrose.....g	1.98	0.038	4	A	1		3.82	0.24	
Glucose (dextrose).....g	0.13	0.058	4	A	1		0.26	0.02	
Fructose.....g	0.00	0.000	4	A	1		0.00	0.00	
Lactose.....g	0.00	0.000	4	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	4	A	1		0.00	0.00	
Galactose.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g	34.17	1.016	4	A	1		65.96	4.10	
<b>Minerals:</b>									
Calcium, Ca.....mg	113	2.275	16	JO	11		217	14	
Iron, Fe.....mg	5.07	0.234	16	JO	11		9.79	0.61	
Magnesium, Mg.....mg	176	1.847	16	JO	11		340	21	
Phosphorus, P.....mg	411	6.530	16	JO	11		794	49	
Potassium, K.....mg	1393	10.880	16	JO	11		2689	167	
Sodium, Na.....mg	12	1.037	12	JO	11		24	1	
Zinc, Zn.....mg	2.28	0.077	16	JO	11		4.41	0.27	
Copper, Cu.....mg	0.893	0.031	16	JO	11		1.724	0.107	
Manganese, Mn.....mg	1.148	0.034	16	JO	11		2.216	0.138	
Selenium, Se.....mcg	27.9		2	A	1		53.8	3.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	6.3		2	A	1		12.1	0.8	
Thiamin.....mg	0.713	0.025	20	JO	11		1.376	0.086	
Riboflavin.....mg	0.212	0.018	20	JO	11		0.408	0.025	
Niacin.....mg	1.174	0.037	20	JO	11		2.266	0.141	
Pantothenic acid.....mg	0.785	0.015	20	JO	11		1.515	0.094	
Vitamin B-6.....mg	0.474	0.013	16	JO	11		0.915	0.057	
Folate, total.....mcg	525	23.102	12	A	1		1013	63	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	525	23.102	12	A	1		1013	63	
Folate, DFE.....mcg_DFE	525		0	NC	4		1013	63	
Vitamin B-12.....mcg	0.00		0		1		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	0.21		0	NR	4		0.41	0.03	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	5.6	0.293	4	A	1		10.8	0.7	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.235		0	NC	4		0.454	0.028	
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	0.001		0		1		0.002	0.000	
15:0.....g									

**NDB No. 16042**  
**Beans, pinto, mature seeds, raw**

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	0.229		0		1		0.442	0.027	
17:0.....g									
18:0.....g	0.005		0		1		0.010	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.229		0	NC	4		0.442	0.027	
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	0.229		0		1		0.442	0.027	
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	0.407		0	NC	4		0.786	0.049	
18:2 undifferentiated.....g	0.170		0		1		0.328	0.020	
18:3 undifferentiated.....g	0.237		0		1		0.457	0.028	
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		1		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.237		0	JO	11		0.458	0.028	
Threonine.....g	0.810		0	JO	11		1.563	0.097	
Isoleucine.....g	0.871		0	JO	11		1.680	0.104	
Leucine.....g	1.558		0	JO	11		3.007	0.187	
Lysine.....g	1.356		0	JO	11		2.617	0.163	
Methionine.....g	0.259		0	JO	11		0.500	0.031	
Cystine.....g	0.187		0	JO	11		0.361	0.022	
Phenylalanine.....g	1.095		0	JO	11		2.113	0.131	
Tyrosine.....g	0.427		0	JO	11		0.825	0.051	
Valine.....g	0.998		0	JO	11		1.926	0.120	
Arginine.....g	1.096		0	JO	11		2.115	0.132	
Histidine.....g	0.556		0	JO	11		1.072	0.067	
Alanine.....g	0.872		0	JO	11		1.682	0.105	
Aspartic acid.....g	2.268		0	JO	11		4.377	0.272	
Glutamic acid.....g	3.027		0	JO	11		5.842	0.363	
Glycine.....g	0.796		0	JO	11		1.535	0.095	
Proline.....g	1.072		0	JO	11		2.068	0.129	
Serine.....g	1.171		0	JO	11		2.260	0.141	
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		2	A	1		0.000	0.000	
Carotene, alpha.....mcg	0		2	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		2	A	1		0.000	0.000	
Lycopene.....mcg	0		2	A	1		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.

**NDB No. 16042**

**Beans, pinto, mature seeds, raw**

**Common Measures:**

Measure 1 = 193g: 1 cup

Measure 2 = 12.0g: 1 tbsp

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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



NDB No. 16346

Beans, small white, mature seeds, cooked, boiled, 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				
			Points						
Fatty acids, total monounsaturated.....g	0.056		0		1		0.100		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.056		0		1		0.100		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.276		0		1		0.494		
18:2 undifferentiated.....g	0.150		0		1		0.269		
18:3 undifferentiated.....g	0.126		0		1		0.226		
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		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.106		0		1		0.190		
Threonine.....g	0.377		0		1		0.675		
Isoleucine.....g	0.396		0		1		0.709		
Leucine.....g	0.716		0		1		1.282		
Lysine.....g	0.616		0		1		1.103		
Methionine.....g	0.135		0		1		0.242		
Cystine.....g	0.098		0		1		0.175		
Phenylalanine.....g	0.485		0		1		0.868		
Tyrosine.....g	0.253		0		1		0.453		
Valine.....g	0.469		0		1		0.840		
Arginine.....g	0.555		0		1		0.993		
Histidine.....g	0.250		0		1		0.448		
Alanine.....g	0.376		0		1		0.673		
Aspartic acid.....g	1.085		0		1		1.942		
Glutamic acid.....g	1.368		0		1		2.449		
Glycine.....g	0.350		0		1		0.627		
Proline.....g	0.380		0		1		0.680		
Serine.....g	0.488		0		1		0.874		
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 = 179g: 1 cup

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 16 Legumes and Legume Products

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



NDB No. 16046

Beans, small white, mature seeds, cooked, boiled, 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	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	0.056		0		1		0.100		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.056		0		1		0.100		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.276		0		1		0.494		
18:2 undifferentiated.....g	0.150		0		1		0.269		
18:3 undifferentiated.....g	0.126		0		1		0.226		
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		1		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.106		0		1		0.190		
Threonine.....g	0.377		0		1		0.675		
Isoleucine.....g	0.396		0		1		0.709		
Leucine.....g	0.716		0		1		1.282		
Lysine.....g	0.616		0		1		1.103		
Methionine.....g	0.135		0		1		0.242		
Cystine.....g	0.098		0		1		0.175		
Phenylalanine.....g	0.485		0		1		0.868		
Tyrosine.....g	0.253		0		1		0.453		
Valine.....g	0.469		0		1		0.840		
Arginine.....g	0.555		0		1		0.993		
Histidine.....g	0.250		0		1		0.448		
Alanine.....g	0.376		0		1		0.673		
Aspartic acid.....g	1.085		0		1		1.942		
Glutamic acid.....g	1.368		0		1		2.449		
Glycine.....g	0.350		0		1		0.627		
Proline.....g	0.380		0		1		0.680		
Serine.....g	0.488		0		1		0.874		
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 = 179g: 1 cup

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 16 Legumes and Legume Products

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





**NDB No. 16045**  
**Beans, small white, mature seeds, raw**

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	0.102		0		1		0.219		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.102		0		1		0.219		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.507		0		1		1.090		
18:2 undifferentiated.....g	0.276		0		1		0.593		
18:3 undifferentiated.....g	0.231		0		1		0.497		
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		1		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.250		0		1		0.538		
Threonine.....g	0.888		0		1		1.909		
Isoleucine.....g	0.932		0		1		2.004		
Leucine.....g	1.685		0		1		3.623		
Lysine.....g	1.449		0		1		3.115		
Methionine.....g	0.317		0		1		0.682		
Cystine.....g	0.230		0		1		0.495		
Phenylalanine.....g	1.141		0		1		2.453		
Tyrosine.....g	0.594		0		1		1.277		
Valine.....g	1.104		0		1		2.374		
Arginine.....g	1.307		0		1		2.810		
Histidine.....g	0.588		0		1		1.264		
Alanine.....g	0.885		0		1		1.903		
Aspartic acid.....g	2.553		0		1		5.489		
Glutamic acid.....g	3.218		0		1		6.919		
Glycine.....g	0.824		0		1		1.772		
Proline.....g	0.895		0		1		1.924		
Serine.....g	1.148		0		1		2.468		
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 = 215g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 16 Legumes and Legume Products**

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



**NDB No. 16051**  
**Beans, white, mature seeds, canned**

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	0.025		0		1		0.066		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.025		0		1		0.066		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.123		0		1		0.322		
18:2 undifferentiated.....g	0.067		0		1		0.176		
18:3 undifferentiated.....g	0.056		0		1		0.147		
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		1		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.086		0		1		0.225		
Threonine.....g	0.305		0		1		0.799		
Isoleucine.....g	0.320		0		1		0.838		
Leucine.....g	0.579		0		1		1.517		
Lysine.....g	0.498		0		1		1.305		
Methionine.....g	0.109		0		1		0.286		
Cystine.....g	0.079		0		1		0.207		
Phenylalanine.....g	0.392		0		1		1.027		
Tyrosine.....g	0.204		0		1		0.534		
Valine.....g	0.380		0		1		0.996		
Arginine.....g	0.449		0		1		1.176		
Histidine.....g	0.202		0		1		0.529		
Alanine.....g	0.304		0		1		0.796		
Aspartic acid.....g	0.878		0		1		2.300		
Glutamic acid.....g	1.106		0		1		2.898		
Glycine.....g	0.283		0		1		0.741		
Proline.....g	0.308		0		1		0.807		
Serine.....g	0.395		0		1		1.035		
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 = 262g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 16 Legumes and Legume Products**

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

**Beans, white, mature seeds, cooked, boiled, with salt**

**Refuse: 0%**

[illegible]

NDB No. 16350

Beans, white, mature seeds, cooked, boiled, 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 Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.031		0		1		0.055		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.031		0		1		0.055		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.152		0		1		0.272		
18:2 undifferentiated.....g	0.083		0		1		0.149		
18:3 undifferentiated.....g	0.069		0		1		0.124		
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		1		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.115		0		1		0.206		
Threonine.....g	0.409		0		1		0.732		
Isoleucine.....g	0.429		0		1		0.768		
Leucine.....g	0.776		0		1		1.389		
Lysine.....g	0.668		0		1		1.196		
Methionine.....g	0.146		0		1		0.261		
Cystine.....g	0.106		0		1		0.190		
Phenylalanine.....g	0.526		0		1		0.942		
Tyrosine.....g	0.274		0		1		0.490		
Valine.....g	0.509		0		1		0.911		
Arginine.....g	0.602		0		1		1.078		
Histidine.....g	0.271		0		1		0.485		
Alanine.....g	0.408		0		1		0.730		
Aspartic acid.....g	1.176		0		1		2.105		
Glutamic acid.....g	1.483		0		1		2.655		
Glycine.....g	0.380		0		1		0.680		
Proline.....g	0.412		0		1		0.737		
Serine.....g	0.529		0		1		0.947		
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 = 179g: 1 cup

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 16 Legumes and Legume Products

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



NDB No. 16050

Beans, white, mature seeds, cooked, boiled, 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	0.031		0		1		0.055	0.003	
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	0.031		0		1		0.055	0.003	
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	0.152		0		1		0.272	0.017	
18:2 undifferentiated.....g	0.083		0		1		0.149	0.009	
18:3 undifferentiated.....g	0.069		0		1		0.124	0.008	
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		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.115		0		1		0.206	0.013	
Threonine.....g	0.409		0		1		0.732	0.046	
Isoleucine.....g	0.429		0		1		0.768	0.048	
Leucine.....g	0.776		0		1		1.389	0.087	
Lysine.....g	0.668		0		1		1.196	0.075	
Methionine.....g	0.146		0		1		0.261	0.016	
Cystine.....g	0.106		0		1		0.190	0.012	
Phenylalanine.....g	0.526		0		1		0.942	0.059	
Tyrosine.....g	0.274		0		1		0.490	0.031	
Valine.....g	0.509		0		1		0.911	0.057	
Arginine.....g	0.602		0		1		1.078	0.067	
Histidine.....g	0.271		0		1		0.485	0.030	
Alanine.....g	0.408		0		1		0.730	0.046	
Aspartic acid.....g	1.176		0		1		2.105	0.132	
Glutamic acid.....g	1.483		0		1		2.655	0.166	
Glycine.....g	0.380		0		1		0.680	0.043	
Proline.....g	0.412		0		1		0.737	0.046	
Serine.....g	0.529		0		1		0.947	0.059	
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	BFSN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 179g: 1 cup

Measure 2 = 11.2g: 1 tbsp



**NDB No. 16050**

**Beans, white, mature seeds, cooked, boiled, without salt**

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate** 4.07

**Food Group:** 16 Legumes and Legume Products

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



**NDB No. 16049**  
**Beans, white, mature seeds, raw**

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	0.074		0		1		0.149	0.009	
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	0.074		0		1		0.149	0.009	
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	0.364		0		1		0.735	0.046	
18:2 undifferentiated.....g	0.198		0		1		0.400	0.025	
18:3 undifferentiated.....g	0.166		0		1		0.335	0.021	
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		1		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.277		0		1		0.560	0.035	
Threonine.....g	0.983		0		1		1.986	0.124	
Isoleucine.....g	1.031		0		1		2.083	0.130	
Leucine.....g	1.865		0		1		3.767	0.235	
Lysine.....g	1.603		0		1		3.238	0.202	
Methionine.....g	0.351		0		1		0.709	0.044	
Cystine.....g	0.254		0		1		0.513	0.032	
Phenylalanine.....g	1.263		0		1		2.551	0.159	
Tyrosine.....g	0.658		0		1		1.329	0.083	
Valine.....g	1.222		0		1		2.468	0.154	
Arginine.....g	1.446		0		1		2.921	0.182	
Histidine.....g	0.650		0		1		1.313	0.082	
Alanine.....g	0.979		0		1		1.978	0.123	
Aspartic acid.....g	2.825		0		1		5.707	0.356	
Glutamic acid.....g	3.561		0		1		7.193	0.449	
Glycine.....g	0.912		0		1		1.842	0.115	
Proline.....g	0.990		0		1		2.000	0.125	
Serine.....g	1.271		0		1		2.567	0.160	
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	BFSN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 202g: 1 cup

Measure 2 = 12.6g: 1 tbsp

**NDB No. 16049**  
**Beans, white, mature seeds, raw**

**Calories Factors:** **Protein** 3.47                      **Fat** 8.37                      **Carbohydrate** 4.07

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Beans, winged, mature seeds, cooked, boiled, 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	67.19		0		1		115.57		
Energy.....kcal	147		0	NC	4		253		
Energy.....kj	615				4		1058		
Protein (N x 6.25).....g	10.62		0		1		18.27		
Total lipid (fat).....g	5.84		0		1		10.04		
Ash.....g	1.43		0		1		2.46		
Carbohydrate, by difference.....g	14.94		0	NC	4		25.70		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	142		0		1		244		
Iron, Fe.....mg	4.33		0		1		7.45		
Magnesium, Mg.....mg	54		0		1		93		
Phosphorus, P.....mg	153		0		1		263		
Potassium, K.....mg	280		0		1		482		
Sodium, Na.....mg	13		0		1		22		
Zinc, Zn.....mg	1.44		0		1		2.48		
Copper, Cu.....mg	0.773		0		1		1.330		
Manganese, Mn.....mg	1.199		0		1		2.062		
Selenium, Se.....mcg	2.9		0	BFSN	4		5.0		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0		
Thiamin.....mg	0.295		0		1		0.507		
Riboflavin.....mg	0.129		0		1		0.222		
Niacin.....mg	0.830		0		1		1.428		
Pantothenic acid.....mg	0.156		0		4		0.268		
Vitamin B-6.....mg	0.047		0		1		0.081		
Folate, total.....mcg	10		0		1		18		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	10		0		1		18		
Folate, DFE.....mcg_DFE	10		0	NC	4		18		
Vitamin B-12.....mcg	0.00		0		1		0.00		
Vitamin A, IU.....IU	0		0		1		0		
Vitamin A, RAE.....mcg_RAE	0		0		1		0		
Retinol.....mcg	0		0	Z	7		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	0.825		0		1		1.419		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.010		0		1		0.017		
15:0.....g									
16:0.....g	0.449		0		1		0.772		
17:0.....g									
18:0.....g	0.267		0		1	</			

NDB No. 16136

Beans, winged, mature seeds, cooked, boiled, 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	Code	Code				
Fatty acids, total monounsaturated.....g	2.153		0		1		3.703		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020		0		1		0.034		
17:1.....g									
18:1 undifferentiated.....g	2.025		0		1		3.483		
20:1.....g	0.109		0		1		0.187		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.551		0		1		2.668		
18:2 undifferentiated.....g	1.457		0		1		2.506		
18:3 undifferentiated.....g	0.094		0		1		0.162		
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		1		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.233		0		1		0.401		
Threonine.....g	0.360		0		1		0.619		
Isoleucine.....g	0.448		0		1		0.771		
Leucine.....g	0.762		0		1		1.311		
Lysine.....g	0.652		0		1		1.121		
Methionine.....g	0.109		0		1		0.187		
Cystine.....g	0.166		0		1		0.286		
Phenylalanine.....g	0.436		0		1		0.750		
Tyrosine.....g	0.445		0		1		0.765		
Valine.....g	0.467		0		1		0.803		
Arginine.....g	0.576		0		1		0.991		
Histidine.....g	0.241		0		1		0.415		
Alanine.....g	0.318		0		1		0.547		
Aspartic acid.....g	0.973		0		1		1.674		
Glutamic acid.....g	1.224		0		1		2.105		
Glycine.....g	0.348		0		1		0.599		
Proline.....g	0.588		0		1		1.011		
Serine.....g	0.377		0		1		0.648		
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 = 172g: 1 cup

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 16 Legumes and Legume Products

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



NDB No. 16348

Beans, yellow, mature seeds, cooked, boiled, 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 Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.094		0		1		0.166		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.094		0		1		0.166		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.466		0		1		0.825		
18:2 undifferentiated.....g	0.253		0		1		0.448		
18:3 undifferentiated.....g	0.212		0		1		0.375		
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		1		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.108		0		1		0.191		
Threonine.....g	0.386		0		1		0.683		
Isoleucine.....g	0.405		0		1		0.717		
Leucine.....g	0.732		0		1		1.296		
Lysine.....g	0.629		0		1		1.113		
Methionine.....g	0.138		0		1		0.244		
Cystine.....g	0.100		0		1		0.177		
Phenylalanine.....g	0.496		0		1		0.878		
Tyrosine.....g	0.258		0		1		0.457		
Valine.....g	0.479		0		1		0.848		
Arginine.....g	0.567		0		1		1.004		
Histidine.....g	0.255		0		1		0.451		
Alanine.....g	0.384		0		1		0.680		
Aspartic acid.....g	1.108		0		1		1.961		
Glutamic acid.....g	1.397		0		1		2.473		
Glycine.....g	0.358		0		1		0.634		
Proline.....g	0.388		0		1		0.687		
Serine.....g	0.498		0		1		0.881		
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 = 177g: 1 cup

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 16 Legumes and Legume Products

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





NDB No. 16048

Beans, yellow, mature seeds, cooked, boiled, 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	0.094		0		1		0.166		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.094		0		1		0.166		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.466		0		1		0.825		
18:2 undifferentiated.....g	0.253		0		1		0.448		
18:3 undifferentiated.....g	0.212		0		1		0.375		
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		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.108		0		1		0.191		
Threonine.....g	0.386		0		1		0.683		
Isoleucine.....g	0.405		0		1		0.717		
Leucine.....g	0.732		0		1		1.296		
Lysine.....g	0.629		0		1		1.113		
Methionine.....g	0.138		0		1		0.244		
Cystine.....g	0.100		0		1		0.177		
Phenylalanine.....g	0.496		0		1		0.878		
Tyrosine.....g	0.258		0		1		0.457		
Valine.....g	0.479		0		1		0.848		
Arginine.....g	0.567		0		1		1.004		
Histidine.....g	0.255		0		1		0.451		
Alanine.....g	0.384		0		1		0.680		
Aspartic acid.....g	1.108		0		1		1.961		
Glutamic acid.....g	1.397		0		1		2.473		
Glycine.....g	0.358		0		1		0.634		
Proline.....g	0.388		0		1		0.687		
Serine.....g	0.498		0		1		0.881		
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 = 177g: 1 cup

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 16 Legumes and Legume Products

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

*Phaseolus vulgaris*

**Refuse: 0%**

[illegible]

**NDB No. 16047**  
**Beans, yellow, mature seeds, raw**

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	0.226		0		1		0.443		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.226		0		1		0.443		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.118		0		1		2.191		
18:2 undifferentiated.....g	0.609		0		1		1.194		
18:3 undifferentiated.....g	0.510		0		1		1.000		
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		1		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.260		0		1		0.510		
Threonine.....g	0.926		0		1		1.815		
Isoleucine.....g	0.972		0		1		1.905		
Leucine.....g	1.756		0		1		3.442		
Lysine.....g	1.510		0		1		2.960		
Methionine.....g	0.331		0		1		0.649		
Cystine.....g	0.239		0		1		0.468		
Phenylalanine.....g	1.190		0		1		2.332		
Tyrosine.....g	0.620		0		1		1.215		
Valine.....g	1.151		0		1		2.256		
Arginine.....g	1.362		0		1		2.670		
Histidine.....g	0.612		0		1		1.200		
Alanine.....g	0.922		0		1		1.807		
Aspartic acid.....g	2.661		0		1		5.216		
Glutamic acid.....g	3.355		0		1		6.576		
Glycine.....g	0.859		0		1		1.684		
Proline.....g	0.933		0		1		1.829		
Serine.....g	1.197		0		1		2.346		
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 = 196g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 16 Legumes and Legume Products**

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



**NDB No. 16054**  
**Broadbeans (fava beans), mature seeds, canned**

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	0.044		0		1		0.113		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.043		0		1		0.110		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.090		0		1		0.230		
18:2 undifferentiated.....g	0.084		0		1		0.215		
18:3 undifferentiated.....g	0.007		0		1		0.018		
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		1		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.052		0		1		0.133		
Threonine.....g	0.194		0		1		0.497		
Isoleucine.....g	0.221		0		1		0.566		
Leucine.....g	0.411		0		1		1.052		
Lysine.....g	0.350		0		1		0.896		
Methionine.....g	0.045		0		1		0.115		
Cystine.....g	0.070		0		1		0.179		
Phenylalanine.....g	0.231		0		1		0.591		
Tyrosine.....g	0.173		0		1		0.443		
Valine.....g	0.243		0		1		0.622		
Arginine.....g	0.505		0		1		1.293		
Histidine.....g	0.139		0		1		0.356		
Alanine.....g	0.224		0		1		0.573		
Aspartic acid.....g	0.611		0		1		1.564		
Glutamic acid.....g	0.929		0		1		2.378		
Glycine.....g	0.229		0		1		0.586		
Proline.....g	0.230		0		1		0.589		
Serine.....g	0.250		0		1		0.640		
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 = 256g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 16 Legumes and Legume Products**

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



NDB No. 16353

Broadbeans (fava beans), mature seeds, cooked, boiled, 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				
			Points						
Fatty acids, total monounsaturated.....g	0.079		0		1		0.134		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.078		0		1		0.133		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.164		0		1		0.279		
18:2 undifferentiated.....g	0.152		0		1		0.258		
18:3 undifferentiated.....g	0.012		0		1		0.020		
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		1		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.072		0		1		0.122		
Threonine.....g	0.270		0		1		0.459		
Isoleucine.....g	0.306		0		1		0.520		
Leucine.....g	0.572		0		1		0.972		
Lysine.....g	0.486		0		1		0.826		
Methionine.....g	0.062		0		1		0.105		
Cystine.....g	0.097		0		1		0.165		
Phenylalanine.....g	0.321		0		1		0.546		
Tyrosine.....g	0.241		0		1		0.410		
Valine.....g	0.338		0		1		0.575		
Arginine.....g	0.702		0		1		1.193		
Histidine.....g	0.193		0		1		0.328		
Alanine.....g	0.311		0		1		0.529		
Aspartic acid.....g	0.849		0		1		1.443		
Glutamic acid.....g	1.291		0		1		2.195		
Glycine.....g	0.319		0		1		0.542		
Proline.....g	0.320		0		1		0.544		
Serine.....g	0.348		0		1		0.592		
Hydroxyproline.....g									
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	9		0	O	4		15.300		
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 = 170g: 1 cup

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 16 Legumes and Legume Products

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





NDB No. 16053

Broadbeans (fava beans), mature seeds, cooked, boiled, 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	0.079		0		1		0.134		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.078		0		1		0.133		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.164		0		1		0.279		
18:2 undifferentiated.....g	0.152		0		1		0.258		
18:3 undifferentiated.....g	0.012		0		1		0.020		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.072		0		1		0.122		
Threonine.....g	0.270		0		1		0.459		
Isoleucine.....g	0.306		0		1		0.520		
Leucine.....g	0.572		0		1		0.972		
Lysine.....g	0.486		0		1		0.826		
Methionine.....g	0.062		0		1		0.105		
Cystine.....g	0.097		0		1		0.165		
Phenylalanine.....g	0.321		0		1		0.546		
Tyrosine.....g	0.241		0		1		0.410		
Valine.....g	0.338		0		1		0.575		
Arginine.....g	0.702		0		1		1.193		
Histidine.....g	0.193		0		1		0.328		
Alanine.....g	0.311		0		1		0.529		
Aspartic acid.....g	0.849		0		1		1.443		
Glutamic acid.....g	1.291		0		1		2.195		
Glycine.....g	0.319		0		1		0.542		
Proline.....g	0.320		0		1		0.544		
Serine.....g	0.348		0		1		0.592		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		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	9		0	O	4		15.300		
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 = 170g: 1 cup

**NDB No. 16053**

**Broadbeans (fava beans), mature seeds, cooked, boiled, without salt**

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate** 4.07

**Food Group:** 16 Legumes and Legume Products

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



**NDB No. 16052**  
**Broadbeans (fava beans), mature seeds, raw**

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	0.303		0		1		0.455	0.028	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.003	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.297		0		1		0.446	0.028	
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	0.627		0		1		0.941	0.059	
18:2 undifferentiated.....g	0.581		0		1		0.872	0.055	
18:3 undifferentiated.....g	0.046		0		1		0.069	0.004	
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		1		0	0	
Phytosterols.....mg	124		0		1		186	12	
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.247		32		1		0.371	0.023	
Threonine.....g	0.928		63		1		1.392	0.087	
Isoleucine.....g	1.053		63		1		1.580	0.099	
Leucine.....g	1.964		63		1		2.946	0.185	
Lysine.....g	1.671		66		1		2.507	0.157	
Methionine.....g	0.213		176		1		0.320	0.020	
Cystine.....g	0.334		146		1		0.501	0.031	
Phenylalanine.....g	1.103		63		1		1.655	0.104	
Tyrosine.....g	0.827		60		1		1.241	0.078	
Valine.....g	1.161		63		1		1.742	0.109	
Arginine.....g	2.411		64		1		3.617	0.227	
Histidine.....g	0.664		62		1		0.996	0.062	
Alanine.....g	1.070		54		1		1.605	0.101	
Aspartic acid.....g	2.916		54		1		4.374	0.274	
Glutamic acid.....g	4.437		54		1		6.656	0.417	
Glycine.....g	1.095		61		1		1.643	0.103	
Proline.....g	1.099		48		1		1.649	0.103	
Serine.....g	1.195		54		1		1.793	0.112	
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	32		0	O	4		47.700	2.989	
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 = 150g: 1 cup

Measure 2 = 9.4g: 1 tbsp

**NDB No. 16052**  
**Broadbeans (fava beans), mature seeds, raw**

**Calories Factors:** **Protein** 3.47                      **Fat** 8.37                      **Carbohydrate** 4.07

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

*Ceratonia siliqua*

**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	3.58	0.748	12		1		3.69	0.29	
Energy.....kcal	222		0	O	4		229	18	
Energy.....kj	929		0	O	4		957	74	
Protein (N x 6.25).....g	4.62	0.707	40		1		4.76	0.37	
Total lipid (fat).....g	0.65	0.062	32		1		0.67	0.05	
Ash.....g	2.27	0.097	40		1		2.34	0.18	
Carbohydrate, by difference.....g	88.88		0	NC	4		91.55	7.11	
Fiber, total dietary.....g	39.8		0		1		41.0	3.2	
Sugars, total.....g	49.08		0	O	4		50.55	3.93	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	348	129.116	10		1		358	28	
Iron, Fe.....mg	2.94	0.314	10		1		3.03	0.24	
Magnesium, Mg.....mg	54	84.056	6		1		56	4	
Phosphorus, P.....mg	79	53.466	4		1		81	6	
Potassium, K.....mg	827	113.074	6		1		852	66	
Sodium, Na.....mg	35		2		1		36	3	
Zinc, Zn.....mg	0.92	0.189	7		1		0.95	0.07	
Copper, Cu.....mg	0.571	0.009	6		1		0.588	0.046	
Manganese, Mn.....mg	0.508	0.008	5		1		0.523	0.041	
Selenium, Se.....mcg	5.3		1	A	1		5.5	0.4	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.2		1		1		0.2	0.0	
Thiamin.....mg	0.053	0.006	8		1		0.055	0.004	
Riboflavin.....mg	0.461	0.131	7		1		0.475	0.037	
Niacin.....mg	1.897	0.146	8		1		1.954	0.152	
Pantothenic acid.....mg	0.047	0.015	4		1		0.048	0.004	
Vitamin B-6.....mg	0.366	0.045	4		1		0.377	0.029	
Folate, total.....mcg	29		1		1		30	2	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	29		1		1		30	2	
Folate, DFE.....mcg_DFE	29		0	NC	4		30	2	
Vitamin B-12.....mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU.....IU	14		0	NC	4		14	1	
Vitamin A, RAE.....mcg_RAE	1		0	NC	4		1	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.63		0	O	4		0.65	0.05	
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	0.090		0		1		0.093	0.007	
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	0.001		0		1		0.001	0.000	
15:0.....g									
16:0.....g	0.072		0		1		0.074	0.006	
17:0.....g									
18:0.....g	0.014		0		1		0.014	0.001	
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 16055**  
**Carob flour**

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	0.197		0		1		0.203	0.016	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0		1		0.004	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.194		0		1		0.200	0.016	
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	0.216		0		1		0.222	0.017	
18:2 undifferentiated.....g	0.212		0		1		0.218	0.017	
18:3 undifferentiated.....g	0.004		0		1		0.004	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		1		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.048		0		1		0.049	0.004	
Threonine.....g	0.271		0		1		0.279	0.022	
Isoleucine.....g	0.209		0		1		0.215	0.017	
Leucine.....g	0.442		0		1		0.455	0.035	
Lysine.....g	0.196		0		1		0.202	0.016	
Methionine.....g	0.081		0		1		0.083	0.006	
Cystine.....g	0.029		0		1		0.030	0.002	
Phenylalanine.....g	0.151		0		1		0.156	0.012	
Tyrosine.....g	0.120		0		1		0.124	0.010	
Valine.....g	0.446		0		1		0.459	0.036	
Arginine.....g	0.130		0		1		0.134	0.010	
Histidine.....g	0.122		0		1		0.126	0.010	
Alanine.....g	0.584		0		1		0.602	0.047	
Aspartic acid.....g	0.503		0		1		0.518	0.040	
Glutamic acid.....g	0.362		0		1		0.373	0.029	
Glycine.....g	0.267		0		1		0.275	0.021	
Proline.....g	0.354		0		1		0.365	0.028	
Serine.....g	0.304		0		1		0.313	0.024	
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	8		0	O	4		8.652	0.672	
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 = 103g: 1 cup

Measure 2 = 8.0g: 1 tbsp



NDB No. 16055  
Carob flour

Calories Factors:	Protein	Fat	Carbohydrate	<b>Food Group:</b> 16 Legumes and Legume Products
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 43128**  
**Chicken, meatless**

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	2.727		0	LC	8		4.581		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4		0.000		
17:1.....g									
18:1 undifferentiated.....g	2.355				4		3.957		
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	7.273		0	LC	8		12.219		
18:2 undifferentiated.....g	4.462				4		7.496		
18:3 undifferentiated.....g	0.560				4		0.941		
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	0				7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0				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	LC	8		0.000		
Carotene, alpha.....mcg	0		0	LC	8		0.000		
Cryptoxanthin, beta.....mcg	0		0	LC	8		0.000		
Lycopene.....mcg	0		0	LC	8		0.000		
Lutein + zeaxanthin.....mcg	0		0	LC	8		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 = 168g: 1 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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	56.44		0	O	4		73.37	94.82	20.32
Energy.....kcal	234		0	NC	4		304	393	84
Energy.....kj	979		0	NC	4		1273	1645	353
Protein.....g	21.28		0	LC	8		27.66	35.75	7.66
Total lipid (fat).....g	12.77		0	LC	8		16.60	21.45	4.60
Ash.....g	1.00		0	O	4		1.31	1.69	0.36
Carbohydrate, by difference.....g	8.51		0	NC	4		11.06	14.30	3.06
Fiber, total dietary.....g	4.3		0	LC	8		5.5	7.1	1.5
Sugars, total.....g	0.00		0	LC	8		0.00	0.00	0.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	42		0	LC	8		55	71	15
Iron, Fe.....mg	3.83		0	LC	8		4.98	6.43	1.38
Magnesium, Mg.....mg	12				4		16	20	4
Phosphorus, P.....mg	245				4		319	412	88
Potassium, K.....mg	300				1		390	504	108
Sodium, Na.....mg	400				1		520	672	144
Zinc, Zn.....mg	0.65				1		0.85	1.09	0.23
Copper, Cu.....mg	0.500				4		0.650	0.840	0.180
Manganese, Mn.....mg									
Selenium, Se.....mcg	7.4		0	BFZN	4		9.6	12.4	2.7
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0				7		0.0	0.0	0.0
Thiamin.....mg	1.277		0	LC	8		1.660	2.145	0.460
Riboflavin.....mg	0.362		0	LC	8		0.471	0.608	0.130
Niacin.....mg	12.766		0	LC	8		16.596	21.447	4.596
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.851		0	LC	8		1.106	1.430	0.306
Folate, total.....mcg	56				4		73	94	20
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	56				4		73	94	20
Folate, DFE.....mcg_DFE	56		0	NC	4		73	94	20
Vitamin B-12.....mcg	5.11		0	LC	8		6.64	8.58	1.84
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	1.95		0	O	4		2.54	3.28	0.70
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	0.0
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.130		0	NC	4		1.469	1.898	0.407
4:0.....g	0.000				4		0.000	0.000	0.000
6:0.....g	0.000				4		0.000	0.000	0.000
8:0.....g	0.000				4		0.000	0.000	0.000
10:0.....g	0.000				4		0.000	0.000	0.000
12:0.....g	0.000				4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.008				4		0.010	0.013	0.003
15:0.....g									
16:0.....g	0.823				4		1.069	1.382	0.296
17:0.....g									
18:0.....g	0.299				4		0.389	0.503	0.108
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 43410**  
**Chicken, meatless, breaded, fried**

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	3.226		0	NC	4		4.193	5.419	1.161
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.409		0	LC	8		1.832	2.368	0.507
17:1.....g									
18:1 undifferentiated.....g	1.800				4		2.340	3.024	0.648
20:1.....g	0.016				4		0.021	0.027	0.006
22:1 undifferentiated.....g	0.000				4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.581		0	NC	4		5.955	7.696	1.649
18:2 undifferentiated.....g	4.044				4		5.257	6.794	1.456
18:3 undifferentiated.....g	0.536				4		0.697	0.901	0.193
18:4.....g	0.000				4		0.000	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	0.000
20:5 n-3.....g	0.000				4		0.000	0.000	0.000
22:5 n-3.....g	0.000				4		0.000	0.000	0.000
22:6 n-3.....g	0.000				4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7		0	0	0
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	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 = 130g: 1 cup, diced

Measure 2 = 168g: 1 cup pieces

Measure 3 = 36g: 1 piece

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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

**Refuse: 0%**

[illegible]

**NDB No. 16157**  
**Chickpea flour (besan)**

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	1.504		0	BFFN	4		1.384		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.013		0	BFFN	4		0.012		
17:1.....g									
18:1 undifferentiated.....g	1.490		0	BFFN	4		1.371		
20:1.....g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.983		0	BFFN	4		2.744		
18:2 undifferentiated.....g	2.871		0	BFFN	4		2.641		
18:3 undifferentiated.....g	0.112		0	BFFN	4		0.103		
18:4.....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFSN	4		0.000		
20:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:6 n-3.....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg	39		0	BFFN	4		36		
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	BFSN	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	25		0	BNA	4		22.632		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		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 = 92g: 1 cup

**Calories Factors: Protein** 4.27

**Fat** 8.37

**Carbohydrate** 4.07

**Food Group:** 16 Legumes and Legume Products

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

**Chickpeas (garbanzo beans, bengal gram), mature seeds, canned**

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	69.69	4.615	25		1		167.26		
Energy.....kcal	119		0	NC	4		286		
Energy.....kj	498				4		1195		
Protein (N x 6.25).....g	4.95	0.116	4		1		11.88		
Total lipid (fat).....g	1.14	0.066	4		1		2.74		
Ash.....g	1.61	0.258	4		1		3.86		
Carbohydrate, by difference.....g	22.62		0	NC	4		54.29		
Fiber, total dietary.....g	4.4		0		1		10.6		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	32	5.801	4		1		77		
Iron, Fe.....mg	1.35	0.076	4		1		3.24		
Magnesium, Mg.....mg	29		1		1		70		
Phosphorus, P.....mg	90		1		1		216		
Potassium, K.....mg	172	18.502	3		1		413		
Sodium, Na.....mg	299	15.962	3		1		718		
Zinc, Zn.....mg	1.06		0		1		2.54		
Copper, Cu.....mg	0.174		0		1		0.418		
Manganese, Mn.....mg	0.604		0		1		1.450		
Selenium, Se.....mcg	2.8		0	BFSN	4		6.7		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	3.8	0.381	4		1		9.1		
Thiamin.....mg	0.029	0.015	6		1		0.070		
Riboflavin.....mg	0.033	0.005	6		1		0.079		
Niacin.....mg	0.138	0.030	6		1		0.331		
Pantothenic acid.....mg	0.299		0		1		0.718		
Vitamin B-6.....mg	0.473	0.060	21		1		1.135		
Folate, total.....mcg	67		0		1		160		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	67		0		1		160		
Folate, DFE.....mcg_DFE	67		0	NC	4		160		
Vitamin B-12.....mcg	0.00		0		1		0.00		
Vitamin A, IU.....IU	24	6.691	3		1		58		
Vitamin A, RAE.....mcg_RAE	1	0.335	3		1		3		
Retinol.....mcg	0		0	Z	7		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	0.118		0		1		0.283		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.002		0		1		0.005		
15:0.....g									
16:0.....g	0.095		0		1		0.228		
17									



NDB No. 16058

Chickpeas (garbanzo beans, bengal gram), mature seeds, canned

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		1		0.617		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.005		
17:1.....g									
18:1 undifferentiated.....g	0.255		0		1		0.612		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.510		0		1		1.224		
18:2 undifferentiated.....g	0.491		0		1		1.178		
18:3 undifferentiated.....g	0.019		0		1		0.046		
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		1		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.048		0		1		0.115		
Threonine.....g	0.184		0		1		0.442		
Isoleucine.....g	0.212		0		1		0.509		
Leucine.....g	0.352		0		1		0.845		
Lysine.....g	0.331		0		1		0.794		
Methionine.....g	0.065		0		1		0.156		
Cystine.....g	0.067		0		1		0.161		
Phenylalanine.....g	0.265		0		1		0.636		
Tyrosine.....g	0.123		0		1		0.295		
Valine.....g	0.208		0		1		0.499		
Arginine.....g	0.466		0		1		1.118		
Histidine.....g	0.136		0		1		0.326		
Alanine.....g	0.212		0		1		0.509		
Aspartic acid.....g	0.582		0		1		1.397		
Glutamic acid.....g	0.866		0		1		2.078		
Glycine.....g	0.206		0		1		0.494		
Proline.....g	0.204		0		1		0.490		
Serine.....g	0.249		0		1		0.598		
Hydroxyproline.....g									

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#### Common Measures:

Measure 1 = 240g: 1 cup

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 16 Legumes and Legume Products

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



NDB No. 16357

Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, 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				
			Points						
Fatty acids, total monounsaturated.....g	0.583		0		1		0.956		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0		1		0.008		
17:1.....g									
18:1 undifferentiated.....g	0.578		0		1		0.948		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.156		0		1		1.896		
18:2 undifferentiated.....g	1.113		0		1		1.825		
18:3 undifferentiated.....g	0.043		0		1		0.071		
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		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.085		0		1		0.139		
Threonine.....g	0.329		0		1		0.540		
Isoleucine.....g	0.380		0		1		0.623		
Leucine.....g	0.631		0		1		1.035		
Lysine.....g	0.593		0		1		0.973		
Methionine.....g	0.116		0		1		0.190		
Cystine.....g	0.119		0		1		0.195		
Phenylalanine.....g	0.475		0		1		0.779		
Tyrosine.....g	0.220		0		1		0.361		
Valine.....g	0.372		0		1		0.610		
Arginine.....g	0.835		0		1		1.369		
Histidine.....g	0.244		0		1		0.400		
Alanine.....g	0.380		0		1		0.623		
Aspartic acid.....g	1.042		0		1		1.709		
Glutamic acid.....g	1.550		0		1		2.542		
Glycine.....g	0.369		0		1		0.605		
Proline.....g	0.366		0		1		0.600		
Serine.....g	0.447		0		1		0.733		
Hydroxyproline.....g									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	16		0	BFZN	4		26.568		
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 = 164g: 1 cup

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 16 Legumes and Legume Products

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



NDB No. 16057

Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, 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	0.583		0		1		0.956		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0		1		0.008		
17:1.....g									
18:1 undifferentiated.....g	0.578		0		1		0.948		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.156		0		1		1.896		
18:2 undifferentiated.....g	1.113		0		1		1.825		
18:3 undifferentiated.....g	0.043		0		1		0.071		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.085		0		1		0.139		
Threonine.....g	0.329		0		1		0.540		
Isoleucine.....g	0.380		0		1		0.623		
Leucine.....g	0.631		0		1		1.035		
Lysine.....g	0.593		0		1		0.973		
Methionine.....g	0.116		0		1		0.190		
Cystine.....g	0.119		0		1		0.195		
Phenylalanine.....g	0.475		0		1		0.779		
Tyrosine.....g	0.220		0		1		0.361		
Valine.....g	0.372		0		1		0.610		
Arginine.....g	0.835		0		1		1.369		
Histidine.....g	0.244		0		1		0.400		
Alanine.....g	0.380		0		1		0.623		
Aspartic acid.....g	1.042		0		1		1.709		
Glutamic acid.....g	1.550		0		1		2.542		
Glycine.....g	0.369		0		1		0.605		
Proline.....g	0.366		0		1		0.600		
Serine.....g	0.447		0		1		0.733		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	16		0	O	4		26.568		
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 = 164g: 1 cup

**NDB No. 16057**

**Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt**

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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



NDB No. 16056

Chickpeas (garbanzo beans, bengal gram), mature seeds, raw

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	1.358		0		1		2.716	0.170	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.012		0		1		0.024	0.002	
17:1.....g									
18:1 undifferentiated.....g	1.346		0		1		2.692	0.168	
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	2.694		0		1		5.388	0.337	
18:2 undifferentiated.....g	2.593		0		1		5.186	0.324	
18:3 undifferentiated.....g	0.101		0		1		0.202	0.013	
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		1		0	0	
Phytosterols.....mg	35		0		1		70	4	
Amino Acids:									
Tryptophan.....g	0.185		27		1		0.370	0.023	
Threonine.....g	0.716		57		1		1.432	0.090	
Isoleucine.....g	0.828		57		1		1.656	0.104	
Leucine.....g	1.374		57		1		2.748	0.172	
Lysine.....g	1.291		57		1		2.582	0.161	
Methionine.....g	0.253		83		1		0.506	0.032	
Cystine.....g	0.259		65		1		0.518	0.032	
Phenylalanine.....g	1.034		57		1		2.068	0.129	
Tyrosine.....g	0.479		56		1		0.958	0.060	
Valine.....g	0.809		57		1		1.618	0.101	
Arginine.....g	1.819		55		1		3.638	0.227	
Histidine.....g	0.531		55		1		1.062	0.066	
Alanine.....g	0.828		41		1		1.656	0.104	
Aspartic acid.....g	2.270		39		1		4.540	0.284	
Glutamic acid.....g	3.375		40		1		6.750	0.422	
Glycine.....g	0.803		41		1		1.606	0.100	
Proline.....g	0.797		40		1		1.594	0.100	
Serine.....g	0.973		41		1		1.946	0.122	
Hydroxyproline.....g									
Others:									
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	
Carotenoids:									
Carotene, beta.....mcg	40		0	O	4		80.400	5.025	
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 = 200g: 1 cup

Measure 2 = 12.5g: 1 tbsp



**NDB No. 16056**

**Chickpeas (garbanzo beans, bengal gram), mature seeds, raw**

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate** 4.07

**Food Group:** 16 Legumes and Legume Products

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



**NDB No. 16059**  
**Chili with beans, canned**

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	2.332		0		1		5.970	0.373	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.082		0		1		0.210	0.013	
17:1.....g									
18:1 undifferentiated.....g	2.250		0		1		5.760	0.360	
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	0.362		0		1		0.927	0.058	
18:2 undifferentiated.....g	0.208		0		1		0.532	0.033	
18:3 undifferentiated.....g	0.153		0		1		0.392	0.024	
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		1		44	3	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.069		0		1		0.177	0.011	
Threonine.....g	0.240		0		1		0.614	0.038	
Isoleucine.....g	0.250		0		1		0.640	0.040	
Leucine.....g	0.456		0		1		1.167	0.073	
Lysine.....g	0.409		0		1		1.047	0.065	
Methionine.....g	0.095		0		1		0.243	0.015	
Cystine.....g	0.061		0		1		0.156	0.010	
Phenylalanine.....g	0.292		0		1		0.748	0.047	
Tyrosine.....g	0.164		0		1		0.420	0.026	
Valine.....g	0.294		0		1		0.753	0.047	
Arginine.....g	0.360		0		1		0.922	0.058	
Histidine.....g	0.164		0		1		0.420	0.026	
Alanine.....g	0.265		0		1		0.678	0.042	
Aspartic acid.....g	0.659		0		1		1.687	0.105	
Glutamic acid.....g	0.877		0		1		2.245	0.140	
Glycine.....g	0.261		0		1		0.668	0.042	
Proline.....g	0.251		0		1		0.643	0.040	
Serine.....g	0.293		0		1		0.750	0.047	
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	181		0	FLC	4		462.228	28.889	
Carotene, alpha.....mcg	0		0	FLC	4		0.211	0.013	
Cryptoxanthin, beta.....mcg	43		0	FLC	4		110.000	6.875	
Lycopene.....mcg	1106		0	FLC	4		2830.694	176.918	
Lutein + zeaxanthin.....mcg	106		0	FLC	4		272.524	17.033	

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**Common Measures:**

Measure 1 = 256g: 1 cup

Measure 2 = 16g: 1 tbsp

**NDB No. 16059**  
**Chili with beans, canned**

**Calories Factors:** **Protein** 4                      **Fat** 8.7                      **Carbohydrate** 3.5

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Cowpeas, catjang, mature seeds, cooked, boiled, with salt**

[illegible]

NDB No. 16361

Cowpeas, catjang, mature seeds, cooked, boiled, with salt

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data						
	Points								
Fatty acids, total monounsaturated.....g	0.059		0		1		0.101		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.049		0		1		0.084		
20:1.....g	0.001		0		1		0.002		
22:1 undifferentiated.....g	0.007		0		1		0.012		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.303		0		1		0.518		
18:2 undifferentiated.....g	0.192		0		1		0.328		
18:3 undifferentiated.....g	0.111		0		1		0.190		
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		1		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.100		0		1		0.171		
Threonine.....g	0.309		0		1		0.528		
Isoleucine.....g	0.330		0		1		0.564		
Leucine.....g	0.623		0		1		1.065		
Lysine.....g	0.550		0		1		0.941		
Methionine.....g	0.116		0		1		0.198		
Cystine.....g	0.090		0		1		0.154		
Phenylalanine.....g	0.475		0		1		0.812		
Tyrosine.....g	0.263		0		1		0.450		
Valine.....g	0.387		0		1		0.662		
Arginine.....g	0.563		0		1		0.963		
Histidine.....g	0.252		0		1		0.431		
Alanine.....g	0.371		0		1		0.634		
Aspartic acid.....g	0.982		0		1		1.679		
Glutamic acid.....g	1.539		0		1		2.632		
Glycine.....g	0.335		0		1		0.573		
Proline.....g	0.365		0		1		0.624		
Serine.....g	0.407		0		1		0.696		
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 = 171g: 1 cup

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 16 Legumes and Legume Products

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



NDB No. 16061

Cowpeas, catjang, mature seeds, cooked, boiled, 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	0.059		0		1		0.101		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.049		0		1		0.084		
20:1.....g	0.001		0		1		0.002		
22:1 undifferentiated.....g	0.007		0		1		0.012		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.303		0		1		0.518		
18:2 undifferentiated.....g	0.192		0		1		0.328		
18:3 undifferentiated.....g	0.111		0		1		0.190		
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		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.100		0		1		0.171		
Threonine.....g	0.309		0		1		0.528		
Isoleucine.....g	0.330		0		1		0.564		
Leucine.....g	0.623		0		1		1.065		
Lysine.....g	0.550		0		1		0.941		
Methionine.....g	0.116		0		1		0.198		
Cystine.....g	0.090		0		1		0.154		
Phenylalanine.....g	0.475		0		1		0.812		
Tyrosine.....g	0.263		0		1		0.450		
Valine.....g	0.387		0		1		0.662		
Arginine.....g	0.563		0		1		0.963		
Histidine.....g	0.252		0		1		0.431		
Alanine.....g	0.371		0		1		0.634		
Aspartic acid.....g	0.982		0		1		1.679		
Glutamic acid.....g	1.539		0		1		2.632		
Glycine.....g	0.335		0		1		0.573		
Proline.....g	0.365		0		1		0.624		
Serine.....g	0.407		0		1		0.696		
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 = 171g: 1 cup

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 16 Legumes and Legume Products

