NDB No. 22692 ARMOUR Corned Beef Hash, canned entree

Refuse: 0%

	Δ	mount in 10	0 grams	of edib	<u>n</u>	Amount in edible portion of common			
			Number				<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	_		1	A	1		283.90	157.65	
Energy	kcal 211		0	NC	4		897	498	
Energy	kj 883				4		3752	2083	
Protein	g 10.10		1	A	1		42.93	23.84	
Total lipid (fat)	g 16.70		1	A	1		70.98	39.41	
Ash	g 1.30		1	A	1		5.53	3.07	
Carbohydrate, by difference	g 5.10		0	NC	4		21.68	12.04	
Fiber, total dietary	g 0.8		1	A	1		3.4	1.9	
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg								
Iron, Fe.			1	A	1		3.95	2.19	
Magnesium, Mg	mg								
Phosphorus, P	mg								
Potassium, K	mg								
Sodium, Na	mg 362		1	A	1		1539	854	
Zinc, Zn	mg								
Copper, Cu									
Manganese, Mn									
Selenium, Se	mcg								
<u>Lipids:</u>									
Fatty acids, total saturated	g 6.63	0	1	A	1		28.178	15.647	
Fatty acids, total monounsaturated	g 7.39	0	1	A	1		31.408	17.440	
Fatty acids, total polyunsaturated	g 0.35	0	1	A	1		1.488	0.826	
Fatty acids, total trans	g								
Cholesterol	mg 41		1	A	1		174	97	
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 = 425g: 1 package yields

Measure 2 = 236g: 1 serving

Calories Factors: Protein Fat Carbohydrate

		<u>A</u>	mount in 10	00 grams	of edil	ole portic	<u>on</u>	Amount in	edible portion of	of common
				Number	,				easures of food	
Nutrients and Units	;	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water		64.26		0	MA	12		127.23	127.23	
Energy		193		0	NC	4		382	382	
Energy	kj	808				4		1599	1599	
Protein	g	5.00		0	MA	12		9.90	9.90	
Total lipid (fat)	g	11.12		0	MA	12		22.02	22.02	
Ash	g	1.46		0	MA	12		2.89	2.89	
Carbohydrate, by difference	g	18.16		0	NC	4		35.96	35.96	
Fiber, total dietary	g	0.5		0	MA	12		1.0	1.0	
Sugars, total.	g	3.00		0	MA	12		5.94	5.94	
Starch										
Minerals:										
Calcium, Ca	ma	14		0	MA	12		28	28	
Iron, Fe	-	0.57		0	MA	12		1.13	1.13	
Magnesium, Mg	-									
Phosphorus, P										
Potassium, K										
Sodium. Na		479		0	MA	12		948	948	
Zinc. Zn.										
Copper, Cu										
Manganese, Mn	_									
Selenium, Se	•									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MA	12		0.0	0.0	
Thiamin	mg									
Riboflavin	mg									
Niacin	-									
Pantothenic acid	-									
Vitamin B-6	_									
Folate, total										
Folate, DFE										
Vitamin B-12										
Vitamin A, IU		1417		0	NC	4		2805	2805	
Vitamin A, RAE		71		1	NC	4		140	140	
Vitamin E (alpha-tocopherol)	-									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
<u> ipids:</u>			_							
Fatty acids, total saturated		4.500		0	MA	12		8.910	8.910	
Fatty acids, total monounsaturated		5.260		0	MA	12		10.415	10.415	
Fatty acids, total polyunsaturated		1.360)	0	MA	12		2.693	2.693	
Fatty acids, total trans										
CholesterolPhytosterols	-	20		0	MA	12		40	40	
Carotenoids:										
Carotene, beta	mea	720		1	MA	12		1425.600	1425.600	
Carotene, beta	•	260		1	MA MA	12		514.800	514.800	
		200		1	MA	12		J14.8UU	314.800	
Cryptoxanthin, beta										
LycopeneLutein + zeaxanthin										

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BANQUET Chicken Pot Pie, frozen entree

Common Measures:

Measure 1 = 198g: 1 package yields

Measure 2 = 198g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 22 Meals, Entrees, and Sidedishes

Refuse: 0%

		<u>A</u>	mount in 10	u grams	of edit	ne portio	<u>n</u>	Amount in edible portion of common			
				Number	,			me	easures of food		
Nutrients and Unit	ts	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	_	75.81		0	MA	12		343.42	343.42		
Energy		135		0	NC	4		612	612		
Energy	kj	565				4		2559	2559		
Protein	g	6.42		0	MA	12		29.08	29.08		
Total lipid (fat)	g	8.84		0	MA	12		40.05	40.05		
Ash	g	1.53		0	MA	12		6.93	6.93		
Carbohydrate, by difference	g	7.41		0	NC	4		33.57	33.57		
Fiber, total dietary	g	1.4		0	MA	12		6.3	6.3		
Sugars, total		2.70		0	MA	12		12.23	12.23		
Starch											
Minerals:											
Calcium, Ca	mg	17		0	MA	12		77	77		
Iron, Fe	_	0.87		0	MA	12		3.94	3.94		
Magnesium, Mg											
Phosphorus, P											
Potassium, K											
Sodium, Na		429		0	MA	12		1943	1943		
Zinc, Zn											
Copper, Cu	-										
Manganese, Mn											
Selenium, Se	_										
Vitamins:											
Vitamin C, total ascorbic acid	mq	1.7		0	MA	12		7.7	7.7		
Thiamin	•										
Riboflavin											
Niacin											
Pantothenic acid											
Vitamin B-6											
Folate, total											
Folate, DFE											
Vitamin B-12											
Vitamin A, IU		461		0	MA	12		2088	2088		
Vitamin A, RAE		- 		•							
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
Lipids:											
Fatty acids, total saturated	а	3.420)	0	MA	12		15.493	15.493		
Fatty acids, total monounsaturated		3.820		0	MA	12		17.305	17.305		
Fatty acids, total polyunsaturated		1.600		0	MA	12		7.248	7.248		
Fatty acids, total trans		1.000	•	U	rin	12		7.240	7.240		
Cholesterol		25		0	MA	12		113	113		
Phytosterols		25		U	MA	12		113	113		

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Common Measures:

Measure 1 = 453g: 1 package yields

Measure 2 = 453g: 1 serving

BANQUET EXTRA HELPING Meat Loaf Dinner, with Tomato Sauce, Mashed Potatoes and Carrots in Seasoned Sauce, frozen meal

Calories Factors: Protein Fat Carbohydrate

Food Group: 22 Meals, Entrees, and Sidedishes

NDB No. 22689
BANQUET EXTRA HELPING Salisbury Steak Dinner, with Gravy, Mashed Potatoes and Corn in Seasoned Sauce, frozen meal

		<u>A</u>	mount in 10	u grams	of edit	ne portio	<u>n</u>	Amount in edible portion of common			
				Number					easures of food		
Nutrients and Units	s	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure	
Proximates:											
Water		71.00		0	MA	12		332.28	332.28		
Energy	kcal	167		0	NC	4		782	782		
Energy	kj	699				4		3270	3270		
Protein	g	5.78		0	MA	12		27.05	27.05		
Total lipid (fat)	g	11.57		0	MA	12		54.15	54.15		
Ash	g	1.59		0	MA	12		7.44	7.44		
Carbohydrate, by difference	g	10.06		0	NC	4		47.08	47.08		
Fiber, total dietary		1.5		0	MA	12		7.0	7.0		
Sugars, total		1.50		0	MA	12		7.02	7.02		
Starch				-	_						
Minerals:											
Calcium, Ca	mg	24		0	MA	12		112	112		
Iron, Fe	mg	0.40		0	MA	12		1.87	1.87		
Magnesium, Mg	mg										
Phosphorus, P	mg										
Potassium, K	mg										
Sodium, Na	mg	469		0	MA	12		2195	2195		
Zinc, Zn	mg										
Copper, Cu	mg										
Manganese, Mn	mg										
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		0	MA	12		0.0	0.0		
Thiamin	mg										
Riboflavin	mg										
Niacin	-										
Pantothenic acid	mg										
Vitamin B-6											
Folate, total											
Folate, DFE											
Vitamin B-12											
Vitamin A, IU	IU										
Vitamin A, RAE	mcg_RAE										
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:				_					_		
Fatty acids, total saturated		4.560		0	MA	12		21.341	21.341		
Fatty acids, total monounsaturated		5.450		0	MA	12		25.506	25.506		
Fatty acids, total polyunsaturated		1.560)	0	MA	12		7.301	7.301		
Fatty acids, total trans	g mg										
		28		0	MA	12		131	131		

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Common Measures:

Measure 1 = 468g: 1 package yields

Measure 2 = 468g: 1 serving

BANQUET EXTRA HELPING Salisbury Steak Dinner, with Gravy, Mashed Potatoes and Corn in Seasoned Sauce, frozen meal

Calories Factors: Protein Fat Carbohydrate

Food Group: 22 Meals, Entrees, and Sidedishes

NDB No. 22711
BANQUET Salisbury Steak Meal, Gravy and Salisbury Steak with Mashed Potatoes & Corn in Seasoned Sauce, frozen meal

	<u>Aı</u>	mount in 100 gr	ams of e	Amount in edible portion of common				
Nutrients and Units	Mean	Nun of E Std. Error Poi	ata Deri		e Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Proximates:								
Waterg	73.10			1		196.64	196.64	
Energykcal	148		0 N	C 4		398	398	
Energykj	619			4		1666	1666	
Proteing	5.70		1 2	1		15.33	15.33	
Total lipid (fat)g	9.30		1 2	1		25.02	25.02	
Ash9	1.60		1 2	1		4.30	4.30	
Carbohydrate, by differenceg	10.30		0 N	C 4		27.71	27.71	
Fiber, total dietary9	1.3		1 2	1		3.5	3.5	
Sugars, totalg								
Starchg								
Minerals:								
Calcium, Camg								
Iron, Femg	0.77		1 A	1		2.07	2.07	
Magnesium, Mgmg	• • • • • • • • • • • • • • • • • • • •			_				
Phosphorus, Pmg								
Potassium, Kmg								
Sodium, Namg								
Zinc, Znmg								
Copper, Cumg								
Manganese, Mnmg								
Selenium, Semcg								
Lipids:								
Fatty acids, total saturatedg	3.170	ı	1 A	1		8.527	8.527	
Fatty acids, total monounsaturatedg	4.370		1 A			11.755	11.755	
Fatty acids, total polyunsaturatedg	0.490		1 A			1.318	1.318	
Fatty acids, total trans								
Cholesterol mg	19		1 A	1		51	51	
Phytosterolsmg						-	-	

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

Common Measures:

Measure 1 = 269g: 1 package yields

Measure 2 = 269g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 22691 BANQUET Sliced Beef Meal, with Gravy, Mashed Potatoes and Peas in Seasoned Sauce, frozen meal

		<u>A</u>	mount in 10	u grams	of edit	ne portio	<u>n</u>	Amount in edible portion of common			
				Number	,			<u>m</u>	easures of food		
Nutrients and Uni	ts	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	77.28		0	MA	12		197.06	197.06		
Energy	kcal	106		0	NC	4		270	270		
Energy		444				4		1131	1131		
Protein	g	10.35		0	MA	12		26.39	26.39		
Total lipid (fat)	g	3.94		0	MA	12		10.05	10.05		
Ash		1.06		0	MA	12		2.70	2.70		
Carbohydrate, by difference		7.37		0	NC	4		18.79	18.79		
Fiber, total dietary		1.6		0	MA	12		4.1	4.1		
Sugars, total		4.60		0	MA	12		11.73	11.73		
Starch		4.00		·				11.75	11.75		
	9										
<u>Minerals:</u>		1.0		•		10		4.6	4.6		
Calcium, Ca		18		0 0	MA	12		46	46		
Iron, Fe		1.47		U	MA	12		3.75	3.75		
Magnesium, Mg											
Phosphorus, P											
Potassium, K	-	001		•		10					
Sodium, Na		291		0	MA	12		742	742		
Zinc, Zn	_										
Copper, Cu	_										
Manganese, Mn Selenium, Se	_										
Scientini, Sc	Tilog										
<u>/itamins:</u>											
Vitamin C, total ascorbic acid	-	3.0		0	MA	12		7.7	7.7		
Thiamin	-										
Riboflavin	_										
Niacin	-										
Pantothenic acid											
Vitamin B-6											
Folate, total											
Folate, DFE											
Vitamin B-12								400			
Vitamin A, IU		40		0	MA	12		102	102		
Vitamin A, RAE											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	nicg										
<u>Lipids:</u>			_	_							
Fatty acids, total saturated	-	1.700		0	MA	12		4.335	4.335		
Fatty acids, total monounsaturated		1.940		0	MA	12		4.947	4.947		
Fatty acids, total polyunsaturated		0.300)	0	MA	12		0.765	0.765		
Fatty acids, total trans											
Cholesterol	=	28		0	MA	12		71	71		
Phytosterols	mg										

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Common Measures:

Measure 1 = 255g: 1 package yields

Measure 2 = 255g: 1 serving

BANQUET Sliced Beef Meal, with Gravy, Mashed Potatoes and Peas in Seasoned Sauce, frozen meal

Calories Factors: Protein Fat Carbohydrate

Food Group: 22 Meals, Entrees, and Sidedishes

	<u>A</u>	mount in 100 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common		
Nutrients and Units	Mean	Number of Data Std. Error Points	Deriv	Source Code	Confidence Code	Measure 1	easures of food Measure 2	Measure 3
Proximates:								
Waterg	76.47	0	MA	12		200.35	200.35	
Energykcal	107	0	NC	4		280	280	
Energy kj	448			4		1173	1173	
Protein	5.34	0	MA	12		13.99	13.99	
Total lipid (fat)g	3.76	0	MA	12		9.85	9.85	
Ashg	1.46	0	MA	12		3.83	3.83	
Carbohydrate, by differenceg	12.97	0	NC	4		33.98	33.98	
Fiber, total dietaryg	1.1	0	MA	12		2.9	2.9	
Sugars, total	2.50	0	MA	12		6.55	6.55	
Starchg								
Minerals:								
Calcium, Camg	18	0	MA	12		47	47	
Iron, Femg	0.53	0	MA	12		1.39	1.39	
Magnesium, Mgmg								
Phosphorus, Pmg								
Potassium, Kmg								
Sodium, Namg	405	0	MA	12		1061	1061	
Zinc, Znmg								
Copper, Cumg								
Manganese, Mnmg								
Selenium, Semcg								
Lipids:								
Fatty acids, total saturatedg	0.970	0	MA	12		2.541	2.541	
Fatty acids, total monounsaturatedg	1.400	0	MA	12		3.668	3.668	
Fatty acids, total polyunsaturated	1.400	0	MA	12		3.668	3.668	
Fatty acids, total trans9								
Cholesterolmg	20	0	MA	12		52	52	
Phytosterolsmg								

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Common Measures:

Measure 1 = 262g: 1 package yields

Measure 2 = 262g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 22605 BANQUET Veal Parmigiana Meal with Tomato Sauce, Mashed Potatoes and Peas in Seasoned Sauce, frozen meal

		<u>A</u>	mount in 10	00 grams Number		ole portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Unit	ts	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure	
Proximates:											
Water		72.51		0	MA	12		184.90	184.90		
Energy	kcal	142		0	NC	4		362	362		
Energy	kj	594				4		1515	1515		
Protein	g	4.95		0	MA	12		12.62	12.62		
Total lipid (fat)	g	7.47		0	MA	12		19.05	19.05		
Ash	g	1.42		0	MA	12		3.62	3.62		
Carbohydrate, by difference	g	13.66		0	NC	4		34.83	34.83		
Fiber, total dietary		2.6		0	MA	12		6.6	6.6		
Sugars, total.		5.90		0	MA	12		15.05	15.05		
Starch											
Minerals:											
Calcium, Ca	mg	26		0	MA	12		66	66		
Iron, Fe	mg	0.90		0	MA	12		2.30	2.30		
Magnesium, Mg	mg										
Phosphorus, P											
Potassium, K	_										
Sodium, Na	mg	378		0	MA	12		964	964		
Zinc, Zn	mg										
Copper, Cu	•										
Manganese, Mn	mg										
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	-	10.9		0	MA	12		27.8	27.8		
Thiamin	_										
Riboflavin	_										
Niacin											
Pantothenic acid											
Vitamin B-6											
Folate, total											
Folate, DFE	mcg_DFE										
Vitamin B-12	mcg			_							
Vitamin A, IU	IU 	99		0	MA	12		252	252		
Vitamin A, RAE											
Vitamin E (alpha-tocopherol)	-										
Tocopherol, beta	_										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D Vitamin K (phylloquinone)											
ipids:											
	a	2.430	,	0	MA	12		6.197	6.197		
Fatty acids, total saturated		3.670		0	MA MA	12		9.359	9.359		
Fatty acids, total monounsaturated				0	MA MA			9.359 3.468			
Fatty acids, total polyunsaturated	-	1.360	,	U	MA	12		3.468	3.468		
Fatty acids, total trans		10		^	1/7	10		26	0.0		
Cholesterol	riig	10		0	MA	12		26	26		

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Common Measures:

Measure 1 = 255g: 1 package yields

Measure 2 = 255g: 1 serving

BANQUET Veal Parmigiana Meal with Tomato Sauce, Mashed Potatoes and Peas in Seasoned Sauce, frozen meal

Calories Factors: Protein Fat Carbohydrate

Food Group: 22 Meals, Entrees, and Sidedishes

Nutrients and Units Nutrients			<u>A</u>	mount in 10	00 grams Number		ole portio	<u>n</u>	Amount in edible portion of common measures of food		
Water.	Nutrients and Uni	its	Mean	Std. Error	of Data	Deriv					Measure
Eaergy	Proximates:										
Energy			61.76		0	MA	12		140.81	140.81	
Protein	Energy	kcal	206		0	NC	4		470	470	
Total lipid (fait).	Energy	kj	862				4		1965	1965	
Ash.	Protein	g	9.41		0	MA	12		21.45	21.45	
Carbohydrate, by difference	Total lipid (fat)	g	11.86		0	MA	12		27.04	27.04	
Fiber, total dictary	Ash	g	1.57		0	MA	12		3.58	3.58	
Fiber, foolal dictary	Carbohydrate, by difference	g	15.39		0	NC	4		35.09	35.09	
Sugars, total			0.9		0	MA	12		2.1		
Starch					0	MA					
Calcium, Ca. mg 17 0 Ma 12 39 39 39 Incomplete mg 0.60 0 Ma 12 1.37 1.37 Magnesium, Mg mg Phosphous, P. mg Phosphous, P. mg Possyium, K. mg Sodium, Na. mg 658 0 Ma 12 1500 1500 1500 270c, Z.n. mg Gopper, Cu. mg Magnesium, Sc. mg Selenium, Sc. mg Selenium, Sc. mg Washananes, Mn. Mn. Washananes, Mn. Mn. Washananes, Mn.	• ,		2.00		·					2.30	
From Fe	<u>linerals:</u>										
Magnesium, Mg	Calcium, Ca	mg	17		0	MA	12		39	39	
Phosphorus, P. mg	Iron, Fe	mg	0.60		0	MA	12		1.37	1.37	
Potassium, K.	Magnesium, Mg	mg									
Sodium, Na	Phosphorus, P	mg									
Zinc, Zin	Potassium, K	mg									
Copper, Cu mg Manganese, Mn. mg Sclenium, Se. mcg Vitamin C, total ascorbic acid. mg 0.6 0 MA 12 1.4 1.4 Thiamin. mg 0.6 0 MA 12 1.4 1.4 Riboflavin. mg 1.4 1.4 1.4 Riboflavin. mg 1.4 1.4 1.4 Patropherol. mg 1.4 1.4 1.4 Riboflavin. mg 1.4 1.4 1.4 Patropherol. mg 1.4 1.4 1.4 1.4 Patropherol. pmg 1.5 1.5 1.5 1.4 1.4 1.4 1.4 1.4 1.4 1.4 1.4 <	Sodium, Na	mg	658		0	MA	12		1500	1500	
Manganese, Mn	Zinc, Zn	mg									
Selenium, Se.	Copper, Cu	mg									
Vitamin C, total ascorbic acid	• • •	-									
Vitamin mg	Selenium, Se	mcg									
Thiamin mg Riboflavin mg Niacin mg Pantothenic acid mg Vitamin B-6 mg Folate, total mcg_DFE Vitamin B-12 mcg Vitamin A, IU IU 0 0 MA 12 0 0 0 Vitamin A, RAE mcg_RAE Vitamin B-12 mg Tocopherol, beta mg Tocopherol, beta mg Vitamin D IU Vitamin D IU Vitamin C mg Vitamin A, II	'itamins:										
Riboflavin	Vitamin C, total ascorbic acid	mg	0.6		0	MA	12		1.4	1.4	
Niacin mg Pantothenic acid mg Vitamin B-6 mg Folate, total mcg Folate, DFE mcg_DFE Vitamin B-12 mcg Vitamin A, IU IU 0 MA 12 0 0 Vitamin A, RAE mcg_RAE Vitamin E (alpha-tocopherol) mg Tocopherol, beta. mg Tocopherol, gamma mg mg Tocopherol, delta. mg Vitamin D IU U U IU Vitamin K (phylloquinone) mcg Lipids: Fatty acids, total saturated g 4.060 0 MA 12 9.257 9.257 Fatty acids, total monounsaturated g 6.740 0 MA 12 15.367 15.367 Fatty acids, total polyunsaturated g 1.070 0 MA 12 2.440 2.440 Fatty acids, total trans g 1.070 0 MA 12 2.440 2.440	Thiamin	mg									
Pantothenic acid	Riboflavin	mg									
Vitamin B-6	Niacin	mg									
Folate, total	Pantothenic acid	mg									
Folate, DFE	Vitamin B-6	mg									
Vitamin B-12											
Vitamin A, IU	Folate, DFE	mcg_DFE									
Vitamin A, RAE											
Vitamin E (alpha-tocopherol)	Vitamin A, IU	IU	0		0	MA	12		0	0	
Tocopherol, beta	Vitamin A, RAE	mcg_RAE									
Tocopherol, gamma	Vitamin E (alpha-tocopherol)	mg									
Tocopherol, delta	Tocopherol, beta	mg									
Vitamin D	Tocopherol, gamma	mg									
Vitamin K (phylloquinone) Lipids: Fatty acids, total saturated 9 4.060 0 MA 12 9.257 9.257 Fatty acids, total monounsaturated 9 6.740 0 MA 12 15.367 15.367 Fatty acids, total polyunsaturated 9 1.070 0 MA 12 2.440 2.440 Fatty acids, total trans 9	Tocopherol, delta	mg									
Lipids: Fatty acids, total saturated	Vitamin D	IU									
Fatty acids, total saturated	Vitamin K (phylloquinone)	mcg									
Fatty acids, total monounsaturated					_						
Fatty acids, total polyunsaturated	2										
Fatty acids, total trans9	-										
			1.070)	0	MA	12		2.440	2.440	
	2										
Cholesterolmg 39 0 MA 12 89 89	Cholesterol	mg	39		0	MA	12		89	89	

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

Common Measures:

Measure 1 = 228g: 1 package yields

Measure 2 = 228g: 1 serving

BANQUET, OUR ORIGINAL Fried Chicken Meal, with Mashed Potatoes and Corn in Seasoned Sauce, frozen meal

Calories Factors: Protein Fat Carbohydrate

Food Group: 22 Meals, Entrees, and Sidedishes

		<u>Ar</u>	mount in 10	0 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common		
				Number of Data		Source	Confidence	<u>m</u>	easures of food	
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	62.10		1	A	1		211.14	104.33	
Energy	kcal	205		0	NC	4		697	344	
Energy	kj	858				4		2916	1441	
Protein	g	15.20		1	A	1		51.68	25.54	
Total lipid (fat)		12.20		1	A	1		41.48	20.50	
Ash	g	1.80		1	A	1		6.12	3.02	
Carbohydrate, by difference		8.70		0	NC	4		29.58	14.62	
Fiber, total dietary										
Sugars, total										
Starch										
Minerals:										
Calcium, Ca	mg	86		1	A	1		292	144	
Iron, Fe	mg									
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na		449		1	A	1		1527	754	
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Lipids:										
Fatty acids, total saturated		3.390		1	A	1		11.526	5.695	
Fatty acids, total monounsaturated.		4.910		1	A	1		16.694	8.249	
Fatty acids, total polyunsaturated		1.930		1	A	1		6.562	3.242	
Fatty acids, total trans	-									
Cholesterol	-	48		1	A	1		163	81	
Phytosterols	mg									
Carotenoids:										
Carotene, beta	-	0		1	A	1		0.000	0.000	
Carotene, alpha										
Cryptoxanthin, beta	mcg									
Lycopene										
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 = 340g: 1 package yields

Measure 2 = 168g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 22700 BETTY CROCKER, HAMBURGER HELPER, Cheeseburger Macaroni, dry mix

Refuse: 0%

	<u>A</u> 1	mount in 100	grams	of edib	<u>n</u>	Amount in edible portion of common			
			lumber of Data		Source	Confidence	<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error F	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Waterg	7.30		1	A	1		16.43	3.29	
Energykcal	395		0	NC	4		888	178	
Energykj	1652				4		3717	743	
Proteing	11.00		1	A	1		24.75	4.95	
Total lipid (fat)g	10.40		1	A	1		23.40	4.68	
Ash9	7.00		1	A	1		15.75	3.15	
Carbohydrate, by difference9	64.30		0	NC	4		144.68	28.94	
Fiber, total dietary									
Sugars, totalg									
Starchg									
Minerals:									
Calcium, Camg									
Iron, Femg									
Magnesium, Mgmg									
Phosphorus, Pmg									
Potassium, Kmg									
Sodium, Namg	2030		1	A	1		4568	914	
Zinc, Znmg									
Copper, Cumg									
Manganese, Mnmg									
Selenium, Semcg									
<u>Lipids:</u>			_	_	_				
Fatty acids, total saturated	2.820)	1	A	1		6.345	1.269	
Fatty acids, total monounsaturatedg									
Fatty acids, total polyunsaturated9									
Fatty acids, total trans	9		1	A	1		20	4	
Phytosterolsmg	9		_	A	1		20	4	
r nytosteroisnig									

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Common Measures:

Measure 1 = 225g: 1 package Measure 2 = 45g: 1 serving

Calories Factors: Protein Fat Carbohydrate

		<u>A</u>	mount in 10	0 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common		
				Number of Data		Source	Confidence	<u>m</u>	easures of food	
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	57.30		1	A	1		113.45	113.45	
Energy	kcal	227		0	NC	4		449	449	
Energy	kj	950				4		1881	1881	
Protein	g	6.70		1	A	1		13.27	13.27	
Total lipid (fat)	g	12.30		1	A	1		24.35	24.35	
Ash	g	1.40		1	A	1		2.77	2.77	
Carbohydrate, by difference	g	22.30		0	NC	4		44.15	44.15	
Fiber, total dietary	g	1.1		1	A	1		2.2	2.2	
Sugars, total	g									
Starch										
Minerals:										
Calcium, Ca										
Iron, Fe	mg									
Magnesium, Mg	mg									
Phosphorus, P										
Potassium, K	_									
Sodium, Na		372		1	A	1		737	737	
Zinc, Zn										
Copper, Cu	_									
Manganese, Mn										
Selenium, Se	mcg									
<u>Lipids:</u>										
Fatty acids, total saturated		4.300		1	A	1		8.514	8.514	
Fatty acids, total monounsaturated.		4.890		1	A	1		9.682	9.682	
Fatty acids, total polyunsaturated		1.350)	1	A	1		2.673	2.673	
Fatty acids, total trans	-									
Cholesterol	_	19		1	A	1		38	38	
Phytosterols	mg									
Carotenoids:										
Carotene, beta	mcg	310		1	A	1		613.800	613.800	
Carotene, alpha										
Cryptoxanthin, beta										
Lycopene										
Lutein + zeaxanthin	mcg									

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Common Measures:

Measure 1 = 198g: 1 package yields

Measure 2 = 198g: 1 serving

Calories Factors: Protein Fat Carbohydrate

		<u>Aı</u>	mount in 100 g	rams (of edik	ole portio	<u>n</u>		edible portion	
			Nui	mber				<u>m</u>	easures of food	<u>l</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	81.51	0.120	4	A	1		189.10		
Energy	-	94		0	MC	9		218		
Energy		393				9		912		
Protein		4.94	0.030	4	A	1		11.46		
Total lipid (fat)	-	5.38	0.080	4	A	1		12.48		
Ash		1.47	0.010	4	A	1		3.41		
Carbohydrate, by difference		6.77		0	MC	9		15.71		
Fiber, total dietary		1.5	0.080	4	A	1		3.5		
Sugars, total		0.96		1	A	1		2.23		
Starch		0.50		-		-				
Starcii	9									
<u>Minerals:</u>										
Calcium, Ca	_	12		0	FLC	4		28		
Iron, Fe	_	0.71		0	FLC	4		1.65		
Magnesium, Mg		14		0	FLC	4		32		
Phosphorus, P	-	55		0	FLC	4		128		
Potassium, K	_	174		0	FLC	4		404		
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	408	5.690	3	A	1		947		
Zinc, Zn		0.82		0	FLC	4		1.90		
Copper, Cu		0.079		0	FLC	4		0.183		
Manganese, Mn		0.143		0	FLC	4		0.332		
Selenium, Se	mcg	0.7		0	FLC	4		1.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.4		0	FLC	4		10.2		
Thiamin	_	0.072		0	FLC	4		0.167		
Riboflavin	_	0.061		0	FLC	4		0.142		
Niacin		1.231		0	FLC	4		2.856		
Pantothenic acid	_	0.214		0	FLC	4		0.496		
Vitamin B-6	-	0.129		0	FLC	4		0.299		
Folate, total	-	11		0	FLC	4		26		
Folic acid		0		0	z	7		0		
Folate, food		11		0	FLC	4		26		
Folate, DFE		11		0	NC	4		26		
Vitamin B-12		0.37		0	FLC	4		0.86		
Vitamin A, IU		1664	45.460	4	A	1		3860		
Vitamin A, RAE		83		0	NC	4		193		
Retinol		0		0	NC	4		0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
<u>lipids:</u>										
Fatty acids, total saturated	a	2.220	0.030	4	A	1		5.150		
4:0		0.000		0	FLC	4		0.000		
6:0		0.000		0	FLC	4		0.000		
8:0		0.000		0	FLC	4		0.000		
10:0	-	0.000		0	FLC	4		0.042		
12:0	_	0.013		0	FLC	4		0.030		
13:0	-	5.013		•	0	-		2.050		
14:0	-	0.168		0	FLC	4		0.390		
15:0	_	0.100		•	- 10	•		3.330		
16:0		1.280		0	FLC	4		2.970		
17:0		1.200		•	- 10	•				
18:0		0.634		0	FLC	4		1.471		
20:0		0.034		•		-		1.7/1		
22:0	-									
24:0	-									

	<u>A</u>	mount in 10	0 grams	of edil	ole portic	<u>on</u>	Amount in	edible portion of	of common
			Numbe	•			<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	.g 2.380	0 0.04	10 4	A	1		5.522		
14:1	.g								
15:1									
16:1 undifferentiated	.g 0.280	0	0	FLC	4		0.650		
17:1									
18:1 undifferentiated	-		0	FLC	4		4.849		
20:1			0	FLC	4		0.019		
22:1 undifferentiated	•	0	0	FLC	4		0.000		
24:1 c									
Fatty acids, total polyunsaturated			.0 4	A	1		0.510		
18:2 undifferentiated	•		0	FLC	4		0.362		
18:3 undifferentiated	•		0	FLC	4		0.144		
18:4		0	0	FLC	4		0.000		
20:2 n-6 c,c									
20:3 undifferentiated									
20:4 undifferentiated	-		0	FLC	4		0.007		
20:5 n-3	-		0	FLC	4		0.000		
22:5 n-3	•		0	FLC	4		0.000		
22:6 n-3	•	0	0	FLC	4		0.000		
Fatty acids, total trans									
Cholesterol	. •	0.14	10 4	A	1		37		
Phytosterols	mg								
Others:									
Alcohol, ethyl	0.0		0	z	7		0.0		
Caffeiner	ng								
Theobrominer	ņg								

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Common Measures:

Measure 1 = 232g: 1 serving

Calories Factors: Protein Fat Carbohydrate

	<u>A</u>	mount in 100 g	grams	of edib	le portio	<u>n</u>	Amount in	edible portion o	of common
			umber				<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Waterg	53.80		1	A	1		53.26	53.26	
Energykcal	214		0	NC	4		212	212	
Energykj	895				4		886	886	
Proteing	9.70		1	A	1		9.60	9.60	
Total lipid (fat)g	7.00		1	A	1		6.93	6.93	
Ash9	1.40		1	A	1		1.39	1.39	
Carbohydrate, by differenceg	28.10		0	NC	4		27.82	27.82	
Fiber, total dietaryg	1.4		1	A	1		1.4	1.4	
Sugars, totalg									
Starchg									
Minerals:									
Calcium, Camg									
Iron, Femg	3.20		1	A	1		3.17	3.17	
Magnesium, Mgmg									
Phosphorus, Pmg									
Potassium, Kmg									
Sodium, Namg	409		1	A	1		405	405	
Zinc, Znmg									
Copper, Cumg									
Manganese, Mnmg									
Selenium, Semcg									
Lipids:									
Fatty acids, total saturatedg	2.010)	1	A	1		1.990	1.990	
Fatty acids, total monounsaturatedg	2.100		1	A	1		2.079	2.079	
Fatty acids, total polyunsaturated9	1.820)	1	A	1		1.802	1.802	
Fatty acids, total transg									
Cholesterolmg	194		1	A	1		192	192	
Phytosterolsmg									

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Common Measures:

Measure 1 = 99g: 1 package yields

Measure 2 = 99g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 22693 CASTLEBERRY PREMIUM Beef Stew, canned entree

Refuse: 0%

		<u>Aı</u>	mount in 10	00 grams Numbei		ole portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Uni	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.80		1	A	1		515.44	185.71	
Energy	kcal	135		0	NC	4		918	331	
Energy	kj	565				4		3841	1384	
Protein	g	6.20		1	A	1		42.16	15.19	
Total lipid (fat)	g	8.60		1	A	1		58.48	21.07	
Ash	g	1.10		1	A	1		7.48	2.70	
Carbohydrate, by difference		8.30		0	NC	4		56.44	20.34	
Fiber, total dietary		0.9		1	A	1		6.1	2.2	
Sugars, total										
Starch	_									
Minerals:	_									
Calcium, Ca	ma									
Iron, Fe	-									
Magnesium, Mg										
Phosphorus, P										
Potassium, K										
Sodium, Na	-	409		1	A	1		2781	1002	
Zinc, Zn	-									
Copper, Cu	_									
Manganese, Mn										
Selenium, Se	mcg									
Lipids:										
Fatty acids, total saturated	g	3.240	1	1	A	1		22.032	7.938	
Fatty acids, total monounsaturated		3.920	1	1	A	1		26.656	9.604	
Fatty acids, total polyunsaturated		0.230)	1	A	1		1.564	0.564	
Fatty acids, total trans										
Cholesterol	mg	23		1	A	1		156	56	
Phytosterols	mg									
Carotenoids:										
Carotene, beta	mca	230		1	A	1		1564.000	563.500	
Carotene, alpha		230		-		-		2304.000	303.300	
Cryptoxanthin, beta										
Lycopene										
Lutein + zeaxanthin	_									
Zatem · Zouxuntinii										

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

Common Measures:

Measure 1 = 680g: 1 package yields

Measure 2 = 245g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 22516 CHEF BOYARDEE BEEFARONI, Macaroni with Beef in Tomato Sauce, canned entree

		<u>A</u>	mount in 10	00 grams	of edib	le portio	<u>on</u>	Amount in	edible portion	of common
				Number of Data		Source	Confidence		easures of food	
Nutrients and Units	5	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	78.78		1	MA	12		167.01	167.01	
Energy		87		0	MC	9		184	184	
Energy	kj	364				9		772	772	
Protein	g	3.89		1	MA	12		8.25	8.25	
Total lipid (fat)	g	1.39		1	MA	12		2.95	2.95	
Ash	g	1.25		0	BFZN	4		2.65	2.65	
Carbohydrate, by difference	g	14.69		0	MC	9		31.14	31.14	
Fiber, total dietary	g	1.4		1	MA	12		3.0	3.0	
Sugars, total	g	2.28		0	BFZN	4		4.83	4.83	
Sucrose	g	0.02		1	MA	12		0.04	0.04	
Glucose (dextrose)		1.06		1	MA	12		2.25	2.25	
Fructose	g	1.17		1	MA	12		2.48	2.48	
Lactose	g	0.00		1	MA	12		0.00	0.00	
Maltose	g	0.03		1	MA	12		0.06	0.06	
Galactose										
Starch										
Minerals:										
Calcium, Ca	ma	8		1	MA	12		17	17	
Iron, Fe	_	0.71		1	MA	12		1.51	1.51	
Magnesium, Mg	_	0.71		-				1.51	1.51	
Phosphorus, P										
Potassium, K										
Sodium, Na	-	377		1	MA	12		799	799	
Zinc, Zn	_									
Copper, Cu										
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.2		1	MA	12		0.4	0.4	
Thiamin									V	
Riboflavin	-									
Niacin	_									
Pantothenic acid										
Vitamin B-6										
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12										
Vitamin A, IU		122		1	MA	12		259	259	
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	IIICY									
Lipids:										
Fatty acids, total saturated		0.560		1	MA	12		1.187	1.187	
Fatty acids, total monounsaturated		0.600		1	MA	12		1.272	1.272	
Fatty acids, total polyunsaturated		0.120)	1	MA	12		0.254	0.254	
Fatty acids, total trans		8		1	MA	12			17	
								17		

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CHEF BOYARDEE BEEFARONI, Macaroni with Beef in Tomato Sauce, canned entree

Common Measures:

Measure 1 = 212g: 1 package yields

Measure 2 = 212g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 22 Meals, Entrees, and Sidedishes

NDB No. 22515 CHEF BOYARDEE Beef Ravioli in Tomato & Meat Sauce, canned entree

		<u>A</u>	mount in 10	00 grams	of edib	le portic	<u>on</u>	Amount in	edible portion	of common
				Number of Data		Source	Confidence		easures of food	
Nutrients and Unit	s	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water		77.14		1	MA	12		327.85	188.22	
Energy		94		0	MC	9		400	229	
Energy	kj	393				9		1672	960	
Protein	g	3.43		1	MA	12		14.58	8.37	
Total lipid (fat)		2.21		1	MA	12		9.39	5.39	
Ash	g	2.10		0	BFZN	4		8.93	5.12	
Carbohydrate, by difference	g	15.12		0	MC	9		64.26	36.89	
Fiber, total dietary	g	1.5		1	MA	12		6.4	3.7	
Sugars, total	g	2.15		0	BFZN	4		9.14	5.25	
Sucrose	g	0.07		1	MA	12		0.30	0.17	
Glucose (dextrose)		1.04		1	MA	12		4.42	2.54	
Fructose	g	0.94		1	MA	12		4.00	2.29	
Lactose	g	0.00		1	MA	12		0.00	0.00	
Maltose	g	0.10		1	MA	12		0.43	0.24	
Galactose										
Starch										
Mr. 1										
Minerals:						10		24	00	
Calcium, Ca		8		1	MA	12		34	20	
Iron, Fe	-	0.99		1	MA	12		4.21	2.42	
Magnesium, Mg										
Phosphorus, P Potassium, K		145		1	MA	12		616	354	
Sodium, Na	-	481		1	MA	12		2044	1174	
Zinc, Zn	_	401		-	PIFE	12		2044	11/4	
Copper, Cu										
Manganese, Mn										
Selenium, Se										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.1		1	MA	12		0.4	0.2	
Thiamin	-									
Riboflavin	-									
Niacin										
Pantothenic acid										
Vitamin B-6										
Folate, totalFolate, DFE										
Vitamin B-12										
Vitamin B-12		263		1	MA	12		1118	642	
Vitamin A, RAE		203		1	nn.	12		1110	042	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
ipids:										
Fatty acids, total saturated	g	1.020)	1	MA	12		4.335	2.489	
Fatty acids, total monounsaturated		0.820		1	MA	12		3.485	2.001	
Fatty acids, total polyunsaturated		0.090		1	MA	12		0.383	0.220	
Fatty acids, total trans				-						
Cholesterol		6		1	MA	12		26	15	
Phytosterols									-	

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CHEF BOYARDEE Beef Ravioli in Tomato & Meat Sauce, canned entree

Common Measures:

Measure 1 = 425g: 1 package yields

Measure 2 = 244g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 22 Meals, Entrees, and Sidedishes

NDB No. 22517 CHEF BOYARDEE MINI RAVIOLI, Beef Ravioli in Tomato & Meat Sauce, canned entree

		<u>A</u>	mount in 100 gr	ams of edi	ble portion	<u>on</u>	Amount in	edible portion	of common
			Nun	nber			m	easures of food	
			of [oata Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error Poi		Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	а	77.07		1 MA	12		327.55	194.22	
Energy	-	95		0 MC	9		404	239	
Energy		397			9		1689	1002	
Protein		3.49		1 MA	12		14.83	8.79	
Total lipid (fat)		1.88		1 MA	12		7.99	4.74	
Ash		1.44		0 BFZ			6.12	3.63	
Carbohydrate, by difference		16.12		0 MC	9		68.51	40.62	
Fiber, total dietary		1.3		1 MA	12		5.5	3.3	
Sugars, total		1.91		0 BFZ			8.12	4.81	
		0.04		1 MA			0.17	0.10	
Sucrose	9	0.86		1 MA	12		3.66	2.17	
Glucose (dextrose)		0.86		1 MA	12		4.00	2.17	
Fructose		0.94		1 MA	12		0.00	0.00	
Lactose	9	0.00		1 MA	12		0.00		
Maltose	9	0.07		ı MA	12		0.30	0.18	
Galactose									
Starch	g								
<u> Minerals:</u>									
Calcium, Ca	mg	9		1 MA	12		38	23	
Iron, Fe	mg	0.96		1 MA	12		4.08	2.42	
Magnesium, Mg	mg								
Phosphorus, P	mg								
Potassium, K	mg								
Sodium, Na	mg	475		1 MA	12		2019	1197	
Zinc, Zn									
Copper, Cu									
Manganese, Mn									
Selenium, Se	mcg								
<u>/itamins:</u>									
Vitamin C, total ascorbic acid		0.1		1 MA	12		0.4	0.3	
Thiamin									
Riboflavin									
Niacin									
Pantothenic acid Vitamin B-6									
Folate, total									
Folate, DFE	mca DFF								
Vitamin B-12									
Vitamin A, IU		242		1 MA	12		1029	610	
Vitamin A, RAE								*	
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)									
ipids:									
Fatty acids, total saturated	g	0.700	0	1 MA	12		2.975	1.764	
Fatty acids, total monounsaturated	g	0.800	0	1 MA	12		3.400	2.016	
Fatty acids, total polyunsaturated	g	0.070	0	1 MA	12		0.298	0.176	
Fatty acids, total trans	g								
Cholesterol	mg	7		1 MA	12		30	18	
Phytosterols	mg								
Carotenoids:									
Carotene, beta	mcg	70		1 A	1		297.500	176.400	
Carotene, alpha									
Cryptoxanthin, beta									
Lycopene									

CHEF BOYARDEE MINI RAVIOLI, Beef Ravioli in Tomato & Meat Sauce, canned entree

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Nutrients and Units Mean Std. Error Points Code Code Code Measure 1 Measure 2 Measure 3

Lutein + zeaxanthin mcg

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Common Measures:

Measure 1 = 425g: 1 package yields

Measure 2 = 252g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 22 Meals, Entrees, and Sidedishes

NDB No. 22518 CHEF BOYARDEE Spaghetti & Meatballs in Tomato Sauce, canned entree

		<u>A</u>	mount in 10	00 grams	of edib	le portic	<u>on</u>	Amount in	edible portion	of common
				Number of Data		Source	Confidence		easures of food	
Nutrients and Un	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		77.09		1	MA	12		327.63	185.02	
Energy		104		0	MA	12		442	250	
Energy	kj	435				12		1849	1044	
Protein	_	3.78		1	MA	12		16.07	9.07	
Total lipid (fat)	-	3.60		1	MA	12		15.30	8.64	
Ash		1.34		0	BFZN	4		5.70	3.22	
Carbohydrate, by difference		14.19		0	MC	9		60.31	34.06	
Fiber, total dietary		0.9		1	MA	12		3.8	2.2	
Sugars, total		2.75		0	BFZN	4		11.69	6.60	
Sucrose		0.02		1	MA	12		0.09	0.05	
Glucose (dextrose)	g	1.34		1	MA	12		5.70	3.22	
Fructose	g	1.39		1	MA	12		5.91	3.34	
Lactose	g	0.00		1	MA	12		0.00	0.00	
Maltose	g	0.00		1	MA	12		0.00	0.00	
Galactose										
Starch										
Minerals:										
Calcium, Ca	ma	7		1	MA	12		30	17	
Iron, Fe	-	0.74		1	MA	12		3.15	1.78	
Magnesium, Mg	-	• • • • • • • • • • • • • • • • • • • •		_				5.25		
Phosphorus, P										
Potassium, K										
Sodium, Na	-	392		1	MA	12		1666	941	
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.4		1	MA	12		1.7	1.0	
Thiamin		• • •		_					2.0	
Riboflavin	-									
Niacin	-									
Pantothenic acid										
Vitamin B-6										
Folate, total										
Folate, DFE										
Vitamin B-12	mcg									
Vitamin A, IU	IU	143		1	MA	12		608	343	
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.610)	1	MA	12		6.843	3.864	
Fatty acids, total monounsaturated		1.530)	1	MA	12		6.503	3.672	
Fatty acids, total polyunsaturated	g	0.160)	1	MA	12		0.680	0.384	
Fatty acids, total trans										
Cholesterol	mg	9		1	MA	12		38	22	
Phytosterols	ma									

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CHEF BOYARDEE Spaghetti & Meatballs in Tomato Sauce, canned entree

Common Measures:

Measure 1 = 425g: 1 package yields

Measure 2 = 240g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 22 Meals, Entrees, and Sidedishes

NDB No. 22520
CHEF BOYARDEE TEENAGE MUTANT NINJA TURTLES Pasta Shapes with Mini Meatballs in Tomato Sauce, canned entree

		<u>A</u>	mount in 10	00 grams	of edib	le portic	<u>on</u>	Amount in	edible portion	of common
				Number		Source	Confidence		easures of food	
Nutrients and Un	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	75.88		1	MA	12		160.87	160.87	
Energy		107		0	MC	9		227	227	
Energy	kj	448				9		949	949	
Protein	g	3.85		1	MA	12		8.16	8.16	
Total lipid (fat)	g	3.19		1	MA	12		6.76	6.76	
Ash	g	1.25		0	BFZN	4		2.65	2.65	
Carbohydrate, by difference	g	15.83		0	MC	9		33.56	33.56	
Fiber, total dietary	g	1.3		1	MA	12		2.8	2.8	
Sugars, total	g	3.38		0	BFZN	4		7.17	7.17	
Sucrose	g	0.00		1	MA	12		0.00	0.00	
Glucose (dextrose)		1.72		1	MA	12		3.65	3.65	
Fructose	g	1.66		1	MA	12		3.52	3.52	
Lactose	g	0.00		1	MA	12		0.00	0.00	
Maltose	g	0.00		1	MA	12		0.00	0.00	
Galactose										
Starch										
Minorale.										
Minerals: Calcium. Ca	ma	10		1	MA	12		21	21	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.44		1	MA	12		0.93	0.93	
Magnesium, Mg	-	0.44		_	MA	12		0.93	0.93	
Phosphorus, P										
Potassium, K										
Sodium, Na	-	396		1	MA	12		840	840	
Zinc, Zn	-			_						
Copper, Cu										
Manganese, Mn										
Selenium, Se										
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.2		1	MA	12		0.4	0.4	
Thiamin									V	
Riboflavin	-									
Niacin	-									
Pantothenic acid										
Vitamin B-6										
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU		131		1	MA	12		278	278	
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
ipids:										
Fatty acids, total saturated	g	1.410)	1	MA	12		2.989	2.989	
Fatty acids, total monounsaturated.	g	1.300)	1	MA	12		2.756	2.756	
Fatty acids, total polyunsaturated	g	0.120)	1	MA	12		0.254	0.254	
Fatty acids, total trans										
Cholesterol	mg	10		1	MA	12		21	21	
Phytosterols	mg									

