

NDB No. 21005

Breakfast items, biscuit with egg and sausage

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	9.110		0		1		16.398		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.460		1		1		0.828		
17:1.....g									
18:1 undifferentiated.....g	8.540		1		1		15.372		
20:1.....g	0.090		1		1		0.162		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.470		0		1		4.446		
18:2 undifferentiated.....g	2.260		1		1		4.068		
18:3 undifferentiated.....g	0.140		1		1		0.252		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.080		1		1		0.144		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	168	6.538	3		1		302		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.137		0		1		0.247		
Threonine.....g	0.437		0		1		0.787		
Isoleucine.....g	0.513		0		1		0.923		
Leucine.....g	0.836		0		1		1.505		
Lysine.....g	0.664		0		1		1.195		
Methionine.....g	0.274		0		1		0.493		
Cystine.....g	0.186		0		1		0.335		
Phenylalanine.....g	0.500		0		1		0.900		
Tyrosine.....g	0.377		0		1		0.679		
Valine.....g	0.585		0		1		1.053		
Arginine.....g	0.593		0		1		1.067		
Histidine.....g	0.276		0		1		0.497		
Alanine.....g	0.539		0		1		0.970		
Aspartic acid.....g	0.855		0		1		1.539		
Glutamic acid.....g	1.959		0		1		3.526		
Glycine.....g	0.462		0		1		0.832		
Proline.....g	0.671		0		1		1.208		
Serine.....g	0.595		0		1		1.071		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	38		0	FLA	4		69.156		
Carotene, alpha.....mcg	0		0	FLA	4		0.029		
Cryptoxanthin, beta.....mcg	3		0	FLA	4		4.830		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	103		0	FLA	4		184.776		

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

Common Measures:

Measure 1 = 180g: 1 biscuit

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Breakfast items, biscuit with egg and sausage

Calories Factors: **Protein** 4.13 **Fat** 8.8 **Carbohydrate** 3.95 **Food Group:** 21 Fast Foods
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 21006

Breakfast items, biscuit with egg and steak

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	52.51		0		1		77.71		
Energy.....kcal	277		0	NC	4		410		
Energy.....kj	1159				4		1715		
Protein (N x 6.19).....g	12.12		1		1		17.94		
Total lipid (fat).....g	19.21		1		1		28.43		
Ash.....g	1.78		0		1		2.63		
Carbohydrate, by difference.....g	14.37		0	NC	4		21.27		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	93		1		1		138		
Iron, Fe.....mg	3.58		1		1		5.30		
Magnesium, Mg.....mg	17		0		4		25		
Phosphorus, P.....mg	152		0		4		225		
Potassium, K.....mg	207		1		1		306		
Sodium, Na.....mg	600		1		1		888		
Zinc, Zn.....mg	1.89		0		4		2.80		
Copper, Cu.....mg	0.072		0		4		0.107		
Manganese, Mn.....mg	0.165		0		4		0.244		
Selenium, Se.....mcg	21.2		0	RK	4		31.4		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		1		1		0.1		
Thiamin.....mg	0.240		1		1		0.355		
Riboflavin.....mg	0.350		1		1		0.518		
Niacin.....mg	2.070		1		1		3.064		
Pantothenic acid.....mg	0.730		0		4		1.080		
Vitamin B-6.....mg	0.120		0		4		0.178		
Folate, total.....mcg	38		0	RK	4		56		
Folic acid.....mcg	19		0	NC	4		28		
Folate, food.....mcg	19		0		4		28		
Folate, DFE.....mcg_DFE	51		0	NC	4		76		
Vitamin B-12.....mcg	0.95		0		4		1.41		
Vitamin A, IU.....IU	476		0		1		704		
Vitamin A, RAE.....mcg_RAE	139		0	NC	4		206		
Retinol.....mcg	138		0	NC	4		204		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	5.810		0		1		8.599		
Fatty acids, total monounsaturated.....g	7.910		0		1		11.707		
Fatty acids, total polyunsaturated.....g	3.950		1		1		5.846		
Fatty acids, total trans.....g									
Cholesterol.....mg	184		1		1		272		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.155		0		1		0.229		
Threonine.....g	0.505		0		1		0.747		
Isoleucine.....g	0.589		0		1		0.872		
Leucine.....g	0.965		0		1		1.428		
Lysine.....g	0.799		0		1		1.183		
Methionine.....g	0.311		0		1		0.460		
Cystine.....g	0.200		0		1		0.296		

NDB No. 21006

Breakfast items, biscuit with egg and steak

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code					
Phenylalanine.....g	0.560		0		1		0.829		
Tyrosine.....g	0.433		0		1		0.641		
Valine.....g	0.662		0		1		0.980		
Arginine.....g	0.685		0		1		1.014		
Histidine.....g	0.339		0		1		0.502		
Alanine.....g	0.629		0		1		0.931		
Aspartic acid.....g	0.999		0		1		1.479		
Glutamic acid.....g	2.148		0		1		3.179		
Glycine.....g	0.503		0		1		0.744		
Proline.....g	0.705		0		1		1.043		
Serine.....g	0.633		0		1		0.937		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 148g: 1 biscuit

Calories Factors: Protein 4.23

Fat 8.82

Carbohydrate 3.94

Food Group: 21 Fast Foods

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

NDB No. 21023

Breakfast items, french toast with butter

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	50.72	2.130	5		1		68.47		
Energy.....kcal	264		0	NC	4		356		
Energy.....kj	1105				4		1491		
Protein (N x 6.02).....g	7.66	0.092	4		1		10.34		
Total lipid (fat).....g	13.90		1		1		18.77		
Ash.....g	1.02		2		1		1.38		
Carbohydrate, by difference.....g	26.70		0	NC	4		36.05		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	54		2		1		73		
Iron, Fe.....mg	1.40		2		1		1.89		
Magnesium, Mg.....mg	12		2		1		16		
Phosphorus, P.....mg	108		2		1		146		
Potassium, K.....mg	131		1		1		177		
Sodium, Na.....mg	380		2		1		513		
Zinc, Zn.....mg	0.44		2		1		0.59		
Copper, Cu.....mg	0.048		2		1		0.065		
Manganese, Mn.....mg	0.155		2		1		0.209		
Selenium, Se.....mcg	15.5		0	BFZN	4		20.9		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		1		4		0.1		
Thiamin.....mg	0.430		1		1		0.581		
Riboflavin.....mg	0.370		1		1		0.500		
Niacin.....mg	2.900		1		1		3.915		
Pantothenic acid.....mg	0.400	0.060	3		1		0.540		
Vitamin B-6.....mg	0.040	0.013	3		1		0.054		
Folate, total.....mcg	54		0	BFZN	4		73		
Folic acid.....mcg	32		0	NC	4		43		
Folate, food.....mcg	22	9.018	3		1		30		
Folate, DFE.....mcg_DFE	76		0	NC	4		103		
Vitamin B-12.....mcg	0.27		1		1		0.36		
Vitamin A, IU.....IU	350		1		1		473		
Vitamin A, RAE.....mcg_RAE	101		0	NC	4		136		
Retinol.....mcg	100		0	NC	4		135		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	5.740		1		4		7.749		
Fatty acids, total monounsaturated.....g	5.240		1		4		7.074		
Fatty acids, total polyunsaturated.....g	1.810		1		4		2.444		
Fatty acids, total trans.....g									
Cholesterol.....mg	86		1		1		116		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.106		0		1		0.143		
Threonine.....g	0.300		0		1		0.405		
Isoleucine.....g	0.394		0		1		0.532		
Leucine.....g	0.605		0		1		0.817		
Lysine.....g	0.375		0		1		0.506		
Methionine.....g	0.182		0		1		0.246		
Cystine.....g	0.148		0		1		0.200		

NDB No. 21023
Breakfast items, french toast with butter

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
Phenylalanine.....g	0.397		0		1		0.536		
Tyrosine.....g	0.256		0		1		0.346		
Valine.....g	0.463		0		1		0.625		
Arginine.....g	0.384		0		1		0.518		
Histidine.....g	0.174		0		1		0.235		
Alanine.....g	0.346		0		1		0.467		
Aspartic acid.....g	0.571		0		1		0.771		
Glutamic acid.....g	1.659		0		1		2.240		
Glycine.....g	0.265		0		1		0.358		
Proline.....g	0.572		0		1		0.772		
Serine.....g	0.472		0		1		0.637		
Hydroxyproline.....g									

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Common Measures:
 Measure 1 = 135g: 2 slices

Calories Factors: Protein 4.18 Fat 8.85 Carbohydrate 4.07

Food Group: 21 Fast Foods

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

NDB No. 22542

CELESTE Deluxe Pizza with Sausage, Green & Red Peppers & Mushrooms, frozen

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
Proximates:									
Water.....g	55.50		1	A	1		369.63	92.69	
Energy.....kcal	231		0	NC	4		1538	386	
Energy.....kj	967				4		6437	1614	
Protein.....g	10.00		1	A	1		66.60	16.70	
Total lipid (fat).....g	12.40		1	A	1		82.58	20.71	
Ash.....g	2.20		1	A	1		14.65	3.67	
Carbohydrate, by difference.....g	19.90		0	NC	4		132.53	33.23	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	168		1	A	1		1119	281	
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	458		1	A	1		3050	765	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Lipids:									
Fatty acids, total saturated.....g	4.860		1	A	1		32.368	8.116	
Fatty acids, total monounsaturated.....g	4.560		1	A	1		30.370	7.615	
Fatty acids, total polyunsaturated.....g	1.450		1	A	1		9.657	2.422	
Fatty acids, total trans.....g									
Cholesterol.....mg	22		1	A	1		147	37	
Phytosterols.....mg									
Carotenoids:									
Carotene, beta.....mcg	200		1	A	1		1332.000	334.000	
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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Common Measures:

Measure 1 = 666g: 1 package yields

Measure 2 = 167g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

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

NDB No. 21046
Entrees, crab cake

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Proximates:									
Water.....g	53.38		1		1		32.03		
Energy.....kcal	266		0	NC	4		160		
Energy.....kj	1113				4		668		
Protein (N x 6.25).....g	18.75		1		1		11.25		
Total lipid (fat).....g	17.25		1		1		10.35		
Ash.....g	2.10		1		1		1.26		
Carbohydrate, by difference.....g	8.52		0	NC	4		5.11		
Fiber, total dietary.....g	0.4		0		4		0.2		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	337		1		1		202		
Iron, Fe.....mg	1.86		1		1		1.12		
Magnesium, Mg.....mg	42		1		1		25		
Phosphorus, P.....mg	378		1		1		227		
Potassium, K.....mg	270		1		1		162		
Sodium, Na.....mg	819		1		1		491		
Zinc, Zn.....mg	3.54		1		1		2.12		
Copper, Cu.....mg	0.610		1		1		0.366		
Manganese, Mn.....mg	0.470		1		1		0.282		
Selenium, Se.....mcg	42.1		0	RK	4		25.3		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		0		4		0.2		
Thiamin.....mg	0.092		0		4		0.055		
Riboflavin.....mg	0.125		0		4		0.075		
Niacin.....mg	1.943		0		4		1.166		
Pantothenic acid.....mg	0.450		0		4		0.270		
Vitamin B-6.....mg	0.249		0		4		0.149		
Folate, total.....mcg	41		0	RK	4		25		
Folic acid.....mcg	25		0	NC	4		15		
Folate, food.....mcg	16		0		4		10		
Folate, DFE.....mcg_DFE	59		0	NC	4		35		
Vitamin B-12.....mcg	7.33		0		4		4.40		
Vitamin A, IU.....IU	522		0		4		313		
Vitamin A, RAE.....mcg_RAE	155		0	NC	4		93		
Retinol.....mcg	155		0	NC	4		93		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	3.740		0		1		2.244		
Fatty acids, total monounsaturated.....g	7.180		0		1		4.308		
Fatty acids, total polyunsaturated.....g	5.130		0		1		3.078		
Fatty acids, total trans.....g									
Cholesterol.....mg	137		0		4		82		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.258		0		1		0.155		
Threonine.....g	0.750		0		1		0.450		
Isoleucine.....g	0.912		0		1		0.547		
Leucine.....g	1.476		0		1		0.886		
Lysine.....g	1.524		0		1		0.914		
Methionine.....g	0.513		0		1		0.308		
Cystine.....g	0.231		0		1		0.139		

NDB No. 21046
Entrees, crab cake

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	<u>measures of food</u>			Measure 1	Measure 2	Measure 3
			Number of Data Points	Deriv Code	Source Code	Confidence Code		
Phenylalanine.....g	0.813		0		1		0.488	
Tyrosine.....g	0.618		0		1		0.371	
Valine.....g	0.909		0		1		0.545	
Arginine.....g	1.539		0		1		0.923	
Histidine.....g	0.384		0		1		0.230	
Alanine.....g	1.029		0		1		0.617	
Aspartic acid.....g	1.854		0		1		1.112	
Glutamic acid.....g	3.294		0		1		1.976	
Glycine.....g	1.059		0		1		0.635	
Proline.....g	0.717		0		1		0.430	
Serine.....g	0.792		0		1		0.475	
Hydroxyproline.....g								

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Common Measures:

Measure 1 = 60g: 1 cake

Calories Factors: Protein 4.27

Fat 8.9

Carbohydrate 3.81

Food Group: 21 Fast Foods

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

NDB No. 21047

Entrees, fish fillet, battered or breaded, and fried

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	2.580		0		1		2.348		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	2.580		1		1		2.348		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	6.270		0		1		5.706		
18:2 undifferentiated.....g	5.780		1		1		5.260		
18:3 undifferentiated.....g	0.490		1		1		0.446		
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	34		1		1		31		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.168		0		1		0.153		
Threonine.....g	0.626		0		1		0.570		
Isoleucine.....g	0.676		0		1		0.615		
Leucine.....g	1.190		0		1		1.083		
Lysine.....g	1.247		0		1		1.135		
Methionine.....g	0.417		0		1		0.379		
Cystine.....g	0.175		0		1		0.159		
Phenylalanine.....g	0.602		0		1		0.548		
Tyrosine.....g	0.494		0		1		0.450		
Valine.....g	0.760		0		1		0.692		
Arginine.....g	0.852		0		1		0.775		
Histidine.....g	0.425		0		1		0.387		
Alanine.....g	0.847		0		1		0.771		
Aspartic acid.....g	1.422		0		1		1.294		
Glutamic acid.....g	2.514		0		1		2.288		
Glycine.....g	0.688		0		1		0.626		
Proline.....g	0.664		0		1		0.604		
Serine.....g	0.628		0		1		0.571		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 91g: 1 fillet

Calories Factors: Protein 4.1

Fat 8.77

Carbohydrate 3.78

Food Group: 21 Fast Foods

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

NDB No. 21051
Entrees, pizza with pepperoni

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	46.54	2.099	5		1		263.88	33.04	
Energy.....kcal	255		0	NC	4		1446	181	
Energy.....kj	1067				4		6049	758	
Protein (N x 6.14).....g	14.26	0.808	6		1		80.85	10.12	
Total lipid (fat).....g	9.80	0.635	3		1		55.57	6.96	
Ash.....g	1.42	0.283	3		1		8.05	1.01	
Carbohydrate, by difference.....g	27.98		0	NC	4		158.65	19.87	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	91	3.362	3		1		516	65	
Iron, Fe.....mg	1.32	0.123	3		1		7.48	0.94	
Magnesium, Mg.....mg	12	0.596	3		1		68	9	
Phosphorus, P.....mg	106	16.205	3		1		601	75	
Potassium, K.....mg	215		1		4		1219	153	
Sodium, Na.....mg	376	9.615	3		1		2132	267	
Zinc, Zn.....mg	0.73	0.067	3		1		4.14	0.52	
Copper, Cu.....mg	0.090	0.006	3		1		0.510	0.064	
Manganese, Mn.....mg	0.140	0.006	3		1		0.794	0.099	
Selenium, Se.....mcg	18.4		0	RK	4		104.3	13.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2.3	1.856	3		1		13.0	1.6	
Thiamin.....mg	0.190	0.077	3		1		1.077	0.135	
Riboflavin.....mg	0.330	0.093	3		1		1.871	0.234	
Niacin.....mg	4.290	0.795	3		1		24.324	3.046	
Pantothenic acid.....mg	0.350	0.041	3		1		1.985	0.249	
Vitamin B-6.....mg	0.080	0.007	3		1		0.454	0.057	
Folate, total.....mcg	52		0	RK	4		295	37	
Folic acid.....mcg	19		0	RA	4		108	13	
Folate, food.....mcg	33		0	NC	4		187	23	
Folate, DFE.....mcg_DFE	65		0	NC	4		370	46	
Vitamin B-12.....mcg	0.26	0.001	3		1		1.47	0.18	
Vitamin A, IU.....IU	397		1		4		2251	282	
Vitamin A, RAE.....mcg_RAE	74		0	NC	4		420	53	
Retinol.....mcg	65		0	NC	4		369	46	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	3.149		0		1		17.855	2.236	
4:0.....g									
6:0.....g									
8:0.....g	0.020		3		1		0.113	0.014	
10:0.....g	0.048		3		1		0.272	0.034	
12:0.....g	0.050		3		1		0.284	0.036	
13:0.....g									
14:0.....g	0.164		3		1		0.930	0.116	
15:0.....g									
16:0.....g	1.767		3		1		10.019	1.255	
17:0.....g									
18:0.....g	1.072		3		1		6.078	0.761	
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 21051
Entrees, pizza with pepperoni

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	4.422		0		1		25.073	3.140	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.226		3		1		1.281	0.160	
17:1.....g									
18:1 undifferentiated.....g	4.191		3		1		23.763	2.976	
20:1.....g									
22:1 undifferentiated.....g	0.005		3		1		0.028	0.004	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.641		0		1		9.304	1.165	
18:2 undifferentiated.....g	1.583		3		1		8.976	1.124	
18:3 undifferentiated.....g	0.058		3		1		0.329	0.041	
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	20		1		4		113	14	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.167		0		1		0.947	0.119	
Threonine.....g	0.474		0		1		2.688	0.337	
Isoleucine.....g	0.595		0		1		3.374	0.422	
Leucine.....g	1.159		0		1		6.572	0.823	
Lysine.....g	1.024		0		1		5.806	0.727	
Methionine.....g	0.325		0		1		1.843	0.231	
Cystine.....g	0.144		0		1		0.816	0.102	
Phenylalanine.....g	0.671		0		1		3.805	0.476	
Tyrosine.....g	0.634		0		1		3.595	0.450	
Valine.....g	0.739		0		1		4.190	0.525	
Arginine.....g	0.588		0		1		3.334	0.417	
Histidine.....g	0.439		0		1		2.489	0.312	
Alanine.....g	0.462		0		1		2.620	0.328	
Aspartic acid.....g	0.904		0		1		5.126	0.642	
Glutamic acid.....g	3.463		0		1		19.635	2.459	
Glycine.....g	0.381		0		1		2.160	0.271	
Proline.....g	1.361		0		1		7.717	0.966	
Serine.....g	0.722		0		1		4.094	0.513	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 567g: 1 pizza (12" dia)

Measure 2 = 71g: 1 slice

Calories Factors: Protein 4.09

Fat 8.84

Carbohydrate 3.93

Food Group: 21 Fast Foods

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

Refuse: 0%

[illegible]

NDB No. 21002
Fast foods, biscuit, with egg

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.671			RA	4		9.073		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.164			RA	4		0.223		
17:1.....g									
18:1 undifferentiated.....g	6.494			RA	4		8.832		
20:1.....g	0.012			RA	4		0.016		
22:1 undifferentiated.....g	0.001			RA	4		0.001		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.706			RA	4		6.401		
18:2 undifferentiated.....g	4.359			RA	4		5.928		
18:3 undifferentiated.....g	0.271			RA	4		0.369		
18:4.....g	0.000			RA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.059			RA	4		0.080		
20:5 n-3.....g	0.002			RA	4		0.002		
22:5 n-3.....g	0.000			RA	4		0.000		
22:6 n-3.....g	0.015			RA	4		0.021		
Fatty acids, total trans.....g									
Cholesterol.....mg	180			RA	4		245		
Phytosterols.....mg	13			RA	4		18		
<u>Amino Acids:</u>									
Tryptophan.....g	0.105			RA	4		0.142		
Threonine.....g	0.352			RA	4		0.479		
Isoleucine.....g	0.416			RA	4		0.565		
Leucine.....g	0.690			RA	4		0.938		
Lysine.....g	0.487			RA	4		0.662		
Methionine.....g	0.226			RA	4		0.307		
Cystine.....g	0.182			RA	4		0.247		
Phenylalanine.....g	0.440			RA	4		0.599		
Tyrosine.....g	0.323			RA	4		0.439		
Valine.....g	0.468			RA	4		0.636		
Arginine.....g	0.442			RA	4		0.601		
Histidine.....g	0.199			RA	4		0.271		
Alanine.....g	0.396			RA	4		0.539		
Aspartic acid.....g	0.685			RA	4		0.932		
Glutamic acid.....g	1.685			RA	4		2.291		
Glycine.....g	0.282			RA	4		0.383		
Proline.....g	0.572			RA	4		0.778		
Serine.....g	0.554			RA	4		0.753		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0			RA	4		0.0		
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:
Measure 1 = 136g: 1 biscuit

Fast foods, biscuit, with egg and bacon

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Proximates:									
Water.....g	46.67		1		4		70.01		
Energy.....kcal	305		0	NC	4		458		
Energy.....kj	1276				4		1914		
Protein (N x 6.12).....g	11.33	0.087	3		1		17.00		
Total lipid (fat).....g	20.73	1.812	3		1		31.10		
Ash.....g	2.40		1		4		3.60		
Carbohydrate, by difference.....g	19.06		3		9		28.59		
Fiber, total dietary.....g	0.5		0		4		0.8		
Sugars, total.....g	0.88		0	FLA	4		1.31		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	126		2		1		189		
Iron, Fe.....mg	2.49		2		1		3.74		
Magnesium, Mg.....mg	16		1		4		24		
Phosphorus, P.....mg	159		1		4		239		
Potassium, K.....mg	167		1		1		251		
Sodium, Na.....mg	666	56.244	3		1		999		
Zinc, Zn.....mg	1.09		1		4		1.64		
Copper, Cu.....mg	0.075		1		4		0.113		
Manganese, Mn.....mg	0.186		1		4		0.279		
Selenium, Se.....mcg	20.6		0	RK	4		30.9		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.8		2		1		2.7		
Thiamin.....mg	0.090		2		1		0.135		
Riboflavin.....mg	0.150		2		1		0.225		
Niacin.....mg	1.600		2		1		2.400		
Pantothenic acid.....mg	0.810		1		4		1.215		
Vitamin B-6.....mg	0.090		1		4		0.135		
Folate, total.....mcg	40		0	RK	4		60		
Folic acid.....mcg	20		0	NC	4		30		
Folate, food.....mcg	20		0		4		30		
Folate, DFE.....mcg_DFE	54		0	NC	4		81		
Vitamin B-12.....mcg	0.69		1		4		1.04		
Vitamin A, IU.....IU	247		0	FLA	4		370		
Vitamin A, RAE.....mcg_RAE	71		0	FLA	4		107		
Retinol.....mcg	71		0	FLA	4		106		
Vitamin E (alpha-tocopherol).....mg	1.31		0	FLA	4		1.96		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.7		0	FLA	4		4.1		
Lipids:									
Fatty acids, total saturated.....g	5.300		0		4		7.950		
4:0.....g	0.013		0		4		0.020		
6:0.....g	0.008		0		4		0.012		
8:0.....g	0.006		0		4		0.009		
10:0.....g	0.022		0		4		0.033		
12:0.....g	0.022		0		4		0.033		
13:0.....g									
14:0.....g	0.147		0		4		0.221		
15:0.....g									
16:0.....g	3.416		0		4		5.124		
17:0.....g									
18:0.....g	1.647		0		4		2.471		
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 21003

Fast foods, biscuit, with egg and bacon

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Fatty acids, total monounsaturated.....g	8.960		0		4		13.440		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.357		0		4		0.536		
17:1.....g									
18:1 undifferentiated.....g	8.587		0		4		12.881		
20:1.....g	0.011		0		4		0.017		
22:1 undifferentiated.....g	0.001		0		4		0.002		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.980		0		4		7.470		
18:2 undifferentiated.....g	4.551		0		4		6.827		
18:3 undifferentiated.....g	0.341		0		4		0.512		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.069		0		4		0.104		
20:5 n-3.....g	0.001		0		4		0.002		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.014		0		4		0.021		
Fatty acids, total trans.....g									
Cholesterol.....mg	235	32.533	3		1		353		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.144		0		1		0.216		
Threonine.....g	0.453		0		1		0.680		
Isoleucine.....g	0.548		0		1		0.822		
Leucine.....g	0.875		0		1		1.313		
Lysine.....g	0.683		0		1		1.025		
Methionine.....g	0.281		0		1		0.422		
Cystine.....g	0.196		0		1		0.294		
Phenylalanine.....g	0.540		0		1		0.810		
Tyrosine.....g	0.396		0		1		0.594		
Valine.....g	0.635		0		1		0.953		
Arginine.....g	0.624		0		1		0.936		
Histidine.....g	0.287		0		1		0.431		
Alanine.....g	0.559		0		1		0.839		
Aspartic acid.....g	0.890		0		1		1.335		
Glutamic acid.....g	2.036		0		1		3.054		
Glycine.....g	0.513		0		1		0.770		
Proline.....g	0.727		0		1		1.091		
Serine.....g	0.624		0		1		0.936		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	4		0	FLA	4		6.747		
Carotene, alpha.....mcg	0		0	FLA	4		0.021		
Cryptoxanthin, beta.....mcg	4		0	FLA	4		5.912		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	149		0	FLA	4		223.266		

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

Common Measures:

Measure 1 = 150g: 1 biscuit

NDB No. 21003
Fast foods, biscuit, with egg and bacon

Calories Factors: **Protein** 4.18 **Fat** 8.8 **Carbohydrate** 3.94 **Food Group:** 21 Fast Foods
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 21004

Fast foods, biscuit, with egg and ham

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Fatty acids, total monounsaturated.....g	5.710		0		4		10.963		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.168		0		4		0.323		
17:1.....g									
18:1 undifferentiated.....g	5.530		0		4		10.618		
20:1.....g	0.012		0		4		0.023		
22:1 undifferentiated.....g	0.001		0		4		0.002		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.010		0		4		7.699		
18:2 undifferentiated.....g	3.691		0		4		7.087		
18:3 undifferentiated.....g	0.243		0		4		0.467		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.061		0		4		0.117		
20:5 n-3.....g	0.002		0		4		0.004		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.016		0		4		0.031		
Fatty acids, total trans.....g									
Cholesterol.....mg	156		2		1		300		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.142		0		1		0.273		
Threonine.....g	0.456		0		1		0.876		
Isoleucine.....g	0.521		0		1		1.000		
Leucine.....g	0.863		0		1		1.657		
Lysine.....g	0.722		0		1		1.386		
Methionine.....g	0.281		0		1		0.540		
Cystine.....g	0.196		0		1		0.376		
Phenylalanine.....g	0.519		0		1		0.996		
Tyrosine.....g	0.383		0		1		0.735		
Valine.....g	0.564		0		1		1.083		
Arginine.....g	0.620		0		1		1.190		
Histidine.....g	0.311		0		1		0.597		
Alanine.....g	0.556		0		1		1.068		
Aspartic acid.....g	0.907		0		1		1.741		
Glutamic acid.....g	1.974		0		1		3.790		
Glycine.....g	0.439		0		1		0.843		
Proline.....g	0.620		0		1		1.190		
Serine.....g	0.575		0		1		1.104		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	28		0	FLA	4		54.640		
Carotene, alpha.....mcg	0		0	FLA	4		0.021		
Cryptoxanthin, beta.....mcg	6		0	FLA	4		11.586		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	226		0	FLA	4		433.318		

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

Common Measures:

Measure 1 = 192g: 1 biscuit

NDB No. 21004
Fast foods, biscuit, with egg and ham

Calories Factors: **Protein** 4.15 **Fat** 8.8 **Carbohydrate** 3.94 **Food Group:** 21 Fast Foods
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Fast foods, biscuit, with egg, cheese, and bacon

[illegible]

NDB No. 21007

Fast foods, biscuit, with egg, cheese, and bacon

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	9.879		0		1		14.226		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.474		1		1		0.683		
17:1.....g									
18:1 undifferentiated.....g	9.264		1		1		13.340		
20:1.....g	0.068		1		1		0.098		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.427		0		1		3.495		
18:2 undifferentiated.....g	2.236		1		1		3.220		
18:3 undifferentiated.....g	0.101		1		1		0.145		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.091		1		1		0.131		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	181		1		1		261		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.148		0		1		0.213		
Threonine.....g	0.430		0		1		0.619		
Isoleucine.....g	0.536		0		1		0.772		
Leucine.....g	0.894		0		1		1.287		
Lysine.....g	0.770		0		1		1.109		
Methionine.....g	0.281		0		1		0.405		
Cystine.....g	0.168		0		1		0.242		
Phenylalanine.....g	0.544		0		1		0.783		
Tyrosine.....g	0.441		0		1		0.635		
Valine.....g	0.637		0		1		0.917		
Arginine.....g	0.584		0		1		0.841		
Histidine.....g	0.321		0		1		0.462		
Alanine.....g	0.492		0		1		0.708		
Aspartic acid.....g	0.837		0		1		1.205		
Glutamic acid.....g	2.090		0		1		3.010		
Glycine.....g	0.436		0		1		0.628		
Proline.....g	0.815		0		1		1.174		
Serine.....g	0.600		0		1		0.864		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 144g: 1 biscuit

Calories Factors: Protein 4.22

Fat 8.8

Carbohydrate 3.94

Food Group: 21 Fast Foods

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
					Confidence Code			
Proximates:								
Water.....g	28.40		1		1		32.09	
Energy.....kcal	342		0	NC	4		386	
Energy.....kj	1431				4		1617	
Protein (N x 5.98).....g	11.85	0.838	4		1		13.39	
Total lipid (fat).....g	16.30	1.265	4		1		18.42	
Ash.....g	4.70		1		1		5.31	
Carbohydrate, by difference.....g	38.75		0	NC	4		43.79	
Fiber, total dietary.....g	0.7		0		4		0.8	
Sugars, total.....g	0.81		0	FLA	4		0.91	
Starch.....g								
Minerals:								
Calcium, Ca.....mg	142	19.383	4		1		160	
Iron, Fe.....mg	2.41	0.387	4		1		2.72	
Magnesium, Mg.....mg	20		1		1		23	
Phosphorus, P.....mg	490		1		1		554	
Potassium, K.....mg	174	14.834	4		1		197	
Sodium, Na.....mg	1268	141.692	4		1		1433	
Zinc, Zn.....mg	1.46		1		1		1.65	
Copper, Cu.....mg	0.032		1		1		0.036	
Manganese, Mn.....mg	0.320		1		1		0.362	
Selenium, Se.....mcg	17.1		0	RK	4		19.3	
Vitamins:								
Vitamin C, total ascorbic acid.....mg	0.1		1		1		0.1	
Thiamin.....mg	0.450	0.053	4		1		0.509	
Riboflavin.....mg	0.280	0.062	4		1		0.316	
Niacin.....mg	3.080	0.585	4		1		3.480	
Pantothenic acid.....mg	0.360		1		1		0.407	
Vitamin B-6.....mg	0.120		1		1		0.136	
Folate, total.....mcg	34		0	RK	4		38	
Folic acid.....mcg	27		0	NC	4		31	
Folate, food.....mcg	7		1		1		8	
Folate, DFE.....mcg_DFE	53		0	NC	4		60	
Vitamin B-12.....mcg	0.03		1		1		0.03	
Vitamin A, IU.....IU	118		0	FLA	4		133	
Vitamin A, RAE.....mcg_RAE	27		0	FLA	4		31	
Retinol.....mcg	25		0	FLA	4		29	
Vitamin E (alpha-tocopherol).....mg	1.47		0	FLA	4		1.66	
Tocopherol, beta.....mg								
Tocopherol, gamma.....mg								
Tocopherol, delta.....mg								
Vitamin D.....IU								
Vitamin K (phylloquinone).....mcg	6.3		0	FLA	4		7.1	
Lipids:								
Fatty acids, total saturated.....g	10.096		0		1		11.408	
4:0.....g	0.000		0		1		0.000	
6:0.....g	0.000		0		1		0.000	
8:0.....g	0.363		1		1		0.410	
10:0.....g	0.346		1		1		0.391	
12:0.....g	2.997		1		1		3.387	
13:0.....g								
14:0.....g	1.280		1		1		1.446	
15:0.....g								
16:0.....g	2.357		1		1		2.663	
17:0.....g								
18:0.....g	2.644		1		1		2.988	
20:0.....g								
22:0.....g								
24:0.....g								