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





**NDB No. 16060**  
**Cowpeas, catjang, mature seeds, raw**

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	0.173		0		1		0.289		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.006		0		1		0.010		
17:1.....g									
18:1 undifferentiated.....g	0.144		0		1		0.240		
20:1.....g	0.002		0		1		0.003		
22:1 undifferentiated.....g	0.019		0		1		0.032		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.889		0		1		1.485		
18:2 undifferentiated.....g	0.563		0		1		0.940		
18:3 undifferentiated.....g	0.326		0		1		0.544		
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		1		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.294		49		1		0.491		
Threonine.....g	0.908		72		1		1.516		
Isoleucine.....g	0.969		72		1		1.618		
Leucine.....g	1.828		72		1		3.053		
Lysine.....g	1.614		78		1		2.695		
Methionine.....g	0.340		108		1		0.568		
Cystine.....g	0.263		92		1		0.439		
Phenylalanine.....g	1.393		72		1		2.326		
Tyrosine.....g	0.771		54		1		1.288		
Valine.....g	1.137		71		1		1.899		
Arginine.....g	1.652		71		1		2.759		
Histidine.....g	0.740		71		1		1.236		
Alanine.....g	1.088		52		1		1.817		
Aspartic acid.....g	2.881		52		1		4.811		
Glutamic acid.....g	4.518		52		1		7.545		
Glycine.....g	0.985		52		1		1.645		
Proline.....g	1.072		51		1		1.790		
Serine.....g	1.194		52		1		1.994		
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 = 167g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 16 Legumes and Legume Products**

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



NDB No. 16065

Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork

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 . 656		0		1		1 . 574		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0 . 039		0		1		0 . 094		
17:1.....g									
18:1 undifferentiated.....g	0 . 603		0		1		1 . 447		
20:1.....g	0 . 015		0		1		0 . 036		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0 . 229		0		1		0 . 550		
18:2 undifferentiated.....g	0 . 190		0		1		0 . 456		
18:3 undifferentiated.....g	0 . 039		0		1		0 . 094		
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	7		0		1		17		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0 . 034		0		1		0 . 082		
Threonine.....g	0 . 104		0		1		0 . 250		
Isoleucine.....g	0 . 112		0		1		0 . 269		
Leucine.....g	0 . 210		0		1		0 . 504		
Lysine.....g	0 . 186		0		1		0 . 446		
Methionine.....g	0 . 039		0		1		0 . 094		
Cystine.....g	0 . 030		0		1		0 . 072		
Phenylalanine.....g	0 . 160		0		1		0 . 384		
Tyrosine.....g	0 . 089		0		1		0 . 214		
Valine.....g	0 . 131		0		1		0 . 314		
Arginine.....g	0 . 190		0		1		0 . 456		
Histidine.....g	0 . 085		0		1		0 . 204		
Alanine.....g	0 . 125		0		1		0 . 300		
Aspartic acid.....g	0 . 331		0		1		0 . 794		
Glutamic acid.....g	0 . 519		0		1		1 . 246		
Glycine.....g	0 . 113		0		1		0 . 271		
Proline.....g	0 . 123		0		1		0 . 295		
Serine.....g	0 . 137		0		1		0 . 329		
Hydroxyproline.....g									

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#### Common Measures:

Measure 1 = 240g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 16 Legumes and Legume Products

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



NDB No. 16064

Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain

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	0.046		0		1		0.110		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.005		
17:1.....g									
18:1 undifferentiated.....g	0.038		0		1		0.091		
20:1.....g	0.001		0		1		0.002		
22:1 undifferentiated.....g	0.005		0		1		0.012		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.237		0		1		0.569		
18:2 undifferentiated.....g	0.150		0		1		0.360		
18:3 undifferentiated.....g	0.087		0		1		0.209		
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		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.058		0		1		0.139		
Threonine.....g	0.180		0		1		0.432		
Isoleucine.....g	0.193		0		1		0.463		
Leucine.....g	0.363		0		1		0.871		
Lysine.....g	0.321		0		1		0.770		
Methionine.....g	0.067		0		1		0.161		
Cystine.....g	0.052		0		1		0.125		
Phenylalanine.....g	0.277		0		1		0.665		
Tyrosine.....g	0.153		0		1		0.367		
Valine.....g	0.226		0		1		0.542		
Arginine.....g	0.328		0		1		0.787		
Histidine.....g	0.147		0		1		0.353		
Alanine.....g	0.216		0		1		0.518		
Aspartic acid.....g	0.572		0		1		1.373		
Glutamic acid.....g	0.897		0		1		2.153		
Glycine.....g	0.196		0		1		0.470		
Proline.....g	0.213		0		1		0.511		
Serine.....g	0.237		0		1		0.569		
Hydroxyproline.....g									

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#### Common Measures:

Measure 1 = 240g: 1 cup

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 16 Legumes and Legume Products

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



NDB No. 16363

Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt

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						
Fatty acids, total monounsaturated.....g	0.044		0		1		0.075		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.036		0		1		0.062		
20:1.....g	0.001		0		1		0.002		
22:1 undifferentiated.....g	0.005		0		1		0.009		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.225		0		1		0.385		
18:2 undifferentiated.....g	0.143		0		1		0.245		
18:3 undifferentiated.....g	0.083		0		1		0.142		
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		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.095		0		1		0.162		
Threonine.....g	0.294		0		1		0.503		
Isoleucine.....g	0.314		0		1		0.537		
Leucine.....g	0.592		0		1		1.012		
Lysine.....g	0.523		0		1		0.894		
Methionine.....g	0.110		0		1		0.188		
Cystine.....g	0.085		0		1		0.145		
Phenylalanine.....g	0.451		0		1		0.771		
Tyrosine.....g	0.250		0		1		0.428		
Valine.....g	0.368		0		1		0.629		
Arginine.....g	0.535		0		1		0.915		
Histidine.....g	0.240		0		1		0.410		
Alanine.....g	0.352		0		1		0.602		
Aspartic acid.....g	0.933		0		1		1.595		
Glutamic acid.....g	1.463		0		1		2.502		
Glycine.....g	0.319		0		1		0.545		
Proline.....g	0.347		0		1		0.593		
Serine.....g	0.387		0		1		0.662		
Hydroxyproline.....g									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	9		0	BFZN	4		15.390		
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 = 171g: 1 cup

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 16 Legumes and Legume Products

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



**Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, 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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	70.04	0.603	23		1		120.47		
Energy.....kcal	116		0	NC	4		199		
Energy.....kj	484		0	NC	4		833		
Protein (N x 6.25).....g	7.73	0.163	24		1		13.30		
Total lipid (fat).....g	0.53	0.031	24		1		0.91		
Ash.....g	0.94	0.030	24		1		1.62		
Carbohydrate, by difference.....g	20.76		0	NC	4		35.71		
Fiber, total dietary.....g	6.5		0		1		11.2		
Sugars, total.....g	3.30		0	T	4		5.68		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	24	0.819	28		1		41		
Iron, Fe.....mg	2.51	0.100	29		1		4.32		
Magnesium, Mg.....mg	53	1.487	29		1		91		
Phosphorus, P.....mg	156	4.148	28		1		268		
Potassium, K.....mg	278	7.500	29		1		478		
Sodium, Na.....mg	4	0.413	24		1		7		
Zinc, Zn.....mg	1.29	0.044	35		1		2.22		
Copper, Cu.....mg	0.268	0.013	35		1		0.461		
Manganese, Mn.....mg	0.475	0.018	29		1		0.817		
Selenium, Se.....mcg	2.5	0.625	15	A	1		4.3		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.4		0		1		0.7		
Thiamin.....mg	0.202	0.011	21		1		0.347		
Riboflavin.....mg	0.055	0.003	21		1		0.095		
Niacin.....mg	0.495	0.036	21		1		0.851		
Pantothenic acid.....mg	0.411	0.019	8		1		0.707		
Vitamin B-6.....mg	0.100	0.006	8		1		0.172		
Folate, total.....mcg	208	19.105	8		1		358		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	208	19.105	8		1		358		
Folate, DFE.....mcg_DFE	208		0	NC	4		358		
Vitamin B-12.....mcg	0.00		0		1		0.00		
Vitamin A, IU.....IU	15		0	NC	4		26		
Vitamin A, RAE.....mcg_RAE	1		0	NC	4		1		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.28		0	O	4		0.48		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.7		0	BFSN	4		2.9		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.138		0		1		0.237		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.001		0		1		0.002		
15:0.....g									
16:0.....g	0.106		0		1		0.182		
17:0.....g									
18:0.....g	0.022		0		1		0.038		
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 16063

Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, 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	0.044		0		1		0.076		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.036		0		1		0.062		
20:1.....g	0.001		0		1		0.002		
22:1 undifferentiated.....g	0.005		0		1		0.009		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.225		0		1		0.387		
18:2 undifferentiated.....g	0.143		0		1		0.246		
18:3 undifferentiated.....g	0.083		0		1		0.143		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.095		0		1		0.163		
Threonine.....g	0.294		0		1		0.506		
Isoleucine.....g	0.314		0		1		0.540		
Leucine.....g	0.592		0		1		1.018		
Lysine.....g	0.523		0		1		0.900		
Methionine.....g	0.110		0		1		0.189		
Cystine.....g	0.085		0		1		0.146		
Phenylalanine.....g	0.451		0		1		0.776		
Tyrosine.....g	0.250		0		1		0.430		
Valine.....g	0.368		0		1		0.633		
Arginine.....g	0.535		0		1		0.920		
Histidine.....g	0.240		0		1		0.413		
Alanine.....g	0.352		0		1		0.605		
Aspartic acid.....g	0.933		0		1		1.605		
Glutamic acid.....g	1.463		0		1		2.516		
Glycine.....g	0.319		0		1		0.549		
Proline.....g	0.347		0		1		0.597		
Serine.....g	0.387		0		1		0.666		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	9		0	O	4		15.480		
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 = 172g: 1 cup

**NDB No. 16063**

**Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt**

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate** 4.07

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16062

Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw

*Vigna unguiculata*

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	11.95	0.391	82		1		19.96	1.25	
Energy.....kcal	336		0	NC	4		562	35	
Energy.....kj	1408		0	NC	4		2351	148	
Protein (N x 6.25).....g	23.52	0.205	147		1		39.28	2.47	
Total lipid (fat).....g	1.26	0.036	139		1		2.10	0.13	
Ash.....g	3.24	0.038	91		1		5.41	0.34	
Carbohydrate, by difference.....g	60.03		0	NC	4		100.25	6.30	
Fiber, total dietary.....g	10.6		0		1		17.7	1.1	
Sugars, total.....g	6.90		0	T	4		11.52	0.72	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	110	11.803	47		1		184	12	
Iron, Fe.....mg	8.27	0.246	59		1		13.81	0.87	
Magnesium, Mg.....mg	184	7.012	45		1		307	19	
Phosphorus, P.....mg	424	11.904	46		1		708	45	
Potassium, K.....mg	1112	40.025	44		1		1857	117	
Sodium, Na.....mg	16	1.681	39		1		27	2	
Zinc, Zn.....mg	3.37	0.167	46		1		5.63	0.35	
Copper, Cu.....mg	0.845	0.030	48		1		1.411	0.089	
Manganese, Mn.....mg	1.528		42		1		2.552	0.160	
Selenium, Se.....mcg	9.0	1.143	3	A	1		15.0	0.9	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.5		1		1		2.5	0.2	
Thiamin.....mg	0.853	0.031	197		1		1.425	0.090	
Riboflavin.....mg	0.226	0.008	204		1		0.377	0.024	
Niacin.....mg	2.075	0.094	189		1		3.465	0.218	
Pantothenic acid.....mg	1.496	0.058	166		1		2.498	0.157	
Vitamin B-6.....mg	0.357		17		1		0.596	0.037	
Folate, total.....mcg	633	41.904	17		1		1056	66	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	633	41.904	17		1		1056	66	
Folate, DFE.....mcg_DFE	633		0	NC	4		1056	66	
Vitamin B-12.....mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU.....IU	50		0	NC	4		84	5	
Vitamin A, RAE.....mcg_RAE	3		0	NC	4		4	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.39		0	O	4		0.65	0.04	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	5.0		0	T	4		8.4	0.5	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.331		0		1		0.553	0.035	
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	0.001		0		1		0.002	0.000	
13:0.....g									
14:0.....g	0.003		0		1		0.005	0.000	
15:0.....g									
16:0.....g	0.254		0		1		0.424	0.027	
17:0.....g									
18:0.....g	0.053		0		1		0.089	0.006	
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 16062

Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw

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	0.106		0		1		0.177	0.011	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0		1		0.007	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.088		0		1		0.147	0.009	
20:1.....g	0.001		0		1		0.002	0.000	
22:1 undifferentiated.....g	0.012		0		1		0.020	0.001	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.542		0		1		0.905	0.057	
18:2 undifferentiated.....g	0.343		0		1		0.573	0.036	
18:3 undifferentiated.....g	0.199		0		1		0.332	0.021	
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		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.290		0		1		0.484	0.030	
Threonine.....g	0.895		0		1		1.495	0.094	
Isoleucine.....g	0.956		0		1		1.597	0.100	
Leucine.....g	1.802		0		1		3.009	0.189	
Lysine.....g	1.591		0		1		2.657	0.167	
Methionine.....g	0.335		0		1		0.559	0.035	
Cystine.....g	0.260		0		1		0.434	0.027	
Phenylalanine.....g	1.373		0		1		2.293	0.144	
Tyrosine.....g	0.760		0		1		1.269	0.080	
Valine.....g	1.121		0		1		1.872	0.118	
Arginine.....g	1.629		0		1		2.720	0.171	
Histidine.....g	0.730		0		1		1.219	0.077	
Alanine.....g	1.072		0		1		1.790	0.113	
Aspartic acid.....g	2.840		0		1		4.743	0.298	
Glutamic acid.....g	4.454		0		1		7.438	0.468	
Glycine.....g	0.971		0		1		1.622	0.102	
Proline.....g	1.057		0		1		1.765	0.111	
Serine.....g	1.178		0		1		1.967	0.124	
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	30		0	O	4		50.100	3.150	
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 = 167g: 1 cup

Measure 2 = 10.5g: 1 tbsp

**NDB No. 16062**

**Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw**

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate** 4.07

**Food Group:** 16 Legumes and Legume Products

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



**NDB No. 16152**  
**ENSURE FIBER WITH FOS, liquid**

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	1.276		0	NC	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4				
17:1.....g									
18:1 undifferentiated.....g	1.276		0	LC	8				
20:1.....g	0.000				4				
22:1 undifferentiated.....g	0.000				4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.722		0	LC	8				
18:2 undifferentiated.....g	0.628		0	LC	8				
18:3 undifferentiated.....g	0.094		0	LC	8				
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>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	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:** 16 Legumes and Legume Products

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





**NDB No. 16138**  
**Falafel, home-prepared**

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	10.171		0		1		1.729		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.095		0		1		0.016		
17:1.....g									
18:1 undifferentiated.....g	9.670		0		1		1.644		
20:1.....g	0.042		0		1		0.007		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.160		0		1		0.707		
18:2 undifferentiated.....g	0.495		0		1		0.084		
18:3 undifferentiated.....g	0.111		0		1		0.019		
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		1		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.134		0		1		0.023		
Threonine.....g	0.492		0		1		0.084		
Isoleucine.....g	0.567		0		1		0.096		
Leucine.....g	0.944		0		1		0.160		
Lysine.....g	0.856		0		1		0.146		
Methionine.....g	0.187		0		1		0.032		
Cystine.....g	0.183		0		1		0.031		
Phenylalanine.....g	0.707		0		1		0.120		
Tyrosine.....g	0.339		0		1		0.058		
Valine.....g	0.562		0		1		0.096		
Arginine.....g	1.280		0		1		0.218		
Histidine.....g	0.364		0		1		0.062		
Alanine.....g	0.573		0		1		0.097		
Aspartic acid.....g	1.531		0		1		0.260		
Glutamic acid.....g	2.341		0		1		0.398		
Glycine.....g	0.567		0		1		0.096		
Proline.....g	0.545		0		1		0.093		
Serine.....g	0.667		0		1		0.113		
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 = 17g: 1 patty (approx 2-1/4" dia)

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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

**Refuse: 0%**

[illegible]

**NDB No. 43129**  
**Fish sticks, meatless**

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	4.376				4		1.225		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4		0.000		
17:1.....g									
18:1 undifferentiated.....g	4.376				4		1.225		
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	9.332				4		2.613		
18:2 undifferentiated.....g	8.292				4		2.322		
18:3 undifferentiated.....g	1.040				4		0.291		
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	0				7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0				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 = 28g: 1 stick

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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

hot dog, frank, wiener  
**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	58.00				1		81.20	40.60	
Energy.....kcal	233		0	NC	4		326	163	
Energy.....kj	974		0	NC	4		1363	682	
Protein.....g	19.61		0	LC	8		27.45	13.73	
Total lipid (fat).....g	13.73		0	LC	8		19.22	9.61	
Ash.....g	0.97		0	O	4		1.35	0.68	
Carbohydrate, by difference.....g	7.70		0	NC	4		10.78	5.39	
Fiber, total dietary.....g	3.9		0	LC	8		5.5	2.7	
Sugars, total.....g	0.00		0	LC	8		0.00	0.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	33				1		46	23	
Iron, Fe.....mg	1.41		0	LC	8		1.97	0.99	
Magnesium, Mg.....mg	18				4		25	13	
Phosphorus, P.....mg	344				4		482	241	
Potassium, K.....mg	98		0	LC	8		137	69	
Sodium, Na.....mg	471		0	LC	8		659	329	
Zinc, Zn.....mg	1.20				1		1.68	0.84	
Copper, Cu.....mg	0.706				4		0.988	0.494	
Manganese, Mn.....mg									
Selenium, Se.....mcg	7.4		0	BFZN	4		10.4	5.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0				7		0.0	0.0	
Thiamin.....mg	0.441		0	LC	8		0.617	0.309	
Riboflavin.....mg	0.833		0	LC	8		1.166	0.583	
Niacin.....mg	3.137		0	LC	8		4.392	2.196	
Pantothenic acid.....mg	0.784		0	LC	8		1.098	0.549	
Vitamin B-6.....mg	0.078		0	LC	8		0.109	0.055	
Folate, total.....mcg	78				4		109	55	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	78				4		109	55	
Folate, DFE.....mcg_DFE	78		0	NC	4		109	55	
Vitamin B-12.....mcg	2.35		0	LC	8		3.29	1.65	
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	1.92		0	O	4		2.69	1.34	
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	1.961		0	LC	8		2.745	1.373	
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	0.097				4		0.136	0.068	
13:0.....g									
14:0.....g	0.048				4		0.067	0.034	
15:0.....g									
16:0.....g	1.028				4		1.439	0.720	
17:0.....g									
18:0.....g	0.410				4		0.574	0.287	
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 43130**  
**Frankfurter, meatless**

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	3.922		0	LC	8		5.491	2.745	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	2.432				4		3.405	1.702	
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	7.843		0	LC	8		10.980	5.490	
18:2 undifferentiated.....g	4.607				4		6.450	3.225	
18:3 undifferentiated.....g	0.578				4		0.809	0.405	
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><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0			Z	7		0.0	0.0	
Caffeine.....mg	0			Z	7		0	0	
Theobromine.....mg	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 = 140g: 1 cup, sliced

Measure 2 = 70g: 1 frankfurter

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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

**GREEN GIANT, HARVEST BURGER, Original Flavor, All Vegetable Protein Patties, frozen**

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	Code	Code	Code						
<b>Proximates:</b>									
Water.....g	65.00		1	A	1		235.30	58.50	58.50
Energy.....kcal	153		0	NC	4		552	137	137
Energy.....kj	638				4		2311	575	575
Protein.....g	20.00		1	A	1		72.40	18.00	18.00
Total lipid (fat).....g	4.60		1	A	1		16.65	4.14	4.14
Ash.....g	2.60		1	A	1		9.41	2.34	2.34
Carbohydrate, by difference.....g	7.80		0	NC	4		28.24	7.02	7.02
Fiber, total dietary.....g	6.3		1	A	1		22.8	5.7	5.7
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	113		1	A	1		409	102	102
Iron, Fe.....mg	4.28		1	A	1		15.49	3.85	3.85
Magnesium, Mg.....mg	78		1	A	1		282	70	70
Phosphorus, P.....mg	250		1	A	1		905	225	225
Potassium, K.....mg	480		1	A	1		1738	432	432
Sodium, Na.....mg	457		1	A	1		1654	411	411
Zinc, Zn.....mg	8.97		1	A	1		32.47	8.07	8.07
Copper, Cu.....mg	0.490		1	A	1		1.774	0.441	0.441
Manganese, Mn.....mg									
Selenium, Se.....mcg	10.0		1	A	1		36.2	9.0	9.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin.....mg	0.350		1	A	1		1.267	0.315	0.315
Riboflavin.....mg	0.220		1	A	1		0.796	0.198	0.198
Niacin.....mg	7.000		1	A	1		25.340	6.300	6.300
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.430		1	A	1		1.557	0.387	0.387
Folate, total.....mcg	24		1	A	1		87	22	22
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	24		1	A	1		87	22	22
Folate, DFE.....mcg_DFE	24		0	NC	4		87	22	22
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0	Z	7		0	0	0
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	1.130		1	A	1		4.091	1.017	1.017
4:0.....g	0.000		0	Z	7		0.000	0.000	0.000
6:0.....g	0.000		0	Z	7		0.000	0.000	0.000
8:0.....g	0.002		1	A	1		0.007	0.002	0.002
10:0.....g	0.002		1	A	1		0.007	0.002	0.002
12:0.....g	0.002		1	A	1		0.007	0.002	0.002
13:0.....g									
14:0.....g	0.002		1	A	1		0.007	0.002	0.002
15:0.....g	0.002		1	A	1		0.007	0.002	0.002
16:0.....g	0.443		1	A	1		1.604	0.399	0.399
17:0.....g	0.002		1	A	1		0.007	0.002	0.002
18:0.....g	0.654		1	A	1		2.367	0.589	0.589
20:0.....g	0.018		1	A	1		0.065	0.016	0.016
22:0.....g	0.009		1	A	1		0.033	0.008	0.008
24:0.....g									

NDB No. 22125

GREEN GIANT, HARVEST BURGER, Original Flavor, All Vegetable Protein Patties, frozen

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	2.372		1	A	1		8.587	2.135	2.135
14:1.....g	0.002		1	A	1		0.007	0.002	0.002
15:1.....g									
16:1 undifferentiated.....g	0.006		1	A	1		0.022	0.005	0.005
17:1.....g	0.002		1	A	1		0.007	0.002	0.002
18:1 undifferentiated.....g	2.364		1	A	1		8.558	2.128	2.128
20:1.....g	0.002		1	A	1		0.007	0.002	0.002
22:1 undifferentiated.....g	0.010		1	A	1		0.036	0.009	0.009
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.295		1	A	1		1.068	0.266	0.266
18:2 undifferentiated.....g	0.267		1	A	1		0.967	0.240	0.240
18:3 undifferentiated.....g	0.026		1	A	1		0.094	0.023	0.023
18:4.....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g	0.002		1	A	1		0.009	0.002	0.002
20:4 undifferentiated.....g	0.002		1	A	1		0.007	0.002	0.002
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	Z	7		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									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	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 = 362g: 1 package

Measure 2 = 90g: 1 patty

Measure 3 = 90g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 16 Legumes and Legume Products

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



**NDB No. 16158**  
**Hummus, commercial**

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	66.59		2	A	1		166.48	9.32	
Energy.....kcal	166		0	NC	4		415	23	
Energy.....kj	695				4		1736	97	
Protein (N x 6.25).....g	7.90		2	A	1		19.75	1.11	
Total lipid (fat).....g	9.60		2	A	1		24.00	1.34	
Ash.....g	1.66		2	A	1		4.15	0.23	
Carbohydrate, by difference.....g	14.29		0	NC	4		35.73	2.00	
Fiber, total dietary.....g	6.0		2	A	1		15.0	0.8	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	38		2	A	1		95	5	
Iron, Fe.....mg	2.44		2	A	1		6.10	0.34	
Magnesium, Mg.....mg	71		2	A	1		178	10	
Phosphorus, P.....mg	176		2	A	1		440	25	
Potassium, K.....mg	228		2	A	1		570	32	
Sodium, Na.....mg	379		2	A	1		948	53	
Zinc, Zn.....mg	1.83		2	A	1		4.58	0.26	
Copper, Cu.....mg	0.527		2	A	1		1.318	0.074	
Manganese, Mn.....mg	0.773		2	A	1		1.933	0.108	
Selenium, Se.....mcg	2.6		0	BFZN	4		6.5	0.4	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.180		2	A	1		0.450	0.025	
Riboflavin.....mg	0.064		2	A	1		0.160	0.009	
Niacin.....mg	0.582		2	A	1		1.455	0.081	
Pantothenic acid.....mg	0.132		2	A	1		0.330	0.018	
Vitamin B-6.....mg	0.200		2	A	1		0.500	0.028	
Folate, total.....mcg	83		2	A	1		208	12	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	83		2	A	1		208	12	
Folate, DFE.....mcg_DFE	83		0	NC	4		208	12	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	30		2	A	1		75	4	
Vitamin A, RAE.....mcg_RAE	2		2	A	1		4	0	
Retinol.....mcg	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	1.437			O	4		3.593	0.201	
Fatty acids, total monounsaturated.....g	4.039			O	4		10.098	0.565	
Fatty acids, total polyunsaturated.....g	3.613			O	4		9.033	0.506	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		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 = 250g: 1 cup

**NDB No. 16158**  
**Hummus, commercial**

Measure 2 = 14.0g: 1 tbsp

**Calories Factors:** **Protein** 3.47

**Fat** 8.37

**Carbohydrate** 4.07

**Food Group:** 16 Legumes and Legume Products

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

**NDB No. 16137**  
**Hummus, home prepared**

**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	64.87		0	RA	4		159.57	9.73	
Energy.....kcal	177		0	NC	4		436	27	
Energy.....kj	742		0	NC	4		1824	111	
Protein.....g	4.86		0	RA	4		11.96	0.73	
Total lipid (fat).....g	8.59		0	RA	4		21.14	1.29	
Ash.....g	1.56		0	RA	4		3.84	0.23	
Carbohydrate, by difference.....g	20.12		0	NC	4		49.48	3.02	
Fiber, total dietary.....g	4.0		0	RA	4		9.8	0.6	
Sugars, total.....g	0.46		0	RA	4		1.14	0.07	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	49		0	RA	4		121	7	
Iron, Fe.....mg	1.57		0	RA	4		3.85	0.24	
Magnesium, Mg.....mg	29		0	RA	4		70	4	
Phosphorus, P.....mg	110		0	RA	4		270	16	
Potassium, K.....mg	173		0	RA	4		426	26	
Sodium, Na.....mg	242		0	RA	4		596	36	
Zinc, Zn.....mg	1.09		0	RA	4		2.67	0.16	
Copper, Cu.....mg	0.224		0	RA	4		0.551	0.034	
Manganese, Mn.....mg	0.567		0	RA	4		1.396	0.085	
Selenium, Se.....mcg	2.4		0	RA	4		6.0	0.4	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	7.9		0	RA	4		19.5	1.2	
Thiamin.....mg	0.089		0	RA	4		0.219	0.013	
Riboflavin.....mg	0.052		0	RA	4		0.127	0.008	
Niacin.....mg	0.399		0	RA	4		0.980	0.060	
Pantothenic acid.....mg	0.287		0	RA	4		0.706	0.043	
Vitamin B-6.....mg	0.399		0	RA	4		0.980	0.060	
Folate, total.....mcg	59		0	RA	4		145	9	
Folic acid.....mcg	0		0	RA	4		0	0	
Folate, food.....mcg	59		0	RA	4		145	9	
Folate, DFE.....mcg_DFE	59		0	NC	4		145	9	
Vitamin B-12.....mcg	0.00		0	RA	4		0.00	0.00	
Vitamin A, IU.....IU	5		0	NC	4		13	1	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		1	0	
Retinol.....mcg	0		0	RA	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.75		0	RA	4		1.83	0.11	
Tocopherol, beta.....mg	0.01		0	RA	4		0.01	0.00	
Tocopherol, gamma.....mg	0.04		0	RA	4		0.10	0.01	
Tocopherol, delta.....mg	0.00		0	RA	4		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	3.0		0	RA	4		7.4	0.5	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.123		0	RA	4		2.763	0.168	
4:0.....g	0.000		0	RA	4		0.000	0.000	
6:0.....g	0.000		0	RA	4		0.000	0.000	
8:0.....g	0.000		0	RA	4		0.000	0.000	
10:0.....g	0.000		0	RA	4		0.000	0.000	
12:0.....g	0.000		0	RA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.008		0	RA	4		0.020	0.001	
15:0.....g									
16:0.....g	0.863		0	RA	4		2.122	0.129	
17:0.....g	0.000		0	RA	4		0.000	0.000	
18:0.....g	0.225		0	RA	4		0.553	0.034	
20:0.....g	0.021		0	RA	4		0.051	0.003	
22:0.....g	0.006		0	RA	4		0.016	0.001	
24:0.....g	0.000		0	RA	4		0.000	0.000	

**NDB No. 16137**  
**Hummus, home prepared**

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	4.912		0	RA	4		12.084	0.737	
14:1.....g	0.000		0	RA	4		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.068		0	RA	4		0.166	0.010	
17:1.....g	0.007		0	RA	4		0.017	0.001	
18:1 undifferentiated.....g	4.819		0	RA	4		11.854	0.723	
20:1.....g	0.019		0	RA	4		0.048	0.003	
22:1 undifferentiated.....g	0.000		0	RA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.083		0	RA	4		5.123	0.312	
18:2 undifferentiated.....g	2.007		0	RA	4		4.938	0.301	
18:3 undifferentiated.....g	0.075		0	RA	4		0.185	0.011	
18:4.....g	0.000		0	RA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	RA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	RA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	RA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RA	4		0	0	
Phytosterols.....mg	11		0	RA	4		27	2	
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.057		0	RA	4		0.141	0.009	
Threonine.....g	0.182		0	RA	4		0.448	0.027	
Isoleucine.....g	0.206		0	RA	4		0.507	0.031	
Leucine.....g	0.346		0	RA	4		0.852	0.052	
Lysine.....g	0.291		0	RA	4		0.717	0.044	
Methionine.....g	0.080		0	RA	4		0.197	0.012	
Cystine.....g	0.071		0	RA	4		0.174	0.011	
Phenylalanine.....g	0.256		0	RA	4		0.630	0.038	
Tyrosine.....g	0.134		0	RA	4		0.329	0.020	
Valine.....g	0.215		0	RA	4		0.528	0.032	
Arginine.....g	0.501		0	RA	4		1.231	0.075	
Histidine.....g	0.134		0	RA	4		0.329	0.020	
Alanine.....g	0.213		0	RA	4		0.525	0.032	
Aspartic acid.....g	0.544		0	RA	4		1.337	0.082	
Glutamic acid.....g	0.882		0	RA	4		2.169	0.132	
Glycine.....g	0.223		0	RA	4		0.549	0.033	
Proline.....g	0.201		0	RA	4		0.494	0.030	
Serine.....g	0.245		0	RA	4		0.603	0.037	
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	RA	4		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	2		0	RA	4		5.623	0.343	
Carotene, alpha.....mcg	0		0	RA	4		0.103	0.006	
Cryptoxanthin, beta.....mcg	2		0	RA	4		4.139	0.252	
Lycopene.....mcg	0		0	RA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	1		0	RA	4		2.806	0.171	

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 = 246g: 1 cup

Measure 2 = 15.0g: 1 tbsp

NDB No. 16137  
Hummus, home prepared

Calories Factors:	Protein	Fat	Carbohydrate	<b>Food Group:</b> 16 Legumes and Legume Products
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 16368

Hyacinth beans, mature seeds, cooked, boiled, 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				
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		1		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.068		0		1		0.132		
Threonine.....g	0.315		0		1		0.611		
Isoleucine.....g	0.390		0		1		0.757		
Leucine.....g	0.691		0		1		1.341		
Lysine.....g	0.556		0		1		1.079		
Methionine.....g	0.065		0		1		0.126		
Cystine.....g	0.095		0		1		0.184		
Phenylalanine.....g	0.410		0		1		0.795		
Tyrosine.....g	0.291		0		1		0.565		
Valine.....g	0.422		0		1		0.819		
Arginine.....g	0.598		0		1		1.160		
Histidine.....g	0.233		0		1		0.452		
Alanine.....g	0.364		0		1		0.706		
Aspartic acid.....g	0.962		0		1		1.866		
Glutamic acid.....g	1.323		0		1		2.567		
Glycine.....g	0.351		0		1		0.681		
Proline.....g	0.396		0		1		0.768		
Serine.....g	0.448		0		1		0.869		
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 = 194g: 1 cup

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 16 Legumes and Legume Products

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





NDB No. 16068

Hyacinth beans, mature seeds, cooked, boiled, 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	Code			
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		1		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.068		0		1		0.132		
Threonine.....g	0.315		0		1		0.611		
Isoleucine.....g	0.390		0		1		0.757		
Leucine.....g	0.691		0		1		1.341		
Lysine.....g	0.556		0		1		1.079		
Methionine.....g	0.065		0		1		0.126		
Cystine.....g	0.095		0		1		0.184		
Phenylalanine.....g	0.410		0		1		0.795		
Tyrosine.....g	0.291		0		1		0.565		
Valine.....g	0.422		0		1		0.819		
Arginine.....g	0.598		0		1		1.160		
Histidine.....g	0.233		0		1		0.452		
Alanine.....g	0.364		0		1		0.706		
Aspartic acid.....g	0.962		0		1		1.866		
Glutamic acid.....g	1.323		0		1		2.567		
Glycine.....g	0.351		0		1		0.681		
Proline.....g	0.396		0		1		0.768		
Serine.....g	0.448		0		1		0.869		
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 = 194g: 1 cup

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 16 Legumes and Legume Products

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



**NDB No. 16067**  
**Hyacinth beans, mature seeds, raw**

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
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		1		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.199		5		1		0.418		
Threonine.....g	0.925		4		1		1.943		
Isoleucine.....g	1.143		4		1		2.400		
Leucine.....g	2.026		4		1		4.255		
Lysine.....g	1.632		5		1		3.427		
Methionine.....g	0.191		4		1		0.401		
Cystine.....g	0.279		3		1		0.586		
Phenylalanine.....g	1.204		4		1		2.528		
Tyrosine.....g	0.853		3		1		1.791		
Valine.....g	1.239		4		1		2.602		
Arginine.....g	1.755		4		1		3.686		
Histidine.....g	0.684		4		1		1.436		
Alanine.....g	1.067		3		1		2.241		
Aspartic acid.....g	2.821		3		1		5.924		
Glutamic acid.....g	3.880		3		1		8.148		
Glycine.....g	1.028		3		1		2.159		
Proline.....g	1.162		3		1		2.440		
Serine.....g	1.315		3		1		2.762		
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 = 210g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products  
 USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 16370

Lentils, mature seeds, cooked, boiled, 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 Points	Code	Code	Code			
Fatty acids, total monounsaturated.....g	0.064		0		1		0.127		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.061		0		1		0.121		
20:1.....g	0.002		0		1		0.004		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.175		0		1		0.347		
18:2 undifferentiated.....g	0.137		0		1		0.271		
18:3 undifferentiated.....g	0.037		0		1		0.073		
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		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.081		0		1		0.160		
Threonine.....g	0.323		0		1		0.640		
Isoleucine.....g	0.390		0		1		0.772		
Leucine.....g	0.654		0		1		1.295		
Lysine.....g	0.630		0		1		1.247		
Methionine.....g	0.077		0		1		0.152		
Cystine.....g	0.118		0		1		0.234		
Phenylalanine.....g	0.445		0		1		0.881		
Tyrosine.....g	0.241		0		1		0.477		
Valine.....g	0.448		0		1		0.887		
Arginine.....g	0.697		0		1		1.380		
Histidine.....g	0.254		0		1		0.503		
Alanine.....g	0.377		0		1		0.746		
Aspartic acid.....g	0.998		0		1		1.976		
Glutamic acid.....g	1.399		0		1		2.770		
Glycine.....g	0.367		0		1		0.727		
Proline.....g	0.377		0		1		0.746		
Serine.....g	0.416		0		1		0.824		
Hydroxyproline.....g									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	5		0	BFZN	4		9.504		
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 = 198g: 1 cup

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 16 Legumes and Legume Products

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



**NDB No. 16070**
**Lentils, mature seeds, cooked, boiled, 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	0.064		0		1		0.127	0.008	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.061		0		1		0.121	0.008	
20:1.....g	0.002		0		1		0.004	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.175		0		1		0.347	0.022	
18:2 undifferentiated.....g	0.137		0		1		0.271	0.017	
18:3 undifferentiated.....g	0.037		0		1		0.073	0.005	
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		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.081		0		1		0.160	0.010	
Threonine.....g	0.323		0		1		0.640	0.040	
Isoleucine.....g	0.390		0		1		0.772	0.048	
Leucine.....g	0.654		0		1		1.295	0.080	
Lysine.....g	0.630		0		1		1.247	0.077	
Methionine.....g	0.077		0		1		0.152	0.009	
Cystine.....g	0.118		0		1		0.234	0.015	
Phenylalanine.....g	0.445		0		1		0.881	0.055	
Tyrosine.....g	0.241		0		1		0.477	0.030	
Valine.....g	0.448		0		1		0.887	0.055	
Arginine.....g	0.697		0		1		1.380	0.086	
Histidine.....g	0.254		0		1		0.503	0.031	
Alanine.....g	0.377		0		1		0.746	0.046	
Aspartic acid.....g	0.998		0		1		1.976	0.123	
Glutamic acid.....g	1.399		0		1		2.770	0.172	
Glycine.....g	0.367		0		1		0.727	0.045	
Proline.....g	0.377		0		1		0.746	0.046	
Serine.....g	0.416		0		1		0.824	0.051	
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	5		0	O	4		9.504	0.590	
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 = 198g: 1 cup

Measure 2 = 12.3g: 1 tbsp

**NDB No. 16070**

**Lentils, mature seeds, cooked, boiled, without salt**

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate** 4.07

**Food Group:** 16 Legumes and Legume Products

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	11.19	0.356	61		1		21.48	1.34	
Energy.....kcal	338		0	NC	4		648	41	
Energy.....kj	1413		0	NC	4		2713	170	
Protein (N x 6.25).....g	28.06	2.904	60		1		53.88	3.37	
Total lipid (fat).....g	0.96	0.059	59		1		1.84	0.12	
Ash.....g	2.70	0.042	58		1		5.18	0.32	
Carbohydrate, by difference.....g	57.09		0	NC	4		109.61	6.85	
Fiber, total dietary.....g	30.5		0		1		58.6	3.7	
Sugars, total.....g	5.40		0	T	4		10.37	0.65	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	51	2.630	31		1		98	6	
Iron, Fe.....mg	9.02	0.373	31		1		17.32	1.08	
Magnesium, Mg.....mg	107	6.496	29		1		205	13	
Phosphorus, P.....mg	454	14.489	28		1		872	54	
Potassium, K.....mg	905	22.178	30		1		1738	109	
Sodium, Na.....mg	10	2.458	26		1		19	1	
Zinc, Zn.....mg	3.61	0.132	31		1		6.93	0.43	
Copper, Cu.....mg	0.852	0.029	31		1		1.636	0.102	
Manganese, Mn.....mg	1.429	0.059	28		1		2.744	0.171	
Selenium, Se.....mcg	8.2		0	CAZN	4		15.7	1.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	6.2		2		1		11.9	0.7	
Thiamin.....mg	0.475	0.047	40		1		0.912	0.057	
Riboflavin.....mg	0.245	0.007	40		1		0.470	0.029	
Niacin.....mg	2.621	0.076	29		1		5.032	0.315	
Pantothenic acid.....mg	1.849	0.102	16		1		3.550	0.222	
Vitamin B-6.....mg	0.535	0.012	16		1		1.027	0.064	
Folate, total.....mcg	433	28.031	16		1		831	52	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	433	28.031	16		1		831	52	
Folate, DFE.....mcg_DFE	433		0	NC	4		831	52	
Vitamin B-12.....mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU.....IU	39		0	NC	4		75	5	
Vitamin A, RAE.....mcg_RAE	2		0	NC	4		4	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.33		0	O	4		0.63	0.04	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	5.0		0	T	4		9.6	0.6	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.135		0		1		0.259	0.016	
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	0.003		0		1		0.006	0.000	
15:0.....g									
16:0.....g	0.116		0		1		0.223	0.014	
17:0.....g									
18:0.....g	0.014		0		1		0.027	0.002	
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 16069**  
**Lentils, mature seeds, raw**

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	0.163		0		1		0.313	0.020	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.004	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.157		0		1		0.301	0.019	
20:1.....g	0.004		0		1		0.008	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.447		0		1		0.858	0.054	
18:2 undifferentiated.....g	0.351		0		1		0.674	0.042	
18:3 undifferentiated.....g	0.096		0		1		0.184	0.012	
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		1		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.251		25		1		0.482	0.030	
Threonine.....g	1.006		32		1		1.932	0.121	
Isoleucine.....g	1.212		29		1		2.327	0.145	
Leucine.....g	2.034		29		1		3.905	0.244	
Lysine.....g	1.957		42		1		3.757	0.235	
Methionine.....g	0.238		58		1		0.457	0.029	
Cystine.....g	0.368		32		1		0.707	0.044	
Phenylalanine.....g	1.383		29		1		2.655	0.166	
Tyrosine.....g	0.750		26		1		1.440	0.090	
Valine.....g	1.392		29		1		2.673	0.167	
Arginine.....g	2.168		28		1		4.163	0.260	
Histidine.....g	0.790		28		1		1.517	0.095	
Alanine.....g	1.172		25		1		2.250	0.141	
Aspartic acid.....g	3.102		25		1		5.956	0.372	
Glutamic acid.....g	4.350		25		1		8.352	0.522	
Glycine.....g	1.140		25		1		2.189	0.137	
Proline.....g	1.172		25		1		2.250	0.141	
Serine.....g	1.293		25		1		2.483	0.155	
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	23		0	O	4		44.928	2.808	
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 = 192g: 1 cup

Measure 2 = 12.0g: 1 tbsp

NDB No. 16069  
Lentils, mature seeds, raw

Calories Factors: Protein 3.47      Fat 8.37      Carbohydrate 4.07

Food Group: 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**NDB No. 16144**  
**Lentils, pink, raw**

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	11.79		2	A	1		22.64		
Energy.....kcal	345		0	NC	4		663		
Energy.....kj	1445		0	NC	4		2775		
Protein (N x 6.25).....g	24.95		2	A	1		47.90		
Total lipid (fat).....g	2.17		2	A	1		4.17		
Ash.....g	1.94		2	A	1		3.72		
Carbohydrate, by difference.....g	59.15		0	NC	4		113.57		
Fiber, total dietary.....g	10.8		2	A	1		20.7		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	41		2	A	1		79		
Iron, Fe.....mg	7.56		2	A	1		14.52		
Magnesium, Mg.....mg	72		2	A	1		138		
Phosphorus, P.....mg	294		2	A	1		564		
Potassium, K.....mg	578		2	A	1		1110		
Sodium, Na.....mg	7		2	A	1		13		
Zinc, Zn.....mg	3.90		2	A	1		7.49		
Copper, Cu.....mg	1.303		2	A	1		2.502		
Manganese, Mn.....mg	1.417		2	A	1		2.721		
Selenium, Se.....mcg	8.2		0	CAZN	4		15.7		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.7		1	A	1		3.3		
Thiamin.....mg	0.510		2	A	1		0.979		
Riboflavin.....mg	0.106		2	A	1		0.204		
Niacin.....mg	1.495		2	A	1		2.870		
Pantothenic acid.....mg	0.348		2	A	1		0.668		
Vitamin B-6.....mg	0.403		2	A	1		0.774		
Folate, total.....mcg	204		2	A	1		392		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	204		2	A	1		392		
Folate, DFE.....mcg_DFE	204		0	NC	4		392		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	58		0	AS	1		111		
Vitamin A, RAE.....mcg_RAE	3		0	AS	1		6		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.379		1	A	1		0.728		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g	0.001		1	A	1		0.002		
12:0.....g	0.002		1	A	1		0.004		
13:0.....g									
14:0.....g	0.003		1	A	1		0.006		
15:0.....g	0.003		1	A	1		0.006		
16:0.....g	0.284		1	A	1		0.545		
17:0.....g	0.004		1	A	1		0.008		
18:0.....g	0.042		1	A	1		0.081		
20:0.....g	0.014		1	A	1		0.027		
22:0.....g	0.014		1	A	1		0.027		
24:0.....g	0.012		1	A	1		0.023		

**NDB No. 16144**  
**Lentils, pink, raw**

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	0.500		1	A	1		0.960		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.490		1	A	1		0.941		
20:1.....g	0.011		1	A	1		0.021		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.137		1	A	1		2.183		
18:2 undifferentiated.....g	0.886		1	A	1		1.701		
18:3 undifferentiated.....g	0.250		1	A	1		0.480		
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	Z	7		0		
Phytosterols.....mg	57		1	A	1		109		
Stigmasterol.....mg	4		1	A	1		8		
Campesterol.....mg	6		1	A	1		12		
Beta-sitosterol.....mg	47		1	A	1		91		
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.223		0	BFPN	4		0.428		
Threonine.....g	0.895		0	BFPN	4		1.718		
Isoleucine.....g	1.078		0	BFPN	4		2.070		
Leucine.....g	1.809		0	BFPN	4		3.473		
Lysine.....g	1.740		0	BFPN	4		3.341		
Methionine.....g	0.212		0	BFPN	4		0.407		
Cystine.....g	0.327		0	BFPN	4		0.628		
Phenylalanine.....g	1.230		0	BFPN	4		2.362		
Tyrosine.....g	0.667		0	BFPN	4		1.281		
Valine.....g	1.238		0	BFPN	4		2.377		
Arginine.....g	1.928		0	BFPN	4		3.702		
Histidine.....g	0.702		0	BFPN	4		1.348		
Alanine.....g	1.042		0	BFPN	4		2.001		
Aspartic acid.....g	2.758		0	BFPN	4		5.295		
Glutamic acid.....g	3.868		0	BFPN	4		7.427		
Glycine.....g	1.014		0	BFPN	4		1.947		
Proline.....g	1.042		0	BFPN	4		2.001		
Serine.....g	1.150		0	BFPN	4		2.208		
Hydroxyproline.....g									
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	35		2	A	1		66.624		
Carotene, alpha.....mcg	0		2	A	1		0.000		
Cryptoxanthin, beta.....mcg	0		2	A	1		0.000		
Lycopene.....mcg									
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 = 192g: 1 cup

**Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07**

**NDB No. 16144**  
**Lentils, pink, raw**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 16073**  
**Lima beans, large, mature seeds, canned**

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	0.015		0		1		0.036		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.012		0		1		0.029		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.001		0		1		0.002		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.074		0		1		0.178		
18:2 undifferentiated.....g	0.052		0		1		0.125		
18:3 undifferentiated.....g	0.023		0		1		0.055		
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		1		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.058		0		1		0.140		
Threonine.....g	0.213		0		1		0.513		
Isoleucine.....g	0.259		0		1		0.624		
Leucine.....g	0.425		0		1		1.024		
Lysine.....g	0.330		0		1		0.795		
Methionine.....g	0.062		0		1		0.149		
Cystine.....g	0.054		0		1		0.130		
Phenylalanine.....g	0.284		0		1		0.684		
Tyrosine.....g	0.174		0		1		0.419		
Valine.....g	0.296		0		1		0.713		
Arginine.....g	0.302		0		1		0.728		
Histidine.....g	0.151		0		1		0.364		
Alanine.....g	0.251		0		1		0.605		
Aspartic acid.....g	0.635		0		1		1.530		
Glutamic acid.....g	0.697		0		1		1.680		
Glycine.....g	0.208		0		1		0.501		
Proline.....g	0.224		0		1		0.540		
Serine.....g	0.328		0		1		0.790		
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 = 241g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 16 Legumes and Legume Products**

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





NDB No. 16372

Lima beans, large, mature seeds, cooked, boiled, 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				
			Points						
Fatty acids, total monounsaturated.....g	0.034		0		1		0.064		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.029		0		1		0.055		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.002		0		1		0.004		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.171		0		1		0.321		
18:2 undifferentiated.....g	0.118		0		1		0.222		
18:3 undifferentiated.....g	0.052		0		1		0.098		
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		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.092		0		1		0.173		
Threonine.....g	0.337		0		1		0.634		
Isoleucine.....g	0.411		0		1		0.773		
Leucine.....g	0.673		0		1		1.265		
Lysine.....g	0.523		0		1		0.983		
Methionine.....g	0.099		0		1		0.186		
Cystine.....g	0.086		0		1		0.162		
Phenylalanine.....g	0.449		0		1		0.844		
Tyrosine.....g	0.276		0		1		0.519		
Valine.....g	0.469		0		1		0.882		
Arginine.....g	0.478		0		1		0.899		
Histidine.....g	0.238		0		1		0.447		
Alanine.....g	0.398		0		1		0.748		
Aspartic acid.....g	1.006		0		1		1.891		
Glutamic acid.....g	1.104		0		1		2.076		
Glycine.....g	0.329		0		1		0.619		
Proline.....g	0.354		0		1		0.666		
Serine.....g	0.519		0		1		0.976		
Hydroxyproline.....g									
<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 = 188g: 1 cup

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 16 Legumes and Legume Products

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



NDB No. 16072

Lima beans, large, mature seeds, cooked, boiled, 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	0.034		0		1		0.064	0.004	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.004	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.029		0		1		0.055	0.003	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.002		0		1		0.004	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.171		0		1		0.321	0.020	
18:2 undifferentiated.....g	0.118		0		1		0.222	0.014	
18:3 undifferentiated.....g	0.052		0		1		0.098	0.006	
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		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.092		0		1		0.173	0.011	
Threonine.....g	0.337		0		1		0.634	0.039	
Isoleucine.....g	0.411		0		1		0.773	0.048	
Leucine.....g	0.673		0		1		1.265	0.079	
Lysine.....g	0.523		0		1		0.983	0.061	
Methionine.....g	0.099		0		1		0.186	0.012	
Cystine.....g	0.086		0		1		0.162	0.010	
Phenylalanine.....g	0.449		0		1		0.844	0.053	
Tyrosine.....g	0.276		0		1		0.519	0.032	
Valine.....g	0.469		0		1		0.882	0.055	
Arginine.....g	0.478		0		1		0.899	0.056	
Histidine.....g	0.238		0		1		0.447	0.028	
Alanine.....g	0.398		0		1		0.748	0.047	
Aspartic acid.....g	1.006		0		1		1.891	0.118	
Glutamic acid.....g	1.104		0		1		2.076	0.129	
Glycine.....g	0.329		0		1		0.619	0.038	
Proline.....g	0.354		0		1		0.666	0.041	
Serine.....g	0.519		0		1		0.976	0.061	
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 = 188g: 1 cup