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CHEF BOYARDEE TEENAGE MUTANT NINJA TURTLES Pasta Shapes with Mini Meatballs in Tomato Sauce, canned entree

Common Measures:

Measure 1 = 212g: 1 package yields

Measure 2 = 212g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 22 Meals, Entrees, and Sidedishes

		<u>A</u>	mount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in	edible portion	of common
				Number					easures of food	
Nutrients and Uni	ts	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		84.50		1	A	1		1042.73	214.63	
Energy	kcal	65		0	NC	4		802	165	
Energy	kj	272				4		3356	691	
Protein	g	2.30		1	A	1		28.38	5.84	
Total lipid (fat)	g	0.70		1	A	1		8.64	1.78	
Ash	g									
Carbohydrate, by difference	g	12.50		0	NC	4		154.25	31.75	
Fiber, total dietary										
Sugars, total										
Starch										
Minerals:										
Calcium, Ca	mg									
Iron, Fe										
Magnesium, Mg										
Phosphorus, P	-									
Potassium, K										
Sodium, Na		222		1	A	1		2739	564	
Zinc, Zn										
Copper, Cu										
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	11.9		1	A	1		146.8	30.2	
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6										
Folate, total										
Folate, DFE										
Vitamin B-12										
Vitamin A, IU	IU	0		1	A	1		0	0	
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:	_									
Fatty acids, total saturated										
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans	_	_		_	_	_			-	
Cholesterol		9		1	A	1		111	23	
Phytosterols	rng									

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Common Measures:

Measure 1 = 1234g: 1 package yields

Measure 2 = 254g: 1 serving

CHUN KING Sweet & Sour Vegetables Fruit & Sauce with Chicken, canned entree

Calories Factors: Protein Fat Carbohydrate

Food Group: 22 Meals, Entrees, and Sidedishes

		<u>Aı</u>	mount in 100 g	rams	of edik	ole portio	<u>n</u>		edible portion	
			of			Source Code	Confidence		easures of food	-
Nutrients and Un	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water		59.89	0.340	6	MA	12		129.96		
Energy	kcal	223		0	MC	9		484		
Energy	kj	933				9		2025		
Protein	g	6.01	0.099	6	MA	12		13.04		
Total lipid (fat)	g	13.41	0.129	6	MA	12		29.10		
Ash	g	1.31	0.011	6	MA	12		2.84		
Carbohydrate, by difference	g	19.68		0	MC	9		42.71		
Fiber, total dietary		0.8	0.041	3	MA	12		1.7		
Sugars, total		3.60		2	MA	12		7.81		
Starch										
5 44 1 5 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1										
<u> Minerals:</u>										
Calcium, Ca	_	15		2	MA	12		33		
Iron, Fe	mg	0.95	0.019	5	MA	12		2.06		
Magnesium, Mg	mg	11		0	FLC	4		24		
Phosphorus, P	mg	55		0	FLC	4		119		
Potassium, K	mg	118		0	FLC	4		256		
Sodium, Na	mg	395	4.869	6	MA	12		857		
Zinc, Zn	mg	0.47		0	FLC	4		1.02		
Copper, Cu	mg	0.079	1	0	FLC	4		0.171		
Manganese, Mn	mg	0.314		0	FLC	4		0.681		
Selenium, Se	mcg	0.3		0	FLC	4		0.7		
17:4										
Vitamins:				_						
Vitamin C, total ascorbic acid	_	0.7		0	FLC	4		1.5		
Thiamin		0.117		0	FLC	4		0.254		
Riboflavin		0.164		0	FLC	4		0.356		
Niacin		1.903		0	FLC	4		4.130		
Pantothenic acid	_	0.173		0	FLC	4		0.375		
Vitamin B-6	_	0.093	1	0	FLC	4		0.202		
Folate, total		19		0	FLC	4		41		
Folic acid	mcg	12		0	FLC	4		26		
Folate, food		7		0	FLC	4		15		
Folate, DFE	mcg_DFE	27		0	NC	4		59		
Vitamin B-12	mcg	0.07		0	FLC	4		0.15		
Vitamin A, IU	IU	1053	40.620	5	MA	12		2285		
Vitamin A, RAE	mcg_RAE	118		0	NC	4		256		
Retinol	mcg	78		0	NC	4		169		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:				_						
Fatty acids, total saturated		4.455		6	MA	12		9.667		
4:0	_	0.000		0	FLC	4		0.000		
6:0	_	0.000		0	FLC	4		0.000		
8:0	_	0.000		0	FLC	4		0.000		
10:0	_	0.008		0	FLC	4		0.017		
12:0	-	0.018		0	FLC	4		0.039		
13:0										
14:0	g	0.124		0	FLC	4		0.269		
15:0	g									
16:0	g	2.738		0	FLC	4		5.941		
17:0	g									
18:0		1.538		0	FLC	4		3.337		
20:0										
22:0										
24:0	_									

		<u>Ar</u>	nount in 10	0 grams	of edil	ole portio	<u>on</u>	Amount in	edible portion	of common
				Numbe	r			<u>m</u>	easures of food	<u>l</u>
							Confidence			
Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	5.750	0.09	94 6	MA	12		12.478		
14:1	g									
15:1	g									
16:1 undifferentiated	g	0.267		0	FLC	4		0.579		
17:1	g									
18:1 undifferentiated	g	5.459		0	FLC	4		11.846		
20:1	g	0.012		0	FLC	4		0.026		
22:1 undifferentiated	g	0.000		0	FLC	4		0.000		
24:1 c	g									
Fatty acids, total polyunsaturated	g	2.068	0.00	63 6	MA	12		4.488		
18:2 undifferentiated	g	1.890		0	FLC	4		4.101		
18:3 undifferentiated	g	0.114		0	FLC	4		0.247		
18:4	g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.030		0	FLC	4		0.065		
20:5 n-3	g	0.000		0	FLC	4		0.000		
22:5 n-3	g	0.003		0	FLC	4		0.007		
22:6 n-3	g	0.009		0	FLC	4		0.020		
Fatty acids, total trans	g									
Cholesterol	mg	19	0.69	98 6	MA	12		41		
Phytosterols	mg									
Others:										
Alcohol, ethyl	-	0.0		0	Z	7		0.0		
Caffeine										
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 = 217g: 1 serving

Calories Factors: Protein Fat Carbohydrate

		<u>A</u>	mount in 100 g	rams	of edik	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	ımber	•			<u>m</u>	easures of food	<u> </u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Un	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	74.34	0.419	12	A	1		182.87			
Energy		121	0.125	0	NC	4		299			
Energy		508		0	NC	4		1250			
0,		7.09	0.125	12	A	1		17.44			
Protein		5.26	0.125	12	A	1		12.94			
Total lipid (fat)		1.88	0.449	12	A	1		4.63			
Ash		11.43	0.028	0	NC	4		28.12			
Carbohydrate, by difference		3.9	0.068	12	A.	1		9.6			
Fiber, total dietary		3.9	0.068	12	А	1		9.6			
Sugars, total				_	_	_					
Sucrose		0.95	0.072	6	A	1		2.34			
Glucose (dextrose)		0.34	0.075	3	A	1		0.85			
Fructose		0.38	0.047	6	A	1		0.94			
Lactose											
Maltose											
Galactose											
Starch		5.53	0.124	6	A	1		13.61			
Minerals:					_						
Calcium, Ca	-	38	1.804	12	A	1		94			
Iron, Fe		2.61	0.280	12	A	1		6.43			
Magnesium, Mg		29	0.492	12	A	1		70			
Phosphorus, P		97	2.409	12	A	1		239			
Potassium, K		274	6.447	12	A	1		673			
Sodium, Na		424	11.551	12	A	1		1042			
Zinc, Zn		1.04	0.085	12	A	1		2.56			
Copper, Cu		0.271		12	A	1		0.666			
Manganese, Mn		0.237		12	A	1		0.582			
Selenium, Se	mcg	10.2	2.833	6	A	1		25.0			
Vitamins:											
Vitamin C, total ascorbic acid	ma	1.4	0.061	4	A	1		3.5			
Thiamin		0.052		12	A	1		0.128			
Riboflavin		0.100		12	A	1		0.246			
Niacin.		0.971		12	A	1		2.389			
Pantothenic acid	• • • • • • • • • • • • • • • • • • • •	0.164		10	A	1		0.402			
Vitamin B-6		0.127		12	A	1		0.312			
Folate, total		26	0.003	0	FLC	4		64			
Folic acid		0		0	Z	7		0			
Folate, food		26		0	FLC	4		64			
Folate, DFE		26		0	NC	4		64			
		0.65	0.026		A.	1		1.59			
Vitamin B-12		398	0.026	2	A	1					
Vitamin A, IU		398		2	A	1		979			
Vitamin A, RAE											
Retinol											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D Vitamin K (phylloquinone)											
Lipids:											
Fatty acids, total saturated	g	1.740)	0	NC	4		4.280			
4:0											
6:0											
8:0	g										
10:0											
12:0		0.008	0.002	11	A	1		0.019			
13:0		0.013	3	1	A	1		0.032			
14:0		0.111		12	A	1		0.274			
15:0		0.025		12	A	1		0.060			

	<u>An</u>	nount in 100 g	grams umber		ole portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean		Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0g	1.002	0.091	12	A	1		2.466		
17:0g	0.055	0.007	12	A	1		0.136		
18:0g	0.526	0.052	12	A	1		1.293		
20:0g	0.010	0.001	11	A	1		0.023		
22:0g	0.005	0.001	8	A	1		0.012		
24:0g	0.005		2	A	1		0.011		
Fatty acids, total monounsaturatedg	2.144		0	NC	4		5.275		
14:1g	0.041	0.005	12	A	1		0.102		
15:1g									
16:1 undifferentiatedg	0.198	0.020	12	A	1		0.486		
17:1g	0.056	0.006	12	A	1		0.139		
18:1 undifferentiatedg	1.809	0.163	12	A	1		4.451		
20:1g	0.037	0.004	12	A	1		0.091		
22:1 undifferentiatedg	0.006	0.001	5	A	1		0.015		
24:1 cg									
Fatty acids, total polyunsaturated	0.427		0	NC	4		1.050		
18:2 undifferentiatedg	0.319	0.051	12	A	1		0.784		
18:3 undifferentiated	0.103	0.006	12	A	1		0.254		
18:4g	0.000		0	FLC	4		0.000		
20:2 n-6 c.cg									
20:3 undifferentiatedg	0.005	0.001	10	A	1		0.012		
20:4 undifferentiated	0.009		1	A	1		0.022		
20:5 n-3	0.000		0	FLC	4		0.000		
22:5 n-3	0.000		0	FLC	4		0.000		
22:6 n-3g	0.000		0	FLC	4		0.000		
Fatty acids, total trans									
Cholesterolmg	13	0.957	12	A	1		33		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	z	7		0.0		
Caffeineg	0.0		Ū		,		0.0		
Theobrominemg									

Common Measures:

Measure 1 = 246g: 1 cup

Calories Factors: Protein Fat Carbohydrate

		<u>A</u> :	mount in 100 g	grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common			
			Nu	ımbeı	•			<u>m</u>	easures of food	<u> </u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	77.68	0.898	12	A	1					
Energy	kcal	118		0	NC	4					
Energy	kj	495		0	NC	4					
Protein	g	7.53	0.236	12	A	1					
Total lipid (fat)	g	7.10	0.928	12	A	1					
Ash	g	1.59	0.043	12	A	1					
Carbohydrate, by difference	g	6.10		0	NC	4					
Fiber, total dietary	g										
Sugars, total	g										
Sucrose	g	0.81	0.206	3	A	1					
Glucose (dextrose)	g										
Fructose	g	0.50	0.101	3	A	1					
Lactose	g										
Maltose	g										
Galactose											
Starch		3.35	0.340	3	A	1					
Minerals:											
Calcium, Ca	ma	30	1.335	12	A	1					
Iron, Fe	-	2.01	0.288	12	A	1					
Magnesium, Mg		20	1.235	12	A	1					
Phosphorus, P		77	7.320	12	A	1					
Potassium, K		185	15.440	12	A	1					
Sodium, Na		389	10.474	12	A	1					
Zinc, Zn		1.12	0.087	12	A	1					
Copper, Cu		0.188		12	A	1					
Manganese, Mn		0.276		12	A	1					
Selenium, Se		6.5	1.258	6	A	1					
£7*4 *											
Vitamins:		1.0		•	_						
Vitamin C, total ascorbic acid		1.8	0.005	2 5	A A	1 1					
ThiaminRiboflavin	-	0.031 0.111		6	A	1					
Niacin	-	1.245		6	A	1					
		0.157		3	A	1					
Pantothenic acid Vitamin B-6		0.137		6	A	1					
Folate, total	-	0.123	0.011	0	A	_					
Folate, DFE											
Vitamin B-12		1.02	0.042	6	A	1					
Vitamin A, IU		1.02	0.042	Ü	A	-					
Vitamin A, RAE	mca RAF										
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
<u>Lipids:</u>											
Fatty acids, total saturated	_	2.255	5	0	NC	4					
4:0											
6:0	-										
8:0											
10:0	-			_	_	_					
12:0		0.015	0.005	6	A	1					
13:0	-			_	_	_					
14:0	g	0.164		6	A	1					
	_										
15:0	•	0.030		6	A	1					
	g	0.030 1.260 0.075	0.236	6 6 6	A A A	1 1 1					

		<u>Ar</u>	mount in 100	grams	s of edil	ole portic	<u>on</u>		edible portion	
			Nu	umbe	r			<u>m</u>	easures of food	
			of	f Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
20:0	g	0.011	0.002	6	A	1				
22:0	g	0.008	0.001	5	A	1				
24:0	g	0.006		1	A	1				
Fatty acids, total monounsaturated	g	2.469		0	NC	4				
14:1	g	0.054	0.010	6	A	1				
15:1	g									
16:1 undifferentiated	g	0.241	0.046	6	A	1				
17:1	q	0.066	0.013	5	A	1				
18:1 undifferentiated		2.057	0.400	5	A	1				
20:1		0.047		6	A	1				
22:1 undifferentiated	-	0.004		2	A	1				
24:1 c				_		_				
Fatty acids, total polyunsaturated		0.467		0	NC	4				
18:2 undifferentiated		0.408		6	A	1				
18:3 undifferentiated		0.408		6	A	1				
	-	0.032	0.007	o	A	-				
18:4	-									
20:2 n-6 c,c	_	0.007	0 001	_	_	1				
20:3 undifferentiated	-	0.007	0.001	6	A	1				
20:4 undifferentiated										
20:5 n-3	_									
22:5 n-3										
22:6 n-3	_									
Fatty acids, total trans				_						
Cholesterol		21	1.543	6	A	1				
Phytosterols	<u>mg</u>									
Amino Acids:										
Tryptophan				_	_	_				
Threonine	_	0.309		1	A	1				
Isoleucine	_	0.298		1	A	1				
Leucine	_	0.559		1	A	1				
Lysine	_	0.393		1	A	1				
Methionine	g	0.103		1	A	1				
Cystine	g									
Phenylalanine	g	0.284		1	A	1				
Tyrosine	g	0.188		1	A	1				
Valine	g	0.378		1	A	1				
Arginine	g	0.406		1	A	1				
Histidine	-	0.168		1	A	1				
Alanine	g	0.522		1	A	1				
Aspartic acid		0.636		1	A	1				
Glutamic acid		1.240		1	A	1				
Glycine		0.625		1	A	1				
Proline		0.457		1	A	1				
Serine		0.332		1	A	1				
		0.332		-	A	_				
Hydroxyproline	y									

Common Measures:

Calories Factors: Protein Fat Carbohydrate

	<u>A</u>	mount in 100 gram	<u>on</u>	Amount in edible portion of common measures of food				
Nutrients and Units	Mean		a Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water	50.80	1	A	1		79.25	79.25	
Energyk	cal 266	0	NC	4		415	415	
Energyk				4		1736	1736	
Protein		1	A	1		13.10	13.10	
Total lipid (fat)9	14.90	1	A	1		23.24	23.24	
Ash9		1	A	1		2.18	2.18	
Carbohydrate, by difference		0	NC	4		38.22	38.22	
Fiber, total dietary9	1.5	1	A	1		2.3	2.3	
Sugars, total								
Starch9								
Minerals:								
Calcium, Can	ng							
Iron, Fen		1	A	1		2.54	2.54	
Magnesium, Mgn	ng							
Phosphorus, Pn	ng							
Potassium, Kn	ng							
Sodium, Nan	ng 322	1	A	1		502	502	
Zinc, Znn	-							
Copper, Cun								
Manganese, Mnn	-							
Selenium, Sen	ncg							
Lipids:								
Fatty acids, total saturated9	4.680) 1	A	1		7.301	7.301	
Fatty acids, total monounsaturated9	6.040) 1	A	1		9.422	9.422	
Fatty acids, total polyunsaturated9	2.200	1	A	1		3.432	3.432	
Fatty acids, total trans9								
Cholesteroln	ng 63	1	A	1		98	98	
Phytosterolsn	ng							

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

Common Measures:

Measure 1 = 156g: 1 package yields

Measure 2 = 156g: 1 serving

Calories Factors: Protein Fat Carbohydrate

		<u>A</u>	mount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common		
				Number					easures of food	
Nutrients and U	nits	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	78.90		1	A	1		335.33	205.93	
Energy	kcal	117		0	NC	4		497	305	
Energy	kj	490				4		2080	1278	
Protein	g	5.80		1	A	1		24.65	15.14	
Total lipid (fat)		7.70		1	A	1		32.73	20.10	
Ash	g	1.40		1	A	1		5.95	3.65	
Carbohydrate, by difference	g	6.20		0	NC	4		26.35	16.18	
Fiber, total dietary		1.4		1	A	1		6.0	3.7	
Sugars, total										
Starch										
Minerals:										
Calcium, Ca	mg									
Iron, Fe	_	1.69		1	A	1		7.18	4.41	
Magnesium, Mg	mg									
Phosphorus, P										
Potassium, K										
Sodium, Na	-	311		1	A	1		1322	812	
Zinc, Zn	-									
Copper, Cu	_									
Manganese, Mn										
Selenium, Se	mcg									
Lipids:										
Fatty acids, total saturated		2.860		1	A	1		12.155	7.465	
Fatty acids, total monounsaturated	_	3.370		1	A	1		14.323	8.796	
Fatty acids, total polyunsaturated.		0.300)	1	A	1		1.275	0.783	
Fatty acids, total trans	_				_	_				
Cholesterol	-	19		1	A	1		81	50	
Phytosterols	rng									
Carotenoids:										
Carotene, beta	-	110		1	A	1		467.500	287.100	
Carotene, alpha	-									
Cryptoxanthin, beta										
Lycopene										
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 = 425g: 1 package yields

Measure 2 = 261g: 1 serving

Calories Factors: Protein Fat Carbohydrate

		<u>A</u>	mount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in	edible portion	of common
				Number					easures of food	
Nutrients and Uni	ts	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		58.30		1	A	1		132.34	132.34	
Energy	kcal	186		0	NC	4		422	422	
Energy	kj	778				4		1767	1767	
Protein	g	10.60		1	A	1		24.06	24.06	
Total lipid (fat)	g	5.10		1	A	1		11.58	11.58	
Ash	g	1.50		1	A	1		3.41	3.41	
Carbohydrate, by difference	g	24.50		0	NC	4		55.62	55.62	
Fiber, total dietary		2.7		1	A	1		6.1	6.1	
Sugars, total										
Starch										
Minerals:										
Calcium, Ca	mg									
Iron, Fe.		3.00		1	A	1		6.81	6.81	
Magnesium, Mg										
Phosphorus, P	-									
Potassium, K										
Sodium, Na		354		1	A	1		804	804	
Zinc, Zn										
Copper, Cu										
Manganese, Mn										
Selenium, Se										
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.6		1	A	1		5.9	5.9	
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE										
Vitamin B-12	mcg									
Vitamin A, IU		0		1	A	1		0	0	
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated		0.950		1	A	1		2.157	2.157	
Fatty acids, total monounsaturated	g	1.710)	1	A	1		3.882	3.882	
Fatty acids, total polyunsaturated	g	1.530)	1	A	1		3.473	3.473	
Fatty acids, total trans	g									
Cholesterol	mg	16		1	A	1		36	36	
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 = 227g: 1 package yields

Measure 2 = 227g: 1 serving

NDB No. 22682

FIESTA CAFE Beef & Bean Chimichanga, frozen

Calories Factors: Protein Fat Carbohydrate

Food Group: 22 Meals, Entrees, and Sidedishes

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

		<u>A</u>	mount in 10	0 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common		
					Deriv	Source	Confidence	<u>m</u>	easures of food	
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	81.20		1	A	1		207.06	207.06	
Energy	kcal	81		0	NC	4		207	207	
Energy	kj	339				4		864	864	
Protein	g	6.00		1	A	1		15.30	15.30	
Total lipid (fat)	g	1.90		1	A	1		4.85	4.85	
Ash	g	0.90		1	A	1		2.30	2.30	
Carbohydrate, by difference	g	10.00		0	NC	4		25.50	25.50	
Fiber, total dietary	g	1.4		1	A	1		3.6	3.6	
Sugars, total	g									
Starch										
Minerals:										
Calcium, Ca										
Iron, Fe	mg									
Magnesium, Mg	mg									
Phosphorus, P										
Potassium, K	-									
Sodium, Na		254		1	A	1		648	648	
Zinc, Zn										
Copper, Cu	-									
Manganese, Mn										
Selenium, Se	mcg									
<u>Lipids:</u>										
Fatty acids, total saturated		0.510		1	A	1		1.301	1.301	
Fatty acids, total monounsaturated.		0.490		1	A	1		1.250	1.250	
Fatty acids, total polyunsaturated		0.670)	1	A	1		1.709	1.709	
Fatty acids, total trans	-									
Cholesterol	-	12		1	A	1		31	31	
Phytosterols	mg									
Carotenoids:										
Carotene, beta	mcg	1930		1	A	1		4921.500	4921.500	
Carotene, alpha	mcg	1120		1	A	1		2856.000	2856.000	
Cryptoxanthin, beta	mcg									
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 = 255g: 1 package yields

Measure 2 = 255g: 1 serving

Calories Factors: Protein Fat Carbohydrate

		<u>A</u>	mount in 100 gra	ms of edi	ble portion	<u>on</u>	Amount in	edible portion	of common
			Num	oer			<u>m</u>	easures of food	<u>[</u>
			of D	ta Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Poin	ts Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	q	84.50		l A	1		141.96	236.60	94.64
Energy	_	67) NC	4		113	188	75
Energy		282			4		473	788	315
Protein		2.30		l A	1		3.86	6.44	2.58
Total lipid (fat)		2.50		l A	1		4.20	7.00	2.80
Ash		1.80		l A	1		3.02	5.04	2.02
Carbohydrate, by difference	g	8.90) NC	4		14.95	24.92	9.97
Fiber, total dietary	g								
Sugars, total	g								
Starch	g								
Minerals:	ma								
Calcium, Ca									
Iron, FeMagnesium, Mg									
Phosphorus, P									
Potassium, K									
Sodium, Na		480		L A	1		806	1344	538
Zinc, Zn									
Copper, Cu									
Manganese, Mn	mg								
Selenium, Se	mcg								
Vitamins									
Vitamins:	ma	35.4		L A	1		59.5	99.1	39.6
Vitamin C, total ascorbic acid Thiamin	-	35.4		. А	1		39.3	99.1	39.6
Riboflavin									
Niacin									
Pantothenic acid									
Vitamin B-6									
Folate, total	mcg								
Folate, DFE	mcg_DFE								
Vitamin B-12									
Vitamin A, IU		1350		L A	1		2268	3781	1512
Vitamin A, RAE									
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D Vitamin K (phylloquinone)									
vitanini K (priyrioquinone)	iiiog								
<u>Lipids:</u>									
Fatty acids, total saturated	g	0.48)	L A	1		0.806	1.344	0.538
4:0									
6:0	-		_						
8:0		0.00			1		0.007	0.011	0.004
10:0		0.00		L A	1		0.013	0.022	0.009
12:0	-	0.01	,	L A	1		0.017	0.028	0.011
13:0 14:0	-	0.03	7	L A	1		0.062	0.104	0.04
15:0	-	0.03		L A	1		0.062	0.104	0.04
16:0	-	0.25		LA	1		0.433	0.722	0.289
17:0	-	0.00		LA	1		0.433	0.011	0.004
18:0	-	0.14		L A	1		0.245	0.409	0.164
20:0	-	0.00		LA	1		0.010	0.017	0.00
22:0	-	0.00		L A	1		0.010	0.017	0.00
24:0	-	2.30			-		3.010	0.017	2.30
Fatty acids, total monounsaturated		1.00)	L A	1		1.695	2.825	1.130
14:1		0.00			1		0.002	0.003	0.00
15:1									

	<u>Ar</u>	nount in 100 grams	of edil	ole portio	<u>on</u>		edible portion	
		Number	•			<u>m</u>	easures of food	
Nutrients and Units	Mean	of Data Std. Error Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiatedg	0.009	1	A	1		0.015	0.025	0.010
17:1g	0.004	1	A	1		0.007	0.011	0.004
18:1 undifferentiatedg	0.986	1	A	1		1.656	2.761	1.104
20:1g	0.005	1	A	1		0.008	0.014	0.006
22:1 undifferentiatedg								
24:1 cg								
Fatty acids, total polyunsaturatedg	0.253	1	A	1		0.425	0.708	0.283
18:2 undifferentiatedg	0.189	1	A	1		0.318	0.529	0.212
18:3 undifferentiatedg	0.062	1	A	1		0.104	0.174	0.069
18:4g								
20:2 n-6 c,cg								
20:3 undifferentiatedg	0.001	1	A	1		0.002	0.004	0.002
20:4 undifferentiatedg	0.001	1	A	1		0.002	0.003	0.001
20:5 n-3g								
22:5 n-3g								
22:6 n-3g								
Fatty acids, total transg								
Cholesterol mg								
Phytosterolsmg								
Carotenoids:								
Carotene, betamcg	810	1	A	1		1360.800	2268.000	907.200
Carotene, alphamcg								
Cryptoxanthin, betamcg								
Lycopenemcg								
Lutein + zeaxanthin mcg								

Common Measures:

Measure 1 = 168g: 1 cup Measure 2 = 280g: 1 package Measure 3 = 112g: 1 serving

Calories Factors: Protein Fat Carbohydrate

		<u>A</u>	mount in 10	0 grams	of edil	ole portio	<u>on</u>		edible portion	
				Number		0	Cantidanaa	<u>m</u>	easures of food	<u>l</u>
Nutrients and Un	its	Mean	Std. Error	of Data Points		Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.00		1	A	1		102.75	369.75	102.75
Energy	kcal	95		0	NC	4		130	467	130
Energy		396				4		543	1953	543
Protein		3.30		1	A	1		4.52	16.27	4.52
Total lipid (fat)	g	0.30		1	A	1		0.41	1.48	0.41
Ash	-	1.70		1	A	1		2.33	8.38	2.33
Carbohydrate, by difference		19.70		0	NC	4		26.99	97.12	26.99
Fiber, total dietary	-	1.8		1	A	1		2.5	8.9	2.5
Sugars, total										
Starch	-									
Minerals:	ma									
Calcium, Ca	-									
Iron, Fe.	-									
Magnesium, Mg										
Phosphorus, P										
Potassium, KSodium, Na	-	464		1	A	1		636	2288	636
Zinc, Zn	-	404		_	A	_		030	2200	030
Copper, Cu										
Manganese, Mn										
Selenium, Se										
Vitamins:										
Vitamin C, total ascorbic acid	ma	11.9		1	A	1		16.3	58.7	16.3
Thiamin				_		_				20.0
Riboflavin										
Niacin	• • • • • • • • • • • • • • • • • • • •									
Pantothenic acid	• • • • • • • • • • • • • • • • • • • •									
Vitamin B-6	-									
Folate, total										
Folate, DFE										
Vitamin B-12										
Vitamin A, IU	-									
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	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 = 137g: 1 cup Measure 2 = 493g: 1 package Measure 3 = 137g: 1 serving

Calories Factors: Protein Fat Carbohydrate

		<u>A</u>	mount in 100	grams	of ear	ole portio	<u>on</u>	Amount in edible portion of common		
			Nı	umber				m	easures of food	
			0	f Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error P			Code	Code	Measure 1	Measure 2	Measure
roximates:										
Water	-	78.20		3	MA	12		187.68		
Energy		88		0	MC	9		211		
Energy	kj	368				9		884		
Protein (N x 5.8)		5.89		3	MA	12		14.14		
Total lipid (fat)		0.93		3	MA	12		2.23		
Ash		1.04		3	MA	12		2.50		
Carbohydrate, by difference		13.94		0	MC	9		33.46		
Fiber, total dietary	g	1.9		3	MA	12		4.6		
Sugars, total	-	3.80		3	MA	12		9.12		
Starch	g									
<u>linerals:</u>										
Calcium, Ca	mg	19		3	MA	12		46		
Iron, Fe	mg	1.13		3	MA	12		2.71		
Magnesium, Mg	mg	15		0	FLM	4		36		
Phosphorus, P	mg	56		0	FLM	4		134		
Potassium, K	mg	152		0	FLM	4		365		
Sodium, Na	mg	185		3	MA	12		444		
Zinc, Zn	mg	0.51		0	FLM	4		1.22		
Copper, Cu	mg	0.128	3	0	FLM	4		0.307		
Manganese, Mn	mg	0.228	3	0	FLM	4		0.547		
Selenium, Se	mcg	10.1		0	FLM	4		24.2		
itamins:										
Vitamin C, total ascorbic acid	mg	24.2		3	MA	12		58.1		
Thiamin	mg	0.115	5	0	FLM	4		0.276		
Riboflavin	mg	0.065	5	0	FLM	4		0.156		
Niacin	mg	1.295	5	0	FLM	4		3.108		
Pantothenic acid	mg	0.171	L	0	FLM	4		0.410		
Vitamin B-6	mg	0.081	L	0	FLM	4		0.194		
Folate, total	mcg	44		0	FLM	4		106		
Folic acid		32		0	NC	4		77		
Folate, food	mcg	12		0		4		29		
Folate, DFE	mcg_DFE	66		0	NC	4		159		
Vitamin B-12	mcg	0.05		0	FLM	4		0.12		
Vitamin A, IU		214		3	MA	12		514		
Vitamin A, RAE	mcg_RAE	23		0	NC	4		55		
Retinol	mcg	15		0	FLA	4		35		
Vitamin E (alpha-tocopherol)	mg	0.70		0	FLA	4		1.69		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg	2.0		0	FLA	4		4.7		
ipids:										
Fatty acids, total saturated	g	0.280)	3	MA	12		0.672		
4:0		0.000)	0	FLM	4		0.000		
6:0		0.000)	0	FLM	4		0.000		
8:0	g	0.000)	0	FLM	4		0.000		
10:0	g	0.000)	0	FLM	4		0.000		
12:0	g	0.000)	0	FLM	4		0.000		
13:0	g									
14:0	g	0.015	5	0	FLM	4		0.036		
15:0	g									
16:0	g	0.177	7	0	FLM	4		0.425		
17:0	g									
18:0	g	0.072	2	0	FLM	4		0.173		
20:0	g									
22:0	g									
24:0	a									

	<u>Ar</u>	nount in 10	0 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common		
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.500		3	MA	12		1.200		
14:1g									
15:1g									
16:1 undifferentiatedg	0.032		0	FLM	4		0.077		
17:1g					_				
18:1 undifferentiated	0.449		0	FLM	4		1.078		
20:1g	0.000		0	FLM	4		0.000		
22:1 undifferentiatedg	0.000		0	FLM	4		0.000		
24:1 cg			_						
Fatty acids, total polyunsaturated	0.140		3	MA	12		0.336		
18:2 undifferentiatedg	0.125		0	FLM	4		0.300		
18:3 undifferentiatedg	0.013		0	FLM	4		0.031		
18:4g	0.000		0	FLM	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.001		0	FLM	4		0.002		
20:5 n-3g	0.000		0	FLM	4		0.000		
22:5 n-3g	0.000		0	FLM	4		0.000		
22:6 n-3g	0.000		0	FLM	4		0.000		
Fatty acids, total transg	_		_						
Cholesterol mg	6		3	MA	12		14		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, betamcg	98		0	FLA	4		235.669		
Carotene, alphamcg	1		0	FLA	4		2.799		
Cryptoxanthin, betamcg	0		0	FLA	4		0.881		
Lycopenemcg	5535		0	FLA	4		13284.359		
Lutein + zeaxanthin mcg	39		0	FLA	4		93.030		

Common Measures:

Measure 1 = 240g: 1 serving

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

		<u>A</u>	mount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units		Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	81.58		0	MA	12		288.79	288.79	
Energy	-	75		0	NC	4		266	266	
Energy		314				4		1111	1111	
Protein	=	6.21		0	MA	12		21.98	21.98	
Total lipid (fat)		1.12		0	MA	12		3.96	3.96	
Ash		0.95		0	MA	12		3.36	3.36	
Carbohydrate, by difference		10.13		0	NC	4		35.86	35.86	
Fiber, total dietary	_	1.4		0	MA	12		5.0	5.0	
Sugars, total	_	2.80		0	MA	12		9.91	9.91	
Starch	_									
Minerals:										
Calcium, Ca	mg	15		0	MA	12		53	53	
Iron, Fe.	-	0.63		0	MA	12		2.23	2.23	
Magnesium, Mg										
Phosphorus, P	mg	72		0	MA	12		255	255	
Potassium, K	mg	212		0	MA	12		750	750	
Sodium, Na	mg	156		0	MA	12		552	552	
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	-									
Selenium, Se	mcg									
Lipids:										
Fatty acids, total saturated	g	0.280)	0	MA	12		0.991	0.991	
Fatty acids, total monounsaturated	g	0.670)	0	MA	12		2.372	2.372	
Fatty acids, total polyunsaturated		0.180)	0	MA	12		0.637	0.637	
Fatty acids, total trans										
Cholesterol		9		0	MA	12		32	32	
Phytosterols	mg									

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Common Measures:

Measure 1 = 354g: 1 package yields

Measure 2 = 354g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 22588
HEALTHY CHOICE Chicken Enchilada Suprema in Green Chili Sauce, Mexican Style Rice, Corn Medley, and Apple Raspberry Compote, frozen meal

		<u> </u>	mount in 10	o grailis	or ear	ne portio	<u>""</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food	•	
Nutrients and Un	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	_	78.60		0	MA	12		251.52	251.52		
Energy	kcal	93		0	NC	4		298	298		
Energy	kj	389				4		1245	1245		
Protein	-	4.06		0	MA	12		12.99	12.99		
Total lipid (fat)	g	2.10		0	MA	12		6.72	6.72		
Ash	g	0.87		0	MA	12		2.78	2.78		
Carbohydrate, by difference	g	14.37		0	NC	4		45.98	45.98		
Fiber, total dietary	g	1.3		0	MA	12		4.2	4.2		
Sugars, total	g	2.50		0	MA	12		8.00	8.00		
Starch	g										
Minerals:											
Calcium, Ca	-	42		0	MA	12		134	134		
Iron, Fe	-	0.24		0	MA	12		0.77	0.77		
Magnesium, Mg	mg										
Phosphorus, P		74		0	MA	12		237	237		
Potassium, K	mg	120		0	MA	12		384	384		
Sodium, Na	mg	176		0	MA	12		563	563		
Zinc, Zn	mg										
Copper, Cu	mg										
Manganese, Mn	mg										
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	mg	5.7		0	MA	12		18.2	18.2		
Thiamin	mg										
Riboflavin	mg										
Niacin	<u>mg</u>										
Pantothenic acid	mg										
Vitamin B-6	mg										
Folate, total											
Folate, DFE	mcg_DFE										
Vitamin B-12											
Vitamin A, IU		240		0	MA	12		768	768		
Vitamin A, RAE	mcg_RAE										
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta											
Vitamin D	IU										
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated		0.970		0	MA	12		3.104	3.104		
Fatty acids, total monounsaturated		0.810		0	MA	12		2.592	2.592		
Fatty acids, total polyunsaturated	g	0.320)	0	MA	12		1.024	1.024		
Fatty acids, total trans	_										
Cholesterol	mg	12		0	MA	12		38	38		
Phytosterols	ma										

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

Common Measures:

Measure 1 = 320g: 1 package yields

Measure 2 = 320g: 1 serving

NDB No. 22588

HEALTHY CHOICE Chicken Enchilada Suprema in Green Chili Sauce, Mexican Style Rice, Corn Medley, and Apple Raspberry Compote, frozen meal

Calories Factors: Protein Fat Carbohydrate

Food Group: 22 Meals, Entrees, and Sidedishes

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

Refuse: 0%

		<u>A</u>	mount in 10	u grams	ot ear	oie portio	<u>n</u>	Amount in edible portion of common			
				Number	,			me	easures of food		
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	80.00		0	MA	12		249.60	249.60		
Energy	kcal	86		0	NC	4		268	268		
Energy	kj	360				4		1123	1123		
Protein	g	5.47		0	MA	12		17.07	17.07		
Total lipid (fat)	g	1.80		0	MA	12		5.62	5.62		
Ash	g	0.84		0	MA	12		2.62	2.62		
Carbohydrate, by difference	g	11.89		0	NC	4		37.10	37.10		
Fiber, total dietary	g	0.9		0	MA	12		2.8	2.8		
Sugars, total		3.50		0	MA	12		10.92	10.92		
Starch											
Minerals:											
Calcium, Ca	mg	12		0	MA	12		37	37		
Iron, Fe	-	0.35		0	MA	12		1.09	1.09		
Magnesium, Mg											
Phosphorus, P		72		0	MA	12		225	225		
Potassium, K		136		0	MA	12		424	424		
Sodium, Na	•	193		0	MA	12		602	602		
Zinc, Zn	-										
Copper, Cu	-										
Manganese, Mn											
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	mg	3.9		0	MA	12		12.2	12.2		
Thiamin											
Riboflavin											
Niacin											
Pantothenic acid											
Vitamin B-6											
Folate, total	mcg										
Folate, DFE											
Vitamin B-12	mcg										
Vitamin A, IU		379		0	MA	12		1182	1182		
Vitamin A, RAE											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta	mg										
Vitamin D	IU										
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	g	0.960)	0	MA	12		2.995	2.995		
Fatty acids, total monounsaturated		0.690)	0	MA	12		2.153	2.153		
Fatty acids, total polyunsaturated		0.150)	0	MA	12		0.468	0.468		
Fatty acids, total trans											
Cholesterol	-	14		0	MA	12		44	44		
Phytosterols											

Common Measures:

Measure 1 = 312g: 1 package yields

Measure 2 = 312g: 1 serving

NDB No. 22587

HEALTHY CHOICE Chicken Teriyaki with Rice Medley, Mixed Vegetables in Butter Sauce and Apple Cherry Compote, frozen meal

Calories Factors: Protein Fat Carbohydrate

Food Group: 22 Meals, Entrees, and Sidedishes

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

NDB No. 22619 HEALTHY CHOICE Country Roast Turkey with Mushrooms in Brown Gravy with Rice Pilaf, frozen entree

Refuse: 0%

	<u>A</u>	mount in 100 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common		
Nutrients and Units	Mean	Numbe of Data Std. Error Points	Deriv	Source Code	Confidence Code	Measure 1	easures of food Measure 2	Measure 3
Proximates:								
Waterg	78.02	0	MA	12		187.25	187.25	
Energykcal	93	0	NC	4		223	223	
Energy kj	389			4		934	934	
Protein	7.91	0	MA	12		18.98	18.98	
Total lipid (fat)g	1.64	0	MA	12		3.94	3.94	
Ashg	0.83	0	MA	12		1.99	1.99	
Carbohydrate, by differenceg	11.60	0	NC	4		27.84	27.84	
Fiber, total dietaryg	1.3	0	MA	12		3.1	3.1	
Sugars, total	0.00	0	MA	12		0.00	0.00	
Starchg								
Minerals:								
Calcium, Camg	9	0	MA	12		22	22	
Iron, Femg	0.43	0	MA	12		1.03	1.03	
Magnesium, Mgmg								
Phosphorus, Pmg								
Potassium, Kmg								
Sodium, Namg	182	0	MA	12		437	437	
Zinc, Znmg								
Copper, Cumg								
Manganese, Mnmg								
Selenium, Semcg								
Lipids:								
Fatty acids, total saturatedg	0.520	0	MA	12		1.248	1.248	
Fatty acids, total monounsaturated9	0.750	0	MA	12		1.800	1.800	
Fatty acids, total polyunsaturated9	0.370	0	MA	12		0.888	0.888	
Fatty acids, total trans								
Cholesterolmg	11	0	MA	12		26	26	
Phytosterols mg								

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

Common Measures:

Measure 1 = 240g: 1 package yields

Measure 2 = 240g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 22707 HEALTHY CHOICE Mesquite Beef with Barbecue Sauce, Mashed Potatoes, and Sweetened Corn, frozen meal

Refuse: 0%

		<u>A</u>	mount in 100 gra		ble portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Ur	nits	Mean	Numl of Da Std. Error Poin	ita Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	_	76.78) MA	12		238.79	238.79	
Energy		103	1) NC	4		320	320	
Energy	=	431			4		1340	1340	
Protein	•••••••	6.88) MA	12		21.40	21.40	
Total lipid (fat)		2.89) MA	12		8.99	8.99	
Ash		1.14) MA			3.55	3.55	
Carbohydrate, by difference	-	12.31) NC	4		38.28	38.28	
Fiber, total dietary	g	1.6) MA	12		5.0	5.0	
Sugars, total	-	5.30	1) MA	12		16.48	16.48	
Starch	g								
Minerals:									
Calcium, Ca	mg	12	() MA	12		37	37	
Iron, Fe	-	0.35	() MA	12		1.09	1.09	
Magnesium, Mg									
Phosphorus, P	mg	87	() MA	12		271	271	
Potassium, K	mg	293	() MA	12		911	911	
Sodium, Na	mg	158	() MA	12		491	491	
Zinc, Zn	mg								
Copper, Cu	mg								
Manganese, Mn	mg								
Selenium, Se	mcg								
ipids:									
Fatty acids, total saturated	g	0.940) () MA	12		2.923	2.923	
Fatty acids, total monounsaturated		1.050) () MA	12		3.266	3.266	
Fatty acids, total polyunsaturated		0.900) () MA	12		2.799	2.799	
Fatty acids, total trans									
Cholesterol		1	() MA	12		3	3	
Phytosterols									

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

Common Measures:

Measure 1 = 311g: 1 package yields

Measure 2 = 311g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 22713
HEALTHY CHOICE Mesquite Chicken BBQ, White Rice, Mixed Vegetables in Sauce, and Apple Raisin Cobbler, frozen meal

		<u>A</u>	mount in 10	00 grams Number		ole portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	ts	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure	
Proximates:											
Water		75.45		0	MA	12		224.84	224.84		
Energy		104		0	NC	4		310	310		
Energy	kj	435				4		1297	1297		
Protein	g	6.06		0	MA	12		18.06	18.06		
Total lipid (fat)	g	1.67		0	MA	12		4.98	4.98		
Ash	g	0.66		0	MA	12		1.97	1.97		
Carbohydrate, by difference	g	16.15		0	NC	4		48.13	48.13		
Fiber, total dietary	g	2.0		0	MA	12		6.0	6.0		
Sugars, total	g	4.30		0	MA	12		12.81	12.81		
Starch	g										
<u> Iinerals:</u>											
Calcium, Ca	mg	14		0	MA	12		42	42		
Iron, Fe		0.50		0	MA	12		1.49	1.49		
Magnesium, Mg	_										
Phosphorus, P											
Potassium, K											
Sodium, Na		162		0	MA	12		483	483		
Zinc, Zn	•										
Copper, Cu	-										
Manganese, Mn	_										
Selenium, Se	mcg										
<u>/itamins:</u>				•							
Vitamin C, total ascorbic acid	-	3.1		0	MA	12		9.2	9.2		
Thiamin	-										
Riboflavin	-										
Niacin											
Pantothenic acid Vitamin B-6											
Folate, total											
Folate, DFE											
Vitamin B-12	mcg_Di L										
Vitamin A, IU	III	602		0	MA	12		1794	1794		
Vitamin A, RAE	mca RAF	002		Ū	m	12		1734	1/34		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta	_										
Tocopherol, gamma	-										
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
ipids:											
Fatty acids, total saturated	g	0.670)	0	MA	12		1.997	1.997		
Fatty acids, total monounsaturated		0.670)	0	MA	12		1.997	1.997		
Fatty acids, total polyunsaturated		0.330)	0	MA	12		0.983	0.983		
Fatty acids, total trans											
Cholesterol		18		0	MA	12		54	54		
Phytosterols											

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

Common Measures:

Measure 1 = 298g: 1 package yields

Measure 2 = 298g: 1 serving

NDB No. 22713

HEALTHY CHOICE Mesquite Chicken BBQ, White Rice, Mixed Vegetables in Sauce, and Apple Raisin Cobbler, frozen meal

Calories Factors: Protein Fat Carbohydrate

Food Group: 22 Meals, Entrees, and Sidedishes

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

		<u>A</u>	mount in 10	00 grams Number		ole portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Uni	its	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		76.78		0	MA	12		250.30	250.30	
Energy	kcal	100		0	NC	4		326	326	
Energy	kj	418				4		1364	1364	
Protein	g	5.53		0	MA	12		18.03	18.03	
Total lipid (fat)	g	2.13		0	MA	12		6.94	6.94	
Ash	g	0.83		0	MA	12		2.71	2.71	
Carbohydrate, by difference	g	14.73		0	NC	4		48.02	48.02	
Fiber, total dietary		1.9		0	MA	12		6.2	6.2	
Sugars, total		7.30		0	MA	12		23.80	23.80	
Starch				·				25.55	23.00	
<u> Minerals:</u>										
Calcium, Ca	mg	13		0	MA	12		42	42	
Iron, Fe	<u>mg</u>	0.68		0	MA	12		2.22	2.22	
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	143		0	MA	12		466	466	
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
/itamins:										
Vitamin C, total ascorbic acid	mg	3.6		0	MA	12		11.7	11.7	
Thiamin	mg									
Riboflavin	mg									
Niacin	<u>mg</u>									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total										
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	311		0	MA	12		1014	1014	
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
<u> Lipids:</u>										
Fatty acids, total saturated	_	0.920		0	MA	12		2.999	2.999	
Fatty acids, total monounsaturated		0.860		0	MA	12		2.804	2.804	
Fatty acids, total polyunsaturated	_	0.350)	0	MA	12		1.141	1.141	
Fatty acids, total trans										
Cholesterol	mg	15		0	MA	12		49	49	
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 = 326g: 1 package yields

Measure 2 = 326g: 1 serving

NDB No. 22708

HEALTHY CHOICE Salisbury Steak with Mushroom Gravy, Mashed Potatoes, and Sweetened Corn Medley, frozen meal

Calories Factors: Protein Fat Carbohydrate

Food Group: 22 Meals, Entrees, and Sidedishes

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

NDB No. 22709
HEALTHY CHOICE Traditional Meat Loaf with Tomato Sauce, Parsleyed Potatoes, Vegetable Blend in Butter Sauce, and Apple Praline Crisp, frozen meal

		<u>A</u>	mount in 10	υ grams	of edit	ne portio	<u>n</u>	Amount in edible portion of common			
				Number	,				easures of food		
				of Data	Deriv	Source	Confidence				
Nutrients and Unit	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	77.81		0	MA	12		264.55	264.55		
Energy	kcal	93		0	NC	4		316	316		
Energy	kj	389				4		1323	1323		
Protein	g	4.51		0	MA	12		15.33	15.33		
Total lipid (fat)	g	1.47		0	MA	12		5.00	5.00		
Ash	g	0.81		0	MA	12		2.75	2.75		
Carbohydrate, by difference		15.40		0	NC	4		52.36	52.36		
Fiber, total dietary	g	1.8		0	MA	12		6.1	6.1		
Sugars, total		5.00		0	MA	12		17.00	17.00		
Starch	g										
Minerals:											
Calcium, Ca	mg	14		0	MA	12		48	48		
Iron, Fe	mg	0.66		0	MA	12		2.24	2.24		
Magnesium, Mg											
Phosphorus, P											
Potassium, K	mg										
Sodium, Na	mg	135		0	MA	12		459	459		
Zinc, Zn	mg										
Copper, Cu	mg										
Manganese, Mn	<u>mg</u>										
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	mg	16.3		0	MA	12		55.4	55.4		
Thiamin	mg										
Riboflavin	mg										
Niacin	mg										
Pantothenic acid	mg										
Vitamin B-6	mg										
Folate, total											
Folate, DFE											
Vitamin B-12											
Vitamin A, IU	IU	219		0	MA	12		745	745		
Vitamin A, RAE											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D Vitamin K (phylloquinone)											
7 7 7											
Lipids:				_							
Fatty acids, total saturated		0.740		0	MA	12		2.516	2.516		
Fatty acids, total monounsaturated		0.560		0	MA	12		1.904	1.904		
Fatty acids, total polyunsaturated		0.180)	0	MA	12		0.612	0.612		
Fatty acids, total trans				_							
CholesterolPhytosterols		11		0	MA	12		37	37		