NDB No. 21008
Fast foods, biscuit, with ham

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.277		0		1		4.833		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.182		1		1		0.206		
17:1.....g									
18:1 undifferentiated.....g	4.064		1		1		4.592		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.918		0		1		1.037		
18:2 undifferentiated.....g	0.808		1		1		0.913		
18:3 undifferentiated.....g	0.081		1		1		0.092		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.029		1		1		0.033		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	22	4.737	3		1		25		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.147		0		1		0.166		
Threonine.....g	0.481		0		1		0.544		
Isoleucine.....g	0.513		0		1		0.580		
Leucine.....g	0.937		0		1		1.059		
Lysine.....g	0.818		0		1		0.924		
Methionine.....g	0.289		0		1		0.327		
Cystine.....g	0.196		0		1		0.221		
Phenylalanine.....g	0.547		0		1		0.618		
Tyrosine.....g	0.400		0		1		0.452		
Valine.....g	0.533		0		1		0.602		
Arginine.....g	0.680		0		1		0.768		
Histidine.....g	0.382		0		1		0.432		
Alanine.....g	0.604		0		1		0.683		
Aspartic acid.....g	0.957		0		1		1.081		
Glutamic acid.....g	2.558		0		1		2.891		
Glycine.....g	0.549		0		1		0.620		
Proline.....g	0.794		0		1		0.897		
Serine.....g	0.533		0		1		0.602		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	20		0	FLA	4		22.584		
Carotene, alpha.....mcg	0		0	FLA	4		0.031		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.044		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	7		0	FLA	4		7.972		

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

Common Measures:

Measure 1 = 113g: 1 biscuit

NDB No. 21008
Fast foods, biscuit, with ham

Calories Factors: **Protein** 4.03 **Fat** 8.67 **Carbohydrate** 3.95 **Food Group:** 21 Fast Foods
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 21009
Fast foods, biscuit, with sausage

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Fatty acids, total monounsaturated.....g	10.339		0		1		12.820		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.485		2		1		0.601		
17:1.....g									
18:1 undifferentiated.....g	9.699		2		1		12.027		
20:1.....g	0.120		2		1		0.149		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.440		0		1		3.026		
18:2 undifferentiated.....g	2.188		2		1		2.713		
18:3 undifferentiated.....g	0.214		2		1		0.265		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.038		2		1		0.047		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	28	4.684	4		1		35		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.113		0		1		0.140		
Threonine.....g	0.345		0		1		0.428		
Isoleucine.....g	0.391		0		1		0.485		
Leucine.....g	0.724		0		1		0.898		
Lysine.....g	0.523		0		1		0.649		
Methionine.....g	0.210		0		1		0.260		
Cystine.....g	0.150		0		1		0.186		
Phenylalanine.....g	0.431		0		1		0.534		
Tyrosine.....g	0.318		0		1		0.394		
Valine.....g	0.443		0		1		0.549		
Arginine.....g	0.483		0		1		0.599		
Histidine.....g	0.260		0		1		0.322		
Alanine.....g	0.430		0		1		0.533		
Aspartic acid.....g	0.638		0		1		0.791		
Glutamic acid.....g	2.398		0		1		2.974		
Glycine.....g	0.458		0		1		0.568		
Proline.....g	0.846		0		1		1.049		
Serine.....g	0.455		0		1		0.564		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	8		0	FLA	4		9.370		
Carotene, alpha.....mcg	0		0	FLA	4		0.028		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.040		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	6		0	FLA	4		7.307		

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Common Measures:

Measure 1 = 124g: 1 biscuit

NDB No. 21009
Fast foods, biscuit, with sausage

Calories Factors: Protein 4.01 Fat 8.75 Carbohydrate 3.95 **Food Group:** 21 Fast Foods
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 21027
Fast foods, brownie

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
Proximates:									
Water.....g	12.65		2		1		7.59		
Energy.....kcal	405		0	NC	4		243		
Energy.....kj	1695				4		1017		
Protein (N x 6.09).....g	4.57	0.342	3		1		2.74		
Total lipid (fat).....g	16.84	0.733	3		1		10.10		
Ash.....g	1.00		2		1		0.60		
Carbohydrate, by difference.....g	64.95		0	NC	4		38.97		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	42		2		1		25		
Iron, Fe.....mg	2.15		2		1		1.29		
Magnesium, Mg.....mg	27		2		1		16		
Phosphorus, P.....mg	146		2		1		88		
Potassium, K.....mg	139		2		1		83		
Sodium, Na.....mg	255	15.790	3		1		153		
Zinc, Zn.....mg	0.92		1		1		0.55		
Copper, Cu.....mg	0.000		2		1		0.000		
Manganese, Mn.....mg	0.181	0.059	6		1		0.109		
Selenium, Se.....mcg	6.3		0	BFZN	4		3.8		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	5.3		2		1		3.2		
Thiamin.....mg	0.120		2		1		0.072		
Riboflavin.....mg	0.210		2		1		0.126		
Niacin.....mg	0.970		2		1		0.582		
Pantothenic acid.....mg	0.550		1		4		0.330		
Vitamin B-6.....mg	0.040		1		4		0.024		
Folate, total.....mcg	29		0	BFZN	4		17		
Folic acid.....mcg	22		0	NC	4		13		
Folate, food.....mcg	7		0		4		4		
Folate, DFE.....mcg_DFE	44		0	NC	4		27		
Vitamin B-12.....mcg	0.26		1		4		0.16		
Vitamin A, IU.....IU	18		2		1		11		
Vitamin A, RAE.....mcg_RAE	5		0	NC	4		3		
Retinol.....mcg	5		0	NC	4		3		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	5.220		1		1		3.132		
Fatty acids, total monounsaturated.....g	6.377		1		1		3.826		
Fatty acids, total polyunsaturated.....g	4.398		1		1		2.639		
Fatty acids, total trans.....g									
Cholesterol.....mg	16		1		1		10		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.057		0		1		0.034		
Threonine.....g	0.158		0		1		0.095		
Isoleucine.....g	0.199		0		1		0.119		
Leucine.....g	0.339		0		1		0.203		
Lysine.....g	0.223		0		1		0.134		
Methionine.....g	0.082		0		1		0.049		
Cvstine.....g	0.060		0		1		0.036		

NDB No. 21027
Fast foods, brownie

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						
Phenylalanine.....g	0.207		0		1		0.124		
Tyrosine.....g	0.167		0		1		0.100		
Valine.....g	0.236		0		1		0.142		
Arginine.....g	0.176		0		1		0.106		
Histidine.....g	0.100		0		1		0.060		
Alanine.....g	0.151		0		1		0.091		
Aspartic acid.....g	0.287		0		1		0.172		
Glutamic acid.....g	1.038		0		1		0.623		
Glycine.....g	0.131		0		1		0.079		
Proline.....g	0.396		0		1		0.238		
Serine.....g	0.214		0		1		0.128		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g									
Caffeine.....mg	2		0	BFZN	4		1		
Theobromine.....mg	79		0	BFZN	4		47		

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

Common Measures:

Measure 1 = 60g: 1 brownie (2" square)

Calories Factors: Protein 3.71 Fat 8.74 Carbohydrate 3.71

Food Group: 21 Fast Foods

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	52.53	1.681	7		1		113.99		
Energy.....kcal	206		0	NC	4		447		
Energy.....kj	862				4		1870		
Protein (N x 5.88).....g	6.48	0.145	7		1		14.06		
Total lipid (fat).....g	6.22	0.417	7		1		13.50		
Ash.....g	1.85	0.047	7		1		4.01		
Carbohydrate, by difference.....g	32.92		0	NC	4		71.44		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	52	7.447	7		1		113		
Iron, Fe.....mg	2.08	0.206	7		1		4.51		
Magnesium, Mg.....mg	40	0.732	7		1		87		
Phosphorus, P.....mg	45	3.682	7		1		98		
Potassium, K.....mg	301	13.129	7		1		653		
Sodium, Na.....mg	454	38.455	7		1		985		
Zinc, Zn.....mg	0.70	0.053	6		1		1.52		
Copper, Cu.....mg	0.174	0.013	6		1		0.378		
Manganese, Mn.....mg	0.400	0.049	7		1		0.868		
Selenium, Se.....mcg	10.1		0	RK	4		21.9		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.9	0.337	7		1		2.0		
Thiamin.....mg	0.290	0.049	7		1		0.629		
Riboflavin.....mg	0.280	0.022	7		1		0.608		
Niacin.....mg	1.870	0.072	7		1		4.058		
Pantothenic acid.....mg	0.920	0.089	7		1		1.996		
Vitamin B-6.....mg	0.140	0.018	7		1		0.304		
Folate, total.....mcg	40		0	RK	4		87		
Folic acid.....mcg	31		0	RA	4		67		
Folate, food.....mcg	9		0	NC	4		20		
Folate, DFE.....mcg_DFE	62		0	NC	4		134		
Vitamin B-12.....mcg	0.50	0.111	7		1		1.09		
Vitamin A, IU.....IU	153	44.633	3		1		332		
Vitamin A, RAE.....mcg_RAE	8		0	NC	4		17		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	3.174		0		1		6.888		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.230		1		1		0.499		
15:0.....g									
16:0.....g	1.965		1		1		4.264		
17:0.....g									
18:0.....g	0.980		1		1		2.127		
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 21060
Fast foods, burrito, with beans

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	2.184		0		1		4.739		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	2.184		1		1		4.739		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.551		0		1		1.196		
18:2 undifferentiated.....g	0.439		1		1		0.953		
18:3 undifferentiated.....g	0.112		1		1		0.243		
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	2		1		1		4		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.079		0		1		0.171		
Threonine.....g	0.244		0		1		0.529		
Isoleucine.....g	0.270		0		1		0.586		
Leucine.....g	0.504		0		1		1.094		
Lysine.....g	0.343		0		1		0.744		
Methionine.....g	0.107		0		1		0.232		
Cystine.....g	0.098		0		1		0.213		
Phenylalanine.....g	0.351		0		1		0.762		
Tyrosine.....g	0.192		0		1		0.417		
Valine.....g	0.319		0		1		0.692		
Arginine.....g	0.359		0		1		0.779		
Histidine.....g	0.172		0		1		0.373		
Alanine.....g	0.255		0		1		0.553		
Aspartic acid.....g	0.610		0		1		1.324		
Glutamic acid.....g	1.469		0		1		3.188		
Glycine.....g	0.251		0		1		0.545		
Proline.....g	0.463		0		1		1.005		
Serine.....g	0.351		0		1		0.762		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 217g: 2 pieces

Calories Factors: Protein 3.68

Fat 8.37

Carbohydrate 3.96

Food Group: 21 Fast Foods

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

NDB No. 21061
Fast foods, burrito, with beans and cheese

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
Fatty acids, total monounsaturated.....g	1.335		0		1		2.483		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	1.335		2		1		2.483		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.959		0		1		1.784		
18:2 undifferentiated.....g	0.848		2		1		1.577		
18:3 undifferentiated.....g	0.111		2		1		0.206		
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	15		2		1		28		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.095		0		1		0.177		
Threonine.....g	0.272		0		1		0.506		
Isoleucine.....g	0.382		0		1		0.711		
Leucine.....g	0.634		0		1		1.179		
Lysine.....g	0.492		0		1		0.915		
Methionine.....g	0.156		0		1		0.290		
Cystine.....g	0.081		0		1		0.151		
Phenylalanine.....g	0.394		0		1		0.733		
Tyrosine.....g	0.289		0		1		0.538		
Valine.....g	0.423		0		1		0.787		
Arginine.....g	0.355		0		1		0.660		
Histidine.....g	0.229		0		1		0.426		
Alanine.....g	0.259		0		1		0.482		
Aspartic acid.....g	0.612		0		1		1.138		
Glutamic acid.....g	1.971		0		1		3.666		
Glycine.....g	0.213		0		1		0.396		
Proline.....g	0.697		0		1		1.296		
Serine.....g	0.416		0		1		0.774		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 186g: 2 pieces

Calories Factors: Protein 3.76

Fat 8.71

Carbohydrate 3.98

Food Group: 21 Fast Foods

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

NDB No. 21062
Fast foods, burrito, with beans and chili peppers

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	2 . 632		0		1		5 . 369		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	2 . 632		4		1		5 . 369		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0 . 473		0		1		0 . 965		
18:2 undifferentiated.....g	0 . 405		4		1		0 . 826		
18:3 undifferentiated.....g	0 . 068		4		1		0 . 139		
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	6 . 320	3		1		33		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0 . 094		0		1		0 . 192		
Threonine.....g	0 . 273		0		1		0 . 557		
Isoleucine.....g	0 . 304		0		1		0 . 620		
Leucine.....g	0 . 556		0		1		1 . 134		
Lysine.....g	0 . 362		0		1		0 . 738		
Methionine.....g	0 . 121		0		1		0 . 247		
Cystine.....g	0 . 121		0		1		0 . 247		
Phenylalanine.....g	0 . 391		0		1		0 . 798		
Tyrosine.....g	0 . 222		0		1		0 . 453		
Valine.....g	0 . 351		0		1		0 . 716		
Arginine.....g	0 . 407		0		1		0 . 830		
Histidine.....g	0 . 197		0		1		0 . 402		
Alanine.....g	0 . 296		0		1		0 . 604		
Aspartic acid.....g	0 . 715		0		1		1 . 459		
Glutamic acid.....g	2 . 083		0		1		4 . 249		
Glycine.....g	0 . 288		0		1		0 . 588		
Proline.....g	0 . 573		0		1		1 . 169		
Serine.....g	0 . 395		0		1		0 . 806		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 204g: 2 pieces

Calories Factors: Protein 3.64

Fat 8.37

Carbohydrate 3.97

Food Group: 21 Fast Foods

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

Fast foods, burrito, with beans and meat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	51.89	1.652	7		1		119.87		
Energy.....kcal	220		0	NC	4		508		
Energy.....kJ	920				4		2126		
Protein (N x 6.14).....g	9.73	0.279	7		1		22.48		
Total lipid (fat).....g	7.71	0.489	7		1		17.81		
Ash.....g	2.09	0.037	7		1		4.83		
Carbohydrate, by difference.....g	28.58		0	NC	4		66.02		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	46	9.617	7		1		106		
Iron, Fe.....mg	2.12	0.270	7		1		4.90		
Magnesium, Mg.....mg	36	3.421	7		1		83		
Phosphorus, P.....mg	61	4.211	7		1		141		
Potassium, K.....mg	284	19.880	7		1		656		
Sodium, Na.....mg	578	26.833	7		1		1335		
Zinc, Zn.....mg	1.66	0.324	7		1		3.83		
Copper, Cu.....mg	0.163	0.024	6		1		0.377		
Manganese, Mn.....mg	0.360	0.008	7		1		0.832		
Selenium, Se.....mcg	13.2		0	RK	4		30.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.8	0.392	7		1		1.8		
Thiamin.....mg	0.230	0.034	7		1		0.531		
Riboflavin.....mg	0.360	0.031	7		1		0.832		
Niacin.....mg	2.340	0.122	7		1		5.405		
Pantothenic acid.....mg	0.970	0.076	7		1		2.241		
Vitamin B-6.....mg	0.160	0.012	7		1		0.370		
Folate, total.....mcg	50		0	RK	4		116		
Folic acid.....mcg	18		0	NC	4		42		
Folate, food.....mcg	32		0		4		74		
Folate, DFE.....mcg_DFE	63		0	NC	4		145		
Vitamin B-12.....mcg	0.75	0.104	7		1		1.73		
Vitamin A, IU.....IU	275	61.265	3		1		635		
Vitamin A, RAE.....mcg_RAE	14		0	NC	4		32		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	3.600		0		1		8.316		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.351		1		1		0.811		
15:0.....g									
16:0.....g	2.248		1		1		5.193		
17:0.....g									
18:0.....g	1.002		1		1		2.315		
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 21063
Fast foods, burrito, with beans and meat

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	3.038		0		1		7.018		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	3.038		1		1		7.018		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.529		0		1		1.222		
18:2 undifferentiated.....g	0.490		1		1		1.132		
18:3 undifferentiated.....g	0.039		1		1		0.090		
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	21		1		1		49		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.117		0		1		0.270		
Threonine.....g	0.358		0		1		0.827		
Isoleucine.....g	0.388		0		1		0.896		
Leucine.....g	0.727		0		1		1.679		
Lysine.....g	0.594		0		1		1.372		
Methionine.....g	0.190		0		1		0.439		
Cystine.....g	0.127		0		1		0.293		
Phenylalanine.....g	0.425		0		1		0.982		
Tyrosine.....g	0.288		0		1		0.665		
Valine.....g	0.445		0		1		1.028		
Arginine.....g	0.558		0		1		1.289		
Histidine.....g	0.269		0		1		0.621		
Alanine.....g	0.486		0		1		1.123		
Aspartic acid.....g	0.802		0		1		1.853		
Glutamic acid.....g	2.057		0		1		4.752		
Glycine.....g	0.532		0		1		1.229		
Proline.....g	0.648		0		1		1.497		
Serine.....g	0.428		0		1		0.989		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 231g: 2 pieces

Calories Factors: Protein 4.02

Fat 8.73

Carbohydrate 3.97

Food Group: 21 Fast Foods

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

NDB No. 21064

Fast foods, burrito, with beans, cheese, and beef

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
Fatty acids, total monounsaturated.....g	2.196		0		1		4.458		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	2.196		1		1		4.458		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.502		0		1		1.019		
18:2 undifferentiated.....g	0.451		1		1		0.916		
18:3 undifferentiated.....g	0.051		1		1		0.104		
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	61		1		1		124		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.086		0		1		0.175		
Threonine.....g	0.261		0		1		0.530		
Isoleucine.....g	0.324		0		1		0.658		
Leucine.....g	0.564		0		1		1.145		
Lysine.....g	0.459		0		1		0.932		
Methionine.....g	0.144		0		1		0.292		
Cystine.....g	0.081		0		1		0.164		
Phenylalanine.....g	0.334		0		1		0.678		
Tyrosine.....g	0.241		0		1		0.489		
Valine.....g	0.363		0		1		0.737		
Arginine.....g	0.370		0		1		0.751		
Histidine.....g	0.204		0		1		0.414		
Alanine.....g	0.298		0		1		0.605		
Aspartic acid.....g	0.569		0		1		1.155		
Glutamic acid.....g	1.536		0		1		3.118		
Glycine.....g	0.296		0		1		0.601		
Proline.....g	0.547		0		1		1.110		
Serine.....g	0.346		0		1		0.702		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 203g: 2 pieces

Calories Factors: Protein 3.96

Fat 8.72

Carbohydrate 3.97

Food Group: 21 Fast Foods

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

NDB No. 21065

Fast foods, burrito, with beans, cheese, and chili peppers

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	2.515		0		1		8.450		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	2.515		4		1		8.450		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.377		0		1		1.267		
18:2 undifferentiated.....g	0.377		4		1		1.267		
18:3 undifferentiated.....g									
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	47		2		1		158		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.118		0		1		0.396		
Threonine.....g	0.330		0		1		1.109		
Isoleucine.....g	0.441		0		1		1.482		
Leucine.....g	0.766		0		1		2.574		
Lysine.....g	0.537		0		1		1.804		
Methionine.....g	0.186		0		1		0.625		
Cystine.....g	0.121		0		1		0.407		
Phenylalanine.....g	0.495		0		1		1.663		
Tyrosine.....g	0.335		0		1		1.126		
Valine.....g	0.498		0		1		1.673		
Arginine.....g	0.443		0		1		1.488		
Histidine.....g	0.268		0		1		0.900		
Alanine.....g	0.325		0		1		1.092		
Aspartic acid.....g	0.716		0		1		2.406		
Glutamic acid.....g	2.400		0		1		8.064		
Glycine.....g	0.294		0		1		0.988		
Proline.....g	0.866		0		1		2.910		
Serine.....g	0.512		0		1		1.720		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 336g: 2 pieces

Calories Factors: Protein 3.82

Fat 8.61

Carbohydrate 3.97

Food Group: 21 Fast Foods

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

NDB No. 21066
Fast foods, burrito, with beef

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	3.368		0		1		7.410		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	3.368		3		1		7.410		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.388		0		1		0.854		
18:2 undifferentiated.....g	0.350		3		1		0.770		
18:3 undifferentiated.....g	0.039		3		1		0.086		
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	29	13.110	3		1		64		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.147		0		1		0.323		
Threonine.....g	0.449		0		1		0.988		
Isoleucine.....g	0.482		0		1		1.060		
Leucine.....g	0.909		0		1		2.000		
Lysine.....g	0.782		0		1		1.720		
Methionine.....g	0.256		0		1		0.563		
Cystine.....g	0.155		0		1		0.341		
Phenylalanine.....g	0.494		0		1		1.087		
Tyrosine.....g	0.367		0		1		0.807		
Valine.....g	0.548		0		1		1.206		
Arginine.....g	0.712		0		1		1.566		
Histidine.....g	0.347		0		1		0.763		
Alanine.....g	0.663		0		1		1.459		
Aspartic acid.....g	0.945		0		1		2.079		
Glutamic acid.....g	2.582		0		1		5.680		
Glycine.....g	0.746		0		1		1.641		
Proline.....g	0.824		0		1		1.813		
Serine.....g	0.500		0		1		1.100		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 220g: 2 pieces

Calories Factors: Protein 4.11

Fat 8.76

Carbohydrate 3.95

Food Group: 21 Fast Foods

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

NDB No. 21067
Fast foods, burrito, with beef and chili peppers

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	3.022		0		1		6.074		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	3.022		4		1		6.074		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.485		0		1		0.975		
18:2 undifferentiated.....g	0.451		4		1		0.907		
18:3 undifferentiated.....g	0.034		4		1		0.068		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	27	2.241	4		1		54		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.130		0		1		0.261		
Threonine.....g	0.409		0		1		0.822		
Isoleucine.....g	0.432		0		1		0.868		
Leucine.....g	0.810		0		1		1.628		
Lysine.....g	0.733		0		1		1.473		
Methionine.....g	0.230		0		1		0.462		
Cystine.....g	0.130		0		1		0.261		
Phenylalanine.....g	0.427		0		1		0.858		
Tyrosine.....g	0.325		0		1		0.653		
Valine.....g	0.490		0		1		0.985		
Arginine.....g	0.650		0		1		1.307		
Histidine.....g	0.313		0		1		0.629		
Alanine.....g	0.610		0		1		1.226		
Aspartic acid.....g	0.886		0		1		1.781		
Glutamic acid.....g	2.193		0		1		4.408		
Glycine.....g	0.684		0		1		1.375		
Proline.....g	0.680		0		1		1.367		
Serine.....g	0.436		0		1		0.876		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 201g: 2 pieces

Calories Factors: Protein 4.06

Fat 8.75

Carbohydrate 3.93

Food Group: 21 Fast Foods

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

NDB No. 21068

Fast foods, burrito, with beef, cheese, and chili peppers

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	55.19	0.645	8		1		167.78		
Energy.....kcal	208		0		1		632		
Energy.....kj	870				1		2646		
Protein (N x 6.14).....g	13.46	0.590	8		1		40.92		
Total lipid (fat).....g	8.15	0.193	8		1		24.78		
Ash.....g	2.24	0.053	8		1		6.81		
Carbohydrate, by difference.....g	20.96		0	NC	4		63.72		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	73	4.809	8		1		222		
Iron, Fe.....mg	2.57	0.090	8		1		7.81		
Magnesium, Mg.....mg	23	0.688	8		1		70		
Phosphorus, P.....mg	104	4.907	8		1		316		
Potassium, K.....mg	219	16.341	8		1		666		
Sodium, Na.....mg	688	18.242	8		1		2092		
Zinc, Zn.....mg	2.60	0.320	8		1		7.90		
Copper, Cu.....mg	0.119	0.033	8		1		0.362		
Manganese, Mn.....mg	0.200	0.005	8		1		0.608		
Selenium, Se.....mcg	11.0		0	RK	4		33.4		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.2	0.383	8		1		3.6		
Thiamin.....mg	0.200	0.041	8		1		0.608		
Riboflavin.....mg	0.410	0.021	8		1		1.246		
Niacin.....mg	2.740	0.079	8		1		8.330		
Pantothenic acid.....mg	0.990	0.080	8		1		3.010		
Vitamin B-6.....mg	0.120	0.010	8		1		0.365		
Folate, total.....mcg	46		0	RK	4		140		
Folic acid.....mcg	27		0	NC	4		82		
Folate, food.....mcg	19		0		4		58		
Folate, DFE.....mcg_DFE	65		0	NC	4		197		
Vitamin B-12.....mcg	0.68	0.054	8		1		2.07		
Vitamin A, IU.....IU	320	60.154	4		1		973		
Vitamin A, RAE.....mcg_RAE	65		0	NC	4		198		
Retinol.....mcg	59		0	NC	4		179		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	3.420		1		1		10.397		
Fatty acids, total monounsaturated.....g	3.267		1		1		9.932		
Fatty acids, total polyunsaturated.....g	0.732		1		1		2.225		
Fatty acids, total trans.....g									
Cholesterol.....mg	56		2		1		170		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.162		0		1		0.492		
Threonine.....g	0.495		0		1		1.505		
Isoleucine.....g	0.574		0		1		1.745		
Leucine.....g	1.032		0		1		3.137		
Lysine.....g	0.920		0		1		2.797		
Methionine.....g	0.289		0		1		0.879		
Cystine.....g	0.147		0		1		0.447		

NDB No. 21068
Fast foods, burrito, with beef, cheese, and chili peppers

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	<u>measures of food</u>		
							Measure 1	Measure 2	Measure 3
Phenylalanine.....g	0.554		0		1		1.684		
Tyrosine.....g	0.436		0		1		1.325		
Valine.....g	0.642		0		1		1.952		
Arginine.....g	0.756		0		1		2.298		
Histidine.....g	0.397		0		1		1.207		
Alanine.....g	0.686		0		1		2.085		
Aspartic acid.....g	1.054		0		1		3.204		
Glutamic acid.....g	2.851		0		1		8.667		
Glycine.....g	0.739		0		1		2.247		
Proline.....g	0.947		0		1		2.879		
Serine.....g	0.574		0		1		1.745		
Hydroxyproline.....g									

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Common Measures:
 Measure 1 = 304g: 2 pieces

Calories Factors: **Protein** 4.08 **Fat** 8.76 **Carbohydrate** 3.92

Food Group: 21 Fast Foods

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

NDB No. 21069
Fast foods, burrito, with fruit (apple or cherry)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4 . 621		0		1		7 . 163	3 . 420	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	4 . 621		1		1		7 . 163	3 . 420	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1 . 426		0		1		2 . 210	1 . 055	
18:2 undifferentiated.....g	1 . 426		1		1		2 . 210	1 . 055	
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	5		2		1		8	4	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0 . 041		0		1		0 . 064	0 . 030	
Threonine.....g	0 . 091		0		1		0 . 141	0 . 067	
Isoleucine.....g	0 . 117		0		1		0 . 181	0 . 087	
Leucine.....g	0 . 228		0		1		0 . 353	0 . 169	
Lysine.....g	0 . 078		0		1		0 . 121	0 . 058	
Methionine.....g	0 . 059		0		1		0 . 091	0 . 044	
Cystine.....g	0 . 071		0		1		0 . 110	0 . 053	
Phenylalanine.....g	0 . 167		0		1		0 . 259	0 . 124	
Tyrosine.....g	0 . 100		0		1		0 . 155	0 . 074	
Valine.....g	0 . 135		0		1		0 . 209	0 . 100	
Arginine.....g	0 . 135		0		1		0 . 209	0 . 100	
Histidine.....g	0 . 075		0		1		0 . 116	0 . 056	
Alanine.....g	0 . 108		0		1		0 . 167	0 . 080	
Aspartic acid.....g	0 . 168		0		1		0 . 260	0 . 124	
Glutamic acid.....g	1 . 109		0		1		1 . 719	0 . 821	
Glycine.....g	0 . 120		0		1		0 . 186	0 . 089	
Proline.....g	0 . 382		0		1		0 . 592	0 . 283	
Serine.....g	0 . 166		0		1		0 . 257	0 . 123	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 155g: 1 burrito, large

Measure 2 = 74g: 1 burrito, small

Calories Factors: Protein 4

Fat 8.9

Carbohydrate 3.9

Food Group: 21 Fast Foods

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

NDB No. 21100

Fast foods, cheeseburger, large, double patty, with condiments and vegetables

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	51.09	0.933	13		1		131.81		
Energy.....kcal	273		0		1		704		
Energy.....kj	1142				1		2947		
Protein (N x 6.2).....g	14.72	0.381	15		1		37.98		
Total lipid (fat).....g	16.92	0.319	15		1		43.65		
Ash.....g	1.90	0.073	13		1		4.90		
Carbohydrate, by difference.....g	15.37		0	NC	4		39.65		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	93	9.043	14		1		240		
Iron, Fe.....mg	2.29	0.122	14		1		5.91		
Magnesium, Mg.....mg	20	0.575	12		1		52		
Phosphorus, P.....mg	153	6.382	13		1		395		
Potassium, K.....mg	231	6.472	14		1		596		
Sodium, Na.....mg	445	19.057	15		1		1148		
Zinc, Zn.....mg	2.59	0.100	13		1		6.68		
Copper, Cu.....mg	0.080	0.004	12		1		0.206		
Manganese, Mn.....mg	0.123		1		4		0.317		
Selenium, Se.....mcg	11.2		0	RK	4		28.9		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.4		2		1		1.0		
Thiamin.....mg	0.140	0.008	14		1		0.361		
Riboflavin.....mg	0.190	0.010	14		1		0.490		
Niacin.....mg	2.810	0.123	14		1		7.250		
Pantothenic acid.....mg	0.330		1		4		0.851		
Vitamin B-6.....mg	0.160		1		4		0.413		
Folate, total.....mcg	29		0	RK	4		75		
Folic acid.....mcg	10		0	NC	4		26		
Folate, food.....mcg	19		0		4		49		
Folate, DFE.....mcg_DFE	36		0	NC	4		93		
Vitamin B-12.....mcg	1.32		1		4		3.41		
Vitamin A, IU.....IU	135		1		1		348		
Vitamin A, RAE.....mcg_RAE	24		0	NC	4		62		
Retinol.....mcg	21		0	NC	4		54		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	6.850		1		1		17.673		
Fatty acids, total monounsaturated.....g	6.726		1		1		17.353		
Fatty acids, total polyunsaturated.....g	1.821		1		1		4.698		
Fatty acids, total trans.....g									
Cholesterol.....mg	55	4.028	3		1		142		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.183		0		1		0.472		
Threonine.....g	0.568		0		1		1.465		
Isoleucine.....g	0.627		0		1		1.618		
Leucine.....g	1.159		0		1		2.990		
Lysine.....g	1.126		0		1		2.905		
Methionine.....g	0.328		0		1		0.846		
Cystine.....g	0.152		0		1		0.392		

NDB No. 21100

Fast foods, cheeseburger, large, double patty, with condiments and vegetables

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	<u>measures of food</u>		
			of Data Points	Deriv Code			Measure 1	Measure 2	Measure 3
Phenylalanine.....g	0.601		0		1		1.551		
Tyrosine.....g	0.482		0		1		1.244		
Valine.....g	0.731		0		1		1.886		
Arginine.....g	0.881		0		1		2.273		
Histidine.....g	0.458		0		1		1.182		
Alanine.....g	0.815		0		1		2.103		
Aspartic acid.....g	1.211		0		1		3.124		
Glutamic acid.....g	2.764		0		1		7.131		
Glycine.....g	0.900		0		1		2.322		
Proline.....g	0.950		0		1		2.451		
Serine.....g	0.539		0		1		1.391		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 258g: 1 sandwich