Measure 2 = 11.7g: 1 tbsp

**NDB No. 16072**

**Lima beans, large, mature seeds, cooked, boiled, without salt**

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate** 4.07

**Food Group:** 16 Legumes and Legume Products

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



NDB No. 16071

Lima beans, large, mature seeds, raw

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	0.062		0		1		0.110	0.007	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0		1		0.007	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.052		0		1		0.093	0.006	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.004		0		1		0.007	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.309		0		1		0.550	0.034	
18:2 undifferentiated.....g	0.215		0		1		0.383	0.024	
18:3 undifferentiated.....g	0.095		0		1		0.169	0.011	
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		1		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.254		11		1		0.452	0.028	
Threonine.....g	0.927		30		1		1.650	0.103	
Isoleucine.....g	1.129		30		1		2.010	0.125	
Leucine.....g	1.850		30		1		3.293	0.205	
Lysine.....g	1.438		30		1		2.560	0.160	
Methionine.....g	0.271		32		1		0.482	0.030	
Cystine.....g	0.237		14		1		0.422	0.026	
Phenylalanine.....g	1.236		30		1		2.200	0.137	
Tyrosine.....g	0.759		30		1		1.351	0.084	
Valine.....g	1.291		30		1		2.298	0.143	
Arginine.....g	1.315		30		1		2.341	0.146	
Histidine.....g	0.656		30		1		1.168	0.073	
Alanine.....g	1.095		30		1		1.949	0.122	
Aspartic acid.....g	2.767		30		1		4.925	0.307	
Glutamic acid.....g	3.038		30		1		5.408	0.337	
Glycine.....g	0.906		30		1		1.613	0.101	
Proline.....g	0.975		30		1		1.736	0.108	
Serine.....g	1.428		30		1		2.542	0.159	
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 = 178g: 1 cup

Measure 2 = 11.1g: 1 tbsp

**NDB No. 16071**  
**Lima beans, large, mature seeds, raw**

**Calories Factors:** **Protein** 3.47                      **Fat** 8.37                      **Carbohydrate** 4.07

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**Lima beans, thin seeded (baby), mature seeds, cooked, boiled, 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			Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code			
					Confidence Code			
<b>Proximates:</b>								
Water.....g	67.15	0.711	20		1	122.21		
Energy.....kcal	126		0	NC	4	229		
Energy.....kj	527				4	959		
Protein (N x 6.25).....g	8.04	0.149	21		1	14.63		
Total lipid (fat).....g	0.38	0.016	21		1	0.69		
Ash.....g	1.12	0.049	21		1	2.04		
Carbohydrate, by difference.....g	23.31		0	NC	4	42.42		
Fiber, total dietary.....g	7.7		0		4	14.0		
Sugars, total.....g								
Starch.....g								
<b>Minerals:</b>								
Calcium, Ca.....mg	29	0.844	21		1	53		
Iron, Fe.....mg	2.40	0.088	21		1	4.37		
Magnesium, Mg.....mg	53	3.390	21		1	96		
Phosphorus, P.....mg	127	1.460	21		1	231		
Potassium, K.....mg	401	21.573	21		1	730		
Sodium, Na.....mg	239		0		1	435		
Zinc, Zn.....mg	1.03	0.025	21		1	1.87		
Copper, Cu.....mg	0.215	0.012	20		1	0.391		
Manganese, Mn.....mg	0.585	0.008	21		1	1.065		
Selenium, Se.....mcg	4.9		0	BFSN	4	8.9		
<b>Vitamins:</b>								
Vitamin C, total ascorbic acid.....mg	0.0		0		1	0.0		
Thiamin.....mg	0.161	0.007	21		1	0.293		
Riboflavin.....mg	0.055	0.002	21		1	0.100		
Niacin.....mg	0.660	0.054	21		1	1.201		
Pantothenic acid.....mg	0.472	0.013	8		1	0.859		
Vitamin B-6.....mg	0.078	0.005	8		1	0.142		
Folate, total.....mcg	150	6.055	8		1	273		
Folic acid.....mcg	0		0	Z	7	0		
Folate, food.....mcg	150	6.055	8		1	273		
Folate, DFE.....mcg_DFE	150		0	NC	4	273		
Vitamin B-12.....mcg	0.00		0		1	0.00		
Vitamin A, IU.....IU	0	0.196	8		1	0		
Vitamin A, RAE.....mcg_RAE	0	0.010	8		1	0		
Retinol.....mcg	0		0	Z	7	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	0.088		0		1	0.160		
4:0.....g								
6:0.....g								
8:0.....g								
10:0.....g								
12:0.....g	0.000		0		1	0.000		
13:0.....g								
14:0.....g	0.001		0		1	0.002		
15:0.....g								
16:0.....g	0.065		0		1	0.118		
17:0.....g								
18:0.....g	0.017		0		1	0.031		
20:0.....g								
22:0.....g								
24:0.....g								

**NDB No. 16375**  
**Lima beans, thin seeded (baby), mature seeds, cooked, boiled, 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	0.034		0		1		0.062		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.028		0		1		0.051		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.002		0		1		0.004		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.169		0		1		0.308		
18:2 undifferentiated.....g	0.117		0		1		0.213		
18:3 undifferentiated.....g	0.052		0		1		0.095		
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		1		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.095		0		1		0.173		
Threonine.....g	0.347		0		1		0.632		
Isoleucine.....g	0.423		0		1		0.770		
Leucine.....g	0.694		0		1		1.263		
Lysine.....g	0.539		0		1		0.981		
Methionine.....g	0.102		0		1		0.186		
Cystine.....g	0.089		0		1		0.162		
Phenylalanine.....g	0.463		0		1		0.843		
Tyrosine.....g	0.284		0		1		0.517		
Valine.....g	0.484		0		1		0.881		
Arginine.....g	0.493		0		1		0.897		
Histidine.....g	0.246		0		1		0.448		
Alanine.....g	0.411		0		1		0.748		
Aspartic acid.....g	1.037		0		1		1.887		
Glutamic acid.....g	1.139		0		1		2.073		
Glycine.....g	0.340		0		1		0.619		
Proline.....g	0.366		0		1		0.666		
Serine.....g	0.535		0		1		0.974		
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 = 182g: 1 cup

**Calories Factors:** Protein 3.47      Fat 8.37      Carbohydrate 4.07

**Food Group:** 16 Legumes and Legume Products

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



**NDB No. 16075**  
**Lima beans, thin seeded (baby), mature seeds, cooked, boiled, 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	0.034		0		1		0.062		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.028		0		1		0.051		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.002		0		1		0.004		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.169		0		1		0.308		
18:2 undifferentiated.....g	0.117		0		1		0.213		
18:3 undifferentiated.....g	0.052		0		1		0.095		
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		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.095		0		1		0.173		
Threonine.....g	0.347		0		1		0.632		
Isoleucine.....g	0.423		0		1		0.770		
Leucine.....g	0.694		0		1		1.263		
Lysine.....g	0.539		0		1		0.981		
Methionine.....g	0.102		0		1		0.186		
Cystine.....g	0.089		0		1		0.162		
Phenylalanine.....g	0.463		0		1		0.843		
Tyrosine.....g	0.284		0		1		0.517		
Valine.....g	0.484		0		1		0.881		
Arginine.....g	0.493		0		1		0.897		
Histidine.....g	0.246		0		1		0.448		
Alanine.....g	0.411		0		1		0.748		
Aspartic acid.....g	1.037		0		1		1.887		
Glutamic acid.....g	1.139		0		1		2.073		
Glycine.....g	0.340		0		1		0.619		
Proline.....g	0.366		0		1		0.666		
Serine.....g	0.535		0		1		0.974		
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 = 182g: 1 cup

**Calories Factors:** Protein 3.47      Fat 8.37      Carbohydrate 4.07

**Food Group:** 16 Legumes and Legume Products

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

*Phaseolus lunatus*

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	12.07	0.233	29		1		24.38		
Energy.....kcal	335		0	NC	4		677		
Energy.....kj	1402		0	NC	4		2832		
Protein (N x 6.25).....g	20.62	0.216	29		1		41.65		
Total lipid (fat).....g	0.93	0.028	29		1		1.88		
Ash.....g	3.55	0.052	29		1		7.17		
Carbohydrate, by difference.....g	62.83		0	NC	4		126.92		
Fiber, total dietary.....g	20.6		0		4		41.6		
Sugars, total.....g	8.32		0	BFSN	4		16.81		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	81	2.016	25		1		164		
Iron, Fe.....mg	6.19	0.230	25		1		12.50		
Magnesium, Mg.....mg	188	6.231	25		1		380		
Phosphorus, P.....mg	370	6.724	25		1		747		
Potassium, K.....mg	1403	53.679	25		1		2834		
Sodium, Na.....mg	13	3.713	21		1		26		
Zinc, Zn.....mg	2.60	0.052	25		1		5.25		
Copper, Cu.....mg	0.665	0.027	25		1		1.343		
Manganese, Mn.....mg	1.686	0.027	25		1		3.406		
Selenium, Se.....mcg	7.0		0	BFSN	4		14.1		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0		
Thiamin.....mg	0.574	0.027	29		1		1.159		
Riboflavin.....mg	0.218	0.018	29		1		0.440		
Niacin.....mg	1.712	0.070	29		1		3.458		
Pantothenic acid.....mg	1.265	0.090	16		1		2.555		
Vitamin B-6.....mg	0.327	0.010	16		1		0.661		
Folate, total.....mcg	400	20.866	16		1		808		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	400	20.866	16		1		808		
Folate, DFE.....mcg_DFE	400		0	NC	4		808		
Vitamin B-12.....mcg	0.00		0		1		0.00		
Vitamin A, IU.....IU	0		0	NC	4		0		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.70		0	BFSN	4		1.42		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	5.9		0	BFSN	4		11.9		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.219		0		1		0.442		
4:0.....g	0.000		0	BFSN	4		0.000		
6:0.....g	0.000		0	BFSN	4		0.000		
8:0.....g	0.000		0	BFSN	4		0.000		
10:0.....g	0.000		0	BFSN	4		0.000		
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.003								

NDB No. 16074

Lima beans, thin seeded (baby), mature seeds, raw

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	0.084		0		1		0.170		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.006		0		1		0.012		
17:1.....g									
18:1 undifferentiated.....g	0.071		0		1		0.143		
20:1.....g	0.001		0		1		0.002		
22:1 undifferentiated.....g	0.006		0		1		0.012		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.420		0		1		0.848		
18:2 undifferentiated.....g	0.292		0		1		0.590		
18:3 undifferentiated.....g	0.129		0		1		0.261		
18:4.....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFSN	4		0.000		
20:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:6 n-3.....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.244		0		1		0.493		
Threonine.....g	0.891		0		1		1.800		
Isoleucine.....g	1.085		0		1		2.192		
Leucine.....g	1.778		0		1		3.592		
Lysine.....g	1.382		0		1		2.792		
Methionine.....g	0.261		0		1		0.527		
Cystine.....g	0.228		0		1		0.461		
Phenylalanine.....g	1.188		0		1		2.400		
Tyrosine.....g	0.729		0		1		1.473		
Valine.....g	1.240		0		1		2.505		
Arginine.....g	1.264		0		1		2.553		
Histidine.....g	0.630		0		1		1.273		
Alanine.....g	1.052		0		1		2.125		
Aspartic acid.....g	2.659		0		1		5.371		
Glutamic acid.....g	2.920		0		1		5.898		
Glycine.....g	0.871		0		1		1.759		
Proline.....g	0.937		0		1		1.893		
Serine.....g	1.372		0		1		2.771		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	BFSN	4		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	BFSN	4		0.000		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 202g: 1 cup

**NDB No. 16074**  
**Lima beans, thin seeded (baby), mature seeds, raw**

**Calories Factors:** **Protein** 3.47                      **Fat** 8.37                      **Carbohydrate** 4.07

**Food Group:** 16 Legumes and Legume Products  
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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	65.01		0	O	4			9.10	
Energy.....kcal	189		0	NC	4			26	
Energy.....kj	790		0	NC	4			111	
Protein.....g	17.78		0	LC	8			2.49	
Total lipid (fat).....g	11.11		0	LC	8			1.56	
Ash.....g	1.66		0	O	4			0.23	
Carbohydrate, by difference.....g	4.44		0	LC	8			0.62	
Fiber, total dietary.....g	0.0		0	LC	8			0.0	
Sugars, total.....g	2.22		0	LC	8			0.31	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	41				1			6	
Iron, Fe.....mg	1.80		0	LC	8			0.25	
Magnesium, Mg.....mg	23				4			3	
Phosphorus, P.....mg	442				4			62	
Potassium, K.....mg	200		0	LC	8			28	
Sodium, Na.....mg	711		0	LC	8			100	
Zinc, Zn.....mg	1.60				1			0.22	
Copper, Cu.....mg	0.908				4			0.127	
Manganese, Mn.....mg									
Selenium, Se.....mcg	7.4		0	BFZN	4			1.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0				7			0.0	
Thiamin.....mg	4.000		0	LC	8			0.560	
Riboflavin.....mg	0.302		0	LC	8			0.042	
Niacin.....mg	11.110		0	LC	8			1.555	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.889		0	LC	8			0.124	
Folate, total.....mcg	100				4			14	
Folic acid.....mcg	0		0	Z	7			0	
Folate, food.....mcg	100				4			14	
Folate, DFE.....mcg_DFE	100		0	NC	4			14	
Vitamin B-12.....mcg	4.00		0	LC	8			0.56	
Vitamin A, IU.....IU	0		0	AS	1			0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1			0	
Retinol.....mcg	0		0	Z	7			0	
Vitamin E (alpha-tocopherol).....mg	3.00		0	O	4			0.42	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	Z	7			0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.338		0	NC	4			0.187	
4:0.....g	0.000				4			0.000	
6:0.....g	0.000				4			0.000	
8:0.....g	0.000				4			0.000	
10:0.....g	0.000				4			0.000	
12:0.....g	0.082				4			0.011	
13:0.....g									
14:0.....g	0.041				4			0.006	
15:0.....g									
16:0.....g	0.869				4			0.122	
17:0.....g									
18:0.....g	0.347				4			0.049	
20:0.....g									
22:0.....g									
24:0.....g									



**NDB No. 43131**  
**Luncheon slices, meatless**

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	2.055		0	NC	4			0.288	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4			0.000	
17:1.....g									
18:1 undifferentiated.....g	2.055				4			0.288	
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	4.383		0	NC	4			0.614	
18:2 undifferentiated.....g	3.894				4			0.545	
18:3 undifferentiated.....g	0.489				4			0.068	
18:4.....g	0.000				4			0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g					4			0.000	
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	0				7			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	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 2 = 14.0g: 1 slice, thin

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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



**NDB No. 16377**  
**Lupins, mature seeds, cooked, boiled, 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				
Fatty acids, total monounsaturated.....g	1.180		0		1		1.959		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		0		1		0.017		
17:1.....g									
18:1 undifferentiated.....g	1.065		0		1		1.768		
20:1.....g	0.076		0		1		0.126		
22:1 undifferentiated.....g	0.028		0		1		0.046		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.730		0		1		1.212		
18:2 undifferentiated.....g	0.597		0		1		0.991		
18:3 undifferentiated.....g	0.134		0		1		0.222		
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		1		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.125		0		1		0.208		
Threonine.....g	0.573		0		1		0.951		
Isoleucine.....g	0.695		0		1		1.154		
Leucine.....g	1.181		0		1		1.960		
Lysine.....g	0.832		0		1		1.381		
Methionine.....g	0.110		0		1		0.183		
Cystine.....g	0.192		0		1		0.319		
Phenylalanine.....g	0.618		0		1		1.026		
Tyrosine.....g	0.585		0		1		0.971		
Valine.....g	0.650		0		1		1.079		
Arginine.....g	1.669		0		1		2.771		
Histidine.....g	0.443		0		1		0.735		
Alanine.....g	0.558		0		1		0.926		
Aspartic acid.....g	1.669		0		1		2.771		
Glutamic acid.....g	3.739		0		1		6.207		
Glycine.....g	0.663		0		1		1.101		
Proline.....g	0.635		0		1		1.054		
Serine.....g	0.805		0		1		1.336		
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 = 166g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 16 Legumes and Legume Products**

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



NDB No. 16077

Lupins, mature seeds, cooked, boiled, 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	Code	Code				
Fatty acids, total monounsaturated.....g	1.180		0		1		1.959		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		0		1		0.017		
17:1.....g									
18:1 undifferentiated.....g	1.065		0		1		1.768		
20:1.....g	0.076		0		1		0.126		
22:1 undifferentiated.....g	0.028		0		1		0.046		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.730		0		1		1.212		
18:2 undifferentiated.....g	0.597		0		1		0.991		
18:3 undifferentiated.....g	0.134		0		1		0.222		
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		1		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.125		0		1		0.208		
Threonine.....g	0.573		0		1		0.951		
Isoleucine.....g	0.695		0		1		1.154		
Leucine.....g	1.181		0		1		1.960		
Lysine.....g	0.832		0		1		1.381		
Methionine.....g	0.110		0		1		0.183		
Cystine.....g	0.192		0		1		0.319		
Phenylalanine.....g	0.618		0		1		1.026		
Tyrosine.....g	0.585		0		1		0.971		
Valine.....g	0.650		0		1		1.079		
Arginine.....g	1.669		0		1		2.771		
Histidine.....g	0.443		0		1		0.735		
Alanine.....g	0.558		0		1		0.926		
Aspartic acid.....g	1.669		0		1		2.771		
Glutamic acid.....g	3.739		0		1		6.207		
Glycine.....g	0.663		0		1		1.101		
Proline.....g	0.635		0		1		1.054		
Serine.....g	0.805		0		1		1.336		
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 = 166g: 1 cup

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 16 Legumes and Legume Products

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



**NDB No. 16076**  
**Lupins, mature seeds, raw**

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	3.940		0		1		7.092		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.034		0		1		0.061		
17:1.....g									
18:1 undifferentiated.....g	3.558		0		1		6.404		
20:1.....g	0.255		0		1		0.459		
22:1 undifferentiated.....g	0.093		0		1		0.167		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.439		0		1		4.390		
18:2 undifferentiated.....g	1.995		0		1		3.591		
18:3 undifferentiated.....g	0.446		0		1		0.803		
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		1		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.289		11		1		0.520		
Threonine.....g	1.331		32		1		2.396		
Isoleucine.....g	1.615		32		1		2.907		
Leucine.....g	2.743		32		1		4.937		
Lysine.....g	1.933		32		1		3.479		
Methionine.....g	0.255		25		1		0.459		
Cystine.....g	0.446		16		1		0.803		
Phenylalanine.....g	1.435		28		1		2.583		
Tyrosine.....g	1.360		26		1		2.448		
Valine.....g	1.510		32		1		2.718		
Arginine.....g	3.877		25		1		6.979		
Histidine.....g	1.030		26		1		1.854		
Alanine.....g	1.296		23		1		2.333		
Aspartic acid.....g	3.877		23		1		6.979		
Glutamic acid.....g	8.686		23		1		15.635		
Glycine.....g	1.539		24		1		2.770		
Proline.....g	1.476		23		1		2.657		
Serine.....g	1.869		24		1		3.364		
Hydroxyproline.....g									

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**Common Measures:**

Measure 1 = 180g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 16 Legumes and Legume Products**

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

**NDB No. 16164**  
**MOR-NU, Tofu, silken, lite firm**

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	91.40		0	MC	9		76.78		
Energy.....kcal	37		0	MC	9		31		
Energy.....kj	155				9		130		
Protein.....g	6.30		0	MC	9		5.29		
Total lipid (fat).....g	0.80		0	MC	9		0.67		
Ash.....g	0.40		0	MC	9		0.34		
Carbohydrate, by difference.....g	1.10		0	MC	9		0.92		
Fiber, total dietary.....g	0.0		0	MC	9		0.0		
Sugars, total.....g	0.45		0	MC	9		0.38		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	36		0	MC	9		30		
Iron, Fe.....mg	0.75		0	MC	9		0.63		
Magnesium, Mg.....mg	10		0	MC	9		8		
Phosphorus, P.....mg	81		0	MC	9		68		
Potassium, K.....mg	63		0	MC	9		53		
Sodium, Na.....mg	85		0	MC	9		71		
Zinc, Zn.....mg	0.33		0	MC	9		0.28		
Copper, Cu.....mg	0.121		0	MC	9		0.102		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.040		0	MC	9		0.034		
Riboflavin.....mg	0.020		0	MC	9		0.017		
Niacin.....mg	0.110		0	MC	9		0.092		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.000		0	MC	9		0.000		
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	0		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE	0		0	MC	9		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	0.133		0	MC	9		0.112		
Fatty acids, total monounsaturated.....g	0.136		0	MC	9		0.114		
Fatty acids, total polyunsaturated.....g	0.449		0	MC	9		0.377		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.095		0	MC	9		0.080		
Threonine.....g	0.220		0	MC	9		0.185		
Isoleucine.....g	0.297		0	MC	9		0.249		
Leucine.....g	0.501		0	MC	9		0.421		
Lysine.....g	0.384		0	MC	9		0.323		
Methionine.....g	0.077		0	MC	9		0.065		
Cystine.....g	0.079		0	MC	9		0.066		
Phenylalanine.....g	0.322		0	MC	9		0.270		
Tyrosine.....g	0.229		0	MC	9		0.192		
Valine.....g	0.286		0	MC	9		0.240		



NDB No. 16164  
MOR-NU, Tofu, silken, lite firm

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	Code	Code			
Arginine.....g	0.470		0	MC	9		0.395		
Histidine.....g	0.156		0	MC	9		0.131		
Alanine.....g	0.248		0	MC	9		0.208		
Aspartic acid.....g	0.721		0	MC	9		0.606		
Glutamic acid.....g	1.309		0	MC	9		1.100		
Glycine.....g	0.255		0	MC	9		0.214		
Proline.....g	0.337		0	MC	9		0.283		
Serine.....g	0.313		0	MC	9		0.263		
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 = 84g: 1 slice

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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

**NDB No. 16163**  
**MORI-NU, Tofu, silken, extra firm**

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	88.10		0	MC	9		74.00		
Energy.....kcal	55		0	MC	9		46		
Energy.....kj	230				9		193		
Protein.....g	7.40		0	MC	9		6.22		
Total lipid (fat).....g	1.90		0	MC	9		1.60		
Ash.....g	0.60		0	MC	9		0.50		
Carbohydrate, by difference.....g	2.00		0	MC	9		1.68		
Fiber, total dietary.....g	0.1		0	MC	9		0.1		
Sugars, total.....g	0.99		0	MC	9		0.83		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	31		0	MC	9		26		
Iron, Fe.....mg	1.19		0	MC	9		1.00		
Magnesium, Mg.....mg	27		0	MC	9		23		
Phosphorus, P.....mg	100		0	MC	9		84		
Potassium, K.....mg	154		0	MC	9		129		
Sodium, Na.....mg	63		0	MC	9		53		
Zinc, Zn.....mg	0.60		0	MC	9		0.50		
Copper, Cu.....mg	0.200		0	MC	9		0.168		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.079		0	MC	9		0.066		
Riboflavin.....mg	0.034		0	MC	9		0.029		
Niacin.....mg	0.235		0	MC	9		0.197		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.011		0	MC	9		0.009		
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	0		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE	0		0	MC	9		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	0.300		0	MC	9		0.252		
Fatty acids, total monounsaturated.....g	0.345		0	MC	9		0.290		
Fatty acids, total polyunsaturated.....g	1.061		0	MC	9		0.891		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.123		0	MC	9		0.103		
Threonine.....g	0.309		0	MC	9		0.260		
Isoleucine.....g	0.384		0	MC	9		0.323		
Leucine.....g	0.639		0	MC	9		0.537		
Lysine.....g	0.495		0	MC	9		0.416		
Methionine.....g	0.094		0	MC	9		0.079		
Cystine.....g	0.127		0	MC	9		0.107		
Phenylalanine.....g	0.430		0	MC	9		0.361		
Tyrosine.....g	0.314		0	MC	9		0.264		
Valine.....g	0.399		0	MC	9		0.335		

NDB No. 16163  
MORI-NU, Tofu, silken, extra firm

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points	Code	Code	Code			
Arginine.....g	0.532		0	MC	9		0.447		
Histidine.....g	0.182		0	MC	9		0.153		
Alanine.....g	0.278		0	MC	9		0.234		
Aspartic acid.....g	0.817		0	MC	9		0.686		
Glutamic acid.....g	1.281		0	MC	9		1.076		
Glycine.....g	0.281		0	MC	9		0.236		
Proline.....g	0.365		0	MC	9		0.307		
Serine.....g	0.350		0	MC	9		0.294		
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 = 84g: 1 slice

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16162  
MORI-NU, Tofu, silken, firm

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	87.40		0	MC	9		73.42		
Energy.....kcal	62		0	MC	9		52		
Energy.....kj	259				9		218		
Protein.....g	6.90		0	MC	9		5.80		
Total lipid (fat).....g	2.70		0	MC	9		2.27		
Ash.....g	0.60		0	MC	9		0.50		
Carbohydrate, by difference.....g	2.40		0	MC	9		2.02		
Fiber, total dietary.....g	0.1		0	MC	9		0.1		
Sugars, total.....g	1.27		0	MC	9		1.07		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	32		0	MC	9		27		
Iron, Fe.....mg	1.03		0	MC	9		0.87		
Magnesium, Mg.....mg	27		0	MC	9		23		
Phosphorus, P.....mg	90		0	MC	9		76		
Potassium, K.....mg	194		0	MC	9		163		
Sodium, Na.....mg	36		0	MC	9		30		
Zinc, Zn.....mg	0.61		0	MC	9		0.51		
Copper, Cu.....mg	0.203		0	MC	9		0.171		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.101		0	MC	9		0.085		
Riboflavin.....mg	0.041		0	MC	9		0.034		
Niacin.....mg	0.247		0	MC	9		0.207		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.011		0	MC	9		0.009		
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	0		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE	0		0	MC	9		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	0.406		0	MC	9		0.341		
Fatty acids, total monounsaturated.....g	0.539		0	MC	9		0.453		
Fatty acids, total polyunsaturated.....g	1.485		0	MC	9		1.247		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.085		0	MC	9		0.071		
Threonine.....g	0.286		0	MC	9		0.240		
Isoleucine.....g	0.349		0	MC	9		0.293		
Leucine.....g	0.586		0	MC	9		0.492		
Lysine.....g	0.459		0	MC	9		0.386		
Methionine.....g	0.106		0	MC	9		0.089		
Cystine.....g	0.100		0	MC	9		0.084		
Phenylalanine.....g	0.394		0	MC	9		0.331		
Tyrosine.....g	0.299		0	MC	9		0.251		
Valine.....g	0.385		0	MC	9		0.323		

NDB No. 16162  
MORI-NU, Tofu, silken, firm

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
Arginine.....g	0.517		0	MC	9		0.434		
Histidine.....g	0.169		0	MC	9		0.142		
Alanine.....g	0.266		0	MC	9		0.223		
Aspartic acid.....g	0.771		0	MC	9		0.648		
Glutamic acid.....g	1.176		0	MC	9		0.988		
Glycine.....g	0.268		0	MC	9		0.225		
Proline.....g	0.349		0	MC	9		0.293		
Serine.....g	0.333		0	MC	9		0.280		
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 = 84g: 1 slice

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**NDB No. 16165**  
**MORI-NU, Tofu, silken, lite extra firm**

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	90.90		0	MC	9		76.36		
Energy.....kcal	38		0	MC	9		32		
Energy.....kj	159				9		134		
Protein.....g	7.00		0	MC	9		5.88		
Total lipid (fat).....g	0.70		0	MC	9		0.59		
Ash.....g	0.40		0	MC	9		0.34		
Carbohydrate, by difference.....g	1.00		0	MC	9		0.84		
Fiber, total dietary.....g	0.0		0	MC	9		0.0		
Sugars, total.....g	0.42		0	MC	9		0.35		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	43		0	MC	9		36		
Iron, Fe.....mg	0.79		0	MC	9		0.66		
Magnesium, Mg.....mg	10		0	MC	9		8		
Phosphorus, P.....mg	83		0	MC	9		70		
Potassium, K.....mg	57		0	MC	9		48		
Sodium, Na.....mg	98		0	MC	9		82		
Zinc, Zn.....mg	0.26		0	MC	9		0.22		
Copper, Cu.....mg	0.129		0	MC	9		0.108		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.030		0	MC	9		0.025		
Riboflavin.....mg	0.020		0	MC	9		0.017		
Niacin.....mg	0.110		0	MC	9		0.092		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.000		0	MC	9		0.000		
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	0		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE	0		0	MC	9		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	0.116		0	MC	9		0.097		
Fatty acids, total monounsaturated.....g	0.118		0	MC	9		0.099		
Fatty acids, total polyunsaturated.....g	0.395		0	MC	9		0.332		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.096		0	MC	9		0.081		
Threonine.....g	0.238		0	MC	9		0.200		
Isoleucine.....g	0.324		0	MC	9		0.272		
Leucine.....g	0.544		0	MC	9		0.457		
Lysine.....g	0.428		0	MC	9		0.360		
Methionine.....g	0.088		0	MC	9		0.074		
Cystine.....g	0.093		0	MC	9		0.078		
Phenylalanine.....g	0.363		0	MC	9		0.305		
Tyrosine.....g	0.251		0	MC	9		0.211		
Valine.....g	0.321		0	MC	9		0.270		

NDB No. 16165  
MORI-NU, Tofu, silken, lite extra firm

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common</u> <u>measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Arginine.....g	0.527		0	MC	9		0.443		
Histidine.....g	0.175		0	MC	9		0.147		
Alanine.....g	0.280		0	MC	9		0.235		
Aspartic acid.....g	0.809		0	MC	9		0.680		
Glutamic acid.....g	1.462		0	MC	9		1.228		
Glycine.....g	0.288		0	MC	9		0.242		
Proline.....g	0.367		0	MC	9		0.308		
Serine.....g	0.347		0	MC	9		0.291		
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 = 84g: 1 slice

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**NDB No. 16161**  
**MORI-NU, Tofu, silken, soft**

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	89.00		0	MC	9		74.76		
Energy.....kcal	55		0	MC	9		46		
Energy.....kj	230				9		193		
Protein.....g	4.80		0	MC	9		4.03		
Total lipid (fat).....g	2.70		0	MC	9		2.27		
Ash.....g	0.60		0	MC	9		0.50		
Carbohydrate, by difference.....g	2.90		0	MC	9		2.44		
Fiber, total dietary.....g	0.1		0	MC	9		0.1		
Sugars, total.....g	1.31		0	MC	9		1.10		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	31		0	MC	9		26		
Iron, Fe.....mg	0.82		0	MC	9		0.69		
Magnesium, Mg.....mg	29		0	MC	9		24		
Phosphorus, P.....mg	62		0	MC	9		52		
Potassium, K.....mg	180		0	MC	9		151		
Sodium, Na.....mg	5		0	MC	9		4		
Zinc, Zn.....mg	0.52		0	MC	9		0.44		
Copper, Cu.....mg	0.207		0	MC	9		0.174		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.100		0	MC	9		0.084		
Riboflavin.....mg	0.040		0	MC	9		0.034		
Niacin.....mg	0.300		0	MC	9		0.252		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.011		0	MC	9		0.009		
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	0		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE	0		0	MC	9		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	0.357		0	MC	9		0.300		
Fatty acids, total monounsaturated.....g	0.522		0	MC	9		0.438		
Fatty acids, total polyunsaturated.....g	1.550		0	MC	9		1.302		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.068		0	MC	9		0.057		
Threonine.....g	0.215		0	MC	9		0.181		
Isoleucine.....g	0.233		0	MC	9		0.196		
Leucine.....g	0.279		0	MC	9		0.234		
Lysine.....g	0.341		0	MC	9		0.286		
Methionine.....g	0.074		0	MC	9		0.062		
Cystine.....g	0.072		0	MC	9		0.060		
Phenylalanine.....g	0.303		0	MC	9		0.255		
Tyrosine.....g	0.193		0	MC	9		0.162		
Valine.....g	0.295		0	MC	9		0.248		



NDB No. 16161  
MORI-NU, Tofu, silken, soft

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common</u> <u>measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Arginine.....g	0.383		0	MC	9		0.322		
Histidine.....g	0.117		0	MC	9		0.098		
Alanine.....g	0.193		0	MC	9		0.162		
Aspartic acid.....g	0.550		0	MC	9		0.462		
Glutamic acid.....g	0.801		0	MC	9		0.673		
Glycine.....g	0.193		0	MC	9		0.162		
Proline.....g	0.252		0	MC	9		0.212		
Serine.....g	0.238		0	MC	9		0.200		
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 = 84g: 1 slice

**Calories Factors:** Protein

Fat

Carbohydrate

**Food Group:** 16 Legumes and Legume Products

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

<b>Lipids:</b>					
Fatty acids, total saturated.....g	0.424	0	1	0.373	0.120
4:0.....g					
6:0.....g					
8:0.....g					
10:0.....g					
12:0.....g					
13:0.....g					
14:0.....g	0.008	0	1	0.007	0.002
15:0.....g					
16:0.....g	0.312	0	1	0.275	0.088
17:0.....g					
18:0.....g	0.105	0	1	0.092	0.030
20:0.....g					
22:0.....g					
24:0.....g					

**NDB No. 16106**  
**Meat extender**

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	0.648		0		1		0.570	0.184	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		0		1		0.007	0.002	
17:1.....g									
18:1 undifferentiated.....g	0.642		0		1		0.565	0.182	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.657		0		1		1.458	0.470	
18:2 undifferentiated.....g	1.461		0		1		1.286	0.414	
18:3 undifferentiated.....g	0.196		0		1		0.172	0.056	
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		1		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.574		0		1		0.505	0.163	
Threonine.....g	1.615		0		1		1.421	0.458	
Isoleucine.....g	1.995		0		1		1.756	0.566	
Leucine.....g	3.263		0		1		2.871	0.925	
Lysine.....g	2.596		0		1		2.284	0.736	
Methionine.....g	0.520		0		1		0.458	0.147	
Cystine.....g	0.627		0		1		0.552	0.178	
Phenylalanine.....g	2.182		0		1		1.920	0.619	
Tyrosine.....g	1.428		0		1		1.257	0.405	
Valine.....g	2.115		0		1		1.861	0.600	
Arginine.....g	3.123		0		1		2.748	0.885	
Histidine.....g	1.068		0		1		0.940	0.303	
Alanine.....g	1.755		0		1		1.544	0.498	
Aspartic acid.....g	4.745		0		1		4.176	1.345	
Glutamic acid.....g	8.668		0		1		7.628	2.457	
Glycine.....g	1.688		0		1		1.485	0.479	
Proline.....g	2.296		0		1		2.020	0.651	
Serine.....g	2.235		0		1		1.967	0.634	
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 = 88g: 1 cup

Measure 2 = 28.35g: 1 oz

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate** 4.07

**Food Group:** 16 Legumes and Legume Products

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



**NDB No. 43132**  
**Meatballs, meatless**

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	2.188				4		3.151		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4		0.000		
17:1.....g									
18:1 undifferentiated.....g	2.188				4		3.151		
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	4.666				4		6.719		
18:2 undifferentiated.....g	4.146				4		5.970		
18:3 undifferentiated.....g	0.520				4		0.749		
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	0				7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0				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 = 144g: 1 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16112  
Miso

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	43.02	2.176	22	JA	6		118.32		
Energy.....kcal	199		0	NC	4		546		
Energy.....kj	831		0	NC	4		2285		
Protein (N x 5.71).....g	11.69	0.033	10	JA	6		32.14		
Total lipid (fat).....g	6.01	0.041	10	JA	6		16.51		
Ash.....g	12.81	0.084	5	JA	6		35.23		
Carbohydrate, by difference.....g	26.47		0	NC	4		72.80		
Fiber, total dietary.....g	5.4		1		1		14.9		
Sugars, total.....g	6.20		0	NC	4		17.05		
Sucrose.....g	0.00		1		1		0.00		
Glucose (dextrose).....g	0.00		1		1		0.00		
Fructose.....g	6.00		1		1		16.50		
Lactose.....g	0.00		0	Z	7		0.00		
Maltose.....g	0.20		1		1		0.55		
Galactose.....g	0.00		0	Z	7		0.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	57	0.620	5	JA	6		157		
Iron, Fe.....mg	2.49	0.041	5	JA	6		6.85		
Magnesium, Mg.....mg	48	6.938	8	JA	6		133		
Phosphorus, P.....mg	159	0.720	5	JA	6		437		
Potassium, K.....mg	210	18.005	12	JA	6		579		
Sodium, Na.....mg	3728	303.338	12	JA	6		10251		
Zinc, Zn.....mg	2.56	0.000	6	JA	6		7.05		
Copper, Cu.....mg	0.420	0.003	6	JA	6		1.154		
Manganese, Mn.....mg	0.859	0.004	6	JA	6		2.362		
Selenium, Se.....mcg	7.0		2	JO	11		19.3		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0		
Thiamin.....mg	0.098	0.008	4	JA	6		0.270		
Riboflavin.....mg	0.233	0.016	4	JA	6		0.641		
Niacin.....mg	0.906	0.013	4	JA	6		2.491		
Pantothenic acid.....mg	0.337	0.003	3	JA	6		0.926		
Vitamin B-6.....mg	0.199	0.002	3	JA	6		0.546		
Folate, total.....mcg	19	2.200	3	JA	6		51		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	19	2.200	3	JA	6		51		
Folate, DFE.....mcg_DFE	19		0	NC	4		51		
Vitamin B-12.....mcg	0.08		2	JA	6		0.21		
Vitamin A, IU.....IU	87		0	NC	4		239		
Vitamin A, RAE.....mcg_RAE	4		0	NC	4		12		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.01		0	O	4		0.03		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	30.1		0	BFSN	4		82.7		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.139		0	NC	4		3.132		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		2	JA	6		0.000		
10:0.....g	0.000		2	JA	6		0.000		
12:0.....g	0.000		2	JA	6		0.000		
13:0.....g	0.000		2	A	1		0.000		
14:0.....g	0.017		2	JA	6		0.046		
15:0.....g	0.000		2	A	1		0.000		

**NDB No. 16112**  
**Miso**

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	0.833		2	JA	6		2.292		
17:0.....g	0.011		2	A	1		0.031		
18:0.....g	0.222		2	JA	6		0.611		
20:0.....g	0.000		2	A	1		0.000		
22:0.....g	0.056		2	A	1		0.153		
24:0.....g	0.000		2	A	1		0.000		
Fatty acids, total monounsaturated.....g	1.242		0	NC	4		3.414		
14:1.....g	0.000		2	A	1		0.000		
15:1.....g	0.022		2	A	1		0.061		
16:1 undifferentiated.....g	0.000		2	JA	6		0.000		
17:1.....g	0.033		2	A	1		0.092		
18:1 undifferentiated.....g	1.158		2	JA	6		3.185		
20:1.....g	0.028		2	JA	6		0.076		
22:1 undifferentiated.....g	0.000		2	JA	6		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.204		0	NC	4		8.812		
18:2 undifferentiated.....g	2.754		2	JA	6		7.574		
18:3 undifferentiated.....g	0.450		2	JA	6		1.237		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g	0.000		2	A	1		0.000		
20:3 undifferentiated.....g	0.000		2	A	1		0.000		
20:4 undifferentiated.....g	0.000		2	JA	6		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	52		0	O	4		143.550		
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 = 275g: 1 cup

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate** 4.07

**Food Group:** 16 Legumes and Legume Products  
 USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Mothbeans, mature seeds, cooked, boiled, 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	69.23		0		1		122.54		
Energy.....kcal	117		0	NC	4		207		
Energy.....kj	490				4		866		
Protein (N x 6.25).....g	7.81		0		1		13.82		
Total lipid (fat).....g	0.55		0		1		0.97		
Ash.....g	1.45		0		1		2.57		
Carbohydrate, by difference.....g	20.96		0	NC	4		37.10		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	3		0		1		5		
Iron, Fe.....mg	3.14		0		1		5.56		
Magnesium, Mg.....mg	104		0		1		184		
Phosphorus, P.....mg	150		0		1		266		
Potassium, K.....mg	304		0		1		538		
Sodium, Na.....mg	246		0		1		435		
Zinc, Zn.....mg	0.59		0		1		1.04		
Copper, Cu.....mg	0.164		0		1		0.290		
Manganese, Mn.....mg	0.527		0		1		0.933		
Selenium, Se.....mcg	2.8		0	BFSN	4		5.0		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.0		0		1		1.8		
Thiamin.....mg	0.124		0		1		0.219		
Riboflavin.....mg	0.023		0		1		0.041		
Niacin.....mg	0.668		0		1		1.182		
Pantothenic acid.....mg	0.391		0		4		0.692		
Vitamin B-6.....mg	0.093		0		4		0.165		
Folate, total.....mcg	143		0		4		254		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	143		0		4		254		
Folate, DFE.....mcg_DFE	143		0	NC	4		254		
Vitamin B-12.....mcg	0.00		0		1		0.00		
Vitamin A, IU.....IU	10		0		1		18		
Vitamin A, RAE.....mcg_RAE	1		0		1		1		
Retinol.....mcg	0		0	Z	7		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	0.124		0		1		0.219		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.107		0		1		0.189		
17:0.....g									
18:0.....g	0.017		0		1		0.03		



NDB No. 16379

Mothbeans, mature seeds, cooked, boiled, 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 Points	Code	Code	Code			
Fatty acids, total monounsaturated.....g	0.044		0		1		0.078		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.044		0		1		0.078		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.256		0		1		0.453		
18:2 undifferentiated.....g	0.165		0		1		0.292		
18:3 undifferentiated.....g	0.090		0		1		0.159		
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		1		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.050		0		1		0.089		
Threonine.....g									
Isoleucine.....g	0.388		0		1		0.687		
Leucine.....g	0.525		0		1		0.929		
Lysine.....g	0.425		0		1		0.752		
Methionine.....g	0.075		0		1		0.133		
Cystine.....g	0.040		0		1		0.071		
Phenylalanine.....g	0.350		0		1		0.620		
Tyrosine.....g									
Valine.....g	0.250		0		1		0.443		
Arginine.....g									
Histidine.....g	0.263		0		1		0.466		
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
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 = 177g: 1 cup

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate** 4.07

**Food Group:** 16 Legumes and Legume Products

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



**NDB No. 16079**  
**Mothbeans, mature seeds, cooked, boiled, 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	Code	Code				
Fatty acids, total monounsaturated.....g	0.044		0		1		0.078		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.044		0		1		0.078		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.256		0		1		0.453		
18:2 undifferentiated.....g	0.165		0		1		0.292		
18:3 undifferentiated.....g	0.090		0		1		0.159		
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		1		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.050		0		1		0.089		
Threonine.....g									
Isoleucine.....g	0.388		0		1		0.687		
Leucine.....g	0.525		0		1		0.929		
Lysine.....g	0.425		0		1		0.752		
Methionine.....g	0.075		0		1		0.133		
Cystine.....g	0.040		0		1		0.071		
Phenylalanine.....g	0.350		0		1		0.620		
Tyrosine.....g									
Valine.....g	0.250		0		1		0.443		
Arginine.....g									
Histidine.....g	0.263		0		1		0.466		
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
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 = 177g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 16 Legumes and Legume Products**

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



**NDB No. 16078**  
**Mothbeans, mature seeds, raw**

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	0.129		0		1		0.253		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.129		0		1		0.253		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.750		0		1		1.470		
18:2 undifferentiated.....g	0.485		0		1		0.951		
18:3 undifferentiated.....g	0.265		0		1		0.519		
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		1		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.147		1		1		0.288		
Threonine.....g									
Isoleucine.....g	1.138		1		1		2.230		
Leucine.....g	1.541		1		1		3.020		
Lysine.....g	1.248		1		1		2.446		
Methionine.....g	0.220		2		1		0.431		
Cystine.....g	0.117		2		1		0.229		
Phenylalanine.....g	1.028		1		1		2.015		
Tyrosine.....g									
Valine.....g	0.734		1		1		1.439		
Arginine.....g									
Histidine.....g	0.771		1		1		1.511		
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
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 = 196g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products  
 USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 16381

Mung beans, mature seeds, cooked, boiled, 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	0.054		0		1		0.109		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.054		0		1		0.109		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.128		0		1		0.259		
18:2 undifferentiated.....g	0.119		0		1		0.240		
18:3 undifferentiated.....g	0.009		0		1		0.018		
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		1		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.076		0		1		0.154		
Threonine.....g	0.230		0		1		0.465		
Isoleucine.....g	0.297		0		1		0.600		
Leucine.....g	0.544		0		1		1.099		
Lysine.....g	0.490		0		1		0.990		
Methionine.....g	0.084		0		1		0.170		
Cystine.....g	0.062		0		1		0.125		
Phenylalanine.....g	0.425		0		1		0.859		
Tyrosine.....g	0.210		0		1		0.424		
Valine.....g	0.364		0		1		0.735		
Arginine.....g	0.492		0		1		0.994		
Histidine.....g	0.205		0		1		0.414		
Alanine.....g	0.309		0		1		0.624		
Aspartic acid.....g	0.812		0		1		1.640		
Glutamic acid.....g	1.256		0		1		2.537		
Glycine.....g	0.281		0		1		0.568		
Proline.....g	0.323		0		1		0.652		
Serine.....g	0.346		0		1		0.699		
Hydroxyproline.....g									
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	14		0	BFZN	4		29.088		
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 = 202g: 1 cup

**Calories Factors: Protein** 3.47**Fat** 8.37**Carbohydrate** 4.07**Food Group:** 16 Legumes and Legume Products

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

**Mung beans, mature seeds, cooked, boiled, 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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	72.66	0.326	9		1		146.77		
Energy.....kcal	105		0	NC	4		213		
Energy.....kj	441		0	NC	4		891		
Protein (N x 6.25).....g	7.02	0.144	9		1		14.18		
Total lipid (fat).....g	0.38	0.027	9		1		0.77		
Ash.....g	0.79	0.007	9		1		1.60		
Carbohydrate, by difference.....g	19.15		0	NC	4		38.68		
Fiber, total dietary.....g	7.6		0		4		15.4		
Sugars, total.....g	2.00		0	T	4		4.04		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	27	0.554	9		1		55		
Iron, Fe.....mg	1.40	0.267	9		1		2.83		
Magnesium, Mg.....mg	48	1.458	9		1		97		
Phosphorus, P.....mg	99	1.311	9		1		200		
Potassium, K.....mg	266	6.529	9		1		537		
Sodium, Na.....mg	2	0.952	5		1		4		
Zinc, Zn.....mg	0.84	0.037	8		1		1.70		
Copper, Cu.....mg	0.156	0.023	8		1		0.315		
Manganese, Mn.....mg	0.298	0.025	8		1		0.602		
Selenium, Se.....mcg	2.5		0	BFSN	4		5.1		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.0		0		1		2.0		
Thiamin.....mg	0.164	0.006	8		1		0.331		
Riboflavin.....mg	0.061	0.000	8		1		0.123		
Niacin.....mg	0.577	0.079	8		1		1.166		
Pantothenic acid.....mg	0.410	0.010	8		1		0.828		
Vitamin B-6.....mg	0.067	0.003	8		1		0.135		
Folate, total.....mcg	159	11.848	8		1		321		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	159	11.848	8		1		321		
Folate, DFE.....mcg_DFE	159		0	NC	4		321		
Vitamin B-12.....mcg	0.00		0		1		0.00		
Vitamin A, IU.....IU	24		0	NC	4		48		
Vitamin A, RAE.....mcg_RAE	1		0	NC	4		2		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.15		0	BFSN	4		0.31		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.7		0	BFSN	4		5.5		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.116		0		1		0.234		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.000		0		1		0.000		



NDB No. 16081

Mung beans, mature seeds, cooked, boiled, 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	0.054		0		1		0.109		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.054		0		1		0.109		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.128		0		1		0.259		
18:2 undifferentiated.....g	0.119		0		1		0.240		
18:3 undifferentiated.....g	0.009		0		1		0.018		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.076		0		1		0.154		
Threonine.....g	0.230		0		1		0.465		
Isoleucine.....g	0.297		0		1		0.600		
Leucine.....g	0.544		0		1		1.099		
Lysine.....g	0.490		0		1		0.990		
Methionine.....g	0.084		0		1		0.170		
Cystine.....g	0.062		0		1		0.125		
Phenylalanine.....g	0.425		0		1		0.859		
Tyrosine.....g	0.210		0		1		0.424		
Valine.....g	0.364		0		1		0.735		
Arginine.....g	0.492		0		1		0.994		
Histidine.....g	0.205		0		1		0.414		
Alanine.....g	0.309		0		1		0.624		
Aspartic acid.....g	0.812		0		1		1.640		
Glutamic acid.....g	1.256		0		1		2.537		
Glycine.....g	0.281		0		1		0.568		
Proline.....g	0.323		0		1		0.652		
Serine.....g	0.346		0		1		0.699		
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	14		0	O	4		29.088		
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 = 202g: 1 cup

**NDB No. 16081**

**Mung beans, mature seeds, cooked, boiled, without salt**

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate** 4.07

**Food Group:** 16 Legumes and Legume Products

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



**NDB No. 16080**  
**Mung beans, mature seeds, raw**

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	0.161		0		1		0.333	0.021	
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	0.161		0		1		0.333	0.021	
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	0.384		0		1		0.795	0.050	
18:2 undifferentiated.....g	0.357		0		1		0.739	0.046	
18:3 undifferentiated.....g	0.027		0		1		0.056	0.004	
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		1		0	0	
Phytosterols.....mg	23		0		1		48	3	
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.260		61		1		0.538	0.034	
Threonine.....g	0.782		51		1		1.619	0.102	
Isoleucine.....g	1.008		46		1		2.087	0.131	
Leucine.....g	1.847		46		1		3.823	0.240	
Lysine.....g	1.664		383		1		3.444	0.216	
Methionine.....g	0.286		423		1		0.592	0.037	
Cystine.....g	0.210		30		1		0.435	0.027	
Phenylalanine.....g	1.443		46		1		2.987	0.188	
Tyrosine.....g	0.714		26		1		1.478	0.093	
Valine.....g	1.237		46		1		2.561	0.161	
Arginine.....g	1.672		44		1		3.461	0.217	
Histidine.....g	0.695		44		1		1.439	0.090	
Alanine.....g	1.050		21		1		2.174	0.137	
Aspartic acid.....g	2.756		21		1		5.705	0.358	
Glutamic acid.....g	4.264		21		1		8.826	0.554	
Glycine.....g	0.954		21		1		1.975	0.124	
Proline.....g	1.095		19		1		2.267	0.142	
Serine.....g	1.176		21		1		2.434	0.153	
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	68		0	O	4		141.588	8.892	
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	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 = 207g: 1 cup