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

Common Measures:

Measure 1 = 340g: 1 package yields

Measure 2 = 340g: 1 serving

NDB No. 22709

HEALTHY CHOICE Traditional Meat Loaf with Tomato Sauce, Parsleyed Potatoes, Vegetable Blend in Butter Sauce, and Apple Praline Crisp, frozen meal

Calories Factors: Protein Fat Carbohydrate

Food Group: 22 Meals, Entrees, and Sidedishes

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

Refuse: 0%

		<u>A</u>	mount in 10	u grams	ot edil	ne portio	<u>n</u>	Amount in edible portion of common			
				Number	•			<u>m</u>	easures of food		
Nutrients and Unit	·s	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure	
Nathonio and Ome	.•	Wican	Ota. Error					mousure r	measure 2	Micasarc	
Proximates:											
Water		74.15		1	MA	12		220.97	220.23		
Energy	kcal	110		0	MC	9		328	327		
Energy	kj	460				12		1372	1367		
Protein	g	4.36		1	MA	12		12.99	12.95		
Total lipid (fat)	g	2.34		1	MA	12		6.97	6.95		
Ash	g	1.34		1	MA	12		3.99	3.98		
Carbohydrate, by difference	g	17.80		0	MC	9		53.04	52.87		
Fiber, total dietary	g	2.0		1	MA	12		6.0	5.9		
Sugars, total	g	2.50		1	MA	12		7.45	7.43		
Starch	9										
<u> Iinerals:</u>											
Calcium, Ca		81		1	MA	12		241	241		
Iron, Fe		0.36		1	MA	12		1.07	1.07		
Magnesium, Mg											
Phosphorus, P											
Potassium, K											
Sodium, Na		185		1	MA	12		551	549		
Zinc, Zn	-										
Copper, Cu	-										
Manganese, Mn	-										
Selenium, Se	mcg										
'itamins:											
Vitamin C, total ascorbic acid	_	9.7		1	MA	12		28.9	28.8		
Thiamin	-										
Riboflavin	-										
Niacin	-										
Pantothenic acid											
Vitamin B-6											
Folate, total											
Folate, DFE											
Vitamin B-12						10		221			
Vitamin A, IU		111		1	MA	12		331	330		
Vitamin A, RAE											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D Vitamin K (phylloquinone)											
	9										
Lipids:	~	1 00/			1/3	10		2 000	0.070		
Fatty acids, total saturated	-	1.000 0.730		1 1	MA MA	12 12		2.980	2.970		
Fatty acids, total monounsaturated				1				2.175	2.168		
Fatty acids, total polyunsaturated		0.610	,	1	MA	12		1.818	1.812		
Fatty acids, total trans		9		1	MA	12		27	27		
Phytosterols		9		_	MM	12		21	21		

Common Measures:

Measure 1 = 298g: 1 package Measure 2 = 297g: 1 serving NDB No. 22604

HEALTHY CHOICE, Cheddar Broccoli Potatoes with Cheese Sauce, frozen

Calories Factors: Protein Fat Carbohydrate

Food Group: 22 Meals, Entrees, and Sidedishes

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

		<u>A</u>	mount in 100 grams		ole portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Uni	ts	Mean		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	8.50	1	A	1		17.51	5.95	5.95
Energy	kcal	376	0	NC	4		774	263	263
Energy	kj	1571			4		3236	1100	1100
Protein	g	14.10	1	A	1		29.05	9.87	9.87
Total lipid (fat)	g	4.70	1	A	1		9.68	3.29	3.29
Ash	g	3.50	1	A	1		7.21	2.45	2.45
Carbohydrate, by difference	g	69.20	0	NC	4		142.55	48.44	48.44
Fiber, total dietary	g	7.6	1	A	1		15.7	5.3	5.3
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	114	1	A	1		235	80	80
Iron, Fe	mg	2.62	1	A	1		5.40	1.83	1.83
Magnesium, Mg	mg								
Phosphorus, P	mg								
Potassium, K	mg								
Sodium, Na	mg	611	1	A	1		1259	428	428
Zinc, Zn	mg								
Copper, Cu									
Manganese, Mn	•								
Selenium, Se	mcg								
Lipids:									
Fatty acids, total saturated	g	1.370	1	A	1		2.822	0.959	0.959
Fatty acids, total monounsaturated	g								
Fatty acids, total polyunsaturated	g								
Fatty acids, total trans									
Cholesterol	mg	8	1	A	1		16	6	6
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 = 206g: 1 package Measure 2 = 70g: 1 serving Measure 3 = 70g: 2.5 oz

Calories Factors: Protein Fat Carbohydrate

		<u>Aı</u>	mount in 100 g	rams	of edil	ole portio	<u>on</u>	Amount in edible portion of common		
			Nu	mbe	r			<u>m</u>	easures of food	
			of	Data	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	_	76.05	1.030	87	A	1		187.84	187.84	
Energy		97		0	MC	9		240	240	
Energy	kj	406				9		1002	1002	
Protein	-	6.71	0.470	86	A	1		16.57	16.57	
Total lipid (fat)		1.77	0.320	87	A	1		4.37	4.37	
Ash		1.93	0.050	20	A	1		4.77	4.77	
Carbohydrate, by difference		13.63		0	MC	9		33.67	33.67	
Fiber, total dietary		3.4	0.220	3	A	1		8.4	8.4	
Sugars, total		1.87	0.140	8	A	1		4.62	4.62	
Starch	g									
Minerals:										
Calcium, Ca	mg	28	4.700	3	A	1		69	69	
Iron, Fe	_	1.30	0.100	3	A	1		3.21	3.21	
Magnesium, Mg	-	24	2.400	3	A	1		59	59	
Phosphorus, P	mg									
Potassium, K	mg	268	32.100	3	A	1		662	662	
Sodium, Na	-	471	16.000	6	A	1		1163	1163	
Zinc, Zn		1.10	0.200	3	A	1		2.72	2.72	
Copper, Cu		0.100	0.000	3	A	1		0.247	0.247	
Manganese, Mn	-									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2	0.400	3	A	1		0.5	0.5	
Thiamin	-									
Riboflavin										
Niacin										
Pantothenic acid										
Vitamin B-6										
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	392	57.500	3	A	1		968	968	
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	_									
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin D Vitamin K (phylloquinone)										
ramin K (phynoquinone)	9									
<u>Lipids:</u>										
Fatty acids, total saturated		0.740	0.180	3	A	1		1.828	1.828	
4:0										
6:0	-									
8:0	-									
10:0		0.000	0.000	_	_			0.000	0.000	
12:0	-	0.000	0.000	3	A	1		0.000	0.000	
13:0 14:0.	-	0.040	0.010	3	A	1		0 000	0.000	
14:0		0.040	0.010	3	A	1		0.099	0.099	
15:0		0.440	0.090	3	A	1		1.087	1.087	
17:0	-	0.440	0.090	3	A	1		1.007	1.007	
18:0	-	0.240	0.080	3	A	1		0.593	0.593	
20:0	_	0.240	0.080	,	A	1		0.393	0.593	
22:0										
24:0										
Fatty acids, total monounsaturated		0.680	0.220	3	A	1		1.680	1.680	
14:1		5.000	3.220	_		-				
15:1										

		<u>An</u>	nount in 100) grams	Amount in edible portion of common measures of food					
Nutrients and Units	3	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated		0.070	0.02	0 3	A	1		0.173	0.173	
17:1 18:1 undifferentiated		0.610	0.20	0 3	A	1		1.507	1.507	
20:1										
22:1 undifferentiated										
24:1 c										
Fatty acids, total polyunsaturated	g	0.350	0.13	0 3	A	1		0.865	0.865	
18:2 undifferentiated		0.200	0.06	0 3	A	1		0.494	0.494	
18:3 undifferentiated	g	0.150	0.07	0 3	A	1		0.371	0.371	
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										
Cholesterol	mg	10	3.51	0 3	A	1		25	25	
Phytosterols	mg									

Common Measures:

Measure 1 = 247g: 1 cup Measure 2 = 247g: 1 serving

Calories Factors: Protein Fat Carbohydrate

		<u>Aı</u>	mount in 100 g	rams	Amount in edible portion of common					
			Nu	mbei	<u>m</u>	easures of food				
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	q	81.20	0.690	82	A	1		191.63	172.96	191.63
Energy		82		0	MC	9		194	175	194
Energy		343				9		810	731	810
Protein		7.20	0.400	80	A	1		16.99	15.34	16.99
Total lipid (fat)		2.78	0.590	85	A	1		6.56	5.92	6.56
Ash		1.48	0.010	7	A	1		3.49	3.15	3.49
Carbohydrate, by difference	g	7.59		0	MC	9		17.91	16.17	17.91
Fiber, total dietary	g	1.3	0.390	4	A	1		3.1	2.8	3.1
Sugars, total	g	1.42	0.070	4	A	1		3.35	3.02	3.35
Starch	g									
Minerals:										
Calcium, Ca		21	0.600	4	A	1		50	45	50
Iron, Fe		1.10	0.000	4	A	1		2.60	2.34	2.60
Magnesium, Mg		16	0.200	4	A	1		38	34	38
Phosphorus, P						_				
Potassium, K	_	148	4.900	4	A	1		349	315	349
Sodium, Na		411	26.600	8	A	1 1		970 2.60	875	970
Zinc, Zn		1.10 0.100	0.000	4 4	A A	1		0.236	2.34 0.213	2.60 0.23
Copper, Cu		0.100	0.000	4	A	1		0.236	0.213	0.23
Manganese, Mn Selenium, Se										
Vitamins:	-									
Vitamin C, total ascorbic acid	mg	0.0	0.000	4	A	1		0.0	0.0	0.0
Thiamin										
Riboflavin										
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6										
Folate, total										
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg	1010	41.770		_	_			04.54	
Vitamin A, IU	IU	1010	41.770	4	A	1		2384	2151	2384
Vitamin A, RAE										
Vitamin E (alpha-tocopherol) Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	g	0.930	0.070	4	A	1		2.195	1.981	2.195
4:0	g									
6:0	g									
8:0	g									
10:0	-									
12:0	-	0.000	0.000	4	A	1		0.000	0.000	0.000
13:0	-	0.000	0.000		•	4		0 140	0 100	0 144
14:0		0.060	0.000	4	A	1		0.142	0.128	0.142
15:0 16:0	-	0.550	0.040	4	A	1		1.298	1.172	1.298
17:0	-	0.550	0.040	-	A	1		1.230	1.1/2	1.290
18:0	-	0.300	0.030	4	A	1		0.708	0.639	0.708
20:0	-	0.500	0.030	•		-		5.700	0.059	0.70
22:0	-									
24:0										
Fatty acids, total monounsaturated		0.950	0.070	4	A	1		2.242	2.024	2.242
14:1										
15:1										

		<u>An</u>		mbe	Amount in edible portion of common measures of food					
Nutrients and Unit	ts	Mean	of Std. Error Po		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	g	0.090	0.000	4	A	1		0.212	0.192	0.212
17:1 18:1 undifferentiated	g	0.860	0.060	4	A	1		2.030	1.832	2.030
20:1 22:1 undifferentiated	-									
24:1 cFatty acids, total polyunsaturated	-	0.360	0.090	4	A	1		0.850	0.767	0.850
18:2 undifferentiated		0.320 0.040	0.080 0.010	4 4	A A	1 1		0.755 0.094	0.682 0.085	0.755 0.094
18:4	g	0.040	0.010	•		-		0.034	0.003	0.034
20:2 n-6 c,c 20:3 undifferentiated	g									
20:4 undifferentiated 20:5 n-3	• • • • • • • • • • • • • • • • • • • •									
22:5 n-3 22:6 n-3	g									
Fatty acids, total trans	g	15	0.000		_					25
CholesterolPhytosterols		15	2.080	4	A	1		35	32	35

Common Measures:

Measure 1 = 236g: 1 cup

Measure 2 = 213g: 1 package yields

Measure 3 = 236g: 1 serving

Calories Factors: Protein Fat Carbohydrate

		<u>Aı</u>	mount in 100 g	grams		edible portion				
			Nι	ımber	<u>m</u> e	easures of food	i			
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.32	0.720	554	A	1		165.96	149.78	165.96
Energy	kcal	164		0	MC	9		387	349	387
Energy	kj	686				9		1619	1462	1619
Protein	g	8.73	0.350	561	A	1		20.60	18.59	20.60
Total lipid (fat)	g	10.24	0.680	558	A	1		24.17	21.81	24.17
Ash		1.50	0.050	436	A	1		3.54	3.20	3.54
Carbohydrate, by difference		9.27		0	MC	9		21.88	19.75	21.88
Fiber, total dietary		1.1	0.320	12	A	1		2.6	2.3	2.6
Sugars, total		0.34	0.050	12	A	1		0.80	0.72	0.80
Starch	g									
Minerals:										
Calcium, Ca	mg	19	2.900	13	A	1		45	40	45
Iron, Fe		1.00	0.100	13	A	1		2.36	2.13	2.36
Magnesium, Mg	mg	13	1.100	13	A	1		31	28	31
Phosphorus, P										
Potassium, K	-	172	12.600	13	A	1		406	366	406
Sodium, Na		425	15.300	25	A	1		1003	905	1003
Zinc, Zn		1.40	0.200	13	A	1		3.30	2.98	3.30
Copper, Cu		0.000	0.000	12	A	1		0.000	0.000	0.000
Manganese, Mn Selenium, Se										
Scientini, Sc	9									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.9	0.600	13	A	1		2.1	1.9	2.1
Thiamin										
Riboflavin										
Niacin Pantothenic acid										
Vitamin B-6										
Folate, total										
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	0	0.000	12	A	1		0	0	0
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
vitanini K (phynoquinone)	9									
<u>Lipids:</u>										
Fatty acids, total saturated		4.320	0.430	13	A	1		10.195	9.202	10.19
4:0										
6:0 8:0.	-									
10:0										
12:0	-	0.010	0.000	13	A	1		0.024	0.021	0.024
13:0	-									
14:0	g	0.300	0.040	13	A	1		0.708	0.639	0.708
15:0	-									
16:0		2.400	0.230	13	A	1		5.664	5.112	5.664
17:0	-				_	_			_	
18:0	-	1.620	0.250	12	A	1		3.823	3.451	3.823
20:0	-									
22:0	-									
24:0 Fatty acids, total monounsaturated		5.260	0.450	13	A	1		12.414	11.204	12.414
14:1		3.200	0.450	13		-		12.717	11.203	12.41
15:1										

	<u>An</u>		ımbe	Amount in edible portion of common measures of food						
Nutrients and Unit	s	Mean	Std. Error P			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	_	0.460	0.060	13	A	1		1.086	0.980	1.086
17:1	g	4.810	0.450	13	A	1		11.352	10.245	11.352
22:1 undifferentiated	g				_					
Fatty acids, total polyunsaturated 18:2 undifferentiated		0.300 0.250	0.050 0.050	12 12	A A	1 1		0.708 0.590	0.639 0.533	0.708 0.590
18:3 undifferentiated	-	0.050	0.020	13	A	1		0.118	0.107	0.118
20:2 n-6 c,c 20:3 undifferentiated	-									
20:4 undifferentiated 20:5 n-3										
22:5 n-3	g									
Fatty acids, total trans	g	32	2.280	13	A	1		76	68	76
Phytosterols	• • • • • • • • • • • • • • • • • • • •	J <u>-</u>	2.200	-3	••	-		, 0	00	, ,

Common Measures:

Measure 1 = 236g: 1 cup

Measure 2 = 213g: 1 package yields

Measure 3 = 236g: 1 serving

Calories Factors: Protein Fat Carbohydrate

		<u>A</u> 1	mount in 100 g	grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
			Nι	ımber	r			<u>m</u>	easures of food	<u>.</u>	
					Deriv	Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	70.14	0.790	175	A	1		165.53	165.53		
Energy	kcal	163		0	MC	9		385	385		
Energy	kj	682				9		1610	1610		
Protein	g	9.03	0.430	176	A	1		21.31	21.31		
Total lipid (fat)	g	10.02	0.720	178	A	1		23.65	23.65		
Ash	g	1.30	0.060	103	A	1		3.07	3.07		
Carbohydrate, by difference	g	9.71		0	MC	9		22.92	22.92		
Fiber, total dietary	g	1.5	0.370	9	A	1		3.5	3.5		
Sugars, total	g	0.25	0.050	9	A	1		0.59	0.59		
Starch	g										
Minerals:											
Calcium, Ca	ma	18	1.700	10	A	1		42	42		
Iron, Fe		1.00	0.100	11	A	1		2.36	2.36		
Magnesium, Mg	_	14	1.200	10	A	1		33	33		
Phosphorus, P									-		
Potassium, K		183	8.400	10	A	1		432	432		
Sodium, Na	mg	336	9.100	18	A	1		793	793		
Zinc, Zn	mg	1.40	0.100	10	A	1		3.30	3.30		
Copper, Cu	mg	0.100	0.000	10	A	1		0.236	0.236		
Manganese, Mn	mg										
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.8	0.340	11	A	1		1.9	1.9		
Thiamin	_	0.0	0.010			-					
Riboflavin											
Niacin											
Pantothenic acid											
Vitamin B-6											
Folate, total	mcg										
Folate, DFE	mcg_DFE										
Vitamin B-12											
Vitamin A, IU	IU	0	0.000	11	A	1		0	0		
Vitamin A, RAE											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D Vitamin K (phylloquinone)											
vitanini K (phynoquinone)	inog										
<u>Lipids:</u>											
Fatty acids, total saturated		4.200	0.340	9	A	1		9.912	9.912		
4:0	-										
6:0	-										
8:0	-										
10:0	-			_	_						
12:0	-	0.000	0.000	9	A	1		0.000	0.000		
13:0	-	0.290	0.030	9	A	1		0.604	0.604		
14:0 15:0	-	0.290	0.030	9	A	1		0.684	0.684		
16:0		2.350	0.160	9	A	1		5.546	5.546		
17:0		2.330	0.100	9	A	-		3.340	3.540		
18:0		1.600	0.190	8	A	1		3.776	3.776		
20:0	-	1.000	0.130	5	A	-		3.770	3.776		
22:0	-										
24:0	-										
Fatty acids, total monounsaturated		4.780	0.220	8	A	1		11.281	11.281		
14:1			-	-	•=				,		
15:1											

	<u>An</u>		ımber	•	_	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	of Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	0.430	0.070	9	A	1		1.015	1.015	
18:1 undifferentiatedg	4.340	0.260	8	A	1		10.242	10.242	
20:1									
Fatty acids, total polyunsaturated9	0.270	0.040	8	A	1		0.637	0.637	
18:2 undifferentiatedg	0.240	0.060	9	A	1		0.566	0.566	
18:3 undifferentiatedg	0.050	0.020	8	A	1		0.118	0.118	
18:4g									
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg									
20:5 n-3g									
22:5 n-3g									
22:6 n-3g									
Fatty acids, total transg									
Cholesterolmg	31	1.960	10	A	1		73	73	
Phytosterolsmg									

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

Common Measures:

Measure 1 = 236g: 1 cup Measure 2 = 236g: 1 serving

Calories Factors: Protein Fat Carbohydrate

		<u>Aı</u>	mount in 100 g			ole portic	<u>on</u>	Amount in edible portion of common measures of food			
			Nu	mber	•			me	easures of 1000		
						Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	_	78.86	0.760		A	1		194.78	167.97	194.78	
Energy	kcal	82		0	MC	9		203	175	203	
Energy		343				9		847	731	847	
Protein	_	7.58	0.480	169	A	1		18.72	16.15	18.72	
Total lipid (fat)		1.12	0.130	221	A	1		2.77	2.39	2.77	
Ash		2.02	0.040	108	A	1		4.99	4.30	4.99	
Carbohydrate, by difference		10.35		0	MC	9		25.56	22.05	25.56	
Fiber, total dietary		2.6	0.260	13	A	1		6.4	5.5	6.4	
Sugars, total		2.32	0.170	15	A	1		5.73	4.94	5.73	
Starch	9										
Minerals:											
Calcium, Ca	mg	47	4.800	13	A	1		116	100	116	
Iron, Fe	-	1.40	0.100	13	A	1		3.46	2.98	3.46	
Magnesium, Mg		28	1.000	13	A	1		69	60	69	
Phosphorus, P	-							_			
Potassium, K	-	276	11.400	13	A	1		682	588	682	
Sodium, Na	-	485	10.100	28	A	1		1198	1033	1198	
Zinc, Zn		1.10	0.100	14	A	1		2.72	2.34	2.72	
Copper, Cu		0.100	0.000	13	A	1		0.247	0.213	0.24	
Manganese, Mn	_										
Selenium, Se	nicg										
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	-	0.6	0.390	14	A	1		1.5	1.3	1.5	
Thiamin											
Riboflavin											
Niacin											
Pantothenic acid											
Vitamin B-6											
Folate, totalFolate, DFE	mca DFF										
Vitamin B-12	mca_Di E										
Vitamin A, IU	IU	668	152.800	14	A	1		1650	1423	1650	
Vitamin A, RAE	mcg RAE					_					
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma	mg										
Tocopherol, delta											
Vitamin D	IU										
Vitamin K (phylloquinone)											
Lipids:											
Fatty acids, total saturated	q	0.270	0.060	13	A	1		0.667	0.575	0.66	
4:0											
6:0											
8:0	g										
10:0	g										
12:0	g	0.000	0.000	13	A	1		0.000	0.000	0.00	
13:0	g										
14:0	-	0.010	0.000	13	A	1		0.025	0.021	0.02	
15:0		_	_			_		_	_		
16:0	-	0.200	0.050	13	A	1		0.494	0.426	0.49	
17:0	-				_	_					
18:0	_	0.060	0.010	13	A	1		0.148	0.128	0.14	
20:0											
22:0											
24:0		0.170	0.050	12	A	1		0.420	0.362	0.42	
Fatty acids, total monounsaturated		0.1/0	0.050	13	A	1		U.42U	0.362	0.42	
14:1 15:1											
13.1	9										

		<u>An</u>	nount in 100	grams lumbe	Amount in edible portion of common measures of food					
Nutrients and Unit	s	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	g	0.010	0.01) 13	A	1		0.025	0.021	0.025
17:1		0.160	0.04	13	A	1		0.395	0.341	0.395
20:1		0.200	0.04	. 13		•		0.333	0.511	0.333
22:1 undifferentiated										
24:1 c										
Fatty acids, total polyunsaturated	g	0.490	0.09	13	A	1		1.210	1.044	1.210
18:2 undifferentiated		0.310	0.05	13	A	1		0.766	0.660	0.766
18:3 undifferentiated	g	0.170	0.02	12	A	1		0.420	0.362	0.420
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	14	0.57	7 3	A	1		35	30	35
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 = 247g: 1 cup

Measure 2 = 213g: 1 package yields

Measure 3 = 247g: 1 serving

Calories Factors: Protein Fat Carbohydrate

		<u>Aı</u>	mount in 100 g	grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
			Nι	ımber	•			<u>m</u> e	easures of food	•	
					Deriv	Source	Confidence				
Nutrients and Units	5	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	77.95	0.690	178	A	1		192.54	192.54		
Energy	kcal	83		0	MC	9		205	205		
Energy	kj	347				9		858	858		
Protein	g	4.83	0.350	182	A	1		11.93	11.93		
Total lipid (fat)	g	0.28	0.070	207	A	1		0.69	0.69		
Ash	g	1.63	0.060	52	A	1		4.03	4.03		
Carbohydrate, by difference		15.39		0	MC	9		38.01	38.01		
Fiber, total dietary	g	4.0	0.290	13	A	1		9.9	9.9		
Sugars, total	g	2.52	0.050	70	A	1		6.22	6.22		
Starch	g										
Minerals:											
Calcium, Ca	mg	39	2.600	44	A	1		96	96		
Iron, Fe		1.40	0.100	48	A	1		3.46	3.46		
Magnesium, Mg	-	33	2.200	13	A	1		82	82		
Phosphorus, P	mg										
Potassium, K	mg	325	10.400	12	A	1		803	803		
Sodium, Na	mg	315	8.500	94	A	1		778	778		
Zinc, Zn	mg	0.70	0.000	12	A	1		1.73	1.73		
Copper, Cu		0.200	0.000	12	A	1		0.494	0.494		
Manganese, Mn											
Selenium, Se	mcg										
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.5	0.120	47	A	1		1.2	1.2		
Thiamin	-										
Riboflavin											
Niacin	mg										
Pantothenic acid	_. mg										
Vitamin B-6											
Folate, total	mcg										
Folate, DFE											
Vitamin B-12		506	F4 000		_						
Vitamin A, IU	IU	786	51.090	49	A	1		1941	1941		
Vitamin A, RAE											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
<u>Lipids:</u>											
Fatty acids, total saturated		0.050	0.010	9	A	1		0.124	0.124		
4:0	-										
6:0 8:0											
10:0											
12:0	-	0.000	0.000	9	A	1		0.000	0.000		
13:0		2.200	2.230	-		_			0.000		
14:0	-	0.000	0.000	9	A	1		0.000	0.000		
15:0	-										
16:0		0.050	0.010	9	A	1		0.124	0.124		
17:0	g										
18:0	g	0.000	0.000	8	A	1		0.000	0.000		
20:0	-										
22:0	-										
24:0											
Fatty acids, total monounsaturated	g	0.030	0.000	9	A	1		0.074	0.074		
14:1											

	<u>Am</u>	ount in 100 gı Nur	rams of edil	ole portio	<u>n</u>		edible portion of easures of food	
Nutrients and Units	Mean S		Data Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiatedg	0.000	0.000	9 A	1		0.000	0.000	
18:1 undifferentiatedg	0.030	0.000	9 A	1		0.074	0.074	
20:1								
Fatty acids, total polyunsaturated9	0.160	0.030	9 A	1		0.395	0.395	
18:2 undifferentiatedg	0.080	0.010	8 A	1		0.198	0.198	
18:3 undifferentiatedg	0.070	0.010	9 A	1		0.173	0.173	
18:4g								
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg								
20:5 n-3g								
22:5 n-3g								
22:6 n-3g								
Fatty acids, total transg								
Cholesterolmg	0	0.790	44 A	1		0	0	
Phytosterolsmg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 Measure 2 = 247g: 1 serving

Calories Factors: Protein Fat Carbohydrate

		<u>Aı</u>	mount in 100 g	grams	of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
			Nι	ımbeı	-			m	easures of food	
			of	Data	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	q	81.56	0.720	801	A	1		192.48	346.63	192.48
Energy	-	94		0	MC	9		222	400	222
Energy		393				9		928	1672	928
Protein		4.79	0.320	796	A	1		11.30	20.36	11.30
Total lipid (fat)		5.53	0.730	825	A	1		13.05	23.50	13.05
Ash	g	1.47	0.040	358	A	1		3.47	6.25	3.47
Carbohydrate, by difference	g	6.81		0	MC	9		16.07	28.94	16.07
Fiber, total dietary	g	1.1	0.300	15	A	1		2.6	4.7	2.6
Sugars, total	g	0.96	0.140	15	A	1		2.27	4.08	2.27
Starch	g									
Minerals:										
Calcium, Ca		8	1.400	14	A	1		19	34	19
Iron, Fe		0.70	0.100	14	A	1		1.65	2.98	1.65
Magnesium, Mg		10	0.800	14	A	1		24	43	24
Phosphorus, P										
Potassium, K	-	168	8.300	13	A	1		396	714	396
Sodium, Na		417	11.300	30	A	1 1		984 2.60	1772	984
Zinc, Zn		1.10 0.000	0.100	14 14	A A	1		0.000	4.68 0.000	2.60 0.000
Copper, Cu		0.000	0.000	14	A	1		0.000	0.000	0.000
Manganese, Mn Selenium, Se										
Vitamins:	-									
Vitamin C, total ascorbic acid	mg	1.1	0.440	14	A	1		2.6	4.7	2.6
Thiamin										
Riboflavin										
Niacin	mg									
Pantothenic acid										
Vitamin B-6										
Folate, total										
Folate, DFE	mcg_DFE									
Vitamin B-12 Vitamin A, IU	IIICG	1690	474.820	1 5	A	1		3988	7183	3988
Vitamin A, IUVitamin A, RAE	mca RAF	1090	474.020	15	A	1		3966	7103	3900
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated		2.390	0.340	14	A	1		5.640	10.158	5.640
4:0										
6:0	-									
8:0	-									
10:0	-	0.000	0.000	10	-	4		0.000	0 000	0.00
12:0 13:0	-	0.000	0.000	13	A	1		0.000	0.000	0.000
14:0	-	0.160	0.020	14	A	1		0.378	0.680	0.378
15:0	-	0.200	0.020			_		3.3.3	0.000	3.37
16:0	_	1.320	0.180	14	A	1		3.115	5.610	3.11!
17:0	_								- · · · ·	
18:0		0.890	0.140	14	A	1		2.100	3.783	2.10
20:0	_									
22:0	_									
24:0										
Fatty acids, total monounsaturated		2.680	0.330	14	A	1		6.325	11.390	6.32
14:1	g									
15:1	a									

		<u>An</u>	nount in 100 N	grams lumbe		ole portio	<u>on</u>		edible portion of easures of food	
Nutrients and Unit	s	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	_	0.220	0.040) 14	A	1		0.519	0.935	0.519
17:1 18:1 undifferentiated		2.450	0.310) 14	A	1		5.782	10.413	5.782
20:1		2.450	0.51	, 14		-		3.702	10.415	3.702
22:1 undifferentiated										
24:1 c										
Fatty acids, total polyunsaturated		0.280	0.120	14	A	1		0.661	1.190	0.661
18:2 undifferentiated		0.250	0.120	14	A	1		0.590	1.063	0.590
18:3 undifferentiated	g	0.040	0.020	14	A	1		0.094	0.170	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	16	1.510	14	A	1		38	68	38
Phytosterols	<u>mg</u>									

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Common Measures:

Measure 1 = 236g: 1 cup

Measure 2 = 425g: 1 package yields

Measure 3 = 236g: 1 serving

Calories Factors: Protein Fat Carbohydrate

	<u>A</u>	mount in 100 g			ole portio	<u>on</u>	Amount in edible portion of common measures of food		
			umber		Source	Confidence	<u> </u>	easures or 1000	
Nutrients and Units	Mean	Std. Error P			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Waterg	44.90		1	A	1		114.94	57.47	
Energykcal	266		0	NC	4		681	340	
Energykj	1113				4		2849	1425	
Proteing	11.60		1	A	1		29.70	14.85	
Total lipid (fat)g	11.10		1	A	1		28.42	14.21	
Ash	2.40		1	A	1		6.14	3.07	
Carbohydrate, by difference	30.00		0	NC	4		76.80	38.40	
Fiber, total dietary									
Sugars, total									
Starchg									
Ainerals:									
Calcium, Camg	196		1	A	1		502	251	
Iron, Femg	2.04		1	A	1		5.22	2.61	
Magnesium, Mgmg									
Phosphorus, Pmg									
Potassium, Kmg									
Sodium, Namg	520		1	A	1		1331	666	
Zinc, Znmg									
Copper, Cumg									
Manganese, Mnmg									
Selenium, Semcg									
<u>ipids:</u>									
Fatty acids, total saturatedg	4.520		1	A	1		11.571	5.786	
Fatty acids, total monounsaturatedg	3.450		1	A	1		8.832	4.416	
Fatty acids, total polyunsaturatedg	1.160)	1	A	1		2.970	1.485	
Fatty acids, total transg									
Cholesterolmg	39		1	A	1		100	50	
Phytosterolsmg									

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Common Measures:

Measure 1 = 256g: 1 package yields

Measure 2 = 128g: 1 serving

Calories Factors: Protein Fat Carbohydrate

		<u>A</u>	mount in 100			ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Uni	ts	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	44.00		1	A	1		62.48	62.48	
Energy	kcal	284		0	NC	4		403	403	
Energy		1188				4		1687	1687	
Protein	g	11.50		1	A	1		16.33	16.33	
Total lipid (fat)	g	14.20		1	A	1		20.16	20.16	
Ash		2.70		1	A	1		3.83	3.83	
Carbohydrate, by difference		27.60		0	NC	4		39.19	39.19	
Fiber, total dietary	-									
Sugars, total	-									
Starch	-									
Minerals:										
Calcium, Ca	mg	237		1	A	1		337	337	
Iron, Fe.	_	2.06		1	A	1		2.93	2.93	
Magnesium, Mg										
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	638		1	A	1		906	906	
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	•									
Selenium, Se	mcg									
<u> ipids:</u>										
Fatty acids, total saturated	g	6.200)	1	A	1		8.804	8.804	
Fatty acids, total monounsaturated	g	4.689	9	1	A	1		6.658	6.658	
Fatty acids, total polyunsaturated	g	0.860)	1	A	1		1.221	1.221	
Fatty acids, total trans	-									
Cholesterol	mg	37		1	A	1		53	53	
Phytosterols	mg									

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Common Measures:

Measure 1 = 142g: 1 package yields

Measure 2 = 142g: 1 serving

Calories Factors: Protein Fat Carbohydrate

		<u>A</u>	mount in 10	0 grams	of edik	ole portio	<u>on</u>		edible portion of	
				Number				<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	50.00		1	A	1		128.00	64.00	
Energy	kcal	235		0	NC	4		602	301	
Energy	kj	983				4		2517	1259	
Protein	g	8.90		1	A	1		22.78	11.39	
Total lipid (fat)	g	8.60		1	A	1		22.02	11.01	
Ash	g	2.10		1	A	1		5.38	2.69	
Carbohydrate, by difference		30.40		0	NC	4		77.82	38.91	
Fiber, total dietary		1.1		1	A	1		2.8	1.4	
Sugars, total									_,_	
Starch										
Starcii	9									
Minerals:										
Calcium, Ca	mg									
Iron, Fe	mg	2.97		1	A	1		7.60	3.80	
Magnesium, Mg	mg									
Phosphorus, P										
Potassium, K	-									
Sodium. Na	-	509		1	A	1		1303	652	
Zinc. Zn.										
Copper, Cu										
Manganese, Mn										
Selenium. Se										
Scientini, Sc	9									
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.9		1	A	1		12.5	6.3	
Thiamin										
Riboflavin	mg									
Niacin	mg									
Pantothenic acid										
Vitamin B-6										
Folate, total										
Folate, DFE										
Vitamin B-12										
Vitamin A, IU		265		1	A	1		678	339	
Vitamin A, RAE	mca RAE									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	g	2.620)	1	A	1		6.707	3.354	
Fatty acids, total monounsaturated		3.420		1	A	1		8.755	4.378	
Fatty acids, total polyunsaturated		1.300		1	A	1		3.328	1.664	
Fatty acids, total trans				_		_			-	
Cholesterol		29		1	A	1		74	37	
Phytosterols				-		-			٥.	
Carotenoids:										
Carotene, beta	mca	50		1	A	1		128.000	64.000	
Carotene, alpha		30		_	•	1		120.000	04.000	
Cryptoxanthin, beta										
Lycopene										
	HIGH									

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NDB No. 22535

HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen

Common Measures:

Measure 1 = 256g: 1 package yields

Measure 2 = 128g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 22 Meals, Entrees, and Sidedishes

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

		<u>A</u>	mount in 100 grams Numbei	Amount in edible portion of common measures of food					
Nutrients and U	nits	Mean	of Data Std. Error Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	33.50	1	A	1		32.16	16.08	32.16
Energy	kcal	401	0	NC	4		385	192	385
Energy		1676			4		1609	805	1609
Protein		9.90	1	A	1		9.50	4.75	9.50
Total lipid (fat)	g	29.40	1	A	1		28.22	14.11	28.22
Ash	g	3.10	1	A	1		2.98	1.49	2.98
Carbohydrate, by difference		24.10	0	NC	4		23.14	11.57	23.14
Fiber, total dietary	g	1.5	1	A	1		1.4	0.7	1.4
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	79	1	A	1		75	38	75
Iron, Fe		1.65	1	A	1		1.58	0.79	1.58
Magnesium, Mg	mg								
Phosphorus, P	mg								
Potassium, K	mg								
Sodium, Na	mg	918	1	A	1		881	441	881
Zinc, Zn	mg								
Copper, Cu									
Manganese, Mn									
Selenium, Se	mcg								
Lipids:									
Fatty acids, total saturated	g	8.970) 1	A	1		8.611	4.306	8.611
Fatty acids, total monounsaturate	dg								
Fatty acids, total polyunsaturated	g								
Fatty acids, total trans	-								
Cholesterol	-	33	1	A	1		31	16	31
Phytosterols	mg								

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Common Measures:

Measure 1 = 96g: 1 package Measure 2 = 48g: 1 sandwich Measure 3 = 96g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 22690

KID CUISINE COSMIC CHICKEN NUGGETS, with Macaroni in Cheese Sauce, Corn in a Seasoned Sauce, and Chocolate Pudding w Rainbow Sprinkles, frozen meal

Refuse: 0%

	Amount in 100 grams of edible portion Number									
		of Dat	a Deriv	Source	Confidence	<u>m</u> .	easures of food			
Nutrients and Units	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3		
Proximates:										
Waterg	60.60	1	A	1		155.74	155.74			
Energykcal	204	0	NC	4		524	524			
Energykj	854			4		2194	2194			
Proteing	6.90	1	A	1		17.73	17.73			
Total lipid (fat)g	10.40	1	A	1		26.73	26.73			
Ash9	1.50	1	A	1		3.86	3.86			
Carbohydrate, by difference9	20.60	0	NC	4		52.94	52.94			
Fiber, total dietaryg	1.2	1	A	1		3.1	3.1			
Sugars, total9										
Starchg										
Minerals:										
Calcium, Camg	80	1	A	1		206	206			
Iron, Femg	1.11	1	A	1		2.85	2.85			
Magnesium, Mgmg										
Phosphorus, Pmg										
Potassium, Kmg										
Sodium, Namg	379	1	A	1		974	974			
Zinc, Znmg										
Copper, Cumg										
Manganese, Mnmg										
Selenium, Semcg										
<u>Lipids:</u>										
Fatty acids, total saturatedg	2.570	1	A	1		6.605	6.605			
Fatty acids, total monounsaturatedg	4.170	1	A	1		10.717	10.717			
Fatty acids, total polyunsaturated	2.320	1	A	1		5.962	5.962			
Fatty acids, total transg										
Cholesterol mg	19	1	A	1		49	49			
Phytosterolsmg										

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Common Measures:

Measure 1 = 257g: 1 package yields

Measure 2 = 257g: 1 serving

Calories Factors: Protein Fat Carbohydrate

		<u>A</u>	mount in 10			ole portio	<u>n</u>		edible portion e	
				Number	•			1110	easures or 1000	<u>.</u>
Nutrients and Units	s	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		7.70		0	MC	9		5.39		
Energy	kcal	370		0	MC	9		259		
Energy	kj	1548				9		1084		
Protein	g	16.20		0	MC	9		11.34		
Total lipid (fat)	g	3.70		0	NR	4		2.59		
Ash	g	3.60		0	MC	9		2.52		
Carbohydrate, by difference	g	67.90		0	MC	9		47.53		
Fiber, total dietary	g	2.1		0	MC	9		1.5		
Sugars, total	g	10.00		0	MC	9		7.00		
Starch	g									
Minerals:										
Calcium, Ca	_	132		0	MC	9		92		
Iron, Fe		3.66		0	MC	9		2.56		
Magnesium, Mg	-	270		0		9				
Phosphorus, P		378 423		0	MC	9		265 296		
Potassium, K		423 802		0	MC MC	9		296 561		
Sodium, Na	_	802		U	MC	9		261		
Zinc, Zn Copper, Cu										
Manganese, Mn										
Selenium, Se										
Vitamins: Vitamin C, total ascorbic acid	ma	0.5		0	MC	9		0.4		
Thiamin		0.960)	0	MC	9		0.672		
Riboflavin	_	0.590		0	MC	9		0.413		
Niacin	-	6.480		0	MC	9		4.536		
Pantothenic acid		0.100		·				1.000		
Vitamin B-6										
Folate, total	_	93		0	MC	9		65		
Folate, DFE										
Vitamin B-12										
Vitamin A, IU		72		0	MC	9		50		
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated		1.800)	0	MC	9		1.260		
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans				_		_				
Cholesterol	mg	14		0	MC	9		10		

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Common Measures:

Measure 1 = 70g: 1 NLEA Serving (makes about 1 cup prepared)

Footnotes

1 2.5 ounces unprepared yields 1 serving, about 1 cup prepared

NDB No. 22005

KRAFT Macaroni and Cheese Dinner Original Flavor, unprepared

Calories Factors: Protein Fat Carbohydrate

Food Group: 22 Meals, Entrees, and Sidedishes

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

		<u>A</u> 1	mount in 10	00 grams	of edit	ole portio	<u>n</u>		edible portion of	
				Number		Source	Confidence	<u>m</u>	easures of food	
Nutrients and Ur	nits	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	46.40		1	A	1		528.96	52.90	
Energy	kcal	260		0	NC	4		2964	296	
Energy		1088				4		12401	1240	
Protein	g	7.60		1	A	1		86.64	8.66	
Total lipid (fat)	g	10.60		1	A	1		120.84	12.08	
Ash	g	1.90		1	A	1		21.66	2.17	
Carbohydrate, by difference	g	33.50		0	NC	4		381.90	38.19	
Fiber, total dietary		0.7		1	A	1		8.0	0.8	
Sugars, total										
Starch	-									
Minerals:										
Calcium, Ca	mg									
Iron, Fe		2.73		1	A	1		31.12	3.11	
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	508		1	A	1		5791	579	
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn										
Selenium, Se	mcg									
Lipids:										
Fatty acids, total saturated	g	3.670)	1	A	1		41.838	4.184	
Fatty acids, total monounsaturated	g	4.840)	1	A	1		55.176	5.518	
Fatty acids, total polyunsaturated	g	0.690)	1	A	1		7.866	0.787	
Fatty acids, total trans	g									
Cholesterol	mg	11		1	A	1		125	13	
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 = 1140g: 1 package yields

Measure 2 = 114g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 22538 LEAN POCKETS Glazed Chicken Supreme Stuffed Sandwiches, frozen

Refuse: 0%

		<u>A</u> 1	mount in 10	00 grams Number		ole portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Uni	ts	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	58.90		1	A	1		150.20	75.39	
Energy	kcal	182		0	NC	4		464	233	
Energy	kj	761				4		1942	975	
Protein	g	7.70		1	A	1		19.64	9.86	
Total lipid (fat)	g	4.90		1	A	1		12.50	6.27	
Ash	g	1.80		1	A	1		4.59	2.30	
Carbohydrate, by difference		26.70		0	NC	4		68.09	34.18	
Fiber, total dietary										
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	mα	95		1	A	1		242	122	
Iron, Fe	-			_		_				
Magnesium, Mg										
Phosphorus, P										
Potassium, K										
Sodium, Na	-	439		1	A	1		1119	562	
Zinc, Zn	-									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Lipids:										
Fatty acids, total saturated	g	1.500	1	1	A	1		3.825	1.920	
Fatty acids, total monounsaturated		1.940	1	1	A	1		4.947	2.483	
Fatty acids, total polyunsaturated		0.744	l	1	A	1		1.897	0.952	
Fatty acids, total trans	g									
Cholesterol	mg	18		1	A	1		46	23	
Phytosterols	mg									
Carotenoids:										
Carotene, beta	mca	360		1	A	1		918.000	460.800	
Carotene, alpha				=		_				
Cryptoxanthin, beta										
Lycopene										
Lutein + zeaxanthin										

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 package yields

Measure 2 = 128g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 22697 LIBBY'S SPREADABLES Ready To Serve Sandwich Salads, Chicken Salad, shelf stable

Refuse: 0%

		<u>A</u> 1	mount in 10	00 grams	of edit	ole portio	<u>n</u>		edible portion of	
				Number of Data		Source	Confidence	<u>m</u>	easures of food	
Nutrients and U	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.70		1	A	1		167.30	86.97	
Energy	kcal	145		0	NC	4		329	171	
Energy		607				4		1377	716	
Protein	g	4.90		1	A	1		11.12	5.78	
Total lipid (fat)	g	9.40		1	A	1		21.34	11.09	
Ash		1.90		1	A	1		4.31	2.24	
Carbohydrate, by difference	g	10.10		0	NC	4		22.93	11.92	
Fiber, total dietary										
Sugars, total										
Starch	_									
Minerals:										
Calcium, Ca	mg									
Iron, Fe										
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	468		1	A	1		1062	552	
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Lipids:										
Fatty acids, total saturated	g	1.950)	1	A	1		4.427	2.301	
Fatty acids, total monounsaturated	dg	2.930)	1	A	1		6.651	3.457	
Fatty acids, total polyunsaturated.	g	3.580)	1	A	1		8.127	4.224	
Fatty acids, total trans	g									
Cholesterol	mg	26		1	A	1		59	31	
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 = 227g: 1 package yields

Measure 2 = 118g: 1 serving

Calories Factors: Protein Fat Carbohydrate

		<u>A</u> 1	mount in 100 g	rams	of edil	ole portio	<u>on</u>		edible portion of	
			Nu	ımber				<u>m</u>	easures of food	
			of	Data	Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	4.90		1	A	1		4.56	6.08	3.04
Energy		418		0	NC	4		389	518	259
Energy		1748				4		1626	2168	1084
Protein		15.50		1	A	1		14.42	19.22	9.61
Total lipid (fat)		11.80		1	A	1		10.97	14.63	7.32
Ash		5.40		1	A	1		5.02	6.70	3.35
Carbohydrate, by difference		62.40		0	NC	4		58.03	77.38	38.69
Fiber, total dietary										
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	mg	127		1	A	1		118	157	79
Iron, Fe		3.02		1	A	1		2.81	3.74	1.87
Magnesium, Mg										
Phosphorus, P										
Potassium, K		4.550		_	_	_				
Sodium, Na	-	1770		1	A	1		1646	2195	1097
Zinc, Zn	_									
Copper, Cu										
Selenium, Se										
·										
<u>Lipids:</u>										
Fatty acids, total saturated		4.570)	1	A	1		4.250	5.667	2.833
4:0	-									
6:0	_	0.064	•	1	A	1		0.000	0.070	0.040
8:0 10:0	-	0.149		1	A	1		0.060 0.139	0.079 0.185	0.040
12:0	-	0.143		1	A	1		0.139	0.198	0.092
13:0		0.100	,	-	A	-		0.149	0.198	0.033
14:0	-	0.540)	1	A	1		0.502	0.670	0.335
15:0	-	0.057		1	A	1		0.053	0.071	0.035
16:0	-	2.449)	1	A	1		2.278	3.037	1.518
17:0	g	0.038	3	1	A	1		0.035	0.047	0.024
18:0	g	1.053	3	1	A	1		0.979	1.306	0.653
20:0	g	0.019	•	1	A	1		0.018	0.024	0.012
22:0	g	0.010)	1	A	1		0.009	0.012	0.006
24:0										
Fatty acids, total monounsaturated		3.856		1	A	1		3.586	4.781	2.391
14:1	_	0.038	3	1	A	1		0.035	0.047	0.024
15:1		0.166			_					0.100
16:1 undifferentiated		0.162		1	A	1		0.151	0.201	0.100
17:1		0.019 3.464		1 1	A A	1 1		0.018	0.024	0.012 2.148
20:1		0.029		1	A	1		3.222 0.027	4.295 0.036	0.018
22:1 undifferentiated	_	0.023	,	-	A	-		0.027	0.050	0.010
24:1 c										
Fatty acids, total polyunsaturated		1.244	l	1	A	1		1.157	1.543	0.771
18:2 undifferentiated		1.086		1	A	1		1.010	1.347	0.673
18:3 undifferentiated	_	0.077		1	A	1		0.072	0.095	0.048
18:4										
20:2 n-6 c,c	g									
20:3 undifferentiated	g	0.005	5	1	A	1		0.004	0.006	0.003
20:4 undifferentiated		0.048	3	1	A	1		0.045	0.060	0.030
20:5 n-3										
22:5 n-3										
22:6 n-3										
Fatty acids, total trans		110			-			104	400	
Cholesterol	1119	112		1	A	1		104	139	69