Calories Factors: Protein 4.2

Fat 8.92

Carbohydrate 3.95

Food Group: 21 Fast Foods

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

Fast foods, cheeseburger, large, single patty, with condiments and vegetables

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	52.50	1.027	9		1		114.98		
Energy.....kcal	257		0		1		563		
Energy.....kj	1075				1		2355		
Protein (N x 6.2).....g	12.87	0.513	15		1		28.19		
Total lipid (fat).....g	15.04	0.422	15		1		32.94		
Ash.....g	2.06	0.068	9		1		4.51		
Carbohydrate, by difference.....g	17.53		0	NC	4		38.39		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	94	8.411	14		1		206		
Iron, Fe.....mg	2.13	0.103	14		1		4.66		
Magnesium, Mg.....mg	20	0.765	8		1		44		
Phosphorus, P.....mg	142	8.446	10		1		311		
Potassium, K.....mg	203	6.229	14		1		445		
Sodium, Na.....mg	506	22.522	15		1		1108		
Zinc, Zn.....mg	2.10	0.171	9		1		4.60		
Copper, Cu.....mg	0.085	0.006	8		1		0.186		
Manganese, Mn.....mg	0.142	0.019	3		1		0.311		
Selenium, Se.....mcg	17.1		0	RK	4		37.4		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	3.6	1.968	8		1		7.9		
Thiamin.....mg	0.180	0.014	14		1		0.394		
Riboflavin.....mg	0.210	0.017	14		1		0.460		
Niacin.....mg	3.370	0.405	14		1		7.380		
Pantothenic acid.....mg	0.330	0.022	4		1		0.723		
Vitamin B-6.....mg	0.130	0.011	4		1		0.285		
Folate, total.....mcg	37		0	RK	4		81		
Folic acid.....mcg	24		0	NC	4		53		
Folate, food.....mcg	13	1.202	3		1		28		
Folate, DFE.....mcg_DFE	54		0	NC	4		118		
Vitamin B-12.....mcg	1.17	0.033	4		1		2.56		
Vitamin A, IU.....IU	280	46.818	9		1		613		
Vitamin A, RAE.....mcg_RAE	64		0	NC	4		140		
Retinol.....mcg	60		0	NC	4		131		
Vitamin E (alpha-tocopherol).....mg	0.54		0		1		1.18		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	6.867		0		1		15.039		
4:0.....g	0.139		3		1		0.304		
6:0.....g	0.155		3		1		0.339		
8:0.....g	0.043		3		1		0.094		
10:0.....g	0.105		3		1		0.230		
12:0.....g	0.132		3		1		0.289		
13:0.....g									
14:0.....g	0.731		3		1		1.601		
15:0.....g									

NDB No. 21098

Fast foods, cheeseburger, large, single patty, with condiments and vegetables

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	5.758		0		1		12.610		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.588		3		1		1.288		
17:1.....g									
18:1 undifferentiated.....g	4.960		3		1		10.862		
20:1.....g	0.042		3		1		0.092		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.925		0		1		2.026		
18:2 undifferentiated.....g	0.716		3		1		1.568		
18:3 undifferentiated.....g	0.178		3		1		0.390		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.031		3		1		0.068		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	40	2.643	10		1		88		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.162		0		1		0.355		
Threonine.....g	0.480		0		1		1.051		
Isoleucine.....g	0.548		0		1		1.200		
Leucine.....g	1.009		0		1		2.210		
Lysine.....g	0.968		0		1		2.120		
Methionine.....g	0.284		0		1		0.622		
Cystine.....g	0.133		0		1		0.291		
Phenylalanine.....g	0.542		0		1		1.187		
Tyrosine.....g	0.440		0		1		0.964		
Valine.....g	0.648		0		1		1.419		
Arginine.....g	0.725		0		1		1.588		
Histidine.....g	0.401		0		1		0.878		
Alanine.....g	0.652		0		1		1.428		
Aspartic acid.....g	1.013		0		1		2.218		
Glutamic acid.....g	2.554		0		1		5.593		
Glycine.....g	0.702		0		1		1.537		
Proline.....g	0.901		0		1		1.973		
Serine.....g	0.494		0		1		1.082		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 219g: 1 sandwich

Calories Factors: Protein 4.2

Fat 8.92

Carbohydrate 3.95

Food Group: 21 Fast Foods

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

NDB No. 21099

Fast foods, cheeseburger, large, single patty, with ham, condiments and vegetables

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	50.05		1		1		127.13		
Energy.....kcal	293		0		1		744		
Energy.....kj	1226				1		3114		
Protein (N x 6.2).....g	15.55		2		1		39.50		
Total lipid (fat).....g	18.97		2		1		48.18		
Ash.....g	2.42		1		4		6.15		
Carbohydrate, by difference.....g	14.83		2		9		37.67		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	119		1		4		302		
Iron, Fe.....mg	1.98		1		4		5.03		
Magnesium, Mg.....mg	20		1		4		51		
Phosphorus, P.....mg	209		1		4		531		
Potassium, K.....mg	212		1		4		538		
Sodium, Na.....mg	674		2		1		1712		
Zinc, Zn.....mg	2.61		1		4		6.63		
Copper, Cu.....mg	0.097		1		4		0.246		
Manganese, Mn.....mg	0.147		1		4		0.373		
Selenium, Se.....mcg	12.8		0	RK	4		32.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2.9		1		4		7.4		
Thiamin.....mg	0.210		1		4		0.533		
Riboflavin.....mg	0.220		1		4		0.559		
Niacin.....mg	3.610		1		4		9.169		
Pantothenic acid.....mg	0.410		1		4		1.041		
Vitamin B-6.....mg	0.150		1		4		0.381		
Folate, total.....mcg	31		0	RK	4		79		
Folic acid.....mcg	11		0	NC	4		28		
Folate, food.....mcg	20		0		4		51		
Folate, DFE.....mcg_DFE	39		0	NC	4		98		
Vitamin B-12.....mcg	1.13		1		4		2.87		
Vitamin A, IU.....IU	199		1		4		505		
Vitamin A, RAE.....mcg_RAE	33		0	NC	4		83		
Retinol.....mcg	27		0	NC	4		69		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	8.317		1		1		21.125		
Fatty acids, total monounsaturated.....g	7.429		1		1		18.870		
Fatty acids, total polyunsaturated.....g	1.516		1		1		3.851		
Fatty acids, total trans.....g									
Cholesterol.....mg	48		2		1		122		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.196		0		1		0.498		
Threonine.....g	0.597		0		1		1.516		
Isoleucine.....g	0.670		0		1		1.702		
Leucine.....g	1.232		0		1		3.129		
Lysine.....g	1.197		0		1		3.040		
Methionine.....g	0.354		0		1		0.899		
Cystine.....g	0.171		0		1		0.434		

NDB No. 21099

Fast foods, cheeseburger, large, single patty, with ham, condiments and vegetables

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	<u>measures of food</u>		
							Measure 1	Measure 2	Measure 3
Phenylalanine.....g	0.662		0		1		1.681		
Tyrosine.....g	0.532		0		1		1.351		
Valine.....g	0.773		0		1		1.963		
Arginine.....g	0.901		0		1		2.289		
Histidine.....g	0.499		0		1		1.267		
Alanine.....g	0.810		0		1		2.057		
Aspartic acid.....g	1.244		0		1		3.160		
Glutamic acid.....g	2.975		0		1		7.557		
Glycine.....g	0.850		0		1		2.159		
Proline.....g	1.046		0		1		2.657		
Serine.....g	0.657		0		1		1.669		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 254g: 1 sandwich

Calories Factors: Protein 4.2

Fat 8.92

Carbohydrate 3.95

Food Group: 21 Fast Foods

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

NDB No. 21094

Fast foods, cheeseburger, regular, double patty and bun, plain

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	43.40		1		1		69.44		
Energy.....kcal	288		0		1		461		
Energy.....kj	1205				1		1928		
Protein (N x 6.2).....g	13.83		1		1		22.13		
Total lipid (fat).....g	13.51		1		1		21.62		
Ash.....g	1.60		1		1		2.56		
Carbohydrate, by difference.....g	27.66		0	NC	4		44.26		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	140		1		4		224		
Iron, Fe.....mg	2.31		1		4		3.70		
Magnesium, Mg.....mg	21		1		4		34		
Phosphorus, P.....mg	211		1		4		338		
Potassium, K.....mg	178		1		4		285		
Sodium, Na.....mg	557		1		4		891		
Zinc, Zn.....mg	2.72		1		4		4.35		
Copper, Cu.....mg	0.088		1		4		0.141		
Manganese, Mn.....mg	0.190		1		4		0.304		
Selenium, Se.....mcg	21.3		0	RK	4		34.1		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		4		0.0		
Thiamin.....mg	0.210		1		4		0.336		
Riboflavin.....mg	0.240		1		4		0.384		
Niacin.....mg	3.760		1		4		6.016		
Pantothenic acid.....mg	0.410		1		4		0.656		
Vitamin B-6.....mg	0.140		1		4		0.224		
Folate, total.....mcg	44		0	RK	4		70		
Folic acid.....mcg	21		0	NC	4		34		
Folate, food.....mcg	23		0		4		37		
Folate, DFE.....mcg_DFE	59		0	NC	4		94		
Vitamin B-12.....mcg	1.20		1		4		1.92		
Vitamin A, IU.....IU	173		1		4		277		
Vitamin A, RAE.....mcg_RAE	52		0	NC	4		83		
Retinol.....mcg	52		0	NC	4		83		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	5.943		1		1		9.509		
Fatty acids, total monounsaturated.....g	5.208		1		1		8.333		
Fatty acids, total polyunsaturated.....g	1.143		1		1		1.829		
Fatty acids, total trans.....g									
Cholesterol.....mg	50		1		1		80		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.174		0		1		0.278		
Threonine.....g	0.508		0		1		0.813		
Isoleucine.....g	0.589		0		1		0.942		
Leucine.....g	1.086		0		1		1.738		
Lysine.....g	1.008		0		1		1.613		
Methionine.....g	0.303		0		1		0.485		
Cystine.....g	0.147		0		1		0.235		

NDB No. 21094

Fast foods, cheeseburger, regular, double patty and bun, plain

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	<u>measures of food</u>		
							Measure 1	Measure 2	Measure 3
Phenylalanine.....g	0.591		0		1		0.946		
Tyrosine.....g	0.468		0		1		0.749		
Valine.....g	0.698		0		1		1.117		
Arginine.....g	0.769		0		1		1.230		
Histidine.....g	0.426		0		1		0.682		
Alanine.....g	0.691		0		1		1.106		
Aspartic acid.....g	1.046		0		1		1.674		
Glutamic acid.....g	2.776		0		1		4.442		
Glycine.....g	0.749		0		1		1.198		
Proline.....g	1.012		0		1		1.619		
Serine.....g	0.542		0		1		0.867		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 160g: 1 sandwich

Calories Factors: Protein 4.2

Fat 8.92

Carbohydrate 3.95

Food Group: 21 Fast Foods

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

Fast foods, cheeseburger, regular, double patty and bun, with condiments and vegetables

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	46.56	0.469	13		1		106.16		
Energy.....kcal	285		0		1		650		
Energy.....kj	1192				1		2719		
Protein (N x 6.2).....g	13.04	0.252	10		1		29.73		
Total lipid (fat).....g	15.47	0.395	10		1		35.27		
Ash.....g	1.63	0.099	8		1		3.72		
Carbohydrate, by difference.....g	23.30		0	NC	4		53.12		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	74	7.980	8		1		169		
Iron, Fe.....mg	2.07	0.176	8		1		4.72		
Magnesium, Mg.....mg	16	1.579	8		1		36		
Phosphorus, P.....mg	153	11.545	7		1		349		
Potassium, K.....mg	171	16.193	6		1		390		
Sodium, Na.....mg	404	46.710	8		1		921		
Zinc, Zn.....mg	1.81	0.194	8		1		4.13		
Copper, Cu.....mg	0.071	0.007	6		1		0.162		
Manganese, Mn.....mg	0.120	0.018	5		1		0.274		
Selenium, Se.....mcg	17.3		0	RK	4		39.4		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.2	0.075	5		1		2.7		
Thiamin.....mg	0.250	0.022	7		1		0.570		
Riboflavin.....mg	0.190	0.005	7		1		0.433		
Niacin.....mg	3.660	0.149	7		1		8.345		
Pantothenic acid.....mg	0.280	0.094	4		1		0.638		
Vitamin B-6.....mg	0.120	0.007	7		1		0.274		
Folate, total.....mcg	40		0	RK	4		91		
Folic acid.....mcg	25		0	NC	4		57		
Folate, food.....mcg	15	1.795	9		1		34		
Folate, DFE.....mcg_DFE	58		0	NC	4		131		
Vitamin B-12.....mcg	0.91	0.040	5		1		2.07		
Vitamin A, IU.....IU	163	31.822	5		1		372		
Vitamin A, RAE.....mcg_RAE	34		0	NC	4		78		
Retinol.....mcg	31		0	NC	4		71		
Vitamin E (alpha-tocopherol).....mg	0.87		0		1		1.98		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	5.600		0		1		12.768		
4:0.....g									
6:0.....g	0.102		5		1		0.233		
8:0.....g	0.028		5		1		0.064		
10:0.....g	0.040		5		1		0.091		
12:0.....g	0.060		5		1		0.137		
13:0.....g									
14:0.....g	0.447		5		1		1.019		
15:0.....g									

NDB No. 21095

Fast foods, cheeseburger, regular, double patty and bun, with condiments and vegetables

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.543		0		1		12.638		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.457		5		1		1.042		
17:1.....g									
18:1 undifferentiated.....g	4.931		5		1		11.243		
20:1.....g	0.043		5		1		0.098		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.792		0		1		6.366		
18:2 undifferentiated.....g	2.465		5		1		5.620		
18:3 undifferentiated.....g	0.285		5		1		0.650		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.043		5		1		0.098		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	41	0.402	4		1		93		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.164		0		1		0.374		
Threonine.....g	0.482		0		1		1.099		
Isoleucine.....g	0.558		0		1		1.272		
Leucine.....g	1.023		0		1		2.332		
Lysine.....g	0.949		0		1		2.164		
Methionine.....g	0.286		0		1		0.652		
Cystine.....g	0.139		0		1		0.317		
Phenylalanine.....g	0.558		0		1		1.272		
Tyrosine.....g	0.440		0		1		1.003		
Valine.....g	0.661		0		1		1.507		
Arginine.....g	0.728		0		1		1.660		
Histidine.....g	0.402		0		1		0.917		
Alanine.....g	0.652		0		1		1.487		
Aspartic acid.....g	0.989		0		1		2.255		
Glutamic acid.....g	2.615		0		1		5.962		
Glycine.....g	0.705		0		1		1.607		
Proline.....g	0.949		0		1		2.164		
Serine.....g	0.511		0		1		1.165		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 228g: 1 sandwich

Calories Factors: Protein 4.2

Fat 8.92

Carbohydrate 3.95

Food Group: 21 Fast Foods

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

NDB No. 21092

Fast foods, cheeseburger, regular, double patty, plain

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Proximates:									
Water.....g	42.37	0.991	3		1		65.67		
Energy.....kcal	295		0		1		457		
Energy.....kj	1234				1		1913		
Protein (N x 6.2).....g	17.85		1		1		27.67		
Total lipid (fat).....g	18.37	0.999	4		1		28.47		
Ash.....g	2.39		1		4		3.70		
Carbohydrate, by difference.....g	14.23		0	NC	4		22.06		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	150		1		4		233		
Iron, Fe.....mg	2.20		1		4		3.41		
Magnesium, Mg.....mg	21		1		4		33		
Phosphorus, P.....mg	241		1		4		374		
Potassium, K.....mg	199		1		4		308		
Sodium, Na.....mg	410		1		1		636		
Zinc, Zn.....mg	3.20		1		4		4.96		
Copper, Cu.....mg	0.084		1		4		0.130		
Manganese, Mn.....mg	0.151		1		4		0.234		
Selenium, Se.....mcg	20.7		0	RK	4		32.1		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		4		0.0		
Thiamin.....mg	0.160		1		4		0.248		
Riboflavin.....mg	0.240		1		4		0.372		
Niacin.....mg	3.880		1		4		6.014		
Pantothenic acid.....mg	0.400		1		4		0.620		
Vitamin B-6.....mg	0.160		1		4		0.248		
Folate, total.....mcg	44		0	RK	4		68		
Folic acid.....mcg	25		0	NC	4		39		
Folate, food.....mcg	19		0		4		29		
Folate, DFE.....mcg_DFE	62		0	NC	4		95		
Vitamin B-12.....mcg	1.49		1		4		2.31		
Vitamin A, IU.....IU	214		1		4		332		
Vitamin A, RAE.....mcg_RAE	64		0	NC	4		99		
Retinol.....mcg	64		0	NC	4		99		
Vitamin E (alpha-tocopherol).....mg	0.77		0		1		1.19		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	8.385		1		1		12.997		
Fatty acids, total monounsaturated.....g	7.102		1		1		11.008		
Fatty acids, total polyunsaturated.....g	1.235		1		1		1.914		
Fatty acids, total trans.....g									
Cholesterol.....mg	71	9.588	4		1		110		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.227		0		1		0.352		
Threonine.....g	0.676		0		1		1.048		
Isoleucine.....g	0.769		0		1		1.192		
Leucine.....g	1.428		0		1		2.213		
Lysine.....g	1.393		0		1		2.159		
Methionine.....g	0.406		0		1		0.629		
Cystine.....g	0.178		0		1		0.276		

NDB No. 21092

Fast foods, cheeseburger, regular, double patty, plain

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data						
			Points	Code	Code	Code			
Phenylalanine.....g	0.754		0		1		1.169		
Tyrosine.....g	0.627		0		1		0.972		
Valine.....g	0.910		0		1		1.411		
Arginine.....g	1.028		0		1		1.593		
Histidine.....g	0.573		0		1		0.888		
Alanine.....g	0.924		0		1		1.432		
Aspartic acid.....g	1.405		0		1		2.178		
Glutamic acid.....g	3.405		0		1		5.278		
Glycine.....g	1.002		0		1		1.553		
Proline.....g	1.252		0		1		1.941		
Serine.....g	0.682		0		1		1.057		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 155g: 1 sandwich

Calories Factors: Protein 4.2

Fat 8.92

Carbohydrate 3.95

Food Group: 21 Fast Foods

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

NDB No. 21093

Fast foods, cheeseburger, regular, double patty, with condiments and vegetables

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	51.20		1		1		84.99		
Energy.....kcal	251		0		1		417		
Energy.....kj	1050				1		1743		
Protein (N x 6.2).....g	12.80		1		1		21.25		
Total lipid (fat).....g	12.70		1		1		21.08		
Ash.....g	2.10		1		1		3.49		
Carbohydrate, by difference.....g	21.20		0	NC	4		35.19		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	103		1		1		171		
Iron, Fe.....mg	2.06		1		1		3.42		
Magnesium, Mg.....mg	18		1		1		30		
Phosphorus, P.....mg	146		1		1		242		
Potassium, K.....mg	202		1		1		335		
Sodium, Na.....mg	633		1		1		1051		
Zinc, Zn.....mg	2.10		1		1		3.49		
Copper, Cu.....mg	0.090		1		1		0.149		
Manganese, Mn.....mg	0.180		1		1		0.299		
Selenium, Se.....mcg	14.2		0	RK	4		23.6		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.0		1		1		1.7		
Thiamin.....mg	0.210		1		1		0.349		
Riboflavin.....mg	0.170		1		1		0.282		
Niacin.....mg	4.850		1		1		8.051		
Pantothenic acid.....mg	0.260		1		1		0.432		
Vitamin B-6.....mg	0.110		1		1		0.183		
Folate, total.....mcg	37		0	RK	4		61		
Folic acid.....mcg	23		0	NC	4		38		
Folate, food.....mcg	14		1		1		23		
Folate, DFE.....mcg_DFE	53		0	NC	4		88		
Vitamin B-12.....mcg	1.16		1		1		1.93		
Vitamin A, IU.....IU	240		1		1		398		
Vitamin A, RAE.....mcg_RAE	43		0	NC	4		71		
Retinol.....mcg	37		0	NC	4		61		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	5.251		1		1		8.717		
Fatty acids, total monounsaturated.....g	4.704		1		1		7.809		
Fatty acids, total polyunsaturated.....g	1.601		1		1		2.658		
Fatty acids, total trans.....g									
Cholesterol.....mg	36		1		1		60		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.161		0		1		0.267		
Threonine.....g	0.483		0		1		0.802		
Isoleucine.....g	0.549		0		1		0.911		
Leucine.....g	1.013		0		1		1.682		
Lysine.....g	0.989		0		1		1.642		
Methionine.....g	0.287		0		1		0.476		
Cystine.....g	0.128		0		1		0.212		

NDB No. 21093

Fast foods, cheeseburger, regular, double patty, with condiments and vegetables

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common			
	Mean	Std. Error	Number		Source	Confidence	measures of food	
			of Data	Deriv			Measure 1	Measure 2
			Points	Code	Code	Code		Measure 3
Phenylalanine.....g	0.539		0		1		0.895	
Tyrosine.....g	0.444		0		1		0.737	
Valine.....g	0.648		0		1		1.076	
Arginine.....g	0.731		0		1		1.213	
Histidine.....g	0.407		0		1		0.676	
Alanine.....g	0.658		0		1		1.092	
Aspartic acid.....g	1.018		0		1		1.690	
Glutamic acid.....g	2.475		0		1		4.109	
Glycine.....g	0.710		0		1		1.179	
Proline.....g	0.883		0		1		1.466	
Serine.....g	0.487		0		1		0.808	
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 166g: 1 sandwich

Calories Factors: Protein 4.2

Fat 8.92

Carbohydrate 3.95

Food Group: 21 Fast Foods

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

Fast foods, cheeseburger, regular, single patty, with condiments

Refuse: 0%

[illegible]

NDB No. 21090

Fast foods, cheeseburger, regular, single patty, with condiments

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	4.732		0		1		5.347		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.471		3		1		0.532		
17:1.....g									
18:1 undifferentiated.....g	4.098		3		1		4.631		
20:1.....g	0.037		3		1		0.042		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.965		0		1		1.090		
18:2 undifferentiated.....g	0.782		3		1		0.884		
18:3 undifferentiated.....g	0.163		3		1		0.184		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.021		3		1		0.024		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	33	1.991	7		1		37		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.178		0		1		0.201		
Threonine.....g	0.511		0		1		0.577		
Isoleucine.....g	0.601		0		1		0.679		
Leucine.....g	1.103		0		1		1.246		
Lysine.....g	0.971		0		1		1.097		
Methionine.....g	0.303		0		1		0.342		
Cystine.....g	0.162		0		1		0.183		
Phenylalanine.....g	0.617		0		1		0.697		
Tyrosine.....g	0.469		0		1		0.530		
Valine.....g	0.719		0		1		0.812		
Arginine.....g	0.765		0		1		0.864		
Histidine.....g	0.425		0		1		0.480		
Alanine.....g	0.682		0		1		0.771		
Aspartic acid.....g	1.040		0		1		1.175		
Glutamic acid.....g	3.033		0		1		3.427		
Glycine.....g	0.735		0		1		0.831		
Proline.....g	1.096		0		1		1.238		
Serine.....g	0.576		0		1		0.651		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 113g: 1 sandwich

Calories Factors: Protein 4.12

Fat 8.8

Carbohydrate 3.95

Food Group: 21 Fast Foods

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

NDB No. 21091

Fast foods, cheeseburger, regular, single patty, with condiments and vegetables

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
Fatty acids, total monounsaturated.....g	4.654		0		1		7.167		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.477		1		1		0.735		
17:1.....g									
18:1 undifferentiated.....g	4.176		1		1		6.431		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.955		0		1		1.471		
18:2 undifferentiated.....g	0.597		1		1		0.919		
18:3 undifferentiated.....g	0.358		1		1		0.551		
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	34		2		1		52		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.146		0		1		0.225		
Threonine.....g	0.419		0		1		0.645		
Isoleucine.....g	0.493		0		1		0.759		
Leucine.....g	0.901		0		1		1.388		
Lysine.....g	0.794		0		1		1.223		
Methionine.....g	0.246		0		1		0.379		
Cystine.....g	0.131		0		1		0.202		
Phenylalanine.....g	0.506		0		1		0.779		
Tyrosine.....g	0.383		0		1		0.590		
Valine.....g	0.588		0		1		0.906		
Arginine.....g	0.626		0		1		0.964		
Histidine.....g	0.349		0		1		0.537		
Alanine.....g	0.557		0		1		0.858		
Aspartic acid.....g	0.863		0		1		1.329		
Glutamic acid.....g	2.503		0		1		3.855		
Glycine.....g	0.601		0		1		0.926		
Proline.....g	0.891		0		1		1.372		
Serine.....g	0.472		0		1		0.727		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 154g: 1 sandwich

Calories Factors: Protein 4.12

Fat 8.8

Carbohydrate 3.95

Food Group: 21 Fast Foods

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

NDB No. 21101

Fast foods, cheeseburger, triple patty, plain

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Proximates:									
Water.....g	54.10		1		1		164.46		
Energy.....kcal	262		0		1		796		
Energy.....kj	1096				1		3332		
Protein (N x 6.2).....g	18.44		2		1		56.06		
Total lipid (fat).....g	16.76		2		1		50.95		
Ash.....g	1.91		1		1		5.81		
Carbohydrate, by difference.....g	8.78		0	NC	4		26.69		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	93		1		1		283		
Iron, Fe.....mg	2.73		1		1		8.30		
Magnesium, Mg.....mg	20		1		4		61		
Phosphorus, P.....mg	178		1		1		541		
Potassium, K.....mg	270		1		1		821		
Sodium, Na.....mg	399		2		1		1213		
Zinc, Zn.....mg	3.58		1		1		10.88		
Copper, Cu.....mg	0.085		1		4		0.258		
Manganese, Mn.....mg	0.116		1		4		0.353		
Selenium, Se.....mcg	8.4		0	RK	4		25.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.9		1		1		2.7		
Thiamin.....mg	0.200		1		1		0.608		
Riboflavin.....mg	0.210		1		1		0.638		
Niacin.....mg	3.770		1		1		11.461		
Pantothenic acid.....mg	0.380		1		4		1.155		
Vitamin B-6.....mg	0.200		1		4		0.608		
Folate, total.....mcg	23		0	RK	4		70		
Folic acid.....mcg	6		0	NC	4		18		
Folate, food.....mcg	17		0		4		52		
Folate, DFE.....mcg_DFE	27		0	NC	4		83		
Vitamin B-12.....mcg	1.94		1		4		5.90		
Vitamin A, IU.....IU	118		1		1		359		
Vitamin A, RAE.....mcg_RAE	35		0	NC	4		106		
Retinol.....mcg	35		0	NC	4		106		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	7.140		1		1		21.706		
Fatty acids, total monounsaturated.....g	7.080		1		1		21.523		
Fatty acids, total polyunsaturated.....g	1.037		1		1		3.152		
Fatty acids, total trans.....g									
Cholesterol.....mg	53		2		1		161		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.229		0		1		0.696		
Threonine.....g	0.732		0		1		2.225		
Isoleucine.....g	0.791		0		1		2.405		
Leucine.....g	1.469		0		1		4.466		
Lysine.....g	1.454		0		1		4.420		
Methionine.....g	0.419		0		1		1.274		
Cystine.....g	0.187		0		1		0.568		

NDB No. 21101

Fast foods, cheeseburger, triple patty, plain

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	<u>measures of food</u>		
							Measure 1	Measure 2	Measure 3
Phenylalanine.....g	0.744		0		1		2.262		
Tyrosine.....g	0.601		0		1		1.827		
Valine.....g	0.916		0		1		2.785		
Arginine.....g	1.148		0		1		3.490		
Histidine.....g	0.580		0		1		1.763		
Alanine.....g	1.077		0		1		3.274		
Aspartic acid.....g	1.556		0		1		4.730		
Glutamic acid.....g	3.290		0		1		10.002		
Glycine.....g	1.202		0		1		3.654		
Proline.....g	1.133		0		1		3.444		
Serine.....g	0.753		0		1		2.289		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 304g: 1 sandwich

Calories Factors: Protein 4.2

Fat 8.92

Carbohydrate 3.95

Food Group: 21 Fast Foods

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

NDB No. 21102
Fast foods, chicken fillet sandwich, plain

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	5.720		0		1		10.410		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.541		1		1		0.985		
17:1.....g									
18:1 undifferentiated.....g	5.128		1		1		9.333		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.606		0		1		8.383		
18:2 undifferentiated.....g	4.000		1		1		7.280		
18:3 undifferentiated.....g	0.527		1		1		0.959		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.079		1		1		0.144		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	33	2.339	7		1		60		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.155		0		1		0.282		
Threonine.....g	0.523		0		1		0.952		
Isoleucine.....g	0.666		0		1		1.212		
Leucine.....g	0.978		0		1		1.780		
Lysine.....g	0.958		0		1		1.744		
Methionine.....g	0.334		0		1		0.608		
Cystine.....g	0.183		0		1		0.333		
Phenylalanine.....g	0.554		0		1		1.008		
Tyrosine.....g	0.418		0		1		0.761		
Valine.....g	0.659		0		1		1.199		
Arginine.....g	0.743		0		1		1.352		
Histidine.....g	0.383		0		1		0.697		
Alanine.....g	0.670		0		1		1.219		
Aspartic acid.....g	1.077		0		1		1.960		
Glutamic acid.....g	2.440		0		1		4.441		
Glycine.....g	0.622		0		1		1.132		
Proline.....g	0.732		0		1		1.332		
Serine.....g	0.504		0		1		0.917		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 182g: 1 sandwich

Calories Factors: Protein 4.18 Fat 8.88 Carbohydrate 3.95

Food Group: 21 Fast Foods

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

NDB No. 21103

Fast foods, chicken fillet sandwich, with cheese

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	46.01		1		4		104.90		
Energy.....kcal	277		0		1		632		
Energy.....kj	1159				1		2642		
Protein (N x 6.17).....g	12.90		2		1		29.41		
Total lipid (fat).....g	17.00		2		1		38.76		
Ash.....g	2.10		1		4		4.79		
Carbohydrate, by difference.....g	18.24		2		9		41.59		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	113		1		4		258		
Iron, Fe.....mg	1.59		1		4		3.63		
Magnesium, Mg.....mg	19		1		4		43		
Phosphorus, P.....mg	178		1		4		406		
Potassium, K.....mg	146		1		4		333		
Sodium, Na.....mg	543		2		1		1238		
Zinc, Zn.....mg	1.27		1		4		2.90		
Copper, Cu.....mg	0.075		1		4		0.171		
Manganese, Mn.....mg	0.167		1		4		0.381		
Selenium, Se.....mcg	21.1		0	RK	4		48.1		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.3		1		4		3.0		
Thiamin.....mg	0.180		1		4		0.410		
Riboflavin.....mg	0.200		1		4		0.456		
Niacin.....mg	3.980		1		4		9.074		
Pantothenic acid.....mg	0.590		1		4		1.345		
Vitamin B-6.....mg	0.180		1		4		0.410		
Folate, total.....mcg	48		0	RK	4		109		
Folic acid.....mcg	28		0	NC	4		64		
Folate, food.....mcg	20		0		4		46		
Folate, DFE.....mcg_DFE	68		0	NC	4		154		
Vitamin B-12.....mcg	0.20		1		4		0.46		
Vitamin A, IU.....IU	272		1		4		620		
Vitamin A, RAE.....mcg_RAE	72		0	NC	4		164		
Retinol.....mcg	70		0	NC	4		160		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	5.460		1		1		12.449		
Fatty acids, total monounsaturated.....g	5.987		1		1		13.650		
Fatty acids, total polyunsaturated.....g	4.363		1		1		9.948		
Fatty acids, total trans.....g									
Cholesterol.....mg	34		2		1		78		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.152		0		1		0.347		
Threonine.....g	0.474		0		1		1.081		
Isoleucine.....g	0.601		0		1		1.370		
Leucine.....g	0.955		0		1		2.177		
Lysine.....g	0.924		0		1		2.107		
Methionine.....g	0.308		0		1		0.702		
Cystine.....g	0.168		0		1		0.383		

NDB No. 21103
Fast foods, chicken fillet sandwich, with cheese

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data						
			Points	Code	Code	Code			
Phenylalanine.....g	0.553		0		1		1.261		
Tyrosine.....g	0.441		0		1		1.005		
Valine.....g	0.647		0		1		1.475		
Arginine.....g	0.695		0		1		1.585		
Histidine.....g	0.376		0		1		0.857		
Alanine.....g	0.607		0		1		1.384		
Aspartic acid.....g	0.978		0		1		2.230		
Glutamic acid.....g	2.469		0		1		5.629		
Glycine.....g	0.649		0		1		1.480		
Proline.....g	0.903		0		1		2.059		
Serine.....g	0.526		0		1		1.199		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 228g: 1 sandwich