Measure 2 = 13.0g: 1 tbsp

**NDB No. 16080**  
**Mung beans, mature seeds, raw**

**Calories Factors:** **Protein** 3.47                      **Fat** 8.37                      **Carbohydrate** 4.07

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 16384

Mungo beans, mature seeds, cooked, boiled, 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				
			Points						
Fatty acids, total monounsaturated.....g	0.029		0		1		0.052		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.029		0		1		0.052		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.359		0		1		0.646		
18:2 undifferentiated.....g	0.024		0		1		0.043		
18:3 undifferentiated.....g	0.335		0		1		0.603		
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		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.078		0		1		0.140		
Threonine.....g	0.262		0		1		0.472		
Isoleucine.....g	0.385		0		1		0.693		
Leucine.....g	0.625		0		1		1.125		
Lysine.....g	0.500		0		1		0.900		
Methionine.....g	0.110		0		1		0.198		
Cystine.....g	0.070		0		1		0.126		
Phenylalanine.....g	0.440		0		1		0.792		
Tyrosine.....g	0.234		0		1		0.421		
Valine.....g	0.423		0		1		0.761		
Arginine.....g	0.491		0		1		0.884		
Histidine.....g	0.211		0		1		0.380		
Alanine.....g	0.322		0		1		0.580		
Aspartic acid.....g	0.882		0		1		1.588		
Glutamic acid.....g	1.234		0		1		2.221		
Glycine.....g	0.315		0		1		0.567		
Proline.....g	0.349		0		1		0.628		
Serine.....g	0.397		0		1		0.715		
Hydroxyproline.....g									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	19		0	BFZN	4		33.480		
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 = 180g: 1 cup

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 16 Legumes and Legume Products

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

**Mungo beans, mature seeds, cooked, boiled, without salt**

**Refuse: 0%**

[illegible]



NDB No. 16084

Mungo beans, mature seeds, cooked, boiled, 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	0.029		0		1		0.052	0.020	
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	0.029		0		1		0.052	0.020	
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	0.359		0		1		0.646	0.248	
18:2 undifferentiated.....g	0.024		0		1		0.043	0.017	
18:3 undifferentiated.....g	0.335		0		1		0.603	0.231	
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		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.078		0		1		0.140	0.054	
Threonine.....g	0.262		0		1		0.472	0.181	
Isoleucine.....g	0.385		0		1		0.693	0.266	
Leucine.....g	0.625		0		1		1.125	0.431	
Lysine.....g	0.500		0		1		0.900	0.345	
Methionine.....g	0.110		0		1		0.198	0.076	
Cystine.....g	0.070		0		1		0.126	0.048	
Phenylalanine.....g	0.440		0		1		0.792	0.304	
Tyrosine.....g	0.234		0		1		0.421	0.161	
Valine.....g	0.423		0		1		0.761	0.292	
Arginine.....g	0.491		0		1		0.884	0.339	
Histidine.....g	0.211		0		1		0.380	0.146	
Alanine.....g	0.322		0		1		0.580	0.222	
Aspartic acid.....g	0.882		0		1		1.588	0.609	
Glutamic acid.....g	1.234		0		1		2.221	0.851	
Glycine.....g	0.315		0		1		0.567	0.217	
Proline.....g	0.349		0		1		0.628	0.241	
Serine.....g	0.397		0		1		0.715	0.274	
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	19		0	BNA	4		33.480	12.834	
Carotene, alpha.....mcg	0		0	BNA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 180g: 1 cup

Measure 2 = 69g: 1 oz dry, yield after cooking

**NDB No. 16084**

**Mungo beans, mature seeds, cooked, boiled, without salt**

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate** 4.07

**Food Group:** 16 Legumes and Legume Products

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



**NDB No. 16083**  
**Mungo beans, mature seeds, raw**

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	0.085		0		1		0.176		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.085		0		1		0.176		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.071		0		1		2.217		
18:2 undifferentiated.....g	0.072		0		1		0.149		
18:3 undifferentiated.....g	0.999		0		1		2.068		
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	z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.263		56		1		0.544		
Threonine.....g	0.875		14		1		1.811		
Isoleucine.....g	1.287		8		1		2.664		
Leucine.....g	2.089		8		1		4.324		
Lysine.....g	1.674		29		1		3.465		
Methionine.....g	0.367		56		1		0.760		
Cystine.....g	0.234		4		1		0.484		
Phenylalanine.....g	1.473		8		1		3.049		
Tyrosine.....g	0.783		7		1		1.621		
Valine.....g	1.416		8		1		2.931		
Arginine.....g	1.642		9		1		3.399		
Histidine.....g	0.706		9		1		1.461		
Alanine.....g	1.077		6		1		2.229		
Aspartic acid.....g	2.948		7		1		6.102		
Glutamic acid.....g	4.126		7		1		8.541		
Glycine.....g	1.053		6		1		2.180		
Proline.....g	1.166		6		1		2.414		
Serine.....g	1.327		6		1		2.747		
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 = 207g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 16 Legumes and Legume Products**

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



**NDB No. 16113**  
**Natto**

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	2.430		0		1		4.253		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.031		0		1		0.054		
17:1.....g									
18:1 undifferentiated.....g	2.399		0		1		4.198		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	6.210		0		1		10.868		
18:2 undifferentiated.....g	5.476		0		1		9.583		
18:3 undifferentiated.....g	0.734		0		1		1.285		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.223		3		1		0.390		
Threonine.....g	0.813		3		1		1.423		
Isoleucine.....g	0.931		3		1		1.629		
Leucine.....g	1.509		3		1		2.641		
Lysine.....g	1.145		3		1		2.004		
Methionine.....g	0.208		3		1		0.364		
Cystine.....g	0.220		3		1		0.385		
Phenylalanine.....g	0.941		3		1		1.647		
Tyrosine.....g	0.556		3		1		0.973		
Valine.....g	1.018		3		1		1.782		
Arginine.....g	0.909		3		1		1.591		
Histidine.....g	0.512		3		1		0.896		
Alanine.....g	0.798		3		1		1.397		
Aspartic acid.....g	1.956		3		1		3.423		
Glutamic acid.....g	3.337		3		1		5.840		
Glycine.....g	0.646		3		1		1.131		
Proline.....g	1.403		3		1		2.455		
Serine.....g	1.121		3		1		1.962		
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0		7		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		

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 = 175g: 1 cup

NDB No. 16113  
Natto

Calories Factors: Protein 3.47      Fat 8.37      Carbohydrate 4.07

Food Group: 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)





NDB No. 16082

Noodles, chinese, cellophane or long rice (mung beans), dehydrated

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	0.008		0		1		0.011		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.008		0		1		0.011		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.018		0		1		0.025		
18:2 undifferentiated.....g	0.017		0		1		0.024		
18:3 undifferentiated.....g	0.001		0		1		0.001		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.002		0		1		0.003		
Threonine.....g	0.005		0		1		0.007		
Isoleucine.....g	0.007		0		1		0.010		
Leucine.....g	0.013		0		1		0.018		
Lysine.....g	0.011		0		1		0.015		
Methionine.....g	0.002		0		1		0.003		
Cystine.....g	0.001		0		1		0.001		
Phenylalanine.....g	0.010		0		1		0.014		
Tyrosine.....g	0.005		0		1		0.007		
Valine.....g	0.008		0		1		0.011		
Arginine.....g	0.011		0		1		0.015		
Histidine.....g	0.005		0		1		0.007		
Alanine.....g	0.007		0		1		0.010		
Aspartic acid.....g	0.019		0		1		0.027		
Glutamic acid.....g	0.029		0		1		0.041		
Glycine.....g	0.007		0		1		0.010		
Proline.....g	0.007		0		1		0.010		
Serine.....g	0.008		0		1		0.011		
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0		7		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		

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 = 140g: 1 cup

**NDB No. 16082**

**Noodles, chinese, cellophane or long rice (mung beans), dehydrated**

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate** 4.07

**Food Group:** 16 Legumes and Legume Products

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



**NDB No. 42200**  
**Papad**

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	0.532		0	RC	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.035		0	RC	4				
17:1.....g									
18:1 undifferentiated.....g	0.497		0	RC	4				
20:1.....g	0.000		0	RC	4				
22:1 undifferentiated.....g	0.000		0	RC	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.148		0	RC	4				
18:2 undifferentiated.....g	0.113		0	RC	4				
18:3 undifferentiated.....g	1.034		0	RC	4				
18:4.....g	0.000		0	RC	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RC	4				
20:5 n-3.....g	0.000		0	RC	4				
22:5 n-3.....g	0.000		0	RC	4				
22:6 n-3.....g	0.000		0	RC	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	4		0	RC	4				
Phytosterols.....mg	0		0	RC	4				
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.266		0	RC	4				
Threonine.....g	0.886		0	RC	4				
Isoleucine.....g	1.303		0	RC	4				
Leucine.....g	2.115		0	RC	4				
Lysine.....g	1.695		0	RC	4				
Methionine.....g	0.372		0	RC	4				
Cystine.....g	0.237		0	RC	4				
Phenylalanine.....g	1.491		0	RC	4				
Tyrosine.....g	0.793		0	RC	4				
Valine.....g	1.434		0	RC	4				
Arginine.....g	1.662		0	RC	4				
Histidine.....g	0.715		0	RC	4				
Alanine.....g	1.090		0	RC	4				
Aspartic acid.....g	2.985		0	RC	4				
Glutamic acid.....g	4.178		0	RC	4				
Glycine.....g	1.066		0	RC	4				
Proline.....g	1.181		0	RC	4				
Serine.....g	1.344		0	RC	4				
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	RC	4				
Caffeine.....mg	0		0	RC	4				
Theobromine.....mg	0		0	RC	4				
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	4		0	RC	4				
Carotene, alpha.....mcg	0		0	RC	4				
Cryptoxanthin, beta.....mcg	0		0	RC	4				
Lycopene.....mcg	0		0	RC	4				
Lutein + zeaxanthin.....mcg	1		0	RC	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. 42200**  
**Papad**

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Peanut butter, chunk style, 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	1.14	0.003	227	JA	6		2.94	0.36	
Energy.....kcal	589		0	NC	4		1520	189	
Energy.....kj	2465		0	NC	4		6361	789	
Protein (N x 5.46).....g	24.06	0.001	295	JA	6		62.08	7.70	
Total lipid (fat).....g	49.94	0.006	299	JA	6		128.84	15.98	
Ash.....g	3.29	0.001	210	JA	6		8.49	1.05	
Carbohydrate, by difference.....g	21.57		0	NC	4		55.65	6.90	
Fiber, total dietary.....g	8.0	0.652	8	JA	6		20.6	2.6	
Sugars, total.....g	8.41	0.203	4	A	1		21.69	2.69	
Sucrose.....g	4.19	2.418	4	A	1		10.80	1.34	
Glucose (dextrose).....g	4.22	2.364	4	A	1		10.89	1.35	
Fructose.....g	0.00	0.000	4	A	1		0.00	0.00	
Lactose.....g	0.00	0.000	4	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	4	A	1		0.00	0.00	
Galactose.....g	0.00	0.000	4	A	1		0.00	0.00	
Starch.....g	4.93	0.163	4	A	1		12.73	1.58	
<b>Minerals:</b>									
Calcium, Ca.....mg	45	2.291	11	JA	6		117	15	
Iron, Fe.....mg	1.90	0.003	263	JA	6		4.91	0.61	
Magnesium, Mg.....mg	160	0.084	196	JA	6		412	51	
Phosphorus, P.....mg	319	0.297	196	JA	6		822	102	
Potassium, K.....mg	745	0.213	190	JA	6		1921	238	
Sodium, Na.....mg	486	0.835	274	JA	6		1253	155	
Zinc, Zn.....mg	2.79	0.006	196	JA	6		7.20	0.89	
Copper, Cu.....mg	0.578	0.026	6	JA	6		1.491	0.185	
Manganese, Mn.....mg	1.800	0.074	6	JA	6		4.644	0.576	
Selenium, Se.....mcg	8.2	0.615	30	A	1		21.3	2.6	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.107	0.002	10	JA	6		0.277	0.034	
Riboflavin.....mg	0.112		7		1		0.289	0.036	
Niacin.....mg	13.689		273		1		35.318	4.380	
Pantothenic acid.....mg	1.118	0.027	6	JA	6		2.884	0.358	
Vitamin B-6.....mg	0.418	0.009	5	JA	6		1.079	0.134	
Folate, total.....mcg	92		2		1		237	29	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	92		2		1		237	29	
Folate, DFE.....mcg_DFE	92		0	NC	4		237	29	
Vitamin B-12.....mcg	0.00		0		1		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	6.30	1.400	4	A	1		16.25	2.02	
Tocopherol, beta.....mg	0.22	0.024	4	A	1		0.58	0.07	
Tocopherol, gamma.....mg	7.98	0.581	4	A	1		20.59	2.55	
Tocopherol, delta.....mg	0.73	0.075	4	A	1		1.88	0.23	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.5		2	A	1		1.4	0.2	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	8.081		0	NC	4		20.848	2.586	
4:0.....g	0.000		0	BFSN	4		0.000	0.000	
6:0.....g	0.000		0	BFSN	4		0.000	0.000	
8:0.....g	0.000		0	BFSN	4		0.000	0.000	
10:0.....g	0.000		0	BFSN	4		0.000	0.000	
12:0.....g	0.189								

**NDB No. 16097**  
**Peanut butter, chunk style, 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
16:0.....g	6.435	0.078	4	JA	6		16.602	2.059	
17:0.....g									
18:0.....g	0.725	0.269	4	JA	6		1.870	0.232	
20:0.....g	0.679	0.046	4	A	1		1.753	0.217	
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	24.561		0	NC	4		63.367	7.860	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	23.722	0.463	4	JA	6		61.202	7.591	
20:1.....g	0.839	0.038	4	JA	6		2.165	0.269	
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	14.798		0	NC	4		38.180	4.735	
18:2 undifferentiated.....g	14.715	0.312	4	JA	6		37.966	4.709	
18:3 undifferentiated.....g	0.083		0		1		0.214	0.027	
18:4.....g	0.000		0	BFSN	4		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	BFSN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFSN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFSN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg	102		0		1		263	33	
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.233		0		1		0.601	0.075	
Threonine.....g	0.823		0		1		2.123	0.263	
Isoleucine.....g	0.845		0		1		2.180	0.270	
Leucine.....g	1.559		0		1		4.022	0.499	
Lysine.....g	0.863		0		1		2.227	0.276	
Methionine.....g	0.295		0		1		0.761	0.094	
Cystine.....g	0.308		0		1		0.795	0.099	
Phenylalanine.....g	1.246		0		1		3.215	0.399	
Tyrosine.....g	0.977		0		1		2.521	0.313	
Valine.....g	1.008		0		1		2.601	0.323	
Arginine.....g	2.875		0		1		7.418	0.920	
Histidine.....g	0.608		0		1		1.569	0.195	
Alanine.....g	0.955		0		1		2.464	0.306	
Aspartic acid.....g	2.932		0		1		7.565	0.938	
Glutamic acid.....g	5.024		0		1		12.962	1.608	
Glycine.....g	1.449		0		1		3.738	0.464	
Proline.....g	1.061		0		1		2.737	0.340	
Serine.....g	1.184		0		1		3.055	0.379	
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.

**NDB No. 16097**

**Peanut butter, chunk style, with salt**

**Common Measures:**

Measure 1 = 258g: 1 cup

Measure 2 = 32g: 2 tbsp

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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	1.14	0.003	227	JA	6		2.94	0.36	
Energy.....kcal	589		0	NC	4		1520	189	
Energy.....kj	2465		0	NC	4		6361	789	
Protein (N x 5.46).....g	24.06	0.001	295	JA	6		62.08	7.70	
Total lipid (fat).....g	49.94	0.006	299	JA	6		128.84	15.98	
Ash.....g	3.29	0.001	210	JA	6		8.49	1.05	
Carbohydrate, by difference.....g	21.57		0	NC	4		55.65	6.90	
Fiber, total dietary.....g	8.0	0.652	8	JA	6		20.6	2.6	
Sugars, total.....g	8.41	0.203	4	A	1		21.69	2.69	
Sucrose.....g	4.19	2.418	4	A	1		10.80	1.34	
Glucose (dextrose).....g	4.22	2.364	4	A	1		10.89	1.35	
Fructose.....g	0.00	0.000	4	A	1		0.00	0.00	
Lactose.....g	0.00	0.000	4	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	4	A	1		0.00	0.00	
Galactose.....g	0.00	0.000	4	A	1		0.00	0.00	
Starch.....g	4.93	0.163	4	A	1		12.73	1.58	
<b>Minerals:</b>									
Calcium, Ca.....mg	45	2.291	11	JA	6		117	15	
Iron, Fe.....mg	1.90	0.003	263	JA	6		4.91	0.61	
Magnesium, Mg.....mg	160	0.084	196	JA	6		412	51	
Phosphorus, P.....mg	319	0.297	196	JA	6		822	102	
Potassium, K.....mg	745	0.213	190	JA	6		1921	238	
Sodium, Na.....mg	17		0		1		44	5	
Zinc, Zn.....mg	2.79	0.006	196	JA	6		7.20	0.89	
Copper, Cu.....mg	0.578	0.026	6	JA	6		1.491	0.185	
Manganese, Mn.....mg	1.800	0.074	6	JA	6		4.644	0.576	
Selenium, Se.....mcg	8.2	0.615	30	A	1		21.3	2.6	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.107	0.002	10	JA	6		0.277	0.034	
Riboflavin.....mg	0.112		7		1		0.289	0.036	
Niacin.....mg	13.689		273		1		35.318	4.380	
Pantothenic acid.....mg	1.118	0.027	6	JA	6		2.884	0.358	
Vitamin B-6.....mg	0.418	0.009	5	JA	6		1.079	0.134	
Folate, total.....mcg	92		2		1		237	29	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	92		2		1		237	29	
Folate, DFE.....mcg_DFE	92		0	NC	4		237	29	
Vitamin B-12.....mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU.....IU	0		0	NC	4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	6.30	1.400	4	A	1		16.25	2.02	
Tocopherol, beta.....mg	0.22	0.024	4	A	1		0.58	0.07	
Tocopherol, gamma.....mg	7.98	0.581	4	A	1		20.59	2.55	
Tocopherol, delta.....mg	0.73	0.075	4	A	1		1.88	0.23	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.5		2	A	1		1.4	0.2	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	8.081		0	NC	4		20.848	2.586	
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	0.189	0.020	3	JA	6		0.487	0.060	
13:0.....g									
14:0.....g	0.053		0		1		0.137	0.017	
15:0.....g									

## NDB No. 16397

## Peanut butter, chunk style, 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	6.435	0.078	4	JA	6		16.602	2.059	
17:0.....g									
18:0.....g	0.725	0.269	4	JA	6		1.870	0.232	
20:0.....g	0.679	0.046	4	A	1		1.753	0.217	
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	24.561		0	NC	4		63.367	7.860	
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	23.722	0.463	4	JA	6		61.202	7.591	
20:1.....g	0.839	0.038	4	JA	6		2.165	0.269	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	14.798		0	NC	4		38.180	4.735	
18:2 undifferentiated.....g	14.715	0.312	4	JA	6		37.966	4.709	
18:3 undifferentiated.....g	0.083		0		1		0.214	0.027	
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		1		0	0	
Phytosterols.....mg	102		0		1		263	33	
<b>Amino Acids:</b>									
Tryptophan.....g	0.233		0		1		0.601	0.075	
Threonine.....g	0.823		0		1		2.123	0.263	
Isoleucine.....g	0.845		0		1		2.180	0.270	
Leucine.....g	1.559		0		1		4.022	0.499	
Lysine.....g	0.863		0		1		2.227	0.276	
Methionine.....g	0.295		0		1		0.761	0.094	
Cystine.....g	0.308		0		1		0.795	0.099	
Phenylalanine.....g	1.246		0		1		3.215	0.399	
Tyrosine.....g	0.977		0		1		2.521	0.313	
Valine.....g	1.008		0		1		2.601	0.323	
Arginine.....g	2.875		0		1		7.418	0.920	
Histidine.....g	0.608		0		1		1.569	0.195	
Alanine.....g	0.955		0		1		2.464	0.306	
Aspartic acid.....g	2.932		0		1		7.565	0.938	
Glutamic acid.....g	5.024		0		1		12.962	1.608	
Glycine.....g	1.449		0		1		3.738	0.464	
Proline.....g	1.061		0		1		2.737	0.340	
Serine.....g	1.184		0		1		3.055	0.379	
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	BFSN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFSN	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. 16397**

**Peanut butter, chunk style, without salt**

**Common Measures:**

Measure 1 = 258g: 1 cup

Measure 2 = 32g: 2 tbsp

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate** 4.07

**Food Group:** 16 Legumes and Legume Products

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



NDB No. 16156

Peanut butter, chunky, vitamin and mineral fortified

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	24.366		0	BFFN	4		62.864	7.797	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	23.728		0	BFFN	4		61.218	7.593	
20:1.....g	0.638		0	BFFN	4		1.646	0.204	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	14.648		0	BFFN	4		37.792	4.687	
18:2 undifferentiated.....g	14.567		0	BFFN	4		37.583	4.661	
18:3 undifferentiated.....g	0.081		0	BFFN	4		0.209	0.026	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	47		0	BFFN	4		121	15	
<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	BFSN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 258g: 1 cup

Measure 2 = 32g: 2 tbsp

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 16 Legumes and Legume Products

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



**NDB No. 42291**  
**Peanut butter, reduced sodium**

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	23.560				1		3.770		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4		0.000		
17:1.....g									
18:1 undifferentiated.....g	22.964				4		3.674		
20:1.....g	0.618				4		0.099		
22:1 undifferentiated.....g	0.000				4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	14.350				1		2.296		
18:2 undifferentiated.....g	14.098				4		2.256		
18:3 undifferentiated.....g	0.078				4		0.012		
18:4.....g	0.000				4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.187				4		0.030		
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	0				7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0				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	BFSN	4		0.000		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 16g: 1 tbsp

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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

**Peanut butter, smooth style, 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	1.81	0.025	423	JO	11		4.68	0.58	
Energy.....kcal	588		0	NC	4		1518	188	
Energy.....kj	2462		0	NC	4		6352	788	
Protein (N x 5.46).....g	25.09	0.030	633	JA	6		64.73	8.03	
Total lipid (fat).....g	50.39	0.296	613	JO	11		130.01	16.13	
Ash.....g	3.15	0.016	372	JA	6		8.12	1.01	
Carbohydrate, by difference.....g	19.56		0	NC	4		50.47	6.26	
Fiber, total dietary.....g	6.0	0.287	12	JA	6		15.6	1.9	
Sugars, total.....g	9.22		0	NC	4		23.79	2.95	
Sucrose.....g	8.68	0.066	6	JA	6		22.39	2.78	
Glucose (dextrose).....g	0.54	0.000	6	JA	6		1.40	0.17	
Fructose.....g	0.00	0.000	5	JA	6		0.00	0.00	
Lactose.....g	0.00	0.000	5	JA	6		0.00	0.00	
Maltose.....g	0.00	0.000	5	JA	6		0.00	0.00	
Galactose.....g	0.00	0.000	4	A	1		0.00	0.00	
Starch.....g	4.79	0.163	4	A	1		12.35	1.53	
<b>Minerals:</b>									
Calcium, Ca.....mg	43	1.006	56	JA	6		111	14	
Iron, Fe.....mg	1.87	0.028	567	JA	6		4.81	0.60	
Magnesium, Mg.....mg	154	3.766	403	JA	6		397	49	
Phosphorus, P.....mg	358	2.920	397	JA	6		923	115	
Potassium, K.....mg	649	4.259	271	JA	6		1674	208	
Sodium, Na.....mg	459	5.126	597	JA	6		1183	147	
Zinc, Zn.....mg	2.91	0.031	382	JA	6		7.50	0.93	
Copper, Cu.....mg	0.473	0.026	57	JA	6		1.221	0.151	
Manganese, Mn.....mg	1.466	0.090	57	JA	6		3.781	0.469	
Selenium, Se.....mcg	5.6	0.608	49	JA	6		14.5	1.8	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.073	0.004	30	JA	6		0.189	0.023	
Riboflavin.....mg	0.105	0.004	30		1		0.271	0.034	
Niacin.....mg	13.403	0.047	480		1		34.580	4.289	
Pantothenic acid.....mg	1.060	0.036	16	JA	6		2.734	0.339	
Vitamin B-6.....mg	0.543	0.028	17	JA	6		1.402	0.174	
Folate, total.....mcg	74	10.415	11		1		191	24	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	74	10.415	11		1		191	24	
Folate, DFE.....mcg_DFE	74		0	NC	4		191	24	
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	8.99	0.614	11	JO	11		23.18	2.88	
Tocopherol, beta.....mg	0.24	0.010	11	JO	11		0.62	0.08	
Tocopherol, gamma.....mg	9.30	0.293	11	JO	11		23.98	2.97	
Tocopherol, delta.....mg	0.59	0.032	11	JO	11		1.52	0.19	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.6	0.500	3	JO	11		1.5	0.2	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	10.292		0	NC	4		26.554	3.294	
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	0.128		2	JA	6		0.331	0.041	
13:0.....g									
14:0.....g	0.212		47		1		0.548	0.068	
15:0.....g									



NDB No. 16098

Peanut butter, smooth style, with 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
16:0.....g	5.774	0.131	51	JA	6		14.898	1.848	
17:0.....g									
18:0.....g	1.748	0.158	51	JA	6		4.510	0.559	
20:0.....g	0.617	0.020	4	JA	6		1.593	0.198	
22:0.....g	1.371		0		1		3.537	0.439	
24:0.....g	0.441		0		1		1.137	0.141	
Fatty acids, total monounsaturated.....g	23.713		0	NC	4		61.181	7.588	
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	23.148	0.118	51	JA	6		59.721	7.407	
20:1.....g	0.566	0.010	51	JA	6		1.460	0.181	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	13.867		0	NC	4		35.777	4.437	
18:2 undifferentiated.....g	13.791	0.373	51	JA	6		35.580	4.413	
18:3 undifferentiated.....g	0.076		0		1		0.197	0.024	
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		1		0	0	
Phytosterols.....mg	102		0		1		263	33	
<b>Amino Acids:</b>									
Tryptophan.....g	0.245		0		1		0.632	0.078	
Threonine.....g	0.864		0		1		2.229	0.276	
Isoleucine.....g	0.887		0		1		2.288	0.284	
Leucine.....g	1.635		0		1		4.218	0.523	
Lysine.....g	0.905		0		1		2.335	0.290	
Methionine.....g	0.309		0		1		0.797	0.099	
Cystine.....g	0.323		0		1		0.833	0.103	
Phenylalanine.....g	1.307		0		1		3.372	0.418	
Tyrosine.....g	1.025		0		1		2.645	0.328	
Valine.....g	1.058		0		1		2.730	0.339	
Arginine.....g	3.016		0		1		7.781	0.965	
Histidine.....g	0.637		0		1		1.643	0.204	
Alanine.....g	1.002		0		1		2.585	0.321	
Aspartic acid.....g	3.076		0		1		7.936	0.984	
Glutamic acid.....g	5.269		0		1		13.594	1.686	
Glycine.....g	1.519		0		1		3.919	0.486	
Proline.....g	1.113		0		1		2.872	0.356	
Serine.....g	1.242		0		1		3.204	0.397	
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.

**NDB No. 16098**

**Peanut butter, smooth style, with salt**

**Common Measures:**

Measure 1 = 258g: 1 cup

Measure 2 = 32g: 2 tbsp

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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

### Peanut butter, smooth style, 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	1.81	0.025	423	JO	11		4.68	0.58	
Energy.....kcal	588		0	NC	4		1518	188	
Energy.....kj	2462		0	NC	4		6352	788	
Protein (N x 5.46).....g	25.09	0.030	633	JA	6		64.73	8.03	
Total lipid (fat).....g	50.39	0.296	613	JO	11		130.01	16.13	
Ash.....g	3.15	0.016	372	JA	6		8.12	1.01	
Carbohydrate, by difference.....g	19.56		0	NC	4		50.47	6.26	
Fiber, total dietary.....g	6.0	0.287	12	JA	6		15.6	1.9	
Sugars, total.....g	9.22		0	NC	4		23.79	2.95	
Sucrose.....g	8.68	0.066	6	JA	6		22.39	2.78	
Glucose (dextrose).....g	0.54	0.000	6	JA	6		1.40	0.17	
Fructose.....g	0.00	0.000	5	JA	6		0.00	0.00	
Lactose.....g	0.00	0.000	5	JA	6		0.00	0.00	
Maltose.....g	0.00	0.000	5	JA	6		0.00	0.00	
Galactose.....g	0.00	0.000	4	A	1		0.00	0.00	
Starch.....g	4.79	0.163	4	A	1		12.35	1.53	
<b>Minerals:</b>									
Calcium, Ca.....mg	43	1.006	56	JA	6		111	14	
Iron, Fe.....mg	1.87	0.028	567	JA	6		4.81	0.60	
Magnesium, Mg.....mg	154	3.766	403	JA	6		397	49	
Phosphorus, P.....mg	358	2.920	397	JA	6		923	115	
Potassium, K.....mg	649	4.259	271	JA	6		1674	208	
Sodium, Na.....mg	17		0		4		44	5	
Zinc, Zn.....mg	2.91	0.031	382	JA	6		7.50	0.93	
Copper, Cu.....mg	0.473	0.026	57	JA	6		1.221	0.151	
Manganese, Mn.....mg	1.466	0.090	57	JA	6		3.781	0.469	
Selenium, Se.....mcg	5.6	0.608	49	JA	6		14.5	1.8	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.073	0.004	30	JA	6		0.189	0.023	
Riboflavin.....mg	0.105	0.004	30		1		0.271	0.034	
Niacin.....mg	13.403	0.047	480		1		34.580	4.289	
Pantothenic acid.....mg	1.060	0.036	16	JA	6		2.734	0.339	
Vitamin B-6.....mg	0.543	0.028	17	JA	6		1.402	0.174	
Folate, total.....mcg	74	10.415	11		1		191	24	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	74	10.415	11		1		191	24	
Folate, DFE.....mcg_DFE	74		0	NC	4		191	24	
Vitamin B-12.....mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU.....IU	0		0	NC	4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	8.99	0.614	11	JO	11		23.18	2.88	
Tocopherol, beta.....mg	0.24	0.010	11	JO	11		0.62	0.08	
Tocopherol, gamma.....mg	9.30	0.293	11	JO	11		23.98	2.97	
Tocopherol, delta.....mg	0.59	0.032	11	JO	11		1.52	0.19	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.6	0.500	3	JO	11		1.5	0.2	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	10.292		0	NC	4		26.554	3.294	
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	0.128		2	JA	6		0.331	0.041	
13:0.....g									
14:0.....g	0.212		47		1		0.548	0.068	
15:0.....g									

NDB No. 16398

Peanut butter, smooth style, 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	5.774	0.131	51	JA	6		14.898	1.848	
17:0.....g									
18:0.....g	1.748	0.158	51	JA	6		4.510	0.559	
20:0.....g	0.617	0.020	4	JA	6		1.593	0.198	
22:0.....g	1.371		0		1		3.537	0.439	
24:0.....g	0.441		0		1		1.137	0.141	
Fatty acids, total monounsaturated.....g	23.713		0	NC	4		61.181	7.588	
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	23.148	0.118	51	JA	6		59.721	7.407	
20:1.....g	0.566	0.010	51	JA	6		1.460	0.181	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	13.867		0	NC	4		35.777	4.437	
18:2 undifferentiated.....g	13.791	0.373	51	JA	6		35.580	4.413	
18:3 undifferentiated.....g	0.076		0		1		0.197	0.024	
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		1		0	0	
Phytosterols.....mg	102		0		1		263	33	
<b>Amino Acids:</b>									
Tryptophan.....g	0.245		0		1		0.632	0.078	
Threonine.....g	0.864		0		1		2.229	0.276	
Isoleucine.....g	0.887		0		1		2.288	0.284	
Leucine.....g	1.635		0		1		4.218	0.523	
Lysine.....g	0.905		0		1		2.335	0.290	
Methionine.....g	0.309		0		1		0.797	0.099	
Cystine.....g	0.323		0		1		0.833	0.103	
Phenylalanine.....g	1.307		0		1		3.372	0.418	
Tyrosine.....g	1.025		0		1		2.645	0.328	
Valine.....g	1.058		0		1		2.730	0.339	
Arginine.....g	3.016		0		1		7.781	0.965	
Histidine.....g	0.637		0		1		1.643	0.204	
Alanine.....g	1.002		0		1		2.585	0.321	
Aspartic acid.....g	3.076		0		1		7.936	0.984	
Glutamic acid.....g	5.269		0		1		13.594	1.686	
Glycine.....g	1.519		0		1		3.919	0.486	
Proline.....g	1.113		0		1		2.872	0.356	
Serine.....g	1.242		0		1		3.204	0.397	
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	BFSN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFSN	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. 16398**

**Peanut butter, smooth style, without salt**

**Common Measures:**

Measure 1 = 258g: 1 cup

Measure 2 = 32g: 2 tbsp

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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

**Peanut butter, smooth, reduced fat**[illegible]

**NDB No. 16150**  
**Peanut butter, smooth, 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
Fatty acids, total monounsaturated.....g	16.156				4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4				
17:1.....g									
18:1 undifferentiated.....g	15.867				4				
20:1.....g	0.289				4				
22:1 undifferentiated.....g	0.000				4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	10.266				4				
18:2 undifferentiated.....g	9.130				4				
18:3 undifferentiated.....g	0.052				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>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	0		0	BFSN	4				
Carotene, alpha.....mcg	0		0	BFSN	4				
Cryptoxanthin, beta.....mcg	0		0	BFSN	4				
Lycopene.....mcg	0		0	BFSN	4				
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 16 Legumes and Legume Products**

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





NDB No. 16155

Peanut butter, smooth, vitamin and mineral fortified

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	24.832		0	BFFN	4		64.067	7.946	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	23.945		0	BFFN	4		61.778	7.662	
20:1.....g	0.435		0	BFFN	4		1.122	0.139	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	13.847		0	BFFN	4		35.725	4.431	
18:2 undifferentiated.....g	13.769		0	BFFN	4		35.524	4.406	
18:3 undifferentiated.....g	0.070		0	BFFN	4		0.181	0.022	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	102		0	BFFN	4		263	33	
<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	BFSN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		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 = 258g: 1 cup

Measure 2 = 32g: 2 tbsp

**Calories Factors: Protein** 3.47**Fat** 8.37**Carbohydrate** 4.07**Food Group:** 16 Legumes and Legume Products

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



**NDB No. 16099**  
**Peanut flour, defatted**

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	0.225		0		1		0.135	0.064	
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	0.219		0		1		0.131	0.062	
20:1.....g	0.006		0		1		0.004	0.002	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.143		0		1		0.086	0.041	
18:2 undifferentiated.....g	0.143		0		1		0.086	0.041	
18:3 undifferentiated.....g	0.000		0		1		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		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.507		0		1		0.304	0.144	
Threonine.....g	1.788		0		1		1.073	0.507	
Isoleucine.....g	1.836		0		1		1.102	0.521	
Leucine.....g	3.384		0		1		2.030	0.959	
Lysine.....g	1.874		0		1		1.124	0.531	
Methionine.....g	0.641		0		1		0.385	0.182	
Cystine.....g	0.669		0		1		0.401	0.190	
Phenylalanine.....g	2.705		0		1		1.623	0.767	
Tyrosine.....g	2.122		0		1		1.273	0.602	
Valine.....g	2.189		0		1		1.313	0.621	
Arginine.....g	6.243		0		1		3.746	1.770	
Histidine.....g	1.319		0		1		0.791	0.374	
Alanine.....g	2.075		0		1		1.245	0.588	
Aspartic acid.....g	6.367		0		1		3.820	1.805	
Glutamic acid.....g	10.908		0		1		6.545	3.092	
Glycine.....g	3.145		0		1		1.887	0.892	
Proline.....g	2.304		0		1		1.382	0.653	
Serine.....g	2.572		0		1		1.543	0.729	
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	BFNN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFNN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFNN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFNN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFNN	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 = 60g: 1 cup

Measure 2 = 28.35g: 1 oz

**NDB No. 16099**  
**Peanut flour, defatted**

**Calories Factors:** **Protein** 3.47                      **Fat** 8.37                      **Carbohydrate** 4.07

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 16100**  
**Peanut flour, low 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	10.866		0		1		6.520	3.081	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0		1		0.002	0.001	
17:1.....g									
18:1 undifferentiated.....g	10.567		0		1		6.340	2.996	
20:1.....g	0.294		0		1		0.176	0.083	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	6.921		0		1		4.153	1.962	
18:2 undifferentiated.....g	6.919		0		1		4.151	1.962	
18:3 undifferentiated.....g	0.001		0		1		0.001	0.000	
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		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.328		0		1		0.197	0.093	
Threonine.....g	1.158		0		1		0.695	0.328	
Isoleucine.....g	1.188		0		1		0.713	0.337	
Leucine.....g	2.191		0		1		1.315	0.621	
Lysine.....g	1.213		0		1		0.728	0.344	
Methionine.....g	0.415		0		1		0.249	0.118	
Cystine.....g	0.433		0		1		0.260	0.123	
Phenylalanine.....g	1.752		0		1		1.051	0.497	
Tyrosine.....g	1.374		0		1		0.824	0.390	
Valine.....g	1.418		0		1		0.851	0.402	
Arginine.....g	4.042		0		1		2.425	1.146	
Histidine.....g	0.854		0		1		0.512	0.242	
Alanine.....g	1.343		0		1		0.806	0.381	
Aspartic acid.....g	4.123		0		1		2.474	1.169	
Glutamic acid.....g	7.063		0		1		4.238	2.002	
Glycine.....g	2.037		0		1		1.222	0.577	
Proline.....g	1.492		0		1		0.895	0.423	
Serine.....g	1.665		0		1		0.999	0.472	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g									
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 = 60g: 1 cup

Measure 2 = 28.35g: 1 oz

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate** 4.07

**Food Group:** 16 Legumes and Legume Products  
 USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Peanuts, all types, cooked, boiled, with salt**

**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	Code	Code				
measures of food									
<b>Proximates:</b>									
Water.....g	41.78		1		1		26.32	75.20	11.84
Energy.....kcal	318		0	NC	4		200	572	90
Energy.....kj	1329		0	NC	4		837	2392	377
Protein (N x 5.46).....g	13.50		1		1		8.51	24.30	3.83
Total lipid (fat).....g	22.01		1		1		13.87	39.62	6.24
Ash.....g	1.45		0		1		0.91	2.61	0.41
Carbohydrate, by difference.....g	21.26		0	NC	4		13.39	38.27	6.03
Fiber, total dietary.....g	8.8		0		4		5.5	15.8	2.5
Sugars, total.....g	2.47		0	BFSN	4		1.56	4.45	0.70
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	55		1		1		35	99	16
Iron, Fe.....mg	1.01		1		1		0.64	1.82	0.29
Magnesium, Mg.....mg	102		1		1		64	184	29
Phosphorus, P.....mg	198		1		1		125	356	56
Potassium, K.....mg	180		1		1		113	324	51
Sodium, Na.....mg	751		1		1		473	1352	213
Zinc, Zn.....mg	1.83		0		1		1.15	3.29	0.52
Copper, Cu.....mg	0.499		0		1		0.314	0.898	0.141
Manganese, Mn.....mg	1.023		0		1		0.644	1.841	0.290
Selenium, Se.....mcg	4.4		0	BFSN	4		2.8	7.9	1.2
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0
Thiamin.....mg	0.259		0		1		0.163	0.466	0.073
Riboflavin.....mg	0.063		0		1		0.040	0.113	0.018
Niacin.....mg	5.259		0		1		3.313	9.466	1.491
Pantothenic acid.....mg	0.825		0		1		0.520	1.485	0.234
Vitamin B-6.....mg	0.152		0		1		0.096	0.274	0.043
Folate, total.....mcg	75		0		1		47	134	21
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	75		0		1		47	134	21
Folate, DFE.....mcg_DFE	75		0	NC	4		47	134	21
Vitamin B-12.....mcg	0.00		0		1		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0	NC	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	4.10		0	BFSN	4		2.58	7.38	1.16
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFSN	4		0.0	0.0	0.0
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.055		0		1		1.925	5.499	0.866
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	0.011		0		1		0.007	0.020	0.003
15:0.....g									
16:0.....g	2.304		0		1		1.452	4.147	0.653
17:0.....g									
18:0.....g	0.492		0		1		0.310	0.886	0.139
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 16088

Peanuts, all types, cooked, boiled, with 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
Fatty acids, total monounsaturated.....g	10.921		0		1		6.880	19.658	3.096
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0		1		0.003	0.007	0.001
17:1.....g									
18:1 undifferentiated.....g	10.620		0		1		6.691	19.116	3.011
20:1.....g	0.296		0		1		0.186	0.533	0.084
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	6.956		0		1		4.382	12.521	1.972
18:2 undifferentiated.....g	6.954		0		1		4.381	12.517	1.971
18:3 undifferentiated.....g	0.001		0		1		0.001	0.002	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		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.131		0		1		0.083	0.236	0.037
Threonine.....g	0.462		0		1		0.291	0.832	0.131
Isoleucine.....g	0.475		0		1		0.299	0.855	0.135
Leucine.....g	0.875		0		1		0.551	1.575	0.248
Lysine.....g	0.485		0		1		0.306	0.873	0.137
Methionine.....g	0.166		0		1		0.105	0.299	0.047
Cystine.....g	0.173		0		1		0.109	0.311	0.049
Phenylalanine.....g	0.700		0		1		0.441	1.260	0.198
Tyrosine.....g	0.549		0		1		0.346	0.988	0.156
Valine.....g	0.566		0		1		0.357	1.019	0.160
Arginine.....g	1.615		0		1		1.017	2.907	0.458
Histidine.....g	0.341		0		1		0.215	0.614	0.097
Alanine.....g	0.537		0		1		0.338	0.967	0.152
Aspartic acid.....g	1.647		0		1		1.038	2.965	0.467
Glutamic acid.....g	2.822		0		1		1.778	5.080	0.800
Glycine.....g	0.814		0		1		0.513	1.465	0.231
Proline.....g	0.596		0		1		0.375	1.073	0.169
Serine.....g	0.665		0		1		0.419	1.197	0.189
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	0		0	BFSN	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 63g: 1 cup in shell, edible yield

Measure 2 = 180g: 1 cup, shelled

Measure 3 = 28.35g: 1 oz shelled



**NDB No. 16088**

**Peanuts, all types, cooked, boiled, with salt**

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate** 4.07

**Food Group:** 16 Legumes and Legume Products

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

**Peanuts, all types, dry-roasted, 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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code					
<b>Proximates:</b>									
Water.....g	1.55	0.115	12		1		0.44	0.02	
Energy.....kcal	585		0	NC	4		166	6	
Energy.....kj	2449		0	NC	4		694	24	
Protein (N x 5.46).....g	23.68	0.712	9		1		6.71	0.24	
Total lipid (fat).....g	49.66	0.539	9		1		14.08	0.50	
Ash.....g	3.60	0.346	9		1		1.02	0.04	
Carbohydrate, by difference.....g	21.51		0	NC	4		6.10	0.22	
Fiber, total dietary.....g	8.0		0		1		2.3	0.1	
Sugars, total.....g	4.18		0	BFSN	4		1.18	0.04	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	54	2.333	7		1		15	1	
Iron, Fe.....mg	2.26	0.271	12		1		0.64	0.02	
Magnesium, Mg.....mg	176	5.824	8		1		50	2	
Phosphorus, P.....mg	358	13.854	7		1		101	4	
Potassium, K.....mg	658	20.264	11		1		187	7	
Sodium, Na.....mg	813	32.195	11		1		230	8	
Zinc, Zn.....mg	3.31	0.081	8		1		0.94	0.03	
Copper, Cu.....mg	0.671	0.031	8		1		0.190	0.007	
Manganese, Mn.....mg	2.083	0.135	8		1		0.591	0.021	
Selenium, Se.....mcg	7.5	1.453	20	A	1		2.1	0.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.438		0		1		0.124	0.004	
Riboflavin.....mg	0.098	0.002	4		1		0.028	0.001	
Niacin.....mg	13.525	0.335	4		1		3.834	0.135	
Pantothenic acid.....mg	1.395		0		1		0.395	0.014	
Vitamin B-6.....mg	0.256		0		1		0.073	0.003	
Folate, total.....mcg	145	10.478	3		1		41	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	145	10.478	3		1		41	1	
Folate, DFE.....mcg_DFE	145		0	NC	4		41	1	
Vitamin B-12.....mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU.....IU	0		0	NC	4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	7.80		0		1		2.21	0.08	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFSN	4		0.0	0.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	6.893		0		1		1.954	0.069	
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	0.025		0		1		0.007	0.000	
15:0.....g									
16:0.....g	5.198		0		1		1.474	0.052	
17:0.....g									
18:0.....g	1.109		0		1		0.314	0.011	
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 16090

Peanuts, all types, dry-roasted, 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	24.640		0		1		6.985	0.246	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009		0		1		0.003	0.000	
17:1.....g									
18:1 undifferentiated.....g	23.961		0		1		6.793	0.240	
20:1.....g	0.667		0		1		0.189	0.007	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	15.694		0		1		4.449	0.157	
18:2 undifferentiated.....g	15.690		0		1		4.448	0.157	
18:3 undifferentiated.....g	0.003		0		1		0.001	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		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.230		0		1		0.065	0.002	
Threonine.....g	0.811		0		1		0.230	0.008	
Isoleucine.....g	0.833		0		1		0.236	0.008	
Leucine.....g	1.535		0		1		0.435	0.015	
Lysine.....g	0.850		0		1		0.241	0.009	
Methionine.....g	0.291		0		1		0.082	0.003	
Cystine.....g	0.304		0		1		0.086	0.003	
Phenylalanine.....g	1.227		0		1		0.348	0.012	
Tyrosine.....g	0.963		0		1		0.273	0.010	
Valine.....g	0.993		0		1		0.282	0.010	
Arginine.....g	2.832		0		1		0.803	0.028	
Histidine.....g	0.599		0		1		0.170	0.006	
Alanine.....g	0.941		0		1		0.267	0.009	
Aspartic acid.....g	2.888		0		1		0.819	0.029	
Glutamic acid.....g	4.949		0		1		1.403	0.049	
Glycine.....g	1.427		0		1		0.405	0.014	
Proline.....g	1.045		0		1		0.296	0.010	
Serine.....g	1.167		0		1		0.331	0.012	
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	BFSN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 28.35g: 1 oz

Measure 2 = 1.0g: 1 peanut

**NDB No. 16090**

**Peanuts, all types, dry-roasted, with salt**

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate** 4.07

**Food Group:** 16 Legumes and Legume Products

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

**Peanuts, all types, dry-roasted, 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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code					
<b>Proximates:</b>									
Water.....g	1.55	0.115	12		1		2.26	0.44	0.02
Energy.....kcal	585		0	NC	4		855	166	6
Energy.....kj	2449		0	NC	4		3576	694	24
Protein (N x 5.46).....g	23.68	0.712	9		1		34.57	6.71	0.24
Total lipid (fat).....g	49.66	0.539	9		1		72.50	14.08	0.50
Ash.....g	3.60	0.346	9		1		5.26	1.02	0.04
Carbohydrate, by difference.....g	21.51		0	NC	4		31.40	6.10	0.22
Fiber, total dietary.....g	8.0		0		4		11.7	2.3	0.1
Sugars, total.....g	4.18		0	BFSN	4		6.10	1.18	0.04
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	54	2.333	7		1		79	15	1
Iron, Fe.....mg	2.26	0.271	12		1		3.30	0.64	0.02
Magnesium, Mg.....mg	176	5.824	8		1		257	50	2
Phosphorus, P.....mg	358	13.854	7		1		523	101	4
Potassium, K.....mg	658	20.264	11		1		961	187	7
Sodium, Na.....mg	6		0		1		9	2	0
Zinc, Zn.....mg	3.31	0.081	8		1		4.83	0.94	0.03
Copper, Cu.....mg	0.671	0.031	8		1		0.980	0.190	0.007
Manganese, Mn.....mg	2.083	0.135	8		1		3.041	0.591	0.021
Selenium, Se.....mcg	7.5	1.453	20	A	1		11.0	2.1	0.1
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0
Thiamin.....mg	0.438		0		1		0.639	0.124	0.004
Riboflavin.....mg	0.098	0.002	4		1		0.143	0.028	0.001
Niacin.....mg	13.525	0.335	4		1		19.747	3.834	0.135
Pantothenic acid.....mg	1.395		0		1		2.037	0.395	0.014
Vitamin B-6.....mg	0.256		0		1		0.374	0.073	0.003
Folate, total.....mcg	145	10.478	3		1		212	41	1
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	145	10.478	3		1		212	41	1
Folate, DFE.....mcg_DFE	145		0	NC	4		212	41	1
Vitamin B-12.....mcg	0.00		0		1		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0	NC	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	6.93		0	BFSN	4		10.12	1.97	0.07
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFSN	4		0.0	0.0	0.0
<b>Lipids:</b>									
Fatty acids, total saturated.....g	6.893		0		1		10.064	1.954	0.069
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	0.025		0		1		0.037	0.007	0.000
15:0.....g									
16:0.....g	5.198		0		1		7.589	1.474	0.052
17:0.....g									
18:0.....g	1.109		0		1		1.619	0.314	0.011
20:0.....g									

NDB No. 16390

Peanuts, all types, dry-roasted, 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	24.640		0		1		35.974 6.985 0.246
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.009		0		1		0.013 0.003 0.000
17:1.....g							
18:1 undifferentiated.....g	23.961		0		1		34.983 6.793 0.240
20:1.....g	0.667		0		1		0.974 0.189 0.007
22:1 undifferentiated.....g	0.000		0		1		0.000 0.000 0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	15.694		0		1		22.913 4.449 0.157
18:2 undifferentiated.....g	15.690		0		1		22.907 4.448 0.157
18:3 undifferentiated.....g	0.003		0		1		0.004 0.001 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		1		0 0 0
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.230		0		1		0.336 0.065 0.002
Threonine.....g	0.811		0		1		1.184 0.230 0.008
Isoleucine.....g	0.833		0		1		1.216 0.236 0.008
Leucine.....g	1.535		0		1		2.241 0.435 0.015
Lysine.....g	0.850		0		1		1.241 0.241 0.009
Methionine.....g	0.291		0		1		0.425 0.082 0.003
Cystine.....g	0.304		0		1		0.444 0.086 0.003
Phenylalanine.....g	1.227		0		1		1.791 0.348 0.012
Tyrosine.....g	0.963		0		1		1.406 0.273 0.010
Valine.....g	0.993		0		1		1.450 0.282 0.010
Arginine.....g	2.832		0		1		4.135 0.803 0.028
Histidine.....g	0.599		0		1		0.875 0.170 0.006
Alanine.....g	0.941		0		1		1.374 0.267 0.009
Aspartic acid.....g	2.888		0		1		4.216 0.819 0.029
Glutamic acid.....g	4.949		0		1		7.226 1.403 0.049
Glycine.....g	1.427		0		1		2.083 0.405 0.014
Proline.....g	1.045		0		1		1.526 0.296 0.010
Serine.....g	1.167		0		1		1.704 0.331 0.012
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	BFSN	4		0.000 0.000 0.000
Carotene, alpha.....mcg	0		0	BFSN	4		0.000 0.000 0.000
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000 0.000 0.000
Lycopene.....mcg	0		0	BFSN	4		0.000 0.000 0.000
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 146g: 1 cup