NDB No. 22702

LIPTON, Alfredo Egg Noodles in a Creamy Sauce, dry mix

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Nutrients and Units Mean Std. Error Points Code Code Code Measure 1 Measure 2 Measure 3

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

Common Measures:

Measure 1 = 93g: 1 cup

Measure 2 = 124g: 1 package Measure 3 = 62g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 22 Meals, Entrees, and Sidedishes

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

		<u>A</u> :	mount in 100 gr	ams of	edible p	portio	<u>n</u>	Amount in	edible portion	of common
			Nur	nber				<u>m</u>	easures of food	<u>l</u>
					riv So	OUTCE	Confidence			
Nutrients and Ur	ite	Mean	Std. Error Poi			ode	Code	Measure 1	Measure 2	Measure 3
Nutrients and Or	iits	Weari	Std. Ellor 1 of	1113 00	,uc c	, o a c	Jour	WedSure i	WedSure 2	wieasure 3
Proximates:										
Water	g	72.72	0.694	6	A	1				
Energy	kcal	127		0	NC	4				
Energy	kj	532		0	NC	4				
Protein	g	8.26	0.581	6	A	1				
Total lipid (fat)	g	4.73	0.463	6	A	1				
Ash	g	1.42	0.043	6	A	1				
Carbohydrate, by difference	g	12.87		0	NC	4				
Fiber, total dietary	g	1.2		1	A	1				
Sugars, total	g									
Sucrose	g	0.61	0.156	3	A	1				
Glucose (dextrose)		0.70	0.034	3	A	1				
Fructose	g	0.82	0.066	3	A	1				
Lactose										
Maltose										
Galactose										
Starch		8.39	1.185	3	A	1				
Minorals										
Minerals: Calcium, Ca	ma	102	11.287	6	A	1				
Iron, Fe		0.85	0.066	6	A	1				
Magnesium, Mg		19	0.575	6	A	1				
Phosphorus, P		75	18.643	6	A	1				
Potassium, K		158	7.349		A	1				
Sodium, Na		280	11.721	6	A	1				
Zinc, Zn		1.00	0.068	6	A	1				
Copper, Cu		0.422		6	A	1				
Manganese, Mn		0.160		6	A	1				
Selenium, Se		16.3	3.528	3	A	1				
Vitamina										
Vitamins: Vitamin C, total ascorbic acid	ma	21.5		1	A	1				
Thiamin		0.057	0.019		A	1				
Riboflavin	-	0.037			A	1				
Niacin	-	1.286			A	1				
Pantothenic acid		0.106			A	1				
Vitamin B-6		0.070			A	1				
Folate, total		14	3.469		A	1				
Folate, DFE				-		-				
Vitamin B-12		0.74	0.166	3	A	1				
Vitamin A, IU		· · · · ·								
Vitamin A, RAE	mcg RAE									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Linide										
Lipids:	a	2.245		0	NC	4				
Fatty acids, total saturated		2.245	•		.,.	-				
4:0 6:0										
8:0	-	0.008	0.002	4	A	1				
10:0	-	0.047			A	1				
12:0	•	0.047			A	1				
13:0	-	0.003		3	A	1				
14:0	-	0.003		4	A	1				
15:0		0.273		4	A	1				
16:0		1.160			A	1				
17:0		0.042			A	1				
	u	0.042	. 0.008	-	A	_				

		An	nount in 10	0 grams	of edil	ole portio	<u>on</u>		edible portion	
					Deriv	Source	Confidence	<u>m</u>	easures of food	
Nutrients and Unit	s	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
20:0		0.014	0.00		A	1				
22:0	_	0.005	0.00	0 4	A	1				
24:0	-	0.009		2	A	1				
Fatty acids, total monounsaturated	-	1.781		0	NC	4				
14:1		0.040	0.00	6 4	A	1				
15:1	_									
16:1 undifferentiated	-	0.123	0.02		A	1				
17:1		0.038	0.00		A	1				
18:1 undifferentiated	g	1.547	0.21		A	1				
20:1		0.033	0.00	3 4	A	1				
22:1 undifferentiated	g	0.002		1	A	1				
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.336		0	NC	4				
18:2 undifferentiated	g	0.292	0.03	32 4	A	1				
18:3 undifferentiated	g	0.039	0.00	4	A	1				
18:4	g									
20:2 n-6 c,c	g									
20:3 undifferentiated	g	0.006	0.00	1 3	A	1				
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	_									
Cholesterol	• • • • • • • • • • • • • • • • • • • •	15	2.22	24 3	A	1				
Phytosterols	mg									

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

Common Measures:

Calories Factors: Protein Fat Carbohydrate

		<u>A</u> :	mount in 100 g	rams	of edil	ole portic	<u>on</u>		edible portion	
			Nu	mber	•			<u>m</u>	easures of food	<u> </u>
						Source	Confidence			
Nutrients and U	nits	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	76.36	0.337	3	A	1				
Energy	kcal	101		0	NC	4				
Energy	kj	424		0	NC	4				
Protein	g	6.81	0.391	3	A	1				
Total lipid (fat)	g	2.23	0.465	3	A	1				
Ash	g	1.10	0.027	3	A	1				
Carbohydrate, by difference	g	13.50		0	NC	4				
Fiber, total dietary	g	1.3		1	A	1				
Sugars, total	g									
Sucrose	g	0.50		2	A	1				
Glucose (dextrose)	g	0.75		2	A	1				
Fructose	g	0.76		2	A	1				
Lactose	g									
Maltose	g									
Galactose	g									
Starch	g	9.45		2	A	1				
Minerals:										
Calcium, Ca	ma	108		2	A	1				
Iron, Fe		0.97	0.077	3	A	1				
Magnesium, Mg		19	0.586	3	A	1				
Phosphorus, P		34	4.943	3	A	1				
Potassium, K		150	14.810	3	A	1				
Sodium, Na		181	8.386	3	A	1				
Zinc, Zn		0.86	0.052	3	A	1				
Copper, Cu		0.167	0.058	3	A	1				
Manganese, Mn	mg	0.213	0.007	3	A	1				
Selenium, Se	mcg	13.0		2	A	1				
Vitamins:										
Vitamin C, total ascorbic acid	ma	17.9		1	A	1				
Thiamin		0.038	3	2	A	1				
Riboflavin	-	0.126		2	A	1				
Niacin	-	1.221		2	A	1				
Pantothenic acid		0.107	,	1	A	1				
Vitamin B-6	mg	0.122	2	2	A	1				
Folate, total	mcg	38		1	A	1				
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg	0.45		2	A	1				
Vitamin A, IU	IU									
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	nicg									
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.967	•	0	NC	4				
4:0	g									
6:0	g									
8:0	_	0.002	2	1	A	1				
10:0	g	0.016		2	A	1				
12:0	_	0.029		2	A	1				
13:0	g	0.002	?	1	A	1				
14:0	g	0.119)	2	A	1				
15:0	g	0.018	3	2	A	1				
16:0	g	0.516	5	2	A	1				
17:0	g	0.019)	2	A	1				
18:0	g	0.240)	2	A	1				

NDB No. 22915 Lasagna with meat & sauce, low-fat, frozen entree

		An	nount in 100 gram	s of edi	ble portic	<u>on</u>		edible portion	
			Numbe	er			<u>m</u>	easures of food	
			of Data	a Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
20:0	g	0.010	1	A	1				
22:0	g	0.005	2	A	1				
24:0	g								
Fatty acids, total monounsaturated.	g	0.698	0	NC	4				
14:1	g	0.019	2	A	1				
15:1									
16:1 undifferentiated	g	0.049	2	A	1				
17:1		0.025	2	A	1				
18:1 undifferentiated	g	0.602	2	A	1				
20:1	g								
22:1 undifferentiated	g	0.004	2	A	1				
24:1 c	g								
Fatty acids, total polyunsaturated	g	0.279	0	NC	4				
18:2 undifferentiated	g	0.244	2	A	1				
18:3 undifferentiated	g	0.034	2	A	1				
18:4	g								
20:2 n-6 c,c	g								
20:3 undifferentiated	g	0.004	1	A	1				
20:4 undifferentiated									
20:5 n-3	g								
22:5 n-3	g								
22:6 n-3	g								
Fatty acids, total trans	g								
Cholesterol	mg	7	2	A	1				
Phytosterols	mg								

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

Common Measures:

Calories Factors: Protein Fat Carbohydrate

		<u>A</u>	mount in 100 g	rams	of edib	ole portic	<u>on</u>	Amount in	edible portion	of common
			Nu	mber				<u>m</u> .	easures of food	<u>l</u>
						Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		73.72	0.461	3	A	1				
Energy		124		0	NC	4				
Energy		521		0	NC	4				
Protein		6.37		2	A	1				
Total lipid (fat)		4.98	0.203	4	A	1				
Ash		1.40	0.055	4	A	1				
Carbohydrate, by difference		13.53		0	NC	4				
Fiber, total dietary										
Sugars, total		3.93		0	AS	1				
Sucrose	g	0.30		2	A	1				
Glucose (dextrose)	g	1.39		2	A	1				
Fructose		0.77		2	A	1				
Lactose		1.02		2	A	1				
Maltose	g	0.39		2	A	1				
Galactose		0.05		2	A	1				
Starch		8.88		2	A	1				
Minerals:										
Calcium, Ca		113	4.435	3	A	1				
Iron, Fe	<u>mg</u>	0.68	0.041	3	A	1				
Magnesium, Mg		20	0.689	3	A	1				
Phosphorus, P		105	2.963	3	A	1				
Potassium, K		160	8.141	3	A	1				
Sodium, Na		275	12.868	3	A	1				
Zinc, Zn		0.89	0.030	3	A	1				
Copper, Cu		0.108		3	A	1				
Manganese, Mn		0.165	0.005	3	A	1				
Selenium, Se	mcg	22.1		2	A	1				
Vitamins:		17.0	10 200	_	_					
Vitamin C, total ascorbic acid		17.0	10.382	3	A	1 1				
Thiamin	_	0.113		3	A					
Riboflavin	• • • • • • • • • • • • • • • • • • • •	0.144		3	A	1				
Niacin		1.152		3	A	1				
Pantothenic acid	_	0.190		3	A	1				
Vitamin B-6		0.062		3	A	1				
Folate, total		20	5.267	3	A	1				
Folate, DFE				_	_	_				
Vitamin B-12		0.61	0.108	3	A	1				
Vitamin A, IU	IU	_		_						
Vitamin A, RAE		0		0	NC	4				
Vitamin E (alpha-tocopherol)		0.84		2	A	1				
Tocopherol, beta		0.02		2	A	1				
Tocopherol, gamma		0.66		2	A	1				
Tocopherol, delta		0.09		2	A	1				
Vitamin D Vitamin K (phylloquinone)		5.2		1	A	1				
	Illog	3.2		-	n	-				
Lipids: Fatty acids, total saturated	a	1.916	5	0	NC	4				
4:0		0.000		4	A	1				
6:0		0.000		4	A	1				
8:0	_	0.000		4	A	1				
10:0	_	0.000		4	A	1				
	_					1				
12:0	•	0.053	0.031	4	A	1				
13:0	_	0 301		4	A	1				
14:0		0.325		4		1				
15:0		0.000 1.109		4 4	A A	1				
16:0										
17:0	g	0.000	0.000	4	A	1				

		An	nount in 100	grams	of edil	ole portic	<u>on</u>		edible portion	
			(Deriv		Confidence	<u>m</u>	easures of food	
Nutrients and Unit	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
20:0	g	0.000	0.00	0 4	A	1				
22:0	g	0.000	0.00	0 4	A	1				
24:0	g	0.000	0.000	0 4	A	1				
Fatty acids, total monounsaturated	g	1.470		0	NC	4				
14:1	g	0.000	0.00	0 4	A	1				
15:1	g									
16:1 undifferentiated	g	0.082	0.02	74	A	1				
17:1	g									
18:1 undifferentiated	g	1.388	0.04	84	A	1				
20:1	g	0.000	0.00	0 4	A	1				
22:1 undifferentiated	g	0.000	0.00	0 4	A	1				
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.938		0	NC	4				
18:2 undifferentiated	g	0.876	0.10	14	A	1				
18:3 undifferentiated	g	0.062	0.03	64	A	1				
18:4	g	0.000	0.00	0 4	A	1				
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000	0.00	0 4	A	1				
20:5 n-3	g	0.000	0.00	0 4	A	1				
22:5 n-3	g	0.000	0.00	0 4	A	1				
22:6 n-3	g	0.000	0.00	0 4	A	1				
Fatty acids, total trans	g									
Cholesterol	mg	12	1.39	1 4	A	1				
Phytosterols	mg									

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

Common Measures:

Calories Factors: Protein Fat Carbohydrate

NDB No. 22677
MARIE CALLENDER'S Beef Stroganoff and Noodles with Carrots & Peas, frozen

		<u>A</u>	mount in 10	00 grams Number	Amount in edible portion of common measures of food					
Nutrients and Units		Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water		67.37		0	MA	12		247.92	247.92	
Energy	kcal	163		0	NC	4		600	600	
Energy	kj	682				4		2510	2510	
Protein	g	8.26		0	MA	12		30.40	30.40	
Total lipid (fat)	g	7.34		0	MA	12		27.01	27.01	
Ash	g	1.08		0	MA	12		3.97	3.97	
Carbohydrate, by difference		15.95		0	NC	4		58.70	58.70	
Fiber, total dietary		1.2		1	A	1		4.4	4.4	
Sugars, total		2.20		0	MA	12		8.10	8.10	
Starch		2.20		v				0.10	0.10	
Minerals:										
Calcium, Ca	mg	19		0	MA	12		70	70	
Iron, Fe	mg	0.49		0	MA	12		1.80	1.80	
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	310		0	MA	12		1141	1141	
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	-									
Selenium, Se	mcg									
/itamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0	0.0	
Thiamin	mg									
Riboflavin	mg									
Niacin	<u>mg</u>									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total										
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	59		0	MA	12		217	217	
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
<u> Lipids:</u>				_					<u>.</u>	
Fatty acids, total saturated		3.010		0	MA	12		11.077	11.077	
Fatty acids, total monounsaturated		3.250		0	MA	12		11.960	11.960	
Fatty acids, total polyunsaturated	-	1.080)	0	MA	12		3.974	3.974	
Fatty acids, total trans										
Cholesterol	mg	19		0	MA	12		70	70	
Phytosterols	mg									

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Common Measures:

Measure 1 = 368g: 1 package yields

Measure 2 = 368g: 1 serving

NDB No. 22677

MARIE CALLENDER'S Beef Stroganoff and Noodles with Carrots & Peas, frozen

Calories Factors: Protein Fat Carbohydrate

Food Group: 22 Meals, Entrees, and Sidedishes

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

		<u>A</u>	mount in 10	00 grams Number		<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units		Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		61.37		0	MA	12		143.61	286.60	143.61
Energy	kcal	214		0	NC	4		501	999	501
Energy	kj	895				4		2095	4181	2095
Protein	g	5.28		0	MA	12		12.36	24.66	12.36
Total lipid (fat)	g	13.08		0	MA	12		30.61	61.08	30.61
Ash	g	1.40		0	MA	12		3.28	6.54	3.28
Carbohydrate, by difference	g	18.87		0	NC	4		44.16	88.12	44.16
Fiber, total dietary										
Sugars, total		4.00		0	MA	12		9.36	18.68	9.36
Starch									20.00	
Minerals:										
Calcium, Ca	mg	16		0	MA	12		37	75	37
Iron, Fe	mg									
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	445		0	MA	12		1041	2078	1041
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MA	12		0.0	0.0	0.0
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12										
Vitamin A, IU		484		0	MA	12		1133	2260	1133
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated		5.400		0	MA	12		12.636	25.218	12.636
Fatty acids, total monounsaturated		5.270		0	MA	12		12.332	24.611	12.332
Fatty acids, total polyunsaturated		2.410)	0	MA	12		5.639	11.255	5.639
Fatty acids, total trans	g									
Cholesterol		6		0	MA	12		14	28	14
Phytosterols	mg									

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Common Measures:

Measure 1 = 234g: 1 cup

Measure 2 = 467g: 1 package yields

Measure 3 = 234g: 1 serving

NDB No. 22526

MARIE CALLENDER'S Chicken Pot Pie, frozen entree

Calories Factors: Protein Fat Carbohydrate

Food Group: 22 Meals, Entrees, and Sidedishes

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

		<u>A</u>	mount in 10	00 grams Number		ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units		Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		67.30		0	MA	12		156.14	247.66	115.08
Energy	kcal	171		0	NC	4		397	629	292
Energy	kj	715				4		1660	2633	1223
Protein	g	5.60		0	MA	12		12.99	20.61	9.58
Total lipid (fat)	g	9.14		0	MA	12		21.20	33.64	15.63
Ash	g	1.43		0	MA	12		3.32	5.26	2.45
Carbohydrate, by difference	g	16.53		0	NC	4		38.35	60.83	28.27
Fiber, total dietary										
Sugars, total		2.60		0	MA	12		6.03	9.57	4.45
Starch										
Minerals:										
Calcium, Ca	mg	45		0	MA	12		104	166	77
Iron, Fe	mg	0.85		0	MA	12		1.97	3.13	1.45
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K										
Sodium, Na	mg	434		0	MA	12		1007	1597	742
Zinc, Zn	•									
Copper, Cu	mg									
Manganese, Mn	<u>mg</u>									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	<u>mg</u>	0.0		0	MA	12		0.0	0.0	0.0
Thiamin	<u>mg</u>									
Riboflavin	mg									
Niacin	<u>mg</u>									
Pantothenic acid	<u>mg</u>									
Vitamin B-6	mg									
Folate, total										
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU		529		0	MA	12		1227	1947	905
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									
Lipids:										
Fatty acids, total saturated	-	3.130		0	MA	12		7.262	11.518	5.352
Fatty acids, total monounsaturated	g	2.720		0	MA	12		6.310	10.010	4.651
Fatty acids, total polyunsaturated	g	3.280)	0	MA	12		7.610	12.070	5.609
Fatty acids, total trans	g									
Cholesterol	mg									
Phytosterols	mg									

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Common Measures:

Measure 1 = 232g: 1 cup

Measure 2 = 368g: 1 package yields

Measure 3 = 171g: 1 serving

NDB No. 22685

MARIE CALLENDER'S Escalloped Noodles & Chicken, frozen entree

Calories Factors: Protein Fat Carbohydrate

Food Group: 22 Meals, Entrees, and Sidedishes

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

NDB No. 22599
MARIE CALLENDER'S Turkey with Gravy & Dressing with Broccoli, frozen meal

		<u>A</u>	mount in 10	00 grams Number	Amount in edible portion of common measures of food					
Nutrients and Units		Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		72.57		0	MA	12		288.10	288.10	
Energy	kcal	127		0	NC	4		504	504	
Energy	kj	531				4		2110	2110	
Protein	g	7.82		0	MA	12		31.05	31.05	
Total lipid (fat)	g	4.79		0	MA	12		19.02	19.02	
Ash		1.76		0	MA	12		6.99	6.99	
Carbohydrate, by difference		13.06		0	NC	4		51.85	51.85	
Fiber, total dietary									02.00	
Sugars, total		2.80		0	MA	12		11.12	11.12	
Starch		2.00		v	Para	12		11.12	11.12	
Minerals:										
Calcium, Ca	mg	33		0	MA	12		131	131	
Iron, Fe	mg	1.10		0	MA	12		4.37	4.37	
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	513		0	MA	12		2037	2037	
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn										
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	6.0		0	MA	12		23.8	23.8	
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total										
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU		100		0	MA	12		397	397	
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									
Lipids:				_						
Fatty acids, total saturated		2.290		0	MA	12		9.091	9.091	
Fatty acids, total monounsaturated		2.060		0	MA	12		8.178	8.178	
Fatty acids, total polyunsaturated	-	0.440)	0	MA	12		1.747	1.747	
Fatty acids, total trans										
Cholesterol	mg	20		0	MA	12		79	79	
Phytosterols	mg									

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Common Measures:

Measure 1 = 397g: 1 package yields

Measure 2 = 397g: 1 serving

NDB No. 22599

MARIE CALLENDER'S Turkey with Gravy & Dressing with Broccoli, frozen meal

Calories Factors: Protein Fat Carbohydrate

Food Group: 22 Meals, Entrees, and Sidedishes

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

NDB No. 22676 MARQUEZ PRIMERA Shredded Beef, Green Chili & Monterey Jack Cheese Burrito, frozen

Refuse: 0%

	<u>Am</u>	ount in 100 gra	ms of edi	ble portic	<u>on</u>	Amount in edible portion of commor				
		Num	oer	measures of food						
Nutrients and Units	Mean	of Da Std. Error Poin		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3		
Proximates:										
Waterg	50.80		l A	1		72.14	72.14			
Energykcal	228) NC	4		324	324			
Energykj	954			4		1355	1355			
Proteing	10.50		1 A	1		14.91	14.91			
Total lipid (fat)g	8.20		1 A	1		11.64	11.64			
Ash9	2.40		1 A	1		3.41	3.41			
Carbohydrate, by differenceg	28.10) NC	4		39.90	39.90			
Fiber, total dietaryg										
Sugars, totalg										
Starch										
Minerals:										
Calcium, Camg	88		L A	1		125	125			
Iron, Femg	2.01		L A	1		2.85	2.85			
Magnesium, Mgmg										
Phosphorus, Pmg										
Potassium, Kmg										
Sodium, Namg	541		L A	1		768	768			
Zinc, Znmg										
Copper, Cumg										
Manganese, Mnmg										
Selenium, Semcg										
Lipids:										
Fatty acids, total saturatedg	2.650		L A	1		3.763	3.763			
Fatty acids, total monounsaturatedg	2.400		L A	1		3.408	3.408			
Fatty acids, total polyunsaturated	1.880		L A	1		2.670	2.670			
Fatty acids, total transg										
Cholesterolmg	19		L A	1		27	27			
Phytosterolsmg										

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

Common Measures:

Measure 1 = 142g: 1 package yields

Measure 2 = 142g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 22608 MICHELINA'S Spaghetti with Meatballs & Pomodoro Sauce, Low Fat frozen entree

		<u>A</u>	mount in 10	0 grams	of edib	ole portic	<u>on</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food	_	
				of Data	Deriv	Source	Confidence				
Nutrients and Units		Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	q	74.20		1	A	1		210.73	210.73		
Energy		110		0	NC	4		312	312		
Energy		460		•		4		1307	1307		
Protein		4.80		1	A	1		13.63	13.63		
		2.50		1	A	1		7.10	7.10		
Total lipid (fat)		1.40		1	A	1		3.98	7.10 3.98		
Ash											
Carbohydrate, by difference		17.10		0	NC	4		48.56	48.56		
Fiber, total dietary		2.2		1	A	1		6.2	6.2		
Sugars, total	g										
Starch	g										
Minerals:											
Calcium, Ca	ma										
Iron, Fe	-	1.03		1	A	1		2.93	2.93		
Magnesium, Mg	-	1.03		1	•	_		2.33	2.33		
Phosphorus, P	-										
Potassium, K	-										
Sodium. Na		356		1	A	1		1011	1011		
Zinc. Zn		330			•	_		1011	1011		
Copper, Cu											
Manganese, Mn	-										
Selenium. Se											
Selemun, Se	11109										
Vitamins:											
Vitamin C, total ascorbic acid	mg	3.1		1	A	1		8.8	8.8		
Thiamin	mg										
Riboflavin	mg										
Niacin	mg										
Pantothenic acid	mg										
Vitamin B-6	mg										
Folate, total											
Folate, DFE	mcg_DFE										
Vitamin B-12											
Vitamin A, IU	IU	183		1	A	1		520	520		
Vitamin A, RAE	mcg_RAE										
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma	mg										
Tocopherol, delta											
Vitamin D	IU										
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	a	0.779	9	1	A	1		2.212	2.212		
Fatty acids, total monounsaturated		0.77		1	A	1		2.627	2.627		
Fatty acids, total monounsaturated		0.370		1	A	1		1.051	1.051		
Fatty acids, total polyunsaturated	-	0.570	•	1	•	_		1.031	1.031		
Cholesterol	-	5		1	A	1		14	14		
Phytosterols		3		_	•	_		14	14		
-	'''8										
<u>Carotenoids:</u>											
Carotene, beta	mcg	110		1	A	1		312.400	312.400		
Carotene, alpha	mcg										
Cryptoxanthin, beta											
Lycopene	_mcg										
Lutein + zeaxanthin	mcq										

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 22608

MICHELINA'S Spaghetti with Meatballs & Pomodoro Sauce, Low Fat frozen entree

Common Measures:

Measure 1 = 284g: 1 package yields

Measure 2 = 284g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 22 Meals, Entrees, and Sidedishes

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

		<u>A</u>	mount in 10	00 grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common		
				Number		_			easures of food	
Nutrients and U	nits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	48.10		1	A	1		75.04	75.04	
Energy	kcal	278		0	NC	4		434	434	
Energy	kj	1163				4		1815	1815	
Protein	g	9.40		1	A	1		14.66	14.66	
Total lipid (fat)		15.40		1	A	1		24.02	24.02	
Ash	g	1.60		1	A	1		2.50	2.50	
Carbohydrate, by difference	g	25.50		0	NC	4		39.78	39.78	
Fiber, total dietary										
Sugars, total										
Starch										
Minerals:										
Calcium, Ca	mg									
Iron, Fe	mg	1.93		1	A	1		3.01	3.01	
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	512		1	A	1		799	799	
Zinc, Zn	-									
Copper, Cu	_									
Manganese, Mn										
Selenium, Se	mcg									
Lipids:										
Fatty acids, total saturated	g	4.600)	1	A	1		7.176	7.176	
Fatty acids, total monounsaturate	dg	5.320)	1	A	1		8.299	8.299	
Fatty acids, total polyunsaturated	g	2.740)	1	A	1		4.274	4.274	
Fatty acids, total trans	g									
Cholesterol	mg	31		1	A	1		48	48	
Phytosterols	mg									
Carotenoids:										
Carotene, beta	mcg	140		1	A	1		218.400	218.400	
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
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 = 156g: 1 package yields

Measure 2 = 156g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Praximates:			<u>A</u>	mount in 10	00 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
Water	Nutrients and Uni	its	Mean	Std. Error	of Data	Deriv					<u>l</u> Measure 3	
Water												
Energy	Proximates:											
Feergy	Water	g				A	1		340.22	205.11		
Protein						NC	4		341	206		
Total fund [fab. 9	Energy	kj	342		0	NC	4		1429	861		
Ash. 9 1.25 2 A 1 5.24 3.16 Carbolydrine, by difference. 9 1.1.52 0 MC 4 48.15 29.05 Fiber, total detary. 9 0.50 2 A 1 2.08 1.25 Stacrese. 9 0.00 2 A 1 0.00 0.00 Stacrese. 9 0.00 2 A 1 0.00 0.00 Fractosce. 9 0.00 2 A 1 0.00 0.00 Fractosce. 9 0.20 2 A 1 0.00 0.00 Fractosce. 9 0.20 2 A 1 0.02 0.76 Malrose. 9 0.20 2 A 1 0.02 0.48 Malrose. 9 0.20 2 A 1 14 87 Calcium. Ca. mg 35 2 A 1			3.38		2	A	1		14.12	8.51		
Carbohydrine, by difference. 9			2.46		2	A	1		10.27	6.19		
Fiber cold dictary 9	Ash	g	1.25		2	A	1		5.24	3.16		
Sugars, total	Carbohydrate, by difference	g	11.52		0	NC	4		48.15	29.03		
Sucrosc Guine Gu	Fiber, total dietary	g	0.5		2	A	1		2.2	1.3		
Success	Sugars, total	g	0.50		2	A	1		2.08	1.25		
Galacose (dectrose)			0.00		2	A	1		0.00	0.00		
Fruesione 9 0.00 2 A 1 0.00 0.00 Lachose 9 0.30 2 A 1 0.00 0.00 Malatoce 9 0.20 2 A 1 0.02 0.00 Starch. 9 0.60 2 A 1 0.02 0.49 Galactone 9 0.00 2 A 1 0.00 0.00 Starch. 9 9.68 2 A 1 0.02 0.00 Starch. 9 9.68 2 A 1 0.02 0.00 Starch. 9 9 9.68 3 2 A 1 144 87 Calcium, Ca. mg 35 2 A 1 144 87 Iron, Fe mg 0.30 2 A 1 3.77 2.28 Magnesium, Mg mg 9 2 A 1 3.77 2.28 Phosphorus, P mg 47 2 A 1 196 118 Potassium, K mg 84 2 A 1 196 118 Sodium, Na mg 421 2 A 1 196 118 Sodium, Na mg 421 2 A 1 1558 1060 Tanc, Zinc, Zin mg 0.296 2 A 1 1.87 1.13 Copper, Cu mg 0.296 2 A 1 1.97 1.13 Copper, Cu mg 0.296 2 A 1 1.93 7 22 Witamin C, total ascorbic acid. mg 0.224 2 A 1 1.93 7 2.39 Witamin C, total ascorbic acid. mg 0.00 1 A A 1 0.03 0.00 Thisrim. mg 0.114 2 A 1 0.04 0.00 Thisrim. mg 0.114 2 A 1 0.042 0.255 Ribultorin. mg 0.114 2 A 1 0.042 0.255 Ribultorin. mg 0.114 2 A 1 0.042 0.255 Ribultorin. mg 0.150 2 A 1 0.0331 0.188 Witamin C, total ascorbic acid. mg 0.00 1 A A 1 0.056 0.094 Foliac, Ironl. mg Foliac, Ironl. mg Foliac, Ironl. mg Foliac, Ironl. mg Tocopheric, Jeanne,			0.00		2	A	1		0.00	0.00		
Latebox					2	A	1					
Maltose												
Manuscotto	Maltona	g a										
Starch.	Galactes:	g										
Minerals: Calcium, Ca.												
Talcium Ca	Starcii	9	3.00		_	n	-		40.45	24.39		
Iron, Fe.	Minerals:											
Magnesiam, Mg	Calcium, Ca	mg	35		2	A	1		144	87		
Phosphorus, P.	Iron, Fe	mg	0.90		2	A	1		3.77	2.28		
Potassium, K.	Magnesium, Mg	mg	9		2	A	1		37	22		
Sodium Na. mg 421	Phosphorus, P	mg	47		2	A	1		196	118		
Zinc, Zin.	Potassium, K	mg	84		2	A	1		352	212		
Copper, Cu mg	Sodium, Na	mg	421		2	A	1		1758	1060		
Manganese, Mn.	Zinc, Zn	mg	0.45		2	A	1		1.87	1.13		
Namin Name	Copper, Cu	mg	0.29	5	2	A	1		1.237	0.746		
Vitamin C, total ascorbic acid	Manganese, Mn	mg	0.224	1	2	A	1		0.935	0.563		
Vitamin C, total ascorbic acid	Selenium, Se	mcg	9.5		2	A	1		39.7	23.9		
Thiamin	Vitamins:											
Riboflavin	Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0	0.0		
Niacin			0.10	L		A	1		0.422	0.255		
Pantothenic acid. mg 0.074 1 A 1 0.311 0.188 Vitamin B-6	Riboflavin	mg	0.114	1	2	A	1		0.474	0.286		
Vitamin B-6. mg 0.037 2 A 1 0.156 0.094 Folate, total. mcg DFE Folate, DFE Folat, DFE <td>Niacin</td> <td>mg</td> <td>1.183</td> <td>3</td> <td>2</td> <td>A</td> <td>1</td> <td></td> <td>4.945</td> <td>2.981</td> <td></td>	Niacin	mg	1.183	3	2	A	1		4.945	2.981		
Folate, total	Pantothenic acid	mg	0.074	1	1	A	1		0.311	0.188		
Folate, DFE	Vitamin B-6	mg	0.03	7	2	A	1		0.156	0.094		
Vitamin B-12 mcg 0.15 2 a 1 0.62 0.38 Vitamin A, IU IU 83 0 BFZN 4 347 209 Vitamin A, RAE mcg_RAE Vitamin E (alpha-locopherol) mg 1 1 1 1 1 1 1 1 1 1 1 1 1 2 1 1 2 1 2 1 2 3 1 0 0 0 0 0 0 0												
Vitamin A, IU. IU 83 0 BFZN 4 347 209 Vitamin A, RAE. mcg_RAE mg	Folate, DFE	mcg_DFE										
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 Eipids: Testty acids, total saturated g 0.881 0 NC 4 3.680 2.219 4'0 g 0.000 2 a 1 0.000 0.000 6'0 g 0.000 2 a 1 0.000 0.000 8'0 g 0.000 2 a 1 0.000 0.000 10'0 g 0.000 2 a 1 0.000 0.000 12'0 g 0.000 2 a 1 0.000 0.000 13'0 g 0.000 2 a 1 0.000 0.000 14'0 g 0.175 2 a 1 0.000 <t< td=""><td></td><td></td><td>0.15</td><td></td><td>2</td><td>A</td><td>1</td><td></td><td>0.62</td><td>0.38</td><td></td></t<>			0.15		2	A	1		0.62	0.38		
Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg Tocopherol, gamma mg Tocopherol, delta mg Vitamin D IU Vitamin K (phylloquinone) mcg Eatty acids, total saturated g 0.881 0 NC 4 3.680 2.219 4:0 g 0.000 2 A 1 0.000 0.000 6:0 g 0.000 2 A 1 0.000 0.000 8:0 g 0.000 2 A 1 0.000 0.000 10:0 g 0.000 2 A 1 0.000 0.000 12:0 g 0.000 2 A 1 0.000 0.000 13:0 g 0.000 2 A 1 0.000 0.000 14:0 g 0.175 2 A 1 0.732 0.441 15:0 g 0.591			83		0	BFZN	4		347	209		
Tocopherol, beta	Vitamin A, RAE	mcg_RAE										
Tocopherol, gamma	Vitamin E (alpha-tocopherol)	mg										
Tocopherol, delta	Tocopherol, beta	mg										
Vitamin D. IU Vitamin K (phylloquinone). IU Lipids: Fatty acids, total saturated. g 0.881 0 NC 4 3.680 2.219 4:0. g 0.000 2 A 1 0.000 0.000 6:0. g 0.000 2 A 1 0.000 0.000 8:0. g 0.000 2 A 1 0.000 0.000 10:0. g 0.000 2 A 1 0.000 0.000 12:0. g 0.000 2 A 1 0.000 0.000 13:0. g 0.175 2 A 1 0.000 0.000 14:0. g 0.175 2 A 1 0.000 0.000 16:0. g 0.591 2 A 1 0.000 0.000 16:0. g 0.591 <th< td=""><td>Tocopherol, gamma</td><td>mg</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></th<>	Tocopherol, gamma	mg										
Vitamin K (phylloquinone)mcg Lipids: Fatty acids, total saturated	Tocopherol, delta	mg										
Lipids: Fatty acids, total saturated 9 0.881 0 NC 4 3.680 2.219 4:0 9 0.000 2 A 1 0.000 0.000 6:0 9 0.000 2 A 1 0.000 0.000 8:0 9 0.000 2 A 1 0.000 0.000 10:0 9 0.000 2 A 1 0.000 0.000 12:0 9 0.000 2 A 1 0.000 0.000 13:0 9 0.000 2 A 1 0.000 0.000 14:0 9 0.175 2 A 1 0.732 0.441 15:0 9 0.000 2 A 1 0.000 0.000 16:0 9 0.591 2 A 1 0.000 0.000 16:0 9 0.000 2 A 1 0.000 0.000												
Fatty acids, total saturated g 0.881 0 NC 4 3.680 2.219 4:0		nicg										
4:0. g 0.000 2 A 1 0.000 0.000 6:0. g 0.000 2 A 1 0.000 0.000 8:0. g 0.000 2 A 1 0.000 0.000 10:0. g 0.000 2 A 1 0.000 0.000 12:0. g 0.000 2 A 1 0.000 0.000 13:0. g 0.000 2 A 1 0.000 0.000 14:0. g 0.175 2 A 1 0.732 0.441 15:0. g 0.000 2 A 1 0.000 0.000 16:0. g 0.591 2 A 1 2.468 1.488 17:0. g 0.000 2 A 1 0.000 0.000		a	0 00	ı	^	NC	4		3 (00	2 010		
$ \begin{array}{cccccccccccccccccccccccccccccccccccc$												
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 0.175 2 A 1 0.732 0.441 15:0. g 0.000 2 A 1 0.000 0.000 16:0. g 0.591 2 A 1 2.468 1.488 17:0. 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 0.175 2 A 1 0.732 0.441 15:0 g 0.000 2 A 1 0.000 0.000 16:0 g 0.591 2 A 1 2.468 1.488 17:0 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 0.175 2 A 1 0.732 0.441 15:0. g 0.000 2 A 1 0.000 0.000 16:0. g 0.591 2 A 1 2.468 1.488 17:0. 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 0.175 2 A 1 0.732 0.441 15:0. g 0.000 2 A 1 0.000 0.000 16:0. g 0.591 2 A 1 2.468 1.488 17:0. g 0.000 2 A 1 0.000 0.000		-										
14:0 g 0.175 2 A 1 0.732 0.441 15:0 g 0.000 2 A 1 0.000 0.000 16:0 g 0.591 2 A 1 2.468 1.488 17:0 g 0.000 2 A 1 0.000 0.000												
15:0												
16:0												
17:0		_										
		_										
		_			2	A A	1		0.000 0.481	0.000 0.290		

		<u>Ar</u>	nount in 100 gram	Amount in edible portion of common					
Nutrients and Unit	:s	Mean	Number of Data Std. Error Points	Deriv		Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
20:0	g	0.000	2	A	1		0.000	0.000	
22:0	g	0.000	2	A	1		0.000	0.000	
24:0	g	0.000	2	A	1		0.000	0.000	
Fatty acids, total monounsaturated	g	0.600	0	NC	4		2.508	1.512	
14:1	g	0.000	2	A	1		0.000	0.000	
15:1	g								
16:1 undifferentiated	g	0.000	2	A	1		0.000	0.000	
17:1	g	0.000	2	A	1		0.000	0.000	
18:1 undifferentiated	g	0.600	2	A	1		2.508	1.512	
20:1	g	0.000	2	A	1		0.000	0.000	
22:1 undifferentiated	g	0.000	2	A	1		0.000	0.000	
24:1 c	g								
Fatty acids, total polyunsaturated	g	0.303	0	NC	4		1.267	0.764	
18:2 undifferentiated	g	0.303	2	A	1		1.267	0.764	
18:3 undifferentiated	g	0.000	2	A	1		0.000	0.000	
18:4	g	0.000	2	A	1		0.000	0.000	
20:2 n-6 c,c	g								
20:3 undifferentiated	g	0.000	2	A	1		0.000	0.000	
20:4 undifferentiated	g	0.000	2	A	1		0.000	0.000	
20:5 n-3	g	0.000	2	A	1		0.000	0.000	
22:5 n-3	g	0.000	2	A	1		0.000	0.000	
22:6 n-3	g	0.000	2	A	1		0.000	0.000	
Fatty acids, total trans	g								
Cholesterol	mg	6	2	A	1		27	16	
Phytosterols	mg								

Common Measures:

Measure 1 = 418g: 1 can Measure 2 = 252g: 1 serving

Calories Factors: Protein Fat Carbohydrate

	<u>Aı</u>	mount in 10	0 grams	<u>n</u>	Amount in edible portion of common				
			Number				<u>m</u> :	easures of food	
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Waterg	74.60		1	A	1		317.05	192.47	
Energy kcal	109		0	NC	4		463	281	
Energykj	456				4		1938	1177	
Proteing	15.60		1	A	1		66.30	40.25	
Total lipid (fat)g	3.10		1	A	1		13.18	8.00	
Ashg	2.10		1	A	1		8.93	5.42	
Carbohydrate, by differenceg	4.60		0	NC	4		19.55	11.87	
Fiber, total dietaryg	5.0		1	A	1		21.3	12.9	
Sugars, totalg									
Starchg									
Minerals:									
Calcium, Camg									
Iron, Femg	1.78		1	A	1		7.57	4.59	
Magnesium, Mgmg									
Phosphorus, Pmg									
Potassium, Kmg									
Sodium, Namg	477		1	A	1		2027	1231	
Zinc, Znmg									
Copper, Cumg									
Manganese, Mnmg									
Selenium, Semcg									
<u>Lipids:</u>									
Fatty acids, total saturated	1.080)	1	A	1		4.590	2.786	
Fatty acids, total monounsaturatedg	1.180)	1	A	1		5.015	3.044	
Fatty acids, total polyunsaturated9	0.328	3	1	A	1		1.394	0.846	
Fatty acids, total transg									
Cholesterolmg	10		1	A	1		43	26	
Phytosterolsmg									

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

Common Measures:

Measure 1 = 425g: 1 package yields

Measure 2 = 258g: 1 serving

Calories Factors: Protein Fat Carbohydrate

		<u>A</u>	mount in 100 gra	ns of edi	ble portic	<u>on</u>	Amount in edible portion of common		
			Numl	er			<u>m</u>	easures of food	<u>l</u>
			of Da	ta Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Poin	s Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	69.50	:	B A	1		175.84	2107.94	
Energy	kcal	163	() NC	4		412	4944	
Energy		682			4		1725	20685	
Protein (N x 6.25)	g	7.01	:	B A	1		17.74	212.61	
Total lipid (fat)	g	9.89	;	B A	1		25.02	299.96	
Ash	g	2.12	:	B A	1		5.36	64.30	
Carbohydrate, by difference	g	11.48	() NC	4		29.04	348.19	
Fiber, total dietary	g	4.4	:	B A	1		11.1	133.5	
Sugars, total	g	0.09	:	MA.	12		0.23	2.73	
Starch	g								
Minerals:									
Calcium, Ca	mg	35	3	A	1		89	1062	
Iron, Fe	-	1.91	3		1		4.83	57.93	
Magnesium, Mg		18	(4		46	546	
Phosphorus, P		66	(FLA	4		167	2002	
Potassium, K	mg	202	(4		511	6127	
Sodium, Na		463	3		1		1171	14043	
Zinc, Zn		1.53	(4		3.87	46.40	
Copper, Cu		0.130			4		0.329	3.943	
Manganese, Mn		0.161	L	FLA	4		0.407	4.883	
Selenium, Se	mcg								
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.3	3	A	1		0.8	9.1	
Thiamin	<u>mg</u>	0.042	2 (FLA	4		0.106	1.274	
Riboflavin	-	0.080			4		0.202	2.426	
Niacin		1.374			4		3.476	41.673	
Pantothenic acid		0.261			4		0.660	7.916	
Vitamin B-6	-	0.090) (FLA	4		0.228	2.730	
Folate, total									
Folate, DFEVitamin B-12		0.57	(FLA	4		1.44	17.29	
Vitamin A, IU		1191	3		1		3013	36123	
Vitamin A, RAE	mca RAF	1171	•		-		3013	30123	
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta	mg								
Vitamin D	IU								
Vitamin K (phylloquinone)	mcg								
Lipids:									
Fatty acids, total saturated	g	4.320) :	A	1		10.930	131.026	
4:0		0.000) (FLA	4		0.000	0.000	
6:0		0.000) (FLA	4		0.000	0.000	
8:0	g	0.000) (FLA	4		0.000	0.000	
10:0	-	0.015			4		0.038	0.455	
12:0	-	0.014	1 (FLA	4		0.035	0.425	
13:0			_		_		··		
14:0		0.306	5 (FLA	4		0.774	9.281	
15:0		2.480) (FLA	4		6.274	75.218	
16:0 17:0		2.480	,	FLA	4		0.2/4	75.218	
18:0		1.272	2 (FLA	4		3.218	38.580	
20:0	-	/2	`		•		3.210	30.300	
22:0	-								
24:0	-								
Fatty acids, total monounsaturated	-	4.248	3 (FLA	4		10.747	128.842	
14:1	g								
15:1	~								

		<u>Aı</u>	mount in 10		<u>on</u>	Amount in edible portion of common measures of food				
				Number		_		<u></u>	easures or roou	•
Nutrients and U	nits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	g	0.407		0	FLA	4		1.030	12.344	
17:1										
18:1 undifferentiated	g	3.646		0	FLA	4		9.224	110.583	
20:1	g	0.011		0	FLA	4		0.028	0.334	
22:1 undifferentiated	g	0.000		0	FLA	4		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsaturated.	g	0.552		0	FLA	4		1.397	16.742	
18:2 undifferentiated	g	0.404		0	FLA	4		1.022	12.253	
18:3 undifferentiated	g	0.097		0	FLA	4		0.245	2.942	
18:4	g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.036		0	FLA	4		0.091	1.092	
20:5 n-3	g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3	g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3	g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans	g									
Cholesterol	mg	22		3	A	1		56	667	
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	Z	7		0.0	0.0	
Caffeine	mg									
Theobromine	mg									

Common Measures:

Measure 1 = 253g: 1 cup

Measure 2 = 3033g: 1 package yields

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Nutrients and Units Nutrients and Units Std. Error Points Source Confidence Code Cod	Measure 1 176.35 430 1799 18.55 31.60 5.90 17.60 3.0 0.18 68 4.45 45 163 530 1588 4.50 0.360 0.408	2119.73 5169 21625 222.97 379.83 70.92 211.55 36.1 2.10 811 53.49 541 1953 6371 19082 54.09	Measure 3
Nutrients and Units	176.35 430 1799 18.55 31.60 5.90 17.60 3.0 0.18 68 4.45 45 163 530 1588 4.50 0.360	2119.73 5169 21625 222.97 379.83 70.92 211.55 36.1 2.10 811 53.49 541 1953 6371 19082 54.09	Measure 3
Proximates: Water	176.35 430 1799 18.55 31.60 5.90 17.60 3.0 0.18 68 4.45 45 163 530 1588 4.50 0.360	2119.73 5169 21625 222.97 379.83 70.92 211.55 36.1 2.10 811 53.49 541 1953 6371 19082 54.09	Measure 3
Water.	430 1799 18.55 31.60 5.90 17.60 3.0 0.18 68 4.45 45 163 530 1588 4.50 0.360	5169 21625 222.97 379.83 70.92 211.55 36.1 2.10 811 53.49 541 1953 6371 19082 54.09	
Water.	430 1799 18.55 31.60 5.90 17.60 3.0 0.18 68 4.45 45 163 530 1588 4.50 0.360	5169 21625 222.97 379.83 70.92 211.55 36.1 2.10 811 53.49 541 1953 6371 19082 54.09	
Energy	1799 18.55 31.60 5.90 17.60 3.0 0.18 68 4.45 45 163 530 1588 4.50 0.360	21625 222.97 379.83 70.92 211.55 36.1 2.10 811 53.49 541 1953 6371 19082 54.09	
Energy	18.55 31.60 5.90 17.60 3.0 0.18 68 4.45 45 163 530 1588 4.50 0.360	222.97 379.83 70.92 211.55 36.1 2.10 811 53.49 541 1953 6371 19082 54.09	
Total lipid (fat)	31.60 5.90 17.60 3.0 0.18 68 4.45 45 163 530 1588 4.50 0.360	379.83 70.92 211.55 36.1 2.10 811 53.49 541 1953 6371 19082 54.09	
Ash. 9 2.36 3 A 1 Carbohydrate, by difference 9 7.04 0 NC 4 Fiber, total dietary 9 1.2 3 A 1 Sugars, total. 9 0.07 3 MA 12 Starch. 9 Minerals: Calcium, Ca. mg 27 3 A 1 Iron, Fe. mg 1.78 3 A 1 Magnesium, Mg mg 18 0 FILA 4 Phosphorus, P mg 65 0 FILA 4 Phosphorus, P mg 635 3 A 1 Sodium, Na mg 635 3 A 1 Copper, Cu mg 1.80 0 FILA 4 Copper, Cu mg 0.144 0 FILA 4 Manganese, Mn mg 0.163 0 FILA 4 Manganese, Mn mg 0.108 0 FILA 4 Witamin C, total ascorbic acid mg 0.055 0 FILA 4 Pantothenic acid mg 0.312 0 FILA 4 Vitamin B-6 mg 0.134 0 FILA 4 Vitamin B-6 mg 0.134 0 FILA 4 Vitamin B-12 mcg 0.73 0 FILA 4 Vitamin B-12 mcg 0.73 0 FILA 4 Vitamin A, RAE mcg_RAE Vitamin E (alpha-tocopherol) mg	5.90 17.60 3.0 0.18 68 4.45 45 163 530 1588 4.50 0.360	70.92 211.55 36.1 2.10 811 53.49 541 1953 6371 19082 54.09	
Ash.	17.60 3.0 0.18 68 4.45 45 163 530 1588 4.50 0.360	211.55 36.1 2.10 811 53.49 541 1953 6371 19082 54.09	
Fiber, total dietary	3.0 0.18 68 4.45 45 163 530 1588 4.50 0.360	36.1 2.10 811 53.49 541 1953 6371 19082 54.09	
Sugars, total	0.18 68 4.45 45 163 530 1588 4.50 0.360	2.10 811 53.49 541 1953 6371 19082 54.09	
Minerals:	68 4.45 45 163 530 1588 4.50 0.360	811 53.49 541 1953 6371 19082 54.09	
Minerals: Calcium, Ca mg 27 3 A 1 Iron, Fe mg 1.78 3 A 1 Magnesium, Mg mg 18 0 FLA 4 Phosphorus, P mg 65 0 FLA 4 Potassium, K mg 212 0 FLA 4 Sodium, Na mg 635 3 A 1 Zinc, Zn mg 1.80 0 FLA 4 Copper, Cu mg 0.144 0 FLA 4 Manganese, Mn mg 0.163 0 FLA 4 Selenium, Se mcg mcg VItamins VItamins <t< td=""><td>4.45 45 163 530 1588 4.50 0.360</td><td>53.49 541 1953 6371 19082 54.09</td><td></td></t<>	4.45 45 163 530 1588 4.50 0.360	53.49 541 1953 6371 19082 54.09	
Calcium, Ca. mg 27 3 A 1 Iron, Fe. mg 1.78 3 A 1 Magnesium, Mg. mg 18 0 FLA 4 Phosphorus, P. mg 65 0 FLA 4 Potassium, K. mg 65 0 FLA 4 Sodium, Na mg 635 3 A 1 Zinc, Zn. mg 1.80 0 FLA 4 Copper, Cu. mg 0.144 0 FLA 4 Manganese, Mn. mg 0.163 0 FLA 4 Selenium, Se. mcg <td>4.45 45 163 530 1588 4.50 0.360</td> <td>53.49 541 1953 6371 19082 54.09</td> <td></td>	4.45 45 163 530 1588 4.50 0.360	53.49 541 1953 6371 19082 54.09	
Calcium, Ca. mg 27 3 A 1 Iron, Fe. mg 1.78 3 A 1 Magnesium, Mg. mg 18 0 FLA 4 Phossium, Mg. mg 65 0 FLA 4 Potassium, K. mg 65 0 FLA 4 Sodium, Na. mg 635 3 A 1 Zinc, Zn. mg 1.80 0 FLA 4 Copper, Cu. mg 0.144 0 FLA 4 Manganese, Mn. mg 0.163 0 FLA 4 Selenium, Se. mcg <td>4.45 45 163 530 1588 4.50 0.360</td> <td>53.49 541 1953 6371 19082 54.09</td> <td></td>	4.45 45 163 530 1588 4.50 0.360	53.49 541 1953 6371 19082 54.09	
Iron, Fe	4.45 45 163 530 1588 4.50 0.360	53.49 541 1953 6371 19082 54.09	
Magnesium, Mg. mg 18 0 FLA 4 Phosphorus, P. mg 65 0 FLA 4 Potassium, K. mg 212 0 FLA 4 Sodium, Na. mg 635 3 A 1 Zinc, Zn. mg 1.80 0 FLA 4 Copper, Cu. mg 0.144 0 FLA 4 Manganese, Mn. mg 0.163 0 FLA 4 Selenium, Se. mcg Vitaminse. Vitaminse. Vitaminse. Vitaminse. Vitaminse. mg 0.055 0 FLA 4 Riboflavin mg 0.108 0 FLA 4 Niacin mg 0.312 0 FLA 4 Pantothenic acid mg 0.312 0 FLA 4 Vitamin B-6 mg 0.134 0 FLA 4 Folate, total mcg 0.73	45 163 530 1588 4.50 0.360	541 1953 6371 19082 54.09	
Phosphorus, P	163 530 1588 4.50 0.360	1953 6371 19082 54.09	
Potassium, K. mg 212 0 FLA 4 Sodium, Na. mg 635 3 A 1 Zinc, Zn. mg 1.80 0 FLA 4 Copper, Cu. mg 0.144 0 FLA 4 Manganese, Mn mg 0.163 0 FLA 4 Selenium, Se. mcg	530 1588 4.50 0.360	6371 19082 54.09	
Sodium, Na. mg 635 3 A 1 Zinc, Zn. mg 1.80 0 FLA 4 Copper, Cu. mg 0.144 0 FLA 4 Manganese, Mn. mg 0.163 0 FLA 4 Selenium, Se. mcg	1588 4.50 0.360	19082 54.09	
Zinc, Zn. mg 1.80 0 FLA 4 Copper, Cu. mg 0.144 0 FLA 4 Manganese, Mn. mg 0.163 0 FLA 4 Selenium, Se. mcg 0 FLA 4 Vitamins: Vitamin C, total ascorbic acid. mg 0.7 3 A 1 Thiamin. mg 0.055 0 FLA 4 Riboflavin. mg 0.108 0 FLA 4 Niacin. mg 1.937 0 FLA 4 Pantothenic acid. mg 0.312 0 FLA 4 Vitamin B-6 mg 0.134 0 FLA 4 Folate, total. mcg Fla 4 Folate, DFE mcg_DFE Vitamin B-12 mcg 0.73 0 FLA 4 Vitamin A, RAE mcg_RAE mcg_RAE Mcg_RAE Mcg_RAE Mcg_RAE Mcg_RAE Mcg_RAE	4.50 0.360	54.09	
Copper, Cu. mg 0.144 0 FLA 4 Manganese, Mn mg 0.163 0 FLA 4 Selenium, Se. mcg 0 FLA 4 Vitamin Se. Vitamin C, total ascorbic acid. mg 0.7 3 A 1 Thiamin. mg 0.055 0 FLA 4 Riboflavin. mg 0.108 0 FLA 4 Niacin. mg 1.937 0 FLA 4 Pantothenic acid. mg 0.312 0 FLA 4 Vitamin B-6 mg 0.134 0 FLA 4 Folate, total. mcg 0 FLA 4 Vitamin B-12 mcg 0.73 0 FLA 4 Vitamin A, RAE mcg_RAE Vitamin E (alpha-tocopherol) mg 1160 3 A 1	0.360		
Manganese, Mn mg 0.163 0 FLA 4 Selenium, Se		4.327	
Selenium, Se		4.898	
Vitamins: Vitamin C, total ascorbic acid. mg 0.7 3 A 1 Thiamin. mg 0.055 0 FLA 4 Riboflavin. mg 0.108 0 FLA 4 Niacin. mg 1.937 0 FLA 4 Pantothenic acid. mg 0.312 0 FLA 4 Vitamin B-6. mg 0.134 0 FLA 4 Folate, total. mcg Flat 4 Vitamin B-12. mcg 0.73 0 FLA 4 Vitamin A, IU. IU 1160 3 A 1 Vitamin A, RAE. mcg_RAE Vitamin E (alpha-tocopherol). mg			
Vitamin C, total ascorbic acid. mg 0 . 7 3 A 1 Thiamin. mg 0 . 055 0 FLA 4 Riboflavin. mg 0 . 108 0 FLA 4 Niacin. mg 1 . 937 0 FLA 4 Pantothenic acid. mg 0 . 312 0 FLA 4 Vitamin B-6. mg 0 . 134 0 FLA 4 Folate, total. mcg Folate, DFE Vitamin B-12 mcg Vitamin B-12 mcg 0 . 73 0 FLA 4 Vitamin A, IU. IU 1160 3 A 1 Vitamin A, RAE. mcg_RAE Vitamin E (alpha-tocopherol) mg			
Thiamin mg 0.055 0 FLA 4 Riboflavin mg 0.108 0 FLA 4 Niacin mg 1.937 0 FLA 4 Pantothenic acid mg 0.312 0 FLA 4 Vitamin B-6 mg 0.134 0 FLA 4 Folate, total mcg Fla Vitamin B-12 mcg 0.73 0 FLA 4 Vitamin B-12 mcg 0.73 0 FLA 4 Vitamin A, IU IU 1160 3 A 1 Vitamin E (alpha-tocopherol) mg			
Riboflavin mg 0.108 0 FLA 4 Niacin mg 1.937 0 FLA 4 Pantothenic acid mg 0.312 0 FLA 4 Vitamin B-6 mg 0.134 0 FLA 4 Folate, total mcg 0 FLA 4 Vitamin B-12 mcg 0.73 0 FLA 4 Vitamin A, IU IU 1160 3 A 1 Vitamin A, RAE mcg_RAE Vitamin E (alpha-tocopherol) mg	1.8	21.0	
Niacin mg 1.937 0 FLA 4 Pantothenic acid mg 0.312 0 FLA 4 Vitamin B-6 mg 0.134 0 FLA 4 Folate, total mcg 0 FLA 4 Vitamin B-12 mcg 0.73 0 FLA 4 Vitamin A, IU IU 1160 3 A 1 Vitamin A, RAE mcg_RAE Vitamin E (alpha-tocopherol) mg m	0.138	1.653	
Pantothenic acid. mg 0.312 0 FLA 4 Vitamin B-6. mg 0.134 0 FLA 4 Folate, total. mcg 0 FLA 4 Folate, DFE. mcg DFE 0.73 0 FLA 4 Vitamin B-12. mcg 0.73 0 FLA 4 Vitamin A, IU. IU 1160 3 A 1 Vitamin A, RAE. mcg_RAE Vitamin E (alpha-tocopherol). mg	0.270	3.245	
Vitamin B-6. mg 0.134 0 FLA 4 Folate, total	4.843	58.207	
Folate, total	0.780	9.376	
Folate, DFE	0.335	4.027	
Vitamin B-12			
Vitamin A, IU	1.83	21.94	
Vitamin A, RAEmcg_RAE Vitamin E (alpha-tocopherol)mg	2900	34858	
Vitamin E (alpha-tocopherol)mg	2300	34030	
Tocopherol, betamg			
Tocopherol, gammamg			
Tocopherol, deltamg			
Vitamin DIU			
Vitamin K (phylloquinone)mcg			
Linide			
Lipids: Fatty acids total saturated 9 5.750 3 A 1	14.375	172.788	
Fatty acids, total saturated	0.000	0.000	
6:0.	0.000	0.000	
8:0	0.000	0.000	
10:0	0.050	0.601	
12:0.	0.048	0.571	
13:0g			
14:0g 0.408 0 FLA 4	1.020	12.260	
15:0g			
16:0g 3.286 0 FLA 4	8.215	98.744	
17:0g			
18:0g 1.691 0 FLA 4	4.228	50.815	
20:0g			
22:0g			
24:0g			
Fatty acids, total monounsaturatedg 5.448 0 FLA 4	13.620	163.712	
14:1g			
15:1g			

		<u>An</u>	nount in 10	0 grams	of edil	<u>n</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	g	0.519		0	FLA	4		1.298	15.596	
17:1	g									
18:1 undifferentiated	g	4.650		0	FLA	4		11.625	139.733	
20:1		0.014		0	FLA	4		0.035	0.421	
22:1 undifferentiated	g	0.000		0	FLA	4		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.705		0	FLA	4		1.763	21.185	
18:2 undifferentiated		0.515		0	FLA	4		1.288	15.476	
18:3 undifferentiated	g	0.092		0	FLA	4		0.230	2.765	
18:4	g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.046		0	FLA	4		0.115	1.382	
20:5 n-3	g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3	g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3	g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans	g									
Cholesterol	mg	34		3	A	1		85	1022	
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	Z	7		0.0	0.0	
Caffeine	mg									
Theobromine	mg									

Common Measures:

Measure 1 = 250g: 1 cup

Measure 2 = 3005g: 1 package yields

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

		<u>A</u>	mount in 100 g	rams	of edik	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber				<u>m</u>	easures of food		
					Deriv	Source	Confidence				
Nutrients and Un	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3	
Durationatory											
Proximates: Water	a	64.79		3	A	1		163.92	1965.08		
Energy	-	192		0	NC	4		486	5823		
Energy		803				4		2032	24365		
Protein (N x 6.25)		9.58		3	A	1		24.24	290.56		
Total lipid (fat)	-	11.99		3	A	1		30.33	363.66		
Ash		2.15		3	A	1		5.44	65.21		
Carbohydrate, by difference		11.49		0	NC	4		29.07	348.49		
Fiber, total dietary		2.4		3	A	1		6.1	72.8		
Sugars, total		0.87		3	MA	12		2.20	26.39		
Starch	-										
	5										
Minerals:											
Calcium, Ca	-	18		3	A	1		46	546		
Iron, Fe	-	1.18		3	A	1		2.99	35.79		
Magnesium, Mg		15		0	FLA	4		38	455		
Phosphorus, P		95		0	FLA	4		240	2881		
Potassium, K		212		0	FLA	4		536	6430		
Sodium, Na	-	630		3 0	A	1 4		1594	19108		
Zinc, Zn		2.97 0.134		0	FLA FLA	4		7.51 0.339	90.08 4.064		
Copper, Cu		0.134		0	FLA	4		0.339	1.335		
Selenium, Se		0.044	•	U	FLIA	-		0.111	1.333		
Scientini, Sc	g										
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.6		3	A	1		1.5	18.2		
Thiamin	-	0.085	i	0	FLA	4		0.215	2.578		
Riboflavin	-	0.117	,	0	FLA	4		0.296	3.549		
Niacin		2.495		0	FLA	4		6.312	75.673		
Pantothenic acid		0.488		0	FLA	4		1.235	14.801		
Vitamin B-6		0.228	3	0	FLA	4		0.577	6.915		
Folate, total											
Folate, DFE				_		_					
Vitamin B-12		0.97		0	FLA	4		2.45	29.42		
Vitamin A, IU	IU	0		3	A	1		0	0		
Vitamin A, RAE											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma Tocopherol, delta											
Vitamin D	IU										
Vitamin K (phylloquinone)	mca										
<u>Lipids:</u>											
Fatty acids, total saturated		5.300		3	A	1		13.409	160.749		
4:0	g	0.000		0	FLA	4		0.000	0.000		
6:0	-	0.000		0	FLA	4		0.000	0.000		
8:0		0.000		0	FLA	4		0.000	0.000		
10:0		0.034		0	FLA	4		0.086	1.031		
12:0		0.018	5	0	FLA	4		0.046	0.546		
13:0	-			•		_		<u>.</u>	<u>.</u>		
14:0	-	0.417	•	0	FLA	4		1.055	12.648		
15:0		2 22		^				7 00-	00 500		
16:0	-	3.085	•	0	FLA	4		7.805	93.568		
17:0	-	1 4-4	•	0							
18:0	-	1.453	•	0	FLA	4		3.676	44.069		
20:0	-										
22:0	-										
24:0Fatty acids, total monounsaturated.	-	5.799	1	0	FLA	4		14.671	175.884		
14:1		5.195	•	U	ETW	4		14.0/1	1/3.004		
15:1	-										
13.1	y										

		<u>An</u>	nount in 10	0 grams	<u>n</u>	Amount in edible portion of common				
				Number				<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	g	0.906		0	FLA	4		2.292	27.479	
17:1										
18:1 undifferentiated	g	4.893		0	FLA	4		12.379	148.405	
20:1		0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated	g	0.000		0	FLA	4		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.440		0	FLA	4		1.113	13.345	
18:2 undifferentiated	g	0.353		0	FLA	4		0.893	10.706	
18:3 undifferentiated	g	0.073		0	FLA	4		0.185	2.214	
18:4	g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3	g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3	g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3	g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans	g									
Cholesterol	mg	35		3	A	1		89	1062	
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	Z	7		0.0	0.0	
Caffeine	mg									
Theobromine	mg									

Common Measures:

Measure 1 = 253g: 1 cup

Measure 2 = 3033g: 1 package yields

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

		<u>A</u> 1	mount in 10	00 grams	<u>n</u>	Amount in edible portion of common				
				Number of Data		Source	Confidence	<u>m</u>	easures of food	
Nutrients and Ur	nits	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	76.90		1	A	1		326.83	175.33	
Energy	kcal	109		0	NC	4		463	249	
Energy		456				4		1938	1040	
Protein	g	7.70		1	A	1		32.73	17.56	
Total lipid (fat)	g	4.50		1	A	1		19.13	10.26	
Ash		1.40		1	A	1		5.95	3.19	
Carbohydrate, by difference	g	9.50		0	NC	4		40.38	21.66	
Fiber, total dietary		4.3		1	A	1		18.3	9.8	
Sugars, total										
Starch	-									
Minerals:										
Calcium, Ca	mg									
Iron, Fe		1.18		1	A	1		5.02	2.69	
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	258		1	A	1		1097	588	
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Lipids:										
Fatty acids, total saturated	g	0.904	l	1	A	1		3.842	2.061	
Fatty acids, total monounsaturated	g	1.870)	1	A	1		7.948	4.264	
Fatty acids, total polyunsaturated	g	0.985	5	1	A	1		4.186	2.246	
Fatty acids, total trans	g									
Cholesterol	mg	16		1	A	1		68	36	
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 = 425g: 1 package yields

Measure 2 = 228g: 1 serving

Calories Factors: Protein Fat Carbohydrate

		<u>A</u>	mount in 10	0 grams	of edil	ole portio	<u>on</u>	Amount in	edible portion	of common
				Number	•			<u>m</u>	easures of food	
Nutrients and Uni	ts	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water		50.46		0	MA	12		70.64	70.64	
Energy	kcal	232		0	NC	4		325	325	
Energy	kj	971				4		1359	1359	
Protein	g	7.09		0	MA	12		9.93	9.93	
Total lipid (fat)	g	8.52		0	MA	12		11.93	11.93	
Ash	g	2.24		0	MA	12		3.14	3.14	
Carbohydrate, by difference	g	31.70		0	NC	4		44.38	44.38	
Fiber, total dietary	g	2.8		0	MA	12		3.9	3.9	
Sugars, total	g	2.10		0	MA	12		2.94	2.94	
Starch	g									
<u> Iinerals:</u>										
Calcium, Ca	mg	21		0	MA	12		29	29	
Iron, Fe	mg	0.71		0	MA	12		0.99	0.99	
Magnesium, Mg										
Phosphorus, P										
Potassium, K										
Sodium, Na		628		0	MA	12		879	879	
Zinc, Zn	-									
Copper, Cu	-									
Manganese, Mn	-									
Selenium, Se	Tileg									
Vitamins:										
Vitamin C, total ascorbic acid	_	0.0		0	MA	12		0.0	0.0	
Thiamin	-									
Riboflavin	-									
Niacin	-									
Pantothenic acid										
Vitamin B-6										
Folate, totalFolate, DFE										
Vitamin B-12										
Vitamin A, IU		0		0	MA	12		0	0	
Vitamin A, RAE		ŭ		·				v	v	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	_									
Vitamin D										
Vitamin K (phylloquinone)										
<u> ipids:</u>										
Fatty acids, total saturated	-	2.850		0	MA	12		3.990	3.990	
Fatty acids, total monounsaturated		3.250)	0	MA	12		4.550	4.550	
Fatty acids, total polyunsaturated		2.410)	0	MA	12		3.374	3.374	
Fatty acids, total trans										
Cholesterol		14		0	MA	12		20	20	
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 = 140g: 1 package yields

Measure 2 = 140g: 1 serving

NDB No. 22584

PATIO Beef & Bean Burrito with Green Chili, mild, frozen

Calories Factors: Protein Fat Carbohydrate

Food Group: 22 Meals, Entrees, and Sidedishes

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

NDB No. 22586
PATIO Mexican Style Dinner with Tamales, Beef Enchiladas and Chili Sauce, Beans and Rice, frozen meal

		<u>A</u>	mount in 10	00 grams	of edil	ole portic	<u>on</u>	Amount in	edible portion of	of common
				Number					easures of food	
Nutrients and Units	5	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	_	71.00		1	A	1		266.96	266.96	
Energy		135		0	NC	4		508	508	
Energy	kj	565				4		2124	2124	
Protein	g	3.70		1	A	1		13.91	13.91	
Total lipid (fat)	g	5.30		1	A	1		19.93	19.93	
Ash	g	1.80		1	A	1		6.77	6.77	
Carbohydrate, by difference	g	18.20		0	NC	4		68.43	68.43	
Fiber, total dietary	g	2.2		1	A	1		8.3	8.3	
Sugars, total										
Starch										
	0									
Minerals:	ma	64		1	A	1		241	241	
Calcium, Ca	-	0.76		1	A A	1		241	241	
Iron, Fe	-	0.76		1	A	1		2.80	2.80	
Magnesium, Mg										
Phosphorus, P Potassium, K										
Sodium. Na.		482		1	A	1		1812	1812	
Zinc, Zn		402		-	A	-		1012	1012	
Copper, Cu	•									
Manganese, Mn	-									
Selenium, Se	-									
· ·										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	•	1.3		1	A	1		4.9	4.9	
Thiamin	• • • • • • • • • • • • • • • • • • • •									
Riboflavin	-									
Niacin	-									
Pantothenic acid	-									
Vitamin B-6	_									
Folate, total										
Folate, DFE										
Vitamin B-12	-	167		1		1		600	600	
Vitamin A, IU		167		1	A	1		628	628	
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)										
	<u> </u>									
Lipids:	a	1 00/	1	1	7	1		6.768	6.768	
Fatty goids, total management		1.800 2.050		1 1	A A	1		5.768 7.708	7.708	
Fatty acids, total monounsaturated		0.720		1	A A	1		7.708 2.707	7.708 2.707	
Fatty acids, total polyunsaturated		0.720	,	1	A	1		2.707	2.707	
Fatty acids, total trans		7		1	A	1		26	26	
CholesterolPhytosterols		,		1	Α.	1		20	20	
Carotenoids:	-									
Carotene, beta	mca	100		1	A	1		376.000	376.000	
Carotene, beta		100		_	A	1		370.000	378.000	
Cryptoxanthin, beta										
LycopeneLycopene										
Lutein + zeaxanthin										

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 22586

PATIO Mexican Style Dinner with Tamales, Beef Enchiladas and Chili Sauce, Beans and Rice, frozen meal

Common Measures:

Measure 1 = 376g: 1 package yields

Measure 2 = 376g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 22 Meals, Entrees, and Sidedishes

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

		<u>A</u>	mount in 10	0 grams	of edil	ole portio	<u>on</u>	Amount in	edible portion of	of common
					Deriv		Confidence	<u>m</u>	easures of food	
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	78.20		1	A	1		326.88	197.06	
Energy	kcal	104		0	NC	4		435	262	
Energy	kj	435				4		1819	1097	
Protein	g	3.70		1	A	1		15.47	9.32	
Total lipid (fat)	g	4.60		1	A	1		19.23	11.59	
Ash	g	1.60		1	A	1		6.69	4.03	
Carbohydrate, by difference	g	11.90		0	NC	4		49.74	29.99	
Fiber, total dietary		0.9		1	A	1		3.8	2.3	
Sugars, total	g									
Starch										
Minerals:										
Calcium, Ca										
Iron, Fe	mg	0.91		1	A	1		3.80	2.29	
Magnesium, Mg	mg									
Phosphorus, P										
Potassium, K	-									
Sodium, Na		482		1	A	1		2015	1215	
Zinc, Zn										
Copper, Cu	-									
Manganese, Mn										
Selenium, Se	mcg									
<u>Lipids:</u>										
Fatty acids, total saturated		1.470		1	A	1		6.145	3.704	
Fatty acids, total monounsaturated.		1.900		1	A	1		7.942	4.788	
Fatty acids, total polyunsaturated		0.598		1	A	1		2.500	1.507	
Fatty acids, total trans	_									
Cholesterol	-	9		1	A	1		38	23	
Phytosterols	mg									
Carotenoids:										
Carotene, beta	mcg	70		1	A	1		292.600	176.400	
Carotene, alpha	mcg									
Cryptoxanthin, beta										
Lycopene										
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 = 418g: 1 package yields

Measure 2 = 252g: 1 serving

Calories Factors: Protein Fat Carbohydrate

		<u>Ar</u>	mount in 100 g	rams	of edik	ole portio	<u>n</u>	Amount in	edible portion	of common
			Nu	mber				<u>m</u> e	easures of food	_
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	77.84	0.080	4	A	1				
Energy	kcal	103		0	MC	9				
Energy		431				9				
Protein	g	4.32	0.030	4	A	1				
Total lipid (fat)	g	4.08	0.030	4	A	1				
Ash	g	1.47	0.010	4	A	1				
Carbohydrate, by difference	g	12.29		0	MC	9				
Fiber, total dietary	g	2.7	0.010	3	A	1				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	11		0	FLC	4				
Iron, Fe	-	0.93	0.020	4	A	1				
Magnesium, Mg	-	14		0	FLC	4				
Phosphorus, P		46		0	FLC	4				
Potassium, K	mg	165		0	FLC	4				
Sodium, Na	mg	418	2.130	4	A	1				
Zinc, Zn		0.73		0	FLC	4				
Copper, Cu		0.085		0	FLC	4				
Manganese, Mn		0.156		0	FLC	4				
Selenium, Se	mcg	7.6		0	FLC	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.0		0	FLC	4				
Thiamin	-	0.077		0	FLC	4				
Riboflavin	-	0.062		0	FLC	4				
Niacin	mg	1.315		0	FLC	4				
Pantothenic acid	mg	0.206		0	FLC	4				
Vitamin B-6	mg	0.066		0	FLC	4				
Folate, total	mcg	25		0	FLC	4				
Folic acid		17		0	FLC	4				
Folate, food		8		0	FLC	4				
Folate, DFE		37		0	NC	4				
Vitamin B-12		0.23		0	FLC	4				
Vitamin A, IU		365		0	FLC	4				
Vitamin A, RAE		19		0	NC	4				
Retinol		0		0	NC	4				
Vitamin E (alpha-tocopherol)										
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:	_				_	_				
Fatty acids, total saturated		1.590		4 0	A FLC	1 4				
4:0	-	0.000		0	FLC	4				
6:0		0.000		0	FLC	4				
8:0 10:0	-	0.000		0	FLC	4				
12:0	-	0.005		0	FLC	4				
13:0		0.000		·	- 110					
14:0	-	0.110		0	FLC	4				
15:0		•		-		•				
16:0		0.919		0	FLC	4				
17:0										
18:0		0.466		0	FLC	4				
20:0										
22:0										

NDB No. 22907
Pasta with meatballs in tomato sauce, canned entree

	<u>A</u>	mount in 10	0 grams	of edil	ole portio	<u>on</u>	Amount in	Amount in edible portion of common		
		Number of Data Deriv Source Confidence Std. Error Points Code Code Code		<u>m</u>	easures of food					
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	g 1.670	0.0	10 4	A	1					
14:1	g									
15:1	•									
16:1 undifferentiated	•	5	0	FLC	4					
17:1	•									
18:1 undifferentiated	-		0	FLC	4					
20:1	=		0	FLC	4					
22:1 undifferentiated	•)	0	FLC	4					
24:1 c										
Fatty acids, total polyunsaturated			00 4	A	1					
18:2 undifferentiated	-		0	FLC	4					
18:3 undifferentiated	g 0.027	•	0	FLC	4					
18:4	-)	0	FLC	4					
20:2 n-6 c,c										
20:3 undifferentiated	=									
20:4 undifferentiated	•		0	FLC	4					
20:5 n-3	-		0	FLC	4					
22:5 n-3	_		0	FLC	4					
22:6 n-3	•)	0	FLC	4					
Fatty acids, total trans										
Cholesterol	•	0.0	50 4	A	1					
Phytosterols	mg									
Others:										
Alcohol, ethyl9	0.0		0	Z	7					
Caffeine m	ng									
Theobromine m	ng									

Common Measures:

Calories Factors: Protein Fat Carbohydrate

		<u>A</u>	mount in 10	00 grams	of edil	ole portic	<u>on</u>	Amount in	edible portion of	of common
				Number					easures of food	
Nutrients and U	nits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	46.20		1	A	1		124.28	61.45	
Energy	kcal	268		0	NC	4		721	356	
Energy		1121				4		3016	1491	
Protein		11.20		1	A	1		30.13	14.90	
Total lipid (fat)		12.70		1	A	1		34.16	16.89	
Ash	_	2.70		1	A	1		7.26	3.59	
Carbohydrate, by difference		27.20		0	NC	4		73.17	36.18	
Fiber, total dietary										
Sugars, total										
Starch										
Minerals:										
Calcium, Ca	mg	143		1	A	1		385	190	
Iron, Fe	mg									
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	791		1	A	1		2128	1052	
Zinc, Zn	mg									
Copper, Cu	-									
Manganese, Mn										
Selenium, Se	mcg									
Lipids:										
Fatty acids, total saturated		4.660		1	A	1		12.535	6.198	
Fatty acids, total monounsaturated	_	4.620		1	A	1		12.428	6.145	
Fatty acids, total polyunsaturated.		1.350)	1	A	1		3.632	1.796	
Fatty acids, total trans	_									
Cholesterol	_	31		1	A	1		83	41	
Phytosterols	mg									
Carotenoids:										
Carotene, beta	mcg	0		1	A	1		0.000	0.000	
Carotene, alpha										
Cryptoxanthin, beta										
Lycopene										
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 = 269g: 1 package yields

Measure 2 = 133g: 1 serving

Calories Factors: Protein Fat Carbohydrate

		<u>A</u> 1	mount in 100 g	grams	of edil	ole portio	<u>n</u>		edible portion	
			Nι	ımbeı	r			<u>m</u>	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.24	1.020	31	A	1		180.90	180.90	
Energy	kcal	131		0	MC	9		324	324	
Energy	kj	548				9		1354	1354	
Protein	g	6.97	0.560	30	A	1		17.22	17.22	
Total lipid (fat)	g	6.61	0.550	30	A	1		16.33	16.33	
Ash	g	1.66	0.060	6	A	1		4.10	4.10	
Carbohydrate, by difference		11.83		0	MC	9		29.22	29.22	
Fiber, total dietary	g	3.0	0.210	6	A	1		7.4	7.4	
Sugars, total	g	2.89	0.230	7	A	1		7.14	7.14	
Starch	g									
Minerals:										
Calcium, Ca	ma	37	0.700	6	A	1		91	91	
Iron, Fe		1.60	0.100	6	A	1		3.95	3.95	
Magnesium, Mg		26	2.500	6	A	1		64	64	
Phosphorus, P										
Potassium, K		318	35.300	6	A	1		785	785	
Sodium, Na	mg	334	6.100	12	A	1		825	825	
Zinc, Zn	mg	1.10	0.100	6	A	1		2.72	2.72	
Copper, Cu	mg	0.100	0.000	6	A	1		0.247	0.247	
Manganese, Mn										
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	1.0	0.580	6	A	1		2.5	2.5	
Thiamin	_									
Riboflavin										
Niacin										
Pantothenic acid										
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE										
Vitamin B-12										
Vitamin A, IU	IU	470	17.760	6	A	1		1161	1161	
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)										
vitamin K (phynodumone)										
<u>Lipids:</u>										
Fatty acids, total saturated	g	2.710	0.220	5	A	1		6.694	6.694	
4:0										
6:0	-									
8:0	-									
10:0		0 000		-	•	1		0.000	0.000	
12:0 13:0	-	0.000	0.000	5	A	1		0.000	0.000	
14:0	-	0.170	0.010	5	A	1		0.420	0.420	
15:0	-	0.170	3.010	3		-		0.420	0.420	
16:0	-	1.510	0.110	5	A	1		3.730	3.730	
17:0	-			-	==	_				
18:0	-	1.000	0.100	5	A	1		2.470	2.470	
20:0	-								•	
22:0										
24:0										
Fatty acids, total monounsaturated		2.790	0.190	5	A	1		6.891	6.891	
14:1	g									
15:1	a									

		<u>An</u>	nount in 100	gram:		ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	ts	Mean		of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
16:1 undifferentiated	-	0.210	0.08	0 5	A	1		0.519	0.519		
18:1 undifferentiated		2.590	0.14	0 5	A	1		6.397	6.397		
20:1	g										
22:1 undifferentiated	g										
24:1 c	g										
Fatty acids, total polyunsaturated	g	0.450	0.09	0 5	A	1		1.112	1.112		
18:2 undifferentiated	g	0.290	0.05	0 5	A	1		0.716	0.716		
18:3 undifferentiated	g	0.160	0.04	0 5	A	1		0.395	0.395		
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	17	2.09	0 6	A	1		42	42		
Phytosterols	mg										

Common Measures:

Measure 1 = 247g: 1 cup Measure 2 = 247g: 1 serving

Calories Factors: Protein Fat Carbohydrate

		<u>Aı</u>	mount in 100 g	grams	of edib	ole portio	<u>n</u>		edible portion	
			Nι	ımbeı	r			<u>m</u>	easures of food	<u>.</u>
Nutrients and Uni	ts	Mean	of Std. Error Po		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.75	0.560	13	A	1		182.16	182.16	
Energy	kcal	129		0	MC	9		319	319	
Energy	kj	540				9		1333	1333	
Protein	g	6.27	0.380	13	A	1		15.49	15.49	
Total lipid (fat)	g	6.38	0.260	13	A	1		15.76	15.76	
Ash	g	1.71	0.020	5	A	1		4.22	4.22	
Carbohydrate, by difference	g	11.74		0	MC	9		29.00	29.00	
Fiber, total dietary	g	2.4	0.180	4	A	1		5.9	5.9	
Sugars, total	g	2.37	0.060	4	A	1		5.85	5.85	
Starch	g									
Minerals:										
Calcium, Ca	mg	23	0.800	4	A	1		57	57	
Iron, Fe		1.40	0.100	4	A	1		3.46	3.46	
Magnesium, Mg	_	21	0.900	4	A	1		52	52	
Phosphorus, P	mg									
Potassium, K	_	226	15.700	4	A	1		558	558	
Sodium, Na		458	7.400	7	A	1		1131	1131	
Zinc, Zn	_	1.00	0.100	4	A	1		2.47	2.47	
Copper, Cu		0.100	0.000	4	A	1		0.247	0.247	
Manganese, Mn										
Selenium, Se	Ilicy									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.7	0.050	4	A	1		1.7	1.7	
Thiamin										
Riboflavin										
Niacin										
Pantothenic acid Vitamin B-6										
Folate, total										
Folate, DFE	mca DFE									
Vitamin B-12										
Vitamin A, IU		208	13.070	4	A	1		514	514	
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D.										
Vitamin K (phylloquinone)	ilicg									
<u>Lipids:</u>										
Fatty acids, total saturated		2.770	0.070	4	A	1		6.842	6.842	
4:0										
6:0	-									
8:0	_									
10:0 12:0		0.000	0.000	4	A	1		0.000	0.000	
13:0.	_	0.000	0.000	•	A	-		0.000	0.000	
14:0		0.170	0.000	4	A	1		0.420	0.420	
15:0	_									
16:0	g	1.520	0.010	4	A	1		3.754	3.754	
17:0	_									
18:0	_	1.080	0.080	4	A	1		2.668	2.668	
20:0										
22:0										
24:0		2 050	0.060	4	7	1		7.534	7 524	
Fatty acids, total monounsaturated		3.050	0.060	4	A	1		7.534	7.534	
14:1	g g									

	<u>Am</u>	ount in 100 g	rams o	of edib	ole portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean		Data		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	0.280	0.010	4	A	1		0.692	0.692	
18:1 undifferentiated	2.770	0.050	4	A	1		6.842	6.842	
20:1									
Fatty acids, total polyunsaturated9	0.280	0.010	4	A	1		0.692	0.692	
18:2 undifferentiatedg	0.180	0.000	4	A	1		0.445	0.445	
18:3 undifferentiatedg	0.100	0.010	4	A	1		0.247	0.247	
18:4g									
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiated									
20:5 n-3g									
22:5 n-3g									
22:6 n-3g									
Fatty acids, total transg									
Cholesterolmg	16	0.810	4	A	1		40	40	
Phytosterolsmg									

Common Measures:

Measure 1 = 247g: 1 cup Measure 2 = 247g: 1 serving

Calories Factors: Protein Fat Carbohydrate

		<u>A</u> :	mount in 100 g	grams	of edil	ole portio	<u>n</u>		edible portion	
			Nι	ımbeı	r			<u>m</u>	easures of food	_
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	72.10	0.610	17	A	1		178.09	178.09	
Energy	kcal	135		0	MC	9		333	333	
Energy	kj	565				9		1395	1395	
Protein	g	7.40	0.370	17	A	1		18.28	18.28	
Total lipid (fat)	g	6.22	0.350	16	A	1		15.36	15.36	
Ash	g	1.71	0.080	5	A	1		4.22	4.22	
Carbohydrate, by difference		12.44		0	MC	9		30.73	30.73	
Fiber, total dietary	g	3.3	0.400	5	A	1		8.2	8.2	
Sugars, total		2.66	0.170	5	A	1		6.57	6.57	
Starch	g									
Minerals:										
Calcium, Ca	mg	42	5.300	5	A	1		104	104	
Iron, Fe	-	1.80	0.000	5	A	1		4.45	4.45	
Magnesium, Mg		28	2.400	5	A	1		69	69	
Phosphorus, P	mg									
Potassium, K	•	315	36.400	5	A	1		778	778	
Sodium, Na		349	13.800	5	A	1		862	862	
Zinc, Zn	_	1.10	0.100	5	A	1		2.72	2.72	
Copper, Cu		0.100	0.000	5	A	1		0.247	0.247	
Manganese, Mn.										
Selenium, Se	fricg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.2	0.200	5	A	1		3.0	3.0	
Thiamin										
Riboflavin										
Niacin										
Pantothenic acid										
Vitamin B-6										
Folate, totalFolate, DFE	mcg DFF									
Vitamin B-12										
Vitamin A, IU		507	27.950	5	A	1		1252	1252	
Vitamin A, RAE	mca RAE			Ū		_				
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.290	1.020	5	A	1		5.656	5.656	
4:0										
6:0	g									
8:0	g									
10:0	_									
12:0	_	0.000	0.000	5	A	1		0.000	0.000	
13:0	_	0 100		_	_			0 001	2 222	
14:0 15:0	-	0.130	0.070	5	A	1		0.321	0.321	
16:0		1.240	0.600	5	A	1		3.063	3.063	
17:0	-	1.240	. 0.000	J	•	1		5.005	3.003	
18:0	-	0.920	0.340	5	A	1		2.272	2.272	
20:0	-	0.520	0.010	•		-			2.2,2	
22:0	-									
24:0	-									
Fatty acids, total monounsaturated		2.750	0.320	5	A	1		6.793	6.793	
14:1										
15:1										

	<u>An</u>		lumbe	r	_	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiatedg	0.490	0.480) 5	A	1		1.210	1.210	
18:1 undifferentiatedg	2.260	0.800	5	A	1		5.582	5.582	
20:1									
Fatty acids, total polyunsaturatedg	0.370	0.030) 5	A	1		0.914	0.914	
18:2 undifferentiated	0.240	0.020) 5	A	1		0.593	0.593	
18:3 undifferentiatedg	0.120	0.010) 5	A	1		0.296	0.296	
18:4g									
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg									
20:5 n-3g									
22:5 n-3g									
22:6 n-3g									
Fatty acids, total transg									
Cholesterolmg	18	1.780) 5	A	1		44	44	
Phytosterolsmg									

Common Measures:

Measure 1 = 247g: 1 cup Measure 2 = 247g: 1 serving

Calories Factors: Protein Fat Carbohydrate

		<u>A</u> 1	mount in 100 g	rams		edible portion				
			Nu	mber	•			<u>m</u>	easures of food	
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		74.07	0.550	15	A	1		182.95	182.95	
Energy		115		0	MC	9		284	284	
Energy		481				9		1188	1188	
Protein	_	7.78	0.260	15	A	1		19.22	19.22	
Total lipid (fat)		3.61	0.220	15	A	1		8.92	8.92	
Ash		1.76	0.080	5	A	1		4.35	4.35	
Carbohydrate, by difference		12.78		0	MC	9		31.57	31.57	
Fiber, total dietary		3.5	0.220	4	A	1		8.6	8.6	
Sugars, total		2.32	0.220	4	A	1		5.73	5.73	
Starch	g									
Minerals:										
Calcium, Ca	mg	46	0.400	4	A	1		114	114	
Iron, Fe	-	1.70	0.100	4	A	1		4.20	4.20	
Magnesium, Mg	-	33	2.600	4	A	1		82	82	
Phosphorus, P										
Potassium, K	mg	351	35.800	4	A	1		867	867	
Sodium, Na	mg	329	7.400	8	A	1		813	813	
Zinc, Zn	_	0.80	0.000	4	A	1		1.98	1.98	
Copper, Cu		0.200	0.000	4	A	1		0.494	0.494	
Manganese, Mn	-									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.1	0.150	4	A	1		5.2	5.2	
Thiamin	_									
Riboflavin										
Niacin										
Pantothenic acid										
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	438	13.220	4	A	1		1082	1082	
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	-									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)	mca									
vitamin K (phynoquinone)										
<u>Lipids:</u>										
Fatty acids, total saturated		1.060	0.040	4	A	1		2.618	2.618	
4:0										
6:0	_									
8:0	-									
10:0	-				_	_				
12:0	-	0.000	0.000	4	A	1		0.000	0.000	
13:0 14:0		0.020	0.000	4	A	1		0.040	0.040	
14:0		0.020	, 0.000	4	A	1		0.049	0.049	
16:0		0.830	0.030	4	A	1		2.050	2.050	
17:0	_	0.030	0.030	-	A	-		2.050	2.050	
18:0	_	0.200	0.010	4	A	1		0.494	0.494	
20:0	_	0.200	0.010	•		-		J. 131	0.454	
22:0										
24:0										
Fatty acids, total monounsaturated		1.670	0.000	4	A	1		4.125	4.125	
14:1									· ·	
15:1										

	Amo	ount in 100 gra	ms of edi	ole portio	<u>on</u>	Amount in	edible portion of	of common
		Num		Sauras	Confidence	<u>m</u>	easures of food	
Nutrients and Units	Mean S	td. Error Poir		Code	Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiatedg	0.240	0.000	4 A	1		0.593	0.593	
16:1 undifferentiated9	0.240	0.000	4 A	1		0.593	0.593	
18:1 undifferentiated	1.430	0.010	4 A	1		3.532	3.532	
20:1	2.100	0.020		_		0.002	0.002	
22:1 undifferentiatedg								
24:1 c								
Fatty acids, total polyunsaturated	0.800	0.010	4 A	1		1.976	1.976	
18:2 undifferentiatedg	0.660	0.000	4 A	1		1.630	1.630	
18:3 undifferentiatedg	0.150	0.010	4 A	1		0.371	0.371	
18:4g								
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg								
20:5 n-3g								
22:5 n-3g								
22:6 n-3g								
Fatty acids, total transg								
Cholesterolmg	19	1.250	4 A	1		47	47	
Phytosterolsmg								

Common Measures:

Measure 1 = 247g: 1 cup Measure 2 = 247g: 1 serving

Calories Factors: Protein Fat Carbohydrate

		<u>Aı</u>	mount in 100 g	grams	of edib		edible portion			
			Nι	ımbeı	r			<u>m</u>	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	76.57	0.440	25	A	1		189.13	189.13	
Energy	kcal	92		0	MC	9		227	227	
Energy	kj	385				9		951	951	
Protein	g	7.29	0.310	23	A	1		18.01	18.01	
Total lipid (fat)	g	1.13	0.270	25	A	1		2.79	2.79	
Ash	g	1.73	0.080	7	A	1		4.27	4.27	
Carbohydrate, by difference		13.39		0	MC	9		33.07	33.07	
Fiber, total dietary	g	3.3	0.230	6	A	1		8.2	8.2	
Sugars, total		2.91	0.220	6	A	1		7.19	7.19	
Starch	g									
Minerals:										
Calcium, Ca	mg	36	1.400	6	A	1		89	89	
Iron, Fe		1.50	0.100	6	A	1		3.71	3.71	
Magnesium, Mg		29	2.300	6	A	1		72	72	
Phosphorus, P	mg									
Potassium, K	•	330	26.300	6	A	1		815	815	
Sodium, Na		350	8.000	12	A	1		865	865	
Zinc, Zn	_	1.10	0.100	6	A	1		2.72	2.72	
Copper, Cu		0.200	0.000	5	A	1		0.494	0.494	
Manganese, Mn										
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.1	0.380	6	A	1		5.2	5.2	
Thiamin	mg									
Riboflavin	mg									
Niacin										
Pantothenic acid										
Vitamin B-6										
Folate, total	IIICG									
Folate, DFEVitamin B-12										
Vitamin A, IU		505	9.630	6	A	1		1247	1247	
Vitamin A, RAE	mca RAE	303	3.030	Ü		-		1247	1247	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	q	0.390	0.090	6	A	1		0.963	0.963	
4:0										
6:0	_									
8:0	g									
10:0	g									
12:0	_	0.000	0.000	6	A	1		0.000	0.000	
13:0	_	<u> </u>		_	_	_		_	_	
14:0	_	0.020	0.000	6	A	1		0.049	0.049	
15:0	-	0.000	0.050	_		4		0.640	0.640	
16:0		0.260	0.050	6	A	1		0.642	0.642	
17:0 18:0	-	0.100	0.050	6	A	1		0.247	0.247	
20:0	-	0.100	0.030	U	•	1		0.24/	0.24/	
22:0	-									
24:0	-									
Fatty acids, total monounsaturated		0.370	0.130	6	A	1		0.914	0.914	
14:1										
15:1										

	<u>An</u>	nount in 100) grams	Amount in edible portion of common measures of food						
Nutrients and Unit	s	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated		0.030	0.00	0 6	A	1		0.074	0.074	
17:1 18:1 undifferentiated		0.340	0.12	0 6	А	1		0.840	0.840	
20:1				-	==	_			*****	
22:1 undifferentiated										
24:1 c										
Fatty acids, total polyunsaturated	g	0.370	0.16	0 6	A	1		0.914	0.914	
18:2 undifferentiated		0.210	0.08	0 6	A	1		0.519	0.519	
18:3 undifferentiated	g	0.160	0.08	0 6	A	1		0.395	0.395	
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										
Cholesterol	mg	16	1.50	0 6	A	1		40	40	
Phytosterols	mg									

Common Measures:

Measure 1 = 247g: 1 cup Measure 2 = 247g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 22615 STOUFFER'S Chicken Enchilada and Mexican-Style Rice with Monterey Jack Cheese Sauce, frozen entree

	<u>A</u>	mount in 10	0 grams	of edik	Amount in edible portion of common				
			Number				<u>m</u>	easures of food	<u> </u>
					Source	Confidence			
Nutrients and Units	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	71.90		1	A	1		203.48	203.48	
Energy k	ical 133		0	NC	4		376	376	
Energy k					4		1575	1575	
Protein			1	A	1		12.45	12.45	
Total lipid (fat)			1	A	1		14.72	14.72	
Ash			1	A	1		3.96	3.96	
Carbohydrate, by difference	•		0	NC	4		48.39	48.39	
Fiber, total dietary			1	A	1		4.5	4.5	
Sugars, total	•		-		-		4.5	4.5	
StarchQ	,								
Minerals:									
Calcium, Car	ng 90		1	A	1		255	255	
Iron, Fer	ng								
Magnesium, Mgr	ng								
Phosphorus, Pr	ng								
Potassium, Kr	•								
Sodium, Nar	ng 354		1	A	1		1002	1002	
Zinc, Znr	ng								
Copper, Cun	ng								
Manganese, Mnr									
Selenium, Ser	ncg								
Vitamins:									
Vitamin C, total ascorbic acidn	ng 5.4		1	A	1		15.3	15.3	
Thiaminn									
Riboflavinn	_								
Niacinn	_								
Pantothenic acidn									
Vitamin B-6n	ng								
Folate, totaln	ncg								
Folate, DFEn	ncg_DFE								
Vitamin B-12n									
Vitamin A, IU	U 267		1	A	1		756	756	
Vitamin A, RAEn									
Vitamin E (alpha-tocopherol)									
Tocopherol, betan	-								
Tocopherol, gamman									
Tocopherol, deltan									
vitaliiii D	U								
Vitamin K (phylloquinone)	ncg								
<u>Lipids:</u>									
Fatty acids, total saturated	1.19	0	1	A	1		3.368	3.368	
Fatty acids, total monounsaturated		0	1	A	1		4.415	4.415	
Fatty acids, total polyunsaturated		0	1	A	1		3.707	3.707	
Fatty acids, total trans									
Cholesterol			1	A	1		25	25	
Phytosterolsn									
Carotenoids:									
Carotene, beta mo	cg 160		1	A	1		452.800	452.800	
Carotene, alphamo									
Cryptoxanthin, beta									
Lycopene mo	-								
Lutein + zeaxanthin mo									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 22615