Calories Factors: Protein 4.19 Fat 8.9 Carbohydrate 3.94

Food Group: 21 Fast Foods

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

NDB No. 21229

Fast foods, chicken, breaded and fried, boneless pieces, plain

nuggets

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	47.08	0.632	4	A	1		45.20	30.13	75.34
Energy.....kcal	297		0	NC	4		285	190	475
Energy.....kj	1243		0	NC	4		1193	795	1988
Protein.....g	15.59	0.469	4	A	1		14.96	9.98	24.94
Total lipid (fat).....g	18.82	0.453	4	A	1		18.07	12.05	30.12
Ash.....g	2.19	0.048	4	A	1		2.10	1.40	3.50
Carbohydrate, by difference.....g	16.32		0	NC	4		15.66	10.44	26.10
Fiber, total dietary.....g	0.9	0.026	4	A	1		0.9	0.6	1.5
Sugars, total.....g	0.88		0	NR	4		0.84	0.56	1.40
Sucrose.....g	0.15	0.000	4	A	1		0.14	0.10	0.24
Glucose (dextrose).....g	0.15	0.000	4	A	1		0.14	0.10	0.24
Fructose.....g	0.15	0.000	4	A	1		0.14	0.10	0.24
Lactose.....g	0.15	0.000	4	A	1		0.14	0.10	0.24
Maltose.....g	0.28	0.075	4	A	1		0.27	0.18	0.45
Galactose.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	14	0.165	4	A	1		14	9	23
Iron, Fe.....mg	0.83	0.095	4	A	1		0.80	0.53	1.33
Magnesium, Mg.....mg	25	0.239	4	A	1		24	16	40
Phosphorus, P.....mg	289	9.170	4	A	1		277	185	462
Potassium, K.....mg	261	2.799	4	A	1		251	167	418
Sodium, Na.....mg	574	21.176	4	A	1		551	367	918
Zinc, Zn.....mg	0.91	0.070	4	A	1		0.88	0.58	1.46
Copper, Cu.....mg	0.081	0.007	4	A	1		0.078	0.052	0.130
Manganese, Mn.....mg	0.113	0.004	4	A	1		0.108	0.072	0.180
Selenium, Se.....mcg	17.2	1.673	4	A	1		16.5	11.0	27.5
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.6	0.048	4	A	1		0.6	0.4	0.9
Thiamin.....mg	0.092	0.006	4	A	1		0.089	0.059	0.148
Riboflavin.....mg	0.204	0.009	4	A	1		0.196	0.131	0.327
Niacin.....mg	5.985	0.112	4	A	1		5.746	3.830	9.576
Pantothenic acid.....mg	1.182	0.075	4	A	1		1.135	0.756	1.891
Vitamin B-6.....mg	0.148	0.005	4	A	1		0.142	0.095	0.237
Folate, total.....mcg	11	1.000	4	A	1		11	7	18
Folic acid.....mcg	5	0.479	4	A	1		5	3	8
Folate, food.....mcg	6	0.629	4	AS	1		6	4	9
Folate, DFE.....mcg_DFE	15		0	NC	4		14	9	23
Vitamin B-12.....mcg	0.33	0.000	4	A	1		0.32	0.21	0.53
Vitamin A, IU.....IU	16		0	BFZN	4		15	10	25
Vitamin A, RAE.....mcg_RAE	5		0	BFZN	4		4	3	7
Retinol.....mcg	5		0	BFZN	4		4	3	7
Vitamin E (alpha-tocopherol).....mg	1.12	0.184	4	A	1		1.08	0.72	1.79
Tocopherol, beta.....mg	0.05	0.020	4	A	1		0.05	0.04	0.09
Tocopherol, gamma.....mg	3.56	1.187	4	A	1		3.42	2.28	5.70
Tocopherol, delta.....mg	1.22	0.325	4	A	1		1.18	0.78	1.96
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	7.0	2.711	4	A	1		6.8	4.5	11.3
Lipids:									
Fatty acids, total saturated.....g	4.022	0.151	4	NC	4		3.861	2.574	6.435
4:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
6:0.....g	0.000		0	BFZN	4		0.000	0.000	0.000
8:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
10:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
12:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.045	0.003	4	A	1		0.043	0.029	0.072
15:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000

NDB No. 21229

Fast foods, chicken, breaded and fried, boneless pieces, plain

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	2.747	0.120	4	A	1		2.638	1.758	4.396
17:0.....g	0.010	0.004	4	A	1		0.010	0.006	0.016
18:0.....g	1.132	0.040	4	A	1		1.087	0.725	1.812
20:0.....g	0.040	0.000	4	A	1		0.038	0.026	0.064
22:0.....g	0.042	0.003	4	A	1		0.041	0.027	0.068
24:0.....g	0.005	0.005	4	A	1		0.005	0.003	0.008
Fatty acids, total monounsaturated.....g	7.977	0.274	4	NC	4		7.658	5.106	12.764
14:1.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:1.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.437	0.042	4	A	1		0.420	0.280	0.700
17:1.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	7.458	0.238	4	A	1		7.159	4.773	11.932
20:1.....g	0.082	0.003	4	A	1		0.079	0.053	0.132
22:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.320	0.261	4	NC	4		5.107	3.405	8.512
18:2 undifferentiated.....g	4.990	0.256	4	A	1		4.790	3.194	7.984
18:3 undifferentiated.....g	0.245	0.019	4	A	1		0.235	0.157	0.392
18:4.....g	0.025	0.015	4	A	1		0.024	0.016	0.040
20:2 n-6 c,c.....g	0.007	0.005	4	A	1		0.007	0.005	0.012
20:3 undifferentiated.....g	0.002	0.002	4	A	1		0.002	0.002	0.004
20:4 undifferentiated.....g	0.050	0.000	4	A	1		0.048	0.032	0.080
20:5 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	55	1.819	4	A	1		53	35	88
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.028	0.019	0.046
Carotene, alpha.....mcg	0		0	BFZN	4		0.006	0.004	0.011
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.024	0.016	0.040
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	2		0	BFZN	4		1.529	1.019	2.548

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Common Measures:

Measure 1 = 96g: 6 pieces

Measure 2 = 64g: 4 pieces

Measure 3 = 160g: 10 pieces

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 21 Fast Foods

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

NDB No. 21035
Fast foods, chicken, breaded and fried, dark meat (drumstick or thigh)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	7.385		0		1		10.930		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.579		1		1		0.857		
17:1.....g									
18:1 undifferentiated.....g	6.718		1		1		9.943		
20:1.....g									
22:1 undifferentiated.....g	0.088		1		1		0.130		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.272		0		1		6.323		
18:2 undifferentiated.....g	3.890		1		1		5.757		
18:3 undifferentiated.....g	0.206		1		1		0.305		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.108		1		1		0.160		
20:5 n-3.....g	0.010		1		1		0.015		
22:5 n-3.....g	0.019		1		1		0.028		
22:6 n-3.....g	0.040		1		1		0.059		
Fatty acids, total trans.....g									
Cholesterol.....mg	112	10.942	5		1		166		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.228		0		1		0.337		
Threonine.....g	0.819		0		1		1.212		
Isoleucine.....g	0.988		0		1		1.462		
Leucine.....g	1.466		0		1		2.170		
Lysine.....g	1.570		0		1		2.324		
Methionine.....g	0.527		0		1		0.780		
Cystine.....g	0.283		0		1		0.419		
Phenylalanine.....g	0.800		0		1		1.184		
Tyrosine.....g	0.650		0		1		0.962		
Valine.....g	0.975		0		1		1.443		
Arginine.....g	1.245		0		1		1.843		
Histidine.....g	0.582		0		1		0.861		
Alanine.....g	1.154		0		1		1.708		
Aspartic acid.....g	1.749		0		1		2.589		
Glutamic acid.....g	3.160		0		1		4.677		
Glycine.....g	1.287		0		1		1.905		
Proline.....g	1.063		0		1		1.573		
Serine.....g	0.738		0		1		1.092		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 148g: 2 pieces

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 21 Fast Foods

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

NDB No. 21036

Fast foods, chicken, breaded and fried, light meat (breast or wing)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Fatty acids, total monounsaturated.....g	7.502		0		1		12.228		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.533		1		1		0.869		
17:1.....g									
18:1 undifferentiated.....g	6.863		1		1		11.187		
20:1.....g									
22:1 undifferentiated.....g	0.106		1		1		0.173		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.163		0		1		6.786		
18:2 undifferentiated.....g	3.840		1		1		6.259		
18:3 undifferentiated.....g	0.214		1		1		0.349		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.083		1		1		0.135		
20:5 n-3.....g	0.001		1		1		0.002		
22:5 n-3.....g	0.001		1		1		0.002		
22:6 n-3.....g	0.023		1		1		0.037		
Fatty acids, total trans.....g									
Cholesterol.....mg	91	5.502	9		1		148		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.245		0		1		0.399		
Threonine.....g	0.883		0		1		1.439		
Isoleucine.....g	1.066		0		1		1.738		
Leucine.....g	1.581		0		1		2.577		
Lysine.....g	1.693		0		1		2.760		
Methionine.....g	0.568		0		1		0.926		
Cystine.....g	0.305		0		1		0.497		
Phenylalanine.....g	0.862		0		1		1.405		
Tyrosine.....g	0.701		0		1		1.143		
Valine.....g	1.052		0		1		1.715		
Arginine.....g	1.343		0		1		2.189		
Histidine.....g	0.628		0		1		1.024		
Alanine.....g	1.245		0		1		2.029		
Aspartic acid.....g	1.886		0		1		3.074		
Glutamic acid.....g	3.407		0		1		5.553		
Glycine.....g	1.388		0		1		2.262		
Proline.....g	1.146		0		1		1.868		
Serine.....g	0.796		0		1		1.297		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 163g: 2 pieces

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 21 Fast Foods

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

NDB No. 21042
Fast foods, chili con carne

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.347		0		1		3.408		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.047		1		1		0.119		
17:1.....g									
18:1 undifferentiated.....g	1.300		1		1		3.289		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.209		0		1		0.529		
18:2 undifferentiated.....g	0.120		1		1		0.304		
18:3 undifferentiated.....g	0.089		1		1		0.225		
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	53		2		1		134		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.116		0		1		0.293		
Threonine.....g	0.392		0		1		0.992		
Isoleucine.....g	0.403		0		1		1.020		
Leucine.....g	0.735		0		1		1.860		
Lysine.....g	0.727		0		1		1.839		
Methionine.....g	0.190		0		1		0.481		
Cystine.....g	0.100		0		1		0.253		
Phenylalanine.....g	0.400		0		1		1.012		
Tyrosine.....g	0.283		0		1		0.716		
Valine.....g	0.459		0		1		1.161		
Arginine.....g	0.610		0		1		1.543		
Histidine.....g	0.284		0		1		0.719		
Alanine.....g	0.540		0		1		1.366		
Aspartic acid.....g	1.007		0		1		2.548		
Glutamic acid.....g	1.708		0		1		4.321		
Glycine.....g	0.582		0		1		1.472		
Proline.....g	0.443		0		1		1.121		
Serine.....g	0.406		0		1		1.027		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 253g: 1 cup (8 fl oz)

Calories Factors: Protein 3.77

Fat 8.96

Carbohydrate 3.99

Food Group: 21 Fast Foods

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

Fast foods, chimichanga, with beef

[illegible]

NDB No. 21070
Fast foods, chimichanga, with beef

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	4 . 635		0		1		8 . 065		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	4 . 635		1		1		8 . 065		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0 . 653		0		1		1 . 136		
18:2 undifferentiated.....g	0 . 604		1		1		1 . 051		
18:3 undifferentiated.....g	0 . 049		1		1		0 . 085		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	5		1		1		9		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0 . 137		0		1		0 . 238		
Threonine.....g	0 . 436		0		1		0 . 759		
Isoleucine.....g	0 . 465		0		1		0 . 809		
Leucine.....g	0 . 870		0		1		1 . 514		
Lysine.....g	0 . 773		0		1		1 . 345		
Methionine.....g	0 . 247		0		1		0 . 430		
Cystine.....g	0 . 141		0		1		0 . 245		
Phenylalanine.....g	0 . 464		0		1		0 . 807		
Tyrosine.....g	0 . 349		0		1		0 . 607		
Valine.....g	0 . 527		0		1		0 . 917		
Arginine.....g	0 . 688		0		1		1 . 197		
Histidine.....g	0 . 332		0		1		0 . 578		
Alanine.....g	0 . 642		0		1		1 . 117		
Aspartic acid.....g	0 . 899		0		1		1 . 564		
Glutamic acid.....g	2 . 273		0		1		3 . 955		
Glycine.....g	0 . 727		0		1		1 . 265		
Proline.....g	0 . 747		0		1		1 . 300		
Serine.....g	0 . 467		0		1		0 . 813		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 174g: 1 chimichanga

Calories Factors: Protein 3.94

Fat 8.8

Carbohydrate 4.08

Food Group: 21 Fast Foods

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

Fast foods, chimichanga, with beef and cheese

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	52.70		2		1		96.44		
Energy.....kcal	242		0		1		443		
Energy.....kj	1013				1		1853		
Protein (N x 6.13).....g	10.96		2		1		20.06		
Total lipid (fat).....g	12.81		2		1		23.44		
Ash.....g	2.04		2		1		3.73		
Carbohydrate, by difference.....g	21.49		0	NC	4		39.33		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	130		2		1		238		
Iron, Fe.....mg	2.10		2		1		3.84		
Magnesium, Mg.....mg	33		2		1		60		
Phosphorus, P.....mg	102		2		1		187		
Potassium, K.....mg	111		2		1		203		
Sodium, Na.....mg	523		2		1		957		
Zinc, Zn.....mg	1.84		2		1		3.37		
Copper, Cu.....mg	0.192		2		1		0.351		
Manganese, Mn.....mg	0.267		2		1		0.489		
Selenium, Se.....mcg	12.6		0	RK	4		23.1		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.5		2		1		2.7		
Thiamin.....mg	0.210		2		1		0.384		
Riboflavin.....mg	0.470		2		1		0.860		
Niacin.....mg	2.550		2		1		4.667		
Pantothenic acid.....mg	0.980		2		1		1.793		
Vitamin B-6.....mg	0.120		2		1		0.220		
Folate, total.....mcg	50		0	RK	4		92		
Folic acid.....mcg	32		0	NC	4		59		
Folate, food.....mcg	18		0		4		33		
Folate, DFE.....mcg_DFE	72		0	NC	4		132		
Vitamin B-12.....mcg	0.71		2		1		1.30		
Vitamin A, IU.....IU	295		1		1		540		
Vitamin A, RAE.....mcg_RAE	72		0	NC	4		132		
Retinol.....mcg	69		0	NC	4		126		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	6.108		0		1		11.178		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.459		1		1		0.840		
15:0.....g									
16:0.....g	3.157		1		1		5.777		
17:0.....g									
18:0.....g	2.492	</							

NDB No. 21071
Fast foods, chimichanga, with beef and cheese

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	5.155		0		1		9.434		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	5.155		1		1		9.434		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.398		0		1		0.728		
18:2 undifferentiated.....g	0.398		1		1		0.728		
18:3 undifferentiated.....g									
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	28		1		1		51		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.132		0		1		0.242		
Threonine.....g	0.397		0		1		0.727		
Isoleucine.....g	0.481		0		1		0.880		
Leucine.....g	0.858		0		1		1.570		
Lysine.....g	0.722		0		1		1.321		
Methionine.....g	0.239		0		1		0.437		
Cystine.....g	0.127		0		1		0.232		
Phenylalanine.....g	0.474		0		1		0.867		
Tyrosine.....g	0.366		0		1		0.670		
Valine.....g	0.538		0		1		0.985		
Arginine.....g	0.588		0		1		1.076		
Histidine.....g	0.320		0		1		0.586		
Alanine.....g	0.527		0		1		0.964		
Aspartic acid.....g	0.790		0		1		1.446		
Glutamic acid.....g	2.375		0		1		4.346		
Glycine.....g	0.565		0		1		1.034		
Proline.....g	0.851		0		1		1.557		
Serine.....g	0.486		0		1		0.889		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 183g: 1 chimichanga

Calories Factors: Protein 4.1

Fat 8.78

Carbohydrate 3.94

Food Group: 21 Fast Foods

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

NDB No. 21072
Fast foods, chimichanga, with beef and red chili peppers

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
Fatty acids, total monounsaturated.....g	4.128		0		1		7.843		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	4.128		1		1		7.843		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.582		0		1		1.106		
18:2 undifferentiated.....g	0.538		1		1		1.022		
18:3 undifferentiated.....g	0.044		1		1		0.084		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	5		1		4		10		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.118		0		1		0.224		
Threonine.....g	0.364		0		1		0.692		
Isoleucine.....g	0.388		0		1		0.737		
Leucine.....g	0.728		0		1		1.383		
Lysine.....g	0.637		0		1		1.210		
Methionine.....g	0.203		0		1		0.386		
Cystine.....g	0.121		0		1		0.230		
Phenylalanine.....g	0.396		0		1		0.752		
Tyrosine.....g	0.292		0		1		0.555		
Valine.....g	0.440		0		1		0.836		
Arginine.....g	0.576		0		1		1.094		
Histidine.....g	0.279		0		1		0.530		
Alanine.....g	0.531		0		1		1.009		
Aspartic acid.....g	0.796		0		1		1.512		
Glutamic acid.....g	2.062		0		1		3.918		
Glycine.....g	0.594		0		1		1.129		
Proline.....g	0.632		0		1		1.201		
Serine.....g	0.402		0		1		0.764		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 190g: 1 chimichanga

Calories Factors: Protein 3.98 Fat 9.02 Carbohydrate 3.92

Food Group: 21 Fast Foods

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

NDB No. 21073
Fast foods, chimichanga, with beef, cheese, and red chili peppers

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.923		0		1		7.061		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	3.923		1		1		7.061		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.303		0		1		0.545		
18:2 undifferentiated.....g	0.303		1		1		0.545		
18:3 undifferentiated.....g									
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	28		1		4		50		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.097		0		1		0.175		
Threonine.....g	0.288		0		1		0.518		
Isoleucine.....g	0.332		0		1		0.598		
Leucine.....g	0.605		0		1		1.089		
Lysine.....g	0.500		0		1		0.900		
Methionine.....g	0.166		0		1		0.299		
Cystine.....g	0.100		0		1		0.180		
Phenylalanine.....g	0.342		0		1		0.616		
Tyrosine.....g	0.254		0		1		0.457		
Valine.....g	0.374		0		1		0.673		
Arginine.....g	0.438		0		1		0.788		
Histidine.....g	0.228		0		1		0.410		
Alanine.....g	0.392		0		1		0.706		
Aspartic acid.....g	0.619		0		1		1.114		
Glutamic acid.....g	1.840		0		1		3.312		
Glycine.....g	0.422		0		1		0.760		
Proline.....g	0.593		0		1		1.067		
Serine.....g	0.350		0		1		0.630		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 180g: 1 chimichanga

Calories Factors: Protein 4.09 Fat 8.79 Carbohydrate 3.92

Food Group: 21 Fast Foods

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

NDB No. 21043

Fast foods, clams, breaded and fried

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	29.20	1.927	15		1		33.58		
Energy.....kcal	392		0	NC	4		451		
Energy.....kj	1640				4		1886		
Protein (N x 6.2).....g	11.15	0.494	16		1		12.82		
Total lipid (fat).....g	22.96	0.732	13		1		26.40		
Ash.....g	2.95		2		1		3.39		
Carbohydrate, by difference.....g	33.75		0	NC	4		38.81		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	18	1.614	13		1		21		
Iron, Fe.....mg	2.65	0.599	13		1		3.05		
Magnesium, Mg.....mg	27	1.928	13		1		31		
Phosphorus, P.....mg	207	12.213	13		1		238		
Potassium, K.....mg	231	22.502	12		1		266		
Sodium, Na.....mg	725	85.204	13		1		834		
Zinc, Zn.....mg	1.42	0.164	13		1		1.63		
Copper, Cu.....mg	0.083	0.016	13		1		0.095		
Manganese, Mn.....mg	0.268	0.038	13		1		0.308		
Selenium, Se.....mcg	8.3		0	RK	4		9.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		4		0.0		
Thiamin.....mg	0.180		1		4		0.207		
Riboflavin.....mg	0.230		1		4		0.265		
Niacin.....mg	2.490		1		4		2.864		
Pantothenic acid.....mg	0.260		1		1		0.299		
Vitamin B-6.....mg	0.030		1		1		0.035		
Folate, total.....mcg	37		0	RK	4		43		
Folic acid.....mcg	29		0	NC	4		33		
Folate, food.....mcg	8		1		1		9		
Folate, DFE.....mcg_DFE	57		0	NC	4		66		
Vitamin B-12.....mcg	0.96		1		1		1.10		
Vitamin A, IU.....IU	106		1		4		122		
Vitamin A, RAE.....mcg_RAE	32		0	NC	4		37		
Retinol.....mcg	32		0	NC	4		37		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	5.742		1		1		6.603		
Fatty acids, total monounsaturated.....g	9.948		1		1		11.440		
Fatty acids, total polyunsaturated.....g	5.890		1		1		6.774		
Fatty acids, total trans.....g									
Cholesterol.....mg	76		1		4		87		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.131		0		1		0.151		
Threonine.....g	0.397		0		1		0.457		
Isoleucine.....g	0.466		0		1		0.536		
Leucine.....g	0.775		0		1		0.891		
Lysine.....g	0.539		0		1		0.620		
Methionine.....g	0.227		0		1		0.261		
Cystine.....g	0.187		0		1		0.215		

NDB No. 21043
Fast foods, clams, breaded and fried

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data						
			Points	Code	Code	Code			
Phenylalanine.....g	0.485		0		1		0.558		
Tyrosine.....g	0.331		0		1		0.381		
Valine.....g	0.518		0		1		0.596		
Arginine.....g	0.608		0		1		0.699		
Histidine.....g	0.227		0		1		0.261		
Alanine.....g	0.512		0		1		0.589		
Aspartic acid.....g	0.793		0		1		0.912		
Glutamic acid.....g	2.402		0		1		2.762		
Glycine.....g	0.505		0		1		0.581		
Proline.....g	0.795		0		1		0.914		
Serine.....g	0.554		0		1		0.637		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 115g: .75 cup

Calories Factors: Protein 4.25

Fat 8.96

Carbohydrate 4.11

Food Group: 21 Fast Foods

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Proximates:									
Water.....g	74.02	0.536	14		1		73.28		
Energy.....kcal	148		0		1		147		
Energy.....Kj	619				1		613		
Protein (N x 6.28).....g	1.47	0.124	16		1		1.46		
Total lipid (fat).....g	11.08	0.735	15		1		10.97		
Ash.....g	0.55		2		1		0.54		
Carbohydrate, by difference.....g	12.88		0	NC	4		12.75		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	34	2.636	16		1		34		
Iron, Fe.....mg	0.73	0.163	16		1		0.72		
Magnesium, Mg.....mg	9	0.687	15		1		9		
Phosphorus, P.....mg	36	3.383	13		1		36		
Potassium, K.....mg	179	5.713	11		1		177		
Sodium, Na.....mg	270	26.161	17		1		267		
Zinc, Zn.....mg	0.20	0.027	15		1		0.20		
Copper, Cu.....mg	0.042	0.012	15		1		0.042		
Manganese, Mn.....mg	0.125	0.015	15		1		0.124		
Selenium, Se.....mcg	1.0		0	RF	4		1.0		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	8.4	7.647	3		1		8.3		
Thiamin.....mg	0.040	0.020	3		1		0.040		
Riboflavin.....mg	0.030	0.002	3		1		0.030		
Niacin.....mg	0.080	0.083	3		1		0.079		
Pantothenic acid.....mg	0.150		2		1		0.149		
Vitamin B-6.....mg	0.110	0.026	3		1		0.109		
Folate, total.....mcg	39	7.234	3		1		39		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	39	7.234	3		1		39		
Folate, DFE.....mcg_DFE	39		0	NC	4		39		
Vitamin B-12.....mcg	0.18		2		1		0.18		
Vitamin A, IU.....IU	341		1		1		338		
Vitamin A, RAE.....mcg_RAE	36		0	NC	4		35		
Retinol.....mcg	22		0	NC	4		22		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	57.0		0	A	1		56.4		
Lipids:									
Fatty acids, total saturated.....g	1.622		0		1		1.606		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.009		2		1		0.009		
15:0.....g									
16:0.....g	1.156		2		1		1.144		
17:0.....g									
18:0.....g	0.458		2		1		0.453		
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 21127
Fast foods, coleslaw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	2.444		0		1		2.420		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.015		2		1		0.015		
17:1.....g									
18:1 undifferentiated.....g	2.429		2		1		2.405		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	6.459		0		1		6.394		
18:2 undifferentiated.....g	5.678		2		1		5.621		
18:3 undifferentiated.....g	0.781		2		1		0.773		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	5		1		1		5		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.018		0		1		0.018		
Threonine.....g	0.053		0		1		0.052		
Isoleucine.....g	0.069		0		1		0.068		
Leucine.....g	0.082		0		1		0.081		
Lysine.....g	0.072		0		1		0.071		
Methionine.....g	0.020		0		1		0.020		
Cystine.....g	0.019		0		1		0.019		
Phenylalanine.....g	0.050		0		1		0.050		
Tyrosine.....g	0.032		0		1		0.032		
Valine.....g	0.065		0		1		0.064		
Arginine.....g	0.088		0		1		0.087		
Histidine.....g	0.030		0		1		0.030		
Alanine.....g	0.056		0		1		0.055		
Aspartic acid.....g	0.142		0		1		0.141		
Glutamic acid.....g	0.275		0		1		0.272		
Glycine.....g	0.041		0		1		0.041		
Proline.....g	0.196		0		1		0.194		
Serine.....g	0.081		0		1		0.080		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 99g: .75 cup

Calories Factors: Protein 2.9

Fat 8.7

Carbohydrate 3.7

Food Group: 21 Fast Foods

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

NDB No. 21029
Fast foods, cookies, animal crackers

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	5.649		0		1		3.785		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.409		1		1		0.274		
17:1.....g									
18:1 undifferentiated.....g	5.200		1		1		3.484		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.558		0		1		1.044		
18:2 undifferentiated.....g	1.367		1		1		0.916		
18:3 undifferentiated.....g	0.168		1		1		0.113		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.024		1		1		0.016		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	16	1.725	3		1		11		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.081		0		1		0.054		
Threonine.....g	0.202		0		1		0.135		
Isoleucine.....g	0.261		0		1		0.175		
Leucine.....g	0.474		0		1		0.318		
Lysine.....g	0.229		0		1		0.153		
Methionine.....g	0.127		0		1		0.085		
Cystine.....g	0.120		0		1		0.080		
Phenylalanine.....g	0.315		0		1		0.211		
Tyrosine.....g	0.216		0		1		0.145		
Valine.....g	0.299		0		1		0.200		
Arginine.....g	0.259		0		1		0.174		
Histidine.....g	0.148		0		1		0.099		
Alanine.....g	0.216		0		1		0.145		
Aspartic acid.....g	0.333		0		1		0.223		
Glutamic acid.....g	1.866		0		1		1.250		
Glycine.....g	0.207		0		1		0.139		
Proline.....g	0.670		0		1		0.449		
Serine.....g	0.329		0		1		0.220		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 67g: 1 box

Calories Factors: Protein 4

Fat 8.4

Carbohydrate 4.1

Food Group: 21 Fast Foods

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

NDB No. 21030
Fast foods, cookies, chocolate chip

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
Fatty acids, total monounsaturated.....g	9.185		0		1		5.052		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.460		1		1		0.253		
17:1.....g									
18:1 undifferentiated.....g	8.725		1		1		4.799		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.865		0		1		1.026		
18:2 undifferentiated.....g	1.697		1		1		0.933		
18:3 undifferentiated.....g	0.168		1		1		0.092		
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	21		2		1		12		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.063		0		1		0.035		
Threonine.....g	0.146		0		1		0.080		
Isoleucine.....g	0.175		0		1		0.096		
Leucine.....g	0.332		0		1		0.183		
Lysine.....g	0.137		0		1		0.075		
Methionine.....g	0.081		0		1		0.045		
Cystine.....g	0.096		0		1		0.053		
Phenylalanine.....g	0.246		0		1		0.135		
Tyrosine.....g	0.156		0		1		0.086		
Valine.....g	0.218		0		1		0.120		
Arginine.....g	0.215		0		1		0.118		
Histidine.....g	0.107		0		1		0.059		
Alanine.....g	0.171		0		1		0.094		
Aspartic acid.....g	0.261		0		1		0.144		
Glutamic acid.....g	1.491		0		1		0.820		
Glycine.....g	0.185		0		1		0.102		
Proline.....g	0.505		0		1		0.278		
Serine.....g	0.240		0		1		0.132		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g									
Caffeine.....mg	11		0	BFZN	4		6		
Theobromine.....mg	83		0	BFZN	4		46		

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Common Measures:

Measure 1 = 55g: 1 box

Calories Factors: Protein 3.8

Fat 8.1

Carbohydrate 3.4

Food Group: 21 Fast Foods

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

NDB No. 21128
Fast foods, corn on the cob with butter

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	0.688		0		4		1.004		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.038		0		1		0.055		
17:1.....g									
18:1 undifferentiated.....g	0.650		0		1		0.949		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.419		0		4		0.612		
18:2 undifferentiated.....g	0.384		0		1		0.561		
18:3 undifferentiated.....g	0.035		0		1		0.051		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	4		0		4		6		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.022		0		1		0.032		
Threonine.....g	0.123		0		1		0.180		
Isoleucine.....g	0.123		0		1		0.180		
Leucine.....g	0.331		0		1		0.483		
Lysine.....g	0.131		0		1		0.191		
Methionine.....g	0.064		0		1		0.093		
Cystine.....g	0.025		0		1		0.037		
Phenylalanine.....g	0.143		0		1		0.209		
Tyrosine.....g	0.117		0		1		0.171		
Valine.....g	0.177		0		1		0.258		
Arginine.....g	0.124		0		1		0.181		
Histidine.....g	0.085		0		1		0.124		
Alanine.....g	0.280		0		1		0.409		
Aspartic acid.....g	0.232		0		1		0.339		
Glutamic acid.....g	0.606		0		1		0.885		
Glycine.....g	0.121		0		1		0.177		
Proline.....g	0.278		0		1		0.406		
Serine.....g	0.146		0		1		0.213		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 146g: 1 ear

Calories Factors: Protein 2.47

Fat 8.73

Carbohydrate 3.57

Food Group: 21 Fast Foods

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

NDB No. 21011

Fast foods, croissant, with egg and cheese

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	45.47		1		4		57.75		
Energy.....kcal	290		0	NC	4		368		
Energy.....kj	1213				4		1541		
Protein (N x 6.12).....g	10.07		2		1		12.79		
Total lipid (fat).....g	19.45		2		1		24.70		
Ash.....g	2.56		1		4		3.25		
Carbohydrate, by difference.....g	19.14		2		9		24.31		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	192		1		4		244		
Iron, Fe.....mg	1.73		1		4		2.20		
Magnesium, Mg.....mg	17		1		4		22		
Phosphorus, P.....mg	274		1		4		348		
Potassium, K.....mg	137		1		1		174		
Sodium, Na.....mg	434		2		1		551		
Zinc, Zn.....mg	1.38		1		4		1.75		
Copper, Cu.....mg	0.072		1		4		0.091		
Manganese, Mn.....mg	0.178		1		4		0.226		
Selenium, Se.....mcg	19.3		0	RK	4		24.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		1		4		0.1		
Thiamin.....mg	0.150		1		4		0.191		
Riboflavin.....mg	0.300		1		4		0.381		
Niacin.....mg	1.190		1		4		1.511		
Pantothenic acid.....mg	0.830		1		4		1.054		
Vitamin B-6.....mg	0.080		1		4		0.102		
Folate, total.....mcg	37		0	RK	4		47		
Folic acid.....mcg	8		0	NC	4		10		
Folate, food.....mcg	29		0		4		37		
Folate, DFE.....mcg_DFE	43		0	NC	4		54		
Vitamin B-12.....mcg	0.61		1		4		0.77		
Vitamin A, IU.....IU	788		1		4		1001		
Vitamin A, RAE.....mcg_RAE	218		0	NC	4		277		
Retinol.....mcg	214		0	NC	4		272		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	11.075		1		1		14.065		
Fatty acids, total monounsaturated.....g	5.938		1		1		7.541		
Fatty acids, total polyunsaturated.....g	1.076		1		1		1.367		
Fatty acids, total trans.....g									
Cholesterol.....mg	170		2		1		216		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.145		0		1		0.184		
Threonine.....g	0.375		0		1		0.476		
Isoleucine.....g	0.499		0		1		0.634		
Leucine.....g	0.846		0		1		1.074		
Lysine.....g	0.734		0		1		0.932		
Methionine.....g	0.262		0		1		0.333		
Cystine.....g	0.148		0		1		0.188		