Measure 2 = 28.35g: 1 oz

Measure 3 = 1.0g: 1 peanut

NDB No. 16390  
Peanuts, all types, dry-roasted, without salt

Calories Factors: Protein 3.47                      Fat 8.37                      Carbohydrate 4.07

Food Group: 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**NDB No. 16089**  
**Peanuts, all types, oil-roasted, 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	1.45	0.131	4	A	1		2.09	2.09	0.01
Energy.....kcal	599		0	NC	4		862	862	5
Energy.....kj	2506		0	NC	4		3608	3608	23
Protein (N x 5.46).....g	28.03	0.455	4	A	1		40.37	40.37	0.25
Total lipid (fat).....g	52.50	0.601	4	A	1		75.60	75.60	0.47
Ash.....g	2.75	0.063	4	A	1		3.96	3.96	0.02
Carbohydrate, by difference.....g	15.26		0	NC	4		21.97	21.97	0.14
Fiber, total dietary.....g	9.4	0.096	4	A	1		13.5	13.5	0.1
Sugars, total.....g	4.18	0.036	4	A	1		6.02	6.02	0.04
Sucrose.....g	4.03	0.036	4	A	1		5.80	5.80	0.04
Glucose (dextrose).....g	0.08	0.000	4	A	1		0.11	0.11	0.00
Fructose.....g	0.08	0.000	4	A	1		0.11	0.11	0.00
Lactose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Galactose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	61	3.454	4	A	1		88	88	1
Iron, Fe.....mg	1.52	0.003	4	A	1		2.19	2.19	0.01
Magnesium, Mg.....mg	176	3.660	4	A	1		253	253	2
Phosphorus, P.....mg	397	5.852	4	A	1		571	571	4
Potassium, K.....mg	726	6.090	4	A	1		1045	1045	7
Sodium, Na.....mg	320	29.138	4	A	1		461	461	3
Zinc, Zn.....mg	3.28	0.076	4	A	1		4.73	4.73	0.03
Copper, Cu.....mg	0.533	0.016	4	A	1		0.768	0.768	0.005
Manganese, Mn.....mg	1.845	0.050	4	A	1		2.657	2.657	0.017
Selenium, Se.....mcg	3.3	0.103	4	A	1		4.7	4.7	0.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.8	0.000	3	A	1		1.1	1.1	0.0
Thiamin.....mg	0.085	0.006	4	A	1		0.122	0.122	0.001
Riboflavin.....mg	0.089	0.021	3	A	1		0.129	0.129	0.001
Niacin.....mg	13.825	0.397	4	A	1		19.908	19.908	0.124
Pantothenic acid.....mg	1.202	0.054	4	A	1		1.732	1.732	0.011
Vitamin B-6.....mg	0.461	0.021	4	A	1		0.664	0.664	0.004
Folate, total.....mcg	120	7.953	4	A	1		172	172	1
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	120	7.953	4	A	1		172	172	1
Folate, DFE.....mcg_DFE	120		0	NC	4		172	172	1
Vitamin B-12.....mcg	0.00		0		1		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0	NC	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	6.94		0		1		9.99	9.99	0.06
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0	0.000	4	A	1		0.0	0.0	0.0
<b>Lipids:</b>									
Fatty acids, total saturated.....g	8.673		0	NC	4		12.489	12.489	0.078
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	0.038	0.000	4	A	1		0.054	0.054	0.000
10:0.....g	0.038	0.000	4	A	1		0.054	0.054	0.000
12:0.....g	0.038	0.000	4	A	1		0.054	0.054	0.000
13:0.....g									
14:0.....g	0.038	0.000	4	A	1		0.054	0.054	0.000
15:0.....g	0.038	0.000	4	A	1		0.054	0.054	0.000



**NDB No. 16089**  
**Peanuts, all types, oil-roasted, 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 Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
16:0.....g	5.038	0.107	4	A	1		7.254	7.254	0.045
17:0.....g	0.057	0.003	4	A	1		0.082	0.082	0.001
18:0.....g	1.400	0.030	4	A	1		2.015	2.015	0.013
20:0.....g	0.667	0.010	4	A	1		0.960	0.960	0.006
22:0.....g	1.323	0.025	4	A	1		1.906	1.906	0.012
24:0.....g									
Fatty acids, total monounsaturated.....g	25.936		0	NC	4		37.348	37.348	0.233
14:1.....g	0.038	0.000	4	A	1		0.054	0.054	0.000
15:1.....g	0.038	0.000	4	A	1		0.054	0.054	0.000
16:1 undifferentiated.....g	0.038	0.000	4	A	1		0.054	0.054	0.000
17:1.....g	0.038	0.000	4	A	1		0.054	0.054	0.000
18:1 undifferentiated.....g	25.174	0.469	4	A	1		36.251	36.251	0.227
20:1.....g	0.611	0.014	4	A	1		0.880	0.880	0.006
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	15.269		0	NC	4		21.987	21.987	0.137
18:2 undifferentiated.....g	15.080	0.159	4	A	1		21.715	21.715	0.136
18:3 undifferentiated.....g	0.038	0.000	4	A	1		0.054	0.054	0.000
18:3 n-6 c,c,c.....g	0.038	0.000	4	A	1		0.054	0.054	0.000
18:3i.....g									
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.038	0.000	4	A	1		0.054	0.054	0.000
20:3 undifferentiated.....g	0.038	0.000	4	A	1		0.054	0.054	0.000
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.038	0.000	4	A	1		0.054	0.054	0.000
20:4 n-3.....g									
20:4 n-6.....g									
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		1		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.231	0.004	4	A	1		0.333	0.333	0.002
Threonine.....g	0.610	0.014	4	A	1		0.878	0.878	0.005
Isoleucine.....g	0.978	0.015	4	A	1		1.408	1.408	0.009
Leucine.....g	1.812	0.026	4	A	1		2.609	2.609	0.016
Lysine.....g	0.945	0.019	4	A	1		1.361	1.361	0.009
Methionine.....g	0.291	0.029	4	A	1		0.419	0.419	0.003
Cystine.....g	0.375	0.028	4	A	1		0.540	0.540	0.003
Phenylalanine.....g	1.427	0.021	4	A	1		2.055	2.055	0.013
Tyrosine.....g	1.006	0.012	4	A	1		1.449	1.449	0.009
Valine.....g	1.146	0.011	4	A	1		1.650	1.650	0.010
Arginine.....g	3.247	0.067	4	A	1		4.675	4.675	0.029
Histidine.....g	0.655	0.006	4	A	1		0.943	0.943	0.006
Alanine.....g	1.092	0.017	4	A	1		1.573	1.573	0.010
Aspartic acid.....g	3.272	0.055	4	A	1		4.712	4.712	0.029
Glutamic acid.....g	5.422	0.077	4	A	1		7.807	7.807	0.049
Glycine.....g	1.621	0.020	4	A	1		2.335	2.335	0.015
Proline.....g	1.173	0.023	4	A	1		1.689	1.689	0.011
Serine.....g	1.285	0.019	4	A	1		1.851	1.851	0.012
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		1	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	NR	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		1	A	1		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		1	A	1		0.000	0.000	0.000
Lycopene.....mcg	0		1	A	1		0.000	0.000	0.000

**NDB No. 16089**  
**Peanuts, all types, oil-roasted, with 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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						
Lutein + zeaxanthin.....mcg	0		1	A	1		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 = 144g: 1 cup, chopped

Measure 2 = 144g: 1 cup, halves and whole

Measure 3 = 0.9g: 1 peanut

**Calories Factors:** Protein 3.47 Fat 8.37 Carbohydrate 4.07

**Food Group:** 16 Legumes and Legume Products

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

**Peanuts, all types, oil-roasted, 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						
<b>Proximates:</b>									
Water.....g	1.95	0.081	53		1		2.59	0.55	0.55
Energy.....kcal	581		0	NC	4		773	165	163
Energy.....kj	2431		0	NC	4		3234	689	681
Protein (N x 5.46).....g	26.35		47		1		35.05	7.47	7.38
Total lipid (fat).....g	49.30	0.224	51		1		65.57	13.98	13.80
Ash.....g	3.48	0.100	15		1		4.63	0.99	0.97
Carbohydrate, by difference.....g	18.92		0	NC	4		25.16	5.36	5.30
Fiber, total dietary.....g	6.9		0		4		9.2	2.0	1.9
Sugars, total.....g	4.16		0	BFSN	4		5.54	1.18	1.17
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	88	0.299	12		1		117	25	25
Iron, Fe.....mg	1.83	0.061	15		1		2.43	0.52	0.51
Magnesium, Mg.....mg	185	0.740	12		1		246	52	52
Phosphorus, P.....mg	517	0.652	12		1		688	147	145
Potassium, K.....mg	682	2.416	14		1		907	193	191
Sodium, Na.....mg	6		0		1		8	2	2
Zinc, Zn.....mg	6.63	0.015	12		1		8.82	1.88	1.86
Copper, Cu.....mg	1.300	0.010	12		1		1.729	0.369	0.364
Manganese, Mn.....mg	2.062	0.014	12		1		2.742	0.585	0.577
Selenium, Se.....mcg	7.5	1.453	20	A	1		10.0	2.1	2.1
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0
Thiamin.....mg	0.253	0.008	15		1		0.336	0.072	0.071
Riboflavin.....mg	0.108		13		1		0.144	0.031	0.030
Niacin.....mg	14.277	0.322	15		1		18.988	4.048	3.998
Pantothenic acid.....mg	1.390		0		1		1.849	0.394	0.389
Vitamin B-6.....mg	0.255		0		1		0.339	0.072	0.071
Folate, total.....mcg	126		0		1		167	36	35
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	126		0		1		167	36	35
Folate, DFE.....mcg_DFE	126		0	NC	4		167	36	35
Vitamin B-12.....mcg	0.00		0		1		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0	NC	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	6.91		0	BFSN	4		9.18	1.96	1.93
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFSN	4		0.0	0.0	0.0
<b>Lipids:</b>									
Fatty acids, total saturated.....g	6.843		0		1		9.101	1.940	1.916
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	0.025		0		1		0.033	0.007	0.007
15:0.....g									
16:0.....g	5.161		0		1		6.864	1.463	1.445
17:0.....g									
18:0.....g	1.101		0		1		1.464	0.312	0.308
20:0.....g					</				

NDB No. 16389

Peanuts, all types, oil-roasted, without 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
Fatty acids, total monounsaturated.....g	24.462		0		1		32.534	6.935	6.849
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009		0		1		0.012	0.003	0.003
17:1.....g									
18:1 undifferentiated.....g	23.788		0		1		31.638	6.744	6.661
20:1.....g	0.662		0		1		0.880	0.188	0.185
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	15.580		0		1		20.721	4.417	4.362
18:2 undifferentiated.....g	15.576		0		1		20.716	4.416	4.361
18:3 undifferentiated.....g	0.003		0		1		0.004	0.001	0.001
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		1		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.256		0		1		0.340	0.073	0.072
Threonine.....g	0.902		0		1		1.200	0.256	0.253
Isoleucine.....g	0.926		0		1		1.232	0.263	0.259
Leucine.....g	1.708		0		1		2.272	0.484	0.478
Lysine.....g	0.946		0		1		1.258	0.268	0.265
Methionine.....g	0.323		0		1		0.430	0.092	0.090
Cystine.....g	0.338		0		1		0.450	0.096	0.095
Phenylalanine.....g	1.365		0		1		1.815	0.387	0.382
Tyrosine.....g	1.071		0		1		1.424	0.304	0.300
Valine.....g	1.105		0		1		1.470	0.313	0.309
Arginine.....g	3.151		0		1		4.191	0.893	0.882
Histidine.....g	0.666		0		1		0.886	0.189	0.186
Alanine.....g	1.047		0		1		1.393	0.297	0.293
Aspartic acid.....g	3.213		0		1		4.273	0.911	0.900
Glutamic acid.....g	5.505		0		1		7.322	1.561	1.541
Glycine.....g	1.587		0		1		2.111	0.450	0.444
Proline.....g	1.163		0		1		1.547	0.330	0.326
Serine.....g	1.298		0		1		1.726	0.368	0.363
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	BFSN	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 133g: 1 cup, chopped

Measure 2 = 28.35g: 1 oz shelled

Measure 3 = 28g: 32 nuts

**NDB No. 16389**  
**Peanuts, all types, oil-roasted, without salt**

**Calories Factors:** **Protein** 3.47                      **Fat** 8.37                      **Carbohydrate** 4.07

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 16087**  
**Peanuts, all types, raw**

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	24.429		0		1		35.666	6.926	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009		0		1		0.013	0.003	
17:1.....g									
18:1 undifferentiated.....g	23.756		0		1		34.684	6.735	
20:1.....g	0.661		0		1		0.965	0.187	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	15.559		0		1		22.716	4.411	
18:2 undifferentiated.....g	15.555		0		1		22.710	4.410	
18:3 undifferentiated.....g	0.003		0		1		0.004	0.001	
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		1		0	0	
Phytosterols.....mg	220		0		1		321	62	
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.250		128		1		0.365	0.071	
Threonine.....g	0.883		144		1		1.289	0.250	
Isoleucine.....g	0.907		140		1		1.324	0.257	
Leucine.....g	1.672		140		1		2.441	0.474	
Lysine.....g	0.926		147		1		1.352	0.263	
Methionine.....g	0.317		22		1		0.463	0.090	
Cystine.....g	0.331		29		1		0.483	0.094	
Phenylalanine.....g	1.337		141		1		1.952	0.379	
Tyrosine.....g	1.049		137		1		1.532	0.297	
Valine.....g	1.082		141		1		1.580	0.307	
Arginine.....g	3.085		140		1		4.504	0.875	
Histidine.....g	0.652		140		1		0.952	0.185	
Alanine.....g	1.025		135		1		1.497	0.291	
Aspartic acid.....g	3.146		135		1		4.593	0.892	
Glutamic acid.....g	5.390		133		1		7.869	1.528	
Glycine.....g	1.554		134		1		2.269	0.441	
Proline.....g	1.138		130		1		1.661	0.323	
Serine.....g	1.271		134		1		1.856	0.360	
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	BFSN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		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 = 146g: 1 cup

Measure 2 = 28.35g: 1 oz

NDB No. 16087  
Peanuts, all types, raw

Calories Factors: Protein 3.47      Fat 8.37      Carbohydrate 4.07

Food Group: 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 16092**  
**Peanuts, spanish, oil-roasted, 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	1.78	0.233	19		1		2.62	0.50	
Energy.....kcal	579		0	NC	4		851	164	
Energy.....kj	2423				4		3561	687	
Protein (N x 5.46).....g	28.01	0.287	19		1		41.17	7.94	
Total lipid (fat).....g	49.04	0.330	19		1		72.09	13.90	
Ash.....g	3.72	0.321	3		1		5.47	1.05	
Carbohydrate, by difference.....g	17.45		0	NC	4		25.65	4.95	
Fiber, total dietary.....g	8.9		0	BFSN	4		13.1	2.5	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	100		0		1		147	28	
Iron, Fe.....mg	2.28	0.229	3		1		3.35	0.65	
Magnesium, Mg.....mg	168		0		1		247	48	
Phosphorus, P.....mg	387		0		1		569	110	
Potassium, K.....mg	776		2		1		1141	220	
Sodium, Na.....mg	433		2		1		637	123	
Zinc, Zn.....mg	2.00		0		1		2.94	0.57	
Copper, Cu.....mg	0.661		0		1		0.972	0.187	
Manganese, Mn.....mg	2.355		0		1		3.462	0.668	
Selenium, Se.....mcg	7.5		0	BFZN	4		11.0	2.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.317	0.032	3		1		0.466	0.090	
Riboflavin.....mg	0.085		1		1		0.125	0.024	
Niacin.....mg	14.933	0.906	3		1		21.952	4.234	
Pantothenic acid.....mg	1.392		0		1		2.046	0.395	
Vitamin B-6.....mg	0.256		0		1		0.376	0.073	
Folate, total.....mcg	126		0		1		185	36	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	126		0		1		185	36	
Folate, DFE.....mcg_DFE	126		0	NC	4		185	36	
Vitamin B-12.....mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU.....IU	0		0		1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		1		0	0	
Retinol.....mcg	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	7.555		0		1		11.106	2.142	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.028		0		1		0.041	0.008	
15:0.....g									
16:0.....g	5.609		0		1		8.245	1.590	
17:0.....g									
18:0.....g	1.273		0		1		1.871	0.361	
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 16092**  
**Peanuts, spanish, oil-roasted, 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				
Fatty acids, total monounsaturated.....g	22.073		0		1		32.447	6.258	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.044		0		1		0.065	0.012	
17:1.....g									
18:1 undifferentiated.....g	21.509		0		1		31.618	6.098	
20:1.....g	0.517		0		1		0.760	0.147	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	17.008		0		1		25.002	4.822	
18:2 undifferentiated.....g	16.996		0		1		24.984	4.818	
18:3 undifferentiated.....g	0.010		0		1		0.015	0.003	
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		1		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.272		0		1		0.400	0.077	
Threonine.....g	0.959		0		1		1.410	0.272	
Isoleucine.....g	0.985		0		1		1.448	0.279	
Leucine.....g	1.816		0		1		2.670	0.515	
Lysine.....g	1.005		0		1		1.477	0.285	
Methionine.....g	0.344		0		1		0.506	0.098	
Cystine.....g	0.359		0		1		0.528	0.102	
Phenylalanine.....g	1.452		0		1		2.134	0.412	
Tyrosine.....g	1.139		0		1		1.674	0.323	
Valine.....g	1.175		0		1		1.727	0.333	
Arginine.....g	3.349		0		1		4.923	0.949	
Histidine.....g	0.708		0		1		1.041	0.201	
Alanine.....g	1.113		0		1		1.636	0.316	
Aspartic acid.....g	3.416		0		1		5.022	0.968	
Glutamic acid.....g	5.852		0		1		8.602	1.659	
Glycine.....g	1.687		0		1		2.480	0.478	
Proline.....g	1.236		0		1		1.817	0.350	
Serine.....g	1.380		0		1		2.029	0.391	
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 = 147g: 1 cup  
Measure 2 = 28.35g: 1 oz

**Calories Factors:** Protein 3.47 Fat 8.37 Carbohydrate 4.07

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**NDB No. 16392**  
**Peanuts, spanish, oil-roasted, 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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	1.78	0.233	19		1		2.62	0.50	
Energy.....kcal	579		0	NC	4		851	164	
Energy.....kj	2423				4		3561	687	
Protein (N x 5.46).....g	28.01	0.287	19		1		41.17	7.94	
Total lipid (fat).....g	49.04	0.330	19		1		72.09	13.90	
Ash.....g	3.72	0.321	3		1		5.47	1.05	
Carbohydrate, by difference.....g	17.45		0	NC	4		25.65	4.95	
Fiber, total dietary.....g	8.9		0	BFSN	4		13.1	2.5	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	100		0		1		147	28	
Iron, Fe.....mg	2.28	0.229	3		1		3.35	0.65	
Magnesium, Mg.....mg	168		0		1		247	48	
Phosphorus, P.....mg	387		0		1		569	110	
Potassium, K.....mg	776		2		1		1141	220	
Sodium, Na.....mg	6		0		1		9	2	
Zinc, Zn.....mg	2.00		0		1		2.94	0.57	
Copper, Cu.....mg	0.661		0		1		0.972	0.187	
Manganese, Mn.....mg	2.355		0		1		3.462	0.668	
Selenium, Se.....mcg	7.5		0	BFZN	4		11.0	2.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.317	0.032	3		1		0.466	0.090	
Riboflavin.....mg	0.085		1		1		0.125	0.024	
Niacin.....mg	14.933	0.906	3		1		21.952	4.234	
Pantothenic acid.....mg	1.392		0		1		2.046	0.395	
Vitamin B-6.....mg	0.256		0		1		0.376	0.073	
Folate, total.....mcg	126		0		1		185	36	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	126		0		1		185	36	
Folate, DFE.....mcg_DFE	126		0	NC	4		185	36	
Vitamin B-12.....mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU.....IU	0		0		1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		1		0	0	
Retinol.....mcg	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	7.555		0		1		11.106	2.142	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.028		0		1		0.041	0.008	
15:0.....g									
16:0.....g	5.609		0		1		8.245	1.590	
17:0.....g									
18:0.....g	1.273		0		1		1.871	0.361	
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 16392**  
**Peanuts, spanish, oil-roasted, 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	Code	Code				
Fatty acids, total monounsaturated.....g	22.073		0		1		32.447	6.258	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.044		0		1		0.065	0.012	
17:1.....g									
18:1 undifferentiated.....g	21.509		0		1		31.618	6.098	
20:1.....g	0.517		0		1		0.760	0.147	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	17.008		0		1		25.002	4.822	
18:2 undifferentiated.....g	16.996		0		1		24.984	4.818	
18:3 undifferentiated.....g	0.010		0		1		0.015	0.003	
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		1		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.272		0		1		0.400	0.077	
Threonine.....g	0.959		0		1		1.410	0.272	
Isoleucine.....g	0.985		0		1		1.448	0.279	
Leucine.....g	1.816		0		1		2.670	0.515	
Lysine.....g	1.005		0		1		1.477	0.285	
Methionine.....g	0.344		0		1		0.506	0.098	
Cystine.....g	0.359		0		1		0.528	0.102	
Phenylalanine.....g	1.452		0		1		2.134	0.412	
Tyrosine.....g	1.139		0		1		1.674	0.323	
Valine.....g	1.175		0		1		1.727	0.333	
Arginine.....g	3.349		0		1		4.923	0.949	
Histidine.....g	0.708		0		1		1.041	0.201	
Alanine.....g	1.113		0		1		1.636	0.316	
Aspartic acid.....g	3.416		0		1		5.022	0.968	
Glutamic acid.....g	5.852		0		1		8.602	1.659	
Glycine.....g	1.687		0		1		2.480	0.478	
Proline.....g	1.236		0		1		1.817	0.350	
Serine.....g	1.380		0		1		2.029	0.391	
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 = 147g: 1 cup

Measure 2 = 28.35g: 1 oz

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate** 4.07

**Food Group:** 16 Legumes and Legume Products  
 USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 16091**  
**Peanuts, spanish, raw**

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	22.328		0		1		32.599	6.330	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.045		0		1		0.066	0.013	
17:1.....g									
18:1 undifferentiated.....g	21.757		0		1		31.765	6.168	
20:1.....g	0.523		0		1		0.764	0.148	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	17.204		0		1		25.118	4.877	
18:2 undifferentiated.....g	17.192		0		1		25.100	4.874	
18:3 undifferentiated.....g	0.010		0		1		0.015	0.003	
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		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.254		0		1		0.371	0.072	
Threonine.....g	0.896		0		1		1.308	0.254	
Isoleucine.....g	0.920		0		1		1.343	0.261	
Leucine.....g	1.696		0		1		2.476	0.481	
Lysine.....g	0.939		0		1		1.371	0.266	
Methionine.....g	0.321		0		1		0.469	0.091	
Cystine.....g	0.335		0		1		0.489	0.095	
Phenylalanine.....g	1.356		0		1		1.980	0.384	
Tyrosine.....g	1.063		0		1		1.552	0.301	
Valine.....g	1.097		0		1		1.602	0.311	
Arginine.....g	3.128		0		1		4.567	0.887	
Histidine.....g	0.661		0		1		0.965	0.187	
Alanine.....g	1.039		0		1		1.517	0.295	
Aspartic acid.....g	3.190		0		1		4.657	0.904	
Glutamic acid.....g	5.465		0		1		7.979	1.549	
Glycine.....g	1.576		0		1		2.301	0.447	
Proline.....g	1.154		0		1		1.685	0.327	
Serine.....g	1.289		0		1		1.882	0.365	
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 = 146g: 1 cup

Measure 2 = 28.35g: 1 oz

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate** 4.07

**Food Group:** 16 Legumes and Legume Products

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



**NDB No. 16094**  
**Peanuts, valencia, oil-roasted, 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				
Fatty acids, total monounsaturated.....g	23.065		0		1		33.214	6.539	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.046		0		1		0.066	0.013	
17:1.....g									
18:1 undifferentiated.....g	22.475		0		1		32.364	6.372	
20:1.....g	0.541		0		1		0.779	0.153	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	17.772		0		1		25.592	5.038	
18:2 undifferentiated.....g	17.760		0		1		25.574	5.035	
18:3 undifferentiated.....g	0.010		0		1		0.014	0.003	
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		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.263		0		1		0.379	0.075	
Threonine.....g	0.926		0		1		1.333	0.263	
Isoleucine.....g	0.951		0		1		1.369	0.270	
Leucine.....g	1.753		0		1		2.524	0.497	
Lysine.....g	0.971		0		1		1.398	0.275	
Methionine.....g	0.332		0		1		0.478	0.094	
Cystine.....g	0.347		0		1		0.500	0.098	
Phenylalanine.....g	1.402		0		1		2.019	0.397	
Tyrosine.....g	1.100		0		1		1.584	0.312	
Valine.....g	1.134		0		1		1.633	0.321	
Arginine.....g	3.234		0		1		4.657	0.917	
Histidine.....g	0.684		0		1		0.985	0.194	
Alanine.....g	1.075		0		1		1.548	0.305	
Aspartic acid.....g	3.299		0		1		4.751	0.935	
Glutamic acid.....g	5.651		0		1		8.137	1.602	
Glycine.....g	1.630		0		1		2.347	0.462	
Proline.....g	1.194		0		1		1.719	0.338	
Serine.....g	1.332		0		1		1.918	0.378	
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 = 144g: 1 cup  
Measure 2 = 28.35g: 1 oz

**Calories Factors:** Protein 3.47 Fat 8.37 Carbohydrate 4.07

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)





**NDB No. 16394**  
**Peanuts, valencia, oil-roasted, 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	23.065		0		1		33.214	6.539	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.046		0		1		0.066	0.013	
17:1.....g									
18:1 undifferentiated.....g	22.475		0		1		32.364	6.372	
20:1.....g	0.541		0		1		0.779	0.153	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	17.772		0		1		25.592	5.038	
18:2 undifferentiated.....g	17.760		0		1		25.574	5.035	
18:3 undifferentiated.....g	0.010		0		1		0.014	0.003	
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		1		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.263		0		1		0.379	0.075	
Threonine.....g	0.926		0		1		1.333	0.263	
Isoleucine.....g	0.951		0		1		1.369	0.270	
Leucine.....g	1.753		0		1		2.524	0.497	
Lysine.....g	0.971		0		1		1.398	0.275	
Methionine.....g	0.332		0		1		0.478	0.094	
Cystine.....g	0.347		0		1		0.500	0.098	
Phenylalanine.....g	1.402		0		1		2.019	0.397	
Tyrosine.....g	1.100		0		1		1.584	0.312	
Valine.....g	1.134		0		1		1.633	0.321	
Arginine.....g	3.234		0		1		4.657	0.917	
Histidine.....g	0.684		0		1		0.985	0.194	
Alanine.....g	1.075		0		1		1.548	0.305	
Aspartic acid.....g	3.299		0		1		4.751	0.935	
Glutamic acid.....g	5.651		0		1		8.137	1.602	
Glycine.....g	1.630		0		1		2.347	0.462	
Proline.....g	1.194		0		1		1.719	0.338	
Serine.....g	1.332		0		1		1.918	0.378	
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 = 144g: 1 cup

Measure 2 = 28.35g: 1 oz

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate** 4.07

**Food Group:** 16 Legumes and Legume Products

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



**NDB No. 16093**  
**Peanuts, valencia, raw**

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	21.414		0		1		31.264	6.071	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.043		0		1		0.063	0.012	
17:1.....g									
18:1 undifferentiated.....g	20.867		0		1		30.466	5.916	
20:1.....g	0.502		0		1		0.733	0.142	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	16.500		0		1		24.090	4.678	
18:2 undifferentiated.....g	16.489		0		1		24.074	4.675	
18:3 undifferentiated.....g	0.010		0		1		0.015	0.003	
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		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.244		0		1		0.356	0.069	
Threonine.....g	0.859		0		1		1.254	0.244	
Isoleucine.....g	0.882		0		1		1.288	0.250	
Leucine.....g	1.627		0		1		2.375	0.461	
Lysine.....g	0.901		0		1		1.315	0.255	
Methionine.....g	0.308		0		1		0.450	0.087	
Cystine.....g	0.322		0		1		0.470	0.091	
Phenylalanine.....g	1.300		0		1		1.898	0.369	
Tyrosine.....g	1.020		0		1		1.489	0.289	
Valine.....g	1.052		0		1		1.536	0.298	
Arginine.....g	3.001		0		1		4.381	0.851	
Histidine.....g	0.634		0		1		0.926	0.180	
Alanine.....g	0.997		0		1		1.456	0.283	
Aspartic acid.....g	3.060		0		1		4.468	0.868	
Glutamic acid.....g	5.243		0		1		7.655	1.486	
Glycine.....g	1.512		0		1		2.208	0.429	
Proline.....g	1.107		0		1		1.616	0.314	
Serine.....g	1.236		0		1		1.805	0.350	
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 = 146g: 1 cup

Measure 2 = 28.35g: 1 oz

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate** 4.07

**Food Group:** 16 Legumes and Legume Products

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

**NDB No. 16096**  
**Peanuts, virginia, oil-roasted, 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	2.17	0.066	15		1		3.10	0.62	
Energy.....kcal	578		0	NC	4		827	164	
Energy.....kj	2418				4		3458	686	
Protein (N x 5.46).....g	25.87	0.332	15		1		36.99	7.33	
Total lipid (fat).....g	48.62	0.478	15		1		69.53	13.78	
Ash.....g	3.48	0.119	8		1		4.98	0.99	
Carbohydrate, by difference.....g	19.86		0	NC	4		28.40	5.63	
Fiber, total dietary.....g	8.9		0	BFSN	4		12.7	2.5	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	86	0.246	8		1		123	24	
Iron, Fe.....mg	1.67	0.044	8		1		2.39	0.47	
Magnesium, Mg.....mg	188	1.102	8		1		269	53	
Phosphorus, P.....mg	506	0.845	8		1		724	143	
Potassium, K.....mg	652	0.720	8		1		932	185	
Sodium, Na.....mg	433		0		1		619	123	
Zinc, Zn.....mg	6.62	0.020	8		1		9.47	1.88	
Copper, Cu.....mg	1.273	0.013	8		1		1.820	0.361	
Manganese, Mn.....mg	2.008	0.019	8		1		2.871	0.569	
Selenium, Se.....mcg	7.5		0	BFZN	4		10.7	2.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.276	0.002	8		1		0.395	0.078	
Riboflavin.....mg	0.112	0.002	8		1		0.160	0.032	
Niacin.....mg	14.700	0.436	8		1		21.021	4.167	
Pantothenic acid.....mg	1.386		0		1		1.982	0.393	
Vitamin B-6.....mg	0.254		0		1		0.363	0.072	
Folate, total.....mcg	125		0		1		179	36	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	125		0		1		179	36	
Folate, DFE.....mcg_DFE	125		0	NC	4		179	36	
Vitamin B-12.....mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU.....IU	0		0		1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		1		0	0	
Retinol.....mcg	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	6.345		0		1		9.073	1.799	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.012		0		1		0.017	0.003	
15:0.....g									
16:0.....g	4.498		0		1		6.432	1.275	
17:0.....g									
18:0.....g	1.148		0		1		1.642	0.325	
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 16096**  
**Peanuts, virginia, oil-roasted, 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				
Fatty acids, total monounsaturated.....g	25.222		0		1		36.067	7.150	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.053		0		1		0.076	0.015	
17:1.....g									
18:1 undifferentiated.....g	24.610		0		1		35.192	6.977	
20:1.....g	0.542		0		1		0.775	0.154	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	14.669		0		1		20.977	4.159	
18:2 undifferentiated.....g	14.640		0		1		20.935	4.150	
18:3 undifferentiated.....g	0.019		0		1		0.027	0.005	
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		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.251		0		1		0.359	0.071	
Threonine.....g	0.886		0		1		1.267	0.251	
Isoleucine.....g	0.910		0		1		1.301	0.258	
Leucine.....g	1.677		0		1		2.398	0.475	
Lysine.....g	0.929		0		1		1.328	0.263	
Methionine.....g	0.317		0		1		0.453	0.090	
Cystine.....g	0.332		0		1		0.475	0.094	
Phenylalanine.....g	1.341		0		1		1.918	0.380	
Tyrosine.....g	1.052		0		1		1.504	0.298	
Valine.....g	1.085		0		1		1.552	0.308	
Arginine.....g	3.094		0		1		4.424	0.877	
Histidine.....g	0.654		0		1		0.935	0.185	
Alanine.....g	1.028		0		1		1.470	0.291	
Aspartic acid.....g	3.156		0		1		4.513	0.895	
Glutamic acid.....g	5.406		0		1		7.731	1.533	
Glycine.....g	1.559		0		1		2.229	0.442	
Proline.....g	1.142		0		1		1.633	0.324	
Serine.....g	1.275		0		1		1.823	0.361	
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 = 143g: 1 cup  
 Measure 2 = 28.35g: 1 oz

**Calories Factors:** Protein 3.47      Fat 8.37      Carbohydrate 4.07

**Food Group:** 16 Legumes and Legume Products  
 USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**NDB No. 16396**  
**Peanuts, virginia, oil-roasted, 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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	2.17	0.066	15		1		3.10	0.62	
Energy.....kcal	578		0	NC	4		827	164	
Energy.....kj	2418				4		3458	686	
Protein (N x 5.46).....g	25.87	0.332	15		1		36.99	7.33	
Total lipid (fat).....g	48.62	0.478	15		1		69.53	13.78	
Ash.....g	3.48	0.119	8		1		4.98	0.99	
Carbohydrate, by difference.....g	19.86		0	NC	4		28.40	5.63	
Fiber, total dietary.....g	8.9		0	BFSN	4		12.7	2.5	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	86	0.246	8		1		123	24	
Iron, Fe.....mg	1.67	0.044	8		1		2.39	0.47	
Magnesium, Mg.....mg	188	1.102	8		1		269	53	
Phosphorus, P.....mg	506	0.845	8		1		724	143	
Potassium, K.....mg	652	0.720	8		1		932	185	
Sodium, Na.....mg	6		0		1		9	2	
Zinc, Zn.....mg	6.62	0.020	8		1		9.47	1.88	
Copper, Cu.....mg	1.273	0.013	8		1		1.820	0.361	
Manganese, Mn.....mg	2.008	0.019	8		1		2.871	0.569	
Selenium, Se.....mcg	7.5		0	BFZN	4		10.7	2.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.276	0.002	8		1		0.395	0.078	
Riboflavin.....mg	0.112	0.002	8		1		0.160	0.032	
Niacin.....mg	14.700	0.436	8		1		21.021	4.167	
Pantothenic acid.....mg	1.386		0		1		1.982	0.393	
Vitamin B-6.....mg	0.254		0		1		0.363	0.072	
Folate, total.....mcg	125		0		1		179	36	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	125		0		1		179	36	
Folate, DFE.....mcg_DFE	125		0	NC	4		179	36	
Vitamin B-12.....mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU.....IU	0		0		1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		1		0	0	
Retinol.....mcg	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	6.345		0		1		9.073	1.799	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.012		0		1		0.017	0.003	
15:0.....g									
16:0.....g	4.498		0		1		6.432	1.275	
17:0.....g									
18:0.....g	1.148		0		1		1.642	0.325	
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 16396**  
**Peanuts, virginia, oil-roasted, 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	Code	Code				
Fatty acids, total monounsaturated.....g	25.222		0		1		36.067	7.150	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.053		0		1		0.076	0.015	
17:1.....g									
18:1 undifferentiated.....g	24.610		0		1		35.192	6.977	
20:1.....g	0.542		0		1		0.775	0.154	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	14.669		0		1		20.977	4.159	
18:2 undifferentiated.....g	14.640		0		1		20.935	4.150	
18:3 undifferentiated.....g	0.019		0		1		0.027	0.005	
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		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.251		0		1		0.359	0.071	
Threonine.....g	0.886		0		1		1.267	0.251	
Isoleucine.....g	0.910		0		1		1.301	0.258	
Leucine.....g	1.677		0		1		2.398	0.475	
Lysine.....g	0.929		0		1		1.328	0.263	
Methionine.....g	0.317		0		1		0.453	0.090	
Cystine.....g	0.332		0		1		0.475	0.094	
Phenylalanine.....g	1.341		0		1		1.918	0.380	
Tyrosine.....g	1.052		0		1		1.504	0.298	
Valine.....g	1.085		0		1		1.552	0.308	
Arginine.....g	3.094		0		1		4.424	0.877	
Histidine.....g	0.654		0		1		0.935	0.185	
Alanine.....g	1.028		0		1		1.470	0.291	
Aspartic acid.....g	3.156		0		1		4.513	0.895	
Glutamic acid.....g	5.406		0		1		7.731	1.533	
Glycine.....g	1.559		0		1		2.229	0.442	
Proline.....g	1.142		0		1		1.633	0.324	
Serine.....g	1.275		0		1		1.823	0.361	
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 = 143g: 1 cup

Measure 2 = 28.35g: 1 oz

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate** 4.07

**Food Group:** 16 Legumes and Legume Products

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





**NDB No. 16095**  
**Peanuts, virginia, raw**

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	25.289		0		1		36.922	7.169	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.053		0		1		0.077	0.015	
17:1.....g									
18:1 undifferentiated.....g	24.676		0		1		36.027	6.996	
20:1.....g	0.544		0		1		0.794	0.154	
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	14.708		0		1		21.474	4.170	
18:2 undifferentiated.....g	14.679		0		1		21.431	4.161	
18:3 undifferentiated.....g	0.019		0		1		0.028	0.005	
18:4.....g	0.000		0	BFSN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.036		0	BFSN	4		0.052	0.010	
20:5 n-3.....g	0.000		0	BFSN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFSN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFSN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.245		0		1		0.358	0.069	
Threonine.....g	0.863		0		1		1.260	0.245	
Isoleucine.....g	0.886		0		1		1.294	0.251	
Leucine.....g	1.633		0		1		2.384	0.463	
Lysine.....g	0.904		0		1		1.320	0.256	
Methionine.....g	0.309		0		1		0.451	0.088	
Cystine.....g	0.323		0		1		0.472	0.092	
Phenylalanine.....g	1.306		0		1		1.907	0.370	
Tyrosine.....g	1.024		0		1		1.495	0.290	
Valine.....g	1.057		0		1		1.543	0.300	
Arginine.....g	3.013		0		1		4.399	0.854	
Histidine.....g	0.637		0		1		0.930	0.181	
Alanine.....g	1.001		0		1		1.461	0.284	
Aspartic acid.....g	3.073		0		1		4.487	0.871	
Glutamic acid.....g	5.265		0		1		7.687	1.493	
Glycine.....g	1.518		0		1		2.216	0.430	
Proline.....g	1.112		0		1		1.624	0.315	
Serine.....g	1.241		0		1		1.812	0.352	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	BFSN	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	0		0	BFSN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 146g: 1 cup

Measure 2 = 28.35g: 1 oz

NDB No. 16095  
Peanuts, virginia, raw

Calories Factors: Protein 3.47      Fat 8.37      Carbohydrate 4.07

Food Group: 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 16386

Peas, split, mature seeds, cooked, boiled, 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 Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.081		0		1		0.159		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.077		0		1		0.151		
20:1.....g	0.003		0		1		0.006		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.165		0		1		0.323		
18:2 undifferentiated.....g	0.137		0		1		0.269		
18:3 undifferentiated.....g	0.028		0		1		0.055		
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		1		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.093		0		1		0.182		
Threonine.....g	0.296		0		1		0.580		
Isoleucine.....g	0.344		0		1		0.674		
Leucine.....g	0.598		0		1		1.172		
Lysine.....g	0.602		0		1		1.180		
Methionine.....g	0.085		0		1		0.167		
Cystine.....g	0.127		0		1		0.249		
Phenylalanine.....g	0.384		0		1		0.753		
Tyrosine.....g	0.242		0		1		0.474		
Valine.....g	0.394		0		1		0.772		
Arginine.....g	0.744		0		1		1.458		
Histidine.....g	0.203		0		1		0.398		
Alanine.....g	0.367		0		1		0.719		
Aspartic acid.....g	0.984		0		1		1.929		
Glutamic acid.....g	1.426		0		1		2.795		
Glycine.....g	0.371		0		1		0.727		
Proline.....g	0.344		0		1		0.674		
Serine.....g	0.367		0		1		0.719		
Hydroxyproline.....g									
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	4		0	BFSN	4		8.232		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 196g: 1 cup

**Calories Factors: Protein** 3.47**Fat** 8.37**Carbohydrate** 4.07**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16086

Peas, split, mature seeds, cooked, boiled, 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 Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	69.49	1.521	25		1		136.20	8.48	
Energy.....kcal	118		0	NC	4		231	14	
Energy.....kj	494		0	NC	4		968	60	
Protein (N x 6.25).....g	8.34	0.276	20		1		16.35	1.02	
Total lipid (fat).....g	0.39	0.021	20		1		0.76	0.05	
Ash.....g	0.68	0.033	20		1		1.33	0.08	
Carbohydrate, by difference.....g	21.10		0	NC	4		41.36	2.57	
Fiber, total dietary.....g	8.3		0		1		16.3	1.0	
Sugars, total.....g	2.90		0	T	4		5.68	0.35	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	14	0.266	20		1		27	2	
Iron, Fe.....mg	1.29	0.074	20		1		2.53	0.16	
Magnesium, Mg.....mg	36	1.428	20		1		71	4	
Phosphorus, P.....mg	99	5.920	20		1		194	12	
Potassium, K.....mg	362	27.305	20		1		710	44	
Sodium, Na.....mg	2	0.129	16		1		4	0	
Zinc, Zn.....mg	1.00	0.053	20		1		1.96	0.12	
Copper, Cu.....mg	0.181	0.009	20		1		0.355	0.022	
Manganese, Mn.....mg	0.396	0.010	20		1		0.776	0.048	
Selenium, Se.....mcg	0.6		0	BFSN	4		1.2	0.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.4		0		1		0.8	0.0	
Thiamin.....mg	0.190	0.020	20		1		0.372	0.023	
Riboflavin.....mg	0.056	0.002	20		1		0.110	0.007	
Niacin.....mg	0.890	0.059	20		1		1.744	0.109	
Pantothenic acid.....mg	0.595	0.035	8		1		1.166	0.073	
Vitamin B-6.....mg	0.048	0.002	8		1		0.094	0.006	
Folate, total.....mcg	65	14.314	13		1		127	8	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	65	14.314	13		1		127	8	
Folate, DFE.....mcg_DFE	65		0	NC	4		127	8	
Vitamin B-12.....mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU.....IU	7		0	NC	4		14	1	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		1	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.03		0	BFSN	4		0.06	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	5.0		0	T	4		9.8	0.6	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.054		0		1		0.106	0.007	
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	0.001		0		1		0.002	0.000	
13:0.....g									
14:0.....g	0.001		0		1		0.002	0.000	
15:0.....g									
16:0.....g	0.042		0		1		0.082	0.005	
17:0.....g									
18:0.....g	0.010		0		1		0.020	0.001	
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 16086

Peas, split, mature seeds, cooked, boiled, 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	0.081		0		1		0.159	0.010	
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	0.077		0		1		0.151	0.009	
20:1.....g	0.003		0		1		0.006	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.165		0		1		0.323	0.020	
18:2 undifferentiated.....g	0.137		0		1		0.269	0.017	
18:3 undifferentiated.....g	0.028		0		1		0.055	0.003	
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		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.093		0		1		0.182	0.011	
Threonine.....g	0.296		0		1		0.580	0.036	
Isoleucine.....g	0.344		0		1		0.674	0.042	
Leucine.....g	0.598		0		1		1.172	0.073	
Lysine.....g	0.602		0		1		1.180	0.073	
Methionine.....g	0.085		0		1		0.167	0.010	
Cystine.....g	0.127		0		1		0.249	0.015	
Phenylalanine.....g	0.384		0		1		0.753	0.047	
Tyrosine.....g	0.242		0		1		0.474	0.030	
Valine.....g	0.394		0		1		0.772	0.048	
Arginine.....g	0.744		0		1		1.458	0.091	
Histidine.....g	0.203		0		1		0.398	0.025	
Alanine.....g	0.367		0		1		0.719	0.045	
Aspartic acid.....g	0.984		0		1		1.929	0.120	
Glutamic acid.....g	1.426		0		1		2.795	0.174	
Glycine.....g	0.371		0		1		0.727	0.045	
Proline.....g	0.344		0		1		0.674	0.042	
Serine.....g	0.367		0		1		0.719	0.045	
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	4		0	O	4		8.232	0.512	
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 = 196g: 1 cup

Measure 2 = 12.2g: 1 tbsp

**NDB No. 16086**  
**Peas, split, mature seeds, cooked, boiled, without salt**

**Calories Factors:** **Protein** 3.47                      **Fat** 8.37                      **Carbohydrate** 4.07

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



*Pisum sativum*

**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	11.27	0.375	53		1		22.20	51.12	
Energy.....kcal	341		0	NC	4		671	1545	
Energy.....kj	1425		0	NC	4		2807	6464	
Protein (N x 6.25).....g	24.55	0.516	93		1		48.36	111.36	
Total lipid (fat).....g	1.16	0.062	63		1		2.29	5.26	
Ash.....g	2.65	0.105	78		1		5.22	12.02	
Carbohydrate, by difference.....g	60.37		0	NC	4		118.93	273.84	
Fiber, total dietary.....g	25.5		0		4		50.2	115.7	
Sugars, total.....g	8.00		0	T	4		15.76	36.29	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	55	3.846	70		1		108	249	
Iron, Fe.....mg	4.43	0.258	112		1		8.73	20.09	
Magnesium, Mg.....mg	115	5.106	54		1		227	522	
Phosphorus, P.....mg	366	15.017	64		1		721	1660	
Potassium, K.....mg	981	34.360	43		1		1933	4450	
Sodium, Na.....mg	15	2.534	53		1		30	68	
Zinc, Zn.....mg	3.01	0.123	48		1		5.93	13.65	
Copper, Cu.....mg	0.866	0.021	69		1		1.706	3.928	
Manganese, Mn.....mg	1.391	0.249	46		1		2.740	6.310	
Selenium, Se.....mcg	1.6		1	A	1		3.2	7.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.8		2		1		3.5	8.2	
Thiamin.....mg	0.726		40		1		1.430	3.293	
Riboflavin.....mg	0.215		41		1		0.424	0.975	
Niacin.....mg	2.889		39		1		5.691	13.105	
Pantothenic acid.....mg	1.758	0.057	24		1		3.463	7.974	
Vitamin B-6.....mg	0.174	0.006	24		1		0.343	0.789	
Folate, total.....mcg	274	24.358	27		1		539	1242	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	274	24.358	27		1		539	1242	
Folate, DFE.....mcg_DFE	274		0	NC	4		539	1242	
Vitamin B-12.....mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU.....IU	149		0	NC	4		294	676	
Vitamin A, RAE.....mcg_RAE	7		0	NC	4		15	34	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.09		0		1		0.18	0.41	
Tocopherol, beta.....mg	0.00		0	T	4		0.00	0.00	
Tocopherol, gamma.....mg	2.09		0	T	4		4.12	9.48	
Tocopherol, delta.....mg	0.09		0	T	4		0.18	0.41	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	14.5		0	BFSN	4		28.6	66.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.161		0		1		0.317	0.730	
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	0.003		0		1		0.006	0.014	
13:0.....g									
14:0.....g	0.002		0		1		0.004	0.009	
15:0.....g									
16:0.....g	0.125		0		1		0.246	0.567	
17:0.....g									
18:0.....g	0.031		0		1		0.061	0.141	
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 16085**  
**Peas, split, mature seeds, raw**

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	0.242		0		1		0.477	1.098	
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	0.232		0		1		0.457	1.052	
20:1.....g	0.010		0		1		0.020	0.045	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.495		0		1		0.975	2.245	
18:2 undifferentiated.....g	0.411		0		1		0.810	1.864	
18:3 undifferentiated.....g	0.084		0		1		0.165	0.381	
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		1		0	0	
Phytosterols.....mg	135		0		1		266	612	
<b>Amino Acids:</b>									
Tryptophan.....g	0.275		32		1		0.542	1.247	
Threonine.....g	0.872		50		1		1.718	3.955	
Isoleucine.....g	1.014		46		1		1.998	4.600	
Leucine.....g	1.760		50		1		3.467	7.983	
Lysine.....g	1.772		52		1		3.491	8.038	
Methionine.....g	0.251		97		1		0.494	1.139	
Cystine.....g	0.373		90		1		0.735	1.692	
Phenylalanine.....g	1.132		50		1		2.230	5.135	
Tyrosine.....g	0.711		41		1		1.401	3.225	
Valine.....g	1.159		46		1		2.283	5.257	
Arginine.....g	2.188		46		1		4.310	9.925	
Histidine.....g	0.597		46		1		1.176	2.708	
Alanine.....g	1.080		43		1		2.128	4.899	
Aspartic acid.....g	2.896		43		1		5.705	13.136	
Glutamic acid.....g	4.196		43		1		8.266	19.033	
Glycine.....g	1.092		43		1		2.151	4.953	
Proline.....g	1.014		47		1		1.998	4.600	
Serine.....g	1.080		43		1		2.128	4.899	
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	89		0	O	4		176.118	405.518	
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 = 197g: 1 cup

Measure 2 = 453.6g: 1 lb

**NDB No. 16085**  
**Peas, split, mature seeds, raw**

**Calories Factors:** **Protein** 3.47                      **Fat** 8.37                      **Carbohydrate** 4.07

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 16402

Pigeon peas (red gram), mature seeds, cooked, boiled, 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 Points	Code	Code	Code			
Fatty acids, total monounsaturated.....g	0.003		0		1		0.005		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.003		0		1		0.005		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.205		0		1		0.344		
18:2 undifferentiated.....g	0.196		0		1		0.329		
18:3 undifferentiated.....g	0.009		0		1		0.015		
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		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.066		0		1		0.111		
Threonine.....g	0.239		0		1		0.402		
Isoleucine.....g	0.245		0		1		0.412		
Leucine.....g	0.483		0		1		0.811		
Lysine.....g	0.474		0		1		0.796		
Methionine.....g	0.076		0		1		0.128		
Cystine.....g	0.078		0		1		0.131		
Phenylalanine.....g	0.579		0		1		0.973		
Tyrosine.....g	0.168		0		1		0.282		
Valine.....g	0.292		0		1		0.491		
Arginine.....g	0.405		0		1		0.680		
Histidine.....g	0.241		0		1		0.405		
Alanine.....g	0.303		0		1		0.509		
Aspartic acid.....g	0.669		0		1		1.124		
Glutamic acid.....g	1.568		0		1		2.634		
Glycine.....g	0.250		0		1		0.420		
Proline.....g	0.298		0		1		0.501		
Serine.....g	0.320		0		1		0.538		
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 = 168g: 1 cup