STOUFFER'S Chicken Enchilada and Mexican-Style Rice with Monterey Jack Cheese Sauce, frozen entree

Common Measures:

Measure 1 = 283g: 1 package yields

Measure 2 = 283g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 22 Meals, Entrees, and Sidedishes

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

		<u>A</u>	mount in 10	00 grams	of edil	Amount in edible portion of common				
				Number of Data	measures of food					
Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	64.40		1	A	1		182.25	182.25	
Energy	kcal	202		0	NC	4		572	572	
Energy	kj	845				4		2392	2392	
Protein	g	8.20		1	A	1		23.21	23.21	
Total lipid (fat)	g	13.10		1	A	1		37.07	37.07	
Ash	g	1.40		1	A	1		3.96	3.96	
Carbohydrate, by difference	g	12.90		0	NC	4		36.51	36.51	
Fiber, total dietary		1.1		1	A	1		3.1	3.1	
Sugars, total	g									
Starch										
Minerals:										
Calcium, Ca		36		1	A	1		102	102	
Iron, Fe	mg	1.06		1	A	1		3.00	3.00	
Magnesium, Mg	mg									
Phosphorus, P										
Potassium, K	-									
Sodium, Na		333		1	A	1		942	942	
Zinc, Zn	-									
Copper, Cu	•									
Manganese, Mn	-									
Selenium, Se	mcg									
<u>Lipids:</u>										
Fatty acids, total saturated	-	3.790		1	A	1		10.726	10.726	
Fatty acids, total monounsaturated.		4.370		1	A	1		12.367	12.367	
Fatty acids, total polyunsaturated		3.690)	1	A	1		10.443	10.443	
Fatty acids, total trans	-									
Cholesterol	-	27		1	A	1		76	76	
Phytosterols	mg									
Carotenoids:										
Carotene, beta	mcg	990		1	A	1		2801.700	2801.700	
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
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 = 283g: 1 package yields

Measure 2 = 283g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 22579 STOUFFER'S Creamed Chipped Beef, frozen entree

Refuse: 0%

	<u>A</u>	mount in 100 gram	s of edil	Amount in edible portion of common				
Nutrients and Units	Mean	Number of Data	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Proximates:								
Waterg	74.90	1	A	1		232.94	93.63	
Energykcal	140	0	NC	4		435	175	
Energykj	586			4		1822	732	
Proteing	7.90	1	A	1		24.57	9.88	
Total lipid (fat)g	9.50	1	A	1		29.55	11.88	
Ash9	2.00	1	A	1		6.22	2.50	
Carbohydrate, by difference	5.70	0	NC	4		17.73	7.13	
Fiber, total dietaryg								
Sugars, total								
Starchg								
Minerals:								
Calcium, Camg	152	1	А	1		473	190	
Iron, Femg	0.73	1	A	1		2.27	0.91	
Magnesium, Mgmg								
Phosphorus, Pmg								
Potassium, Kmg								
Sodium, Namg	497	1	A	1		1546	621	
Zinc, Znmg								
Copper, Cumg								
Manganese, Mnmg								
Selenium, Semcg								
Lipids:								
Fatty acids, total saturatedg	4.030) 1	A	1		12.533	5.038	
Fatty acids, total monounsaturated9	2.810) 1	A	1		8.739	3.513	
Fatty acids, total polyunsaturated	0.940	1	A	1		2.923	1.175	
Fatty acids, total trans								
Cholesterolmg	35	1	A	1		109	44	
Phytosterolsmg								

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

Common Measures:

Measure 1 = 311g: 1 package yields

Measure 2 = 125g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 22614 STOUFFER'S Escalloped Chicken & Noodles, frozen entree

Refuse: 0%

	<u>Ar</u>	mount in 10	0 grams	Amount in edible portion of common					
		I	Number	measures of food					
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Waterg	72.70		1	MA	12		205.74	205.74	
Energykcal	148			NC	4		419	419	
Energykj	540				4		1527	1527	
Proteing	6.00		1	A	1		16.98	16.98	
Total lipid (fat)g	8.90		1	MA	12		25.19	25.19	
Ash9	1.40		1	MA	12		3.96	3.96	
Carbohydrate, by differenceg	11.10			NC	4		31.41	31.41	
Fiber, total dietaryg									
Sugars, totalg									
Starchg									
Minerals:									
Calcium, Camg	41		1	A	1		116	116	
Iron, Femg	0.40		1	A	1		1.13	1.13	
Magnesium, Mgmg									
Phosphorus, Pmg									
Potassium, Kmg									
Sodium, Namg	428		1	A	1		1211	1211	
Zinc, Znmg									
Copper, Cumg									
Manganese, Mnmg									
Selenium, Semcg									
<u> .ipids:</u>									
Fatty acids, total saturatedg	2.320		1	A	1		6.566	6.566	
Fatty acids, total monounsaturatedg	2.710		1	A	1		7.669	7.669	
Fatty acids, total polyunsaturatedg	4.790		1	A	1		13.556	13.556	
Fatty acids, total transg									
Cholesterolmg	27		1	A	1		76	76	
Phytosterolsmg									

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

Common Measures:

Measure 1 = 283g: 1 package yields

Measure 2 = 283g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 22583 STOUFFER'S HOMESTYLE Salisbury Steak in Gravy & Macaroni and Cheese, frozen entree

Refuse: 0%

		<u>A</u>	mount in 100 gı	ams o	of edib	ole portio	<u>on</u>	Amount in edible portion of common		
Nutrients and U	nits	Mean				Source Code	Confidence Code	Measure 1	easures of food Measure 2	Measure 3
Proximates:										
Water	-	72.80		1	A	1		198.02	198.02	
Energy	kcal	142		0	NC	4		386	386	
Energy	kj	594				4		1616	1616	
Protein	g	8.30		1	A	1		22.58	22.58	
Total lipid (fat)	g	7.80		1	A	1		21.22	21.22	
Ash	g	1.40		1	A	1		3.81	3.81	
Carbohydrate, by difference	g	9.70		0	NC	4		26.38	26.38	
Fiber, total dietary	g									
Sugars, total	g									
Starch	-									
Minerals:										
Calcium, Ca	ma	72		1	A	1		196	196	
Iron, Fe	_	0.84		1	A	1		2.28	2.28	
Magnesium, Mg										
Phosphorus, P										
Potassium, K										
Sodium, Na	_	373		1	A	1		1015	1015	
Zinc, Zn	_									
Copper, Cu	•									
Manganese, Mn										
Selenium, Se	mcg									
Lipids:										
Fatty acids, total saturated	g	2.940)	1	A	1		7.997	7.997	
Fatty acids, total monounsaturated		2.920)	1	A	1		7.942	7.942	
Fatty acids, total polyunsaturated.		0.680)	1	A	1		1.850	1.850	
Fatty acids, total trans										
Cholesterol	_	23		1	A	1		63	63	
Phytosterols	• • • • • • • • • • • • • • • • • • • •									

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

Common Measures:

Measure 1 = 272g: 1 package yields

Measure 2 = 272g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 22611 STOUFFER'S LEAN CUISINE Chicken Enchilada Suiza with Sour Cream Sauce and Mexican-Style Rice, frozen entree

Refuse: 0%

	<u>A</u>	mount in 100 gran		ble portic	o <u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Numb of Dat Std. Error Points	a Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Waterg	72.20	1	A	1		184.11	184.11	
Energykcal	117	0	NC	4		298	298	
Energykj	490			4		1248	1248	
Proteing	4.50	1	A	1		11.48	11.48	
Total lipid (fat)g	1.90	1	A	1		4.85	4.85	
Ash9	1.00	1	A	1		2.55	2.55	
Carbohydrate, by difference	20.40	0	NC	4		52.02	52.02	
Fiber, total dietaryg	1.7	1	A	1		4.3	4.3	
Sugars, totalg								
Starchg								
Minerals:								
Calcium, Camg	72	1	A	1		184	184	
Iron, Femg								
Magnesium, Mgmg								
Phosphorus, Pmg								
Potassium, Kmg								
Sodium, Namg	211	1	A	1		538	538	
Zinc, Znmg								
Copper, Cumg								
Manganese, Mnmg								
Selenium, Semcg								
Lipids:								
Fatty acids, total saturatedg	0.570) 1	A	1		1.454	1.454	
Fatty acids, total monounsaturatedg	0.584	1 1	A	1		1.489	1.489	
Fatty acids, total polyunsaturated9	0.417	7 1	A	1		1.063	1.063	
Fatty acids, total trans9								
Cholesterolmg	8	1	A	1		20	20	
Phytosterolsmg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 package yields

Measure 2 = 255g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 22581 STOUFFER'S LEAN CUISINE Chicken a l'Orange in Sauce with Broccoli and Rice, frozen meal

		<u>A</u>	mount in 10	00 grams	of edib	le portio	<u>on</u>	Amount in	edible portion	of common
				Number					easures of food	
Nutrients and Units	S	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:	a	73.90		1	A	1		188.45	100 45	
Water				0					188.45	
Energy		105		U	NC	4		268	268	
Energy		439				4		1120	1120	
Protein		9.60		1	A	1		24.48	24.48	
Total lipid (fat)		0.70		1	A	1		1.79	1.79	
Ash	9	0.70		1	A	1		1.79	1.79	
Carbohydrate, by difference	g	15.10		0	NC	4		38.51	38.51	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:	_									
Calcium, Ca	ma									
Iron, Fe	-									
Magnesium, Mg	-									
Phosphorus, P	-									
Potassium, K										
Sodium, Na		141		1	A	1		360	360	
Zine, Zn	-	141		-		-		300	300	
Copper, Cu										
Manganese, Mn										
Selenium, Se										
Selemum, Se	Tilog									
Vitamins:										
Vitamin C, total ascorbic acid	mg	7.1		1	A	1		18.1	18.1	
Thiamin	• • • • • • • • • • • • • • • • • • • •									
Riboflavin	-									
Niacin	mg									
Pantothenic acid	-									
Vitamin B-6	-									
Folate, total										
Folate, DFE										
Vitamin B-12										
Vitamin A, IU		600		1	A	1		1530	1530	
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated		0.164	1	1	A	1		0.418	0.418	
Fatty acids, total monounsaturated	g	0.197		1	A	1		0.502	0.502	
Fatty acids, total polyunsaturated	g	0.162	2	1	A	1		0.413	0.413	
Fatty acids, total trans	g									
Cholesterol	mg	18		1	A	1		46	46	
Phytosterols	mg									
Carotenoids:										
Carotene, beta	mcg	360		1	A	1		918.000	918.000	
Carotene, alpha										
Cryptoxanthin, beta	-									
Lycopene										
Lutein + zeaxanthin										

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 22581

STOUFFER'S LEAN CUISINE Chicken a l'Orange in Sauce with Broccoli and Rice, frozen meal

Common Measures:

Measure 1 = 255g: 1 package yields

Measure 2 = 255g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 22 Meals, Entrees, and Sidedishes

NDB No. 22577 STOUFFER'S LEAN CUISINE Chicken and Vegetables with Vermicelli, frozen entree

		<u>A</u>	mount in 10	00 grams	of edib	ole portic	<u>on</u>	Amount in	edible portion	of common
				Number					easures of food	_
Nutrients and Units	5	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		80.10		1	A	1		237.90	237.90	
Energy		85		0	NC	4		252	252	
Energy	kj	356				4		1056	1056	
Protein	g	6.30		1	A	1		18.71	18.71	
Total lipid (fat)	g	1.90		1	A	1		5.64	5.64	
Ash	g	0.90		1	A	1		2.67	2.67	
Carbohydrate, by difference	g	10.80		0	NC	4		32.08	32.08	
Fiber, total dietary	g	1.7		1	A	1		5.0	5.0	
Sugars, total										
Starch										
	9									
Minerals:	ma	25				1		104	104	
Calcium, Ca	-	35		1 1	A A	1 1		104	104	
Iron, Fe.	-	0.45		1	A	1		1.34	1.34	
Magnesium, Mg										
Phosphorus, P										
Potassium, K				_	_	_				
Sodium, Na		196		1	A	1		582	582	
Zinc, Zn	-									
Copper, Cu	-									
Manganese, Mn	-									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	•	4.9		1	A	1		14.6	14.6	
Thiamin	• • • • • • • • • • • • • • • • • • • •									
Riboflavin	-									
Niacin	-									
Pantothenic acid	-									
Vitamin B-6	-									
Folate, total										
Folate, DFE										
Vitamin B-12										
Vitamin A, IU		67		1	A	1		199	199	
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
<u>Lipids:</u>										
Fatty acids, total saturated		0.346		1	A	1		1.028	1.028	
Fatty acids, total monounsaturated		0.718		1	A	1		2.132	2.132	
Fatty acids, total polyunsaturated	g	0.466	5	1	A	1		1.384	1.384	
Fatty acids, total trans	g									
Cholesterol		8		1	A	1		24	24	
Phytosterols	<u>mg</u>									
Carotenoids:										
Carotene, beta	mcg	40		1	A	1		118.800	118.800	
Carotene, alpha	_									
Cryptoxanthin, beta	-									
Lycopene										
Lutein + zeaxanthin										

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 22577 STOUFFER'S LEAN CUISINE Chicken and Vegetables with Vermicelli, frozen entree

Common Measures:

Measure 1 = 297g: 1 package yields

Measure 2 = 297g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 22 Meals, Entrees, and Sidedishes

NDB No. 22578 STOUFFER'S LEAN CUISINE HOMESTYLE Beef Pot Roast with Whipped Potatoes, frozen entree

Refuse: 0%

		<u>Aı</u>	mount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common		
				Number of Data		Source	Confidence	<u>m</u>	easures of food	_
Nutrients and Un	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	81.10		1	A	1		206.81	206.81	
Energy	kcal	81		0	NC	4		207	207	
Energy	kj	339				4		864	864	
Protein	g	6.80		1	A	1		17.34	17.34	
Total lipid (fat)		2.10		1	A	1		5.36	5.36	
Ash	g	1.20		1	A	1		3.06	3.06	
Carbohydrate, by difference		8.80		0	NC	4		22.44	22.44	
Fiber, total dietary		1.4		1	A	1		3.6	3.6	
Sugars, total										
Starch	_									
Ainerals:										
Calcium, Ca	mg									
Iron, Fe	_									
Magnesium, Mg										
Phosphorus, P										
Potassium, K										
Sodium, Na	mg	194		1	A	1		495	495	
Zinc, Zn	<u>mg</u>									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
<u> ipids:</u>										
Fatty acids, total saturated	g	0.512		1	A	1		1.306	1.306	
Fatty acids, total monounsaturated.	g	0.896		1	A	1		2.285	2.285	
Fatty acids, total polyunsaturated	_	0.317		1	A	1		0.808	0.808	
Fatty acids, total trans	_									
Cholesterol	• • • • • • • • • • • • • • • • • • • •	15		1	A	1		38	38	
Phytosterols	mg									
Carotenoids:										
Carotene, beta	mcg	230		1	A	1		586.500	586.500	
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Lycopene										
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 = 255g: 1 package yields

Measure 2 = 255g: 1 serving

Calories Factors: Protein Fat Carbohydrate

		<u>A</u>	mount in 10	00 grams Number		ole portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Uni	ts	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water		83.10		1	A	1		223.54	223.54	
Energy	kcal	74		0	NC	4		199	199	
Energy	kj	310				4		833	833	
Protein	g	4.30		1	A	1		11.57	11.57	
Total lipid (fat)	g	2.10		1	A	1		5.65	5.65	
Ash	g	0.90		1	A	1		2.42	2.42	
Carbohydrate, by difference	g	9.60		0	NC	4		25.82	25.82	
Fiber, total dietary		2.4		1	A	1		6.5	6.5	
Sugars, total										
Starch										
<u>linerals:</u>										
Calcium, Ca	mg	39		1	A	1		105	105	
Iron, Fe	-									
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K										
Sodium, Na		153		1	A	1		412	412	
Zinc, Zn	mg									
Copper, Cu										
Manganese, Mn	mg									
Selenium, Se	mcg									
<u>itamins:</u>										
Vitamin C, total ascorbic acid		19.7		1	A	1		53.0	53.0	
Thiamin	-									
Riboflavin	mg									
Niacin										
Pantothenic acid										
Vitamin B-6										
Folate, total										
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	0		1	A	1		0	0	
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	nicg									
<u> ipids:</u>						_				
Fatty acids, total saturated		0.625		1	A	1		1.681	1.681	
Fatty acids, total monounsaturated		0.883		1	A	1		2.375	2.375	
Fatty acids, total polyunsaturated		0.278	3	1	A	1		0.748	0.748	
Fatty acids, total trans										
Cholesterol		9		1	A	1		24	24	
Phytosterols	<u>mg</u>									

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Common Measures:

Measure 1 = 269g: 1 package yields

Measure 2 = 269g: 1 serving

NDB No. 22585

STOUFFER'S LEAN CUISINE Homestyle Stuffed Cabbage with Meat in Tomato Sauce and Whipped Potatoes, frozen meal

Calories Factors: Protein Fat Carbohydrate

Food Group: 22 Meals, Entrees, and Sidedishes

NDB No. 22609 STOUFFER'S LEAN CUISINE LUNCH EXPRESS Rice and Chicken Stir-Fry with Vegetables, frozen entree

		<u>A</u>	mount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common			
				Number				<u>m</u> e	easures of food		
				of Data	Deriv	Source	Confidence				
Nutrients and Units	1	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water		76.00		1	A	1		193.80	193.80		
Energy		106		0	NC	4		270	270		
Energy	kj	444				4		1131	1131		
Protein	g	4.60		1	A	1		11.73	11.73		
Total lipid (fat)	g	2.90		1	A	1		7.40	7.40		
Ash	g	1.00		1	A	1		2.55	2.55		
Carbohydrate, by difference		15.50		0	NC	4		39.53	39.53		
Fiber, total dietary		2.3		1	A	1		5.9	5.9		
Sugars, total											
Starch											
	9										
Minerals:											
Calcium, Ca	mg										
Iron, Fe.	_. mg										
Magnesium, Mg	mg										
Phosphorus, P	mg										
Potassium, K	mg										
Sodium, Na	mg	248		1	A	1		632	632		
Zinc, Zn	mg										
Copper, Cu	mg										
Manganese, Mn	-										
Selenium. Se											
	0										
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	mg	9.3		1	A	1		23.7	23.7		
Thiamin	mg										
Riboflavin	mg										
Niacin	_. mg										
Pantothenic acid	mg										
Vitamin B-6	mg										
Folate, total	mcg										
Folate, DFE	mcg_DFE										
Vitamin B-12											
Vitamin A, IU	IU	2067		1	A	1		5271	5271		
Vitamin A, RAE	mcg_RAE										
Vitamin E (alpha-tocopherol)											
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
Lipids:											
Fatty acids, total saturated	g	0.364	1	1	A	1		0.928	0.928		
Fatty acids, total monounsaturated		1.360)	1	A	1		3.468	3.468		
Fatty acids, total polyunsaturated		0.792	2	1	A	1		2.020	2.020		
Fatty acids, total trans											
Cholesterol		10		1	A	1		26	26		
Phytosterols											
Carotenoids:											
Carotene, beta	mca	1240		1	A	1		3162.000	3162.000		
Carotene, alpha	-			-		-		5-5000	5252.000		
Cryptoxanthin, beta	-										
Lycopene											
Lutein + zeaxanthin											

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 22609

STOUFFER'S LEAN CUISINE LUNCH EXPRESS Rice and Chicken Stir-Fry with Vegetables, frozen entree

Common Measures:

Measure 1 = 255g: 1 package yields

Measure 2 = 255g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 22 Meals, Entrees, and Sidedishes

NDB No. 22576 STOUFFER'S LEAN CUISINE Macaroni and Beef in Tomato Sauce, frozen entree

		<u>A</u>	mount in 10	<u>0 grams</u>	of edik	ole portio	<u>on</u>	Amount in edible portion of common			
			1	Number				<u>m</u>	easures of food		
				of Data	Deriv	Source	Confidence				
Nutrients and Unit	S	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water		79.40		1	A	1		224.70	224.70		
Energy	kcal	88		0	NC	4		249	249		
Energy	kj	368				4		1042	1042		
Protein	g	4.90		1	A	1		13.87	13.87		
Total lipid (fat)	g	1.90		1	A	1		5.38	5.38		
Ash	g	0.90		1	A	1		2.55	2.55		
Carbohydrate, by difference		12.90		0	NC	4		36.51	36.51		
Fiber, total dietary		1.2		1	A	1		3.4	3.4		
Sugars, total											
Starch											
Minerals:											
Calcium, Ca	mg										
Iron, Fe	<u>mg</u>	0.77		1	A	1		2.18	2.18		
Magnesium, Mg	mg										
Phosphorus, P	mg										
Potassium, K	mg										
Sodium, Na	mg	199		1	A	1		563	563		
Zinc, Zn	mg										
Copper, Cu	mg										
Manganese, Mn	mg										
Selenium, Se	mcg										
¥7*.											
Vitamins:											
Vitamin C, total ascorbic acid		55.6		1	A	1		157.3	157.3		
Thiamin	-										
Riboflavin	-										
Niacin											
Pantothenic acid											
Vitamin B-6											
Folate, total											
Folate, DFE											
Vitamin B-12											
Vitamin A, IU	IU	350		1	A	1		991	991		
Vitamin A, RAE											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D	IU										
Vitamin K (phylloquinone)	mcg										
<u>Lipids:</u>											
Fatty acids, total saturated	g	0.578		1	A	1		1.636	1.636		
Fatty acids, total monounsaturated		0.727		1	A	1		2.057	2.057		
Fatty acids, total polyunsaturated		0.248	3	1	A	1		0.702	0.702		
Fatty acids, total trans											
Cholesterol		8		1	A	1		23	23		
Phytosterols Carotenoids:	!IIIY										
<u> </u>											
Carotene, beta	-	210		1	A	1		594.300	594.300		
Carotene, alpha	-										
Cryptoxanthin, beta											
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.

NDB No. 22576

STOUFFER'S LEAN CUISINE Macaroni and Beef in Tomato Sauce, frozen entree

Common Measures:

Measure 1 = 283g: 1 package yields

Measure 2 = 283g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 22 Meals, Entrees, and Sidedishes

NDB No. 22582 STOUFFER'S LEAN CUISINE Oriental Beef with Vegetables and Rice, frozen meal

		<u>A</u>	mount in 10	00 grams	of edit	ole portio	<u>on</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food	i	
						Source	Confidence				
Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water		77.70		1	A	1		198.14	198.14		
Energy		95		0	NC	4		242	242		
Energy		397				4		1014	1014		
Protein		5.30		1	A	1		13.52	13.52		
Total lipid (fat)		1.90		1	A	1		4.85	4.85		
Ash		0.90		1	A	1		2.30	2.30		
Carbohydrate, by difference		14.20		0	NC	4		36.21	36.21		
Fiber, total dietary	g										
Sugars, total	g										
Starch	g										
Minerals:											
Calcium. Ca	ma										
Iron. Fe.	• • • • • • • • • • • • • • • • • • • •										
Magnesium, Mg.											
Phosphorus, P	-										
Potassium, K											
Sodium. Na	_	195		1	A	1		497	497		
Zine, Zn	mg										
Copper, Cu	mg										
Manganese, Mn	mg										
Selenium, Se	mcg										
X7*4 *											
<u>Vitamins:</u>		10.4			_			06.5	0.6 =		
Vitamin C, total ascorbic acid		10.4		1	A	1		26.5	26.5		
Thiamin	-										
Riboflavin	-										
Pantothenic acid											
Vitamin B-6											
Folate, total											
Folate, DFE											
Vitamin B-12											
Vitamin A, IU		1000		1	A	1		2550	2550		
Vitamin A, RAE	mcg_RAE										
Vitamin E (alpha-tocopherol)											
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta	mg										
Vitamin D	IU										
Vitamin K (phylloquinone)	mcg										
<u>Lipids:</u>											
Fatty acids, total saturated		0.714		1	A	1		1.821	1.821		
Fatty acids, total monounsaturated		0.770		1	A	1		1.964	1.964		
Fatty acids, total polyunsaturated		0.153	3	1	A	1		0.390	0.390		
Fatty acids, total trans		_		_		_			_		
CholesterolPhytosterols		9		1	A	1		23	23		
Carotenoids:	U										
<u></u>	mca	600		1	A	1		1530.000	1530.000		
Carotene, beta		500		1	A	_		1330.000	1330.000		
Cryptoxanthin, beta	_										
LycopeneLycopene											
Lutein + zeaxanthin											

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 22582

STOUFFER'S LEAN CUISINE Oriental Beef with Vegetables and Rice, frozen meal

Common Measures:

Measure 1 = 255g: 1 package yields

Measure 2 = 255g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 22 Meals, Entrees, and Sidedishes

NDB No. 22580 STOUFFER'S LEAN CUISINE Spaghetti with Meat Sauce, frozen entree

		<u>A</u>	mount in 10	0 grams	of edib	ole portic	<u>on</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food	<u> </u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Units		Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	q	77.40		1	A	1		252.32	252.32		
Energy		96		0	NC	4		313	313		
Energy		402		·		4		1309	1309		
Protein		4.40		1	A	1		14.34	14.34		
		1.80		1	A	1		5.87	5.87		
Total lipid (fat)		0.90		1	A	1		2.93	2.93		
Ash											
Carbohydrate, by difference		15.50		0	NC	4		50.53	50.53		
Fiber, total dietary		1.7		1	A	1		5.5	5.5		
Sugars, total	g										
Starch	g										
Minerals:											
Calcium, Ca	ma										
Iron, Fe	-	0.65		1	A	1		2.12	2.12		
	-	0.65		_	A	1		2.12	2.12		
Magnesium, Mg Phosphorus, P											
Potassium, K	_										
, , , , , , , , , , , , , , , , , , , ,		187		1	A	1		610	610		
Sodium, NaZinc. Zn.	_	107		1	A	1		610	610		
• • • • • • • • • • • • • • • • • • • •											
Copper, Cu	-										
Manganese, Mn											
Selenium, Se	IIICY										
Vitamins:											
Vitamin C, total ascorbic acid	mg	10.7		1	A	1		34.9	34.9		
Thiamin											
Riboflavin	mg										
Niacin	mg										
Pantothenic acid	mg										
Vitamin B-6											
Folate, total											
Folate, DFE											
Vitamin B-12											
Vitamin A, IU		167		1	A	1		544	544		
Vitamin A, RAE	mcg RAE										
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
	0										
<u>Lipids:</u>											
Fatty acids, total saturated		0.415		1	A	1		1.353	1.353		
Fatty acids, total monounsaturated		0.700		1	A	1		2.282	2.282		
Fatty acids, total polyunsaturated		0.406	5	1	A	1		1.324	1.324		
Fatty acids, total trans											
Cholesterol		4		1	A	1		13	13		
Phytosterols	mg										
Carotenoids:											
Carotene, beta	mcg	100		1	A	1		326.000	326.000		
Carotene, alpha	_	<i>y</i> -		=		-					
Cryptoxanthin, beta											
Lycopene											
Lutein + zeaxanthin											

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 22580

STOUFFER'S LEAN CUISINE Spaghetti with Meat Sauce, frozen entree

Common Measures:

Measure 1 = 326g: 1 package yields

Measure 2 = 326g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 22 Meals, Entrees, and Sidedishes

NDB No. 22572 STOUFFER'S LEAN CUISINE Spaghetti with Meatballs and Sauce, frozen entree

Refuse: 0%

	<u>A</u>	mount in 100 gram		ole portio	o <u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Number of Data	a Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Waterg	74.90	1	A	1		201.48	201.48	
Energykcal	111	0	NC	4		299	299	
Energykj	464			4		1249	1249	
Proteing	6.70	1	A	1		18.02	18.02	
Total lipid (fat)	2.80	1	A	1		7.53	7.53	
Ash9	0.90	1	A	1		2.42	2.42	
Carbohydrate, by difference9	14.70	0	NC	4		39.54	39.54	
Fiber, total dietaryg	1.7	1	A	1		4.6	4.6	
Sugars, total								
Starchg								
Minerals:								
Calcium, Camg	35	1	A	1		94	94	
Iron, Femg	0.88	1	A	1		2.37	2.37	
Magnesium, Mgmg	0.00	-		_				
Phosphorus, P mg								
Potassium, Kmg								
Sodium, Namg	173	1	A	1		465	465	
Zinc, Znmg								
Copper, Cumg								
Manganese, Mnmg								
Selenium, Semcg								
Lipids:								
Fatty acids, total saturatedg	0.767	1	A	1		2.063	2.063	
Fatty acids, total monounsaturated	1.020	1	A	1		2.744	2.744	
Fatty acids, total polyunsaturated	0.499	1	A	1		1.342	1.342	
Fatty acids, total trans								
Cholesterolmg	2	1	A	1		5	5	
Phytosterolsmg								

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

Common Measures:

Measure 1 = 269g: 1 package yields

Measure 2 = 269g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 22573 STOUFFER'S LEAN CUISINE Swedish Meatballs with Pasta, frozen entree

Refuse: 0%

	<u>A</u>	mount in 100 gram	s of edil	ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Numbe of Data Std. Error Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Water	g 75.80	1	A	1		195.56	195.56	
Energy	kcal 107	0	NC	4		276	276	
Energy				4		1155	1155	
Protein		1	A	1		21.67	21.67	
Total lipid (fat)	-	1	A	1		7.22	7.22	
Ash	=	1	A	1		2.32	2.32	
Carbohydrate, by difference		0	NC	4		31.22	31.22	
Fiber, total dietary		1	A	1		2.6	2.6	
Sugars, total								
Starch	=							
Minerals:	•							
Calcium, Ca	mα							
Iron, Fe		1	A	1		2.06	2.06	
Magnesium, Mg	5	-		-		2.00		
Phosphorus, P								
Potassium, K	_							
Sodium, Na		1	A	1		562	562	
Zine, Zn	_							
Copper, Cu								
Manganese, Mn	mg							
Selenium, Se	mcg							
Lipids:								
Fatty acids, total saturated	g 0.939) 1	A	1		2.423	2.423	
Fatty acids, total monounsaturated		1	A	1		2.340	2.340	
Fatty acids, total polyunsaturated		3 1	A	1		1.040	1.040	
Fatty acids, total trans								
Cholesterol	-	1	A	1		46	46	
Phytosterols	mg							

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Common Measures:

Measure 1 = 258g: 1 package yields

Measure 2 = 258g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 22610 STOUFFER'S LUNCH EXPRESS Chicken Alfredo with fettucini and vegetables, frozen meal

		<u>A</u>	mount in 10	00 grams	of edib	ole portic	<u>on</u>	Amount in edible portion of common			
				Number					easures of food		
Nutrients and Units	S	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
D											
Proximates: Water	g	73.20		1	A	1		199.10	199.10		
Energy	kcal	137		0	NC	4		373	373		
Energy		573				4		1559	1559		
Protein		7.00		1	A	1		19.04	19.04		
Total lipid (fat)		6.80		1	A	1		18.50	18.50		
Ash		1.00		1	A	1		2.72	2.72		
		12.00		0	NC	4		32.64	32.64		
Carbohydrate, by difference		1.4		1				32.64			
Fiber, total dietary		1.4		1	A	1		3.8	3.8		
Sugars, total											
Starch	g										
Minerals:											
Calcium, Ca	mg	54		1	A	1		147	147		
Iron, Fe.	-										
Magnesium, Mg	-										
Phosphorus, P											
Potassium, K											
Sodium, Na		216		1	A	1		588	588		
Zinc, Zn	-										
Copper, Cu											
Manganese, Mn.											
Selenium, Se											
Scientini, Sc	9										
Vitamins:											
Vitamin C, total ascorbic acid	mg	8.9		1	A	1		24.2	24.2		
Thiamin	mg										
Riboflavin	mg										
Niacin	mg										
Pantothenic acid	_. mg										
Vitamin B-6	mg										
Folate, total	mcg										
Folate, DFE	mcg_DFE										
Vitamin B-12	mcg										
Vitamin A, IU		892		1	A	1		2426	2426		
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)											
Lipids:											
Fatty acids, total saturated	a	2.570	1	1	A	1		6.990	6.990		
Fatty acids, total monounsaturated		2.300		1	A	1		6.256	6.256		
		0.880		1	A	1		2.394	2.394		
Fatty acids, total polyunsaturated		0.880	,	1	A	1		2.394	2.394		
Fatty acids, total trans		21		1	A	1		57	57		
CholesterolPhytosterols		21		1	A	1		3/	31		
Carotenoids:	.										
				_	_	_		1000	4044		
Carotene, beta	-	500		1	A	1		1360.000	1360.000		
Carotene, alpha											
Cryptoxanthin, beta											
Lycopene											
Lutein + zeaxanthin	mcg										

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NDB No. 22610 STOUFFER'S LUNCH EXPRESS Chicken Alfredo with fettucini and vegetables, frozen meal

Common Measures:

Measure 1 = 272g: 1 package yields

Measure 2 = 272g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 22 Meals, Entrees, and Sidedishes

	Amo	ount in 100 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common		
		Numbe	r			<u>m</u>	easures of food	
Nutrients and Units	Mean S	of Data td. Error Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:								
Waterg	72.50	1	A	1		431.38	155.88	
Energy kcal	129	0	NC	4		768	277	
Energykj	540			4		3211	1160	
Proteing	8.70	1	A	1		51.77	18.71	
Total lipid (fat)g	5.00	1	A	1		29.75	10.75	
Ash9	1.50	1	A	1		8.93	3.23	
Carbohydrate, by difference9	12.30	0	NC	4		73.19	26.45	
Fiber, total dietaryg	1.5	1	A	1		8.9	3.2	
Sugars, total								
Starch9								
Minerals:								
Calcium, Camg	107	1	A	1		637	230	
Iron, Femg								
Magnesium, Mgmg								
Phosphorus, Pmg								
Potassium, Kmg								
Sodium, Namg	342	1	A	1		2035	735	
Zinc, Znmg								
Copper, Cumg								
Manganese, Mnmg								
Selenium, Semcg								
<u>Lipids:</u>								
Fatty acids, total saturated	2.190	1	A	1		13.031	4.709	
Fatty acids, total monounsaturated9	1.620	1	A	1		9.639	3.483	
Fatty acids, total polyunsaturated9	0.260	1	A	1		1.547	0.559	
Fatty acids, total trans9								
Cholesterolmg	19	1	A	1		113	41	
Phytosterolsmg								

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Common Measures:

Measure 1 = 595g: 1 package yields

Measure 2 = 215g: 1 serving

Calories Factors: Protein Fat Carbohydrate

		<u>A</u>	mount in 10	ou grams	of edil	oie portio	<u>n</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food		
Nutrients and Unit	ts	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure	
Proximates:											
Water		82.20		1	A	1		360.86	180.84		
Energy	kcal	86		0	NC	4		378	189		
Energy	kj	360				4		1580	792		
Protein	g	3.60		1	A	1		15.80	7.92		
Total lipid (fat)	g	3.70		1	A	1		16.24	8.14		
Ash	g	1.00		1	A	1		4.39	2.20		
Carbohydrate, by difference	g	9.50		0	NC	4		41.71	20.90		
Fiber, total dietary		2.4		1	A	1		10.5	5.3		
Sugars, total											
Starch											
	9										
<u>linerals:</u>											
Calcium, Ca											
Iron, Fe											
Magnesium, Mg											
Phosphorus, P											
Potassium, K											
Sodium, Na		263		1	A	1		1155	579		
Zinc, Zn											
Copper, Cu											
Manganese, Mn											
Selenium, Se	mcg										
<u>'itamins:</u>											
Vitamin C, total ascorbic acid	mg	39.4		1	A	1		173.0	86.7		
Thiamin	mg										
Riboflavin	mg										
Niacin	mg										
Pantothenic acid	mg										
Vitamin B-6	mg										
Folate, total											
Folate, DFE	mcg_DFE										
Vitamin B-12											
Vitamin A, IU	IU	0		1	A	1		0	0		
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										
ipids:											
Fatty acids, total saturated	g	1.240)	1	A	1		5.444	2.728		
Fatty acids, total monounsaturated	g	1.710)	1	A	1		7.507	3.762		
Fatty acids, total polyunsaturated		0.241	L	1	A	1		1.058	0.530		
Fatty acids, total trans											
Cholesterol		10		1	A	1		44	22		
Phytosterols											

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Common Measures:

Measure 1 = 439g: 1 package yields

Measure 2 = 220g: 1 serving

NDB No. 22569

STOUFFER'S Stuffed Peppers with Beef in Tomato Sauce, frozen entree

Calories Factors: Protein Fat Carbohydrate

Food Group: 22 Meals, Entrees, and Sidedishes

		<u>Aı</u>	mount in 100 grar	ns of edi	ole portic	<u>on</u>	Amount in	edible portion	of common
			Numb	er			<u>m</u>	easures of food	
			of Da	ta Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	77.80	1	A	1		194.50	194.50	97.25
Energy	kcal	135	C	NC	4		336	336	168
Energy	kj	563			4		1407	1407	703
Protein	g	2.80	1	A	1		7.00	7.00	3.50
Total lipid (fat)	g	10.50	1		1		26.25	26.25	13.13
Ash		1.70	1		1		4.25	4.25	2.13
Carbohydrate, by difference		7.20	C		4		18.00	18.00	9.00
Fiber, total dietary		1.8	1	A	1		4.5	4.5	2.3
Sugars, total									
Starch	g								
Minerals:									
Calcium, Ca	mg	113	1	A	1		283	283	141
Iron, Fe.	_								
Magnesium, Mg									
Phosphorus, P									
Potassium, K		0.00		_			670	670	225
Sodium, Na	_	268	1	A	1		670	670	335
Zinc, Zn Copper, Cu									
Manganese, Mn									
Selenium, Se									
Lipids:	_			_	_				
Fatty acids, total saturated		2.960	1	A	1		7.400	7.400	3.700
4:0 6:0	-								
8:0	_	0.046	. 1	A	1		0.115	0.115	0.058
10:0	-	0.102			1		0.255	0.255	0.128
12:0		0.113	. 1	A	1		0.283	0.283	0.141
13:0									
14:0	g	0.360	1	A	1		0.900	0.900	0.450
15:0	g	0.038			1		0.095	0.095	0.048
16:0	-	1.582			1		3.955	3.955	1.978
17:0	-	0.029			1		0.073	0.073	0.036
18:0	_	0.651			1		1.628	1.628	0.814
20:0		0.029			1		0.073	0.073	0.036
22:0	-	0.029) 1	A	1		0.073	0.073	0.03
24:0 Fatty acids, total monounsaturated		2.268	. 1	2	1		5.670	5.670	2.83
14:1		0.028		A	1		0.070	0.070	0.03
15:1			_		_		0.070	0.070	0.00
16:1 undifferentiated		0.067	1	A	1		0.168	0.168	0.084
17:1		0.010	1	A	1		0.025	0.025	0.013
18:1 undifferentiated	g	2.144	. 1	A	1		5.360	5.360	2.680
20:1	g	0.019	1	A	1		0.048	0.048	0.024
22:1 undifferentiated	g								
24:1 c	-								
Fatty acids, total polyunsaturated		3.592			1		8.980	8.980	4.490
18:2 undifferentiated	-	3.052			1		7.630	7.630	3.815
18:3 undifferentiated	-	0.531	. 1	A	1		1.328	1.328	0.664
18:4 20:2 n-6 c,c	-								
20:2 n-6 c,c		0.005	. 1	A	1		0.012	0.012	0.006
20:4 undifferentiated		0.005			1		0.012	0.012	0.006
20:5 n-3		2.303	-		-		3.023	0.023	3.300
22:5 n-3									
22:6 n-3									
Fatty acids, total trans									
Cholesterol	ma	13	1	A	1		32	32	16

	Amount in 100 grams of edible portion Number of Data Deriy Source Confidence						Amount in edible portion of common measures of food			
Nutrients and Units	Mean	of Data Std. Error Points			Confidence Code	Measure 1	Measure 2	Measure 3		
Carotenoids: Carotene, betamcg	2190	1	A	1		5475.000	5475.000	2737.500		
Carotene, alpha										

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Common Measures:

Measure 1 = 250g: 1 cup Measure 2 = 250g: 1 package Measure 3 = 125g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 22363 SUNNY FRESH, Breakfast "Stuff-Its", Pre-Cooked Frozen Egg and Cheese Pockets

		<u>A</u>	mount in 100 gra	ns of edi	ble portic	<u>on</u>	Amount in edible portion of common		
			Numb	er			<u>m</u>	easures of food	
			of Da	ta Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	53.70	(MC	9		4110.74	34.37	
Energy		230	(MC MC	9		17607	147	
Energy		962			9		73666	616	
Protein		10.63	(MC	9		813.73	6.80	
Total lipid (fat)		11.94	(MC	9		914.01	7.64	
Ash		1.56	(MC	9		119.42	1.00	
Carbohydrate, by difference		22.99	(MC	9		1759.88	14.71	
Fiber, total dietary	g	1.5	(MC	9		114.8	1.0	
Sugars, total	g	1.76	(MC	9		134.88	1.13	
Starch	g								
Minerals:	ma	0.0	,	140	^		7500	63	
Calcium, Ca	-	98 1.47	(9 9		7502 112.53	63 0.94	
Iron, Fe		4	(9		306	0.94	
Phosphorus, P		60			9		4593	38	
Potassium, K	-	48	Č		9		3674	31	
Sodium, Na		364			9		27864	233	
Zinc, Zn		0.36			9		27.56	0.23	
Copper, Cu		0.008	3	MC	9		0.612	0.005	
Manganese, Mn		0.008	3 (MC	9		0.612	0.005	
Selenium, Se	mcg								
Vitamina									
<u>Vitamins:</u>	ma	0.0	,		9		0.0	0.0	
Vitamin C, total ascorbic acid		0.0 0.190) (9		0.0 14.545	0.0 0.122	
ThiaminRiboflavin		0.190			9		23.731	0.122	
Niacin	=	2.284			9		174.840	1.462	
Pantothenic acid	-	0.410	-		9		31.386	0.262	
Vitamin B-6		0.045			9		3.445	0.029	
Folate, total	-	0.043	,	110			3.443	0.023	
Folate, DFE									
Vitamin B-12		0.33	C	MC	9		25.26	0.21	
Vitamin A, IU	IU	344	C	MC	9		26333	220	
Vitamin A, RAE	mcg_RAE								
Vitamin E (alpha-tocopherol)									
Tocopherol, beta	mg								
Tocopherol, gamma									
Tocopherol, delta	mg								
Vitamin D	IU								
Vitamin K (phylloquinone)	mcg								
Lipids:									
Fatty acids, total saturated	g	4.790) (MC	9		366.675	3.066	
4:0		0.094		FLM	4		7.196	0.060	
6:0		0.047	, ,	FLM	4		3.598	0.030	
8:0	-	0.026	5 (FLM	4		1.990	0.017	
10:0	g	0.056	5 0	FLM	4		4.287	0.036	
12:0	g	0.050) (FLM	4		3.828	0.032	
13:0									
14:0		0.324	1 (FLM	4		24.802	0.207	
15:0			_						
16:0		2.984	1 (FLM	4		228.425	1.910	
17:0					_				
18:0		1.083	3 (FLM	4		82.904	0.693	
20:0	-								
22:0	-								
24:0Fatty acids, total monounsaturated	-	1.411		MC	9		108.012	0.903	
14:1		1.41		MC	3		100.012	0.903	

NDB No. 22363 SUNNY FRESH, Breakfast "Stuff-Its", Pre-Cooked Frozen Egg and Cheese Pockets

		<u>An</u>	nount in 100 grar	ns of edi	<u>on</u>	Amount in edible portion of common			
			Numb of Da		Source	Confidence	<u>m</u>	easures of food	
Nutrients and Unit	ts	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	a	0.076	0	FLM	4		5.818	0.049	
17:1		0.070	·		-		3.010	0.045	
18:1 undifferentiated.		1.309	0	FLM	4		100.204	0.838	
20:1		0.009	0	FLM	4		0.689	0.006	
22:1 undifferentiated	g	0.000	0	FLM	4		0.000	0.000	
24:1 c	g								
Fatty acids, total polyunsaturated	g	0.939	0	MC	9		71.880	0.601	
18:2 undifferentiated	g	0.824	0	FLM	4		63.077	0.527	
18:3 undifferentiated	g	0.100	0	FLM	4		7.655	0.064	
18:4	g	0.000	0	FLM	4		0.000	0.000	
20:2 n-6 c,c	g								
20:3 undifferentiated	g								
20:4 undifferentiated	g	0.010	0	FLM	4		0.766	0.006	
20:5 n-3	g	0.000	0	FLM	4		0.000	0.000	
22:5 n-3	g	0.000	0	FLM	4		0.000	0.000	
22:6 n-3	g	0.003	0	FLM	4		0.230	0.002	
Fatty acids, total trans	g								
Cholesterol	mg	146	0	MC	9		11176	93	
Phytosterols	mg								

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Common Measures:

Measure 1 = 7655g: 1 package yields

Measure 2 = 64g: 1 serving

Calories Factors: Protein Fat Carbohydrate

				of edil	Amount in edible portion of common				
			Numbe	r			<u>m</u>	easures of food	
			of Data	Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	q	41.10	0	MC	9		2330.37	29.18	
Energy		268	0	MC	9		15196	190	
Energy		1121			9		63578	796	
Protein		19.75	0	MC	9		1119.83	14.02	
Total lipid (fat)		7.52	0	MC	9		426.38	5.34	
Ash		1.83	0	MC	9		103.76	1.30	
Carbohydrate, by difference		29.60	0	MC	9		1678.32	21.02	
Fiber, total dietary		0.0	0	MC	9		0.0	0.0	
Sugars, total	g	8.03	0	MC	9		455.24	5.70	
Starch									
Minerals:	me		_		•		2175	40	
Calcium, Ca	_	56	0	MC	9 9		3175	40	
Iron, Fe		0.96 5	0	MC MC	9		54.43 284	0.68 4	
Phosphorus, P		125	0	MC	9		7088	89	
Potassium, K	-	96	0	MC	9		5443	68	
Sodium, Na		399	0	MC	9		22623	283	
Zine, Zn		0.49	0	MC	9		27.78	0.35	
Copper, Cu		0.025		MC	9		1.418	0.018	
Manganese, Mn		0.009		MC	9		0.510	0.006	
Selenium, Se	-								

Vitamins:			•						
Vitamin C, total ascorbic acid		0.0	0	MC	9		0.0	0.0	
Thiamin		0.038		MC MC	9 9		2.155 12.077	0.027	
Riboflavin	-	0.213		MC	9		11.737	0.151 0.147	
Niacin Pantothenic acid	-	0.207	•	MC	9		30.845	0.147	
Vitamin B-6		0.058		MC	9		3.289	0.386	
Folate, total	-	0.030		мс	,		3.203	0.041	
Folate, DFE									
Vitamin B-12		0.50	0	MC	9		28.35	0.36	
Vitamin A, IU		258	0	MC	9		14629	183	
Vitamin A, RAE	mcg_RAE								
Vitamin E (alpha-tocopherol)									
Tocopherol, beta	mg								
Tocopherol, gamma	mg								
Tocopherol, delta	mg								
Vitamin D									
Vitamin K (phylloquinone)	mcg								
Lipids:									
Fatty acids, total saturated	g	1.769	0	MC	9		100.302	1.256	
4:0		0.000	0	FLM	4		0.000	0.000	
6:0		0.000	0	FLM	4		0.000	0.000	
8:0	_	0.001		FLM	4		0.057	0.001	
10:0	_	0.001	. 0	FLM	4		0.057	0.001	
12:0	_	0.001	. 0	FLM	4		0.057	0.001	
13:0	g								
14:0		0.018	0	FLM	4		1.021	0.013	
15:0									
16:0		1.297	0	FLM	4		73.540	0.921	
17:0									
18:0		0.426	0	FLM	4		24.154	0.302	
20:0	_								
22:0	g								
	~								
24:0	_	0.4	,		^		120 210	1 744	
	9	2.457	0	MC	9		139.312	1.744	