NDB No. 21011

Fast foods, croissant, with egg and cheese

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data						
			Points	Code	Code	Code			
Phenylalanine.....g	0.522		0		1		0.663		
Tyrosine.....g	0.454		0		1		0.577		
Valine.....g	0.601		0		1		0.763		
Arginine.....g	0.481		0		1		0.611		
Histidine.....g	0.311		0		1		0.395		
Alanine.....g	0.375		0		1		0.476		
Aspartic acid.....g	0.704		0		1		0.894		
Glutamic acid.....g	2.065		0		1		2.623		
Glycine.....g	0.260		0		1		0.330		
Proline.....g	0.841		0		1		1.068		
Serine.....g	0.573		0		1		0.728		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 127g: 1 croissant

Calories Factors: Protein 4.22

Fat 8.82

Carbohydrate 3.99

Food Group: 21 Fast Foods

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

NDB No. 21012

Fast foods, croissant, with egg, cheese, and bacon

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	43.92		1		4		56.66		
Energy.....kcal	320		0	NC	4		413		
Energy.....kj	1339				4		1727		
Protein (N x 6.13).....g	12.58	0.686	3		1		16.23		
Total lipid (fat).....g	21.98	0.715	3		1		28.35		
Ash.....g	2.74		1		4		3.53		
Carbohydrate, by difference.....g	18.33		3		9		23.65		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	117		1		1		151		
Iron, Fe.....mg	1.70		1		1		2.19		
Magnesium, Mg.....mg	18		1		4		23		
Phosphorus, P.....mg	214		1		1		276		
Potassium, K.....mg	156		1		1		201		
Sodium, Na.....mg	689	44.899	3		1		889		
Zinc, Zn.....mg	1.47		1		4		1.90		
Copper, Cu.....mg	0.077		1		4		0.099		
Manganese, Mn.....mg	0.172		1		4		0.222		
Selenium, Se.....mcg	19.0		0	RK	4		24.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.7		1		4		2.2		
Thiamin.....mg	0.270		1		1		0.348		
Riboflavin.....mg	0.260		1		1		0.335		
Niacin.....mg	1.700		1		1		2.193		
Pantothenic acid.....mg	0.830		1		4		1.071		
Vitamin B-6.....mg	0.090		1		4		0.116		
Folate, total.....mcg	35		0	RK	4		45		
Folic acid.....mcg	8		0	NC	4		10		
Folate, food.....mcg	27		0		4		35		
Folate, DFE.....mcg_DFE	41		0	NC	4		52		
Vitamin B-12.....mcg	0.67		1		4		0.86		
Vitamin A, IU.....IU	366		1		1		472		
Vitamin A, RAE.....mcg_RAE	110		0	NC	4		142		
Retinol.....mcg	110		0	NC	4		142		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	11.963		1		1		15.432		
Fatty acids, total monounsaturated.....g	7.113		1		1		9.176		
Fatty acids, total polyunsaturated.....g	1.363		1		1		1.758		
Fatty acids, total trans.....g									
Cholesterol.....mg	167	27.940	3		1		215		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.174		0		1		0.224		
Threonine.....g	0.470		0		1		0.606		
Isoleucine.....g	0.610		0		1		0.787		
Leucine.....g	1.036		0		1		1.336		
Lysine.....g	0.919		0		1		1.186		
Methionine.....g	0.322		0		1		0.415		
Cystine.....g	0.179		0		1		0.231		

NDB No. 21012

Fast foods, croissant, with egg, cheese, and bacon

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						
Phenylalanine.....g	0.632		0		1		0.815		
Tyrosine.....g	0.544		0		1		0.702		
Valine.....g	0.735		0		1		0.948		
Arginine.....g	0.620		0		1		0.800		
Histidine.....g	0.386		0		1		0.498		
Alanine.....g	0.497		0		1		0.641		
Aspartic acid.....g	0.899		0		1		1.160		
Glutamic acid.....g	2.485		0		1		3.206		
Glycine.....g	0.390		0		1		0.503		
Proline.....g	1.010		0		1		1.303		
Serine.....g	0.688		0		1		0.888		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 129g: 1 croissant

Calories Factors: Protein 4.22

Fat 8.83

Carbohydrate 3.99

Food Group: 21 Fast Foods

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

NDB No. 21013

Fast foods, croissant, with egg, cheese, and ham

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	51.14		1		4		77.73		
Energy.....kcal	312		0	NC	4		474		
Energy.....kj	1305				4		1984		
Protein (N x 6.16).....g	12.45	0.674	3		1		18.92		
Total lipid (fat).....g	22.09	4.076	3		1		33.58		
Ash.....g	2.48		1		4		3.77		
Carbohydrate, by difference.....g	15.92		3		9		24.20		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	95		1		1		144		
Iron, Fe.....mg	1.40		1		1		2.13		
Magnesium, Mg.....mg	17		1		4		26		
Phosphorus, P.....mg	221		1		1		336		
Potassium, K.....mg	179		1		1		272		
Sodium, Na.....mg	711	10.909	3		1		1081		
Zinc, Zn.....mg	1.43		1		4		2.17		
Copper, Cu.....mg	0.083		1		4		0.126		
Manganese, Mn.....mg	0.145		1		4		0.220		
Selenium, Se.....mcg	17.9		0	RK	4		27.2		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	7.5		1		1		11.4		
Thiamin.....mg	0.340		1		1		0.517		
Riboflavin.....mg	0.200		1		1		0.304		
Niacin.....mg	2.100		1		1		3.192		
Pantothenic acid.....mg	0.820		1		4		1.246		
Vitamin B-6.....mg	0.150		1		4		0.228		
Folate, total.....mcg	30		0	RK	4		46		
Folic acid.....mcg	6		0	NC	4		9		
Folate, food.....mcg	24		0		4		36		
Folate, DFE.....mcg_DFE	34		0	NC	4		52		
Vitamin B-12.....mcg	0.66		1		4		1.00		
Vitamin A, IU.....IU	297		1		1		451		
Vitamin A, RAE.....mcg_RAE	86		0	NC	4		130		
Retinol.....mcg	85		0	NC	4		129		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	11.497		1		1		17.475		
Fatty acids, total monounsaturated.....g	7.495		1		1		11.392		
Fatty acids, total polyunsaturated.....g	1.552		1		1		2.359		
Fatty acids, total trans.....g									
Cholesterol.....mg	140	21.684	3		1		213		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.168		0		1		0.255		
Threonine.....g	0.505		0		1		0.768		
Isoleucine.....g	0.594		0		1		0.903		
Leucine.....g	1.013		0		1		1.540		
Lysine.....g	0.904		0		1		1.374		
Methionine.....g	0.325		0		1		0.494		
Cystine.....g	0.202		0		1		0.307		

NDB No. 21013

Fast foods, croissant, with egg, cheese, and ham

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data						
			Points	Code	Code	Code			
Phenylalanine.....g	0.606		0		1		0.921		
Tyrosine.....g	0.481		0		1		0.731		
Valine.....g	0.665		0		1		1.011		
Arginine.....g	0.685		0		1		1.041		
Histidine.....g	0.386		0		1		0.587		
Alanine.....g	0.590		0		1		0.897		
Aspartic acid.....g	1.003		0		1		1.525		
Glutamic acid.....g	2.349		0		1		3.570		
Glycine.....g	0.461		0		1		0.701		
Proline.....g	0.811		0		1		1.233		
Serine.....g	0.651		0		1		0.990		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 152g: 1 croissant

Calories Factors: Protein 4.23

Fat 8.88

Carbohydrate 3.99

Food Group: 21 Fast Foods

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

NDB No. 21014

Fast foods, croissant, with egg, cheese, and sausage

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Proximates:									
Water.....g	45.87		1		4		73.39		
Energy.....kcal	327		0	NC	4		523		
Energy.....kj	1368				4		2189		
Protein (N x 6.15).....g	12.69	0.546	3		1		20.30		
Total lipid (fat).....g	23.85	2.947	3		1		38.16		
Ash.....g	2.27		1		4		3.63		
Carbohydrate, by difference.....g	15.45		3		9		24.72		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	90		1		1		144		
Iron, Fe.....mg	1.90		1		1		3.04		
Magnesium, Mg.....mg	15		1		4		24		
Phosphorus, P.....mg	181		1		1		290		
Potassium, K.....mg	177		1		1		283		
Sodium, Na.....mg	697	49.400	3		1		1115		
Zinc, Zn.....mg	1.34		1		4		2.14		
Copper, Cu.....mg	0.068		1		4		0.109		
Manganese, Mn.....mg	0.158		1		4		0.253		
Selenium, Se.....mcg	12.9		0	RK	4		20.6		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		1		4		0.2		
Thiamin.....mg	0.620		1		1		0.992		
Riboflavin.....mg	0.200		1		1		0.320		
Niacin.....mg	2.500		1		1		4.000		
Pantothenic acid.....mg	0.820		1		4		1.312		
Vitamin B-6.....mg	0.070		1		4		0.112		
Folate, total.....mcg	27		0	RK	4		43		
Folic acid.....mcg	3		0	NC	4		5		
Folate, food.....mcg	24		0		4		38		
Folate, DFE.....mcg_DFE	29		0	NC	4		47		
Vitamin B-12.....mcg	0.56		1		4		0.90		
Vitamin A, IU.....IU	264		1		1		422		
Vitamin A, RAE.....mcg_RAE	77		0	NC	4		122		
Retinol.....mcg	76		0	NC	4		122		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	11.391		1		1		18.226		
Fatty acids, total monounsaturated.....g	8.908		1		1		14.253		
Fatty acids, total polyunsaturated.....g	1.881		1		1		3.010		
Fatty acids, total trans.....g									
Cholesterol.....mg	135	23.754	3		1		216		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.163		0		1		0.261		
Threonine.....g	0.493		0		1		0.789		
Isoleucine.....g	0.592		0		1		0.947		
Leucine.....g	1.001		0		1		1.602		
Lysine.....g	0.881		0		1		1.410		
Methionine.....g	0.320		0		1		0.512		
Cystine.....g	0.188		0		1		0.301		

NDB No. 21014

Fast foods, croissant, with egg, cheese, and sausage

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data						
			Points	Code	Code	Code			
Phenylalanine.....g	0.592		0		1		0.947		
Tyrosine.....g	0.487		0		1		0.779		
Valine.....g	0.691		0		1		1.106		
Arginine.....g	0.673		0		1		1.077		
Histidine.....g	0.363		0		1		0.581		
Alanine.....g	0.584		0		1		0.934		
Aspartic acid.....g	0.965		0		1		1.544		
Glutamic acid.....g	2.360		0		1		3.776		
Glycine.....g	0.499		0		1		0.798		
Proline.....g	0.877		0		1		1.403		
Serine.....g	0.670		0		1		1.072		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 160g: 1 croissant

Calories Factors: Protein 4.22

Fat 8.89

Carbohydrate 3.99

Food Group: 21 Fast Foods

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

NDB No. 21015
Fast foods, danish pastry, cheese

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
Fatty acids, total monounsaturated.....g	17.144		0		1		15.601		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.025		1		1		0.023		
17:1.....g									
18:1 undifferentiated.....g	17.118		1		1		15.577		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.663		0		1		2.423		
18:2 undifferentiated.....g	2.663		1		1		2.423		
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	22	10.807	3		1		20		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.080		0		1		0.073		
Threonine.....g	0.227		0		1		0.207		
Isoleucine.....g	0.291		0		1		0.265		
Leucine.....g	0.501		0		1		0.456		
Lysine.....g	0.304		0		1		0.277		
Methionine.....g	0.141		0		1		0.128		
Cystine.....g	0.106		0		1		0.096		
Phenylalanine.....g	0.316		0		1		0.288		
Tyrosine.....g	0.239		0		1		0.217		
Valine.....g	0.327		0		1		0.298		
Arginine.....g	0.309		0		1		0.281		
Histidine.....g	0.158		0		1		0.144		
Alanine.....g	0.261		0		1		0.238		
Aspartic acid.....g	0.402		0		1		0.366		
Glutamic acid.....g	1.550		0		1		1.411		
Glycine.....g	0.200		0		1		0.182		
Proline.....g	0.582		0		1		0.530		
Serine.....g	0.337		0		1		0.307		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 91g: 1 pastry

Calories Factors: Protein 4.1

Fat 8.8

Carbohydrate 4

Food Group: 21 Fast Foods

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

NDB No. 21016
Fast foods, danish pastry, cinnamon

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	12.037		0		1		10.593		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.018		1		1		0.016		
17:1.....g									
18:1 undifferentiated.....g	12.019		1		1		10.577		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.870		0		1		1.646		
18:2 undifferentiated.....g	1.870		1		1		1.646		
18:3 undifferentiated.....g									
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	31		1		1		27		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.072		0		1		0.063		
Threonine.....g	0.190		0		1		0.167		
Isoleucine.....g	0.243		0		1		0.214		
Leucine.....g	0.415		0		1		0.365		
Lysine.....g	0.224		0		1		0.197		
Methionine.....g	0.120		0		1		0.106		
Cystine.....g	0.110		0		1		0.097		
Phenylalanine.....g	0.277		0		1		0.244		
Tyrosine.....g	0.190		0		1		0.167		
Valine.....g	0.278		0		1		0.245		
Arginine.....g	0.250		0		1		0.220		
Histidine.....g	0.127		0		1		0.112		
Alanine.....g	0.214		0		1		0.188		
Aspartic acid.....g	0.332		0		1		0.292		
Glutamic acid.....g	1.437		0		1		1.265		
Glycine.....g	0.184		0		1		0.162		
Proline.....g	0.502		0		1		0.442		
Serine.....g	0.306		0		1		0.269		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 88g: 1 pastry

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 3.9

Food Group: 21 Fast Foods

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

NDB No. 21017
Fast foods, danish pastry, fruit

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	10.740		0		1		10.096		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.016		1		1		0.015		
17:1.....g									
18:1 undifferentiated.....g	10.724		1		1		10.081		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.668		0		1		1.568		
18:2 undifferentiated.....g	1.668		1		1		1.568		
18:3 undifferentiated.....g									
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	20	1.683	4		1		19		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.067		0		1		0.063		
Threonine.....g	0.176		0		1		0.165		
Isoleucine.....g	0.225		0		1		0.212		
Leucine.....g	0.384		0		1		0.361		
Lysine.....g	0.207		0		1		0.195		
Methionine.....g	0.111		0		1		0.104		
Cystine.....g	0.101		0		1		0.095		
Phenylalanine.....g	0.257		0		1		0.242		
Tyrosine.....g	0.176		0		1		0.165		
Valine.....g	0.257		0		1		0.242		
Arginine.....g	0.231		0		1		0.217		
Histidine.....g	0.118		0		1		0.111		
Alanine.....g	0.198		0		1		0.186		
Aspartic acid.....g	0.309		0		1		0.290		
Glutamic acid.....g	1.327		0		1		1.247		
Glycine.....g	0.170		0		1		0.160		
Proline.....g	0.463		0		1		0.435		
Serine.....g	0.283		0		1		0.266		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 94g: 1 pastry

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 3.9

Food Group: 21 Fast Foods

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

NDB No. 21104

Fast foods, egg and cheese sandwich

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Proximates:									
Water.....g	56.30		2		1		82.20		
Energy.....kcal	233		0		1		340		
Energy.....kj	975				1		1423		
Protein (N x 6.16).....g	10.69		2		1		15.61		
Total lipid (fat).....g	13.30		2		1		19.42		
Ash.....g	1.95		2		1		2.85		
Carbohydrate, by difference.....g	17.76		0	NC	4		25.93		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	154		2		1		225		
Iron, Fe.....mg	2.04		2		1		2.98		
Magnesium, Mg.....mg	15		2		1		22		
Phosphorus, P.....mg	207		2		1		302		
Potassium, K.....mg	129		2		1		188		
Sodium, Na.....mg	551		2		1		804		
Zinc, Zn.....mg	1.13		2		1		1.65		
Copper, Cu.....mg	0.075		2		1		0.110		
Manganese, Mn.....mg	0.150		2		1		0.219		
Selenium, Se.....mcg	23.1		0	RK	4		33.7		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.0		2		1		1.5		
Thiamin.....mg	0.180		2		1		0.263		
Riboflavin.....mg	0.390		2		1		0.569		
Niacin.....mg	1.420		2		1		2.073		
Pantothenic acid.....mg	0.600		2		1		0.876		
Vitamin B-6.....mg	0.090		2		1		0.131		
Folate, total.....mcg	67		0	RK	4		98		
Folic acid.....mcg	42		0	NC	4		61		
Folate, food.....mcg	25		2		1		37		
Folate, DFE.....mcg_DFE	96		0	NC	4		141		
Vitamin B-12.....mcg	0.78		2		1		1.14		
Vitamin A, IU.....IU	458		2		1		669		
Vitamin A, RAE.....mcg_RAE	138		0	NC	4		201		
Retinol.....mcg	138		0	NC	4		201		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	4.538		1		1		6.625		
Fatty acids, total monounsaturated.....g	5.662		1		1		8.267		
Fatty acids, total polyunsaturated.....g	1.769		1		1		2.583		
Fatty acids, total trans.....g									
Cholesterol.....mg	199		2		1		291		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.149		0		1		0.218		
Threonine.....g	0.403		0		1		0.588		
Isoleucine.....g	0.535		0		1		0.781		
Leucine.....g	0.852		0		1		1.244		
Lysine.....g	0.635		0		1		0.927		
Methionine.....g	0.262		0		1		0.383		
Cystine.....g	0.182		0		1		0.266		

NDB No. 21104

Fast foods, egg and cheese sandwich

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	<u>measures of food</u>			Measure 1	Measure 2	Measure 3
			Number of Data Points	Deriv Code	Source Code	Confidence Code		
Phenylalanine.....g	0.550		0		1		0.803	
Tyrosine.....g	0.401		0		1		0.585	
Valine.....g	0.642		0		1		0.937	
Arginine.....g	0.531		0		1		0.775	
Histidine.....g	0.281		0		1		0.410	
Alanine.....g	0.448		0		1		0.654	
Aspartic acid.....g	0.776		0		1		1.133	
Glutamic acid.....g	2.180		0		1		3.183	
Glycine.....g	0.328		0		1		0.479	
Proline.....g	0.806		0		1		1.177	
Serine.....g	0.635		0		1		0.927	
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 146g: 1 sandwich

Calories Factors: Protein 4.19

Fat 8.86

Carbohydrate 3.95

Food Group: 21 Fast Foods

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Proximates:									
Water.....g	66.70	1.294	5		1		62.70		
Energy.....kcal	212		0	NC	4		199		
Energy.....kj	887				4		834		
Protein (N x 6.26).....g	13.84	0.515	5		1		13.01		
Total lipid (fat).....g	16.18	1.163	6		1		15.21		
Ash.....g	1.20	0.058	3		1		1.13		
Carbohydrate, by difference.....g	2.08		0	NC	4		1.96		
Fiber, total dietary.....g	0.0		0		4		0.0		
Sugars, total.....g	1.52		0	FLA	4		1.43		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	57	4.222	6		1		54		
Iron, Fe.....mg	2.59	0.123	6		1		2.43		
Magnesium, Mg.....mg	14	0.327	4		1		13		
Phosphorus, P.....mg	242	10.990	4		1		227		
Potassium, K.....mg	147	12.173	6		1		138		
Sodium, Na.....mg	224	27.433	6		1		211		
Zinc, Zn.....mg	1.66	0.082	4		1		1.56		
Copper, Cu.....mg	0.067	0.009	4		1		0.063		
Manganese, Mn.....mg	0.043	0.003	4		1		0.040		
Selenium, Se.....mcg	22.5	1.100	33	A	1		21.2		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	3.3	2.755	3		1		3.1		
Thiamin.....mg	0.080	0.006	5		1		0.075		
Riboflavin.....mg	0.520	0.077	5		1		0.489		
Niacin.....mg	0.210	0.081	5		1		0.197		
Pantothenic acid.....mg	0.940	0.286	3		1		0.884		
Vitamin B-6.....mg	0.190	0.011	3		1		0.179		
Folate, total.....mcg	56		2		1		53		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	56		2		1		53		
Folate, DFE.....mcg_DFE	56		0	NC	4		53		
Vitamin B-12.....mcg	1.01	0.045	3		1		0.95		
Vitamin A, IU.....IU	889		0	FLA	4		836		
Vitamin A, RAE.....mcg_RAE	223		0	FLA	4		210		
Retinol.....mcg	214		0	FLA	4		202		
Vitamin E (alpha-tocopherol).....mg	0.96		0		1		0.90		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	68.000		0	T	4		63.920		
Vitamin K (phylloquinone).....mcg	14.6		0	FLA	4		13.7		
Lipids:									
Fatty acids, total saturated.....g	6.153		0		1		5.784		
4:0.....g	0.000		0		1		0.000		
6:0.....g	0.158		1		1		0.149		
8:0.....g	0.048		1		1		0.045		
10:0.....g	0.104		1		1		0.098		
12:0.....g	0.134		1		1		0.126		
13:0.....g									
14:0.....g	0.085		1		1		0.080		
15:0.....g									
16:0.....g	3.909		1		1		3.674		
17:0.....g									
18:0.....g	1.522		1		1		1.431		
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 21018
Fast foods, egg, scrambled

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Fatty acids, total monounsaturated.....g	5.889		0		1		5.536		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.515		1		1		0.484		
17:1.....g									
18:1 undifferentiated.....g	5.374		1		1		5.052		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.969		0		1		1.851		
18:2 undifferentiated.....g	1.649		1		1		1.550		
18:3 undifferentiated.....g	0.118		1		1		0.111		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.202		1		1		0.190		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	426	26.645	7		1		400		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.212		0		1		0.199		
Threonine.....g	0.657		0		1		0.618		
Isoleucine.....g	0.836		0		1		0.786		
Leucine.....g	1.185		0		1		1.114		
Lysine.....g	0.913		0		1		0.858		
Methionine.....g	0.427		0		1		0.401		
Cystine.....g	0.307		0		1		0.289		
Phenylalanine.....g	0.750		0		1		0.705		
Tyrosine.....g	0.562		0		1		0.528		
Valine.....g	0.960		0		1		0.902		
Arginine.....g	0.836		0		1		0.786		
Histidine.....g	0.325		0		1		0.306		
Alanine.....g	0.763		0		1		0.717		
Aspartic acid.....g	1.311		0		1		1.232		
Glutamic acid.....g	1.773		0		1		1.667		
Glycine.....g	0.438		0		1		0.412		
Proline.....g	0.577		0		1		0.542		
Serine.....g	1.002		0		1		0.942		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	102		0	FLA	4		95.599		
Carotene, alpha.....mcg	0		0	FLA	4		0.000		
Cryptoxanthin, beta.....mcg	6		0	FLA	4		5.481		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	216		0	FLA	4		202.991		

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Common Measures:

Measure 1 = 94g: 2 eggs

NDB No. 21018
Fast foods, egg, scrambled

Calories Factors: **Protein** 4.35 **Fat** 8.92 **Carbohydrate** 3.8

Food Group: 21 Fast Foods

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

Fast foods, enchilada, with cheese

[illegible]

NDB No. 21074
Fast foods, enchilada, with cheese

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	3.872		0		1		6.311		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	3.872		2		1		6.311		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.501		0		1		0.817		
18:2 undifferentiated.....g	0.449		2		1		0.732		
18:3 undifferentiated.....g	0.051		2		1		0.083		
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	27		2		1		44		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.061		0		1		0.099		
Threonine.....g	0.199		0		1		0.324		
Isoleucine.....g	0.283		0		1		0.461		
Leucine.....g	0.539		0		1		0.879		
Lysine.....g	0.350		0		1		0.571		
Methionine.....g	0.126		0		1		0.205		
Cystine.....g	0.051		0		1		0.083		
Phenylalanine.....g	0.270		0		1		0.440		
Tyrosine.....g	0.239		0		1		0.390		
Valine.....g	0.323		0		1		0.526		
Arginine.....g	0.233		0		1		0.380		
Histidine.....g	0.176		0		1		0.287		
Alanine.....g	0.234		0		1		0.381		
Aspartic acid.....g	0.404		0		1		0.659		
Glutamic acid.....g	1.335		0		1		2.176		
Glycine.....g	0.138		0		1		0.225		
Proline.....g	0.534		0		1		0.870		
Serine.....g	0.290		0		1		0.473		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 163g: 1 enchilada

Calories Factors: Protein 4.01

Fat 8.77

Carbohydrate 4.07

Food Group: 21 Fast Foods

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

NDB No. 21075

Fast foods, enchilada, with cheese and beef

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	3.201		0		1		6.146		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	3.201		2		1		6.146		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.723		0		1		1.388		
18:2 undifferentiated.....g	0.681		2		1		1.308		
18:3 undifferentiated.....g	0.042		2		1		0.081		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	21	9.737	3		1		40		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.069		0		1		0.132		
Threonine.....g	0.239		0		1		0.459		
Isoleucine.....g	0.275		0		1		0.528		
Leucine.....g	0.563		0		1		1.081		
Lysine.....g	0.409		0		1		0.785		
Methionine.....g	0.136		0		1		0.261		
Cystine.....g	0.069		0		1		0.132		
Phenylalanine.....g	0.269		0		1		0.516		
Tyrosine.....g	0.226		0		1		0.434		
Valine.....g	0.319		0		1		0.612		
Arginine.....g	0.349		0		1		0.670		
Histidine.....g	0.194		0		1		0.372		
Alanine.....g	0.355		0		1		0.682		
Aspartic acid.....g	0.527		0		1		1.012		
Glutamic acid.....g	1.308		0		1		2.511		
Glycine.....g	0.304		0		1		0.584		
Proline.....g	0.448		0		1		0.860		
Serine.....g	0.279		0		1		0.536		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 192g: 1 enchilada

Calories Factors: Protein 3.73

Fat 8.79

Carbohydrate 4.07

Food Group: 21 Fast Foods

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

NDB No. 21076
Fast foods, enchirito, with cheese, beef, and beans

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	3.377		0		1		6.518		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	3.377		1		1		6.518		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.170		0		1		0.328		
18:2 undifferentiated.....g									
18:3 undifferentiated.....g	0.170		1		1		0.328		
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	26		2		1		50		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.102		0		1		0.197		
Threonine.....g	0.349		0		1		0.674		
Isoleucine.....g	0.407		0		1		0.786		
Leucine.....g	0.803		0		1		1.550		
Lysine.....g	0.613		0		1		1.183		
Methionine.....g	0.195		0		1		0.376		
Cystine.....g	0.094		0		1		0.181		
Phenylalanine.....g	0.401		0		1		0.774		
Tyrosine.....g	0.325		0		1		0.627		
Valine.....g	0.469		0		1		0.905		
Arginine.....g	0.506		0		1		0.977		
Histidine.....g	0.280		0		1		0.540		
Alanine.....g	0.488		0		1		0.942		
Aspartic acid.....g	0.788		0		1		1.521		
Glutamic acid.....g	1.849		0		1		3.569		
Glycine.....g	0.425		0		1		0.820		
Proline.....g	0.634		0		1		1.224		
Serine.....g	0.418		0		1		0.807		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 193g: 1 enchirito

Calories Factors: Protein 3.98

Fat 8.81

Carbohydrate 3.88

Food Group: 21 Fast Foods

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

NDB No. 21019
Fast foods, english muffin, with butter

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	2.432		0		1		1.532		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.222		4		1		0.140		
17:1.....g									
18:1 undifferentiated.....g	2.083		6		1		1.312		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.140		0		1		1.348		
18:2 undifferentiated.....g	1.800		6		1		1.134		
18:3 undifferentiated.....g	0.305		5		1		0.192		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.035		4		1		0.022		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	20	0.732	4		1		13		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.095		0		1		0.060		
Threonine.....g	0.243		0		1		0.153		
Isoleucine.....g	0.297		0		1		0.187		
Leucine.....g	0.546		0		1		0.344		
Lysine.....g	0.256		0		1		0.161		
Methionine.....g	0.139		0		1		0.088		
Cystine.....g	0.151		0		1		0.095		
Phenylalanine.....g	0.384		0		1		0.242		
Tyrosine.....g	0.249		0		1		0.157		
Valine.....g	0.341		0		1		0.215		
Arginine.....g	0.331		0		1		0.209		
Histidine.....g	0.178		0		1		0.112		
Alanine.....g	0.291		0		1		0.183		
Aspartic acid.....g	0.406		0		1		0.256		
Glutamic acid.....g	2.340		0		1		1.474		
Glycine.....g	0.291		0		1		0.183		
Proline.....g	0.798		0		1		0.503		
Serine.....g	0.383		0		1		0.241		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 63g: 1 muffin

Calories Factors: Protein 3.8

Fat 8.76

Carbohydrate 3.95

Food Group: 21 Fast Foods

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

NDB No. 21020

Fast foods, english muffin, with cheese and sausage

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	8.766		0		1		10.081		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.644		1		1		0.741		
17:1.....g									
18:1 undifferentiated.....g	7.937		1		1		9.128		
20:1.....g	0.126		1		1		0.145		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.343		0		1		2.694		
18:2 undifferentiated.....g	2.022		1		1		2.325		
18:3 undifferentiated.....g	0.133		1		1		0.153		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.188		1		1		0.216		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	51		1		1		59		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.163		0		1		0.187		
Threonine.....g	0.459		0		1		0.528		
Isoleucine.....g	0.548		0		1		0.630		
Leucine.....g	1.025		0		1		1.179		
Lysine.....g	0.975		0		1		1.121		
Methionine.....g	0.305		0		1		0.351		
Cystine.....g	0.150		0		1		0.173		
Phenylalanine.....g	0.598		0		1		0.688		
Tyrosine.....g	0.529		0		1		0.608		
Valine.....g	0.659		0		1		0.758		
Arginine.....g	0.642		0		1		0.738		
Histidine.....g	0.426		0		1		0.490		
Alanine.....g	0.527		0		1		0.606		
Aspartic acid.....g	0.883		0		1		1.015		
Glutamic acid.....g	2.840		0		1		3.266		
Glycine.....g	0.509		0		1		0.585		
Proline.....g	1.118		0		1		1.286		
Serine.....g	0.603		0		1		0.693		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	24		0	FLA	4		28.122		
Carotene, alpha.....mcg	1		0	FLA	4		1.569		
Cryptoxanthin, beta.....mcg	1		0	FLA	4		1.489		
Lycopene.....mcg	1		0	FLA	4		1.403		
Lutein + zeaxanthin.....mcg	60		0	FLA	4		69.273		

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Common Measures:

Measure 1 = 115g: 1 muffin

NDB No. 21020
Fast foods, english muffin, with cheese and sausage

Calories Factors: **Protein** 4.12 **Fat** 8.89 **Carbohydrate** 3.94 **Food Group:** 21 Fast Foods
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 21021

Fast foods, english muffin, with egg, cheese, and canadian bacon

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	56.78		0	MC	9		77.79		
Energy.....kcal	211		0	MC	9		289		
Energy.....kj	883				9		1209		
Protein.....g	12.18		0	MC	9		16.69		
Total lipid (fat).....g	9.19		0	MC	9		12.59		
Ash.....g	2.33		0	MC	9		3.19		
Carbohydrate, by difference.....g	19.52		0	MC	9		26.74		
Fiber, total dietary.....g	1.1		0	MC	9		1.5		
Sugars, total.....g	2.01		0	MC	9		2.75		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	110		0	MC	9		151		
Iron, Fe.....mg	1.78		0	MC	9		2.44		
Magnesium, Mg.....mg	17		0	MC	9		23		
Phosphorus, P.....mg	197		0	MC	9		270		
Potassium, K.....mg	145		0	MC	9		199		
Sodium, Na.....mg	532		0	MC	9		729		
Zinc, Zn.....mg	1.14		0	MC	9		1.56		
Copper, Cu.....mg	0.051		0	MC	9		0.070		
Manganese, Mn.....mg	0.009		0	MC	9		0.012		
Selenium, Se.....mcg	24.8		0	RK	4		34.0		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.3		0	MC	9		1.8		
Thiamin.....mg	0.361		0	MC	9		0.495		
Riboflavin.....mg	0.327		0	MC	9		0.448		
Niacin.....mg	2.434		0	MC	9		3.335		
Pantothenic acid.....mg	0.653		0	MC	9		0.895		
Vitamin B-6.....mg	0.107		0	MC	9		0.147		
Folate, total.....mcg	50		0	RA	4		69		
Folic acid.....mcg	18		0	RA	4		25		
Folate, food.....mcg	32		0	NC	4		44		
Folate, DFE.....mcg_DFE	63		0	NC	4		86		
Vitamin B-12.....mcg	0.49		0	MC	9		0.67		
Vitamin A, IU.....IU	428		0	MC	9		586		
Vitamin A, RAE.....mcg_RAE	129		0	NC	4		177		
Retinol.....mcg	129		0	NC	4		177		
Vitamin E (alpha-tocopherol).....mg	0.41		0		1		0.56		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	32.000		0	T	4		43.840		
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	3.405		0	MC	9		4.665		
Fatty acids, total monounsaturated.....g	3.409		0	MC	9		4.670		
Fatty acids, total polyunsaturated.....g	1.137		0	MC	9		1.558		
Fatty acids, total trans.....g									
Cholesterol.....mg	171		0	MC	9		234		
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 = 137g: 1 sandwich