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 16 Legumes and Legume Products

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



**NDB No. 16102**  
**Pigeon peas (red gram), mature seeds, cooked, boiled, 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	Code	Code				
Fatty acids, total monounsaturated.....g	0.003		0		1		0.005		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.003		0		1		0.005		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.205		0		1		0.344		
18:2 undifferentiated.....g	0.196		0		1		0.329		
18:3 undifferentiated.....g	0.009		0		1		0.015		
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		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.066		0		1		0.111		
Threonine.....g	0.239		0		1		0.402		
Isoleucine.....g	0.245		0		1		0.412		
Leucine.....g	0.483		0		1		0.811		
Lysine.....g	0.474		0		1		0.796		
Methionine.....g	0.076		0		1		0.128		
Cystine.....g	0.078		0		1		0.131		
Phenylalanine.....g	0.579		0		1		0.973		
Tyrosine.....g	0.168		0		1		0.282		
Valine.....g	0.292		0		1		0.491		
Arginine.....g	0.405		0		1		0.680		
Histidine.....g	0.241		0		1		0.405		
Alanine.....g	0.303		0		1		0.509		
Aspartic acid.....g	0.669		0		1		1.124		
Glutamic acid.....g	1.568		0		1		2.634		
Glycine.....g	0.250		0		1		0.420		
Proline.....g	0.298		0		1		0.501		
Serine.....g	0.320		0		1		0.538		
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 = 168g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 16 Legumes and Legume Products**

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





**NDB No. 16101**  
**Pigeon peas (red gram), mature seeds, raw**

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	0.012		0		1		0.025		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.012		0		1		0.025		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.814		0		1		1.669		
18:2 undifferentiated.....g	0.778		0		1		1.595		
18:3 undifferentiated.....g	0.035		0		1		0.072		
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		1		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.212		14		1		0.435		
Threonine.....g	0.767		28		1		1.572		
Isoleucine.....g	0.785		28		1		1.609		
Leucine.....g	1.549		28		1		3.175		
Lysine.....g	1.521		28		1		3.118		
Methionine.....g	0.243		26		1		0.498		
Cystine.....g	0.250		19		1		0.513		
Phenylalanine.....g	1.858		19		1		3.809		
Tyrosine.....g	0.538		26		1		1.103		
Valine.....g	0.937		28		1		1.921		
Arginine.....g	1.299		26		1		2.663		
Histidine.....g	0.774		26		1		1.587		
Alanine.....g	0.972		24		1		1.993		
Aspartic acid.....g	2.146		24		1		4.399		
Glutamic acid.....g	5.031		24		1		10.314		
Glycine.....g	0.802		24		1		1.644		
Proline.....g	0.955		23		1		1.958		
Serine.....g	1.028		24		1		2.107		
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

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 16 Legumes and Legume Products**

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

NDB No. 16103

Refried beans, canned (includes USDA commodity)

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	75.97	0.648	4		1		191.44	12.16	
Energy.....kcal	94		0	NC	4		236	15	
Energy.....kj	392		0	NC	4		987	63	
Protein (N x 6.25).....g	5.49	0.310	5		1		13.83	0.88	
Total lipid (fat).....g	1.26	0.139	5		1		3.18	0.20	
Ash.....g	1.75	0.110	4		1		4.41	0.28	
Carbohydrate, by difference.....g	15.53		0	NC	4		39.14	2.48	
Fiber, total dietary.....g	5.3	0.085	4		1		13.4	0.8	
Sugars, total.....g	0.23		0	BFSN	4		0.58	0.04	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	35	3.442	5		1		88	6	
Iron, Fe.....mg	1.66		1		1		4.18	0.27	
Magnesium, Mg.....mg	33	2.023	4		1		83	5	
Phosphorus, P.....mg	86	18.005	5		1		217	14	
Potassium, K.....mg	267	21.248	4		1		673	43	
Sodium, Na.....mg	299	42.645	4		1		753	48	
Zinc, Zn.....mg	1.17	0.185	4		1		2.95	0.19	
Copper, Cu.....mg	0.167	0.018	4		1		0.421	0.027	
Manganese, Mn.....mg	0.157	0.059	8		1		0.396	0.025	
Selenium, Se.....mcg	1.3		0	BFSN	4		3.3	0.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	6.0		2		1		15.1	1.0	
Thiamin.....mg	0.027	0.001	5		1		0.068	0.004	
Riboflavin.....mg	0.016	0.007	5		1		0.040	0.003	
Niacin.....mg	0.315	0.036	5		1		0.794	0.050	
Pantothenic acid.....mg	0.097	0.013	4		1		0.244	0.016	
Vitamin B-6.....mg	0.143	0.016	4		1		0.360	0.023	
Folate, total.....mcg	11	1.655	4		1		28	2	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	11	1.655	4		1		28	2	
Folate, DFE.....mcg_DFE	11		0	NC	4		28	2	
Vitamin B-12.....mcg	0.00		0		1		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	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.4		0	BFSN	4		6.0	0.4	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.474		0		1		1.194	0.076	
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	0.001		0		1		0.003	0.000	
12:0.....g	0.007		1		1		0.018	0.001	
13:0.....g									
14:0.....g	0.037		1		1		0.093	0.006	
15:0.....g									
16:0.....g	0.275		1		1		0.693	0.044	
17:0.....g									
18:0.....g	0.156		1		1		0.393	0.025	
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 16103

Refried beans, canned (includes USDA commodity)

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	0.561		0		1		1.414	0.090	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.033		1		1		0.083	0.005	
17:1.....g									
18:1 undifferentiated.....g	0.520		1		1		1.310	0.083	
20:1.....g	0.008		1		1		0.020	0.001	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.153		0		1		0.386	0.024	
18:2 undifferentiated.....g	0.132		1		1		0.333	0.021	
18:3 undifferentiated.....g	0.021		1		1		0.053	0.003	
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	8		0		1		20	1	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.065		0		1		0.164	0.010	
Threonine.....g	0.231		0		1		0.582	0.037	
Isoleucine.....g	0.242		0		1		0.610	0.039	
Leucine.....g	0.438		0		1		1.104	0.070	
Lysine.....g	0.377		0		1		0.950	0.060	
Methionine.....g	0.083		0		1		0.209	0.013	
Cystine.....g	0.060		0		1		0.151	0.010	
Phenylalanine.....g	0.297		0		1		0.748	0.048	
Tyrosine.....g	0.155		0		1		0.391	0.025	
Valine.....g	0.287		0		1		0.723	0.046	
Arginine.....g	0.340		0		1		0.857	0.054	
Histidine.....g	0.153		0		1		0.386	0.024	
Alanine.....g	0.230		0		1		0.580	0.037	
Aspartic acid.....g	0.664		0		1		1.673	0.106	
Glutamic acid.....g	0.837		0		1		2.109	0.134	
Glycine.....g	0.214		0		1		0.539	0.034	
Proline.....g	0.233		0		1		0.587	0.037	
Serine.....g	0.299		0		1		0.753	0.048	
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 = 252g: 1 cup

Measure 2 = 16g: 1 tbsp

**NDB No. 16103**

**Refried beans, canned (includes USDA commodity)**

**Calories Factors: Protein** 3.5

**Fat** 8.9

**Carbohydrate** 4.07

**Food Group:** 16 Legumes and Legume Products

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			Measure 1	Measure 2	Measure 3
			of Data	Deriv	Source			
	Points	Code	Code	Confidence	Code			
<b>Proximates:</b>								
Water.....g	70.00				1	10.50		
Energy.....kcal	149		0	NC	4	22		
Energy.....kj	623		0	NC	4	94		
Protein.....g	8.00				1	1.20		
Total lipid (fat).....g	9.00				1	1.35		
Ash.....g	4.00		0	O	4	0.60		
Carbohydrate, by difference.....g	9.00		0	NC	4	1.35		
Fiber, total dietary.....g	3.3				4	0.5		
Sugars, total.....g	1.29		0	LC	8	0.19		
Starch.....g								
<b>Minerals:</b>								
Calcium, Ca.....mg	44				1	7		
Iron, Fe.....mg	1.50				1	0.23		
Magnesium, Mg.....mg	127				4	19		
Phosphorus, P.....mg	220				4	33		
Potassium, K.....mg	340				1	51		
Sodium, Na.....mg	630				1	95		
Zinc, Zn.....mg	1.30				1	0.20		
Copper, Cu.....mg	0.649				4	0.097		
Manganese, Mn.....mg								
Selenium, Se.....mcg	0.5		0	BFSN	4	0.1		
<b>Vitamins:</b>								
Vitamin C, total ascorbic acid.....mg	0.0				7	0.0		
Thiamin.....mg	0.600				1	0.090		
Riboflavin.....mg	0.700				1	0.105		
Niacin.....mg	13.000				1	1.950		
Pantothenic acid.....mg								
Vitamin B-6.....mg	1.100				1	0.165		
Folate, total.....mcg	103				4	15		
Folic acid.....mcg	0		0	Z	7	0		
Folate, food.....mcg	103				4	15		
Folate, DFE.....mcg_DFE	103		0	NC	4	15		
Vitamin B-12.....mcg	3.10				1	0.47		
Vitamin A, IU.....IU	100		0	NC	4	15		
Vitamin A, RAE.....mcg_RAE	5		0	NC	4	1		
Retinol.....mcg	0		0	Z	7	0		
Vitamin E (alpha-tocopherol).....mg	1.73		0	O	4	0.26		
Tocopherol, beta.....mg								
Tocopherol, gamma.....mg								
Tocopherol, delta.....mg								
Vitamin D.....IU								
Vitamin K (phylloquinone).....mcg	0.0		0	Z	7	0.0		
<b>Lipids:</b>								
Fatty acids, total saturated.....g	1.425				4	0.214		
4:0.....g	0.000				4	0.000		
6:0.....g	0.000				4	0.000		
8:0.....g	0.000				4	0.000		
10:0.....g	0.000				4	0.000		
12:0.....g	0.087				4	0.013		
13:0.....g								
14:0.....g	0.043				4	0.006		
15:0.....g								
16:0.....g	0.925				4	0.139		
17:0.....g								
18:0.....g	0.369				4	0.055		
20:0.....g								
22:0.....g								
24:0.....g								

**NDB No. 43135**  
**Sandwich spread, meatless**

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	2.188				4		0.328		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4		0.000		
17:1.....g									
18:1 undifferentiated.....g	2.188				4		0.328		
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	4.666				4		0.700		
18:2 undifferentiated.....g	4.146				4		0.622		
18:3 undifferentiated.....g	0.520				4		0.078		
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	0				7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	60		0	LC	8		9.000		
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 = 15.0g: 1 tbsp

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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	50.40		2		1		12.60	19.15	14.11
Energy.....kcal	257		0	NC	4		64	97	72
Energy.....kj	1073		0	NC	4		268	408	301
Protein (N x 5.71).....g	18.53		2		1		4.63	7.04	5.19
Total lipid (fat).....g	18.16		2		1		4.54	6.90	5.08
Ash.....g	3.07		2		1		0.77	1.17	0.86
Carbohydrate, by difference.....g	9.84		0	NC	4		2.46	3.74	2.76
Fiber, total dietary.....g	2.8		0		1		0.7	1.1	0.8
Sugars, total.....g	0.00		0	LC	8		0.00	0.00	0.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	63		2		1		16	24	18
Iron, Fe.....mg	3.72		2		1		0.93	1.41	1.04
Magnesium, Mg.....mg	36		2		1		9	14	10
Phosphorus, P.....mg	225		2		1		56	86	63
Potassium, K.....mg	231		2		1		58	88	65
Sodium, Na.....mg	888		2		1		222	337	249
Zinc, Zn.....mg	1.46		2		1		0.37	0.55	0.41
Copper, Cu.....mg	0.250		2		1		0.063	0.095	0.070
Manganese, Mn.....mg	0.725		2		1		0.181	0.276	0.203
Selenium, Se.....mcg	7.4		0	BFZN	4		1.9	2.8	2.1
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0
Thiamin.....mg	2.343		2		1		0.586	0.890	0.656
Riboflavin.....mg	0.402		2		1		0.101	0.153	0.113
Niacin.....mg	11.195		2		1		2.799	4.254	3.135
Pantothenic acid.....mg	0.323		2		1		0.081	0.123	0.090
Vitamin B-6.....mg	0.828		2		1		0.207	0.315	0.232
Folate, total.....mcg	26		2		1		7	10	7
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	26		2		1		7	10	7
Folate, DFE.....mcg_DFE	26		0	NC	4		7	10	7
Vitamin B-12.....mcg	0.00		0		1		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0	NC	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	2.10		0	O	4		0.53	0.80	0.59
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	0.0
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.926		0		1		0.732	1.112	0.819
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	0.217		0		1		0.054	0.082	0.061
13:0.....g									
14:0.....g	0.067		0		1		0.017	0.025	0.019
15:0.....g									
16:0.....g	1.856		0		1		0.464	0.705	0.520
17:0.....g									
18:0.....g	0.786		0		1		0.197	0.299	0.220
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 16107**  
**Sausage, meatless**

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	4.498		0		1		1.125	1.709	1.259
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	4.498		0		1		1.125	1.709	1.259
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	9.279		0		1		2.320	3.526	2.598
18:2 undifferentiated.....g	8.209		0		1		2.052	3.119	2.299
18:3 undifferentiated.....g	1.070		0		1		0.268	0.407	0.300
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		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.279		0		1		0.070	0.106	0.078
Threonine.....g	0.785		0		1		0.196	0.298	0.220
Isoleucine.....g	0.970		0		1		0.243	0.369	0.272
Leucine.....g	1.587		0		1		0.397	0.603	0.444
Lysine.....g	1.262		0		1		0.316	0.480	0.353
Methionine.....g	0.253		0		1		0.063	0.096	0.071
Cystine.....g	0.305		0		1		0.076	0.116	0.085
Phenylalanine.....g	1.061		0		1		0.265	0.403	0.297
Tyrosine.....g	0.694		0		1		0.174	0.264	0.194
Valine.....g	1.029		0		1		0.257	0.391	0.288
Arginine.....g	1.519		0		1		0.380	0.577	0.425
Histidine.....g	0.519		0		1		0.130	0.197	0.145
Alanine.....g	0.853		0		1		0.213	0.324	0.239
Aspartic acid.....g	2.307		0		1		0.577	0.877	0.646
Glutamic acid.....g	4.215		0		1		1.054	1.602	1.180
Glycine.....g	0.821		0		1		0.205	0.312	0.230
Proline.....g	1.116		0		1		0.279	0.424	0.312
Serine.....g	1.087		0		1		0.272	0.413	0.304
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	O	4		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 = 25g: 1 link

Measure 2 = 38g: 1 patty

Measure 3 = 28g: 1 slice



NDB No. 16107  
Sausage, meatless

Calories Factors: Protein 3.48      Fat 8.37      Carbohydrate 4.07

Food Group: 16 Legumes and Legume Products  
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			Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code			
<b>Proximates:</b>								
Water.....g	7.25		6		1		7.25	0.45
Energy.....kcal	330		0	NC	4		330	20
Energy.....kj	1379		0	NC	4		1379	85
Protein (N x 5.71).....g	47.01		6		1		47.01	2.91
Total lipid (fat).....g	1.22		6		1		1.22	0.08
Ash.....g	6.15		2		1		6.15	0.38
Carbohydrate, by difference.....g	38.37		0	NC	4		38.37	2.38
Fiber, total dietary.....g	17.5		0		1		17.5	1.1
Sugars, total.....g	20.00		0	O	4		20.00	1.24
Starch.....g								
<b>Minerals:</b>								
Calcium, Ca.....mg	241	27.984	17		1		241	15
Iron, Fe.....mg	9.24	0.781	13		1		9.24	0.57
Magnesium, Mg.....mg	290	32.952	13		1		290	18
Phosphorus, P.....mg	674		11		1		674	42
Potassium, K.....mg	2384	243.884	13		1		2384	148
Sodium, Na.....mg	20	2.319	13		1		20	1
Zinc, Zn.....mg	2.46	0.215	14		1		2.46	0.15
Copper, Cu.....mg	4.065	0.105	14		1		4.065	0.252
Manganese, Mn.....mg	3.018	0.084	13		1		3.018	0.187
Selenium, Se.....mcg	1.7		0	BFFN	4		1.7	0.1
<b>Vitamins:</b>								
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0
Thiamin.....mg	0.698		5		1		0.698	0.043
Riboflavin.....mg	0.253		5		1		0.253	0.016
Niacin.....mg	2.612		5		1		2.612	0.162
Pantothenic acid.....mg	1.995		5		1		1.995	0.124
Vitamin B-6.....mg	0.574		5		1		0.574	0.036
Folate, total.....mcg	305		7		1		305	19
Folic acid.....mcg	0		0	Z	7		0	0
Folate, food.....mcg	305		7		1		305	19
Folate, DFE.....mcg_DFE	305		0	NC	4		305	19
Vitamin B-12.....mcg	0.00		0		1		0.00	0.00
Vitamin A, IU.....IU	40		0	NC	4		40	2
Vitamin A, RAE.....mcg_RAE	2		0	NC	4		2	0
Retinol.....mcg	0		0	Z	7		0	0
Vitamin E (alpha-tocopherol).....mg	0.20		0	O	4		0.20	0.01
Tocopherol, beta.....mg								
Tocopherol, gamma.....mg								
Tocopherol, delta.....mg								
Vitamin D.....IU								
Vitamin K (phylloquinone).....mcg	4.1		0	BFFN	4		4.1	0.3
<b>Lipids:</b>								
Fatty acids, total saturated.....g	0.136		0		1		0.136	0.008
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	0.003		0		1		0.003	0.000
15:0.....g								
16:0.....g	0.100		0		1		0.100	0.006
17:0.....g								
18:0.....g	0.034		0		1		0.034	0.002
20:0.....g								
22:0.....g								
24:0.....g								

**NDB No. 16117**  
**Soy flour, defatted**

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	0.208		0		1		0.208	0.013	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		1		0.003	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.206		0		1		0.206	0.013	
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	0.533		0		1		0.533	0.033	
18:2 undifferentiated.....g	0.470		0		1		0.470	0.029	
18:3 undifferentiated.....g	0.063		0		1		0.063	0.004	
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		1		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.683		0		1		0.683	0.042	
Threonine.....g	2.042		0		1		2.042	0.127	
Isoleucine.....g	2.281		0		1		2.281	0.141	
Leucine.....g	3.828		0		1		3.828	0.237	
Lysine.....g	3.129		0		1		3.129	0.194	
Methionine.....g	0.634		0		1		0.634	0.039	
Cystine.....g	0.757		0		1		0.757	0.047	
Phenylalanine.....g	2.453		0		1		2.453	0.152	
Tyrosine.....g	1.778		0		1		1.778	0.110	
Valine.....g	2.346		0		1		2.346	0.145	
Arginine.....g	3.647		0		1		3.647	0.226	
Histidine.....g	1.268		0		1		1.268	0.079	
Alanine.....g	2.215		0		1		2.215	0.137	
Aspartic acid.....g	5.911		0		1		5.911	0.366	
Glutamic acid.....g	9.106		0		1		9.106	0.565	
Glycine.....g	2.174		0		1		2.174	0.135	
Proline.....g	2.750		0		1		2.750	0.171	
Serine.....g	2.725		0		1		2.725	0.169	
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	24		0	O	4		24.000	1.488	
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 = 100g: 1 cup, stirred

Measure 2 = 6.2g: 1 tbsp

NDB No. 16117  
Soy flour, defatted

Calories Factors: Protein 3.47      Fat 8.37      Carbohydrate 4.07

Food Group: 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 16417

Soy flour, defatted, crude protein basis (N x 6.25)

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	0.208		0		1		0.208		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		1		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.206		0		1		0.206		
20:1.....g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.533		0		1		0.533		
18:2 undifferentiated.....g	0.470		0		1		0.470		
18:3 undifferentiated.....g	0.063		0		1		0.063		
18:4.....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFSN	4		0.000		
20:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:6 n-3.....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.683		0		1		0.683		
Threonine.....g	2.042		0		1		2.042		
Isoleucine.....g	2.281		0		1		2.281		
Leucine.....g	3.828		0		1		3.828		
Lysine.....g	3.129		0		1		3.129		
Methionine.....g	0.634		0		1		0.634		
Cystine.....g	0.757		0		1		0.757		
Phenylalanine.....g	2.453		0		1		2.453		
Tyrosine.....g	1.778		0		1		1.778		
Valine.....g	2.346		0		1		2.346		
Arginine.....g	3.647		0		1		3.647		
Histidine.....g	1.268		0		1		1.268		
Alanine.....g	2.215		0		1		2.215		
Aspartic acid.....g	5.911		0		1		5.911		
Glutamic acid.....g	9.106		0		1		9.106		
Glycine.....g	2.174		0		1		2.174		
Proline.....g	2.750		0		1		2.750		
Serine.....g	2.725		0		1		2.725		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		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	24		0	BFSN	4		24.000		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 100g: 1 cup, stirred

NDB No. 16417  
Soy flour, defatted, crude protein basis (N x 6.25)

Calories Factors: Protein 3.47                      Fat 8.37                      Carbohydrate 4.07

Food Group: 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**Refuse: 0%**

[illegible]



**NDB No. 16115**  
**Soy flour, full-fat, raw**

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	4.561		0		1		3.831	0.237	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.057		0		1		0.048	0.003	
17:1.....g									
18:1 undifferentiated.....g	4.504		0		1		3.783	0.234	
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	11.657		0		1		9.792	0.606	
18:2 undifferentiated.....g	10.280		0		1		8.635	0.535	
18:3 undifferentiated.....g	1.378		0		1		1.158	0.072	
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		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.502		0		1		0.422	0.026	
Threonine.....g	1.500		0		1		1.260	0.078	
Isoleucine.....g	1.675		0		1		1.407	0.087	
Leucine.....g	2.812		0		1		2.362	0.146	
Lysine.....g	2.298		0		1		1.930	0.119	
Methionine.....g	0.466		0		1		0.391	0.024	
Cystine.....g	0.556		0		1		0.467	0.029	
Phenylalanine.....g	1.802		0		1		1.514	0.094	
Tyrosine.....g	1.306		0		1		1.097	0.068	
Valine.....g	1.724		0		1		1.448	0.090	
Arginine.....g	2.679		0		1		2.250	0.139	
Histidine.....g	0.931		0		1		0.782	0.048	
Alanine.....g	1.627		0		1		1.367	0.085	
Aspartic acid.....g	4.342		0		1		3.647	0.226	
Glutamic acid.....g	6.689		0		1		5.619	0.348	
Glycine.....g	1.597		0		1		1.341	0.083	
Proline.....g	2.020		0		1		1.697	0.105	
Serine.....g	2.002		0		1		1.682	0.104	
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	72		0	O	4		60.480	3.744	
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 = 84g: 1 cup, stirred

Measure 2 = 5.2g: 1 tbsp

NDB No. 16115  
Soy flour, full-fat, raw

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 16415**  
**Soy flour, full-fat, raw, crude protein basis (N x 6.25)**

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	4.561		0		1		3.877		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.057		0		1		0.048		
17:1.....g									
18:1 undifferentiated.....g	4.504		0		1		3.828		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	11.657		0		1		9.908		
18:2 undifferentiated.....g	10.280		0		1		8.738		
18:3 undifferentiated.....g	1.378		0		1		1.171		
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		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.502		0		1		0.427		
Threonine.....g	1.500		0		1		1.275		
Isoleucine.....g	1.675		0		1		1.424		
Leucine.....g	2.812		0		1		2.390		
Lysine.....g	2.298		0		1		1.953		
Methionine.....g	0.466		0		1		0.396		
Cystine.....g	0.556		0		1		0.473		
Phenylalanine.....g	1.802		0		1		1.532		
Tyrosine.....g	1.306		0		1		1.110		
Valine.....g	1.724		0		1		1.465		
Arginine.....g	2.679		0		1		2.277		
Histidine.....g	0.931		0		1		0.791		
Alanine.....g	1.627		0		1		1.383		
Aspartic acid.....g	4.342		0		1		3.691		
Glutamic acid.....g	6.689		0		1		5.686		
Glycine.....g	1.597		0		1		1.357		
Proline.....g	2.020		0		1		1.717		
Serine.....g	2.002		0		1		1.702		
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 = 85g: 1 cup, stirred

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 16 Legumes and Legume Products**

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



**NDB No. 16116**  
**Soy flour, full-fat, roasted**

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	4.829		0		1		4.105		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.061		0		1		0.052		
17:1.....g									
18:1 undifferentiated.....g	4.768		0		1		4.053		
20:1.....g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	12.341		0		1		10.490		
18:2 undifferentiated.....g	10.883		0		1		9.251		
18:3 undifferentiated.....g	1.458		0		1		1.239		
18:4.....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFSN	4		0.000		
20:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:6 n-3.....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.506		0		1		0.430		
Threonine.....g	1.511		0		1		1.284		
Isoleucine.....g	1.688		0		1		1.435		
Leucine.....g	2.834		0		1		2.409		
Lysine.....g	2.316		0		1		1.969		
Methionine.....g	0.469		0		1		0.399		
Cystine.....g	0.561		0		1		0.477		
Phenylalanine.....g	1.816		0		1		1.544		
Tyrosine.....g	1.316		0		1		1.119		
Valine.....g	1.737		0		1		1.476		
Arginine.....g	2.700		0		1		2.295		
Histidine.....g	0.938		0		1		0.797		
Alanine.....g	1.639		0		1		1.393		
Aspartic acid.....g	4.375		0		1		3.719		
Glutamic acid.....g	6.740		0		1		5.729		
Glycine.....g	1.609		0		1		1.368		
Proline.....g	2.035		0		1		1.730		
Serine.....g	2.017		0		1		1.714		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		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	73		0	BFSN	4		62.071		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 85g: 1 cup, stirred

NDB No. 16116  
Soy flour, full-fat, roasted

Calories Factors: Protein 3.47      Fat 8.37      Carbohydrate 4.07

Food Group: 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)





**NDB No. 16416**  
**Soy flour, full-fat, roasted, crude protein basis (N x 6.25)**

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	4.829		0		1		4.105		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.061		0		1		0.052		
17:1.....g									
18:1 undifferentiated.....g	4.768		0		1		4.053		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	12.341		0		1		10.490		
18:2 undifferentiated.....g	10.883		0		1		9.251		
18:3 undifferentiated.....g	1.458		0		1		1.239		
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		1		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.506		0		1		0.430		
Threonine.....g	1.511		0		1		1.284		
Isoleucine.....g	1.688		0		1		1.435		
Leucine.....g	2.834		0		1		2.409		
Lysine.....g	2.316		0		1		1.969		
Methionine.....g	0.469		0		1		0.399		
Cystine.....g	0.561		0		1		0.477		
Phenylalanine.....g	1.816		0		1		1.544		
Tyrosine.....g	1.316		0		1		1.119		
Valine.....g	1.737		0		1		1.476		
Arginine.....g	2.700		0		1		2.295		
Histidine.....g	0.938		0		1		0.797		
Alanine.....g	1.639		0		1		1.393		
Aspartic acid.....g	4.375		0		1		3.719		
Glutamic acid.....g	6.740		0		1		5.729		
Glycine.....g	1.609		0		1		1.368		
Proline.....g	2.035		0		1		1.730		
Serine.....g	2.017		0		1		1.714		
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 = 85g: 1 cup, stirred

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 16 Legumes and Legume Products**

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



**NDB No. 16118**  
**Soy flour, low-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	1.480		0		1		1.302	0.081	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.019		0		1		0.017	0.001	
17:1.....g									
18:1 undifferentiated.....g	1.461		0		1		1.286	0.080	
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	3.782		0		1		3.328	0.208	
18:2 undifferentiated.....g	3.335		0		1		2.935	0.183	
18:3 undifferentiated.....g	0.447		0		1		0.393	0.025	
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		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.676		0		1		0.595	0.037	
Threonine.....g	2.021		0		1		1.778	0.111	
Isoleucine.....g	2.257		0		1		1.986	0.124	
Leucine.....g	3.789		0		1		3.334	0.208	
Lysine.....g	3.097		0		1		2.725	0.170	
Methionine.....g	0.627		0		1		0.552	0.034	
Cystine.....g	0.750		0		1		0.660	0.041	
Phenylalanine.....g	2.428		0		1		2.137	0.134	
Tyrosine.....g	1.760		0		1		1.549	0.097	
Valine.....g	2.322		0		1		2.043	0.128	
Arginine.....g	3.610		0		1		3.177	0.199	
Histidine.....g	1.255		0		1		1.104	0.069	
Alanine.....g	2.192		0		1		1.929	0.121	
Aspartic acid.....g	5.851		0		1		5.149	0.322	
Glutamic acid.....g	9.013		0		1		7.931	0.496	
Glycine.....g	2.151		0		1		1.893	0.118	
Proline.....g	2.722		0		1		2.395	0.150	
Serine.....g	2.697		0		1		2.373	0.148	
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	24		0	O	4		21.120	1.320	
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 = 88g: 1 cup, stirred

Measure 2 = 5.5g: 1 tbsp

NDB No. 16118  
Soy flour, low-fat

Calories Factors: Protein 3.47      Fat 8.37      Carbohydrate 4.07

Food Group: 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 16418

Soy flour, low-fat, crude protein basis (N x 6.25)

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	1.480		0		1		1.302		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.019		0		1		0.017		
17:1.....g									
18:1 undifferentiated.....g	1.461		0		1		1.286		
20:1.....g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.782		0		1		3.328		
18:2 undifferentiated.....g	3.335		0		1		2.935		
18:3 undifferentiated.....g	0.447		0		1		0.393		
18:4.....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:6 n-3.....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.676		0		1		0.595		
Threonine.....g	2.021		0		1		1.778		
Isoleucine.....g	2.257		0		1		1.986		
Leucine.....g	3.789		0		1		3.334		
Lysine.....g	3.097		0		1		2.725		
Methionine.....g	0.627		0		1		0.552		
Cystine.....g	0.750		0		1		0.660		
Phenylalanine.....g	2.428		0		1		2.137		
Tyrosine.....g	1.760		0		1		1.549		
Valine.....g	2.322		0		1		2.043		
Arginine.....g	3.610		0		1		3.177		
Histidine.....g	1.255		0		1		1.104		
Alanine.....g	2.192		0		1		1.929		
Aspartic acid.....g	5.851		0		1		5.149		
Glutamic acid.....g	9.013		0		1		7.931		
Glycine.....g	2.151		0		1		1.893		
Proline.....g	2.722		0		1		2.395		
Serine.....g	2.697		0		1		2.373		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	24		0	BFSN	4		21.120		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 88g: 1 cup, stirred

**NDB No. 16418**

**Soy flour, low-fat, crude protein basis (N x 6.25)**

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate** 4.07

**Food Group:** 16 Legumes and Legume Products

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





**NDB No. 16119**  
**Soy meal, defatted, raw**

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	0.409		0		1		0.499		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0		1		0.006		
17:1.....g									
18:1 undifferentiated.....g	0.404		0		1		0.493		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.045		0		1		1.275		
18:2 undifferentiated.....g	0.921		0		1		1.124		
18:3 undifferentiated.....g	0.123		0		1		0.150		
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		1		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.653		0		1		0.797		
Threonine.....g	1.952		0		1		2.381		
Isoleucine.....g	2.180		0		1		2.660		
Leucine.....g	3.660		0		1		4.465		
Lysine.....g	2.991		0		1		3.649		
Methionine.....g	0.606		0		1		0.739		
Cystine.....g	0.724		0		1		0.883		
Phenylalanine.....g	2.346		0		1		2.862		
Tyrosine.....g	1.700		0		1		2.074		
Valine.....g	2.243		0		1		2.736		
Arginine.....g	3.487		0		1		4.254		
Histidine.....g	1.212		0		1		1.479		
Alanine.....g	2.117		0		1		2.583		
Aspartic acid.....g	5.651		0		1		6.894		
Glutamic acid.....g	8.705		0		1		10.620		
Glycine.....g	2.078		0		1		2.535		
Proline.....g	2.629		0		1		3.207		
Serine.....g	2.605		0		1		3.178		
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 = 122g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 16 Legumes and Legume Products**

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



**NDB No. 16419**  
**Soy meal, defatted, raw, crude protein basis (N x 6.25)**

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	0.409		0		1		0.499		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0		1		0.006		
17:1.....g									
18:1 undifferentiated.....g	0.404		0		1		0.493		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.045		0		1		1.275		
18:2 undifferentiated.....g	0.921		0		1		1.124		
18:3 undifferentiated.....g	0.123		0		1		0.150		
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		1		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.653		0		1		0.797		
Threonine.....g	1.952		0		1		2.381		
Isoleucine.....g	2.180		0		1		2.660		
Leucine.....g	3.660		0		1		4.465		
Lysine.....g	2.991		0		1		3.649		
Methionine.....g	0.606		0		1		0.739		
Cystine.....g	0.724		0		1		0.883		
Phenylalanine.....g	2.346		0		1		2.862		
Tyrosine.....g	1.700		0		1		2.074		
Valine.....g	2.243		0		1		2.736		
Arginine.....g	3.487		0		1		4.254		
Histidine.....g	1.212		0		1		1.479		
Alanine.....g	2.117		0		1		2.583		
Aspartic acid.....g	5.651		0		1		6.894		
Glutamic acid.....g	8.705		0		1		10.620		
Glycine.....g	2.078		0		1		2.535		
Proline.....g	2.629		0		1		3.207		
Serine.....g	2.605		0		1		3.178		
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 = 122g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 16 Legumes and Legume Products**

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



**NDB No. 16166**  
**Soy milk, chocolate, fluid**

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	0.326		0		1		0.799	0.100	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0		1		0.010	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.322		0		1		0.789	0.099	
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	0.833		0		1		2.041	0.255	
18:2 undifferentiated.....g	0.735		0		1		1.801	0.225	
18:3 undifferentiated.....g	0.098		0		1		0.240	0.030	
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		1		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.043		34		1		0.105	0.013	
Threonine.....g	0.113		33		1		0.277	0.035	
Isoleucine.....g	0.144		34		1		0.353	0.044	
Leucine.....g	0.241		34		1		0.590	0.074	
Lysine.....g	0.179		34		1		0.439	0.055	
Methionine.....g	0.040		29		1		0.098	0.012	
Cystine.....g	0.047		33		1		0.115	0.014	
Phenylalanine.....g	0.151		34		1		0.370	0.046	
Tyrosine.....g	0.112		30		1		0.274	0.034	
Valine.....g	0.141		34		1		0.345	0.043	
Arginine.....g	0.214		22		1		0.524	0.065	
Histidine.....g	0.071		30		1		0.174	0.022	
Alanine.....g	0.122		22		1		0.299	0.037	
Aspartic acid.....g	0.341		21		1		0.835	0.104	
Glutamic acid.....g	0.550		22		1		1.348	0.168	
Glycine.....g	0.120		22		1		0.294	0.037	
Proline.....g	0.162		22		1		0.397	0.050	
Serine.....g	0.144		22		1		0.353	0.044	
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 = 245g: 1 cup

Measure 2 = 30.6g: 1 fl oz

NDB No. 16166  
Soy milk, chocolate, fluid

Calories Factors: Protein 3.47      Fat 8.37      Carbohydrate 4.07

Food Group: 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**NDB No. 16120**  
**Soy milk, fluid**

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	88.03	0.190	6	A	1		215.66	26.94	
Energy.....kcal	52		0	NC	4		127	16	
Energy.....kj	216		0	NC	4		530	66	
Protein (N x 5.71).....g	4.48		1	MA	12		10.98	1.37	
Total lipid (fat).....g	1.92	0.287	6	A	1		4.70	0.59	
Ash.....g	0.64	0.021	6	A	1		1.58	0.20	
Carbohydrate, by difference.....g	4.93		0	NC	4		12.08	1.51	
Fiber, total dietary.....g	1.3		0		4		3.2	0.4	
Sugars, total.....g	0.50		0	O	4		1.23	0.15	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	38	0.670	6	A	1		93	12	
Iron, Fe.....mg	1.10	0.283	6	A	1		2.70	0.34	
Magnesium, Mg.....mg	25	0.461	6	A	1		61	8	
Phosphorus, P.....mg	55	0.630	6	A	1		135	17	
Potassium, K.....mg	124	15.787	6	A	1		303	38	
Sodium, Na.....mg	55	3.330	6	A	1		136	17	
Zinc, Zn.....mg	0.44	0.020	6	A	1		1.08	0.13	
Copper, Cu.....mg	0.141	0.027	6	A	1		0.346	0.043	
Manganese, Mn.....mg	0.218	0.021	6	A	1		0.534	0.067	
Selenium, Se.....mcg	4.8	2.428	4	A	1		11.6	1.5	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.061		1	MA	12		0.149	0.019	
Riboflavin.....mg	0.051	0.005	6	A	1		0.126	0.016	
Niacin.....mg	0.289	0.069	6	A	1		0.708	0.088	
Pantothenic acid.....mg	0.518	0.363	6	A	1		1.270	0.159	
Vitamin B-6.....mg	0.096	0.004	6	A	1		0.236	0.029	
Folate, total.....mcg	16		1	MA	12		40	5	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	16		1	MA	12		40	5	
Folate, DFE.....mcg_DFE	16		0	NC	4		40	5	
Vitamin B-12.....mcg	1.22		1	MA	12		2.99	0.37	
Vitamin A, IU.....IU	612		0	NC	4		1499	187	
Vitamin A, RAE.....mcg_RAE	31		0	NC	4		75	9	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	1.35		1	MA	12		3.31	0.41	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	16.000		1	MA	12		39.200	4.896	
Vitamin K (phylloquinone).....mcg	3.0		0	T	4		7.4	0.9	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.233		0	NC	4		0.570	0.071	
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		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	0.000		2	A	1		0.000	0.000	
14:0.....g	0.000		2	A	1		0.000	0.000	
15:0.....g	0.000		2	A	1		0.000	0.000	
16:0.....g	0.174		2	A	1		0.427	0.053	
17:0.....g	0.000		2	A	1		0.000	0.000	
18:0.....g	0.058		2	A	1		0.142	0.018	
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	

**NDB No. 16120**  
**Soy milk, fluid**

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	0.383		0	NC	4		0.939	0.117	
14:1.....g	0.000		2	A	1		0.000	0.000	
15:1.....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
17:1.....g	0.012		2	A	1		0.028	0.004	
18:1 undifferentiated.....g	0.360		2	A	1		0.882	0.110	
20:1.....g	0.012		2	A	1		0.028	0.004	
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.766		0	NC	4		1.876	0.234	
18:2 undifferentiated.....g	0.679		2	A	1		1.662	0.208	
18:3 undifferentiated.....g	0.087		2	A	1		0.214	0.027	
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.000		2	A	1		0.000	0.000	
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		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	Z	7		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.050		0	A	1		0.123	0.015	
Threonine.....g	0.141		0	A	1		0.345	0.043	
Isoleucine.....g	0.149		0	A	1		0.366	0.046	
Leucine.....g	0.243		0	A	1		0.595	0.074	
Lysine.....g	0.172		0	A	1		0.420	0.052	
Methionine.....g	0.036		0	A	1		0.088	0.011	
Cystine.....g	0.000		0	A	1		0.000	0.000	
Phenylalanine.....g	0.148		0	A	1		0.362	0.045	
Tyrosine.....g	0.116		0	A	1		0.285	0.036	
Valine.....g	0.153		0	A	1		0.374	0.047	
Arginine.....g	0.245		0	A	1		0.601	0.075	
Histidine.....g	0.080		0	A	1		0.195	0.024	
Alanine.....g	0.136		0	A	1		0.334	0.042	
Aspartic acid.....g	0.377		0	A	1		0.924	0.115	
Glutamic acid.....g	0.637		0	A	1		1.561	0.195	
Glycine.....g	0.134		0	A	1		0.329	0.041	
Proline.....g	0.193		0	A	1		0.472	0.059	
Serine.....g	0.184		0	A	1		0.450	0.056	
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	367		1	MA	12		899.640	112.363	
Carotene, alpha.....mcg	0		0	BNA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 30.6g: 1 fl oz



NDB No. 16120  
Soy milk, fluid

Calories Factors: Protein 3.47      Fat 8.37      Carbohydrate 4.07

Food Group: 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**NDB No. 16139**  
**Soy milk, fluid, calcium fortified**

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	91.22	0.061	5	A	1		223.49	28.28	
Energy.....kcal	40		0	NC	4		99	12	
Energy.....kj	168		0	NC	4		413	52	
Protein.....g	3.00		0	MA	12		7.35	0.93	
Total lipid (fat).....g	1.62	0.239	5	A	1		3.97	0.50	
Ash.....g	0.74	0.028	5	A	1		1.81	0.23	
Carbohydrate, by difference.....g	3.42		0	NC	4		8.37	1.06	
Fiber, total dietary.....g									
Sugars, total.....g	0.37		0	BFSN	4		0.90	0.11	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	150	3.560	5	A	1		367	46	
Iron, Fe.....mg	0.65	0.068	5	A	1		1.60	0.20	
Magnesium, Mg.....mg	16	0.186	5	A	1		39	5	
Phosphorus, P.....mg	92	1.263	5	A	1		226	29	
Potassium, K.....mg	92	11.895	5	A	1		226	29	
Sodium, Na.....mg	39	1.637	5	A	1		96	12	
Zinc, Zn.....mg	0.21	0.021	5	A	1		0.52	0.07	
Copper, Cu.....mg	0.082	0.012	5	A	1		0.200	0.025	
Manganese, Mn.....mg	0.142	0.004	5	A	1		0.349	0.044	
Selenium, Se.....mcg	3.0		1	A	1		7.4	0.9	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.039	0.019	5	A	1		0.095	0.012	
Riboflavin.....mg	0.215	0.031	5	A	1		0.527	0.067	
Niacin.....mg	0.384	0.149	5	A	1		0.941	0.119	
Pantothenic acid.....mg	0.579	0.267	5	A	1		1.420	0.180	
Vitamin B-6.....mg	0.033	0.003	3	A	1		0.081	0.010	
Folate, total.....mcg	10		1	MA	12		24	3	
Folic acid.....mcg									
Folate, food.....mcg	0		0	MA	12		0	0	
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	1.22		1	MA	12		2.99	0.38	
Vitamin A, IU.....IU	204		0	NC	4		500	63	
Vitamin A, RAE.....mcg_RAE	10		0	NC	4		25	3	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	MA	12		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	49.000		1	MA	12		120.050	15.190	
Vitamin K (phylloquinone).....mcg	2.2		0	BFSN	4		5.4	0.7	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.207		0	NC	4		0.506	0.064	
4:0.....g									
6:0.....g									
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	0.000	0.000	3	A	1		0.000	0.000	
14:0.....g	0.003	0.003	3	A	1		0.008	0.001	
15:0.....g	0.000	0.000	3	A	1		0.000	0.000	
16:0.....g	0.133	0.033	3	A	1		0.327	0.041	
17:0.....g	0.003	0.003	3	A	1		0.008	0.001	
18:0.....g	0.067	0.033	3	A	1		0.163	0.021	
20:0.....g	0.000	0.000	3	A	1		0.000	0.000	
22:0.....g	0.000	0.000	3	A	1		0.000	0.000	
24:0.....g	0.000	0.000	3	A	1		0.000	0.000	

**NDB No. 16139**  
**Soy milk, fluid, calcium fortified**

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	0.262		0	NC	4		0.641	0.081	
14:1.....g	0.000	0.000	3	A	1		0.000	0.000	
15:1.....g	0.007	0.007	3	A	1		0.016	0.002	
16:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
17:1.....g	0.013	0.003	3	A	1		0.033	0.004	
18:1 undifferentiated.....g	0.235	0.003	3	A	1		0.576	0.073	
20:1.....g	0.007	0.007	3	A	1		0.016	0.002	
22:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.626		0	NC	4		1.534	0.194	
18:2 undifferentiated.....g	0.546	0.012	3	A	1		1.338	0.169	
18:3 undifferentiated.....g	0.080	0.000	3	A	1		0.196	0.025	
18:4.....g									
20:2 n-6 c.c.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.022		0	A	1		0.054	0.007	
Threonine.....g	0.062		0	A	1		0.152	0.019	
Isoleucine.....g	0.066		0	A	1		0.161	0.020	
Leucine.....g	0.107		0	A	1		0.262	0.033	
Lysine.....g	0.076		0	A	1		0.185	0.023	
Methionine.....g	0.016		0	A	1		0.039	0.005	
Cystine.....g	0.000		0	A	1		0.000	0.000	
Phenylalanine.....g	0.065		0	A	1		0.159	0.020	
Tyrosine.....g	0.051		0	A	1		0.126	0.016	
Valine.....g	0.067		0	A	1		0.165	0.021	
Arginine.....g	0.108		0	A	1		0.265	0.034	
Histidine.....g	0.035		0	A	1		0.086	0.011	
Alanine.....g	0.060		0	A	1		0.147	0.019	
Aspartic acid.....g	0.166		0	A	1		0.407	0.052	
Glutamic acid.....g	0.281		0	A	1		0.688	0.087	
Glycine.....g	0.059		0	A	1		0.145	0.018	
Proline.....g	0.085		0	A	1		0.208	0.026	
Serine.....g	0.081		0	A	1		0.198	0.025	
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	122		0	MA	12		299.880	37.944	
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 = 245g: 1 cup

Measure 2 = 31g: 1 fluid ounce

NDB No. 16139  
Soy milk, fluid, calcium fortified

Calories Factors:	Protein	Fat	Carbohydrate	Food Group:
				16 Legumes and Legume Products

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



NDB No. 16421

Soy protein concentrate, crude protein basis (N x 6.25), produced by acid wash

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	0.079		0		1		0.022		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.078		0		1		0.022		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.201		0		1		0.057		
18:2 undifferentiated.....g	0.177		0		1		0.050		
18:3 undifferentiated.....g	0.024		0		1		0.007		
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		1		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.835		7		1		0.237		
Threonine.....g	2.474		16		1		0.701		
Isoleucine.....g	2.942		16		1		0.834		
Leucine.....g	4.917		16		1		1.394		
Lysine.....g	3.929		17		1		1.114		
Methionine.....g	0.814		16		1		0.231		
Cystine.....g	0.886		11		1		0.251		
Phenylalanine.....g	3.278		16		1		0.929		
Tyrosine.....g	2.301		10		1		0.652		
Valine.....g	3.064		16		1		0.869		
Arginine.....g	4.642		10		1		1.316		
Histidine.....g	1.578		9		1		0.447		
Alanine.....g	2.677		8		1		0.759		
Aspartic acid.....g	7.249		8		1		2.055		
Glutamic acid.....g	12.013		8		1		3.406		
Glycine.....g	2.688		9		1		0.762		
Proline.....g	3.298		8		1		0.935		
Serine.....g	3.369		8		1		0.955		
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 = 28.35g: 1 oz

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 16 Legumes and Legume Products

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



NDB No. 16420

Soy protein concentrate, produced by acid wash

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	0.079		0		1		0.022		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.078		0		1		0.022		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.201		0		1		0.057		
18:2 undifferentiated.....g	0.177		0		1		0.050		
18:3 undifferentiated.....g	0.024		0		1		0.007		
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		1		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.835		7		1		0.237		
Threonine.....g	2.474		16		1		0.701		
Isoleucine.....g	2.942		16		1		0.834		
Leucine.....g	4.917		16		1		1.394		
Lysine.....g	3.929		17		1		1.114		
Methionine.....g	0.814		16		1		0.231		
Cystine.....g	0.886		11		1		0.251		
Phenylalanine.....g	3.278		16		1		0.929		
Tyrosine.....g	2.301		10		1		0.652		
Valine.....g	3.064		16		1		0.869		
Arginine.....g	4.642		10		1		1.316		
Histidine.....g	1.578		9		1		0.447		
Alanine.....g	2.677		8		1		0.759		
Aspartic acid.....g	7.249		8		1		2.055		
Glutamic acid.....g	12.013		8		1		3.406		
Glycine.....g	2.688		9		1		0.762		
Proline.....g	3.298		8		1		0.935		
Serine.....g	3.369		8		1		0.955		
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g									
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		

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 = 28.35g: 1 oz



**NDB No. 16420**

**Soy protein concentrate, produced by acid wash**

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate** 4.07

**Food Group:** 16 Legumes and Legume Products

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



NDB No. 16121

Soy protein concentrate, produced by alcohol extraction

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	0.079		0		1		0.022		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.078		0		1		0.022		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.201		0		1		0.057		
18:2 undifferentiated.....g	0.177		0		1		0.050		
18:3 undifferentiated.....g	0.024		0		1		0.007		
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		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.835		7		1		0.237		
Threonine.....g	2.474		16		1		0.701		
Isoleucine.....g	2.942		16		1		0.834		
Leucine.....g	4.917		16		1		1.394		
Lysine.....g	3.929		17		1		1.114		
Methionine.....g	0.814		16		1		0.231		
Cystine.....g	0.886		11		1		0.251		
Phenylalanine.....g	3.278		16		1		0.929		
Tyrosine.....g	2.301		10		1		0.652		
Valine.....g	3.064		16		1		0.869		
Arginine.....g	4.642		10		1		1.316		
Histidine.....g	1.578		9		1		0.447		
Alanine.....g	2.677		8		1		0.759		
Aspartic acid.....g	7.249		8		1		2.055		
Glutamic acid.....g	12.013		8		1		3.406		
Glycine.....g	2.688		9		1		0.762		
Proline.....g	3.298		8		1		0.935		
Serine.....g	3.369		8		1		0.955		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		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 = 28.35g: 1 oz