		<u>An</u>	nount in 10	0 grams Number		ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units		Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated17:1	-	0.194		0	FLM	4		11.000	0.138	
18:1 undifferentiated	g	2.239		0	FLM	4		126.951	1.590	
20:1	g	0.017		0	FLM	4		0.964	0.012	
22:1 undifferentiated	g	0.001		0	FLM	4		0.057	0.001	
24:1 c	g									
Fatty acids, total polyunsaturated	g	1.827		0	MC	9		103.591	1.297	
18:2 undifferentiated		1.607		0	FLM	4		91.117	1.141	
18:3 undifferentiated	g	0.056		0	FLM	4		3.175	0.040	
18:4	g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.126		0	FLM	4		7.144	0.089	
20:5 n-3	g	0.003		0	FLM	4		0.170	0.002	
22:5 n-3	g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3	g	0.033		0	FLM	4		1.871	0.023	
Fatty acids, total trans	g									
Cholesterol	mg	181		0	MC	9		10263	129	
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 = 5670g: 1 package yields

Measure 2 = 71g: 1 serving

Calories Factors: Protein Fat Carbohydrate

		<u>A</u>	mount in 100 grai	ns of edi	ble portic	<u>on</u>	Amount in edible portion of common		
			Numb	er			<u>m</u>	easures of food	
			of Da	ta Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure 3
D									
Proximates: Water	a	53.49	(MC	9		6369.05	52.96	
Energy		226			9		26910	224	
Energy		946	·		9		112591	936	
Protein		9.97	(MC	9		1187.13	9.87	
Total lipid (fat)		8.96			9		1066.87	8.87	
Ash		2.87			9		341.73	2.84	
Carbohydrate, by difference		24.83			9		2956.51	24.58	
Fiber, total dietary		0.0			9		0.0	0.0	
Sugars, total		1.82			9		216.71	1.80	
Starch					-			2.00	
Surci	9								
Minerals:									
Calcium, Ca	-	102	0		9		12145	101	
Iron, Fe		2.27	C		9		270.29	2.25	
Magnesium, Mg		3	С		9		357	3	
Phosphorus, P	-	50	C		9		5954	50	
Potassium, K		40	C		9		4763	40	
Sodium, Na		569	C		9		67751	563	
Zinc, Zn		0.30	0		9		35.72	0.30	
Copper, Cu		0.006			9		0.714	0.006	
Manganese, Mn	-	0.007	ď	MC	9		0.833	0.007	
Selenium, Se	Tricg								
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.0	C	MC	9		0.0	0.0	
Thiamin	mg	0.239) c	MC	9		28.458	0.237	
Riboflavin		0.307	, c	MC	9		36.554	0.304	
Niacin		2.038	3 0	MC	9		242.665	2.018	
Pantothenic acid	mg	0.332	?	MC	9		39.531	0.329	
Vitamin B-6	mg	0.037	, c	MC	9		4.406	0.037	
Folate, total	mcg								
Folate, DFE	mcg_DFE								
Vitamin B-12		0.27	C	MC	9		32.15	0.27	
Vitamin A, IU	IU	207	C	MC	9		24647	205	
Vitamin A, RAE	mcg_RAE								
Vitamin E (alpha-tocopherol)									
Tocopherol, beta	mg								
Tocopherol, gamma									
Tocopherol, delta	mg								
Vitamin D	IU								
Vitamin K (phylloquinone)	mcg								
Lipids:									
Fatty acids, total saturated	g	2.375	5 0	MC	9		282.791	2.351	
4:0		0.050			4		5.954	0.050	
6:0		0.029			4		3.453	0.029	
8:0		0.023			4		2.739	0.023	
10:0	-	0.038			4		4.525	0.038	
12:0	-	0.046			4		5.477	0.046	
13:0	-								
14:0		0.170	0	FLM	4		20.242	0.168	
15:0									
16:0		1.391	. 0	FLM	4		165.626	1.377	
17:0									
18:0		0.601	. 0	FLM	4		71.561	0.595	
20:0									
22:0	-								
24:0	-								
Fatty acids, total monounsaturated	g	1.145	5 0	MC	9		136.335	1.134	
14:1									
	g								

NDB No. 22360 SUNNY FRESH, Pre-Cooked Frozen Egg and Cheese Biscuit Sandwich

		<u>Ar</u>	nount in 10		<u>n</u>	Amount in edible portion of common measures of food				
Nutrients and Uni	ts	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated		0.035		0	FLM	4		4.167	0.035	
18:1 undifferentiated		1.098		0	FLM	4		130.739	1.087	
20:1	g	0.001		0	FLM	4		0.119	0.001	
22:1 undifferentiated	g	0.000		0	FLM	4		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsaturated	g	3.704		0	MC	9		441.035	3.667	
18:2 undifferentiated	g	3.401		0	FLM	4		404.957	3.367	
18:3 undifferentiated	g	0.261		0	FLM	4		31.077	0.258	
18:4	g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.033		0	FLM	4		3.929	0.033	
20:5 n-3	g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3	g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3	g	0.008		0	FLM	4		0.953	0.008	
Fatty acids, total trans	g									
Cholesterol	mg	112		0	MC	9		13336	111	
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 = 11907g: 1 package yields

Measure 2 = 99g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 22361 SUNNY FRESH, Pre-Cooked Frozen Egg, Ham and Cheese Biscuit Sandwich

		<u>A</u>	mount in 100 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common		
			Numbe	r			<u>m</u>	easures of food	
			of Data	Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
D : .									
Proximates: Water	a	58.00	0	MC	9		8386.22	69.60	
Energy		202	0	MC	9		29207	242	
Energy		845			9		122203	1014	
Protein		10.17	0	MC	9		1470.48	12.20	
Total lipid (fat)		8.06	0	MC	9		1165.40	9.67	
Ash		2.92	0	MC	9		422.20	3.50	
Carbohydrate, by difference		20.94	0	MC	9		3027.71	25.13	
Fiber, total dietary	g	0.1	0	MC	9		14.5	0.1	
Sugars, total	g	1.77	0	MC	9		255.92	2.12	
Starch	g								
3.61									
Minerals:	ma	88	0	MC	9		12724	106	
Calcium, Ca Iron, Fe	-	2.03	0	MC MC	9		293.52	2.44	
Magnesium, Mg		3	0	MC	9		434	4	
Phosphorus, P		45	0	MC	9		6507	54	
Potassium, K	_	39	0	MC	9		5639	47	
Sodium, Na		602	0	MC	9		87043	722	
Zinc, Zn		0.27	0	MC	9		39.04	0.32	
Copper, Cu		0.006	5 0	MC	9		0.868	0.007	
Manganese, Mn	<u>mg</u>	0.006	0	MC	9		0.868	0.007	
Selenium, Se	mcg								
Vitamins:									
Vitamin C, total ascorbic acid	ma	0.1	0	MC	9		14.5	0.1	
Thiamin		0.198		MC	9		28.629	0.238	
Riboflavin		0.260		MC	9		37.593	0.312	
Niacin	=	1.681		MC	9		243.056	2.017	
Pantothenic acid	_	0.288	0	MC	9		41.642	0.346	
Vitamin B-6	mg	0.032	2 0	MC	9		4.627	0.038	
Folate, total	mcg								
Folate, DFE	mcg_DFE								
Vitamin B-12		0.24	0	MC	9		34.70	0.29	
Vitamin A, IU	IU	177	0	MC	9		25592	212	
Vitamin A, RAE									
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma Tocopherol, delta									
Vitamin D	 IIJ								
Vitamin K (phylloquinone)	mca								
<u>Lipids:</u>					_				
Fatty acids, total saturated		2.187		MC	9		316.218	2.624	
4:0		0.049		FLM	4 4		7.085	0.059	
6:0 8:0	-	0.029		FLM FLM	4		4.193 3.181	0.035 0.026	
10:0	-	0.022		FLM	4		5.350	0.026	
12:0	-	0.047		FLM	4		6.796	0.056	
13:0	_	0.04	· ·		-		3.733	0.050	
14:0		0.169	0	FLM	4		24.436	0.203	
15:0									
16:0		1.211	. 0	FLM	4		175.098	1.453	
17:0									
18:0	g	0.544	0	FLM	4		78.657	0.653	
20:0	-								
22:0	-								
24:0	g								
	-				_				
Fatty acids, total monounsaturated		1.020	0	MC	9		147.482	1.224	

NDB No. 22361 SUNNY FRESH, Pre-Cooked Frozen Egg, Ham and Cheese Biscuit Sandwich

	<u>Ar</u>	mount in 100	<u>0 grams</u> Number	Amount in edible portion of common measures of food					
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated			0	FLM	4		6.940	0.058	
18:1 undifferentiated	0.956		0	FLM	4		138.228	1.147	
20:1	0.003		0	FLM	4		0.434	0.004	
22:1 undifferentiated	0.001		0	FLM	4		0.145	0.001	
24:1 c	9								
Fatty acids, total polyunsaturated	3.129		0	MC	9		452.422	3.755	
18:2 undifferentiated			0	FLM	4		404.997	3.361	
18:3 undifferentiated	0.207		0	FLM	4		29.930	0.248	
18:4	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c	9								
20:3 undifferentiated)								
20:4 undifferentiated	0.091		0	FLM	4		13.158	0.109	
20:5 n-3	0.001		0	FLM	4		0.145	0.001	
22:5 n-3	0.011		0	FLM	4		1.590	0.013	
22:6 n-3	0.021		0	FLM	4		3.036	0.025	
Fatty acids, total trans)								
Cholesterolr	ng 95		0	MC	9		13736	114	
Phytosterolsr	ng								

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Common Measures:

Measure 1 = 14459g: 1 package yields

Measure 2 = 120g: 1 serving

Calories Factors: Protein Fat Carbohydrate

	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Number						measures of food		
Nutrients and Units	Mean	of Std. Error Po			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Waterg	79.90		1	A	1		544.12	191.76	
Energykcal	91		0	NC	4		620	218	
Energykj	381				4		2593	914	
Proteing	6.30		1	A	1		42.90	15.12	
Total lipid (fat)g	3.10		1	A	1		21.11	7.44	
Ash9	1.20		1	A	1		8.17	2.88	
Carbohydrate, by differenceg	9.50		0	NC	4		64.70	22.80	
Fiber, total dietaryg	1.1		1	A	1		7.5	2.6	
Sugars, totalg									
Starchg									
Minerals:									
Calcium, Camg									
Iron, Femg	1.07		1	A	1		7.29	2.57	
Magnesium, Mgmg									
Phosphorus, Pmg									
Potassium, Kmg									
Sodium, Namg	394		1	A	1		2683	946	
Zinc, Znmg									
Copper, Cumg									
Manganese, Mnmg									
Selenium, Semcg									
<u>Lipids:</u>									
Fatty acids, total saturatedg	0.748		1	A	1		5.094	1.795	
Fatty acids, total monounsaturatedg	1.230		1	A	1		8.376	2.952	
Fatty acids, total polyunsaturated9	0.677	7	1	A	1		4.610	1.625	
Fatty acids, total transg									
Cholesterolmg	15		1	A	1		102	36	
Phytosterolsmg									

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Common Measures:

Measure 1 = 681g: 1 package yields

Measure 2 = 240g: 1 serving

Calories Factors: Protein Fat Carbohydrate

		<u>A</u>	mount in 100 g		Amount in edible portion of common measures of food					
Nutrients and Units		Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	66.30		1	A	1		117.35	117.35	
Energy	kcal	204		0	NC	4		361	361	
Energy		854				4		1511	1511	
Protein	g	7.10		1	A	1		12.57	12.57	
Total lipid (fat)	g	15.20		1	A	1		26.90	26.90	
Ash	g	1.70		1	A	1		3.01	3.01	
Carbohydrate, by difference	g	9.70		0	NC	4		17.17	17.17	
Fiber, total dietary	_	0.8		1	A	1		1.4	1.4	
Sugars, total	g									
Starch	_									
Minerals:										
Calcium, Ca	ma									
Iron, Fe	-	0.94		1	А	1		1.66	1.66	
Magnesium, Mg										
Phosphorus, P										
Potassium, K										
Sodium, Na	mg	436		1	A	1		772	772	
Zine, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Lipids:										
Fatty acids, total saturated	g	4.150)	1	A	1		7.346	7.346	
Fatty acids, total monounsaturated		7.160)	1	A	1		12.673	12.673	
Fatty acids, total polyunsaturated.		2.050)	1	A	1		3.629	3.629	
Fatty acids, total trans										
Cholesterol	_	160		1	A	1		283	283	
Phytosterols	mg									

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Common Measures:

Measure 1 = 177g: 1 package yields

Measure 2 = 177g: 1 serving

Calories Factors: Protein Fat Carbohydrate

		<u>A</u> :	mount in 10	<u>0 grams</u>	of edil	ole portio	<u>n</u>		edible portion	
				Number	•			<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	77.82		3	MA	12		220.23		
Energy	kcal	90		0	MC	9		255		
Energy	kj	377		0		9		1066		
Protein (N x 5.8)	g	5.05		3	MA	12		14.29		
Total lipid (fat)	g	1.01		3	MA	12		2.86		
Ash	g	0.88		3	MA	12		2.49		
Carbohydrate, by difference	g	15.24		0	MC	9		43.13		
Fiber, total dietary	g	1.8		3	MA	12		5.1		
Sugars, total	g	2.60		3	MA	12		7.36		
Starch	g									
are a										
Minerals:	ma	10		3	147	10		E1		
Calcium, Ca	-	18 1.25		3 3	MA MA	12 12		51 3.54		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	1.25		3	MA FLM	12 4		3.54 42		
Phosphorus, P		49		0	FLM	4		139		
Potassium, K	-	144		0	FLM	4		408		
Sodium, Na	-	167		3	MA	12		473		
Zinc, Zn	-	0.51		0	FLM	4		1.44		
Copper, Cu		0.125	:	0	FLM	4		0.354		
Manganese, Mn		0.213		0	FLM	4		0.603		
Selenium, Se		11.9	,	0	FLM	4		33.7		
•						_				
<u>/itamins:</u>										
Vitamin C, total ascorbic acid	-	5.4		3	MA	12		15.3		
Thiamin	-	0.122		0	FLM	4		0.345		
Riboflavin		1.333		0	FLM	4		3.772		
Niacin		0.177		0	FLM	4		0.501		
Pantothenic acid	-	0.071		0	FLM	4		0.201		
Vitamin B-6	-	0.070)	0	FLM	4		0.198		
Folate, total		46		0	FLM	4		130		
Folic acid		37		0	NC	4		105		
Folate, food		9		0		4		25		
Folate, DFE		72		0	NC	4		203		
Vitamin B-12		0.06		0	FLM	4		0.17		
Vitamin A, IU		316		0	NC	4		895		
Vitamin A, RAE		16		0	FLA	4		45		
Retinol		0		0	FLA	4		0		
Vitamin E (alpha-tocopherol)		0.83		0	FLA	4		2.36		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)		1.3		0	FLA	4		3.6		
				•		-		2.0		
<u> ipids:</u>										
Fatty acids, total saturated		0.350		3	MA	12		0.991		
4:0		0.000		0	FLM	4		0.000		
6:0		0.000		0	FLM	4		0.000		
8:0	-	0.000		0	FLM	4		0.000		
10:0	-	0.001		0	FLM	4		0.003		
12:0		0.001		0	FLM	4		0.003		
13:0		0.00		^				•		
14:0		0.020	,	0	FLM	4		0.057		
15:0				_						
16:0		0.224	ı	0	FLM	4		0.634		
17:0	-	0.000		^				0.000		
18:0	-	0.092	:	0	FLM	4		0.260		
20:0	-									
22:0	a									

	Ar	mount in 10	0 grams	of edil	ole portio	<u>on</u>		edible portion o	f common
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.330		3	MA	12		0.934		
14:1g									
15:1g									
16:1 undifferentiatedg	0.024		0	FLM	4		0.068		
17:1g									
18:1 undifferentiatedg	0.297		0	FLM	4		0.841		
20:1g	0.000		0	FLM	4		0.000		
22:1 undifferentiatedg	0.000		0	FLM	4		0.000		
24:1 cg									
Fatty acids, total polyunsaturated	0.320		3	MA	12		0.906		
18:2 undifferentiatedg	0.287		0	FLM	4		0.812		
18:3 undifferentiatedg	0.028		0	FLM	4		0.079		
18:4g	0.000		0	FLM	4		0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.003		0	FLM	4		0.008		
20:5 n-3g	0.000		0	FLM	4		0.000		
22:5 n-3g	0.000		0	FLM	4		0.000		
22:6 n-3g	0.000		0	FLM	4		0.000		
Fatty acids, total transg									
Cholesterol mg	6		3	MA	12		17		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		
Carotenoids:									
Carotene, betamcg	190		0	FLA	4		537.130		
Carotene, alphamcg	0		0	FLA	4		0.043		
Cryptoxanthin, betamcg	0		0	FLA	4		0.061		
Lycopenemcg	5934		0	FLA	4		16793.275		
Lutein + zeaxanthinmcg	7		0	FLA	4		21.221		

Common Measures:

Measure 1 = 283g: 1 serving

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

		<u>A</u> 1	mount in 100 g	rams	of edit	ole portic	<u>on</u>	Amount in	edible portion	of common
			Nu	mber					easures of food	
					Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	80.94	0.477	6	A	1				
Energy	-	75		0	NC	4				
Energy		315		0	NC	4				
Protein		2.54	0.042	6	A	1				
Total lipid (fat)		0.77	0.086	6	A	1				
Ash		1.19	0.015	6	A	1				
Carbohydrate, by difference		14.56		0	NC	4				
Fiber, total dietary										
Sugars, total										
Sucrose										
Glucose (dextrose)		2.21	0.123	3	A	1				
Fructose		2.23	0.075	3	A	1				
Lactose		0.21		2	A	1				
Maltose	g	0.26	0.012	3	A	1				
Galactose										
Starch		7.60	0.360	3	A	1				
	=									
Minerals:				_	_	_				
Calcium, Ca		13	0.701	6	A	1				
Iron, Fe		1.55	0.078	6	A	1				
Magnesium, Mg		14 3	0.320 0.226	6 6	A A	1 1				
Phosphorus, P		3 114	4.278	6	A	1				
Potassium, KSodium, Na		344	7.754	6	A	1				
Zinc, Zn		0.37	0.009	6	A	1				
Copper, Cu		0.080		6	A	1				
Manganese, Mn		0.158		6	A	1				
Selenium, Se		9.0		2	A	1				
Vitamins:										
Vitamin C, total ascorbic acid				_	_	_				
Thiamin	-	0.125		3	A	1				
Riboflavin	_	0.099		3	A	1				
Niacin	• • • • • • • • • • • • • • • • • • • •	1.604	0.125	3	A	1				
Pantothenic acidVitamin B-6	_	0.053	0.003	3	A	1				
Folate, total	-	30	1.574	6	A	1				
Folate, DFE		30	1.574	Ü	n	-				
Vitamin B-12										
Vitamin A, IU										
Vitamin A, RAE	mcg RAE									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D				_	_	_				
Vitamin K (phylloquinone)	mcg	0.7		1	A	1				
Lipids:	_									
Fatty acids, total saturated		0.281	L	0	NC	4				
4:0										
6:0										
8:0 10:0		0.003	1	1	A	1				
12:0		0.003		3	A	1				
13:0		0.005	, 0.003	3	•	1				
14:0	_	0.021	0.012	3	A	1				
15:0	_	0.021		3	A	1				
16:0	_	0.003		3	A	1				
17:0	-	0.141		3	A	1				
1 / .V	y	0.003	0.016	3	A	_				

		<u>A</u>	mount in 10			ble portic	<u>on</u>		edible portion	
				Numbe				<u>11</u>	ieasures or root	<u>!</u>
Nutrients and Uni	ts	Mean	Std. Error				Confidence Code	Measure 1	Measure 2	Measure 3
20:0	a									
22:0		0.005	i	1	A	1				
24:0	_									
Fatty acids, total monounsaturated		0.203	3	0	NC	4				
14:1		0.003	0.0	01 3	A	1				
15:1	g									
16:1 undifferentiated	g	0.007	0.0	02 3	A	1				
17:1	g	0.008	0.0	00 3	A	1				
18:1 undifferentiated	g	0.156	0.0	28 3	A	1				
20:1	g	0.004	Į.	1	A	1				
22:1 undifferentiated	g	0.002	0.0	00 3	A	1				
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.298	3	0	NC	4				
18:2 undifferentiated	g	0.250	0.0	25 3	A	1				
18:3 undifferentiated	g	0.019	0.0	05 3	A	1				
18:4	g									
20:2 n-6 c,c	g	0.002	0.0	01 3	A	1				
20:3 undifferentiated	g	0.001		1	A	1				
20:4 undifferentiated	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg									
Phytosterols	mg									

Common Measures:

Calories Factors: Protein Fat Carbohydrate

		<u>A</u> 1	mount in 100			ole portio	<u>on</u>		edible portion	
			N	umbe	r			<u>m</u>	easures of food	_
			O	f Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error F	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		78.24	0.132		A	1				
Energy		107		0	NC	4				
Energy	kj	448		0	NC	4				
Protein	g	4.17	0.176		A	1				
Total lipid (fat)	g	5.10	0.241	6	A	1				
Ash	g	1.38	0.055	6	A	1				
Carbohydrate, by difference	g	11.11		0	NC	4				
Fiber, total dietary	g									
Sugars, total	g									
Sucrose	g									
Glucose (dextrose)		1.10	0.007	3	A	1				
Fructose	g	1.50	0.113	3	A	1				
Lactose	g									
Maltose	g	0.23		2	A	1				
Galactose										
Starch		6.43	0.245	3	A	1				
Minerals:										
Calcium, Ca		12	0.478		A	1				
Iron, Fe		1.31	0.080		A	1				
Magnesium, Mg	-	14	0.434		A	1				
Phosphorus, P		4	0.816		A	1				
Potassium, K		141	1.219		A	1				
Sodium, Na		406	15.063		A	1				
Zinc, Zn		0.60	0.021		A	1				
Copper, Cu		0.096			A	1				
Manganese, Mn		0.218			A A	1 1				
Selenium, Se	Ilicg	9.7	0.667	3	A	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.091	0.007	3	A	1				
Riboflavin	mg	0.106	0.013	3	A	1				
Niacin	mg	1.986	0.351	. 3	A	1				
Pantothenic acid	mg									
Vitamin B-6	mg	0.064	0.002	3	A	1				
Folate, total	mcg	20	1.073	6	A	1				
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg	0.28		1	A	1				
Vitamin A, IU	IU									
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	1.1		2	A	1				
Lipids:										
Fatty acids, total saturated	0	1.980	,	0	NC	4				
4:0		1.500	•	Ū	МС	-				
6:0										
8:0										
10:0										
12:0		0.008	0.000	3	A	1				
13:0			2.000	-		-				
14:0	-	0.144	0.010	3	A	1				
15:0	-	0.027			A	1				
16:0	•	1.083			A	1				
17:0	-	0.062			A	1				
18:0	-	0.643			A	1				

		<u>An</u>	nount in 100) grams	s of edil	ole portic	<u>on</u>		edible portion	
			1	Numbe	r			<u>m</u>	easures of food	<u>.</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
20:0	g	0.010	0.00	1 3	A	1				
22:0	g	0.007		1	A	1				
24:0										
Fatty acids, total monounsaturated	g	2.216		0	NC	4				
14:1	g	0.046	0.00	4 3	A	1				
15:1										
16:1 undifferentiated	g	0.193	0.01	4 3	A	1				
17:1		0.060	0.00	4 3	A	1				
18:1 undifferentiated	g	1.871	0.11	6 3	A	1				
20:1	g	0.043	0.00	6 3	A	1				
22:1 undifferentiated	g	0.005		2	A	1				
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.360		0	NC	4				
18:2 undifferentiated	g	0.302	0.01	7 3	A	1				
18:3 undifferentiated	g	0.041	0.00	5 3	A	1				
18:4	g									
20:2 n-6 c,c	g	0.013		2	A	1				
20:3 undifferentiated	g	0.005		2	A	1				
20:4 undifferentiated	g	0.009		2	A	1				
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg	9	0.69	7 3	A	1				
Phytosterols	mg									

Common Measures:

Calories Factors: Protein Fat Carbohydrate

NDB No. 22673 THE BUDGET GOURMET Italian Sausage Lasagna, frozen entree

Refuse: 0%

		<u>Ar</u>	mount in 10	00 grams Number		ole portic	<u>on</u>		Amount in edible portion of common measures of food		
Nutrients and Uni	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	70.30		1	A	1		209.49	209.49		
Energy	kcal	153		0	NC	4		456	456		
Energy	kj	640				4		1908	1908		
Protein	g	6.90		1	A	1		20.56	20.56		
Total lipid (fat)	g	8.00		1	A	1		23.84	23.84		
Ash	g	1.40		1	A	1		4.17	4.17		
Carbohydrate, by difference		13.40		0	NC	4		39.93	39.93		
Fiber, total dietary		1.0		1	A	1		3.0	3.0		
Sugars, total											
Starch	-										
Minerals:											
Calcium, Ca	ma	106		1	A	1		316	316		
Iron, Fe	_	0.90		1	A	1		2.68	2.68		
Magnesium, Mg											
Phosphorus, P											
Potassium, K											
Sodium, Na	_	303		1	A	1		903	903		
Zinc, Zn	mg										
Copper, Cu	mg										
Manganese, Mn	mg										
Selenium, Se	mcg										
Lipids:											
Fatty acids, total saturated	g	2.740		1	A	1		8.165	8.165		
Fatty acids, total monounsaturated	g	3.280		1	A	1		9.774	9.774		
Fatty acids, total polyunsaturated	g	0.670		1	A	1		1.997	1.997		
Fatty acids, total trans	g										
Cholesterol	mg	16		1	A	1		48	48		
Phytosterols	mg										
Carotenoids:											
Carotene, beta	mcg	380		1	A	1		1132.400	1132.400		
Carotene, alpha											
Cryptoxanthin, beta											
Lycopene											
Lutein + zeaxanthin											

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

Common Measures:

Measure 1 = 298g: 1 package yields

Measure 2 = 298g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 22616
THE BUDGET GOURMET LIGHT & HEALTHY Beef Sirloin Salisbury Steak with Red Skinned Potatoes & Vegetables, frozen meal

		<u>A</u>	mount in 10	00 grams	of edib	ole portic	<u>on</u>		edible portion	
				Number				<u>m</u>	easures of food	_
				of Data	Deriv	Source	Confidence			
Nutrients and Units		Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	q	80.30		1	A	1		249.73	249.73	
Energy		84		0	NC	4		261	261	
Energy		351				4		1093	1093	
Protein		5.90		1	A	1		18.35	18.35	
Total lipid (fat)		1.90		1	A	1		5.91	5.91	
• • •		1.00		1	A	1		3.11	3.11	
Ash										
Carbohydrate, by difference		10.90		0	NC	4		33.90	33.90	
Fiber, total dietary		2.3		1	A	1		7.2	7.2	
Sugars, total										
Starch	g									
Minerals:										
Calcium. Ca	ma									
Iron, Fe		0.98		1	A	1		3.05	3.05	
Magnesium, Mg	_	0.96		_	•	_		3.03	3.03	
Phosphorus, P										
Potassium, K										
Sodium, Na		159		1	A	1		494	494	
Zinc. Zn	-	139		_	•	_		494	494	
Copper, Cu										
Manganese, Mn	_									
Selenium. Se										
Seienium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	16.4		1	A	1		51.0	51.0	
Thiamin										
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6										
Folate, total										
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	467		1	A	1		1452	1452	
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Timide.										
<u>Lipids:</u>	_			_		_				
Fatty acids, total saturated		0.649		1	A	1		2.018	2.018	
Fatty acids, total monounsaturated		0.564		1	A	1		1.754	1.754	
Fatty acids, total polyunsaturated		0.301	L	1	A	1		0.936	0.936	
Fatty acids, total trans				_	_	_				
Cholesterol		14		1	A	1		44	44	
Phytosterols	mg									
Carotenoids:										
Carotene, beta	_mcg	280		1	A	1		870.800	870.800	
Carotene, alpha										
Cryptoxanthin, beta										
Lycopene										
Lutein + zeaxanthin										

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 22616

THE BUDGET GOURMET LIGHT & HEALTHY Beef Sirloin Salisbury Steak with Red Skinned Potatoes & Vegetables, frozen meal

Common Measures:

Measure 1 = 311g: 1 package yields

Measure 2 = 311g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 22 Meals, Entrees, and Sidedishes

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

NDB No. 22683
THE BUDGET GOURMET LIGHT & HEALTHY Teriyaki Chicken Breast with Oriental Style Vegetables, frozen entree

		<u>A</u>	mount in 10	0 grams	of edit	ole portio	<u>on</u>		edible portion	
				Number	•			<u>m</u>	easures of food	<u>[</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Un	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		75.20		1	A	1		233.87	233.87	
Energy	kcal	102		0	NC	4		317	317	
Energy	kj	427				4		1327	1327	
Protein	g	6.00		1	A	1		18.66	18.66	
Total lipid (fat)		1.20		1	A	1		3.73	3.73	
Ash	g	0.80		1	A	1		2.49	2.49	
Carbohydrate, by difference	g	16.80		0	NC	4		52.25	52.25	
Fiber, total dietary	g	1.3		1	A	1		4.0	4.0	
Sugars, total	g									
Starch	g									
Minopole										
Minerals: Calcium. Ca	ma									
Iron, Fe										
Magnesium, Mg	_									
Phosphorus, P										
Potassium, K										
Sodium. Na.	_	217		1	A	1		675	675	
Zinc, Zn										
Copper, Cu	_									
Manganese, Mn	_									
Selenium, Se										
~ · · ·	•									
Vitamins:										
Vitamin C, total ascorbic acid		14.3		1	A	1		44.5	44.5	
Thiamin	_									
Riboflavin	_									
Niacin										
Pantothenic acid										
Vitamin B-6Folate, total	_									
Folate, DFE										
Vitamin B-12										
Vitamin A, IU		283		1	A	1		880	880	
Vitamin A, RAE	mca RAE			_		_				
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.199	•	1	A	1		0.619	0.619	
Fatty acids, total monounsaturated.	g	0.291	L	1	A	1		0.905	0.905	
Fatty acids, total polyunsaturated	g	0.513	3	1	A	1		1.595	1.595	
Fatty acids, total trans										
Cholesterol		8		1	A	1		25	25	
Phytosterols	mg									
Carotenoids:										
Carotene, beta		170		1	A	1		528.700	528.700	
Carotene, alpha										
Cryptoxanthin, beta										
Lycopene										
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.

NDB No. 22683

THE BUDGET GOURMET LIGHT & HEALTHY Teriyaki Chicken Breast with Oriental Style Vegetables, frozen entree

Common Measures:

Measure 1 = 311g: 1 package yields

Measure 2 = 311g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 22 Meals, Entrees, and Sidedishes

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

		<u>Aı</u>	nount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in	edible portion o	of common
				Number	•			<u>m</u>	easures of food	
Nutrients and U	nits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	83.90		1	A	1		213.95	213.95	
Energy	kcal	70		0	NC	4		179	179	
Energy		293				4		747	747	
Protein	g	9.00		1	A	1		22.95	22.95	
Total lipid (fat)	g	2.20		1	A	1		5.61	5.61	
Ash		1.30		1	A	1		3.32	3.32	
Carbohydrate, by difference		3.60		0	NC	4		9.18	9.18	
Fiber, total dietary		2.4		1	A	1		6.1	6.1	
Sugars, total	_									
Starch										
Minerals:										
Calcium, Ca	ma									
Iron, Fe	-									
Magnesium, Mg	-									
Phosphorus, P	-									
Potassium, K										
Sodium, Na	mg	339		1	A	1		864	864	
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Lipids:										
Fatty acids, total saturated	g	0.567		1	A	1		1.446	1.446	
Fatty acids, total monounsaturated	ig	1.060		1	A	1		2.703	2.703	
Fatty acids, total polyunsaturated.	g	0.189		1	A	1		0.482	0.482	
Fatty acids, total trans	g									
Cholesterol		10		1	A	1		26	26	
Phytosterols	mg									
Carotenoids:										
Carotene, beta		540		1	A	1		1377.000	1377.000	
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
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 = 255g: 1 package yields

Measure 2 = 255g: 1 serving

Calories Factors: Protein Fat Carbohydrate

	<u>A</u>	mount in 10	0 grams	of edil	ole portic	<u>on</u>		edible portion	
			Number	r			<u>m</u>	easures of food	_
			of Data	Deriv	Source	Confidence			
Nutrients and Units	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Waterg	75.10		1	A	1		116.41	116.41	
Energy kcal	143		0	NC	4		222	222	
Energykj	599				4		928	928	
Proteing	4.30		1	A	1		6.67	6.67	
Total lipid (fat)g	10.70		1	A	1		16.59	16.59	
Ashg	2.50		1	A	1		3.88	3.88	
Carbohydrate, by differenceg	7.40		0	NC	4		11.47	11.47	
Fiber, total dietaryg	1.5		1	A	1		2.3	2.3	
Sugars, totalg									
Starchg									
Minerals:	157			_			242	242	
Calcium, Camg	157 1.26		1 1	A A	1 1		243 1.95	243 1.95	
Iron, Femg	1.26		1	A	1		1.95	1.95	
Magnesium, Mgmg Phosphorus, Pmg									
Potassium, Kmg									
Sodium. Namg	422		1	A	1		654	654	
Zinc. Znmg			-		-		034	034	
Copper, Cumg									
Manganese, Mnmg									
Selenium, Semcg									
X7*4									
<u>Vitamins:</u>	17.5		1	A	1		27.1	27.1	
Vitamin C, total ascorbic acidmg	17.5		1	A	1		27.1	27.1	
Thiaminmg Riboflavinmg									
Niacinmg									
Pantothenic acidmg									
Vitamin B-6mg									
Folate, total mcg									
Folate, DFE mcg_DFE									
Vitamin B-12mcg									
Vitamin A, IUIU	4567		1	A	1		7078	7078	
Vitamin A, RAEmcg_RAE									
Vitamin E (alpha-tocopherol)mg									
Tocopherol, betamg									
Tocopherol, gammamg									
Tocopherol, deltamg									
Vitamin DIU									
Vitamin K (phylloquinone)mcg									
Lipids:									
Fatty acids, total saturatedg	4.900)	1	A	1		7.595	7.595	
Fatty acids, total monounsaturatedg									
Fatty acids, total polyunsaturated									
Fatty acids, total transg									
Cholesterolmg	27		1	A	1		42	42	
Phytosterolsmg									
Carotenoids:									
Carotene, betamcg	2620		1	A	1		4061.000	4061.000	
Carotene, alphamcg									
Cryptoxanthin, beta mcg									
Lycopene mcg									
Lutein + zeaxanthin mcg									

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NDB No. 22603

THE BUDGET GOURMET, Spinach au Gratin, frozen

Common Measures:

Measure 1 = 155g: 1 package Measure 2 = 155g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 22 Meals, Entrees, and Sidedishes

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

		<u>A</u>	mount in 10	0 grams	of edil	ole portio	<u>n</u>	Amount in	edible portion	of common
				Number of Data		Source	Confidence		easures of food	
Nutrients and Un	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	73.55		1	MA	12		595.76	297.88	
Energy	kcal	107		0	MC	9		867	433	
Energy	kj	448				9		3626	1813	
Protein		6.37		1	MA	12		51.60	25.80	
Total lipid (fat)		1.23		1	MA	12		9.96	4.98	
Ash		1.37		1	MA	12		11.10	5.55	
Carbohydrate, by difference		17.48		0	MC	9		141.59	70.79	
Fiber, total dietary	_	17.40		•	110			111.55	70.75	
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	mg									
Iron, Fe										
Magnesium, Mg	-									
Phosphorus, P										
Potassium, K	mg									
Sodium, Na	mg	391		1	MA	12		3167	1584	
Zinc, Zn	mg									
Copper, Cu										
Manganese, Mn										
Selenium, Se	-									
Vitamins:										
Vitamin C, total ascorbic acid	mg	6.2		1	MA	12		50.2	25.1	
Thiamin	-									
Riboflavin	-									
Niacin	mg									
Pantothenic acid										
Vitamin B-6	mg									
Folate, total										
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	682		1	MA	12		5524	2762	
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)										

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

Common Measures:

Measure 1 = 810g: 1 package yields

Measure 2 = 405g: 1 serving

Calories Factors: Protein Fat Carbohydrate

		<u>A</u>	mount in 10	00 grams Number		ole portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Uni	its	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		71.84		1	MA	12		543.11	76.87	
Energy		121		0	MC	9		915	129	
Energy	kj	506				9		3827	542	
Protein	g	7.49		1	MA	12		56.62	8.01	
Total lipid (fat)	g	3.07		1	MA	12		23.21	3.28	
Ash	g	1.36		1	MA	12		10.28	1.46	
Carbohydrate, by difference	g	16.24		0	MC	9		122.77	17.38	
Fiber, total dietary										
Sugars, total										
Starch										
Minerals:										
Calcium, Ca	mg									
Iron, Fe	mg									
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na		327		1	MA	12		2472	350	
Zinc, Zn	mg									
Copper, Cu										
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	9.7		1	MA	12		73.3	10.4	
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total										
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	51		1	MA	12		386	55	
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
<u>Lipids:</u>										
Fatty acids, total saturated		0.780		1	MA	12		5.897	0.835	
Fatty acids, total monounsaturated	-	1.210		1	MA	12		9.148	1.295	
Fatty acids, total polyunsaturated	g	0.550)	1	MA	12		4.158	0.589	
Fatty acids, total trans	g									
Cholesterol	mg	12		1	MA	12		91	13	
Phytosterols	mg									

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Common Measures:

Measure 1 = 756g: 1 package yields

Measure 2 = 107g: 1 serving

NDB No. 22687

TYSON Chicken Fajita Kit, frozen entree, Product Code 2266-921

Calories Factors: Protein Fat Carbohydrate

Food Group: 22 Meals, Entrees, and Sidedishes

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

		<u>A</u>	mount in 10	u grams	OT ear	ne portio	<u>n</u>	Amount in	edible portion	of common
				Number				<u>m</u>	easures of food	
Nutrients and Unit	s	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	70.92		1	MA	12		180.85	180.85	
Energy	kcal	126		0	MC	9		321	321	
Energy	kj	527				9		1344	1344	
Protein	g	6.97		1	MA	12		17.77	17.77	
Total lipid (fat)	g	3.04		1	MA	12		7.75	7.75	
Ash	g	1.46		1	MA	12		3.72	3.72	
Carbohydrate, by difference	g	17.63		0	MC	9		44.96	44.96	
Fiber, total dietary		1.7		1	MA	12		4.3	4.3	
Sugars, total										
Starch										
Minerals:										
Calcium, Ca	mg									
Iron, Fe										
Magnesium, Mg										
Phosphorus, P										
Potassium, K										
Sodium, Na		311		1	MA	12		793	793	
Zinc, Zn				_						
Copper, Cu										
Manganese, Mn										
Selenium, Se										
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		1	MA	12		0.0	0.0	
Thiamin				_				• • • • • • • • • • • • • • • • • • • •	0.0	
Riboflavin	-									
Niacin	-									
Pantothenic acid	-									
Vitamin B-6										
Folate, total										
Folate, DFE										
Vitamin B-12										
Vitamin A, IU		186		1	MA	12		474	474	
Vitamin A, RAE	mca RAF	100		1	MA	12		2/2	** / **	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
Lipids:				_						
Fatty acids, total saturated		1.020		1	MA	12		2.601	2.601	
Fatty acids, total monounsaturated		1.070		1	MA	12		2.729	2.729	
Fatty acids, total polyunsaturated		0.190)	1	MA	12		0.485	0.485	
Fatty acids, total trans										
Cholesterol	mg	10		1	MA	12		26	26	

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Common Measures:

Measure 1 = 255g: 1 package yields

Measure 2 = 255g: 1 serving

NDB No. 22688

TYSON Chicken Mesquite with Barbecue Sauce, Corn Medley and Potatoes au Gratin, frozen meal, Product Code 5121-921

Calories Factors: Protein Fat Carbohydrate

Food Group: 22 Meals, Entrees, and Sidedishes

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

NDB No. 22712
TYSON Roasted Chicken with Garlic Sauce, Pasta and Vegetable Medley, frozen entree, Product Code 5128-921

		<u>A</u> 1	mount in 100 grar		ble portic	<u>on</u>	Amount in edible portion of common measures of food		
			Numb of Da		Source	Confidence	<u></u>	easures or roou	
Nutrients and Unit	ts	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	81.36	1	MA	12		207.47	207.47	
Energy	kcal	84	C	NC	4		214	214	
Energy	kj	351			4		896	896	
Protein	g	6.64	1	MA.	12		16.93	16.93	
Total lipid (fat)	g	2.63	1	MA	12		6.71	6.71	
Ash	g	0.93	1	MA	12		2.37	2.37	
Carbohydrate, by difference	g	8.44	C	NC	4		21.52	21.52	
Fiber, total dietary	g	1.4	1	MA	12		3.6	3.6	
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg								
Iron, Fe		0.61	1	MA	12		1.56	1.56	
Magnesium, Mg	mg								
Phosphorus, P	mg								
Potassium, K	_								
Sodium, Na	mg	183	1	MA	12		467	467	
Zinc, Zn	_								
Copper, Cu									
Manganese, Mn	_								
Selenium, Se	mcg								
Lipids:									
Fatty acids, total saturated	g	0.510	1	MA	12		1.301	1.301	
Fatty acids, total monounsaturated	g	0.920	1	MA	12		2.346	2.346	
Fatty acids, total polyunsaturated	g	0.840	1	MA	12		2.142	2.142	
Fatty acids, total trans	g								
Cholesterol	mg	11	1	MA	12		28	28	
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 = 255g: 1 package yields

Measure 2 = 255g: 1 serving

Calories Factors: Protein Fat Carbohydrate

		<u>A</u> :	mount in 10	0 grams	of edib	le portio	<u>n</u>		edible portion	
				Number				<u>m</u>	easures of food	_
Nutrients and Uni	ts	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	30.50		0	FLC	4		24.71		
Energy	kcal	307		0	FLC	4		249		
Energy	kj	1284				4		1040		
Protein (N x 6.04)	g	13.50		0	LC	8		10.94		
Total lipid (fat)	g	7.23		0	FLC	4		5.86		
Ash	g	1.77		0	FLC	4		1.43		
Carbohydrate, by difference	g	47.00		0	FLC	4		38.07		
Fiber, total dietary	g	1.9		0	LC	8		1.5		
Sugars, total	g	0.95		0	FLA	4		0.77		
Starch	g									
M:										
Minerals: Calcium, Ca	ma	152		0	LC	8		123		
Iron, Fe	_	1.50		0	LC	8		1.22		
Magnesium, Mg	-	21		0	FLC	4		17		
Phosphorus, P		212		0	FLC	4		172		
Potassium, K		89		0	FLC	4		72		
Sodium, Na	-	344		0	FLC	4		279		
Zinc, Zn		1.02		0	FLC	4		0.83		
Copper, Cu		0.080)	0	FLC	4		0.065		
Manganese, Mn										
Selenium, Se		23.9		0	FLC	4		19.4		
· ·										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.0	_	0	LC	8		0.0		
Thiamin		0.313		0	FLC	4		0.254		
Riboflavin		0.310		0	FLC	4		0.251		
Niacin		2.696	5	0	FLC	4		2.184		
Pantothenic acid	-			•						
Vitamin B-6		0.043	3	0	FLC	4		0.035		
Folate, total		74 62		0	FLA	4 4		60		
Folic acid				0		_		50		
Folate, food		12		0	FLA	4		10		
Folate, DFE		117 0.16		0	NC	4		95		
Vitamin B-12				0 0	FLC	4 4		0.13		
Vitamin A, IU		143 38		0	NC NC	4		116 31		
Vitamin A, RAE		36 37		0		4		30		
Retinol		0.16		0	FLA FLA	4		0.13		
Vitamin E (alpha-tocopherol)	_	0.16		U	FLA	4		0.13		
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		1.3		0	FLA	4		1.0		
<u>Lipids:</u>										
Fatty acids, total saturated		3.600		0	LC	8		2.916		
4:0		0.262		0	FLC	4		0.212		
6:0		0.089		0	FLC	4		0.072		
8:0	_	0.052		0	FLC	4		0.042		
10:0	-	0.126		0	FLC	4		0.102		
12:0	-	0.159	,	0	FLC	4		0.129		
13:0		= =	_	_		_				
14:0	_	0.597	<i>'</i>	0	FLC	4		0.484		
15:0				_						
16:0	_	1.632	2	0	FLC	4		1.322		
17:0			_	_		_				
18:0		0.534	ł	0	FLC	4		0.433		
20:0	-									
22:0	g									

	<u>Ar</u>	nount in 10	00 grams	of edil	ole portic	<u>on</u>		edible portion of	
Nutrients and Units	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturated9	2.066		0	FLC	4		1.673		
14:19									
15:1g	0 100		•				0 100		
16:1 undifferentiatedg	0.133		0	FLC	4		0.108		
17:1g	1 000		•	== 0			4 450		
18:1 undifferentiatedg	1.822		0	FLC FLC	4 4		1.476		
20:1g	0.001		-		_		0.001		
22:1 undifferentiatedg	0.000		0	FLC	4		0.000		
24:1 cg	0.461		0	FLC	4		0.373		
Fatty acids, total polyunsaturatedg	0.461		0	FLC	4		0.373		
18:2 undifferentiated	0.372		0	FLC	4				
	0.084		0	FLC	4		0.068 0.000		
18:4g	0.000		U	FLC	4		0.000		
20:2 n-6 c,c									
20:4 undifferentiatedg	0.004		0	FLC	4		0.003		
20:5 n-3g	0.004		0	FLC	4		0.003		
20:5 n-3	0.000		0	FLC	4		0.000		
22:6 n-3	0.000		0	FLC	4		0.000		
Fatty acids, total trans	0.001		U	FLC	-		0.001		
Cholesterolg	42		0	LC	8		34		
Phytosterolsmg	72		Ū	пс	8		34		
Others:									
Alcohol, ethylg	0.0		0	FLC	4		0.0		
Caffeinemg	0		0	Z	7		0		
Theobrominemg	0		0	Z	7		0		
Carotenoids:									
Carotene, betamcg	11		0	FLA	4		9.289		
Carotene, alphamcg	0		0	FLA	4		0.025		
Cryptoxanthin, betamcg	1		0	FLA	4		0.569		
Lycopenemcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin mcg	32		0	FLA	4		26.144		

Common Measures:

Measure 1 = 81g: .75 cup

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

		<u>A</u>	mount in 10	00 grams	of edil	ole portic	<u>on</u>	Amount in	edible portion of	of common
				Number					easures of food	
Nutrients and U	nits	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	65.70		1	A	1		260.83	260.83	
Energy	kcal	176		0	NC	4		699	699	
Energy	kj	736				4		2923	2923	
Protein	g	6.50		1	A	1		25.81	25.81	
Total lipid (fat)		8.80		1	A	1		34.94	34.94	
Ash	g	1.30		1	A	1		5.16	5.16	
Carbohydrate, by difference	g	17.70		0	NC	4		70.27	70.27	
Fiber, total dietary		1.1		1	A	1		4.4	4.4	
Sugars, total										
Starch										
<u> </u>										
Calcium, Ca	mg									
Iron, Fe	-	1.00		1	A	1		3.97	3.97	
Magnesium, Mg										
Phosphorus, P										
Potassium, K										
Sodium, Na	-	350		1	A	1		1390	1390	
Zinc, Zn	-									
Copper, Cu	-									
Manganese, Mn										
Selenium, Se	nicg									
<u> </u>										
Fatty acids, total saturated		2.880		1	A	1		11.434	11.434	
Fatty acids, total monounsaturate		3.460		1	A	1		13.736	13.736	
Fatty acids, total polyunsaturated		1.380)	1	A	1		5.479	5.479	
Fatty acids, total trans	_				_	_				
Cholesterol	-	16		1	A	1		64	64	
Phytosterols										
Carotenoids:										
Carotene, beta	-	1060		1	A	1		4208.200	4208.200	
Carotene, alpha	-									
Cryptoxanthin, beta										
Lycopene										
Lutein + zeaxanthin	mcg									

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Common Measures:

Measure 1 = 397g: 1 package yields

Measure 2 = 397g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 22671 WEIGHT WATCHERS Chicken Enchilada Suiza, Sour Cream Sauce with Cheese, frozen entree