NDB No. 21021
Fast foods, english muffin, with egg, cheese, and canadian bacon

Calories Factors:	Protein	Fat	Carbohydrate	Food Group: 21 Fast Foods
USDA National Nutrient Database for Standard Reference, Release 17 (2004)				

NDB No. 21022

Fast foods, english muffin, with egg, cheese, and sausage

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	7.726		0		1		12.748		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.595		1		1		0.982		
17:1.....g									
18:1 undifferentiated.....g	6.974		1		1		11.507		
20:1.....g	0.100		1		1		0.165		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.012		0		1		3.320		
18:2 undifferentiated.....g	1.856		1		1		3.062		
18:3 undifferentiated.....g	0.068		1		1		0.112		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.089		1		1		0.147		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	166		1		1		274		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.170		0		1		0.281		
Threonine.....g	0.489		0		1		0.807		
Isoleucine.....g	0.596		0		1		0.983		
Leucine.....g	1.036		0		1		1.709		
Lysine.....g	0.947		0		1		1.563		
Methionine.....g	0.323		0		1		0.533		
Cystine.....g	0.179		0		1		0.295		
Phenylalanine.....g	0.615		0		1		1.015		
Tyrosine.....g	0.526		0		1		0.868		
Valine.....g	0.706		0		1		1.165		
Arginine.....g	0.666		0		1		1.099		
Histidine.....g	0.398		0		1		0.657		
Alanine.....g	0.560		0		1		0.924		
Aspartic acid.....g	0.949		0		1		1.566		
Glutamic acid.....g	2.543		0		1		4.196		
Glycine.....g	0.477		0		1		0.787		
Proline.....g	0.981		0		1		1.619		
Serine.....g	0.668		0		1		1.102		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 165g: 1 muffin

Calories Factors: Protein 4.19

Fat 8.9

Carbohydrate 3.94

Food Group: 21 Fast Foods

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

NDB No. 21105

Fast foods, fish sandwich, with tartar sauce

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.869		0		1		7.693		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.567		2		1		0.896		
17:1.....g									
18:1 undifferentiated.....g	4.302		2		1		6.797		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.220		0		1		8.248		
18:2 undifferentiated.....g	4.821		2		1		7.617		
18:3 undifferentiated.....g	0.399		2		1		0.630		
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	35	4.291	8		1		55		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.124		0		1		0.196		
Threonine.....g	0.426		0		1		0.673		
Isoleucine.....g	0.480		0		1		0.758		
Leucine.....g	0.837		0		1		1.322		
Lysine.....g	0.770		0		1		1.217		
Methionine.....g	0.274		0		1		0.433		
Cystine.....g	0.140		0		1		0.221		
Phenylalanine.....g	0.458		0		1		0.724		
Tyrosine.....g	0.332		0		1		0.525		
Valine.....g	0.553		0		1		0.874		
Arginine.....g	0.583		0		1		0.921		
Histidine.....g	0.290		0		1		0.458		
Alanine.....g	0.569		0		1		0.899		
Aspartic acid.....g	0.936		0		1		1.479		
Glutamic acid.....g	2.143		0		1		3.386		
Glycine.....g	0.486		0		1		0.768		
Proline.....g	0.620		0		1		0.980		
Serine.....g	0.479		0		1		0.757		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 158g: 1 sandwich

Calories Factors: Protein 4.11

Fat 8.79

Carbohydrate 3.93

Food Group: 21 Fast Foods

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

NDB No. 21106
Fast foods, fish sandwich, with tartar sauce and cheese

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.874		0		1		8.919		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.320		5		1		0.586		
17:1.....g									
18:1 undifferentiated.....g	4.405		5		1		8.061		
20:1.....g	0.039		5		1		0.071		
22:1 undifferentiated.....g	0.059		5		1		0.108		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.154		0		1		9.432		
18:2 undifferentiated.....g	4.602		5		1		8.422		
18:3 undifferentiated.....g	0.524		5		1		0.959		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.028		5		1		0.051		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	37	3.179	11		1		68		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.134		0		1		0.245		
Threonine.....g	0.435		0		1		0.796		
Isoleucine.....g	0.505		0		1		0.924		
Leucine.....g	0.893		0		1		1.634		
Lysine.....g	0.849		0		1		1.554		
Methionine.....g	0.287		0		1		0.525		
Cystine.....g	0.134		0		1		0.245		
Phenylalanine.....g	0.492		0		1		0.900		
Tyrosine.....g	0.383		0		1		0.701		
Valine.....g	0.591		0		1		1.082		
Arginine.....g	0.591		0		1		1.082		
Histidine.....g	0.324		0		1		0.593		
Alanine.....g	0.553		0		1		1.012		
Aspartic acid.....g	0.940		0		1		1.720		
Glutamic acid.....g	2.257		0		1		4.130		
Glycine.....g	0.464		0		1		0.849		
Proline.....g	0.717		0		1		1.312		
Serine.....g	0.507		0		1		0.928		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 183g: 1 sandwich

Calories Factors: Protein 4.12 Fat 8.81 Carbohydrate 3.93

Food Group: 21 Fast Foods

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Proximates:									
Water.....g	29.96		0		1		42.24		
Energy.....kcal	364		0	NC	4		513		
Energy.....kj	1523		0		4		2147		
Protein (N x 5.73).....g	5.87		1		1		8.28		
Total lipid (fat).....g	20.60		1		1		29.05		
Ash.....g	2.54		0		1		3.58		
Carbohydrate, by difference.....g	41.03		0	NC	4		57.85		
Fiber, total dietary.....g	1.9		0		4		2.7		
Sugars, total.....g	18.72		0	FLA	4		26.40		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	55		1		1		78		
Iron, Fe.....mg	2.10		1		1		2.96		
Magnesium, Mg.....mg	19		0		4		27		
Phosphorus, P.....mg	87		1		1		123		
Potassium, K.....mg	90		1		1		127		
Sodium, Na.....mg	354		1		1		499		
Zinc, Zn.....mg	0.66		0		4		0.93		
Copper, Cu.....mg	0.192		0		4		0.271		
Manganese, Mn.....mg	0.155		0		4		0.219		
Selenium, Se.....mcg	16.7		1	BFZN	4		23.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	0.160		1		1		0.226		
Riboflavin.....mg	0.180		1		1		0.254		
Niacin.....mg	2.100		1		1		2.961		
Pantothenic acid.....mg	0.400		0		4		0.564		
Vitamin B-6.....mg	0.180		0		4		0.254		
Folate, total.....mcg	140		0	FLA	4		197		
Folic acid.....mcg	78		0	FLA	4		110		
Folate, food.....mcg	62		0	FLA	4		87		
Folate, DFE.....mcg_DFE	195		0	NC	4		275		
Vitamin B-12.....mcg	0.05		0		4		0.07		
Vitamin A, IU.....IU	5		0	FLA	4		7		
Vitamin A, RAE.....mcg_RAE	0		0	FLA	4		0		
Retinol.....mcg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol).....mg	1.65		0	FLA	4		2.33		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	7.5		0	FLA	4		10.5		
Lipids:									
Fatty acids, total saturated.....g	3.340		0		4		4.709		
4:0.....g	0.000		0		4		0.000		
6:0.....g	0.000		0		4		0.000		
8:0.....g	0.000		0		4		0.000		
10:0.....g	0.000		0		4		0.000		
12:0.....g	0.000		0		4		0.000		
13:0.....g									
14:0.....g	0.021		0		4		0.030		
15:0.....g									
16:0.....g	2.154		0		4		3.037		
17:0.....g									
18:0.....g	1.010		0		4		1.424		
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 21024
Fast foods, french toast sticks

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Fatty acids, total monounsaturated.....g	8.970		0		4		12.648		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.112		0		4		0.158		
17:1.....g									
18:1 undifferentiated.....g	8.531		0		4		12.029		
20:1.....g	0.001		0		4		0.001		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.050		0		4		9.941		
18:2 undifferentiated.....g	6.338		0		4		8.937		
18:3 undifferentiated.....g	0.458		0		4		0.646		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.004		0		4		0.006		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	53		1		1		75		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.073		0		1		0.103		
Threonine.....g	0.204		0		1		0.288		
Isoleucine.....g	0.242		0		1		0.341		
Leucine.....g	0.430		0		1		0.606		
Lysine.....g	0.230		0		1		0.324		
Methionine.....g	0.110		0		1		0.155		
Cystine.....g	0.112		0		1		0.158		
Phenylalanine.....g	0.291		0		1		0.410		
Tyrosine.....g	0.198		0		1		0.279		
Valine.....g	0.273		0		1		0.385		
Arginine.....g	0.267		0		1		0.376		
Histidine.....g	0.139		0		1		0.196		
Alanine.....g	0.247		0		1		0.348		
Aspartic acid.....g	0.347		0		1		0.489		
Glutamic acid.....g	1.631		0		1		2.300		
Glycine.....g	0.227		0		1		0.320		
Proline.....g	0.553		0		1		0.780		
Serine.....g	0.300		0		1		0.423		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	3		0	FLA	4		3.913		
Carotene, alpha.....mcg	0		0	FLA	4		0.025		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.099		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	4		0	FLA	4		5.786		

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Common Measures:

Measure 1 = 141g: 5 pieces

NDB No. 21024
Fast foods, french toast sticks

Calories Factors: **Protein** 3.61 **Fat** 8.83 **Carbohydrate** 3.92 **Food Group:** 21 Fast Foods
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 21077
Fast foods, frijoles with cheese

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	1.567		0		1		2.617		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	1.567		3		1		2.617		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.417		0		1		0.696		
18:2 undifferentiated.....g	0.344		3		1		0.574		
18:3 undifferentiated.....g	0.073		3		1		0.122		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	22	6.341	3		1		37		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.078		0		1		0.130		
Threonine.....g	0.258		0		1		0.431		
Isoleucine.....g	0.307		0		1		0.513		
Leucine.....g	0.523		0		1		0.873		
Lysine.....g	0.455		0		1		0.760		
Methionine.....g	0.111		0		1		0.185		
Cystine.....g	0.061		0		1		0.102		
Phenylalanine.....g	0.337		0		1		0.563		
Tyrosine.....g	0.210		0		1		0.351		
Valine.....g	0.351		0		1		0.586		
Arginine.....g	0.359		0		1		0.600		
Histidine.....g	0.189		0		1		0.316		
Alanine.....g	0.250		0		1		0.418		
Aspartic acid.....g	0.711		0		1		1.187		
Glutamic acid.....g	1.283		0		1		2.143		
Glycine.....g	0.214		0		1		0.357		
Proline.....g	0.379		0		1		0.633		
Serine.....g	0.349		0		1		0.583		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 167g: 1 cup

Calories Factors: Protein 3.8

Fat 8.76

Carbohydrate 3.99

Food Group: 21 Fast Foods

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

NDB No. 21116
Fast foods, ham and cheese sandwich

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	4 . 615		0		1		6 . 738		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0 . 516		2		1		0 . 753		
17:1.....g									
18:1 undifferentiated.....g	4 . 099		2		1		5 . 985		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0 . 942		0		1		1 . 375		
18:2 undifferentiated.....g	0 . 890		2		1		1 . 299		
18:3 undifferentiated.....g	0 . 052		2		1		0 . 076		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	40	3 . 930	4		1		58		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0 . 185		0		1		0 . 270		
Threonine.....g	0 . 506		0		1		0 . 739		
Isoleucine.....g	0 . 624		0		1		0 . 911		
Leucine.....g	1 . 142		0		1		1 . 667		
Lysine.....g	1 . 077		0		1		1 . 572		
Methionine.....g	0 . 333		0		1		0 . 486		
Cystine.....g	0 . 171		0		1		0 . 250		
Phenylalanine.....g	0 . 680		0		1		0 . 993		
Tyrosine.....g	0 . 562		0		1		0 . 821		
Valine.....g	0 . 735		0		1		1 . 073		
Arginine.....g	0 . 696		0		1		1 . 016		
Histidine.....g	0 . 483		0		1		0 . 705		
Alanine.....g	0 . 552		0		1		0 . 806		
Aspartic acid.....g	0 . 994		0		1		1 . 451		
Glutamic acid.....g	3 . 104		0		1		4 . 532		
Glycine.....g	0 . 481		0		1		0 . 702		
Proline.....g	1 . 184		0		1		1 . 729		
Serine.....g	0 . 659		0		1		0 . 962		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 146g: 1 sandwich

Calories Factors: Protein 4.13

Fat 8.75

Carbohydrate 3.95

Food Group: 21 Fast Foods

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

NDB No. 21117

Fast foods, ham, egg, and cheese sandwich

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	51.15		2		1		73.14		
Energy.....kcal	243		0		1		347		
Energy.....kj	1017				1		1454		
Protein (N x 6.17).....g	13.46	0.735	3		1		19.25		
Total lipid (fat).....g	11.40	1.026	3		1		16.30		
Ash.....g	2.35		2		1		3.36		
Carbohydrate, by difference.....g	21.64		0	NC	4		30.95		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	148		2		1		212		
Iron, Fe.....mg	2.17		2		1		3.10		
Magnesium, Mg.....mg	18		2		1		26		
Phosphorus, P.....mg	242		2		1		346		
Potassium, K.....mg	147		2		1		210		
Sodium, Na.....mg	703	85.935	3		1		1005		
Zinc, Zn.....mg	1.39		2		1		1.99		
Copper, Cu.....mg	0.085		2		1		0.122		
Manganese, Mn.....mg	0.170		2		1		0.243		
Selenium, Se.....mcg	22.7		0	RK	4		32.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.9		2		1		2.7		
Thiamin.....mg	0.300		2		1		0.429		
Riboflavin.....mg	0.390		2		1		0.558		
Niacin.....mg	2.940		2		1		4.204		
Pantothenic acid.....mg	0.660		2		1		0.944		
Vitamin B-6.....mg	0.110		2		1		0.157		
Folate, total.....mcg	53		0	RK	4		76		
Folic acid.....mcg	23		0	NC	4		33		
Folate, food.....mcg	30		2		1		43		
Folate, DFE.....mcg_DFE	69		0	NC	4		99		
Vitamin B-12.....mcg	0.86		2		1		1.23		
Vitamin A, IU.....IU	393		2		1		562		
Vitamin A, RAE.....mcg_RAE	116		0	NC	4		165		
Retinol.....mcg	115		0	NC	4		164		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	5.175		1		1		7.400		
Fatty acids, total monounsaturated.....g	4.017		1		1		5.744		
Fatty acids, total polyunsaturated.....g	1.182		1		1		1.690		
Fatty acids, total trans.....g									
Cholesterol.....mg	172	16.476	3		1		246		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.185		0		1		0.265		
Threonine.....g	0.526		0		1		0.752		
Isoleucine.....g	0.654		0		1		0.935		
Leucine.....g	1.099		0		1		1.572		
Lysine.....g	0.982		0		1		1.404		
Methionine.....g	0.345		0		1		0.493		
Cystine.....g	0.203		0		1		0.290		

NDB No. 21117
Fast foods, ham, egg, and cheese sandwich

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	<u>measures of food</u>			Measure 1	Measure 2	Measure 3
			Number of Data Points	Deriv Code	Source Code	Confidence Code		
Phenylalanine.....g	0 . 670		0		1		0 . 958	
Tyrosine.....g	0 . 534		0		1		0 . 764	
Valine.....g	0 . 763		0		1		1 . 091	
Arginine.....g	0 . 709		0		1		1 . 014	
Histidine.....g	0 . 419		0		1		0 . 599	
Alanine.....g	0 . 591		0		1		0 . 845	
Aspartic acid.....g	1 . 040		0		1		1 . 487	
Glutamic acid.....g	2 . 585		0		1		3 . 697	
Glycine.....g	0 . 452		0		1		0 . 646	
Proline.....g	0 . 953		0		1		1 . 363	
Serine.....g	0 . 726		0		1		1 . 038	
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 143g: 1 sandwich

Calories Factors: Protein 4.21 Fat 8.89 Carbohydrate 3.95

Food Group: 21 Fast Foods

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

NDB No. 21114

Fast foods, hamburger, large, double patty, with condiments and vegetables

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	53.74	0.980	10		1		121.45		
Energy.....kcal	239		0		1		540		
Energy.....kj	1000				1		2260		
Protein (N x 6.2).....g	15.17	0.768	10		1		34.28		
Total lipid (fat).....g	11.75	1.554	10		1		26.56		
Ash.....g	1.52	0.080	10		1		3.44		
Carbohydrate, by difference.....g	17.82		0	NC	4		40.27		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	45	5.859	10		1		102		
Iron, Fe.....mg	2.59	0.220	10		1		5.85		
Magnesium, Mg.....mg	22	1.104	9		1		50		
Phosphorus, P.....mg	139	6.750	10		1		314		
Potassium, K.....mg	252	9.099	10		1		570		
Sodium, Na.....mg	350	17.140	10		1		791		
Zinc, Zn.....mg	2.51	0.221	10		1		5.67		
Copper, Cu.....mg	0.097	0.006	9		1		0.219		
Manganese, Mn.....mg	0.110		1		1		0.249		
Selenium, Se.....mcg	11.3		0	RK	4		25.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.5		1		1		1.1		
Thiamin.....mg	0.160	0.015	10		1		0.362		
Riboflavin.....mg	0.170	0.009	10		1		0.384		
Niacin.....mg	3.350	0.247	10		1		7.571		
Pantothenic acid.....mg	0.240		1		1		0.542		
Vitamin B-6.....mg	0.240		1		1		0.542		
Folate, total.....mcg	34		0	RK	4		77		
Folic acid.....mcg	22		0	NC	4		50		
Folate, food.....mcg	12		1		1		27		
Folate, DFE.....mcg_DFE	49		0	NC	4		112		
Vitamin B-12.....mcg	1.80		1		1		4.07		
Vitamin A, IU.....IU	45		1		1		102		
Vitamin A, RAE.....mcg_RAE	2		0	NC	4		5		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	4.654		1		1		10.518		
Fatty acids, total monounsaturated.....g	4.570		1		1		10.328		
Fatty acids, total polyunsaturated.....g	1.237		1		1		2.796		
Fatty acids, total trans.....g									
Cholesterol.....mg	54		2		1		122		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.183		0		1		0.414		
Threonine.....g	0.599		0		1		1.354		
Isoleucine.....g	0.638		0		1		1.442		
Leucine.....g	1.172		0		1		2.649		
Lysine.....g	1.108		0		1		2.504		
Methionine.....g	0.330		0		1		0.746		
Cystine.....g	0.164		0		1		0.371		

NDB No. 21114

Fast foods, hamburger, large, double patty, with condiments and vegetables

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	<u>measures of food</u>		
							Measure 1	Measure 2	Measure 3
Phenylalanine.....g	0.599		0		1		1.354		
Tyrosine.....g	0.448		0		1		1.012		
Valine.....g	0.729		0		1		1.648		
Arginine.....g	0.944		0		1		2.133		
Histidine.....g	0.450		0		1		1.017		
Alanine.....g	0.903		0		1		2.041		
Aspartic acid.....g	1.289		0		1		2.913		
Glutamic acid.....g	2.803		0		1		6.335		
Glycine.....g	1.020		0		1		2.305		
Proline.....g	0.898		0		1		2.029		
Serine.....g	0.612		0		1		1.383		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 226g: 1 sandwich

Calories Factors: Protein 4.2

Fat 8.92

Carbohydrate 3.95

Food Group: 21 Fast Foods

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

NDB No. 21202

Fast foods, hamburger, large, single patty, with condiments

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
Proximates:									
Water.....g	51.75		0	MC	9		89.01		
Energy.....kcal	248		0	MC	9		427		
Energy.....kj	1038				9		1785		
Protein.....g	13.43		0	MC	9		23.10		
Total lipid (fat).....g	12.21		0	MC	9		21.00		
Ash.....g	1.78		0	MC	9		3.06		
Carbohydrate, by difference.....g	21.41		0	MC	9		36.83		
Fiber, total dietary.....g	1.2		0	MC	9		2.1		
Sugars, total.....g	4.84		0	MC	9		8.32		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	78		0	MC	9		134		
Iron, Fe.....mg	2.41		0	MC	9		4.15		
Magnesium, Mg.....mg	20		0	MC	9		34		
Phosphorus, P.....mg	124		0	MC	9		213		
Potassium, K.....mg	230		0	MC	9		396		
Sodium, Na.....mg	425		0	MC	9		731		
Zinc, Zn.....mg	2.77		0	MC	9		4.76		
Copper, Cu.....mg	0.159		0	MC	9		0.273		
Manganese, Mn.....mg	0.200		0	MC	9		0.344		
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.5		0	MC	9		2.6		
Thiamin.....mg	0.199		0	MC	9		0.342		
Riboflavin.....mg	0.165		0	MC	9		0.284		
Niacin.....mg	3.815		0	MC	9		6.562		
Pantothenic acid.....mg	0.302		0	MC	9		0.519		
Vitamin B-6.....mg	0.143		0	MC	9		0.246		
Folate, total.....mcg	36		0	MC	9		62		
Folic acid.....mcg	22		0	RA	4		38		
Folate, food.....mcg	14		0	NC	4		24		
Folate, DFE.....mcg_DFE	51		0	NC	4		88		
Vitamin B-12.....mcg	1.50		0	MC	9		2.58		
Vitamin A, IU.....IU	64		0	MC	9		110		
Vitamin A, RAE.....mcg_RAE	3		0	NC	4		5		
Retinol.....mcg	0		0	NC	4		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	4.608		0	MC	9		7.926		
Fatty acids, total monounsaturated.....g	5.411		0	MC	9		9.307		
Fatty acids, total polyunsaturated.....g	0.927		0	MC	9		1.594		
Fatty acids, total trans.....g									
Cholesterol.....mg	41		0	MC	9		71		
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 = 172g: 1 sandwich

NDB No. 21202
Fast foods, hamburger, large, single patty, with condiments

Calories Factors:	Protein	Fat	Carbohydrate	Food Group: 21 Fast Foods
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USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 21115

Fast foods, hamburger, large, triple patty, with condiments

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	52.37		2		1		135.64		
Energy.....kcal	267		0		1		692		
Energy.....kj	1117				1		2893		
Protein (N x 6.2).....g	19.30	1.138	3		1		49.99		
Total lipid (fat).....g	16.01	0.884	3		1		41.47		
Ash.....g	1.28		2		1		3.32		
Carbohydrate, by difference.....g	11.04		0	NC	4		28.59		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	25		2		1		65		
Iron, Fe.....mg	3.21		2		1		8.31		
Magnesium, Mg.....mg	21		1		1		54		
Phosphorus, P.....mg	152		2		1		394		
Potassium, K.....mg	303		2		1		785		
Sodium, Na.....mg	275	31.971	3		1		712		
Zinc, Zn.....mg	4.15		2		1		10.75		
Copper, Cu.....mg	0.076		1		1		0.197		
Manganese, Mn.....mg	0.090		1		1		0.233		
Selenium, Se.....mcg	21.5		0	RK	4		55.7		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.5		1		1		1.3		
Thiamin.....mg	0.120		2		1		0.311		
Riboflavin.....mg	0.210		2		1		0.544		
Niacin.....mg	4.230		2		1		10.956		
Pantothenic acid.....mg	0.260		1		1		0.673		
Vitamin B-6.....mg	0.240		1		1		0.622		
Folate, total.....mcg	29		0	RK	4		75		
Folic acid.....mcg	17		0	NC	4		44		
Folate, food.....mcg	12		1		1		31		
Folate, DFE.....mcg_DFE	41		0	NC	4		106		
Vitamin B-12.....mcg	1.90		1		1		4.92		
Vitamin A, IU.....IU	61		1		1		158		
Vitamin A, RAE.....mcg_RAE	3		0	NC	4		8		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	6.147		1		1		15.921		
Fatty acids, total monounsaturated.....g	7.040		1		1		18.234		
Fatty acids, total polyunsaturated.....g	1.059		1		1		2.743		
Fatty acids, total trans.....g									
Cholesterol.....mg	55	5.100	3		1		142		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.237		0		1		0.614		
Threonine.....g	0.778		0		1		2.015		
Isoleucine.....g	0.822		0		1		2.129		
Leucine.....g	1.522		0		1		3.942		
Lysine.....g	1.482		0		1		3.838		
Methionine.....g	0.433		0		1		1.121		
Cystine.....g	0.202		0		1		0.523		

NDB No. 21115

Fast foods, hamburger, large, triple patty, with condiments

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data						
			Points	Code	Code	Code			
Phenylalanine.....g	0.756		0		1		1.958		
Tyrosine.....g	0.585		0		1		1.515		
Valine.....g	0.937		0		1		2.427		
Arginine.....g	1.242		0		1		3.217		
Histidine.....g	0.588		0		1		1.523		
Alanine.....g	1.192		0		1		3.087		
Aspartic acid.....g	1.672		0		1		4.330		
Glutamic acid.....g	3.384		0		1		8.765		
Glycine.....g	1.351		0		1		3.499		
Proline.....g	1.108		0		1		2.870		
Serine.....g	0.775		0		1		2.007		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 259g: 1 sandwich

Calories Factors: Protein 4.2

Fat 8.92

Carbohydrate 3.95

Food Group: 21 Fast Foods

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

NDB No. 21110

Fast foods, hamburger, regular, double patty, plain

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Proximates:									
Water.....g	41.10		2		1		72.34		
Energy.....kcal	309		0		1		544		
Energy.....kj	1293				1		2275		
Protein (N x 6.2).....g	17.00		1		1		29.92		
Total lipid (fat).....g	15.85	1.271	3		1		27.90		
Ash.....g	1.65		1		1		2.90		
Carbohydrate, by difference.....g	24.39		0	NC	4		42.93		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	49		1		4		86		
Iron, Fe.....mg	2.59		1		4		4.56		
Magnesium, Mg.....mg	21		1		4		37		
Phosphorus, P.....mg	133		1		4		234		
Potassium, K.....mg	206		1		4		363		
Sodium, Na.....mg	315		1		1		554		
Zinc, Zn.....mg	3.25		1		4		5.72		
Copper, Cu.....mg	0.095		1		4		0.167		
Manganese, Mn.....mg	0.160		1		4		0.282		
Selenium, Se.....mcg	22.5		0	RK	4		39.6		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		4		0.0		
Thiamin.....mg	0.190		1		4		0.334		
Riboflavin.....mg	0.210		1		4		0.370		
Niacin.....mg	4.690		1		4		8.254		
Pantothenic acid.....mg	0.380		1		4		0.669		
Vitamin B-6.....mg	0.180		1		4		0.317		
Folate, total.....mcg	44		0	RK	4		77		
Folic acid.....mcg	23		0	NC	4		40		
Folate, food.....mcg	21		0		4		37		
Folate, DFE.....mcg_DFE	60		0	NC	4		106		
Vitamin B-12.....mcg	1.66		1		4		2.92		
Vitamin A, IU.....IU	0		1		4		0		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.75		0		1		1.32		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	16.000		0	T	4		28.160		
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	5.896		1		1		10.377		
Fatty acids, total monounsaturated.....g	6.879		1		1		12.107		
Fatty acids, total polyunsaturated.....g	1.330		1		1		2.341		
Fatty acids, total trans.....g									
Cholesterol.....mg	56	11.225	3		1		99		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.206		0		1		0.363		
Threonine.....g	0.666		0		1		1.172		
Isoleucine.....g	0.716		0		1		1.260		
Leucine.....g	1.319		0		1		2.321		
Lysine.....g	1.226		0		1		2.158		
Methionine.....g	0.370		0		1		0.651		
Cystine.....g	0.186		0		1		0.327		

NDB No. 21110

Fast foods, hamburger, regular, double patty, plain

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Phenylalanine.....g	0.677		0		1		1.192		
Tyrosine.....g	0.502		0		1		0.884		
Valine.....g	0.823		0		1		1.448		
Arginine.....g	1.053		0		1		1.853		
Histidine.....g	0.505		0		1		0.889		
Alanine.....g	1.006		0		1		1.771		
Aspartic acid.....g	1.415		0		1		2.490		
Glutamic acid.....g	3.156		0		1		5.555		
Glycine.....g	1.141		0		1		2.008		
Proline.....g	1.039		0		1		1.829		
Serine.....g	0.694		0		1		1.221		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 176g: 1 sandwich

Calories Factors: Protein 4.2

Fat 8.92

Carbohydrate 3.95

Food Group: 21 Fast Foods

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

NDB No. 21111

Fast foods, hamburger, regular, double patty, with condiments

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	50.51	0.866	8		1		108.60		
Energy.....kcal	268		0		1		576		
Energy.....kj	1121				1		2411		
Protein (N x 6.2).....g	14.80	0.578	8		1		31.82		
Total lipid (fat).....g	15.10	0.381	8		1		32.47		
Ash.....g	1.57	0.054	8		1		3.38		
Carbohydrate, by difference.....g	18.02		0	NC	4		38.74		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	43	8.076	8		1		92		
Iron, Fe.....mg	2.58	0.165	8		1		5.55		
Magnesium, Mg.....mg	21	0.711	8		1		45		
Phosphorus, P.....mg	132	5.744	8		1		284		
Potassium, K.....mg	245	7.994	8		1		527		
Sodium, Na.....mg	345	12.797	8		1		742		
Zinc, Zn.....mg	2.70	0.133	8		1		5.81		
Copper, Cu.....mg	0.090	0.005	8		1		0.194		
Manganese, Mn.....mg	0.151		1		4		0.325		
Selenium, Se.....mcg	20.9		0	RK	4		44.9		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.5		1		4		1.1		
Thiamin.....mg	0.160	0.009	8		1		0.344		
Riboflavin.....mg	0.190	0.010	8		1		0.409		
Niacin.....mg	3.130	0.150	8		1		6.730		
Pantothenic acid.....mg	0.360		1		4		0.774		
Vitamin B-6.....mg	0.170		1		4		0.366		
Folate, total.....mcg	39		0	RK	4		84		
Folic acid.....mcg	18		0	NC	4		39		
Folate, food.....mcg	21		0		4		45		
Folate, DFE.....mcg_DFE	52		0	NC	4		111		
Vitamin B-12.....mcg	1.55		1		4		3.33		
Vitamin A, IU.....IU	25		1		4		54		
Vitamin A, RAE.....mcg_RAE	1		0	NC	4		3		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	5.582		1		1		12.001		
Fatty acids, total monounsaturated.....g	6.571		1		1		14.128		
Fatty acids, total polyunsaturated.....g	1.286		1		1		2.765		
Fatty acids, total trans.....g									
Cholesterol.....mg	48		1		4		103		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.179		0		1		0.385		
Threonine.....g	0.580		0		1		1.247		
Isoleucine.....g	0.623		0		1		1.339		
Leucine.....g	1.143		0		1		2.457		
Lysine.....g	1.062		0		1		2.283		
Methionine.....g	0.320		0		1		0.688		
Cystine.....g	0.162		0		1		0.348		

NDB No. 21111

Fast foods, hamburger, regular, double patty, with condiments

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Phenylalanine.....g	0.589		0		1		1.266		
Tyrosine.....g	0.437		0		1		0.940		
Valine.....g	0.714		0		1		1.535		
Arginine.....g	0.914		0		1		1.965		
Histidine.....g	0.437		0		1		0.940		
Alanine.....g	0.873		0		1		1.877		
Aspartic acid.....g	1.231		0		1		2.647		
Glutamic acid.....g	2.759		0		1		5.932		
Glycine.....g	0.988		0		1		2.124		
Proline.....g	0.904		0		1		1.944		
Serine.....g	0.601		0		1		1.292		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 215g: 1 sandwich