**NDB No. 16121**

**Soy protein concentrate, produced by alcohol extraction**

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate** 4.07

**Food Group:** 16 Legumes and Legume Products

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	4.98		0		1		1.41		
Energy.....kcal	338		0	NC	4		96		
Energy.....kj	1416		0	NC	4		401		
Protein (N x 5.71).....g	80.69	0.101	233		1		22.88		
Total lipid (fat).....g	3.39	0.078	124		1		0.96		
Ash.....g	3.58	0.056	166		1		1.01		
Carbohydrate, by difference.....g	7.36		0	NC	4		2.09		
Fiber, total dietary.....g	5.6		0		1		1.6		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	178	6.618	176		1		50		
Iron, Fe.....mg	14.50	0.329	125		1		4.11		
Magnesium, Mg.....mg	39	1.672	155		1		11		
Phosphorus, P.....mg	776	7.476	163		1		220		
Potassium, K.....mg	81	1.352	102		1		23		
Sodium, Na.....mg	1005	6.605	592		1		285		
Zinc, Zn.....mg	4.03	0.150	132		1		1.14		
Copper, Cu.....mg	1.599	0.028	122		1		0.453		
Manganese, Mn.....mg	1.493	0.060	146		1		0.423		
Selenium, Se.....mcg	0.8		0	CAZN	4		0.2		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0		
Thiamin.....mg	0.176	0.016	118		1		0.050		
Riboflavin.....mg	0.100	0.004	118		1		0.028		
Niacin.....mg	1.438	0.218	120		1		0.408		
Pantothenic acid.....mg	0.060	0.003	109		1		0.017		
Vitamin B-6.....mg	0.100		0		4		0.028		
Folate, total.....mcg	176	3.286	112		1		50		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	176	3.286	112		1		50		
Folate, DFE.....mcg_DFE	176		0	NC	4		50		
Vitamin B-12.....mcg	0.00		0		1		0.00		
Vitamin A, IU.....IU	0		0	AS	1		0		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	Z	7		0.0		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.422		0		1		0.120		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.000		0		1		0.000		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.000		0		1		0.000		
12:0.....g	0.000		0		1		0.000		
13:0.....g									
14:0.....g	0.008		0		1		0.002		
15:0.....g									
16:0.....g	0.310		0		1		0.088		
17:0.....g									
18:0.....g	0.104		0		1		0.029		
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 16122**  
**Soy protein isolate**

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	0.645		0		1		0.183		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.637		0		1		0.181		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.648		0		1		0.467		
18:2 undifferentiated.....g	1.453		0		1		0.412		
18:3 undifferentiated.....g	0.195		0		1		0.055		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	1.116		40		1		0.316		
Threonine.....g	3.137		66		1		0.889		
Isoleucine.....g	4.253		66		1		1.206		
Leucine.....g	6.783		66		1		1.923		
Lysine.....g	5.327		71		1		1.510		
Methionine.....g	1.130		74		1		0.320		
Cystine.....g	1.046		55		1		0.297		
Phenylalanine.....g	4.593		63		1		1.302		
Tyrosine.....g	3.222		47		1		0.913		
Valine.....g	4.098		66		1		1.162		
Arginine.....g	6.670		46		1		1.891		
Histidine.....g	2.303		47		1		0.653		
Alanine.....g	3.589		44		1		1.017		
Aspartic acid.....g	10.203		44		1		2.893		
Glutamic acid.....g	17.452		44		1		4.948		
Glycine.....g	3.603		44		1		1.021		
Proline.....g	4.960		44		1		1.406		
Serine.....g	4.593		44		1		1.302		
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	Z	7		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		

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 = 28.35g: 1 oz

NDB No. 16122  
Soy protein isolate

Calories Factors: Protein 3.47      Fat 8.37      Carbohydrate 4.07

Food Group: 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

**NDB No. 16176**  
**Soy protein isolate, PROTEIN TECHNOLOGIES INTERNATIONAL, ProPlus**

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	5.00		1	MA	12		1.42		
Energy.....kcal	380		0	MC	9		108		
Energy.....kj	1590				9		451		
Protein (N x 6.25).....g	86.00		1	MA	12		24.38		
Total lipid (fat).....g	4.00		1	MA	12		1.13		
Ash.....g	5.00		1	MA	12		1.42		
Carbohydrate, by difference.....g	0.00		0	MC	9		0.00		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	200		1	MA	12		57		
Iron, Fe.....mg	18.00		1	MA	12		5.10		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	800		1	MA	12		227		
Potassium, K.....mg	1600		1	MA	12		454		
Sodium, Na.....mg	40		1	MA	12		11		
Zinc, Zn.....mg	60.00		1	MA	12		17.01		
Copper, Cu.....mg	3.000		1	MA	12		0.851		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0		
Thiamin.....mg	2.600		1	MA	12		0.737		
Riboflavin.....mg	1.000		1	MA	12		0.284		
Niacin.....mg	36.000		1	MA	12		10.206		
Pantothenic acid.....mg	9.000		1	MA	12		2.552		
Vitamin B-6.....mg	2.600		1	MA	12		0.737		
Folate, total.....mcg	200		1	MA	12		57		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	200		1	MA	12		57		
Folate, DFE.....mcg_DFE	200		0	NC	4		57		
Vitamin B-12.....mcg	10.00		1	MA	12		2.84		
Vitamin A, IU.....IU	1860		1	MA	12		527		
Vitamin A, RAE.....mcg_RAE	559		0	NC	4		158		
Retinol.....mcg	559		1	MA	12		158		
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	0.400		1	MA	12		0.113		
Fatty acids, total monounsaturated.....g	0.700		1	MA	12		0.198		
Fatty acids, total polyunsaturated.....g	1.700		1	MA	12		0.482		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	1.100		1	MA	12		0.312		
Threonine.....g	3.300		1	MA	12		0.936		
Isoleucine.....g	4.200		1	MA	12		1.191		
Leucine.....g	7.100		1	MA	12		2.013		
Lysine.....g	5.400		1	MA	12		1.531		
Methionine.....g	1.100		1	MA	12		0.312		
Cystine.....g	1.100		1	MA	12		0.312		



**NDB No. 16176**  
**Soy protein isolate, PROTEIN TECHNOLOGIES INTERNATIONAL, ProPlus**

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						
Phenylalanine.....g	4.500		1	MA	12		1.276		
Tyrosine.....g	3.300		1	MA	12		0.936		
Valine.....g	4.400		1	MA	12		1.247		
Arginine.....g	6.500		1	MA	12		1.843		
Histidine.....g	2.200		1	MA	12		0.624		
Alanine.....g	3.700		1	MA	12		1.049		
Aspartic acid.....g	10.000		1	MA	12		2.835		
Glutamic acid.....g	16.400		1	MA	12		4.649		
Glycine.....g	3.600		1	MA	12		1.021		
Proline.....g	4.400		1	MA	12		1.247		
Serine.....g	4.500		1	MA	12		1.276		
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 = 28.35g: 1 oz

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group:** 16 Legumes and Legume Products

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

**NDB No. 16175**  
**Soy protein isolate, PROTEIN TECHNOLOGIES INTERNATIONAL, SUPRO**

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	4.42	0.090	8	MA	12		1.25		
Energy.....kcal	388		0	MC	9		110		
Energy.....kj	1623				9		460		
Protein (N x 6.25).....g	87.75	0.164	8	MA	12		24.88		
Total lipid (fat).....g	4.00	0.000	7	MA	12		1.13		
Ash.....g	4.01	0.139	8	MA	12		1.14		
Carbohydrate, by difference.....g	0.00		0	MC	9		0.00		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	200	0.000	8	MA	12		57		
Iron, Fe.....mg	16.00	0.000	8	MA	12		4.54		
Magnesium, Mg.....mg	40		1	MA	12		11		
Phosphorus, P.....mg	862	41.993	8	MA	12		244		
Potassium, K.....mg	100	0.000	8	MA	12		28		
Sodium, Na.....mg	1188	12.500	8	MA	12		337		
Zinc, Zn.....mg	4.00	0.000	8	MA	12		1.13		
Copper, Cu.....mg	1.400	0.000	8	MA	12		0.397		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	MA	12		0.0		
Thiamin.....mg	0.200	0.000	8	MA	12		0.057		
Riboflavin.....mg	0.100	0.000	8	MA	12		0.028		
Niacin.....mg	0.300	0.000	8	MA	12		0.085		
Pantothenic acid.....mg	0.200	0.000	8	MA	12		0.057		
Vitamin B-6.....mg									
Folate, total.....mcg	200	0.000	8	MA	12		57		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	200	0.000	8	MA	12		57		
Folate, DFE.....mcg_DFE	200		0	NC	4		57		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	0		1	MA	12		0		
Vitamin A, RAE.....mcg_RAE	0		1	MA	12		0		
Retinol.....mcg	0		0	Z	7		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	0.871	0.018	7	MA	12		0.247		
Fatty acids, total monounsaturated.....g	0.671	0.018	7	MA	12		0.190		
Fatty acids, total polyunsaturated.....g	1.729	0.018	7	MA	12		0.490		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	1.100	0.016	8	MA	12		0.312		
Threonine.....g	3.300	0.049	8	MA	12		0.936		
Isoleucine.....g	4.300	0.000	8	MA	12		1.219		
Leucine.....g	7.200	0.000	8	MA	12		2.041		
Lysine.....g	5.500	0.000	8	MA	12		1.559		
Methionine.....g	1.150	0.000	8	MA	12		0.326		
Cystine.....g	1.150	0.000	8	MA	12		0.326		

**NDB No. 16175**  
**Soy protein isolate, PROTEIN TECHNOLOGIES INTERNATIONAL, SUPRO**

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						
Phenylalanine.....g	4.600	0.000	8	MA	12		1.304		
Tyrosine.....g	3.300	0.000	8	MA	12		0.936		
Valine.....g	4.500	0.000	8	MA	12		1.276		
Arginine.....g	6.700	0.000	8	MA	12		1.899		
Histidine.....g	2.300	0.000	8	MA	12		0.652		
Alanine.....g	3.800	0.000	8	MA	12		1.077		
Aspartic acid.....g	10.200	0.000	8	MA	12		2.892		
Glutamic acid.....g	16.800	0.000	8	MA	12		4.763		
Glycine.....g	3.700	0.000	8	MA	12		1.049		
Proline.....g	4.500	0.000	8	MA	12		1.276		
Serine.....g	4.600	0.000	8	MA	12		1.304		
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 = 28.35g: 1 oz

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group:** 16 Legumes and Legume Products

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



NDB No. 16422

Soy protein isolate, potassium type

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	0.117		0	NC	4		0.033		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.116		0		1		0.033		
20:1.....g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.299		0	NC	4		0.085		
18:2 undifferentiated.....g	0.264		0		1		0.075		
18:3 undifferentiated.....g	0.035		0		1		0.010		
18:4.....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFSN	4		0.000		
20:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:6 n-3.....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	1.116		40		1		0.316		
Threonine.....g	3.137		66		1		0.889		
Isoleucine.....g	4.253		66		1		1.206		
Leucine.....g	6.783		66		1		1.923		
Lysine.....g	5.327		71		1		1.510		
Methionine.....g	1.130		74		1		0.320		
Cystine.....g	1.046		55		1		0.297		
Phenylalanine.....g	4.593		63		1		1.302		
Tyrosine.....g	3.222		47		1		0.913		
Valine.....g	4.098		66		1		1.162		
Arginine.....g	6.670		46		1		1.891		
Histidine.....g	2.303		47		1		0.653		
Alanine.....g	3.589		44		1		1.017		
Aspartic acid.....g	10.203		44		1		2.893		
Glutamic acid.....g	17.452		44		1		4.948		
Glycine.....g	3.603		44		1		1.021		
Proline.....g	4.960		44		1		1.406		
Serine.....g	4.593		44		1		1.302		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	BFSN	4		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	BFSN	4		0.000		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 28.35g: 1 oz

**NDB No. 16422**  
**Soy protein isolate, potassium type**

**Calories Factors:** **Protein** 3.47      **Fat** 8.37      **Carbohydrate** 4.07

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 16423

Soy protein isolate, potassium type, crude protein basis

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	0.101		0	BFFN	4		0.029		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	BFFN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.100		0	BFFN	4		0.028		
20:1.....g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.258		0	BFFN	4		0.073		
18:2 undifferentiated.....g	0.227		0	BFFN	4		0.064		
18:3 undifferentiated.....g	0.030		0	BFFN	4		0.009		
18:4.....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFSN	4		0.000		
20:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:6 n-3.....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	1.116		40		1		0.316		
Threonine.....g	3.137		66		1		0.889		
Isoleucine.....g	4.253		66		1		1.206		
Leucine.....g	6.783		66		1		1.923		
Lysine.....g	5.327		71		1		1.510		
Methionine.....g	1.130		74		1		0.320		
Cystine.....g	1.046		55		1		0.297		
Phenylalanine.....g	4.593		63		1		1.302		
Tyrosine.....g	3.222		47		1		0.913		
Valine.....g	4.098		66		1		1.162		
Arginine.....g	6.670		46		1		1.891		
Histidine.....g	2.303		47		1		0.653		
Alanine.....g	3.589		44		1		1.017		
Aspartic acid.....g	10.203		44		1		2.893		
Glutamic acid.....g	17.452		44		1		4.948		
Glycine.....g	3.603		44		1		1.021		
Proline.....g	4.960		44		1		1.406		
Serine.....g	4.593		44		1		1.302		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	BFSN	4		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	BFSN	4		0.000		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0.000		

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**Common Measures:**

Measure 1 = 28.35g: 1 oz



**NDB No. 16423**

**Soy protein isolate, potassium type, crude protein basis**

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate** 4.07

**Food Group:** 16 Legumes and Legume Products

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



NDB No. 16125

Soy sauce made from hydrolyzed vegetable protein

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	0.009		0		1		0.002	0.001	0.005
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	0.008		0		1		0.001	0.000	0.005
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	0.022		0		1		0.004	0.001	0.013
18:2 undifferentiated.....g	0.019		0		1		0.003	0.001	0.011
18:3 undifferentiated.....g	0.003		0		1		0.001	0.000	0.002
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		1		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 = 18g: 1 tbsp

Measure 2 = 6.0g: 1 tsp

Measure 3 = 58g: .25 cup

Calories Factors: Protein 3.5

Fat 8.4

Carbohydrate 4

Food Group: 16 Legumes and Legume Products

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



**NDB No. 16124**  
**Soy sauce made from soy (tamari)**

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	0.017		0		1		0.003	0.001	
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	0.017		0		1		0.003	0.001	
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	0.044		0		1		0.008	0.003	
18:2 undifferentiated.....g	0.039		0		1		0.007	0.002	
18:3 undifferentiated.....g	0.005		0		1		0.001	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		1		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.181		1		1		0.033	0.011	
Threonine.....g	0.407		5		1		0.073	0.024	
Isoleucine.....g	0.487		5		1		0.088	0.029	
Leucine.....g	0.735		5		1		0.132	0.044	
Lysine.....g	0.731		4		1		0.132	0.044	
Methionine.....g	0.167		3		1		0.030	0.010	
Cystine.....g	0.107		3		1		0.019	0.006	
Phenylalanine.....g	0.534		5		1		0.096	0.032	
Tyrosine.....g	0.342		4		1		0.062	0.021	
Valine.....g	0.524		5		1		0.094	0.031	
Arginine.....g	0.405		4		1		0.073	0.024	
Histidine.....g	0.215		4		1		0.039	0.013	
Alanine.....g	0.536		5		1		0.096	0.032	
Aspartic acid.....g	0.882		5		1		0.159	0.053	
Glutamic acid.....g	2.411		6		1		0.434	0.145	
Glycine.....g	0.435		5		1		0.078	0.026	
Proline.....g	0.806		5		1		0.145	0.048	
Serine.....g	0.483		5		1		0.087	0.029	
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 = 18g: 1 tbsp

Measure 2 = 6.0g: 1 tsp

**NDB No. 16124**  
**Soy sauce made from soy (tamari)**

**Calories Factors:** **Protein** 3.5                      **Fat** 8.4                      **Carbohydrate** 4

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 16123

Soy sauce made from soy and wheat (shoyu)

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	0.006		0	NC	4		0.014	0.001	0.000
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	0.006		0		1		0.014	0.001	0.000
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	0.019		0	NC	4		0.047	0.003	0.001
18:2 undifferentiated.....g	0.016		0		1		0.042	0.003	0.001
18:3 undifferentiated.....g	0.002		0		1		0.005	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	JA	6		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.090		0	DA	1		0.229	0.014	0.005
Threonine.....g	0.254		0	DA	1		0.647	0.041	0.013
Isoleucine.....g	0.297		0	DA	1		0.759	0.048	0.016
Leucine.....g	0.503		0	DA	1		1.282	0.080	0.027
Lysine.....g	0.357		0	DA	1		0.910	0.057	0.019
Methionine.....g	0.091		0	DA	1		0.232	0.015	0.005
Cystine.....g	0.110		0	DA	1		0.282	0.018	0.006
Phenylalanine.....g	0.330		0	DA	1		0.842	0.053	0.018
Tyrosine.....g	0.228		0	DA	1		0.582	0.037	0.012
Valine.....g	0.311		0	DA	1		0.793	0.050	0.016
Arginine.....g	0.433		0	DA	1		1.105	0.069	0.023
Histidine.....g	0.163		0	DA	1		0.415	0.026	0.009
Alanine.....g	0.276		0	DA	1		0.703	0.044	0.015
Aspartic acid.....g	0.674		0	DA	1		1.718	0.108	0.036
Glutamic acid.....g	1.479		0	DA	1		3.771	0.237	0.078
Glycine.....g	0.278		0	DA	1		0.709	0.044	0.015
Proline.....g	0.461		0	DA	1		1.177	0.074	0.024
Serine.....g	0.363		0	DA	1		0.926	0.058	0.019
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 = 255g: 1 cup

Measure 2 = 16g: 1 tbsp

Measure 3 = 5.3g: 1 tsp



**NDB No. 16123**

**Soy sauce made from soy and wheat (shoyu)**

**Calories Factors: Protein 3.5**

**Fat 8.4**

**Carbohydrate 4**

**Food Group:** 16 Legumes and Legume Products

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



NDB No. 16424

Soy sauce made from soy and wheat (shoyu), low sodium

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	0.012		0		1		0.031	0.002	0.001
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	0.011		0		1		0.028	0.002	0.001
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	0.036		0		1		0.092	0.006	0.002
18:2 undifferentiated.....g	0.032		0		1		0.082	0.006	0.002
18:3 undifferentiated.....g	0.004		0		1		0.010	0.001	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		1		0	0	0
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.074		0		1		0.189	0.013	0.004
Threonine.....g	0.209		0		1		0.533	0.038	0.011
Isoleucine.....g	0.245		0		1		0.625	0.044	0.013
Leucine.....g	0.414		0		1		1.056	0.075	0.022
Lysine.....g	0.294		0		1		0.750	0.053	0.016
Methionine.....g	0.075		0		1		0.191	0.014	0.004
Cystine.....g	0.091		0		1		0.232	0.016	0.005
Phenylalanine.....g	0.272		0		1		0.694	0.049	0.014
Tyrosine.....g	0.188		0		1		0.479	0.034	0.010
Valine.....g	0.256		0		1		0.653	0.046	0.014
Arginine.....g	0.357		0		1		0.910	0.064	0.019
Histidine.....g	0.134		0		1		0.342	0.024	0.007
Alanine.....g	0.227		0		1		0.579	0.041	0.012
Aspartic acid.....g	0.555		0		1		1.415	0.100	0.029
Glutamic acid.....g	1.218		0		1		3.106	0.219	0.065
Glycine.....g	0.229		0		1		0.584	0.041	0.012
Proline.....g	0.380		0		1		0.969	0.068	0.020
Serine.....g	0.299		0		1		0.762	0.054	0.016
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 = 255g: 1 cup

Measure 2 = 18g: 1 tbsp

Measure 3 = 5.3g: 1 tsp

**NDB No. 16424**  
**Soy sauce made from soy and wheat (shoyu), low sodium**

**Calories Factors:** **Protein** 3.5                      **Fat** 8.4                      **Carbohydrate** 4  
**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



**NDB No. 43299**  
**Soybean, curd cheese**

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	1.789				4		4.025		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.022				4		0.050		
17:1.....g									
18:1 undifferentiated.....g	1.766				4		3.974		
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	4.572				4		10.287		
18:2 undifferentiated.....g	4.032				4		9.072		
18:3 undifferentiated.....g	0.540				4		1.215		
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	0				7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	25		0	BNA	4		56.700		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0.000		

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**Common Measures:**

Measure 1 = 225g: 1 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16109

Soybeans, mature cooked, boiled, 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	Code	Code				
	Points								
<b>Proximates:</b>									
Water.....g	62.55	0.209	69		1		107.59	6.69	
Energy.....kcal	173		0	NC	4		298	19	
Energy.....kj	725		0	NC	4		1247	78	
Protein (N x 5.71).....g	16.64		0		1		28.62	1.78	
Total lipid (fat).....g	8.97	0.125	69		1		15.43	0.96	
Ash.....g	1.91		1		1		3.29	0.20	
Carbohydrate, by difference.....g	9.93		0	NC	4		17.08	1.06	
Fiber, total dietary.....g	6.0		0		1		10.3	0.6	
Sugars, total.....g	3.00		0	T	4		5.16	0.32	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	102		0		1		175	11	
Iron, Fe.....mg	5.14		0		1		8.84	0.55	
Magnesium, Mg.....mg	86		0		1		148	9	
Phosphorus, P.....mg	245		0		1		421	26	
Potassium, K.....mg	515		0		1		886	55	
Sodium, Na.....mg	1		0		1		2	0	
Zinc, Zn.....mg	1.15		1		1		1.98	0.12	
Copper, Cu.....mg	0.407		0		1		0.700	0.044	
Manganese, Mn.....mg	0.824		0		1		1.417	0.088	
Selenium, Se.....mcg	7.3		0	BFSN	4		12.6	0.8	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.7		0		1		2.9	0.2	
Thiamin.....mg	0.155	0.004	68		1		0.267	0.017	
Riboflavin.....mg	0.285		0		1		0.490	0.030	
Niacin.....mg	0.399		0		1		0.686	0.043	
Pantothenic acid.....mg	0.179		0		1		0.308	0.019	
Vitamin B-6.....mg	0.234	0.098	5		1		0.402	0.025	
Folate, total.....mcg	54	2.839	4		1		93	6	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	54	2.839	4		1		93	6	
Folate, DFE.....mcg_DFE	54		0	NC	4		93	6	
Vitamin B-12.....mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU.....IU	9		0	NC	4		15	1	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		1	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.35		0	BFSN	4		0.60	0.04	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	19.2		0	BFSN	4		33.1	2.1	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.297		0		1		2.231	0.139	
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	0.025		0		1		0.043	0.003	
15:0.....g									
16:0.....g	0.952		0		1		1.637	0.102	
17:0.....g									
18:0.....g	0.320		0		1		0.550	0.034	
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 16109

Soybeans, mature cooked, boiled, 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	1.981		0		1		3.407	0.212	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.025		0		1		0.043	0.003	
17:1.....g									
18:1 undifferentiated.....g	1.956		0		1		3.364	0.209	
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	5.064		0		1		8.710	0.542	
18:2 undifferentiated.....g	4.465		0		1		7.680	0.478	
18:3 undifferentiated.....g	0.598		0		1		1.029	0.064	
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		1		0	0	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.242		0		1		0.416	0.026	
Threonine.....g	0.723		0		1		1.244	0.077	
Isoleucine.....g	0.807		0		1		1.388	0.086	
Leucine.....g	1.355		0		1		2.331	0.145	
Lysine.....g	1.108		0		1		1.906	0.119	
Methionine.....g	0.224		0		1		0.385	0.024	
Cystine.....g	0.268		0		1		0.461	0.029	
Phenylalanine.....g	0.869		0		1		1.495	0.093	
Tyrosine.....g	0.630		0		1		1.084	0.067	
Valine.....g	0.831		0		1		1.429	0.089	
Arginine.....g	1.291		0		1		2.221	0.138	
Histidine.....g	0.449		0		1		0.772	0.048	
Alanine.....g	0.784		0		1		1.348	0.084	
Aspartic acid.....g	2.093		0		1		3.600	0.224	
Glutamic acid.....g	3.224		0		1		5.545	0.345	
Glycine.....g	0.770		0		1		1.324	0.082	
Proline.....g	0.974		0		1		1.675	0.104	
Serine.....g	0.965		0		1		1.660	0.103	
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	5		0	O	4		9.288	0.578	
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 = 172g: 1 cup

Measure 2 = 10.7g: 1 tbsp



**NDB No. 16109**  
**Soybeans, mature cooked, boiled, without salt**

**Calories Factors:** **Protein** 3.47                      **Fat** 8.37                      **Carbohydrate** 4.07

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 16409

Soybeans, mature seeds, cooked, boiled, 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	1.981		0		1		3.407		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.025		0		1		0.043		
17:1.....g									
18:1 undifferentiated.....g	1.956		0		1		3.364		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.064		0		1		8.710		
18:2 undifferentiated.....g	4.465		0		1		7.680		
18:3 undifferentiated.....g	0.598		0		1		1.029		
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		1		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.242		0		1		0.416		
Threonine.....g	0.723		0		1		1.244		
Isoleucine.....g	0.807		0		1		1.388		
Leucine.....g	1.355		0		1		2.331		
Lysine.....g	1.108		0		1		1.906		
Methionine.....g	0.224		0		1		0.385		
Cystine.....g	0.268		0		1		0.461		
Phenylalanine.....g	0.869		0		1		1.495		
Tyrosine.....g	0.630		0		1		1.084		
Valine.....g	0.831		0		1		1.429		
Arginine.....g	1.291		0		1		2.221		
Histidine.....g	0.449		0		1		0.772		
Alanine.....g	0.784		0		1		1.348		
Aspartic acid.....g	2.093		0		1		3.600		
Glutamic acid.....g	3.224		0		1		5.545		
Glycine.....g	0.770		0		1		1.324		
Proline.....g	0.974		0		1		1.675		
Serine.....g	0.965		0		1		1.660		
Hydroxyproline.....g									
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	5		0	BFZN	4		9.288		
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 = 172g: 1 cup

**Calories Factors: Protein** 3.47**Fat** 8.37**Carbohydrate** 4.07**Food Group:** 16 Legumes and Legume Products

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

**Refuse: 0%**

[illegible]

**NDB No. 16111**  
**Soybeans, mature seeds, dry roasted**

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	4.776		0		1		8.215		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.060		0		1		0.103		
17:1.....g									
18:1 undifferentiated.....g	4.716		0		1		8.112		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	12.207		0		1		20.996		
18:2 undifferentiated.....g	10.764		0		1		18.514		
18:3 undifferentiated.....g	1.443		0		1		2.482		
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		1		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.575		0		1		0.989		
Threonine.....g	1.719		0		1		2.957		
Isoleucine.....g	1.920		0		1		3.302		
Leucine.....g	3.223		0		1		5.544		
Lysine.....g	2.634		0		1		4.530		
Methionine.....g	0.534		0		1		0.918		
Cystine.....g	0.638		0		1		1.097		
Phenylalanine.....g	2.066		0		1		3.554		
Tyrosine.....g	1.497		0		1		2.575		
Valine.....g	1.976		0		1		3.399		
Arginine.....g	3.071		0		1		5.282		
Histidine.....g	1.068		0		1		1.837		
Alanine.....g	1.865		0		1		3.208		
Aspartic acid.....g	4.977		0		1		8.560		
Glutamic acid.....g	7.667		0		1		13.187		
Glycine.....g	1.830		0		1		3.148		
Proline.....g	2.315		0		1		3.982		
Serine.....g	2.294		0		1		3.946		
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 = 172g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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



**NDB No. 16108**  
**Soybeans, mature seeds, raw**

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	4.404		0		1		8.191		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.055		0		1		0.102		
17:1.....g									
18:1 undifferentiated.....g	4.348		0		1		8.087		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	11.255		0		1		20.934		
18:2 undifferentiated.....g	9.925		0		1		18.461		
18:3 undifferentiated.....g	1.330		0		1		2.474		
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		1		0		
Phytosterols.....mg	161		0		1		299		
<b>Amino Acids:</b>									
Tryptophan.....g	0.530		61		1		0.986		
Threonine.....g	1.585		148		1		2.948		
Isoleucine.....g	1.770		132		1		3.292		
Leucine.....g	2.972		132		1		5.528		
Lysine.....g	2.429		156		1		4.518		
Methionine.....g	0.492		162		1		0.915		
Cystine.....g	0.588		137		1		1.094		
Phenylalanine.....g	1.905		132		1		3.543		
Tyrosine.....g	1.380		127		1		2.567		
Valine.....g	1.821		132		1		3.387		
Arginine.....g	2.831		131		1		5.266		
Histidine.....g	0.984		131		1		1.830		
Alanine.....g	1.719		126		1		3.197		
Aspartic acid.....g	4.589		126		1		8.536		
Glutamic acid.....g	7.068		126		1		13.146		
Glycine.....g	1.687		127		1		3.138		
Proline.....g	2.135		141		1		3.971		
Serine.....g	2.115		142		1		3.934		
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 = 186g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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

**Soybeans, mature seeds, roasted, no salt added**

**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	1.95		6		1		3.35		
Energy.....kcal	471		0	NC	4		810		
Energy.....kj	1971				4		3390		
Protein (N x 5.71).....g	35.22		3		1		60.58		
Total lipid (fat).....g	25.40		3		1		43.69		
Ash.....g	3.88		3		1		6.67		
Carbohydrate, by difference.....g	33.56		0	NC	4		57.72		
Fiber, total dietary.....g	17.7		0	BFSN	4		30.4		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	138		1		1		237		
Iron, Fe.....mg	3.90		1		1		6.71		
Magnesium, Mg.....mg	145		1		1		249		
Phosphorus, P.....mg	363		1		1		624		
Potassium, K.....mg	1470		1		1		2528		
Sodium, Na.....mg	4		0	BFZN	4		7		
Zinc, Zn.....mg	3.14		1		1		5.40		
Copper, Cu.....mg	0.828		1		1		1.424		
Manganese, Mn.....mg	2.158		0		1		3.712		
Selenium, Se.....mcg	19.1	13.325	4	A	1		32.9		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	2.2		1		1		3.8		
Thiamin.....mg	0.100		1		1		0.172		
Riboflavin.....mg	0.145		1		1		0.249		
Niacin.....mg	1.410		1		1		2.425		
Pantothenic acid.....mg	0.453		1		1		0.779		
Vitamin B-6.....mg	0.208		1		1		0.358		
Folate, total.....mcg	211		1		1		363		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	211		1		1		363		
Folate, DFE.....mcg_DFE	211		0	NC	4		363		
Vitamin B-12.....mcg	0.00		0		1		0.00		
Vitamin A, IU.....IU	200		1		1		344		
Vitamin A, RAE.....mcg_RAE	10		1		1		17		
Retinol.....mcg	0		0	Z	7		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	3.674		0		1		6.319		
4:0.....g	0.000		0	BFFN	4		0.000		
6:0.....g	0.000		0	BFFN	4		0.000		
8:0.....g	0.000		0	BFFN	4		0.000		
10:0.....g	0.000		0	BFFN	4		0.000		
12:0.....g	0.000		0	BFFN	4		0.000		
13:0.....g									
14:0.....g	0.071		0		1		0.122		
15:0.....g									
16:0.....g	2.696		0		1		4.637		
17:0.....g									
18:0.....g	0.907		0		1		1.560		
20:0.....g									
22:0.....g									
24:0.....g									



**NDB No. 16410**  
**Soybeans, mature seeds, roasted, no 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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	5.610		0		1		9.649		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.071		0		1		0.122		
17:1.....g									
18:1 undifferentiated.....g	5.539		0		1		9.527		
20:1.....g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	14.339		0		1		24.663		
18:2 undifferentiated.....g	12.644		0		1		21.748		
18:3 undifferentiated.....g	1.694		0		1		2.914		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000		
20:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:6 n-3.....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.512		0		1		0.881		
Threonine.....g	1.530		0		1		2.632		
Isoleucine.....g	1.709		0		1		2.939		
Leucine.....g	2.868		0		1		4.933		
Lysine.....g	2.344		0		1		4.032		
Methionine.....g	0.475		0		1		0.817		
Cystine.....g	0.567		0		1		0.975		
Phenylalanine.....g	1.838		0		1		3.161		
Tyrosine.....g	1.332		0		1		2.291		
Valine.....g	1.758		0		1		3.024		
Arginine.....g	2.732		0		1		4.699		
Histidine.....g	0.950		0		1		1.634		
Alanine.....g	1.659		0		1		2.853		
Aspartic acid.....g	4.429		0		1		7.618		
Glutamic acid.....g	6.822		0		1		11.734		
Glycine.....g	1.628		0		1		2.800		
Proline.....g	2.060		0		1		3.543		
Serine.....g	2.042		0		1		3.512		
Hydroxyproline.....g									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	Z	7		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 = 172g: 1 cup

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate** 4.07

**Food Group:** 16 Legumes and Legume Products  
 USDA National Nutrient Database for Standard Reference, Release 17 (2004)



NDB No. 16110

Soybeans, mature seeds, roasted, salted

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	5.610		0		1		9.649		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.071		0		1		0.122		
17:1.....g									
18:1 undifferentiated.....g	5.539		0		1		9.527		
20:1.....g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	14.339		0		1		24.663		
18:2 undifferentiated.....g	12.644		0		1		21.748		
18:3 undifferentiated.....g	1.694		0		1		2.914		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000		
20:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:6 n-3.....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.512		0		1		0.881		
Threonine.....g	1.530		0		1		2.632		
Isoleucine.....g	1.709		0		1		2.939		
Leucine.....g	2.868		0		1		4.933		
Lysine.....g	2.344		0		1		4.032		
Methionine.....g	0.475		0		1		0.817		
Cystine.....g	0.567		0		1		0.975		
Phenylalanine.....g	1.838		0		1		3.161		
Tyrosine.....g	1.332		0		1		2.291		
Valine.....g	1.758		0		1		3.024		
Arginine.....g	2.732		0		1		4.699		
Histidine.....g	0.950		0		1		1.634		
Alanine.....g	1.659		0		1		2.853		
Aspartic acid.....g	4.429		0		1		7.618		
Glutamic acid.....g	6.822		0		1		11.734		
Glycine.....g	1.628		0		1		2.800		
Proline.....g	2.060		0		1		3.543		
Serine.....g	2.042		0		1		3.512		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		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	120		0	O	4		206.400		
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 = 172g: 1 cup

**NDB No. 16110**  
**Soybeans, mature seeds, roasted, salted**

**Calories Factors:** **Protein** 3.47                      **Fat** 8.37                      **Carbohydrate** 4.07

**Food Group:** 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

<b>Lipids:</b>							
Fatty acids, total saturated.....g	0.719	0	NC	4	2.027	0.194	0.503
4:0.....g	0.000			4	0.000	0.000	0.000
6:0.....g	0.000			4	0.000	0.000	0.000
8:0.....g	0.000			4	0.000	0.000	0.000
10:0.....g	0.000			4	0.000	0.000	0.000
12:0.....g	0.044			4	0.124	0.012	0.031
13:0.....g							
14:0.....g	0.022			4	0.061	0.006	0.015
15:0.....g							
16:0.....g	0.467			4	1.317	0.126	0.327
17:0.....g							
18:0.....g	0.186			4	0.525	0.050	0.130
20:0.....g							
22:0.....g							
24:0.....g							

**NDB No. 43133**  
**Soyburger**

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	1.105		0	NC	4		3.115	0.298	0.773
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	1.105				4		3.115	0.298	0.773
20:1.....g	0.000				4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000				4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.356		0	NC	4		6.643	0.636	1.649
18:2 undifferentiated.....g	2.093				4		5.902	0.565	1.465
18:3 undifferentiated.....g	0.263				4		0.740	0.071	0.184
18:4.....g	0.000				4		0.000	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	0.000
20:5 n-3.....g	0.000				4		0.000	0.000	0.000
22:5 n-3.....g	0.000				4		0.000	0.000	0.000
22:6 n-3.....g	0.000				4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7		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	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 = 282g: 1 cup

Measure 2 = 27g: 1 oz cooked, yield

Measure 3 = 70g: 1 patty

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16114  
Tempeh

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	59.65		1	A	1		99.02		
Energy.....kcal	193		0	NC	4		320		
Energy.....kj	807		0	NC	4		1340		
Protein (N x 5.71).....g	18.54		1	A	1		30.78		
Total lipid (fat).....g	10.80		1	A	1		17.93		
Ash.....g	1.62		1	A	1		2.69		
Carbohydrate, by difference.....g	9.39		0	NC	4		15.59		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	111		1	A	1		184		
Iron, Fe.....mg	2.70		1	A	1		4.49		
Magnesium, Mg.....mg	81		1	A	1		134		
Phosphorus, P.....mg	266		1	A	1		442		
Potassium, K.....mg	412		1	A	1		684		
Sodium, Na.....mg	9		1	A	1		15		
Zinc, Zn.....mg	1.14		1	A	1		1.89		
Copper, Cu.....mg	0.560		1	A	1		0.930		
Manganese, Mn.....mg	1.300		1	A	1		2.158		
Selenium, Se.....mcg	0.0		1	A	1		0.0		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0		
Thiamin.....mg	0.078		1	A	1		0.129		
Riboflavin.....mg	0.358		1	A	1		0.594		
Niacin.....mg	2.640		1	A	1		4.382		
Pantothenic acid.....mg	0.278		1	A	1		0.461		
Vitamin B-6.....mg	0.215		1	A	1		0.357		
Folate, total.....mcg	24		1	A	1		40		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	24		1	A	1		40		
Folate, DFE.....mcg_DFE	24		0	NC	4		40		
Vitamin B-12.....mcg	0.08		1	A	1		0.12		
Vitamin A, IU.....IU	0		0	AS	1		0		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	2.220		1	A	1		3.685		
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.020		1	A	1		0.033		
15:0.....g	0.000		1	A	1		0.000		
16:0.....g	1.500		1	A	1		2.490		
17:0.....g	0.030		1	A	1		0.050		
18:0.....g	0.600		1	A	1		0.996		
20:0.....g	0.000		1	A	1		0.000		
22:0.....g	0.100		1	A	1		0.166		
24:0.....g	0.000		1	A	1		0.000		

**NDB No. 16114**  
**Tempeh**

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	3.000		1	A	1		4.980		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.000		1	A	1		0.000		
17:1.....g	0.050		1	A	1		0.083		
18:1 undifferentiated.....g	2.750		1	A	1		4.565		
20:1.....g	0.040		1	A	1		0.066		
22:1 undifferentiated.....g	0.000		1	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.827		1	A	1		6.353		
18:2 undifferentiated.....g	3.591		1	A	1		5.961		
18:3 undifferentiated.....g	0.220		1	A	1		0.365		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.194		0	A	1		0.323		
Threonine.....g	0.796		0	A	1		1.321		
Isoleucine.....g	0.880		0	A	1		1.461		
Leucine.....g	1.430		0	A	1		2.374		
Lysine.....g	0.908		0	A	1		1.508		
Methionine.....g	0.175		0	A	1		0.290		
Cystine.....g	0.193		0	A	1		0.321		
Phenylalanine.....g	0.893		0	A	1		1.482		
Tyrosine.....g	0.664		0	A	1		1.103		
Valine.....g	0.920		0	A	1		1.528		
Arginine.....g	1.252		0	A	1		2.078		
Histidine.....g	0.466		0	A	1		0.774		
Alanine.....g	0.960		0	A	1		1.593		
Aspartic acid.....g	1.995		0	A	1		3.312		
Glutamic acid.....g	3.292		0	A	1		5.464		
Glycine.....g	0.754		0	A	1		1.252		
Proline.....g	1.030		0	A	1		1.710		
Serine.....g	1.019		0	A	1		1.692		
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 = 166g: 1 cup

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate** 4.07

**Food Group:** 16 Legumes and Legume Products

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



**NDB No. 16174**  
**Tempeh, cooked**

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	59.56		1	A	1				
Energy.....kcal	197			NR	4				
Energy.....kj	824			NR	4				
Protein (N x 5.71).....g	18.19		1	A	1				
Total lipid (fat).....g	11.38		1	A	1				
Ash.....g	1.53		1	A	1				
Carbohydrate, by difference.....g	9.35			NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	96		1	A	1				
Iron, Fe.....mg	2.13		1	A	1				
Magnesium, Mg.....mg	77		1	A	1				
Phosphorus, P.....mg	253		1	A	1				
Potassium, K.....mg	401		1	A	1				
Sodium, Na.....mg	14		1	A	1				
Zinc, Zn.....mg	1.57		1	A	1				
Copper, Cu.....mg	0.540		1	A	1				
Manganese, Mn.....mg	1.285		1	A	1				
Selenium, Se.....mcg	0.0		1	A	1				
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.054		1	A	1				
Riboflavin.....mg	0.357		1	A	1				
Niacin.....mg	2.135		1	A	1				
Pantothenic acid.....mg	0.453		1	A	1				
Vitamin B-6.....mg	0.199		1	A	1				
Folate, total.....mcg	21		1	A	1				
Folic acid.....mcg	0			Z	7				
Folate, food.....mcg	21		1	A	1				
Folate, DFE.....mcg_DFE	21		0	NC	4				
Vitamin B-12.....mcg	0.14		1	A	1				
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	3.400			NC	4				
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A	1				
10:0.....g	0.000		1	A	1				
12:0.....g	0.000		1	A	1				
13:0.....g									
14:0.....g	0.050		1	A	1				
15:0.....g	0.000		1	A	1				
16:0.....g	2.200		1	A	1				
17:0.....g	0.050		1	A	1				
18:0.....g	0.800		1	A	1				
20:0.....g	0.100		1	A	1				
22:0.....g	0.200		1	A	1				
24:0.....g	0.000		1	A	1				

**NDB No. 16174**  
**Tempeh, 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	Code			
Fatty acids, total monounsaturated.....g	3.745			NC	4				
14:1.....g	0.000		1	A	1				
15:1.....g									
16:1 undifferentiated.....g	0.100		1	A	1				
17:1.....g	0.070		1	A	1				
18:1 undifferentiated.....g	3.475		1	A	1				
20:1.....g	0.100		1	A	1				
22:1 undifferentiated.....g	0.000		1	A	1				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.638			NC	4				
18:2 undifferentiated.....g	2.518		1	A	1				
18:3 undifferentiated.....g	0.120		1	A	1				
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g	0.000		1	A	1				
20:4 undifferentiated.....g	0.000		1	A	1				
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:**

**Calories Factors: Protein** 3.47

**Fat** 8.37

**Carbohydrate** 4.07

**Food Group:** 16 Legumes and Legume Products

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

**Refuse: 0%**

[illegible]

**NDB No. 43476**  
**Tofu yogurt**

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	0.400				4		1.048		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005				4		0.013		
17:1.....g									
18:1 undifferentiated.....g	0.395				4		1.035		
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	1.017				4		2.665		
18:2 undifferentiated.....g	0.901				4		2.361		
18:3 undifferentiated.....g	0.116				4		0.304		
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	0				7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	20		0	BNA	4		51.876		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 262g: 1 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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



**NDB No. 16128**  
**Tofu, dried-frozen (koyadofu)**

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	6.701		0		1		1.139		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.084		0		1		0.014		
17:1.....g									
18:1 undifferentiated.....g	6.617		0		1		1.125		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	17.128		0		1		2.912		
18:2 undifferentiated.....g	15.104		0		1		2.568		
18:3 undifferentiated.....g	2.024		0		1		0.344		
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		1		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.747		0		1		0.127		
Threonine.....g	1.956		0		1		0.333		
Isoleucine.....g	2.376		0		1		0.404		
Leucine.....g	3.644		0		1		0.619		
Lysine.....g	3.157		0		1		0.537		
Methionine.....g	0.613		0		1		0.104		
Cystine.....g	0.663		0		1		0.113		
Phenylalanine.....g	2.334		0		1		0.397		
Tyrosine.....g	1.604		0		1		0.273		
Valine.....g	2.418		0		1		0.411		
Arginine.....g	3.190		0		1		0.542		
Histidine.....g	1.394		0		1		0.237		
Alanine.....g	1.965		0		1		0.334		
Aspartic acid.....g	5.298		0		1		0.901		
Glutamic acid.....g	8.287		0		1		1.409		
Glycine.....g	1.872		0		1		0.318		
Proline.....g	2.586		0		1		0.440		
Serine.....g	2.259		0		1		0.384		
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 = 17g: 1 piece

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 16 Legumes and Legume Products**

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

**Tofu, dried-frozen (koyadofu), prepared with calcium sulfate**

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	5.78		1		1		0.98		
Energy.....kcal	480		0	NC	4		82		
Energy.....kj	2008				4		341		
Protein (N x 5.71).....g	47.94		1		1		8.15		
Total lipid (fat).....g	30.34		1		1		5.16		
Ash.....g	1.38		1		1		0.23		
Carbohydrate, by difference.....g	14.56		0	NC	4		2.48		
Fiber, total dietary.....g	1.2		0	BFZN	4		0.2		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	2134		0		1		363		
Iron, Fe.....mg	9.73		1		1		1.65		
Magnesium, Mg.....mg	181		0		1		31		
Phosphorus, P.....mg	483		1		1		82		
Potassium, K.....mg	20		1		1		3		
Sodium, Na.....mg	6		1		1		1		
Zinc, Zn.....mg	4.90		0		1		0.83		
Copper, Cu.....mg	1.179		0		1		0.200		
Manganese, Mn.....mg	3.689		0		1		0.627		
Selenium, Se.....mcg	54.3		0	BFSN	4		9.2		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.7		0		1		0.1		
Thiamin.....mg	0.494		0		1		0.084		
Riboflavin.....mg	0.317		0		1		0.054		
Niacin.....mg	1.189		0		1		0.202		
Pantothenic acid.....mg	0.415		0		1		0.071		
Vitamin B-6.....mg	0.286		0		1		0.049		
Folate, total.....mcg	92		0		1		16		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	92		0		1		16		
Folate, DFE.....mcg_DFE	92		0	NC	4		16		
Vitamin B-12.....mcg	0.00		0		1		0.00		
Vitamin A, IU.....IU	518		0		1		88		
Vitamin A, RAE.....mcg_RAE	26		0		1		4		
Retinol.....mcg	0		0	Z	7		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	4.388		0		1		0.746		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.084		0		1		0.014		
15:0.....g									
16:0.....g	3.220		0		1		0.547		
17:0.....g									
18:0.....g	1.083		0	</					

NDB No. 16428

Tofu, dried-frozen (koyadofu), prepared with calcium sulfate

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	6.701		0		1		1.139		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.084		0		1		0.014		
17:1.....g									
18:1 undifferentiated.....g	6.617		0		1		1.125		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	17.128		0		1		2.912		
18:2 undifferentiated.....g	15.104		0		1		2.568		
18:3 undifferentiated.....g	2.024		0		1		0.344		
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		1		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.747		0		1		0.127		
Threonine.....g	1.956		0		1		0.333		
Isoleucine.....g	2.376		0		1		0.404		
Leucine.....g	3.644		0		1		0.619		
Lysine.....g	3.157		0		1		0.537		
Methionine.....g	0.613		0		1		0.104		
Cystine.....g	0.663		0		1		0.113		
Phenylalanine.....g	2.334		0		1		0.397		
Tyrosine.....g	1.604		0		1		0.273		
Valine.....g	2.418		0		1		0.411		
Arginine.....g	3.190		0		1		0.542		
Histidine.....g	1.394		0		1		0.237		
Alanine.....g	1.965		0		1		0.334		
Aspartic acid.....g	5.298		0		1		0.901		
Glutamic acid.....g	8.287		0		1		1.409		
Glycine.....g	1.872		0		1		0.318		
Proline.....g	2.586		0		1		0.440		
Serine.....g	2.259		0		1		0.384		
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 = 17g: 1 piece

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 16 Legumes and Legume Products

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



NDB No. 16159

Tofu, extra firm, prepared with nigari (1 )

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	81.28	0.773	5	A	1		73.96		
Energy.....kcal	91		0	NC	4		83		
Energy.....kj	382		0	NC	4		347		
Protein (N x 5.71).....g	9.89	0.629	5	A	1		9.00		
Total lipid (fat).....g	5.83	0.412	5	A	1		5.31		
Ash.....g	1.00	0.027	5	A	1		0.91		
Carbohydrate, by difference.....g	2.00		0	NC	4		1.82		
Fiber, total dietary.....g	0.4	0.111	3	A	1		0.4		
Sugars, total.....g	0.50		1	A	1		0.46		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca (2) .....mg	175	20.556	5	A	1		159		
Iron, Fe.....mg	1.84	0.323	5	A	1		1.68		
Magnesium, Mg (3) .....mg	53	0.525	4	A	1		48		
Phosphorus, P.....mg	136	5.500	4	A	1		124		
Potassium, K.....mg	132	17.335	5	A	1		120		
Sodium, Na.....mg	8	0.132	5	A	1		7		
Zinc, Zn.....mg	1.10	0.133	4	A	1		1.00		
Copper, Cu.....mg	0.191	0.015	4	A	1		0.174		
Manganese, Mn.....mg	0.759	0.096	3	A	1		0.691		
Selenium, Se.....mcg	13.0		2	JO	11		11.8		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.5		1	A	1		0.5		
Thiamin.....mg	0.048	0.008	4	A	1		0.043		
Riboflavin.....mg	0.045	0.005	4	A	1		0.041		
Niacin.....mg	0.288	0.057	4	A	1		0.262		
Pantothenic acid.....mg	0.453	0.368	4	A	1		0.412		
Vitamin B-6.....mg	0.063	0.004	4	A	1		0.057		
Folate, total.....mcg	17	0.378	4	A	1		16		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	17	0.378	4	A	1		16		
Folate, DFE.....mcg_DFE	17		0	NC	4		16		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	0		0	AS	1		0		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		0	Z	7		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	0.542		0	NC	4		0.493		
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g	0.000		1	A	1		0.000		
14:0.....g									
15:0.....g	0.000		1	A	1		0.000		
16:0.....g									
17:0.....g	0.542		1	A	1		0.493		
18:0.....g									
20:0.....g	0.000		1	A	1		0.000		
22:0.....g	0.000		1	A	1		0.000		
24:0.....g	0.000		1	A	1		0.000		

NDB No. 16159

Tofu, extra firm, prepared with nigari (1 )

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	4.338		0	NC	4		3.948		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	2.169		1	A	1		1.974		
16:1 undifferentiated.....g									
17:1.....g	1.085		1	A	1		0.987		
18:1 undifferentiated.....g									
20:1.....g	1.085		1	A	1		0.987		
22:1 undifferentiated.....g	0.000		1	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.542		0	NC	4		0.493		
18:2 undifferentiated.....g									
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.154		0	DI	4		0.140		
Threonine.....g	0.404		0	DI	4		0.367		
Isoleucine.....g	0.490		0	DI	4		0.446		
Leucine.....g	0.751		0	DI	4		0.684		
Lysine.....g	0.651		0	DI	4		0.592		
Methionine.....g	0.126		0	DI	4		0.115		
Cystine.....g	0.137		0	DI	4		0.124		
Phenylalanine.....g	0.481		0	DI	4		0.437		
Tyrosine.....g	0.331		0	DI	4		0.301		
Valine.....g	0.499		0	DI	4		0.454		
Arginine.....g	0.657		0	DI	4		0.598		
Histidine.....g	0.288		0	DI	4		0.262		
Alanine.....g	0.406		0	DI	4		0.369		
Aspartic acid.....g	1.093		0	DI	4		0.994		
Glutamic acid.....g	1.709		0	DI	4		1.555		
Glycine.....g	0.386		0	DI	4		0.351		
Proline.....g	0.533		0	DI	4		0.485		
Serine.....g	0.466		0	DI	4		0.424		
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 = 91g: .2 block

#### Footnotes

- Descriptive terms (soft, firm, extra firm) vary in usage between manufacturers as there are no standards for the various types of tofu.
- Manufacturers use either magnesium chloride (nigari), calcium sulfate, or both in varying quantities to precipitate the protein. Calcium and magnesium contents will vary accordingly.
- Manufacturers use either magnesium chloride (nigari), calcium sulfate, or both in varying quantities to precipitate the protein. Calcium and magnesium contents will vary accordingly.