Refuse: 0%

	<u>Aı</u>	mount in 10	00 grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common		
			Number				<u>m</u>	easures of food	
			of Data	Deriv	Source	Confidence			
Nutrients and Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									_
Waterg	75.90		1	A	1		193.55	193.55	
Energykcal	111		0	NC	4		283	283	
Energykj	464				4		1184	1184	
Proteing	6.30		1	A	1		16.07	16.07	
Total lipid (fat)g	3.80		1	A	1		9.69	9.69	
Ash9	1.00		1	A	1		2.55	2.55	
Carbohydrate, by differenceg	13.00		0	NC	4		33.15	33.15	
Fiber, total dietaryg	1.4		1	A	1		3.6	3.6	
Sugars, totalg									
Starchg									
Minerals:									
Calcium, Camg	98		1	A	1		250	250	
Iron, Femg									
Magnesium, Mgmg									
Phosphorus, Pmg									
Potassium, Kmg									
Sodium, Namg	203		1	A	1		518	518	
Zinc, Znmg									
Copper, Cumg									
Manganese, Mnmg									
Selenium, Semcg									
<u>Lipids:</u>									
Fatty acids, total saturated	1.450)	1	A	1		3.698	3.698	
Fatty acids, total monounsaturatedg	1.160		1	A	1		2.958	2.958	
Fatty acids, total polyunsaturated9	0.524	ŀ	1	A	1		1.336	1.336	
Fatty acids, total transg									
Cholesterolmg	25		1	A	1		64	64	
Phytosterolsmg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 package yields

Measure 2 = 255g: 1 serving

Calories Factors: Protein Fat Carbohydrate

		<u>A</u>	mount in 10	00 grams	of edib	le portio	<u>on</u>	Amount in	edible portion	of common
				Number					easures of food	_
Nutrients and Units	:	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		74.90		1	A	1		201.48	201.48	
Energy		105		0	NC	4		282	282	
Energy	kj	439				4		1182	1182	
Protein	g	5.80		1	A	1		15.60	15.60	
Total lipid (fat)	g	1.70		1	A	1		4.57	4.57	
Ash	g	1.00		1	A	1		2.69	2.69	
Carbohydrate, by difference	g	16.60		0	NC	4		44.65	44.65	
Fiber, total dietary	g	2.5		1	A	1		6.7	6.7	
Sugars, total										
Starch										
Minerals:	5									
Calcium, Ca	ma									
Iron, Fe	_	2.11		1	A	1		5.68	5.68	
Magnesium, Mg	_	2.11		1	Α.	1		3.00	3.00	
Phosphorus, P										
• '										
Potassium, K Sodium. Na		183		1	A	1		492	492	
, , , , , , , , , , , , , , , , , , , ,		103		_	•	_		492	432	
Zinc, Zn Copper, Cu										
11 ,	_									
Manganese, Mn										
Selenium, Se	Tricg									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	_	10.2		1	A	1		27.4	27.4	
Thiamin										
Riboflavin	_									
Niacin	_									
Pantothenic acid	-									
Vitamin B-6	_									
Folate, total										
Folate, DFE										
Vitamin B-12										
Vitamin A, IU		367		1	A	1		987	987	
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D Vitamin K (phylloquinone)										
	9									
Lipids:	a	0 500		4	-	4		1 500	1 500	
Fatty acids, total saturated		0.588		1	A	1		1.582	1.582	
Fatty acids, total monounsaturated		0.657		1	A	1		1.767	1.767	
Fatty acids, total polyunsaturated		0.225	•	1	A	1		0.605	0.605	
Fatty acids, total trans		5		1	•	1		12	10	
CholesterolPhytosterols	_	5		1	A	1		13	13	
Carotenoids:										
Carotene, beta	mca	220		1	A	1		591.800	591.800	
	-	220		_	A	_		391.000	391.000	
Carotene, alpha										
Cryptoxanthin, beta										
LycopeneLutein + zeaxanthin										

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 22680

WEIGHT WATCHERS Macaroni & Beef in Tomato Sauce, frozen entree

Common Measures:

Measure 1 = 269g: 1 package yields

Measure 2 = 269g: 1 serving

Calories Factors: Protein Fat Carbohydrate

Food Group: 22 Meals, Entrees, and Sidedishes

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

NDB No. 22541 WEIGHT WATCHERS ON-THE-GO Chicken, Broccoli and Cheddar Pocket Sandwich, frozen

Refuse: 0%

		<u>Am</u>	ount in 100 grams	of edil	ole portio	<u>n</u>	Amount in	edible portion of	of common
			Numbe of Data	r Deriv	Source	Confidence	<u>m</u>	easures of food	
Nutrients and Ur	nits	Mean S	Std. Error Points		Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	56.80	1	A	1		80.09	80.09	
Energy	kcal	189	0	NC	4		266	266	
Energy	kj	791			4		1115	1115	
Protein	g	9.50	1	A	1		13.40	13.40	
Total lipid (fat)		4.30	1	A	1		6.06	6.06	
Ash	_	1.30	1	A	1		1.83	1.83	
Carbohydrate, by difference		28.10	0	NC	4		39.62	39.62	
Fiber, total dietary									
Sugars, total									
Starch	-								
Minerals:									
Calcium, Ca	ma	65	1	A	1		92	92	
Iron, Fe		03	-	-	-		72	32	
Magnesium, Mg									
Phosphorus, P									
Potassium, K									
Sodium, Na		275	1	A	1		388	388	
Zinc, Zn	-								
Copper, Cu									
Manganese, Mn.	-								
Selenium, Se									
Lipids:									
Fatty acids, total saturated	g	1.280	1	A	1		1.805	1.805	
Fatty acids, total monounsaturated	g	1.620	1	A	1		2.284	2.284	
Fatty acids, total polyunsaturated	g	0.696	1	A	1		0.981	0.981	
Fatty acids, total trans	g								
Cholesterol	mg	10	1	A	1		14	14	
Phytosterols	mg								
Carotenoids:									
Carotene, beta	mcq	100	1	A	1		141.000	141.000	
Carotene, alpha	-		_	·					
Cryptoxanthin, beta									
Lycopene									
Lutein + zeaxanthin	-								
	J								

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

Common Measures:

Measure 1 = 141g: 1 package yields

Measure 2 = 141g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 22672
WEIGHT WATCHERS SMART ONES Roast Turkey Medallions and Mushrooms in Sauce with Rice and Vegetables, frozen meal

		<u>A</u>	mount in 10	0 grams	of edik	ole portio	<u>on</u>	Amount in	edible portion of	of common
				Number of Data		Source	Confidence	<u>m</u>	easures of food	
Nutrients and Ur	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	77.80		1	A	1		186.72	186.72	
Energy	kcal	89		0	NC	4		214	214	
Energy	kj	372				4		894	894	
Protein	g	6.30		1	A	1		15.12	15.12	
Total lipid (fat)	g	0.70		1	A	1		1.68	1.68	
Ash	g	0.80		1	A	1		1.92	1.92	
Carbohydrate, by difference	g	14.40		0	NC	4		34.56	34.56	
Fiber, total dietary		1.3		1	A	1		3.1	3.1	
Sugars, total										
Starch	_									
Minerals:										
Calcium, Ca	mg									
Iron, Fe	mg	0.59		1	A	1		1.42	1.42	
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	210		1	A	1		504	504	
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg									
Lipids:										
Fatty acids, total saturated	g	0.186	5	1	A	1		0.446	0.446	
Fatty acids, total monounsaturated	g	0.179		1	A	1		0.430	0.430	
Fatty acids, total polyunsaturated	g	0.188	3	1	A	1		0.451	0.451	
Fatty acids, total trans	g									
Cholesterol	mg	10		1	A	1		24	24	
Phytosterols	mg									
Carotenoids:										
Carotene, beta	mcg	80		1	A	1		192.000	192.000	
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
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 = 240g: 1 package yields

Measure 2 = 240g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 22618
WEIGHT WATCHERS ULTIMATE 200 Barbecue Glazed Chicken and Sauce with Mixed Vegetables, frozen entree

		<u>A</u>	mount in 10	00 grams Number		ole portio	<u>on</u>		edible portion o	
Nutrients and Uni	ts	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		76.50		1	A	1		159.89	159.89	
Energy		104		0	NC	4		217	217	
Energy	kj	435				4		909	909	
Protein	g	9.00		1	A	1		18.81	18.81	
Total lipid (fat)	g	2.10		1	A	1		4.39	4.39	
Ash	g									
Carbohydrate, by difference	g	12.40		0	NC	4		25.92	25.92	
Fiber, total dietary	g									
Sugars, total										
Starch										
Minerals:										
Calcium, Ca	mg									
Iron, Fe	_	0.52		1	A	1		1.09	1.09	
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K										
Sodium, Na		194		1	A	1		405	405	
Zinc, Zn	mg									
Copper, Cu										
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	10.3		1	A	1		21.5	21.5	
Thiamin	-									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6										
Folate, total										
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU	0		1	A	1		0	0	
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
<u>Lipids:</u>										
Fatty acids, total saturated		0.476		1	A	1		0.995	0.995	
Fatty acids, total monounsaturated		0.746		1	A	1		1.559	1.559	
Fatty acids, total polyunsaturated		0.526	5	1	A	1		1.099	1.099	
Fatty acids, total trans	g									
Cholesterol		23		1	A	1		48	48	
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 = 209g: 1 package yields

Measure 2 = 209g: 1 serving

NDB No. 22618

WEIGHT WATCHERS ULTIMATE 200 Barbecue Glazed Chicken and Sauce with Mixed Vegetables, frozen entree

Calories Factors: Protein Fat Carbohydrate

Food Group: 22 Meals, Entrees, and Sidedishes

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

		<u>A</u> :	mount in 10	0 grams	of edil	ole portio	<u>on</u>		edible portion	
				Number				<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	60.24		4	A	1		66.26	1092.75	33.13
Energy	kcal	210		0	NC	4		231	3809	116
Energy	kj	879				4		967	15939	483
Protein (N x 6.25)	g	20.14		4	A	1		22.15	365.34	11.08
Total lipid (fat)	g	11.75		4	A	1		12.93	213.15	6.46
Ash	g	1.85		4	A	1		2.04	33.56	1.02
Carbohydrate, by difference	g	6.02		0	MC	9		6.62	109.20	3.31
Fiber, total dietary	g	4.6		4	A	1		5.1	83.4	2.5
Sugars, total	g	1.12		4	A	1		1.23	20.32	0.62
Starch	g									
Minavala										
Minerals: Calcium, Ca	ma	72		4	A	1		79	1306	40
Iron. Fe.	-	5.82		4	A	1		6.40	105.57	3.20
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	2		0	FLA	4		2	36	1
Phosphorus, P		158		4	A	1		174	2866	87
Potassium, K	-	162		4	A	1		178	2939	89
Sodium, Na	-	433		4	A	1		476	7855	238
Zinc, Zn	-	1.49		4	A	1		1.64	27.03	0.82
Copper, Cu		0.092	2	0	FLA	4		0.101	1.669	0.05
Manganese, Mn	mg	0.087	,	0	FLA	4		0.096	1.578	0.04
Selenium, Se	mcg									
Vitamins:										
	ma	0.0		4	A	1		0.0	0.0	0.0
Vitamin C, total ascorbic acid Thiamin	-	9.020		3	A	1		9.922	163.623	4.96
Riboflavin		0.320		3	A	1		0.352	5.805	0.17
Niacin		2.710		3	A	1		2.981	49.159	1.49
Pantothenic acid		0.005		0	FLA	4		0.006	0.091	0.00
Vitamin B-6	-	0.490		2	A	1		0.539	8.889	0.00
Folate, total	-	0.450	•	_		-		0.555	0.005	0.27
Folate, DFE										
Vitamin B-12		3.97		2	A	1		4.37	72.02	2.18
Vitamin A, IU		0		4	A	1		0	0	0
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.961	_	4	A	1		3.257	53.713	1.62
4:0		0.000		4	A	1		0.000	0.000	0.00
6:0		0.000		4	A	1		0.000	0.000	0.00
8:0		0.153		4	A	1		0.168	2.775	0.08
10:0	-	0.153		4	A	1		0.168	2.775	0.08
12:0		0.223		4	A	1		0.245	4.045	0.12
13:0	g									
14:0	g	0.141		4	A	1		0.155	2.558	0.07
15:0	g									
16:0	g	1.575	i	4	A	1		1.733	28.571	0.86
17:0	g									
18:0	g	0.717	•	4	A	1		0.789	13.006	0.39
20:0	-									
22:0	_									
24:0	-									
Fatty acids, total monounsaturated		4.207	•	4	A	1		4.628	76.315	2.31
14:1	g									

		<u>An</u>	nount in 10	00 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food		
Nutrients and Uni	ts	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
16:1 undifferentiated	g	0.035		4	A	1		0.039	0.635	0.019	
17:1											
18:1 undifferentiated		4.171		4	A	1		4.588	75.662	2.294	
20:1		0.000		4	A	1		0.000	0.000	0.000	
22:1 undifferentiated		0.000		4	A	1		0.000	0.000	0.000	
24:1 c					_				04 040		
Fatty acids, total polyunsaturated	-	4.477		4	A	1		4.925	81.213	2.462	
18:2 undifferentiated		3.995		4	A	1		4.395	72.469	2.197	
18:3 undifferentiated		0.482		4	A	1		0.530	8.743	0.265	
18:4	_	0.000		4	A	1		0.000	0.000	0.000	
20:2 n-6 c,c	-										
20:3 undifferentiated					_	_					
20:4 undifferentiated		0.000		4	A	1		0.000	0.000	0.000	
20:5 n-3		0.000		4	A	1		0.000	0.000	0.000	
22:5 n-3		0.000		4	A	1		0.000	0.000	0.000	
22:6 n-3		0.000		4	A	1		0.000	0.000	0.000	
Fatty acids, total trans	-										
Cholesterol	• • • • • • • • • • • • • • • • • • • •	0		4	A	1		0	0	0	
Phytosterols	mg										
Others:											
Alcohol, ethyl	g	0.0		0	z	7		0.0	0.0	0.0	
Caffeine	mg										
Theobromine	mg										

Common Measures:

Measure 1 = 110g: 1 cup

Measure 2 = 1814g: 1 package yields

Measure 3 = 55g: 1 serving

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

NDB No. 22121 WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen

		<u>A</u>	mount in 100 gram	s of edi	ole portio	<u>on</u>	Amount in edible portion of common			
			Numbe	r			<u>m</u>	easures of food		
			of Data	Deriv	Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure	
D : 4										
Proximates: Water	a	71.31	3	A	1		2910.87	60.61		
Energy	_	107	0	NC	4		4368	91		
Energy		448	·		4		18275	381		
Protein		16.36	3	A	1		667.82	13.91		
Total lipid (fat)		0.63	3	A	1		25.72	0.54		
Ash		2.84	3	A	1		115.93	2.41		
Carbohydrate, by difference		8.86	0	NC	4		361.67	7.53		
Fiber, total dietary		5.0	3	A	1		204.1	4.3		
Sugars, total		0.57	3	A	1		23.27	0.48		
Starch		0.01	J		-		20.2.	0.40		
Staren	9									
<u>Minerals:</u>										
Calcium, Ca	-	102	3	A	1		4164	87		
Iron, Fe	-	3.41	3	A	1		139.20	2.90		
Magnesium, Mg		19	0	FLA	4		776	16		
Phosphorus, P	•	213	3	A	1		8695	181		
Potassium, K	-	510	3	A	1		20818	434		
Sodium, Na		450	3	A	1		18369	383		
Zinc, Zn		0.88	3	A FLA	1 4		35.92 11.470	0.75		
Copper, Cu		0.281		FLA	4		10.776	0.239 0.224		
Manganese, Mn		0.264	ı U	FLA	4		10.776	0.224		
Selenium, Se	nicg									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0	3	A	1		0.0	0.0		
Thiamin	mg	0.301	. 0	FLA	4		12.287	0.256		
Riboflavin	mg	0.651	. 0	FLA	4		26.574	0.553		
Niacin	mg	4.839	0	FLA	4		197.528	4.113		
Pantothenic acid	mg	1.324	0	FLA	4		54.046	1.125		
Vitamin B-6	mg	0.233	0	FLA	4		9.511	0.198		
Folate, total		289	0	FLA	4		11797	246		
Folic acid		0	0	Z	7		0	0		
Folate, food	mcg	289	0	FLA	4		11797	246		
Folate, DFE		289	0	NC	4		11797	246		
Vitamin B-12		0.00	0	FLA	4		0.00	0.00		
Vitamin A, IU		0	3	A	1		0	0		
Vitamin A, RAE										
Retinol										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>										
Fatty acids, total saturated		0.126		A	1		5.143	0.107		
4:0		0.000		FLA	4		0.000	0.000		
6:0		0.000		FLA	4		0.000	0.000		
8:0		0.000		FLA	4		0.000	0.000		
10:0		0.000		FLA	4		0.000	0.000		
12:0	_	0.003	0	FLA	4		0.122	0.003		
13:0	_		-							
14:0	_	0.001	. 0	FLA	4		0.041	0.001		
15:0	-	2 2					2 452			
16:0	-	0.085	0	FLA	4		3.470	0.072		
17:0	-	0.000						2 22=		
18:0		0.029	0	FLA	4		1.184	0.025		
20:0	g									
22:0	~									

NDB No. 22121 WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen

	<u>Aı</u>	mount in 100 gr	ams of edi	<u>on</u>	Amount in edible portion of common			
		Nur	nber			<u>m</u>	easures of food	
Nutrients and Units	Mean	of I Std. Error Poi			Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.374		0 FLA	4		15.267	0.318	
14:1g								
15:1	0.156		0 FLA	4		6.368	0.133	
18:1 undifferentiated	0.215		0 FLA	4		8.776	0.183	
20:1g	0.000		0 FLA	4		0.000	0.000	
22:1 undifferentiatedg	0.000		0 FLA	4		0.000	0.000	
24:1 cg								
Fatty acids, total polyunsaturatedg	0.203		0 FLA	4		8.286	0.173	
18:2 undifferentiatedg	0.179		0 FLA	4		7.307	0.152	
18:3 undifferentiatedg	0.024		0 FLA	4		0.980	0.020	
18:4g	0.000		0 FLA	4		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000		0 FLA	4		0.000	0.000	
20:5 n-3g	0.000		0 FLA	4		0.000	0.000	
22:5 n-3g	0.000		0 FLA	4		0.000	0.000	
22:6 n-3g	0.000		0 FLA	4		0.000	0.000	
Fatty acids, total transg								
Cholesterolmg	0		3 A	1		0	0	
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0		0 z	7		0.0	0.0	
Caffeine mg								
Theobromine mg								

Common Measures:

Measure 1 = 4082g: 1 package yields

Measure 2 = 85g: 1 patty

Calories Factors: Protein Fat Carbohydrate

		<u>A</u>	mount in 100 gram	s of edi	ble portic	<u>on</u>	Amount in edible portion of common			
			Numbe	er			<u>m</u>	easures of food		
			of Data	a Deriv	Source	Confidence				
Nutrients and Un	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	53.81	9	A	1		2196.52	20.45		
Energy	kcal	209	0	NC	4		8531	79		
Energy		874			4		35695	332		
Protein (N x 6.25)		26.10	9	A	1		1065.40	9.92		
Total lipid (fat)		7.29	9	A	1		297.58	2.77		
Ash	g	3.02	9	A	1		123.28	1.15		
Carbohydrate, by difference	g	9.78	0	NC	4		399.22	3.72		
Fiber, total dietary	g	5.2	9	A	1		212.3	2.0		
Sugars, total	g	1.53	9	A	1		62.45	0.58		
Starch	g									
Minanala										
Minerals: Calcium, Ca	ma	48	9	A	1		1959	18		
Iron, Fe	-	5.05	9	A	1		206.14	1.92		
Magnesium, Mg		3.03	0	FLA	4		122	1		
Phosphorus, P		280	9	A	1		11430	106		
Potassium, K	-	268	9	A	1		10940	102		
Sodium, Na		682	9	A	1		27839	259		
Zinc, Zn		0.97	9	A	1		39.60	0.37		
Copper, Cu	mg	0.027	0	FLA	4		1.102	0.010		
Manganese, Mn	mg	0.027	0	FLA	4		1.102	0.010		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0	9	A	1		0.0	0.0		
Thiamin		14.170		A	1		578.419	5.385		
Riboflavin		0.350		A	1		14.287	0.133		
Niacin	-	4.830) 9	A	1		197.161	1.835		
Pantothenic acid		0.182	2 0	FLA	4		7.429	0.069		
Vitamin B-6	mg	0.500	9	A	1		20.410	0.190		
Folate, total	mcg									
Folate, DFE										
Vitamin B-12		3.94	9	A	1		160.83	1.50		
Vitamin A, IU	IU	0	9	A	1		0	0		
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D	 IU									
Vitamin K (phylloquinone)										
<u>Lipids:</u>										
Fatty acids, total saturated		1.340		A	1		54.699	0.509		
4:0		0.000		A	1		0.000	0.000		
6:0	_	0.000		A	1		0.000	0.000		
8:0 10:0	_	0.000		A A	1 1		0.000 0.000	0.000 0.000		
12:0	-	0.000		A	1		0.000	0.000		
13:0		0.000	,		-		0.000	0.000		
14:0		0.010) 9	A	1		0.408	0.004		
15:0			,		-		0.400	3.003		
16:0	-	0.880	9	A	1		35.922	0.334		
17:0	-									
18:0		0.430	9	A	1		17.553	0.163		
20:0										
22:0	g									
24:0	-									
Fatty acids, total monounsaturated		1.810	9	A	1		73.884	0.688		
14:1	_									
15:1	g									

NDB No. 22122 WORTHINGTON FOODS, MORNINGSTAR FARMS Breakfast Patties

		Amount in 100 grams of edible portion Number of Data Deriv Source Confidence						Amount in edible portion of common measures of food		
Nutrients and Unit	ts	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated		0.000		9	A	1		0.000	0.000	
17:1 18:1 undifferentiated	-	1.790		9	A	1		73.068	0.680	
20:1	_	0.020		9	A	1		0.816	0.008	
22:1 undifferentiated		0.000		9	A	1		0.000	0.000	
24:1 c		0.000				-		0.000	0.000	
Fatty acids, total polyunsaturated	•	3.470		9	A	1		141.645	1.319	
18:2 undifferentiated	_	3.310		9	A	1		135.114	1.258	
18:3 undifferentiated		0.170		9	A	1		6.939	0.065	
18:4		0.000		9	A	1		0.000	0.000	
20:2 n-6 c.c.										
20:3 undifferentiated										
20:4 undifferentiated	g	0.000		9	A	1		0.000	0.000	
20:5 n-3	g	0.000		9	A	1		0.000	0.000	
22:5 n-3	g	0.000		9	A	1		0.000	0.000	
22:6 n-3	g	0.000		9	A	1		0.000	0.000	
Fatty acids, total trans	g									
Cholesterol	mg	2		9	A	1		82	1	
Phytosterols	mg									
Others:										
Alcohol, ethyl	a	0.0		0	z	7		0.0	0.0	
Caffeine	_			-	_	•				
Theobromine	_									

Common Measures:

Measure 1 = 4082g: 1 package yields

Measure 2 = 38g: 1 patty

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

		<u>A</u>	mount in 100 gra	ns of edi	ble portio	<u>on</u>	Amount in edible portion of common			
			Numl	er			<u>m</u>	easures of food	<u>[</u>	
			of Da	ta Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Poin	s Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	51.63	(a A	1		2341.94	23.23		
Energy		248	() NC	4		11249	112		
Energy		1038			4		47067	467		
Protein (N x 6.25)		23.08	(a A	1		1046.91	10.39		
Total lipid (fat)		13.69	(a A	1		620.98	6.16		
Ash		3.38	•	ā A	1		153.32	1.52		
Carbohydrate, by difference	g	8.22	() NC	4		372.86	3.70		
Fiber, total dietary	g	6.1		a A	1		276.7	2.7		
Sugars, total	g	2.10	(a A	1		95.26	0.95		
Starch										
Minerals:	m~	20			_		1704	1.5		
Calcium, Ca	_	38	6		1		1724	17		
Iron, Fe		1.35 8	(1 4		61.24 363	0.61 4		
Magnesium, Mg		94			1		363 4264	4 42		
Phosphorus, P Potassium, K	-	94 111			1		4264 5035	42 50		
Sodium, Na		957			1		43410	431		
Zinc, Zn		0.84	·		1		38.10	0.38		
Copper, Cu		0.027			4		1.225	0.012		
Manganese, Mn.		0.018			4		0.816	0.008		
Selenium, Se										
·	-									
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.0			1		0.0	0.0		
Thiamin		0.320			1		14.515	0.144		
Riboflavin	_	0.050			1		2.268	0.023		
Niacin		0.000			1 4		0.000	0.000		
Pantothenic acid		0.047			4		2.132	0.021		
Vitamin B-6	-	0.026)	FLA	4		1.179	0.012		
Folate, totalFolate, DFE										
Vitamin B-12		0.02	(FLA	4		0.91	0.01		
Vitamin A, IU		0.02	Č		1		0.91	0.01		
Vitamin A, RAE	mca RAF	· ·	,		_		U	· ·		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)										
Linide										
Lipids:	a	1 005	5		1		00 040	0.003		
Fatty acids, total saturated		1.985			1 1		90.040	0.893		
4:0 6:0		0.000			1		0.000 0.000	0.000 0.000		
8:0	_	0.000			1		0.000	0.000		
10:0	_	0.000			1		0.000	0.000		
12:0	-	0.027			1		1.225	0.012		
13:0		0.02	•		-		1.225	0.012		
14:0	-	0.014		A	1		0.635	0.006		
15:0		0.01	`		-		3.055	0.000		
16:0		1.547	,	A	1		70.172	0.696		
17:0	-		`		-			2.000		
18:0		0.315	5	A	1		14.288	0.142		
20:0			·	==	=					
22:0	_									
24:0	_									
Fatty acids, total monounsaturated	-	4.340)	A	1		196.862	1.953		
14:1										
	g									

NDB No. 22119
WORTHINGTON FOODS, MORNINGSTAR FARMS Deli Franks

		Amount in 100 grams of edible portion Number of Data Deriy Source Confidence						Amount in edible portion of common measures of food		
Nutrients and Unit	ts	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated		0.014		6	A	1		0.635	0.006	
17:1 18:1 undifferentiated	-	4.162		6	A	1		188.788	1.873	
20:1	-	0.055		6	A	1		2.495	0.025	
22:1 undifferentiated		0.110		6	A	1		4.990	0.050	
24:1 c		0.220		· ·		_		4.550	0.030	
Fatty acids, total polyunsaturated	•	7.365		6	A	1		334.076	3.314	
18:2 undifferentiated	-	7.187		6	A	1		326.002	3.234	
18:3 undifferentiated	g	0.178		6	A	1		8.074	0.080	
18:4	g	0.000		6	A	1		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	g	0.000		6	A	1		0.000	0.000	
20:5 n-3	g	0.000		6	A	1		0.000	0.000	
22:5 n-3	g	0.000		6	A	1		0.000	0.000	
22:6 n-3	g	0.000		6	A	1		0.000	0.000	
Fatty acids, total trans	g									
Cholesterol	mg	1		6	A	1		45	0	
Phytosterols	mg									
Others:										
Alcohol, ethyl	q	0.0		0	z	7		0.0	0.0	
Caffeine	-									
Theobromine	_									

Common Measures:

Measure 1 = 4536g: 1 package yields

Measure 2 = 45g: 1 serving

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

NDB No. 22118
WORTHINGTON FOODS, MORNINGSTAR FARMS GARDEN VEGE PATTIES, frozen

		<u>A</u>	mount in 100	grams	of edit	ole portio	<u>n</u>	Amount in edible portion of common		
			N	lumber	-			<u>m</u>	easures of food	•
			c	of Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error F	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:	a	59.87		-		1		150.07	1000 07	40.11
Water	_			5 0	A NC	1 4		150.87	1900.87	
Energy		178 745		U	NC	4		449 1877	5652 23646	119 499
Energy	=			_						
Protein		16.73 5.62		5 5	A A	1 1		42.16 14.16	531.18 178.44	11.23 3.7
Total lipid (fat)		2.56		5 5	A	1		6.45	178.44 81.28	1.72
Ash		15.23		0	NC	4		38.38		10.20
Carbohydrate, by difference		6.0		5	A.	1		38.38 15.1	483.55 190.5	4.0
Fiber, total dietary				5 5	A	1				
Sugars, total	_	1.12		5	А	1		2.82	35.56	0.75
Starch	g									
<u> Ainerals:</u>										
Calcium, Ca		72		5	A	1		181	2286	48
Iron, Fe	-	1.81		5	A	1		4.56	57.47	1.2
Magnesium, Mg		44		0	A	1		111	1397	29
Phosphorus, P	•	185		5	A	1		466	5874	124
Potassium, K		268		5	A	1		675	8509	180
Sodium, Na		570		5 0	A	1 4		1436 2.17	18098	382 0.5
Zinc, Zn		0.86 0.640	,	0	FLA FLA	4		1.613	27.31 20.320	0.5
Copper, Cu		0.502		0	FLA	4		1.613	15.939	0.4
Manganese, Mn Selenium, Se		45.7	2	0	FLC	4		115.2	1451.0	30.6
	9	45.7		·	110	•		113.1	1431.0	30.0
Vitamins: Vitamin C, total ascorbic acid	ma	0.0		5	A	1		0.0	0.0	0.0
Thiamin		9.650)	5	A	1		24.318	306.388	6.4
Riboflavin	-	0.150		5	A	1		0.378	4.763	0.1
Niacin		0.000		5	A	1		0.000	0.000	0.0
Pantothenic acid	-	1.794		0	FLA	4		4.521	56.960	1.2
Vitamin B-6		0.000)	5	A	1		0.000	0.000	0.0
Folate, total	-	88		0	FLA	4		221	2787	59
Folic acid		0		0	z	7		0	0	0
Folate, food		87		0	FLA	4		219	2762	58
Folate, DFE		87		0	NC	4		219	2762	58
Vitamin B-12		0.00		5	A	1		0.00	0.00	0.0
Vitamin A, IU		1143		5	A	1		2880	36290	766
Vitamin A, RAE		200		0	NC	4		504	6352	134
Retinol		172		0	FLA	4		433	5458	115
Vitamin E (alpha-tocopherol)		0.82		0	FLA	4		2.07	26.06	0.5
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	4.6		0	FLA	4		11.5	144.5	3.0
ipids:										
Fatty acids, total saturated	g	0.804		5	A	1		2.026	25.527	0.5
4:0		0.000		5	A	1		0.000	0.000	0.0
6:0		0.000		5	A	1		0.000	0.000	0.0
8:0		0.000		5	A	1		0.000	0.000	0.0
10:0	-	0.000		5	A	1		0.000	0.000	0.0
12:0	_	0.000)	5	A	1		0.000	0.000	0.0
13:0	_			_	_	_		_	_	
14:0	-	0.000		5	A	1		0.000	0.000	0.0
15:0		0.000		0	FLA	4		0.000	0.000	0.0
16:0	_	0.590		5	A	1		1.487	18.733	0.3
17:0	-	0.000		0	FLA	4		0.000	0.000	0.0
18:0	-	0.213		5	A	1		0.537	6.763	0.1
20:0	_	0.000		0	FLA	4		0.000	0.000	0.0
22:0		0.000	ס	0	FLA	4		0.000	0.000	0.0
24:0	g	0.000)	0	FLA	4		0.000	0.000	0.0

		<u>Ar</u>	mount in 10	0 grams	<u>en</u>	Amount in edible portion of common measures of food				
Nutrients and l	Units	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturat	-	1.590		5	A	1		4.007	50.483	1.065
14:1	=	0.000		0	FLA	4		0.000	0.000	0.000
15:1	-	0.000		0	FLA	4		0.000	0.000	0.000
16:1 undifferentiated		0.000		5	A	1		0.000	0.000	0.000
17:1	•	0.000		0	FLA	4		0.000	0.000	0.000
18:1 undifferentiated		1.590		5	A	1		4.007	50.483	1.065
20:1	-	0.000		5	A	1		0.000	0.000	0.000
22:1 undifferentiated		0.000		5	A	1		0.000	0.000	0.000
24:1 c										
Fatty acids, total polyunsaturate		3.226		5	A	1		8.130	102.426	2.161
18:2 undifferentiated		3.170		5	A	1		7.988	100.648	2.124
18:3 undifferentiated	-	0.056		5	A	1		0.141	1.778	0.038
18:4		0.000		5	A	1		0.000	0.000	0.000
20:2 n-6 c,c	-	0.000		0	FLA	4		0.000	0.000	0.000
20:3 undifferentiated	-	0.000		0	FLA	4		0.000	0.000	0.000
20:4 undifferentiated	-	0.000		5	A	1		0.000	0.000	0.000
20:5 n-3	g	0.000		5	A	1		0.000	0.000	0.000
22:5 n-3	g	0.000		5	A	1		0.000	0.000	0.000
22:6 n-3	g	0.000		5	A	1		0.000	0.000	0.000
Fatty acids, total trans	g									
Cholesterol	mg	1		5	A	1		3	32	1
Phytosterols	mg									
Others:										
Alcohol, ethyl	g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine	mg	0		0	FLA	4		0	0	0
Theobromine	mg	0		0	FLA	4		0	0	0
Carotenoids:										
Carotene, beta	mcg	273		0	FLA	4		688.218	8670.999	182.979
Carotene, alpha	mcg	126		0	FLA	4		317.814	4004.210	84.498
Cryptoxanthin, beta		4		0	FLA	4		9.662	121.736	2.569
Lycopene		0		0	FLA	4		0.298	3.749	0.079
Lutein + zeaxanthin		33		0	FLA	4		84.302	1062.142	22.414

Common Measures:

Measure 1 = 252g: 1 cup

Measure 2 = 3175g: 1 package yields

Measure 3 = 67g: 1 patty

Calories Factors: Protein Fat Carbohydrate

NDB No. 22123
WORTHINGTON FOODS, MORNINGSTAR FARMS, Spicy Black Bean Burger

		<u>A</u>	mount in 100 g	<u>irams</u>	or ear	ne portio	<u>on</u>	Amount in edible portion of common			
			Nu	ımber				<u>m</u>	easures of food		
			of	Data	Deriv	Source	Confidence				
Nutrients and Un	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	60.43		6	MA	12		2697.60	47.14	25.98	
Energy	kcal	147		0	NC	4		6562	115	63	
Energy	kj	615				4		27456	480	264	
Protein (N x 6.25)		15.11		6	MA	12		674.51	11.79	6.50	
Total lipid (fat)		1.00		2	MA	12		44.64	0.78	0.43	
Ash		3.03		6 0	MA	12 9		135.26	2.36	1.30	
Carbohydrate, by difference		19.49 6.1		3	MC MA	9 12		870.03 272.3	15.20 4.8	8.38 2.6	
Fiber, total dietary Sugars, total		1.85		2	MA	12		82.58	1.44	0.80	
Starch	=	1.03		_	PIFI	12		02.30	1.44	0.00	
Minerals:											
Calcium, Ca	-	72		3	MA	12		3214	56	31	
Iron, FeMagnesium, Mg	-	2.36 56		3 0	MA FLM	12 4		105.35 2500	1.84 44	1.01 24	
Phosphorus, P		192		3	MA	12		8571	150	83	
Potassium, K		345		5	MA	12		15401	269	148	
Sodium, Na		640		6	MA	12		28570	499	275	
Zinc, Zn	mg	1.19		3	MA	12		53.12	0.93	0.51	
Copper, Cu	-	0.220		0	FLM	4		9.821	0.172	0.09	
Manganese, Mn Selenium, Se		1.090)	0	FLM	4		48.658	0.850	0.46	
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		2	MA	12		0.0	0.0	0.0	
Thiamin		10.330)	2	MA	12		461.131	8.057	4.44	
Riboflavin	-	0.180		2	MA	12		8.035	0.140	0.07	
Niacin		0.000		1	MA	12		0.000	0.000	0.00	
Pantothenic acid		0.530 0.270		0 1	FLM MA	4 12		23.659 12.053	0.413 0.211	0.22 0.11	
Vitamin B-6 Folate, total		0.270	,	_	MA	12		12.055	0.211	0.11	
Folate, DFE											
Vitamin B-12		0.09		1	MA	12		4.02	0.07	0.04	
Vitamin A, IU	IU	178		0	FLM	4		7946	139	77	
Vitamin A, RAE	mcg_RAE										
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma Tocopherol, delta											
Vitamin D	U										
Vitamin K (phylloquinone)											
Lipids:	_			_							
Fatty acids, total saturated		0.230		2 0	MA FLM	12 4		10.267	0.179	0.09 0.00	
4:0 6:0		0.000		0	FLM	4		0.000 0.000	0.000 0.000	0.00	
8:0	_	0.000		0	FLM	4		0.000	0.000	0.00	
10:0	_	0.000		0	FLM	4		0.000	0.000	0.00	
12:0	-	0.000		0	FLM	4		0.000	0.000	0.00	
13:0											
14:0	_	0.010)	2	MA	12		0.446	0.008	0.00	
15:0	-			_							
16:0		0.170	J	2	MA	12		7.589	0.133	0.07	
17:0 18:0		0.030)	2	MA	12		1.339	0.023	0.01	
20:0		0.030	-	-	ran.	12		1.339	0.023	0.01	
22:0	-										
24:0	_										
Fatty acids, total monounsaturated	g	0.320)	2	MA	12		14.285	0.250	0.13	
14:1	α.										

	An	nount in 100) grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common			
		ı	Number				<u>m</u>	easures of food		
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
16:1 undifferentiatedg	0.010		2	MA	12		0.446	0.008	0.004	
17:1	0.300		2	MA	12		13.392	0.234	0.129	
20:1g	0.010		2	MA	12		0.446	0.008	0.004	
22:1 undifferentiatedg	0.000		0	FLM	4		0.000	0.000	0.000	
24:1 cg										
Fatty acids, total polyunsaturatedg	0.450		2	MA	12		20.088	0.351	0.194	
18:2 undifferentiatedg	0.400		2	MA	12		17.856	0.312	0.172	
18:3 undifferentiatedg	0.050		2	MA	12		2.232	0.039	0.022	
18:4g	0.000		0	FLM	4		0.000	0.000	0.000	
20:2 n-6 c,cg										
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.000		0	FLM	4		0.000	0.000	0.000	
20:5 n-3g	0.000		0	FLM	4		0.000	0.000	0.000	
22:5 n-3g	0.000		0	FLM	4		0.000	0.000	0.000	
22:6 n-3g	0.000		0	FLM	4		0.000	0.000	0.000	
Fatty acids, total transg										
Cholesterol mg	1		4	MA	12		45	1	0	
Phytosterolsmg										

Common Measures:

Measure 1 = 4464g: 1 package yields

Measure 2 = 78g: 1 patty Measure 3 = 43g: 1 serving

Footnotes

1 4,464 gm foodservice package contains 43 gm patties

2 312 gm retail package contains 78 gm patties.

Calories Factors: Protein Fat Carbohydrate

		<u>A</u>	mount in 100 gram	s of edi	ole portic	<u>on</u>	Amount in edible portion of common		
			Numbe	er			<u>m</u>	easures of food	ı
			of Dat	a Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	71.31	3	A	1		2910.87	60.61	
Energy	kcal	107	0	NC	4		4368	91	
Energy	kj	448			4		18275	381	
Protein	g	16.36	3	A	1		667.82	13.91	
Total lipid (fat)	g	0.63	3	A	1		25.72	0.54	
Ash		2.84	3	A	1		115.93	2.41	
Carbohydrate, by difference		8.86	0	NC	4		361.67	7.53	
Fiber, total dietary		5.0	3	A	1		204.1	4.3	
Sugars, total		0.57	3	A	1		23.27	0.48	
Starch	g								
Minerals:									
Calcium, Ca	mg	102	3	A	1		4164	87	
Iron, Fe	_	3.41	3	A	1		139.20	2.90	
Magnesium, Mg	mg	19	0	FLA	4		776	16	
Phosphorus, P	•	213	3	A	1		8695	181	
Potassium, K		510	3	A	1		20818	434	
Sodium, Na		450	3	A	1		18369	383	
Zinc, Zn		0.88	3	A	1		35.92	0.75	
Copper, Cu		0.281		FLA	4		11.470	0.239	
Manganese, Mn		0.264	0	FLA	4		10.776	0.224	
Selenium, Se	Illog								
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.0	3	A	1		0.0	0.0	
Thiamin		0.301		FLA	4		12.287	0.256	
Riboflavin	mg	0.651		FLA	4		26.574	0.553	
Niacin	-	4.839		FLA	4		197.528	4.113	
Pantothenic acid		1.324		FLA	4		54.046	1.125	
Vitamin B-6	-	0.233		FLA	4		9.511	0.198	
Folate, total		289 0	0	FLA Z	4 7		11797 0	246 0	
Folic acidFolate, food		289	0	FLA	4		11797	246	
Folate, DFE	mcg DEE	289	0	NC	4		11797	246	
Vitamin B-12		0.00	0	FLA	4		0.00	0.00	
Vitamin A, IU		0.00	3	A	1		0	0	
Vitamin A, RAE		-	_		_		-	· ·	
Retinol									
Vitamin E (alpha-tocopherol)									
Tocopherol, beta	mg								
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)	mcg								
Lipids:									
Fatty acids, total saturated	g	0.126	3	A	1		5.143	0.107	
4:0	g	0.000	0	FLA	4		0.000	0.000	
6:0		0.000		FLA	4		0.000	0.000	
8:0	-	0.000		FLA	4		0.000	0.000	
10:0		0.000		FLA	4		0.000	0.000	
12:0		0.003	0	FLA	4		0.122	0.003	
13:0	-	0.00	•		,		2 2 2 2	2 222	
14:0		0.001	0	FLA	4		0.041	0.001	
15:0	_	0.085	5 0	FLA	4		3.470	0.072	
16:0 17:0	_	0.08	, 0	гLА	4		3.4/0	0.072	
18:0	_	0.029	9 0	FLA	4		1.184	0.025	
20:0	-	0.02.	•		•		1.104	0.025	
22:0	_								
24:0	-								

	<u>Ar</u>	mount in 10	0 grams	Amount in edible portion of common					
			Number	measures of food					
Nutrients and Units	Mean	Std. Error			Code	Confidence Code	Measure 1	Measure 2	Measure 3
	0.274		•				45.065		
Fatty acids, total monounsaturatedg	0.374		0	FLA	4		15.267	0.318	
14:1g									
15:1g	0.156		0	FLA	4		6.368	0.133	
16:1 undifferentiatedg 17:1g	0.136		U	гыА	4		0.308	0.133	
18:1 undifferentiated	0.215		0	FLA	4		8.776	0.183	
20:1	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated	0.000		0	FLA	4		0.000	0.000	
24:1 c	0.000		U	FLIA	-		0.000	0.000	
Fatty acids, total polyunsaturated9	0.203		0	FLA	4		8.286	0.173	
18:2 undifferentiated	0.179		0	FLA	4		7.307	0.173	
18:3 undifferentiated	0.024		0	FLA	4		0.980	0.020	
18:4g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,cg	0.000		·		-		0.000	0.000	
20:3 undifferentiated									
20:4 undifferentiated	0.000		0	FLA	4		0.000	0.000	
20:5 n-3g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3	0.000		0	FLA	4		0.000	0.000	
22:6 n-3g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans									
Cholesterol mg	0		3	A	1		0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	Z	7		0.0	0.0	
Caffeinemg									
Theobromine mg									

Common Measures:

Measure 1 = 4082g: 1 package yields

Measure 2 = 85g: 1 patty

Calories Factors: Protein Fat Carbohydrate

NDB No. 22127 WORTHINGTON FOODS, NATURAL TOUCH, GARDEN VEGE PATTIES, frozen

		Amount in 100 grams of edible portion							Amount in edible portion of common		
			N	umber	,			<u>m</u>	easures of food		
			o	f Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	a	59.87		5	A	1		150.87	1900.87	40.11	
Energy	_	178		0	NC	4		449	5652	119	
Energy		745		ŭ	110	4		1877	23646	499	
Protein	-	16.73		5	A	1		42.16	531.18	11.21	
Total lipid (fat)	_	5.62		5	A	1		14.16	178.44	3.77	
Ash		2.56		5	A	1		6.45	81.28	1.72	
Carbohydrate, by difference		15.23		0	NC	4		38.38	483.55	10.20	
Fiber, total dietary		6.0		5	A	1		15.1	190.5	4.0	
Sugars, total		1.12		5	A	1		2.82	35.56	0.75	
Starch	_										
Minerals:											
Calcium, Ca	mg	72		5	A	1		181	2286	48	
Iron, Fe	-	1.81		5	A	1		4.56	57.47	1.21	
Magnesium, Mg		44		0	A	1		111	1397	29	
Phosphorus, P		185		5	A	1		466	5874	124	
Potassium, K		268		5	A	1		675	8509	180	
Sodium, Na	_	570		5	A	1		1436	18098	382	
Zinc, Zn	-	0.86	,	0 0	FLA	4 4		2.17	27.31	0.58 0.42	
Copper, Cu		0.640 0.502		0	FLA FLA	4		1.613 1.265	20.320 15.939	0.42	
Manganese, Mn Selenium, Se		0.502	<u>-</u>	U	FLA	4		1.205	15.939	0.33	
Vitamins:											
Vitamin C, total ascorbic acid	mg	0.0		5	A	1		0.0	0.0	0.0	
Thiamin		9.650)	5	A	1		24.318	306.388	6.46	
Riboflavin		0.150)	5	A	1		0.378	4.763	0.10	
Niacin	mg	0.000)	5	A	1		0.000	0.000	0.00	
Pantothenic acid		1.794		0	FLA	4		4.521	56.960	1.20	
Vitamin B-6	mg	0.000)	5	A	1		0.000	0.000	0.00	
Folate, total											
Folate, DFE				_		_					
Vitamin B-12		0.00		5	A	1		0.00	0.00	0.00	
Vitamin A, IU	IU	1143		5	A	1		2880	36290	766	
Vitamin A, RAE											
Vitamin E (alpha-tocopherol) Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D	IÚ										
Vitamin K (phylloquinone)											
Lipids:											
Fatty acids, total saturated	g	0.804	1	5	A	1		2.026	25.527	0.53	
4:0	g	0.000		5	A	1		0.000	0.000	0.00	
6:0	-	0.000		5	A	1		0.000	0.000	0.00	
8:0		0.000		5	A	1		0.000	0.000	0.00	
10:0	-	0.000		5	A	1		0.000	0.000	0.00	
12:0		0.000	J	5	A	1		0.000	0.000	0.00	
13:0	-	0.000	1	_	A	1		0.000	0 000	0.00	
14:0	_	0.000	,	5	A	1		0.000	0.000	0.00	
15:0 16:0	-	0.590	1	5	A	1		1.487	18.733	0.39	
16:0 17:0		0.590	,	5	A	_		1.48/	10./33	0.39	
18:0	_	0.213	3	5	A	1		0.537	6.763	0.14	
20:0		0.213	-	•		-		3.337	0.703	0.14	
22:0	-										
24:0	_										
Fatty acids, total monounsaturated	-	1.590)	5	A	1		4.007	50.483	1.06	
14:1											
15:1	-										

NDB No. 22127 WORTHINGTON FOODS, NATURAL TOUCH, GARDEN VEGE PATTIES, frozen

	Amo	ount in 10	0 grams	Amount in edible portion of common					
	Number of Data Deriv Source Confidence						measures of food		
Nutrients and Units	Mean S	Std. Error			Source Code	Confidence	Measure 1	Measure 2	Measure 3
16:1 undifferentiatedg	0.000		5	A	1		0.000	0.000	0.000
17:1	1.590		5	A	1		4.007	50.483	1.065
20:1g 22:1 undifferentiatedg	0.000 0.000		5 5	A A	1 1		0.000 0.000	0.000 0.000	0.000 0.000
24:1 cg Fatty acids, total polyunsaturatedg	3.226		5	A	1		8.130	102.426	2.161
18:2 undifferentiated	3.170 0.056		5 5	A A	1 1		7.988 0.141	100.648 1.778	2.124 0.038
18:4g 20:2 n-6 c,cg	0.000		5	A	1		0.000	0.000	0.000
20:3 undifferentiated	0.000		5	A	1		0.000	0.000	0.000
20:5 n-3g 22:5 n-3g	0.000 0.000		5 5	A A	1 1		0.000 0.000	0.000 0.000	0.000 0.000
22:6 n-3	0.000		5	A	1		0.000	0.000	0.000
Cholesterol mg Phytosterols mg	1		5	A	1		3	32	1
Others:			_	_	_				
Alcohol, ethyl	0.0		0	Z	7		0.0	0.0	0.0

Common Measures:

Measure 1 = 252g: 1 cup

Measure 2 = 3175g: 1 package yields

Measure 3 = 67g: 1 patty

Calories Factors: Protein Fat Carbohydrate