Calories Factors: Protein 4.2

Fat 8.92

Carbohydrate 3.95

Food Group: 21 Fast Foods

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

NDB No. 21107

Fast foods, hamburger, regular, single patty, plain

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	6.062		0		1		5.456		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.639		2		1		0.575		
17:1.....g									
18:1 undifferentiated.....g	5.178		2		1		4.660		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.020		0		1		0.918		
18:2 undifferentiated.....g	0.938		2		1		0.844		
18:3 undifferentiated.....g	0.082		2		1		0.074		
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	39	3.958	6		1		35		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.168		0		1		0.151		
Threonine.....g	0.513		0		1		0.462		
Isoleucine.....g	0.579		0		1		0.521		
Leucine.....g	1.049		0		1		0.944		
Lysine.....g	0.854		0		1		0.769		
Methionine.....g	0.282		0		1		0.254		
Cystine.....g	0.173		0		1		0.156		
Phenylalanine.....g	0.583		0		1		0.525		
Tyrosine.....g	0.391		0		1		0.352		
Valine.....g	0.674		0		1		0.607		
Arginine.....g	0.790		0		1		0.711		
Histidine.....g	0.384		0		1		0.346		
Alanine.....g	0.745		0		1		0.671		
Aspartic acid.....g	1.056		0		1		0.950		
Glutamic acid.....g	2.976		0		1		2.678		
Glycine.....g	0.840		0		1		0.756		
Proline.....g	0.997		0		1		0.897		
Serine.....g	0.540		0		1		0.486		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 90g: 1 sandwich

Calories Factors: Protein 4.07

Fat 8.81

Carbohydrate 3.95

Food Group: 21 Fast Foods

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

NDB No. 21108

Fast foods, hamburger, regular, single patty, with condiments

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	44.91		0	MC	9		47.60		
Energy.....kcal	257		0	MC	9		272		
Energy.....kj	1075				9		1140		
Protein.....g	11.62		0	MC	9		12.32		
Total lipid (fat).....g	9.22		0	MC	9		9.77		
Ash.....g	2.10		0	MC	9		2.23		
Carbohydrate, by difference.....g	32.31		0	MC	9		34.25		
Fiber, total dietary.....g	2.2		0	MC	9		2.3		
Sugars, total.....g	6.32		0	MC	9		6.70		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	119		0	MC	9		126		
Iron, Fe.....mg	2.56		0	MC	9		2.71		
Magnesium, Mg.....mg	22		0	MC	9		23		
Phosphorus, P.....mg	108		0	MC	9		114		
Potassium, K.....mg	237		0	MC	9		251		
Sodium, Na.....mg	504		0	MC	9		534		
Zinc, Zn.....mg	2.12		0	MC	9		2.25		
Copper, Cu.....mg	0.173		0	MC	9		0.183		
Manganese, Mn.....mg	0.345		0	MC	9		0.366		
Selenium, Se.....mcg	19.5	1.085	38	A	1		20.7		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2.1		0	MC	9		2.2		
Thiamin.....mg	0.274		0	MC	9		0.290		
Riboflavin.....mg	0.222		0	MC	9		0.235		
Niacin.....mg	3.690		0	MC	9		3.911		
Pantothenic acid.....mg	0.263		0	MC	9		0.279		
Vitamin B-6.....mg	0.111		0	MC	9		0.118		
Folate, total.....mcg	49		0	MC	9		52		
Folic acid.....mcg	30		0	RA	4		32		
Folate, food.....mcg	19		0	NC	4		20		
Folate, DFE.....mcg_DFE	70		0	NC	4		74		
Vitamin B-12.....mcg	1.03		0	MC	9		1.09		
Vitamin A, IU.....IU	70		0	MC	9		74		
Vitamin A, RAE.....mcg_RAE	4		0	NC	4		4		
Retinol.....mcg	0		0	NC	4		0		
Vitamin E (alpha-tocopherol).....mg	0.40		0		1		0.42		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	3.361		0	MC	9		3.563		
Fatty acids, total monounsaturated.....g	3.212		0	MC	9		3.405		
Fatty acids, total polyunsaturated.....g	0.948		0	MC	9		1.005		
Fatty acids, total trans.....g									
Cholesterol.....mg	28		0	MC	9		30		
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 = 106g: 1 sandwich

NDB No. 21108
Fast foods, hamburger, regular, single patty, with condiments

Calories Factors:	Protein	Fat	Carbohydrate	Food Group: 21 Fast Foods
USDA National Nutrient Database for Standard Reference, Release 17 (2004)				

NDB No. 21109

Fast foods, hamburger, regular, single patty, with condiments and vegetables

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	49.41	1.288	10		1		54.35		
Energy.....kcal	254		0		1		279		
Energy.....kj	1063				1		1169		
Protein (N x 6.03).....g	11.74	0.456	11		1		12.91		
Total lipid (fat).....g	12.25	0.577	11		1		13.48		
Ash.....g	1.78	0.064	10		1		1.96		
Carbohydrate, by difference.....g	24.81		0	NC	4		27.29		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	57	8.146	10		1		63		
Iron, Fe.....mg	2.39	0.127	10		1		2.63		
Magnesium, Mg.....mg	20	0.811	10		1		22		
Phosphorus, P.....mg	113	5.418	10		1		124		
Potassium, K.....mg	206	9.018	10		1		227		
Sodium, Na.....mg	458	21.438	11		1		504		
Zinc, Zn.....mg	1.87	0.113	10		1		2.06		
Copper, Cu.....mg	0.093	0.005	10		1		0.102		
Manganese, Mn.....mg	0.230		2		1		0.253		
Selenium, Se.....mcg	18.7		0	RK	4		20.6		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.5		2		1		1.7		
Thiamin.....mg	0.210	0.012	10		1		0.231		
Riboflavin.....mg	0.180	0.036	10		1		0.198		
Niacin.....mg	3.350	0.343	10		1		3.685		
Pantothenic acid.....mg	0.270		2		1		0.297		
Vitamin B-6.....mg	0.110		2		1		0.121		
Folate, total.....mcg	47		0	RK	4		52		
Folic acid.....mcg	30		0	NC	4		33		
Folate, food.....mcg	17		2		1		19		
Folate, DFE.....mcg_DFE	68		0	NC	4		75		
Vitamin B-12.....mcg	0.80		2		1		0.88		
Vitamin A, IU.....IU	75		2		1		83		
Vitamin A, RAE.....mcg_RAE	4		0	NC	4		4		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	3.755		1		1		4.131		
Fatty acids, total monounsaturated.....g	4.809		1		1		5.290		
Fatty acids, total polyunsaturated.....g	2.343		1		1		2.577		
Fatty acids, total trans.....g									
Cholesterol.....mg	24	1.528	3		1		26		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.142		0		1		0.156		
Threonine.....g	0.438		0		1		0.482		
Isoleucine.....g	0.495		0		1		0.545		
Leucine.....g	0.892		0		1		0.981		
Lysine.....g	0.726		0		1		0.799		
Methionine.....g	0.240		0		1		0.264		
Cystine.....g	0.148		0		1		0.163		

NDB No. 21109

Fast foods, hamburger, regular, single patty, with condiments and vegetables

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	<u>measures of food</u>		
			of Data Points	Deriv Code			Measure 1	Measure 2	Measure 3
Phenylalanine.....g	0.499		0		1		0.549		
Tyrosine.....g	0.333		0		1		0.366		
Valine.....g	0.576		0		1		0.634		
Arginine.....g	0.672		0		1		0.739		
Histidine.....g	0.325		0		1		0.358		
Alanine.....g	0.633		0		1		0.696		
Aspartic acid.....g	0.917		0		1		1.009		
Glutamic acid.....g	2.579		0		1		2.837		
Glycine.....g	0.711		0		1		0.782		
Proline.....g	0.841		0		1		0.925		
Serine.....g	0.510		0		1		0.561		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 110g: 1 sandwich

Calories Factors: Protein 4.07

Fat 8.81

Carbohydrate 3.95

Food Group: 21 Fast Foods

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

NDB No. 21118
Fast foods, hotdog, plain

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	6.993		0		1		6.853		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.660		1		1		0.647		
17:1.....g									
18:1 undifferentiated.....g	6.333		1		1		6.206		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.741		0		1		1.706		
18:2 undifferentiated.....g	1.310		1		1		1.284		
18:3 undifferentiated.....g	0.432		1		1		0.423		
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	45	2.739	5		1		44		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.098		0		1		0.096		
Threonine.....g	0.360		0		1		0.353		
Isoleucine.....g	0.453		0		1		0.444		
Leucine.....g	0.769		0		1		0.754		
Lysine.....g	0.641		0		1		0.628		
Methionine.....g	0.199		0		1		0.195		
Cystine.....g	0.147		0		1		0.144		
Phenylalanine.....g	0.417		0		1		0.409		
Tyrosine.....g	0.282		0		1		0.276		
Valine.....g	0.483		0		1		0.473		
Arginine.....g	0.666		0		1		0.653		
Histidine.....g	0.295		0		1		0.289		
Alanine.....g	0.598		0		1		0.586		
Aspartic acid.....g	0.872		0		1		0.855		
Glutamic acid.....g	2.385		0		1		2.337		
Glycine.....g	0.646		0		1		0.633		
Proline.....g	0.765		0		1		0.750		
Serine.....g	0.481		0		1		0.471		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 98g: 1 sandwich

Calories Factors: Protein 4.02

Fat 8.89

Carbohydrate 3.95

Food Group: 21 Fast Foods

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

NDB No. 21119
Fast foods, hotdog, with chili

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.785		0		1		6.595		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.409		2		1		0.466		
17:1.....g									
18:1 undifferentiated.....g	5.376		2		1		6.129		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.042		0		1		1.188		
18:2 undifferentiated.....g	0.918		2		1		1.047		
18:3 undifferentiated.....g	0.124		2		1		0.141		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	45		1		1		51		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.113		0		1		0.129		
Threonine.....g	0.408		0		1		0.465		
Isoleucine.....g	0.497		0		1		0.567		
Leucine.....g	0.853		0		1		0.972		
Lysine.....g	0.729		0		1		0.831		
Methionine.....g	0.222		0		1		0.253		
Cystine.....g	0.157		0		1		0.179		
Phenylalanine.....g	0.463		0		1		0.528		
Tyrosine.....g	0.315		0		1		0.359		
Valine.....g	0.534		0		1		0.609		
Arginine.....g	0.733		0		1		0.836		
Histidine.....g	0.326		0		1		0.372		
Alanine.....g	0.657		0		1		0.749		
Aspartic acid.....g	0.995		0		1		1.134		
Glutamic acid.....g	2.542		0		1		2.898		
Glycine.....g	0.709		0		1		0.808		
Proline.....g	0.797		0		1		0.909		
Serine.....g	0.525		0		1		0.599		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 114g: 1 sandwich

Calories Factors: Protein 3.9

Fat 8.92

Carbohydrate 3.97

Food Group: 21 Fast Foods

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

NDB No. 21120
Fast foods, hotdog, with corn flour coating (corndog)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	5.205		0		1		9.109		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.506		1		1		0.886		
17:1.....g									
18:1 undifferentiated.....g	4.699		1		1		8.223		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.998		0		1		3.497		
18:2 undifferentiated.....g	1.581		1		1		2.767		
18:3 undifferentiated.....g	0.417		1		1		0.730		
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	45		1		4		79		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.086		0		1		0.151		
Threonine.....g	0.363		0		1		0.635		
Isoleucine.....g	0.429		0		1		0.751		
Leucine.....g	0.808		0		1		1.414		
Lysine.....g	0.657		0		1		1.150		
Methionine.....g	0.208		0		1		0.364		
Cystine.....g	0.135		0		1		0.236		
Phenylalanine.....g	0.377		0		1		0.660		
Tyrosine.....g	0.317		0		1		0.555		
Valine.....g	0.458		0		1		0.802		
Arginine.....g	0.637		0		1		1.115		
Histidine.....g	0.290		0		1		0.508		
Alanine.....g	0.618		0		1		1.082		
Aspartic acid.....g	0.865		0		1		1.514		
Glutamic acid.....g	1.787		0		1		3.127		
Glycine.....g	0.578		0		1		1.012		
Proline.....g	0.610		0		1		1.068		
Serine.....g	0.448		0		1		0.784		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 175g: 1 sandwich

Calories Factors: Protein 4.03

Fat 8.92

Carbohydrate 4.01

Food Group: 21 Fast Foods

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
measures of food									
Proximates:									
Water.....g	32.29	2.763	4		1		25.19		
Energy.....kcal	329		0		1		257		
Energy.....Kj	1377				1		1074		
Protein (N x 6.25).....g	6.25	0.426	5		1		4.88		
Total lipid (fat).....g	14.86	2.457	5		1		11.59		
Ash.....g	1.86		2		1		1.45		
Carbohydrate, by difference.....g	44.74		0	NC	4		34.90		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	88	5.423	4		1		69		
Iron, Fe.....mg	1.83	0.453	4		1		1.43		
Magnesium, Mg.....mg	21	2.589	4		1		16		
Phosphorus, P.....mg	244	49.836	4		1		190		
Potassium, K.....mg	241	12.981	3		1		188		
Sodium, Na.....mg	1237	261.887	4		1		965		
Zinc, Zn.....mg	0.55	0.077	4		1		0.43		
Copper, Cu.....mg	0.262	0.118	4		1		0.204		
Manganese, Mn.....mg	0.342	0.059	4		1		0.267		
Selenium, Se.....mcg	10.3		0	BFZN	4		8.0		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0		
Thiamin.....mg	0.000		1		1		0.000		
Riboflavin.....mg	0.030		1		1		0.023		
Niacin.....mg	2.600		1		1		2.028		
Pantothenic acid.....mg	0.280		1		1		0.218		
Vitamin B-6.....mg	0.130		1		1		0.101		
Folate, total.....mcg	74		0	BFZN	4		58		
Folic acid.....mcg	47		0	NC	4		37		
Folate, food.....mcg	27		1		1		21		
Folate, DFE.....mcg_DFE	107		0	NC	4		83		
Vitamin B-12.....mcg	0.22		1		1		0.17		
Vitamin A, IU.....IU	120		1		4		94		
Vitamin A, RAE.....mcg_RAE	11		0	NC	4		9		
Retinol.....mcg	6		0	NC	4		5		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	3.444		0		1		2.686		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g	0.042		1		1		0.033		
12:0.....g	0.024		1		1		0.019		
13:0.....g									
14:0.....g	0.070		1		1		0.055		
15:0.....g									
16:0.....g	1.761		1		1		1.374		
17:0.....g									
18:0.....g	1.508		1		1		1.176		
20:0.....g									
22:0.....g									
24:0.....g									

NDB No. 21129
Fast foods, hush puppies

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	10.024		0		1		7.819		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.238		1		1		0.186		
17:1.....g									
18:1 undifferentiated.....g	9.787		1		1		7.634		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.498		0		1		0.388		
18:2 undifferentiated.....g	0.461		1		1		0.360		
18:3 undifferentiated.....g	0.037		1		1		0.029		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	173		1		1		135		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.067		0		1		0.052		
Threonine.....g	0.258		0		1		0.201		
Isoleucine.....g	0.291		0		1		0.227		
Leucine.....g	0.667		0		1		0.520		
Lysine.....g	0.290		0		1		0.226		
Methionine.....g	0.153		0		1		0.119		
Cystine.....g	0.115		0		1		0.090		
Phenylalanine.....g	0.314		0		1		0.245		
Tyrosine.....g	0.258		0		1		0.201		
Valine.....g	0.363		0		1		0.283		
Arginine.....g	0.329		0		1		0.257		
Histidine.....g	0.173		0		1		0.135		
Alanine.....g	0.395		0		1		0.308		
Aspartic acid.....g	0.488		0		1		0.381		
Glutamic acid.....g	1.063		0		1		0.829		
Glycine.....g	0.223		0		1		0.174		
Proline.....g	0.454		0		1		0.354		
Serine.....g	0.350		0		1		0.273		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 78g: 5 pieces

Calories Factors: Protein 2.73

Fat 8.84

Carbohydrate 4.03

Food Group: 21 Fast Foods

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

NDB No. 21028

Fast foods, ice milk, vanilla, soft-serve, with cone

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	1.763		0		1		1.816		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.155		2		1		0.160		
17:1.....g									
18:1 undifferentiated.....g	1.516		2		1		1.561		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.348		0		1		0.358		
18:2 undifferentiated.....g	0.249		2		1		0.256		
18:3 undifferentiated.....g	0.074		2		1		0.076		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.025		2		1		0.026		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	27	6.883	3		1		28		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.050		0		1		0.052		
Threonine.....g	0.155		0		1		0.160		
Isoleucine.....g	0.207		0		1		0.213		
Leucine.....g	0.340		0		1		0.350		
Lysine.....g	0.260		0		1		0.268		
Methionine.....g	0.087		0		1		0.090		
Cystine.....g	0.039		0		1		0.040		
Phenylalanine.....g	0.176		0		1		0.181		
Tyrosine.....g	0.166		0		1		0.171		
Valine.....g	0.230		0		1		0.237		
Arginine.....g	0.133		0		1		0.137		
Histidine.....g	0.097		0		1		0.100		
Alanine.....g	0.123		0		1		0.127		
Aspartic acid.....g	0.259		0		1		0.267		
Glutamic acid.....g	0.817		0		1		0.842		
Glycine.....g	0.083		0		1		0.085		
Proline.....g	0.359		0		1		0.370		
Serine.....g	0.195		0		1		0.201		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	8		0	FLA	4		7.925		
Carotene, alpha.....mcg	0		0	FLA	4		0.004		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.006		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	1		0	FLA	4		1.059		

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Common Measures:

Measure 1 = 103g: 1 cone

NDB No. 21028
Fast foods, ice milk, vanilla, soft-serve, with cone

Calories Factors: **Protein** 4.2 **Fat** 8.78 **Carbohydrate** 3.88 **Food Group:** 21 Fast Foods
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Refuse: 0%

[illegible]

NDB No. 21078
Fast foods, nachos, with cheese

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
Fatty acids, total monounsaturated.....g	7.074		0		1		7.994		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	7.074		3		1		7.994		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.976		0		1		2.233		
18:2 undifferentiated.....g	1.803		3		1		2.037		
18:3 undifferentiated.....g	0.173		3		1		0.195		
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		2		1		18		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.068		0		1		0.077		
Threonine.....g	0.291		0		1		0.329		
Isoleucine.....g	0.333		0		1		0.376		
Leucine.....g	0.902		0		1		1.019		
Lysine.....g	0.332		0		1		0.375		
Methionine.....g	0.174		0		1		0.197		
Cystine.....g	0.114		0		1		0.129		
Phenylalanine.....g	0.391		0		1		0.442		
Tyrosine.....g	0.333		0		1		0.376		
Valine.....g	0.429		0		1		0.485		
Arginine.....g	0.372		0		1		0.420		
Histidine.....g	0.247		0		1		0.279		
Alanine.....g	0.493		0		1		0.557		
Aspartic acid.....g	0.540		0		1		0.610		
Glutamic acid.....g	1.588		0		1		1.794		
Glycine.....g	0.278		0		1		0.314		
Proline.....g	0.733		0		1		0.828		
Serine.....g	0.395		0		1		0.446		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 113g: 1 portion (6-8 nachos)

Calories Factors: Protein 3.73 Fat 8.48 Carbohydrate 4.15

Food Group: 21 Fast Foods

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

NDB No. 21079
Fast foods, nachos, with cheese and jalapeno peppers

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
Fatty acids, total monounsaturated.....g	7.061		0		1		14.404		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	7.061		3		1		14.404		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.973		0		1		4.025		
18:2 undifferentiated.....g	1.800		3		1		3.672		
18:3 undifferentiated.....g	0.173		3		1		0.353		
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	41		2		1		84		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.074		0		1		0.151		
Threonine.....g	0.291		0		1		0.594		
Isoleucine.....g	0.365		0		1		0.745		
Leucine.....g	0.880		0		1		1.795		
Lysine.....g	0.398		0		1		0.812		
Methionine.....g	0.181		0		1		0.369		
Cystine.....g	0.102		0		1		0.208		
Phenylalanine.....g	0.398		0		1		0.812		
Tyrosine.....g	0.344		0		1		0.702		
Valine.....g	0.450		0		1		0.918		
Arginine.....g	0.357		0		1		0.728		
Histidine.....g	0.256		0		1		0.522		
Alanine.....g	0.443		0		1		0.904		
Aspartic acid.....g	0.541		0		1		1.104		
Glutamic acid.....g	1.690		0		1		3.448		
Glycine.....g	0.249		0		1		0.508		
Proline.....g	0.767		0		1		1.565		
Serine.....g	0.409		0		1		0.834		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 204g: 1 portion (6-8 nachos)

Calories Factors: Protein 3.9 Fat 8.57 Carbohydrate 4.14

Food Group: 21 Fast Foods

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

NDB No. 21080

Fast foods, nachos, with cheese, beans, ground beef, and peppers

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
Points	Code	Code	Code						
Fatty acids, total monounsaturated.....g	4.306		0		1		10.980		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	4.306		1		1		10.980		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.231		0		1		5.689		
18:2 undifferentiated.....g	2.138		1		1		5.452		
18:3 undifferentiated.....g	0.093		1		1		0.237		
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	8		2		1		20		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.077		0		1		0.196		
Threonine.....g	0.279		0		1		0.711		
Isoleucine.....g	0.347		0		1		0.885		
Leucine.....g	0.750		0		1		1.913		
Lysine.....g	0.438		0		1		1.117		
Methionine.....g	0.166		0		1		0.423		
Cystine.....g	0.086		0		1		0.219		
Phenylalanine.....g	0.360		0		1		0.918		
Tyrosine.....g	0.301		0		1		0.768		
Valine.....g	0.414		0		1		1.056		
Arginine.....g	0.358		0		1		0.913		
Histidine.....g	0.235		0		1		0.599		
Alanine.....g	0.390		0		1		0.995		
Aspartic acid.....g	0.575		0		1		1.466		
Glutamic acid.....g	1.523		0		1		3.884		
Glycine.....g	0.268		0		1		0.683		
Proline.....g	0.640		0		1		1.632		
Serine.....g	0.374		0		1		0.954		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 255g: 1 portion (6-8 nachos)

Calories Factors: Protein 3.83

Fat 8.53

Carbohydrate 4.13

Food Group: 21 Fast Foods

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

NDB No. 21081
Fast foods, nachos, with cinnamon and sugar

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	10.864		0		1		11.842		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	10.864		1		1		11.842		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.786		0		1		4.127		
18:2 undifferentiated.....g	3.786		1		1		4.127		
18:3 undifferentiated.....g									
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	36		1		1		39		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.047		0		1		0.051		
Threonine.....g	0.248		0		1		0.270		
Isoleucine.....g	0.236		0		1		0.257		
Leucine.....g	0.809		0		1		0.882		
Lysine.....g	0.186		0		1		0.203		
Methionine.....g	0.138		0		1		0.150		
Cystine.....g	0.119		0		1		0.130		
Phenylalanine.....g	0.324		0		1		0.353		
Tyrosine.....g	0.269		0		1		0.293		
Valine.....g	0.335		0		1		0.365		
Arginine.....g	0.329		0		1		0.359		
Histidine.....g	0.202		0		1		0.220		
Alanine.....g	0.494		0		1		0.538		
Aspartic acid.....g	0.459		0		1		0.500		
Glutamic acid.....g	1.238		0		1		1.349		
Glycine.....g	0.271		0		1		0.295		
Proline.....g	0.576		0		1		0.628		
Serine.....g	0.313		0		1		0.341		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 109g: 1 portion (6-8 nachos)

Calories Factors: Protein 3.45 Fat 8.49 Carbohydrate 4.13

Food Group: 21 Fast Foods

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

NDB No. 21130
Fast foods, onion rings, breaded and fried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.013		0		1		6.651		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.227		1		1		0.188		
17:1.....g									
18:1 undifferentiated.....g	7.786		1		1		6.462		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.801		0		1		0.665		
18:2 undifferentiated.....g	0.672		1		1		0.558		
18:3 undifferentiated.....g	0.129		1		1		0.107		
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	5.154	5		1		14		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.059		0		1		0.049		
Threonine.....g	0.126		0		1		0.105		
Isoleucine.....g	0.178		0		1		0.148		
Leucine.....g	0.292		0		1		0.242		
Lysine.....g	0.126		0		1		0.105		
Methionine.....g	0.068		0		1		0.056		
Cystine.....g	0.090		0		1		0.075		
Phenylalanine.....g	0.203		0		1		0.168		
Tyrosine.....g	0.131		0		1		0.109		
Valine.....g	0.181		0		1		0.150		
Arginine.....g	0.271		0		1		0.225		
Histidine.....g	0.091		0		1		0.076		
Alanine.....g	0.144		0		1		0.120		
Aspartic acid.....g	0.205		0		1		0.170		
Glutamic acid.....g	1.375		0		1		1.141		
Glycine.....g	0.164		0		1		0.136		
Proline.....g	0.435		0		1		0.361		
Serine.....g	0.214		0		1		0.178		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 83g: 1 portion (8-9 onion rings)

Calories Factors: Protein 3.7 Fat 8.8 Carbohydrate 4

Food Group: 21 Fast Foods

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

NDB No. 21048

Fast foods, oysters, battered or breaded, and fried

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	47.97	4.368	3		1		66.68		
Energy.....kcal	265		0	NC	4		368		
Energy.....kj	1109				4		1541		
Protein (N x 6.17).....g	9.02	0.957	6		1		12.54		
Total lipid (fat).....g	12.90	0.491	3		1		17.93		
Ash.....g	1.41		2		1		1.96		
Carbohydrate, by difference.....g	28.69		0	NC	4		39.88		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	20	2.134	4		1		28		
Iron, Fe.....mg	3.21	0.201	4		1		4.46		
Magnesium, Mg.....mg	17	3.177	4		1		24		
Phosphorus, P.....mg	141	6.566	4		1		196		
Potassium, K.....mg	131		2		1		182		
Sodium, Na.....mg	487	185.100	4		1		677		
Zinc, Zn.....mg	11.25	4.014	4		1		15.64		
Copper, Cu.....mg	0.573	0.162	3		1		0.796		
Manganese, Mn.....mg	0.305	0.070	4		1		0.424		
Selenium, Se.....mcg	66.3		0	RK	4		92.2		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	3.0		1		4		4.2		
Thiamin.....mg	0.220		1		4		0.306		
Riboflavin.....mg	0.250		1		4		0.348		
Niacin.....mg	3.180		1		4		4.420		
Pantothenic acid.....mg	0.760		1		1		1.056		
Vitamin B-6.....mg	0.020		1		1		0.028		
Folate, total.....mcg	22		0	RK	4		31		
Folic acid.....mcg	13		0	NC	4		18		
Folate, food.....mcg	9		1		1		13		
Folate, DFE.....mcg_DFE	31		0	NC	4		43		
Vitamin B-12.....mcg	0.73		1		1		1.01		
Vitamin A, IU.....IU	261		1		4		363		
Vitamin A, RAE.....mcg_RAE	78		0	NC	4		108		
Retinol.....mcg	78		0	NC	4		108		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	3.294		1		1		4.579		
Fatty acids, total monounsaturated.....g	4.979		1		1		6.921		
Fatty acids, total polyunsaturated.....g	3.337		1		1		4.638		
Fatty acids, total trans.....g									
Cholesterol.....mg	78		1		4		108		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.107		0		1		0.149		
Threonine.....g	0.338		0		1		0.470		
Isoleucine.....g	0.380		0		1		0.528		
Leucine.....g	0.633		0		1		0.880		
Lysine.....g	0.490		0		1		0.681		
Methionine.....g	0.192		0		1		0.267		
Cystine.....g	0.148		0		1		0.206		

NDB No. 21048

Fast foods, oysters, battered or breaded, and fried

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	<u>measures of food</u>			Measure 1	Measure 2	Measure 3
			Number of Data Points	Deriv Code	Source Code	Confidence Code		
Phenylalanine.....g	0.382		0		1		0.531	
Tyrosine.....g	0.279		0		1		0.388	
Valine.....g	0.412		0		1		0.573	
Arginine.....g	0.532		0		1		0.739	
Histidine.....g	0.184		0		1		0.256	
Alanine.....g	0.445		0		1		0.619	
Aspartic acid.....g	0.692		0		1		0.962	
Glutamic acid.....g	1.803		0		1		2.506	
Glycine.....g	0.442		0		1		0.614	
Proline.....g	0.588		0		1		0.817	
Serine.....g	0.443		0		1		0.616	
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 139g: 6 pieces

Calories Factors: Protein 4.18

Fat 8.94

Carbohydrate 3.9

Food Group: 21 Fast Foods

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

NDB No. 21025

Fast foods, pancakes with butter and syrup

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.271		0		1		5.269		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.081		2		1		0.188		
17:1.....g									
18:1 undifferentiated.....g	2.138		2		1		4.960		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.844		0		1		1.958		
18:2 undifferentiated.....g	0.753		2		1		1.747		
18:3 undifferentiated.....g	0.064		2		1		0.148		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.027		2		1		0.063		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	25	3.560	5		1		58		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.044		0		1		0.102		
Threonine.....g	0.131		0		1		0.304		
Isoleucine.....g	0.166		0		1		0.385		
Leucine.....g	0.307		0		1		0.712		
Lysine.....g	0.181		0		1		0.420		
Methionine.....g	0.075		0		1		0.174		
Cystine.....g	0.055		0		1		0.128		
Phenylalanine.....g	0.173		0		1		0.401		
Tyrosine.....g	0.137		0		1		0.318		
Valine.....g	0.195		0		1		0.452		
Arginine.....g	0.151		0		1		0.350		
Histidine.....g	0.089		0		1		0.206		
Alanine.....g	0.140		0		1		0.325		
Aspartic acid.....g	0.233		0		1		0.541		
Glutamic acid.....g	0.868		0		1		2.014		
Glycine.....g	0.110		0		1		0.255		
Proline.....g	0.340		0		1		0.789		
Serine.....g	0.180		0		1		0.418		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 232g: 2 cakes

Calories Factors: Protein 4.04

Fat 8.8

Carbohydrate 3.99

Food Group: 21 Fast Foods

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

NDB No. 21131

Fast foods, potato, baked and topped with cheese sauce

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	65.75		1		4		194.62		
Energy.....kcal	160		0		1		474		
Energy.....kj	669				1		1982		
Protein (N x 6.35).....g	4.94		1		1		14.62		
Total lipid (fat).....g	9.71		1		1		28.74		
Ash.....g	1.72		1		4		5.09		
Carbohydrate, by difference.....g	15.71		0	NC	4		46.50		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	105		1		4		311		
Iron, Fe.....mg	1.02		1		4		3.02		
Magnesium, Mg.....mg	22		1		4		65		
Phosphorus, P.....mg	108		1		4		320		
Potassium, K.....mg	394		1		1		1166		
Sodium, Na.....mg	129		1		1		382		
Zinc, Zn.....mg	0.64		1		4		1.89		
Copper, Cu.....mg	0.213		1		4		0.630		
Manganese, Mn.....mg	0.174		1		4		0.515		
Selenium, Se.....mcg	2.6		0	RK	4		7.7		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	8.8		1		4		26.0		
Thiamin.....mg	0.080		1		4		0.237		
Riboflavin.....mg	0.070		1		4		0.207		
Niacin.....mg	1.130		1		4		3.345		
Pantothenic acid.....mg	0.440		1		4		1.302		
Vitamin B-6.....mg	0.240		1		4		0.710		
Folate, total.....mcg	9		1		4		27		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	9		1		4		27		
Folate, DFE.....mcg_DFE	9		0	NC	4		27		
Vitamin B-12.....mcg	0.06		1		4		0.18		
Vitamin A, IU.....IU	282		1		4		835		
Vitamin A, RAE.....mcg_RAE	85		0	NC	4		252		
Retinol.....mcg	85		0	NC	4		252		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	3.567		1		1		10.558		
Fatty acids, total monounsaturated.....g	3.615		1		1		10.700		
Fatty acids, total polyunsaturated.....g	2.042		1		1		6.044		
Fatty acids, total trans.....g									
Cholesterol.....mg	6		1		1		18		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.064		0		1		0.189		
Threonine.....g	0.167		0		1		0.494		
Isoleucine.....g	0.256		0		1		0.758		
Leucine.....g	0.391		0		1		1.157		
Lysine.....g	0.353		0		1		1.045		
Methionine.....g	0.106		0		1		0.314		
Cystine.....g	0.035		0		1		0.104		