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

**NDB No. 16159**

**Tofu, extra firm, prepared with nigari (1 )**

**Food Group:** 16 Legumes and Legume Products

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

NDB No. 16126

Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari) (1)

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	84.95	0.191	9	JA	6		107.03	68.81	77.30
Energy.....kcal	70		0	NC	4		88	57	64
Energy.....kj	294		0	NC	4		370	238	267
Protein (N x 5.71).....g	8.19	0.137	6	A	1		10.31	6.63	7.45
Total lipid (fat).....g	4.17	0.120	7	A	1		5.26	3.38	3.80
Ash.....g	1.01	0.069	7	A	1		1.27	0.82	0.92
Carbohydrate, by difference.....g	1.69		0	NC	4		2.12	1.37	1.53
Fiber, total dietary.....g	0.9	0.020	5	JA	6		1.1	0.7	0.8
Sugars, total.....g	0.60		1	A	1		0.76	0.49	0.55
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca (2) .....mg	201	26.326	7	A	1		253	163	183
Iron, Fe.....mg	1.61	0.131	7	A	1		2.03	1.31	1.47
Magnesium, Mg (3) .....mg	37	1.971	5	A	1		47	30	34
Phosphorus, P.....mg	121	5.846	6	A	1		153	98	110
Potassium, K.....mg	148	8.812	7	A	1		186	120	134
Sodium, Na.....mg	12	3.706	7	A	1		15	10	11
Zinc, Zn.....mg	0.83	0.029	6	A	1		1.04	0.67	0.75
Copper, Cu.....mg	0.213	0.010	6	A	1		0.268	0.172	0.194
Manganese, Mn.....mg	0.625	0.037	6	A	1		0.787	0.506	0.568
Selenium, Se.....mcg	9.9	2.075	6	JO	11		12.4	8.0	9.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.2		0		1		0.3	0.2	0.2
Thiamin.....mg	0.060	0.009	6	A	1		0.076	0.049	0.055
Riboflavin.....mg	0.063	0.004	6	A	1		0.080	0.051	0.058
Niacin.....mg	0.101	0.031	6	A	1		0.128	0.082	0.092
Pantothenic acid.....mg	0.110	0.009	4	A	1		0.138	0.089	0.100
Vitamin B-6.....mg	0.071	0.008	6	A	1		0.090	0.058	0.065
Folate, total.....mcg	19	3.496	6	A	1		24	15	17
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	19	3.496	6	A	1		24	15	17
Folate, DFE.....mcg_DFE	19		0	NC	4		24	15	17
Vitamin B-12.....mcg	0.00		0		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									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.863		0	NC	4		1.087	0.699	0.785
4:0.....g									
6:0.....g									
8:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
10:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
12:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
13:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
14:0.....g	0.015	0.003	3	A	1		0.018	0.012	0.013
15:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:0.....g	0.616	0.067	3	A	1		0.777	0.499	0.561
17:0.....g	0.015	0.003	3	A	1		0.018	0.012	0.013
18:0.....g	0.218	0.000	3	A	1		0.274	0.176	0.198
20:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
24:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000

NDB No. 16126

Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari) (1 )

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	1.226		0	NC	4		1.544	0.993	1.115
14:1.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
15:1.....g	0.073	0.042	3	A	1		0.091	0.059	0.066
16:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
17:1.....g	0.025	0.003	3	A	1		0.032	0.021	0.023
18:1 undifferentiated.....g	1.095	0.107	3	A	1		1.380	0.887	0.996
20:1.....g	0.025	0.013	3	A	1		0.032	0.021	0.023
22:1 undifferentiated.....g	0.007	0.003	3	A	1		0.009	0.006	0.007
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.794		0	NC	4		2.260	1.453	1.632
18:2 undifferentiated.....g	1.598	0.363	3	A	1		2.013	1.294	1.454
18:3 undifferentiated.....g	0.181	0.059	3	A	1		0.228	0.147	0.165
18:4.....g									
20:2 n-6 c,c.....g	0.004	0.003	3	A	1		0.005	0.003	0.003
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:4 undifferentiated.....g	0.004	0.003	3	A	1		0.005	0.003	0.003
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	0		2	A	1		0.000	0.000	0.000
Carotene, alpha.....mcg	0		2	A	1		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		2	A	1		0.000	0.000	0.000
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 126g: .5 cup

Measure 2 = 81g: .25 block

Measure 3 = 91g: .2 block

#### Footnotes

- 1 Descriptive terms (soft, firm, extra firm) vary in usage between manufacturers as there are no standards for the various types of tofu.
- 2 Manufacturers use either magnesium chloride (nigari), calcium sulfate, or both in varying quantities to precipitate the protein. Calcium and magnesium contents will vary accordingly.
- 3 Manufacturers use either magnesium chloride (nigari), calcium sulfate, or both in varying quantities to precipitate the protein. Calcium and magnesium contents will vary accordingly.

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 16 Legumes and Legume Products

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

**Tofu, fried**

**Refuse: 0%**

[illegible]

**NDB No. 16129**  
**Tofu, fried**

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	4.456		0		1		1.263	0.579	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.056		0		1		0.016	0.007	
17:1.....g									
18:1 undifferentiated.....g	4.400		0		1		1.247	0.572	
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	11.390		0		1		3.229	1.481	
18:2 undifferentiated.....g	10.044		0		1		2.847	1.306	
18:3 undifferentiated.....g	1.346		0		1		0.382	0.175	
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		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.268		0		1		0.076	0.035	
Threonine.....g	0.701		0		1		0.199	0.091	
Isoleucine.....g	0.852		0		1		0.242	0.111	
Leucine.....g	1.306		0		1		0.370	0.170	
Lysine.....g	1.131		0		1		0.321	0.147	
Methionine.....g	0.220		0		1		0.062	0.029	
Cystine.....g	0.238		0		1		0.067	0.031	
Phenylalanine.....g	0.837		0		1		0.237	0.109	
Tyrosine.....g	0.575		0		1		0.163	0.075	
Valine.....g	0.867		0		1		0.246	0.113	
Arginine.....g	1.143		0		1		0.324	0.149	
Histidine.....g	0.499		0		1		0.141	0.065	
Alanine.....g	0.704		0		1		0.200	0.092	
Aspartic acid.....g	1.899		0		1		0.538	0.247	
Glutamic acid.....g	2.970		0		1		0.842	0.386	
Glycine.....g	0.671		0		1		0.190	0.087	
Proline.....g	0.927		0		1		0.263	0.121	
Serine.....g	0.809		0		1		0.229	0.105	
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	16		0	BFSN	4		4.624	2.121	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 28.35g: 1 oz

Measure 2 = 13.0g: 1 piece

NDB No. 16129  
Tofu, fried

Calories Factors: Protein 3.47      Fat 8.37      Carbohydrate 4.07

Food Group: 16 Legumes and Legume Products  
USDA National Nutrient Database for Standard Reference, Release 17 (2004)





**NDB No. 16429**  
**Tofu, fried, prepared with calcium sulfate**

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	4.456		0		1		0.579		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.056		0		1		0.007		
17:1.....g									
18:1 undifferentiated.....g	4.400		0		1		0.572		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	11.390		0		1		1.481		
18:2 undifferentiated.....g	10.044		0		1		1.306		
18:3 undifferentiated.....g	1.346		0		1		0.175		
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		1		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.268		0		1		0.035		
Threonine.....g	0.701		0		1		0.091		
Isoleucine.....g	0.852		0		1		0.111		
Leucine.....g	1.306		0		1		0.170		
Lysine.....g	1.131		0		1		0.147		
Methionine.....g	0.220		0		1		0.029		
Cystine.....g	0.238		0		1		0.031		
Phenylalanine.....g	0.837		0		1		0.109		
Tyrosine.....g	0.575		0		1		0.075		
Valine.....g	0.867		0		1		0.113		
Arginine.....g	1.143		0		1		0.149		
Histidine.....g	0.499		0		1		0.065		
Alanine.....g	0.704		0		1		0.092		
Aspartic acid.....g	1.899		0		1		0.247		
Glutamic acid.....g	2.970		0		1		0.386		
Glycine.....g	0.671		0		1		0.087		
Proline.....g	0.927		0		1		0.121		
Serine.....g	0.809		0		1		0.105		
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 = 13.0g: 1 piece

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 16 Legumes and Legume Products**

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

**Tofu, hard, prepared with nigari (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
<b>Proximates:</b>									
Water.....g	71.12		1	A	1		86.77		
Energy.....kcal	146		0	NC	4		178		
Energy.....kJ	611				4		745		
Protein (N x 5.71).....g	12.68		1	A	1		15.47		
Total lipid (fat).....g	9.99		1	A	1		12.19		
Ash.....g	1.82		1	A	1		2.22		
Carbohydrate, by difference.....g	4.39		0	NC	4		5.36		
Fiber, total dietary.....g	0.6		1	A	1		0.7		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca (2).....mg	345		1	A	1		421		
Iron, Fe.....mg	2.75		1	A	1		3.36		
Magnesium, Mg (3).....mg	53		1	A	1		65		
Phosphorus, P.....mg	231		1	A	1		282		
Potassium, K.....mg	146		1	A	1		178		
Sodium, Na.....mg	2		1	A	1		2		
Zinc, Zn.....mg	1.66		1	A	1		2.03		
Copper, Cu.....mg	0.328		1	A	1		0.400		
Manganese, Mn.....mg	1.052		1	A	1		1.283		
Selenium, Se.....mcg	16.8		0	BFSN	4		20.5		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.3		1	A	1		0.4		
Thiamin.....mg	0.042		1	A	1		0.051		
Riboflavin.....mg	0.077		1	A	1		0.094		
Niacin.....mg	0.639		1	A	1		0.780		
Pantothenic acid.....mg	0.037		1	A	1		0.045		
Vitamin B-6.....mg	0.039		1	A	1		0.048		
Folate, total.....mcg	22		1	A	1		27		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	22		1	A	1		27		
Folate, DFE.....mcg_DFE	22		0	NC	4		27		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
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	1.445		0	BFFN	4		1.763		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.027		0	BFFN	4		0.033		
15:0.....g									
16:0.....g	1.060		0	BFFN	4		1.293		
17:0.....g									
18:0.....g	0.356								

**NDB No. 16160**  
**Tofu, hard, prepared with nigari (1)**

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	2.205		0	BFFN	4		2.690		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.027		0	BFFN	4		0.033		
17:1.....g									
18:1 undifferentiated.....g	2.178		0	BFFN	4		2.657		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.638		0	BFFN	4		6.878		
18:2 undifferentiated.....g	4.971		0	BFFN	4		6.065		
18:3 undifferentiated.....g	0.667		0	BFFN	4		0.814		
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	Z	7		0		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.198		0	BFFN	4		0.242		
Threonine.....g	0.517		0	BFFN	4		0.631		
Isoleucine.....g	0.628		0	BFFN	4		0.766		
Leucine.....g	0.963		0	BFFN	4		1.175		
Lysine.....g	0.835		0	BFFN	4		1.019		
Methionine.....g	0.162		0	BFFN	4		0.198		
Cystine.....g	0.175		0	BFFN	4		0.214		
Phenylalanine.....g	0.617		0	BFFN	4		0.753		
Tyrosine.....g	0.424		0	BFFN	4		0.517		
Valine.....g	0.640		0	BFFN	4		0.781		
Arginine.....g	0.844		0	BFFN	4		1.030		
Histidine.....g	0.369		0	BFFN	4		0.450		
Alanine.....g	0.520		0	BFFN	4		0.634		
Aspartic acid.....g	1.401		0	BFFN	4		1.709		
Glutamic acid.....g	2.191		0	BFFN	4		2.673		
Glycine.....g	0.495		0	BFFN	4		0.604		
Proline.....g	0.684		0	BFFN	4		0.834		
Serine.....g	0.597		0	BFFN	4		0.728		
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 = 122g: .25 block

**Footnotes**

- Descriptive terms (soft, firm, extra firm) vary in usage between manufacturers as there are no standards for the various types of tofu.
- Manufacturers use either magnesium chloride (nigari), calcium sulfate, or both in varying quantities to precipitate the protein. Calcium and magnesium contents will vary accordingly.
- Manufacturers use either magnesium chloride (nigari), calcium sulfate, or both in varying quantities to precipitate the protein. Calcium and magnesium contents will vary accordingly.

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**NDB No. 16160**

**Tofu, hard, prepared with nigari (1 )**

**Food Group:** 16 Legumes and Legume Products

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



**NDB No. 16130**  
**Tofu, okara**

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	0.295		0		1		0.360		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0		1		0.005		
17:1.....g									
18:1 undifferentiated.....g	0.292		0		1		0.356		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.755		0		1		0.921		
18:2 undifferentiated.....g	0.666		0		1		0.813		
18:3 undifferentiated.....g	0.089		0		1		0.109		
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		1		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.050		0		1		0.061		
Threonine.....g	0.131		0		1		0.160		
Isoleucine.....g	0.159		0		1		0.194		
Leucine.....g	0.244		0		1		0.298		
Lysine.....g	0.212		0		1		0.259		
Methionine.....g	0.041		0		1		0.050		
Cystine.....g	0.044		0		1		0.054		
Phenylalanine.....g	0.157		0		1		0.192		
Tyrosine.....g	0.108		0		1		0.132		
Valine.....g	0.162		0		1		0.198		
Arginine.....g	0.214		0		1		0.261		
Histidine.....g	0.093		0		1		0.113		
Alanine.....g	0.132		0		1		0.161		
Aspartic acid.....g	0.355		0		1		0.433		
Glutamic acid.....g	0.556		0		1		0.678		
Glycine.....g	0.126		0		1		0.154		
Proline.....g	0.173		0		1		0.211		
Serine.....g	0.151		0		1		0.184		
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 = 122g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 16 Legumes and Legume Products**

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

**Tofu, raw, firm, prepared with calcium sulfate**

[illegible]



NDB No. 16426

Tofu, raw, firm, prepared with calcium sulfate

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	1.925		0		1		2.426	1.559	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.024		0		1		0.030	0.019	
17:1.....g									
18:1 undifferentiated.....g	1.901		0		1		2.395	1.540	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.921		0		1		6.200	3.986	
18:2 undifferentiated.....g	4.339		0		1		5.467	3.515	
18:3 undifferentiated.....g	0.582		0		1		0.733	0.471	
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		1		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.246		7		1		0.310	0.199	
Threonine.....g	0.644		13		1		0.811	0.522	
Isoleucine.....g	0.782		13		1		0.985	0.633	
Leucine.....g	1.199		13		1		1.511	0.971	
Lysine.....g	1.039		14		1		1.309	0.842	
Methionine.....g	0.202		15		1		0.255	0.164	
Cystine.....g	0.218		13		1		0.275	0.177	
Phenylalanine.....g	0.768		13		1		0.968	0.622	
Tyrosine.....g	0.528		12		1		0.665	0.428	
Valine.....g	0.796		13		1		1.003	0.645	
Arginine.....g	1.050		12		1		1.323	0.851	
Histidine.....g	0.459		10		1		0.578	0.372	
Alanine.....g	0.647		12		1		0.815	0.524	
Aspartic acid.....g	1.743		12		1		2.196	1.412	
Glutamic acid.....g	2.727		12		1		3.436	2.209	
Glycine.....g	0.616		12		1		0.776	0.499	
Proline.....g	0.851		11		1		1.072	0.689	
Serine.....g	0.743		12		1		0.936	0.602	
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 = 126g: .5 cup

Measure 2 = 81g: .25 block

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 16 Legumes and Legume Products

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

NDB No. 16427

Tofu, raw, regular, prepared with calcium sulfate

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	84.55	0.408	65		1		104.84	98.08	
Energy.....kcal	76		0	NC	4		94	88	
Energy.....kj	318				4		394	369	
Protein (N x 5.71).....g	8.08	0.308	44		1		10.02	9.37	
Total lipid (fat).....g	4.78	0.738	8		1		5.93	5.54	
Ash.....g	0.72	0.039	8		1		0.89	0.84	
Carbohydrate, by difference.....g	1.88		0	NC	4		2.33	2.18	
Fiber, total dietary.....g	0.3		0		1		0.4	0.3	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	350		0		1		434	406	
Iron, Fe.....mg	5.36	4.321	3		1		6.65	6.22	
Magnesium, Mg.....mg	30		0		1		37	35	
Phosphorus, P.....mg	97	14.553	3		1		120	113	
Potassium, K.....mg	121	26.429	4		1		150	140	
Sodium, Na.....mg	7	3.628	4		1		9	8	
Zinc, Zn.....mg	0.80	0.040	3		1		0.99	0.93	
Copper, Cu.....mg	0.193	0.033	3		1		0.239	0.224	
Manganese, Mn.....mg	0.605		2		1		0.750	0.702	
Selenium, Se.....mcg	8.9		0	BFSN	4		11.0	10.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.1		1		1		0.1	0.1	
Thiamin.....mg	0.081		2		1		0.100	0.094	
Riboflavin.....mg	0.052		2		1		0.064	0.060	
Niacin.....mg	0.195		2		1		0.242	0.226	
Pantothenic acid.....mg	0.068		2		1		0.084	0.079	
Vitamin B-6.....mg	0.047		2		1		0.058	0.055	
Folate, total.....mcg	15		2		1		19	17	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	15		2		1		19	17	
Folate, DFE.....mcg_DFE	15		0	NC	4		19	17	
Vitamin B-12.....mcg	0.00		0		1		0.00	0.00	
Vitamin A, IU.....IU	85		1		1		105	99	
Vitamin A, RAE.....mcg_RAE	4		1		1		5	5	
Retinol.....mcg	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	0.691		0		1		0.857	0.802	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.013		0		1		0.016	0.015	
15:0.....g									
16:0.....g	0.507		0		1		0.629	0.588	
17:0.....g									
18:0.....g	0.171		0		1		0.212	0.198	
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 16427

Tofu, raw, regular, prepared with calcium sulfate

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	1.056		0		1		1.309	1.225	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.013		0		1		0.016	0.015	
17:1.....g									
18:1 undifferentiated.....g	1.043		0		1		1.293	1.210	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.699		0		1		3.347	3.131	
18:2 undifferentiated.....g	2.380		0		1		2.951	2.761	
18:3 undifferentiated.....g	0.319		0		1		0.396	0.370	
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		1		0	0	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.126		0		1		0.156	0.146	
Threonine.....g	0.330		0		1		0.409	0.383	
Isoleucine.....g	0.400		0		1		0.496	0.464	
Leucine.....g	0.614		0		1		0.761	0.712	
Lysine.....g	0.532		0		1		0.660	0.617	
Methionine.....g	0.103		0		1		0.128	0.119	
Cystine.....g	0.112		0		1		0.139	0.130	
Phenylalanine.....g	0.393		0		1		0.487	0.456	
Tyrosine.....g	0.270		0		1		0.335	0.313	
Valine.....g	0.408		0		1		0.506	0.473	
Arginine.....g	0.538		0		1		0.667	0.624	
Histidine.....g	0.235		0		1		0.291	0.273	
Alanine.....g	0.331		0		1		0.410	0.384	
Aspartic acid.....g	0.893		0		1		1.107	1.036	
Glutamic acid.....g	1.397		0		1		1.732	1.621	
Glycine.....g	0.316		0		1		0.392	0.367	
Proline.....g	0.436		0		1		0.541	0.506	
Serine.....g	0.381		0		1		0.472	0.442	
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 = 124g: .5 cup

Measure 2 = 116g: .25 block

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 16 Legumes and Legume Products

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	70.01		1		1		7.70		
Energy.....kcal	116		0	NC	4		13		
Energy.....kj	485				4		53		
Protein (N x 5.71).....g	8.15		1		1		0.90		
Total lipid (fat).....g	8.00		1		1		0.88		
Ash.....g	8.69		1		1		0.96		
Carbohydrate, by difference.....g	5.15		0	NC	4		0.57		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	46		1		1		5		
Iron, Fe.....mg	1.98		1		1		0.22		
Magnesium, Mg.....mg	52		1		1		6		
Phosphorus, P.....mg	73		1		1		8		
Potassium, K.....mg	75		1		1		8		
Sodium, Na.....mg	2873		1		1		316		
Zinc, Zn.....mg	1.56		0		4		0.17		
Copper, Cu.....mg	0.376		0		4		0.041		
Manganese, Mn.....mg	1.174		0		4		0.129		
Selenium, Se.....mcg	17.3		0	BFSN	4		1.9		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.2		0		4		0.0		
Thiamin.....mg	0.157		0		4		0.017		
Riboflavin.....mg	0.101		0		4		0.011		
Niacin.....mg	0.379		0		4		0.042		
Pantothenic acid.....mg	0.132		0		4		0.015		
Vitamin B-6.....mg	0.091		0		4		0.010		
Folate, total.....mcg	29		0		4		3		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	29		0		4		3		
Folate, DFE.....mcg_DFE	29		0	NC	4		3		
Vitamin B-12.....mcg	0.00		0		1		0.00		
Vitamin A, IU.....IU	165		0		4		18		
Vitamin A, RAE.....mcg_RAE	8		0		4		1		
Retinol.....mcg	0		0	Z	7		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	1.157		0		1		0.127		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.022		0		1		0.002		
15:0.....g									
16:0.....g	0.849		0		1		0.093		
17:0.....g									
18:0.....g	0.286		0		1		0.031		
20:0.....g									
22:0.....g									
24:0.....g									

**NDB No. 16132**  
**Tofu, salted and fermented (fuyu)**

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	1.767		0		1		0.194		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.022		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	1.745		0		1		0.192		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.516		0		1		0.497		
18:2 undifferentiated.....g	3.982		0		1		0.438		
18:3 undifferentiated.....g	0.534		0		1		0.059		
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		1		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.127		0		1		0.014		
Threonine.....g	0.332		0		1		0.037		
Isoleucine.....g	0.404		0		1		0.044		
Leucine.....g	0.619		0		1		0.068		
Lysine.....g	0.537		0		1		0.059		
Methionine.....g	0.104		0		1		0.011		
Cystine.....g	0.113		0		1		0.012		
Phenylalanine.....g	0.397		0		1		0.044		
Tyrosine.....g	0.273		0		1		0.030		
Valine.....g	0.411		0		1		0.045		
Arginine.....g	0.542		0		1		0.060		
Histidine.....g	0.237		0		1		0.026		
Alanine.....g	0.334		0		1		0.037		
Aspartic acid.....g	0.900		0		1		0.099		
Glutamic acid.....g	1.408		0		1		0.155		
Glycine.....g	0.318		0		1		0.035		
Proline.....g	0.440		0		1		0.048		
Serine.....g	0.384		0		1		0.042		
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 = 11.0g: 1 block

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 16 Legumes and Legume Products**

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

**Tofu, salted and fermented (fuyu), prepared with calcium sulfate**

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	70.01		1		1		7.70		
Energy.....kcal	116		0	NC	4		13		
Energy.....kj	485				4		53		
Protein (N x 5.71).....g	8.15		1		1		0.90		
Total lipid (fat).....g	8.00		1		1		0.88		
Ash.....g	8.69		1		1		0.96		
Carbohydrate, by difference.....g	5.15		0	NC	4		0.57		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	1229		0		1		135		
Iron, Fe.....mg	1.98		1		1		0.22		
Magnesium, Mg.....mg	58		0		1		6		
Phosphorus, P.....mg	73		1		1		8		
Potassium, K.....mg	75		1		1		8		
Sodium, Na.....mg	2873		1		1		316		
Zinc, Zn.....mg	1.56		0		4		0.17		
Copper, Cu.....mg	0.376		0		4		0.041		
Manganese, Mn.....mg	1.174		0		4		0.129		
Selenium, Se.....mcg	17.3		0	BFSN	4		1.9		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.2		0		4		0.0		
Thiamin.....mg	0.157		0		4		0.017		
Riboflavin.....mg	0.101		0		4		0.011		
Niacin.....mg	0.379		0		4		0.042		
Pantothenic acid.....mg	0.132		0		4		0.015		
Vitamin B-6.....mg	0.091		0		4		0.010		
Folate, total.....mcg	29		0		4		3		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	29		0		4		3		
Folate, DFE.....mcg_DFE	29		0	NC	4		3		
Vitamin B-12.....mcg	0.00		0		1		0.00		
Vitamin A, IU.....IU	165		0		4		18		
Vitamin A, RAE.....mcg_RAE	8		0		4		1		
Retinol.....mcg	0		0	Z	7		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	1.157		0		1		0.127		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.022		0		1		0.002		
15:0.....g									
16:0.....g	0.849		0		1		0.093		
17:0.....g									
18:0.....g	0.286		0		1		0.031		

NDB No. 16432

Tofu, salted and fermented (fuyu), prepared with calcium sulfate

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	1.767		0		1		0.194		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.022		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	1.745		0		1		0.192		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.516		0		1		0.497		
18:2 undifferentiated.....g	3.982		0		1		0.438		
18:3 undifferentiated.....g	0.534		0		1		0.059		
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		1		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.127		0		1		0.014		
Threonine.....g	0.332		0		1		0.037		
Isoleucine.....g	0.404		0		1		0.044		
Leucine.....g	0.619		0		1		0.068		
Lysine.....g	0.537		0		1		0.059		
Methionine.....g	0.104		0		1		0.011		
Cystine.....g	0.113		0		1		0.012		
Phenylalanine.....g	0.397		0		1		0.044		
Tyrosine.....g	0.273		0		1		0.030		
Valine.....g	0.411		0		1		0.045		
Arginine.....g	0.542		0		1		0.060		
Histidine.....g	0.237		0		1		0.026		
Alanine.....g	0.334		0		1		0.037		
Aspartic acid.....g	0.900		0		1		0.099		
Glutamic acid.....g	1.408		0		1		0.155		
Glycine.....g	0.318		0		1		0.035		
Proline.....g	0.440		0		1		0.048		
Serine.....g	0.384		0		1		0.042		
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 = 11.0g: 1 block

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 16 Legumes and Legume Products

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

**Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari) (1 )**

**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	87.26	0.956	5	A	1		216.40	15.71	104.71
Energy.....kcal	61		0	NC	4		151	11	73
Energy.....kj	255		0	NC	4		632	46	306
Protein (N x 5.71).....g	6.55	0.693	5	A	1		16.24	1.18	7.86
Total lipid (fat).....g	3.69	0.200	5	A	1		9.15	0.66	4.43
Ash.....g	0.70	0.036	5	A	1		1.74	0.13	0.84
Carbohydrate, by difference.....g	1.80		0	NC	4		4.46	0.32	2.16
Fiber, total dietary.....g	0.2		5	A	1		0.5	0.0	0.2
Sugars, total.....g	0.70		1	A	1		1.74	0.13	0.84
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca (2) .....mg	111	8.191	5	A	1		275	20	133
Iron, Fe.....mg	1.11	0.039	5	A	1		2.75	0.20	1.33
Magnesium, Mg (3) .....mg	27	2.630	4	A	1		67	5	32
Phosphorus, P.....mg	92	6.533	4	A	1		228	17	110
Potassium, K.....mg	120	20.535	5	A	1		298	22	144
Sodium, Na.....mg	8	1.002	5	A	1		20	1	10
Zinc, Zn.....mg	0.64	0.041	4	A	1		1.59	0.12	0.77
Copper, Cu.....mg	0.157	0.008	3	A	1		0.389	0.028	0.188
Manganese, Mn.....mg	0.389	0.025	4	A	1		0.965	0.070	0.467
Selenium, Se.....mcg	8.9	2.661	5	A	1		22.1	1.6	10.7
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.2		2	A	1		0.5	0.0	0.2
Thiamin.....mg	0.047	0.002	4	A	1		0.117	0.008	0.056
Riboflavin.....mg	0.037	0.003	4	A	1		0.092	0.007	0.044
Niacin.....mg	0.535	0.264	4	A	1		1.327	0.096	0.642
Pantothenic acid.....mg	0.051	0.005	4	A	1		0.126	0.009	0.061
Vitamin B-6.....mg	0.052	0.007	4	A	1		0.129	0.009	0.062
Folate, total.....mcg	44	1.264	4	A	1		109	8	53
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	44	1.264	4	A	1		109	8	53
Folate, DFE.....mcg_DFE	44		0	NC	4		109	8	53
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	7		0	NC	4		17	1	8
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		1	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.01		0	O	4		0.02	0.00	0.01
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.0		0	T	4		5.0	0.4	2.4
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.533		0	A	1		1.322	0.096	0.640
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	0.010		0	A	1		0.025	0.002	0.012
15:0.....g									
16:0.....g	0.391		0	A	1		0.970	0.070	0.469
17:0.....g									
18:0.....g	0.132		0	A	1		0.327	0.024	0.158
20:0.....g									
22:0.....g									
24:0.....g									



NDB No. 16127

Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari) (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	0.814		0	A	1		2.019	0.147	0.977
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		0	A	1		0.025	0.002	0.012
17:1.....g									
18:1 undifferentiated.....g	0.804		0	A	1		1.994	0.145	0.965
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	2.081		0	A	1		5.161	0.375	2.497
18:2 undifferentiated.....g	1.835		0	A	1		4.551	0.330	2.202
18:3 undifferentiated.....g	0.246		0	A	1		0.610	0.044	0.295
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	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.102		0	A	1		0.253	0.018	0.122
Threonine.....g	0.268		0	A	1		0.665	0.048	0.322
Isoleucine.....g	0.324		0	A	1		0.804	0.058	0.389
Leucine.....g	0.498		0	A	1		1.235	0.090	0.598
Lysine.....g	0.431		0	A	1		1.069	0.078	0.517
Methionine.....g	0.084		0	A	1		0.208	0.015	0.101
Cystine.....g	0.091		0	A	1		0.226	0.016	0.109
Phenylalanine.....g	0.319		0	A	1		0.791	0.057	0.383
Tyrosine.....g	0.219		0	A	1		0.543	0.039	0.263
Valine.....g	0.331		0	A	1		0.821	0.060	0.397
Arginine.....g	0.436		0	A	1		1.081	0.078	0.523
Histidine.....g	0.191		0	A	1		0.474	0.034	0.229
Alanine.....g	0.268		0	A	1		0.665	0.048	0.322
Aspartic acid.....g	0.724		0	A	1		1.796	0.130	0.869
Glutamic acid.....g	1.133		0	A	1		2.810	0.204	1.360
Glycine.....g	0.256		0	A	1		0.635	0.046	0.307
Proline.....g	0.353		0	A	1		0.875	0.064	0.424
Serine.....g	0.309		0	A	1		0.766	0.056	0.371
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	4		0	O	4		10.416	0.756	5.040
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 = 248g: 1 cup (1/2" cubes)

Measure 2 = 18g: 1 cubic inch

Measure 3 = 120g: 1 piece (2-1/2" x 2-3/4" x 1")

**NDB No. 16127**

**Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari) (1 )**

**Footnotes**

- 1 Descriptive terms (soft, firm, extra firm) vary in usage between manufacturers as there are no standards for the various types of tofu.
- 2 Manufacturers use either magnesium chloride (nigari), calcium sulfate, or both in varying quantities to precipitate the protein. Calcium and magnesium contents will vary accordingly.
- 3 Manufacturers use either magnesium chloride (nigari), calcium sulfate, or both in varying quantities to precipitate the protein. Calcium and magnesium contents will vary accordingly.

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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

**NDB No. 16167**  
**USDA Commodity, Peanut Butter, smooth**

**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	1.55	0.156	5	A	1				
Energy.....kcal	630		0	NC	4				
Energy.....kj	2634		0	NC	4				
Protein.....g	21.93	0.489	5	A	1				
Total lipid (fat).....g	49.54	0.826	5	A	1				
Ash.....g	3.00	0.089	5	A	1				
Carbohydrate, by difference.....g	23.98		0	NC	4				
Fiber, total dietary.....g	5.7	0.162	5	A	1				
Sugars, total.....g	6.50		0	NC	4				
Sucrose.....g	2.39	0.802	5	A	1				
Glucose (dextrose).....g	4.11	0.816	5	A	1				
Fructose.....g	0.00	0.000	5	A	1				
Lactose.....g	0.00	0.000	5	A	1				
Maltose.....g	0.00	0.000	5	A	1				
Galactose.....g	0.00		0	BFSN	4				
Starch.....g	4.57	0.033	3	A	1				
<b>Minerals:</b>									
Calcium, Ca.....mg	54	3.743	5	A	1				
Iron, Fe.....mg	2.16	0.225	5	A	1				
Magnesium, Mg.....mg	179	10.434	5	A	1				
Phosphorus, P.....mg	335	14.431	5	A	1				
Potassium, K.....mg	592	30.474	5	A	1				
Sodium, Na.....mg	476	38.273	5	A	1				
Zinc, Zn.....mg	2.67	0.215	5	A	1				
Copper, Cu.....mg	0.571	0.042	5	A	1				
Manganese, Mn.....mg	1.361	0.199	5	A	1				
Selenium, Se.....mcg	40.4	4.622	4	A	1				
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	3	A	1				
Thiamin.....mg	0.107	0.017	5	A	1				
Riboflavin.....mg	0.105		0	BFSN	4				
Niacin.....mg	13.160	0.291	5	A	1				
Pantothenic acid.....mg	1.044	0.051	5	A	1				
Vitamin B-6.....mg	0.551	0.081	5	A	1				
Folate, total.....mcg	35	9.432	5	A	1				
Folic acid.....mcg	0		0	Z	7				
Folate, food.....mcg	35	9.432	5	A	1				
Folate, DFE.....mcg_DFE	35		0	NC	4				
Vitamin B-12.....mcg	0.00		0	BFSN	4				
Vitamin A, IU.....IU	0		0	AS	1				
Vitamin A, RAE.....mcg_RAE	0		0	AS	1				
Retinol.....mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol).....mg	5.94	0.698	5	A	1				
Tocopherol, beta.....mg	0.19	0.024	5	A	1				
Tocopherol, gamma.....mg	8.32	0.418	5	A	1				
Tocopherol, delta.....mg	0.68	0.188	5	A	1				
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		2	A	1				
<b>Lipids:</b>									
Fatty acids, total saturated.....g	9.519		0	NC	4				
4:0.....g	0.000		0	BFSN	4				
6:0.....g	0.000		0	BFSN	4				
8:0.....g	0.014	0.005	5	A	1				
10:0.....g	0.000	0.000	5	A	1				
12:0.....g	0.000	0.000	5	A	1				
13:0.....g									
14:0.....g	0.011	0.006	5	A	1				
15:0.....g	0.000	0.000	5	A	1				

**NDB No. 16167**  
**USDA Commodity, Peanut Butter, smooth**

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	4.520	0.222	5	A	1				
17:0.....g	0.040	0.004	5	A	1				
18:0.....g	1.854	0.040	5	A	1				
20:0.....g	0.614	0.037	5	A	1				
22:0.....g	1.730	0.067	5	A	1				
24:0.....g	0.736	0.020	5	A	1				
Fatty acids, total monounsaturated.....g	20.726		0	NC	4				
14:1.....g	0.000	0.000	5	A	1				
15:1.....g	0.000	0.000	5	A	1				
16:1 undifferentiated.....g	0.052	0.002	5	A	1				
17:1.....g	0.000	0.000	5	A	1				
18:1 undifferentiated.....g	19.880	0.834	5	A	1				
20:1.....g	0.680	0.041	5	A	1				
22:1 undifferentiated.....g	0.114	0.013	5	A	1				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	11.331		0	NC	4				
18:2 undifferentiated.....g	11.280	0.511	5	A	1				
18:3 undifferentiated.....g	0.039	0.009	5	A	1				
18:4.....g	0.000	0.000	5	A	1				
20:2 n-6 c,c.....g	0.000	0.000	5	A	1				
20:3 undifferentiated.....g	0.000	0.000	5	A	1				
20:4 undifferentiated.....g	0.000	0.000	5	A	1				
20:5 n-3.....g	0.012	0.004	5	A	1				
22:5 n-3.....g	0.000	0.000	5	A	1				
22:6 n-3.....g	0.000	0.000	5	A	1				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7				
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				

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:** 16 Legumes and Legume Products

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

**Refuse: 0%**

[illegible]

**NDB No. 43134**  
**Vegetarian fillets**

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				
Fatty acids, total monounsaturated.....g	4.376				4		3.720		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4		0.000		
17:1.....g									
18:1 undifferentiated.....g	4.376				4		3.720		
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	9.332				4		7.932		
18:2 undifferentiated.....g	8.292				4		7.048		
18:3 undifferentiated.....g	1.040				4		0.884		
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	0				7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0				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 = 85g: 1 fillet

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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

**Refuse: 0%**

[illegible]

**NDB No. 43137**  
**Vegetarian meatloaf or patties**

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				
Fatty acids, total monounsaturated.....g	2.188				4		1.225		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4		0.000		
17:1.....g									
18:1 undifferentiated.....g	2.188				4		1.225		
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	4.666				4		2.613		
18:2 undifferentiated.....g	4.146				4		2.322		
18:3 undifferentiated.....g	0.520				4		0.291		
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	0				7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0				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 = 56g: 1 slice

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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



[illegible]

**NDB No. 43136**  
**Vegetarian stew**

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	0.729				4		1.801		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.729				4		1.801		
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	1.555				4		3.841		
18:2 undifferentiated.....g	1.382				4		3.414		
18:3 undifferentiated.....g	0.173				4		0.427		
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	0				7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	563		0	O	4		1389.375		
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 = 247g: 1 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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



**NDB No. 43114**  
**Vermicelli, made from soy**

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	0.013				4		0.018		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.013				4		0.018		
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	0.041				4		0.057		
18:2 undifferentiated.....g	0.038				4		0.053		
18:3 undifferentiated.....g	0.004				4		0.006		
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	0				7		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	23		0	BFSN	4		31.915		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 140g: 1 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 16 Legumes and Legume Products

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

**WORTHINGTON FOODS, LOMA LINDA, BIG FRANKS, meatless franks, canned**

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								
<b>Proximates:</b>									
Water.....g	57.64	1.570	3	MA	12		29.40	326.82	29.40
Energy.....kcal	232		0	MC	9		118	1315	118
Energy.....kj	971				12		495	5504	495
Protein.....g	23.77	3.000	3	MA	12		12.12	134.78	12.12
Total lipid (fat).....g	13.88		2	MA	12		7.08	78.70	7.08
Ash.....g	1.74	0.060	3	MA	12		0.89	9.87	0.89
Carbohydrate, by difference.....g	2.97		0	MC	9		1.51	16.84	1.51
Fiber, total dietary.....g	3.0	0.240	3	MA	12		1.5	17.0	1.5
Sugars, total.....g	0.47	0.080	3	MA	12		0.24	2.66	0.24
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	20	3.610	3	MA	12		10	113	10
Iron, Fe.....mg	1.94	0.530	3	MA	12		0.99	11.00	0.99
Magnesium, Mg.....mg									
Phosphorus, P.....mg	166		2	MA	12		85	941	85
Potassium, K.....mg	119	28.050	3	MA	12		61	675	61
Sodium, Na.....mg	439	32.590	3	MA	12		224	2489	224
Zinc, Zn.....mg	2.35	0.550	3	MA	12		1.20	13.32	1.20
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.550	0.100	3	MA	12		0.281	3.119	0.281
Riboflavin.....mg	1.330	0.150	3	MA	12		0.678	7.541	0.678
Niacin.....mg	11.340		2	MA	12		5.783	64.298	5.783
Pantothenic acid.....mg	3.160		1	MA	12		1.612	17.917	1.612
Vitamin B-6.....mg	1.320		1	MA	12		0.673	7.484	0.673
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	5.76		1	MA	12		2.94	32.66	2.94
Vitamin A, IU.....IU									
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	1.580		2	MA	12		0.806	8.959	0.806
4:0.....g									
6:0.....g									
8:0.....g	0.005		1	A	1		0.003	0.028	0.003
10:0.....g	0.005		1	A	1		0.003	0.028	0.003
12:0.....g	0.005		1	A	1		0.003	0.028	0.003
13:0.....g									
14:0.....g	0.005		1	A	1		0.003	0.028	0.003
15:0.....g	0.005		1	A	1		0.003	0.028	0.003
16:0.....g	1.048		1	MA	12		0.534	5.942	0.534
17:0.....g	0.005		1	A	1		0.003	0.028	0.003
18:0.....g	0.201		1	MA	12		0.103	1.140	0.103
20:0.....g	0.038		1	A	1		0.019	0.215	0.019
22:0.....g	0.019		1	A	1		0.010	0.108	0.010
24:0.....g									
Fatty acids, total monounsaturated.....g	2.990		1	MA	12		1.525	16.953	1.525
14:1.....g	0.005		1	A	1		0.003	0.028	0.003
15:1.....g									

NDB No. 22126

WORTHINGTON FOODS, LOMA LINDA, BIG FRANKS, meatless franks, canned

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				
16:1 undifferentiated.....g	0.019		1	MA	12		0.010	0.108	0.010
17:1.....g	0.005		1	A	1		0.003	0.028	0.003
18:1 undifferentiated.....g	2.316		1	MA	12		1.181	13.132	1.181
20:1.....g	0.029		1	A	1		0.015	0.164	0.015
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.230		1	MA	12		3.687	40.994	3.687
18:2 undifferentiated.....g	5.090		1	MA	12		2.596	28.860	2.596
18:3 undifferentiated.....g	0.129		1	MA	12		0.066	0.731	0.066
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g	0.005		1	A	1		0.002	0.027	0.002
20:4 undifferentiated.....g	0.005		1	A	1		0.003	0.028	0.003
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		2	MA	12		0	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 = 51g: 1 link

Measure 2 = 567g: 1 package

Measure 3 = 51g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 16 Legumes and Legume Products

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



NDB No. 16436

Winged beans, mature seeds, cooked, boiled, 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 Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	2.153		0		1		3.703		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020		0		1		0.034		
17:1.....g									
18:1 undifferentiated.....g	2.025		0		1		3.483		
20:1.....g	0.109		0		1		0.187		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.551		0		1		2.668		
18:2 undifferentiated.....g	1.457		0		1		2.506		
18:3 undifferentiated.....g	0.094		0		1		0.162		
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		1		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.233		0		1		0.401		
Threonine.....g	0.360		0		1		0.619		
Isoleucine.....g	0.448		0		1		0.771		
Leucine.....g	0.762		0		1		1.311		
Lysine.....g	0.652		0		1		1.121		
Methionine.....g	0.109		0		1		0.187		
Cystine.....g	0.166		0		1		0.286		
Phenylalanine.....g	0.436		0		1		0.750		
Tyrosine.....g	0.445		0		1		0.765		
Valine.....g	0.467		0		1		0.803		
Arginine.....g	0.576		0		1		0.991		
Histidine.....g	0.241		0		1		0.415		
Alanine.....g	0.318		0		1		0.547		
Aspartic acid.....g	0.973		0		1		1.674		
Glutamic acid.....g	1.224		0		1		2.105		
Glycine.....g	0.348		0		1		0.599		
Proline.....g	0.588		0		1		1.011		
Serine.....g	0.377		0		1		0.648		
Hydroxyproline.....g									

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#### Common Measures:

Measure 1 = 172g: 1 cup

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 16 Legumes and Legume Products

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



*Psophocarpus tetragonolobus*

[illegible]

**NDB No. 16135**  
**Winged beans, mature seeds, raw**

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	6.012		0		1		10.942		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.055		0		1		0.100		
17:1.....g									
18:1 undifferentiated.....g	5.654		0		1		10.290		
20:1.....g	0.303		0		1		0.551		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.330		0		1		7.881		
18:2 undifferentiated.....g	4.068		0		1		7.404		
18:3 undifferentiated.....g	0.262		0		1		0.477		
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		1		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.762		30		1		1.387		
Threonine.....g	1.179		38		1		2.146		
Isoleucine.....g	1.468		38		1		2.672		
Leucine.....g	2.497		38		1		4.545		
Lysine.....g	2.136		37		1		3.888		
Methionine.....g	0.356		41		1		0.648		
Cystine.....g	0.545		32		1		0.992		
Phenylalanine.....g	1.429		38		1		2.601		
Tyrosine.....g	1.457		31		1		2.652		
Valine.....g	1.530		38		1		2.785		
Arginine.....g	1.886		38		1		3.433		
Histidine.....g	0.790		38		1		1.438		
Alanine.....g	1.040		31		1		1.893		
Aspartic acid.....g	3.187		31		1		5.800		
Glutamic acid.....g	4.010		31		1		7.298		
Glycine.....g	1.140		31		1		2.075		
Proline.....g	1.924		31		1		3.502		
Serine.....g	1.235		31		1		2.248		
Hydroxyproline.....g									

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**Common Measures:**

Measure 1 = 182g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group:** 16 Legumes and Legume Products

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



NDB No. 16134

Yardlong beans, mature seeds, cooked, boiled, 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	0.039		0		1		0.067		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.039		0		1		0.067		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.193		0		1		0.330		
18:2 undifferentiated.....g	0.105		0		1		0.180		
18:3 undifferentiated.....g	0.088		0		1		0.150		
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		1		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.102		0		1		0.174		
Threonine.....g	0.316		0		1		0.540		
Isoleucine.....g	0.337		0		1		0.576		
Leucine.....g	0.635		0		1		1.086		
Lysine.....g	0.561		0		1		0.959		
Methionine.....g	0.118		0		1		0.202		
Cystine.....g	0.091		0		1		0.156		
Phenylalanine.....g	0.484		0		1		0.828		
Tyrosine.....g	0.268		0		1		0.458		
Valine.....g	0.395		0		1		0.675		
Arginine.....g	0.574		0		1		0.982		
Histidine.....g	0.257		0		1		0.439		
Alanine.....g	0.378		0		1		0.646		
Aspartic acid.....g	1.001		0		1		1.712		
Glutamic acid.....g	1.570		0		1		2.685		
Glycine.....g									
Proline.....g	0.373		0		1		0.638		
Serine.....g	0.415		0		1		0.710		
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 = 171g: 1 cup

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 16 Legumes and Legume Products

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

*Vigna unguiculata sesquipedalis*

[illegible]

**NDB No. 16133**  
**Yardlong beans, mature seeds, raw**

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	0.114		0		1		0.190		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.114		0		1		0.190		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.565		0		1		0.944		
18:2 undifferentiated.....g	0.308		0		1		0.514		
18:3 undifferentiated.....g	0.258		0		1		0.431		
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		1		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.300		0		1		0.501		
Threonine.....g	0.926		0		1		1.546		
Isoleucine.....g	0.989		0		1		1.652		
Leucine.....g	1.864		0		1		3.113		
Lysine.....g	1.646		0		1		2.749		
Methionine.....g	0.346		0		1		0.578		
Cystine.....g	0.269		0		1		0.449		
Phenylalanine.....g	1.421		0		1		2.373		
Tyrosine.....g	0.786		0		1		1.313		
Valine.....g	1.160		0		1		1.937		
Arginine.....g	1.685		0		1		2.814		
Histidine.....g	0.755		0		1		1.261		
Alanine.....g	1.109		0		1		1.852		
Aspartic acid.....g	2.938		0		1		4.906		
Glutamic acid.....g	4.608		0		1		7.695		
Glycine.....g	1.004		0		1		1.677		
Proline.....g	1.094		0		1		1.827		
Serine.....g	1.218		0		1		2.034		
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 = 167g: 1 cup

**Calories Factors: Protein 3.47**

**Fat 8.37**

**Carbohydrate 4.07**

**Food Group: 16 Legumes and Legume Products**

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

**Yardlong beans, yardlong, mature seeds, cooked, boiled, 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	68.80		0		1		117.65		
Energy.....kcal	118		0	NC	4		202		
Energy.....kj	494				4		844		
Protein (N x 6.25).....g	8.29		0		1		14.18		
Total lipid (fat).....g	0.45		0		1		0.77		
Ash.....g	1.37		0		1		2.34		
Carbohydrate, by difference.....g	21.09		0	NC	4		36.06		
Fiber, total dietary.....g	3.8		0	BFSN	4		6.5		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	42		0		1		72		
Iron, Fe.....mg	2.64		0		1		4.51		
Magnesium, Mg.....mg	98		0		1		168		
Phosphorus, P.....mg	181		0		1		310		
Potassium, K.....mg	315		0		1		539		
Sodium, Na.....mg	241		0		1		412		
Zinc, Zn.....mg	1.08		0		1		1.85		
Copper, Cu.....mg	0.225		0		1		0.385		
Manganese, Mn.....mg	0.487		0		1		0.833		
Selenium, Se.....mcg	2.8		0	BFSN	4		4.8		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.4		0		1		0.7		
Thiamin.....mg	0.212		0		1		0.363		
Riboflavin.....mg	0.064		0		1		0.109		
Niacin.....mg	0.551		0		1		0.942		
Pantothenic acid.....mg	0.398		0		1		0.681		
Vitamin B-6.....mg	0.095		0		1		0.162		
Folate, total.....mcg	146		0		1		249		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	146		0		1		249		
Folate, DFE.....mcg_DFE	146		0	NC	4		249		
Vitamin B-12.....mcg	0.00		0		1		0.00		
Vitamin A, IU.....IU	16		0		1		27		
Vitamin A, RAE.....mcg_RAE	1		0		1		1		
Retinol.....mcg	0		0	Z	7		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	0.116		0		1		0.198		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.000		0		1		0.000		
15:0.....g									
16:0.....g	0.108		0		1		0.185		
17:0.....g									
18:0.....g	0.007								

NDB No. 16434

Yardlong beans, yardlong, mature seeds, cooked, boiled, 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 Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	0.039		0		1		0.067		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.039		0		1		0.067		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.193		0		1		0.330		
18:2 undifferentiated.....g	0.105		0		1		0.180		
18:3 undifferentiated.....g	0.088		0		1		0.150		
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		1		0		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.102		0		1		0.174		
Threonine.....g	0.316		0		1		0.540		
Isoleucine.....g	0.337		0		1		0.576		
Leucine.....g	0.635		0		1		1.086		
Lysine.....g	0.561		0		1		0.959		
Methionine.....g	0.118		0		1		0.202		
Cystine.....g	0.091		0		1		0.156		
Phenylalanine.....g	0.484		0		1		0.828		
Tyrosine.....g	0.268		0		1		0.458		
Valine.....g	0.395		0		1		0.675		
Arginine.....g	0.574		0		1		0.982		
Histidine.....g	0.257		0		1		0.439		
Alanine.....g	0.378		0		1		0.646		
Aspartic acid.....g	1.001		0		1		1.712		
Glutamic acid.....g	1.570		0		1		2.685		
Glycine.....g									
Proline.....g	0.373		0		1		0.638		
Serine.....g	0.415		0		1		0.710		
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 = 171g: 1 cup

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 16 Legumes and Legume Products

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