NDB No. 21131
Fast foods, potato, baked and topped with cheese sauce

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	<u>measures of food</u>			Measure 1	Measure 2	Measure 3
			Number of Data Points	Deriv Code	Source Code	Confidence Code		
Phenylalanine.....g	0.233		0		1		0.690	
Tyrosine.....g	0.208		0		1		0.616	
Valine.....g	0.295		0		1		0.873	
Arginine.....g	0.189		0		1		0.559	
Histidine.....g	0.143		0		1		0.423	
Alanine.....g	0.136		0		1		0.403	
Aspartic acid.....g	0.579		0		1		1.714	
Glutamic acid.....g	1.020		0		1		3.019	
Glycine.....g	0.100		0		1		0.296	
Proline.....g	0.406		0		1		1.202	
Serine.....g	0.249		0		1		0.737	
Hydroxyproline.....g								

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Common Measures:

Measure 1 = 296g: 1 piece

Calories Factors: Protein 3.97 Fat 8.82 Carbohydrate 3.51

Food Group: 21 Fast Foods

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

NDB No. 21132

Fast foods, potato, baked and topped with cheese sauce and bacon

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	65.02		1		4		194.41		
Energy.....kcal	151		0		1		451		
Energy.....kj	632				1		1889		
Protein (N x 6.24).....g	6.16		2		1		18.42		
Total lipid (fat).....g	8.66		2		1		25.89		
Ash.....g	1.72		1		4		5.14		
Carbohydrate, by difference.....g	14.86		2		9		44.43		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	103		1		4		308		
Iron, Fe.....mg	1.05		1		4		3.14		
Magnesium, Mg.....mg	23		1		4		69		
Phosphorus, P.....mg	116		1		4		347		
Potassium, K.....mg	394		1		1		1178		
Sodium, Na.....mg	325		2		1		972		
Zinc, Zn.....mg	0.72		1		4		2.15		
Copper, Cu.....mg	0.216		1		4		0.646		
Manganese, Mn.....mg	0.169		1		4		0.505		
Selenium, Se.....mcg	3.2		0	RK	4		9.6		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	9.6		1		4		28.7		
Thiamin.....mg	0.090		1		4		0.269		
Riboflavin.....mg	0.080		1		4		0.239		
Niacin.....mg	1.330		1		4		3.977		
Pantothenic acid.....mg	0.430		1		4		1.286		
Vitamin B-6.....mg	0.250		1		4		0.748		
Folate, total.....mcg	10		1		4		30		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	10		1		4		30		
Folate, DFE.....mcg_DFE	10		0	NC	4		30		
Vitamin B-12.....mcg	0.11		1		4		0.33		
Vitamin A, IU.....IU	210		1		4		628		
Vitamin A, RAE.....mcg_RAE	63		0	NC	4		188		
Retinol.....mcg	63		0	NC	4		188		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	3.389		1		1		10.133		
Fatty acids, total monounsaturated.....g	3.249		1		1		9.715		
Fatty acids, total polyunsaturated.....g	1.589		1		1		4.751		
Fatty acids, total trans.....g									
Cholesterol.....mg	10		2		1		30		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.078		0		1		0.233		
Threonine.....g	0.216		0		1		0.646		
Isoleucine.....g	0.314		0		1		0.939		
Leucine.....g	0.486		0		1		1.453		
Lysine.....g	0.450		0		1		1.346		
Methionine.....g	0.135		0		1		0.404		
Cystine.....g	0.047		0		1		0.141		

NDB No. 21132

Fast foods, potato, baked and topped with cheese sauce and bacon

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common			
	Mean	Std. Error	Number		Source Code	Confidence Code	measures of food	
			of Data Points	Deriv Code			Measure 1	Measure 2
Phenylalanine.....g	0.286		0		1		0.855	
Tyrosine.....g	0.251		0		1		0.750	
Valine.....g	0.363		0		1		1.085	
Arginine.....g	0.260		0		1		0.777	
Histidine.....g	0.181		0		1		0.541	
Alanine.....g	0.198		0		1		0.592	
Aspartic acid.....g	0.701		0		1		2.096	
Glutamic acid.....g	1.227		0		1		3.669	
Glycine.....g	0.174		0		1		0.520	
Proline.....g	0.487		0		1		1.456	
Serine.....g	0.304		0		1		0.909	
Hydroxyproline.....g								

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Common Measures:

Measure 1 = 299g: 1 piece

Calories Factors: Protein 3.77

Fat 8.75

Carbohydrate 3.49

Food Group: 21 Fast Foods

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

NDB No. 21133

Fast foods, potato, baked and topped with cheese sauce and broccoli

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	70.04		1		4		237.44		
Energy.....kcal	119		0		1		403		
Energy.....kj	498				1		1688		
Protein (N x 6.33).....g	4.03		2		1		13.66		
Total lipid (fat).....g	6.32		2		1		21.42		
Ash.....g	1.61		1		4		5.46		
Carbohydrate, by difference.....g	13.74		2		9		46.58		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	99		1		4		336		
Iron, Fe.....mg	0.98		1		4		3.32		
Magnesium, Mg.....mg	23		1		4		78		
Phosphorus, P.....mg	102		1		4		346		
Potassium, K.....mg	425		1		1		1441		
Sodium, Na.....mg	143		2		1		485		
Zinc, Zn.....mg	0.60		1		4		2.03		
Copper, Cu.....mg	0.191		1		4		0.647		
Manganese, Mn.....mg	0.237		1		4		0.803		
Selenium, Se.....mcg	1.7		0	RK	4		5.8		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	14.3		1		4		48.5		
Thiamin.....mg	0.080		1		4		0.271		
Riboflavin.....mg	0.080		1		4		0.271		
Niacin.....mg	1.060		1		4		3.593		
Pantothenic acid.....mg	0.420		1		4		1.424		
Vitamin B-6.....mg	0.230		1		4		0.780		
Folate, total.....mcg	18		1		4		61		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	18		1		4		61		
Folate, DFE.....mcg_DFE	18		0	NC	4		61		
Vitamin B-12.....mcg	0.10		1		4		0.34		
Vitamin A, IU.....IU	500		1		4		1695		
Vitamin A, RAE.....mcg_RAE	79		0	NC	4		268		
Retinol.....mcg	65		0	NC	4		220		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	2.511		1		1		8.512		
Fatty acids, total monounsaturated.....g	2.265		1		1		7.678		
Fatty acids, total polyunsaturated.....g	1.232		1		1		4.176		
Fatty acids, total trans.....g									
Cholesterol.....mg	6		1		1		20		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.051		0		1		0.173		
Threonine.....g	0.136		0		1		0.461		
Isoleucine.....g	0.203		0		1		0.688		
Leucine.....g	0.305		0		1		1.034		
Lysine.....g	0.279		0		1		0.946		
Methionine.....g	0.083		0		1		0.281		
Cystine.....g	0.029		0		1		0.098		

NDB No. 21133

Fast foods, potato, baked and topped with cheese sauce and broccoli

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data						
			Points	Code	Code	Code			
Phenylalanine.....g	0.183		0		1		0.620		
Tyrosine.....g	0.161		0		1		0.546		
Valine.....g	0.235		0		1		0.797		
Arginine.....g	0.160		0		1		0.542		
Histidine.....g	0.112		0		1		0.380		
Alanine.....g	0.117		0		1		0.397		
Aspartic acid.....g	0.456		0		1		1.546		
Glutamic acid.....g	0.801		0		1		2.715		
Glycine.....g	0.087		0		1		0.295		
Proline.....g	0.314		0		1		1.064		
Serine.....g	0.197		0		1		0.668		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 339g: 1 piece

Calories Factors: Protein 3.69

Fat 8.82

Carbohydrate 3.49

Food Group: 21 Fast Foods

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

NDB No. 21134

Fast foods, potato, baked and topped with cheese sauce and chili

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	70.08		1		4		276.82		
Energy.....kcal	122		0		1		482		
Energy.....kj	510				1		2016		
Protein (N x 6.35).....g	5.88		2		1		23.23		
Total lipid (fat).....g	5.53		2		1		21.84		
Ash.....g	1.79		1		4		7.07		
Carbohydrate, by difference.....g	14.14		2		9		55.85		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	104		1		4		411		
Iron, Fe.....mg	1.55		1		4		6.12		
Magnesium, Mg.....mg	28		1		4		111		
Phosphorus, P.....mg	126		1		4		498		
Potassium, K.....mg	398		1		1		1572		
Sodium, Na.....mg	177		2		1		699		
Zinc, Zn.....mg	0.96		1		4		3.79		
Copper, Cu.....mg	0.209		1		4		0.826		
Manganese, Mn.....mg	0.171		1		4		0.675		
Selenium, Se.....mcg	1.4		0	RK	4		5.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	8.0		1		4		31.6		
Thiamin.....mg	0.070		1		4		0.277		
Riboflavin.....mg	0.090		1		4		0.356		
Niacin.....mg	1.060		1		4		4.187		
Pantothenic acid.....mg	0.650		1		4		2.568		
Vitamin B-6.....mg	0.240		1		4		0.948		
Folate, total.....mcg	12		0	RK	4		47		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	12		0	RK	4		47		
Folate, DFE.....mcg_DFE	12		0	NC	4		47		
Vitamin B-12.....mcg	0.06		1		4		0.24		
Vitamin A, IU.....IU	194		1		4		766		
Vitamin A, RAE.....mcg_RAE	47		0	NC	4		186		
Retinol.....mcg	45		0	NC	4		178		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	3.300		1		1		13.035		
Fatty acids, total monounsaturated.....g	1.731		1		1		6.837		
Fatty acids, total polyunsaturated.....g	0.227		1		1		0.897		
Fatty acids, total trans.....g									
Cholesterol.....mg	8		2		1		32		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.074		0		1		0.292		
Threonine.....g	0.205		0		1		0.810		
Isoleucine.....g	0.292		0		1		1.153		
Leucine.....g	0.461		0		1		1.821		
Lysine.....g	0.423		0		1		1.671		
Methionine.....g	0.124		0		1		0.490		
Cystine.....g	0.045		0		1		0.178		

NDB No. 21134

Fast foods, potato, baked and topped with cheese sauce and chili

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	<u>measures of food</u>			Measure 1	Measure 2	Measure 3
			Number of Data Points	Deriv Code	Source Code	Confidence Code		
Phenylalanine.....g	0.269		0		1		1.063	
Tyrosine.....g	0.231		0		1		0.912	
Valine.....g	0.336		0		1		1.327	
Arginine.....g	0.252		0		1		0.995	
Histidine.....g	0.170		0		1		0.672	
Alanine.....g	0.193		0		1		0.762	
Aspartic acid.....g	0.663		0		1		2.619	
Glutamic acid.....g	1.177		0		1		4.649	
Glycine.....g	0.163		0		1		0.644	
Proline.....g	0.442		0		1		1.746	
Serine.....g	0.286		0		1		1.130	
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 395g: 1 piece

Calories Factors: Protein 3.97

Fat 8.81

Carbohydrate 3.51

Food Group: 21 Fast Foods

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

NDB No. 21135

Fast foods, potato, baked and topped with sour cream and chives

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	69.45		1		4		209.74		
Energy.....kcal	130		0		1		393		
Energy.....kj	544				1		1643		
Protein (N x 6.29).....g	2.21		2		1		6.67		
Total lipid (fat).....g	7.39		2		1		22.32		
Ash.....g	1.42		1		4		4.29		
Carbohydrate, by difference.....g	16.56		2		9		50.01		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	35		1		4		106		
Iron, Fe.....mg	1.03		1		4		3.11		
Magnesium, Mg.....mg	23		1		4		69		
Phosphorus, P.....mg	61		1		4		184		
Potassium, K.....mg	458		1		1		1383		
Sodium, Na.....mg	60		2		1		181		
Zinc, Zn.....mg	0.30		1		4		0.91		
Copper, Cu.....mg	0.227		1		4		0.686		
Manganese, Mn.....mg	0.192		1		4		0.580		
Selenium, Se.....mcg	1.1		0	RK	4		3.3		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	11.2		1		4		33.8		
Thiamin.....mg	0.090		1		4		0.272		
Riboflavin.....mg	0.060		1		4		0.181		
Niacin.....mg	1.230		1		4		3.715		
Pantothenic acid.....mg	0.490		1		4		1.480		
Vitamin B-6.....mg	0.260		1		4		0.785		
Folate, total.....mcg	11		1		4		33		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	11		1		4		33		
Folate, DFE.....mcg_DFE	11		0	NC	4		33		
Vitamin B-12.....mcg	0.07		1		4		0.21		
Vitamin A, IU.....IU	446		1		4		1347		
Vitamin A, RAE.....mcg_RAE	88		0	NC	4		264		
Retinol.....mcg	78		0	NC	4		236		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	3.315		1		1		10.011		
Fatty acids, total monounsaturated.....g	2.607		1		1		7.873		
Fatty acids, total polyunsaturated.....g	1.098		1		1		3.316		
Fatty acids, total trans.....g									
Cholesterol.....mg	8		2		1		24		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.033		0		1		0.100		
Threonine.....g	0.085		0		1		0.257		
Isoleucine.....g	0.101		0		1		0.305		
Leucine.....g	0.155		0		1		0.468		
Lysine.....g	0.144		0		1		0.435		
Methionine.....g	0.040		0		1		0.121		
Cystine.....g	0.026		0		1		0.079		

NDB No. 21135

Fast foods, potato, baked and topped with sour cream and chives

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number of Data		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code					
Phenylalanine.....g	0.099		0		1		0.299		
Tyrosine.....g	0.087		0		1		0.263		
Valine.....g	0.129		0		1		0.390		
Arginine.....g	0.096		0		1		0.290		
Histidine.....g	0.051		0		1		0.154		
Alanine.....g	0.070		0		1		0.211		
Aspartic acid.....g	0.422		0		1		1.274		
Glutamic acid.....g	0.394		0		1		1.190		
Glycine.....g	0.061		0		1		0.184		
Proline.....g	0.118		0		1		0.356		
Serine.....g	0.102		0		1		0.308		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 302g: 1 piece

Calories Factors: Protein 3.23

Fat 8.82

Carbohydrate 3.5

Food Group: 21 Fast Foods

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

NDB No. 21138
Fast foods, potato, french fried in vegetable oil

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	35.35	0.250	18	A	1		59.74	47.37	30.05
Energy.....kcal	342		0	NC	4		578	458	291
Energy.....kj	1431				4		2418	1917	1216
Protein.....g	4.30		1	MA	12		7.27	5.76	3.66
Total lipid (fat).....g	18.43	0.098	18	A	1		31.15	24.70	15.67
Ash.....g	2.10		1	MA	12		3.55	2.81	1.79
Carbohydrate, by difference.....g	39.81		0	NC	4		67.28	53.35	33.84
Fiber, total dietary.....g	3.5		1	MA	12		5.9	4.7	3.0
Sugars, total.....g	0.00		1	MA	12		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	14		1	MA	12		24	19	12
Iron, Fe.....mg	0.78		1	MA	12		1.32	1.05	0.66
Magnesium, Mg.....mg	39		1	MA	12		66	52	33
Phosphorus, P.....mg	129		1	MA	12		218	173	110
Potassium, K.....mg	689		1	MA	12		1164	923	586
Sodium, Na.....mg	198		1	MA	12		335	265	168
Zinc, Zn.....mg	0.47		1	MA	12		0.79	0.63	0.40
Copper, Cu.....mg	0.150		1	MA	12		0.254	0.201	0.128
Manganese, Mn.....mg	0.258		1	MA	12		0.436	0.346	0.219
Selenium, Se.....mcg	0.6		0	BFZN	4		1.0	0.8	0.5
Vitamins:									
Vitamin C, total ascorbic acid.....mg	11.6		1	MA	12		19.6	15.5	9.9
Thiamin.....mg	0.080		1	MA	12		0.135	0.107	0.068
Riboflavin.....mg	0.040		0	T	4		0.068	0.054	0.034
Niacin.....mg	2.850		1	MA	12		4.817	3.819	2.423
Pantothenic acid.....mg	0.500		1	MA	12		0.845	0.670	0.425
Vitamin B-6.....mg	0.358		1	MA	12		0.605	0.480	0.304
Folate, total.....mcg	7		0	FLA	4		13	10	6
Folic acid.....mcg	0		0	FLA	4		0	0	0
Folate, food.....mcg	7		0	FLA	4		13	10	6
Folate, DFE.....mcg_DFE	7		0	NC	4		13	10	6
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	0		1	MA	12		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	FLA	4		0	0	0
Retinol.....mcg	0		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	1.52		0	FLA	4		2.57	2.04	1.29
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	4.8		0	FLA	4		8.1	6.4	4.1
Lipids:									
Fatty acids, total saturated.....g	3.850		18	A	1		6.507	5.159	3.273
4:0.....g	0.000		0	Z	7		0.000	0.000	0.000
6:0.....g	0.000		0	Z	7		0.000	0.000	0.000
8:0.....g	0.000		0	Z	7		0.000	0.000	0.000
10:0.....g	0.000		0	Z	7		0.000	0.000	0.000
12:0.....g	0.000		0	Z	7		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.005		18	A	1		0.008	0.007	0.004
15:0.....g	0.000		18	A	1		0.000	0.000	0.000
16:0.....g	1.922		18	A	1		3.248	2.575	1.634
17:0.....g	0.024		18	A	1		0.041	0.032	0.020
18:0.....g	1.772		18	A	1		2.995	2.374	1.506
20:0.....g	0.048		18	A	1		0.081	0.064	0.041
22:0.....g	0.057		18	A	1		0.096	0.076	0.048
24:0.....g	0.023		18	A	1		0.039	0.031	0.020

NDB No. 21138

Fast foods, potato, french fried in vegetable oil

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	10.645		18	A	1		17.990	14.264	9.048
14:1.....g	0.000		18	A	1		0.000	0.000	0.000
15:1.....g									
16:1 undifferentiated.....g	0.009		18	A	1		0.015	0.012	0.008
17:1.....g									
18:1 undifferentiated.....g	10.602		18	A	1		17.917	14.207	9.012
20:1.....g	0.034		18	A	1		0.057	0.046	0.029
22:1 undifferentiated.....g	0.000		18	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.129		18	A	1		5.288	4.193	2.660
18:2 undifferentiated.....g	2.312		18	A	1		3.907	3.098	1.965
18:3 undifferentiated.....g	0.141		18	A	1		0.238	0.189	0.120
18:4.....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g	0.000		18	A	1		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000		18	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		18	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		18	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	MA	12		0	0	0
Phytosterols.....mg	0		0	Z	7		0	0	0
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	0.000

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

Common Measures:

Measure 1 = 169g: 1 large

Measure 2 = 134g: 1 medium

Measure 3 = 85g: 1 small

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

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

NDB No. 21139
Fast foods, potato, mashed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	79.21	2.476	6		1		63.37		
Energy.....kcal	83		0		1		66		
Energy.....kj	347				1		278		
Protein (N x 6.25).....g	2.31	0.058	3		1		1.85		
Total lipid (fat).....g	1.21	0.211	3		1		0.97		
Ash.....g	1.15	0.171	4		1		0.92		
Carbohydrate, by difference.....g	16.12		0	NC	4		12.90		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	21	1.757	5		1		17		
Iron, Fe.....mg	0.47	0.067	5		1		0.38		
Magnesium, Mg.....mg	18	2.842	4		1		14		
Phosphorus, P.....mg	55		2		1		44		
Potassium, K.....mg	294	46.256	4		1		235		
Sodium, Na.....mg	227	54.694	7		1		182		
Zinc, Zn.....mg	0.32	0.035	4		1		0.26		
Copper, Cu.....mg	0.097	0.020	4		1		0.078		
Manganese, Mn.....mg	0.117	0.011	4		1		0.094		
Selenium, Se.....mcg	0.5		0	BFZN	4		0.4		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.4		2		1		0.3		
Thiamin.....mg	0.090		1		4		0.072		
Riboflavin.....mg	0.050		1		1		0.040		
Niacin.....mg	1.200		1		1		0.960		
Pantothenic acid.....mg	0.480		1		4		0.384		
Vitamin B-6.....mg	0.230		1		4		0.184		
Folate, total.....mcg	8		1		4		6		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	8		1		4		6		
Folate, DFE.....mcg_DFE	8		0	NC	4		6		
Vitamin B-12.....mcg	0.05		1		4		0.04		
Vitamin A, IU.....IU	41		1		4		33		
Vitamin A, RAE.....mcg_RAE	11		0	NC	4		8		
Retinol.....mcg	10		0	NC	4		8		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.479		1		1		0.383		
Fatty acids, total monounsaturated.....g	0.351		1		1		0.281		
Fatty acids, total polyunsaturated.....g	0.292		1		1		0.234		
Fatty acids, total trans.....g									
Cholesterol.....mg	2		1		4		2		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.035		0		1		0.028		
Threonine.....g	0.088		0		1		0.070		
Isoleucine.....g	0.104		0		1		0.083		
Leucine.....g	0.159		0		1		0.127		
Lysine.....g	0.149		0		1		0.119		
Methionine.....g	0.042		0		1		0.034		
Cystine.....g	0.027		0		1		0.022		

NDB No. 21139
Fast foods, potato, mashed

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Phenylalanine.....g	0.104		0		1		0.083		
Tyrosine.....g	0.091		0		1		0.073		
Valine.....g	0.135		0		1		0.108		
Arginine.....g	0.100		0		1		0.080		
Histidine.....g	0.053		0		1		0.042		
Alanine.....g	0.072		0		1		0.058		
Aspartic acid.....g	0.462		0		1		0.370		
Glutamic acid.....g	0.407		0		1		0.326		
Glycine.....g	0.063		0		1		0.050		
Proline.....g	0.117		0		1		0.094		
Serine.....g	0.106		0		1		0.085		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 80g: .333 cup

Calories Factors: Protein 2.78

Fat 8.84

Carbohydrate 4.03

Food Group: 21 Fast Foods

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

Fast foods, potatoes, hashed brown

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	60.14	4.485	3		1		43.30		
Energy.....kcal	210		0	NC	4		151		
Energy.....kJ	879				4		633		
Protein (N x 6.25).....g	2.70		1		1		1.94		
Total lipid (fat).....g	12.80		1		1		9.22		
Ash.....g	1.92		2		1		1.38		
Carbohydrate, by difference.....g	22.43		0	NC	4		16.15		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	10	0.431	3		1		7		
Iron, Fe.....mg	0.67	0.067	3		1		0.48		
Magnesium, Mg.....mg	22	1.923	3		1		16		
Phosphorus, P.....mg	96	13.283	3		1		69		
Potassium, K.....mg	371	40.595	3		1		267		
Sodium, Na.....mg	403	159.538	3		1		290		
Zinc, Zn.....mg	0.30	0.018	3		1		0.22		
Copper, Cu.....mg	0.097	0.022	3		1		0.070		
Manganese, Mn.....mg	0.153	0.020	3		1		0.110		
Selenium, Se.....mcg	0.3		0	BFZN	4		0.2		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	7.6		1		1		5.5		
Thiamin.....mg	0.110		1		1		0.079		
Riboflavin.....mg	0.020		1		1		0.014		
Niacin.....mg	1.490		1		1		1.073		
Pantothenic acid.....mg	0.470		1		1		0.338		
Vitamin B-6.....mg	0.230		1		1		0.166		
Folate, total.....mcg	11		1		1		8		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	11		1		1		8		
Folate, DFE.....mcg_DFE	11		0	NC	4		8		
Vitamin B-12.....mcg	0.02		1		1		0.01		
Vitamin A, IU.....IU	25		1		1		18		
Vitamin A, RAE.....mcg_RAE	2		0	NC	4		1		
Retinol.....mcg	0		0	NC	4		0		
Vitamin E (alpha-tocopherol).....mg	0.17		0		1		0.12		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	6.005		0		1		4.324		
4:0.....g									
6:0.....g									
8:0.....g	0.008		1		1		0.006		
10:0.....g	0.006		1		1		0.004		
12:0.....g	0.010		1		1		0.007		
13:0.....g									
14:0.....g	0.380		1		1		0.274		
15:0.....g									
16:0.....g	3.140		1		1		2.261		
17:0.....g									

NDB No. 21026
Fast foods, potatoes, hashed brown

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	5.359		0		1		3.858		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.501		1		1		0.361		
17:1.....g									
18:1 undifferentiated.....g	4.731		1		1		3.406		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.653		0		1		0.470		
18:2 undifferentiated.....g	0.556		1		1		0.400		
18:3 undifferentiated.....g	0.095		1		1		0.068		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		1		1		0.001		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	13		1		1		9		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.036		0		1		0.026		
Threonine.....g	0.123		0		1		0.089		
Isoleucine.....g	0.116		0		1		0.084		
Leucine.....g	0.163		0		1		0.117		
Lysine.....g	0.143		0		1		0.103		
Methionine.....g	0.030		0		1		0.022		
Cystine.....g	0.017		0		1		0.012		
Phenylalanine.....g	0.115		0		1		0.083		
Tyrosine.....g	0.068		0		1		0.049		
Valine.....g	0.137		0		1		0.099		
Arginine.....g	0.128		0		1		0.092		
Histidine.....g	0.045		0		1		0.032		
Alanine.....g	0.093		0		1		0.067		
Aspartic acid.....g	0.626		0		1		0.451		
Glutamic acid.....g	0.422		0		1		0.304		
Glycine.....g	0.098		0		1		0.071		
Proline.....g	0.087		0		1		0.063		
Serine.....g	0.097		0		1		0.070		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 72g: .5 cup

Calories Factors: Protein 2.8

Fat 8.8

Carbohydrate 4

Food Group: 21 Fast Foods

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

NDB No. 21121
Fast foods, roast beef sandwich, plain

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	4.895		0		1		6.804		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.635		1		1		0.883		
17:1.....g									
18:1 undifferentiated.....g	4.260		1		1		5.921		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.227		0		1		1.706		
18:2 undifferentiated.....g	1.101		1		1		1.530		
18:3 undifferentiated.....g	0.125		1		1		0.174		
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	37	1.417	7		1		51		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.176		0		1		0.245		
Threonine.....g	0.629		0		1		0.874		
Isoleucine.....g	0.679		0		1		0.944		
Leucine.....g	1.191		0		1		1.655		
Lysine.....g	1.111		0		1		1.544		
Methionine.....g	0.366		0		1		0.509		
Cystine.....g	0.191		0		1		0.265		
Phenylalanine.....g	0.634		0		1		0.881		
Tyrosine.....g	0.489		0		1		0.680		
Valine.....g	0.755		0		1		1.049		
Arginine.....g	0.908		0		1		1.262		
Histidine.....g	0.489		0		1		0.680		
Alanine.....g	0.855		0		1		1.188		
Aspartic acid.....g	1.291		0		1		1.794		
Glutamic acid.....g	2.813		0		1		3.910		
Glycine.....g	0.795		0		1		1.105		
Proline.....g	0.875		0		1		1.216		
Serine.....g	0.629		0		1		0.874		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 139g: 1 sandwich

Calories Factors: Protein 4.2

Fat 8.95

Carbohydrate 3.95

Food Group: 21 Fast Foods

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

NDB No. 21052

Fast foods, salad, vegetable, tossed, without dressing

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	95.51		1		1		197.71	99.33	
Energy.....kcal	16		0	NC	4		33	17	
Energy.....kj	67				4		139	70	
Protein (N x 6.25).....g	1.25		2		1		2.59	1.30	
Total lipid (fat).....g	0.07	0.041	3		1		0.14	0.07	
Ash.....g	0.53		1		4		1.10	0.55	
Carbohydrate, by difference.....g	3.22		2		9		6.67	3.35	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	13		2		1		27	14	
Iron, Fe.....mg	0.63		2		1		1.30	0.66	
Magnesium, Mg.....mg	11		1		4		23	11	
Phosphorus, P.....mg	39		1		1		81	41	
Potassium, K.....mg	172		2		1		356	179	
Sodium, Na.....mg	26		2		1		54	27	
Zinc, Zn.....mg	0.21		1		4		0.43	0.22	
Copper, Cu.....mg	0.050		1		4		0.104	0.052	
Manganese, Mn.....mg	0.147		1		4		0.304	0.153	
Selenium, Se.....mcg	0.4		0	RK	4		0.8	0.4	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	23.2		2		1		48.0	24.1	
Thiamin.....mg	0.030		2		1		0.062	0.031	
Riboflavin.....mg	0.050		2		1		0.104	0.052	
Niacin.....mg	0.550		2		1		1.139	0.572	
Pantothenic acid.....mg	0.120		1		4		0.248	0.125	
Vitamin B-6.....mg	0.080		1		4		0.166	0.083	
Folate, total.....mcg	37		1		4		77	38	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	37		1		4		77	38	
Folate, DFE.....mcg_DFE	37		0	NC	4		77	38	
Vitamin B-12.....mcg	0.00		1		4		0.00	0.00	
Vitamin A, IU.....IU	1136		2		1		2352	1181	
Vitamin A, RAE.....mcg_RAE	57		0	NC	4		118	59	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.010		1		1		0.021	0.010	
Fatty acids, total monounsaturated.....g	0.004		1		1		0.008	0.004	
Fatty acids, total polyunsaturated.....g	0.034		1		1		0.070	0.035	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		2		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.010		0		1		0.021	0.010	
Threonine.....g	0.050		0		1		0.104	0.052	
Isoleucine.....g	0.066		0		1		0.137	0.069	
Leucine.....g	0.068		0		1		0.141	0.071	
Lysine.....g	0.069		0		1		0.143	0.072	
Methionine.....g	0.014		0		1		0.029	0.015	
Cystine.....g	0.014		0		1		0.029	0.015	

NDB No. 21052

Fast foods, salad, vegetable, tossed, without dressing

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data						
			Points	Code	Code	Code			
Phenylalanine.....g	0.046		0		1		0.095	0.048	
Tyrosine.....g	0.027		0		1		0.056	0.028	
Valine.....g	0.059		0		1		0.122	0.061	
Arginine.....g	0.065		0		1		0.135	0.068	
Histidine.....g	0.022		0		1		0.046	0.023	
Alanine.....g	0.050		0		1		0.104	0.052	
Aspartic acid.....g	0.137		0		1		0.284	0.142	
Glutamic acid.....g	0.228		0		1		0.472	0.237	
Glycine.....g	0.046		0		1		0.095	0.048	
Proline.....g	0.073		0		1		0.151	0.076	
Serine.....g	0.044		0		1		0.091	0.046	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 207g: 1.5 cup

Measure 2 = 104g: .75 cup

Calories Factors: Protein 2.47

Fat 8.35

Carbohydrate 3.67

Food Group: 21 Fast Foods

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

NDB No. 21053

Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	90.46		1		4		196.30		
Energy.....kcal	47		0	NC	4		102		
Energy.....kj	197				4		427		
Protein (N x 6.31).....g	4.04	1.010	3		1		8.77		
Total lipid (fat).....g	2.67	0.333	3		1		5.79		
Ash.....g	0.76		1		4		1.65		
Carbohydrate, by difference.....g	2.19		2		9		4.75		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	46		2		1		100		
Iron, Fe.....mg	0.31		2		1		0.67		
Magnesium, Mg.....mg	11		1		4		24		
Phosphorus, P.....mg	61		1		4		132		
Potassium, K.....mg	171		1		4		371		
Sodium, Na.....mg	55	11.050	3		1		119		
Zinc, Zn.....mg	0.46		1		4		1.00		
Copper, Cu.....mg	0.041		1		4		0.089		
Manganese, Mn.....mg	0.126		1		4		0.273		
Selenium, Se.....mcg	3.4		0	RK	4		7.4		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	4.5		2		1		9.8		
Thiamin.....mg	0.040		2		1		0.087		
Riboflavin.....mg	0.080		2		1		0.174		
Niacin.....mg	0.450		2		1		0.977		
Pantothenic acid.....mg	0.240		1		4		0.521		
Vitamin B-6.....mg	0.050		1		4		0.109		
Folate, total.....mcg	39		1		4		85		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	39		1		4		85		
Folate, DFE.....mcg_DFE	39		0	NC	4		85		
Vitamin B-12.....mcg	0.14		1		4		0.30		
Vitamin A, IU.....IU	379		2		1		822		
Vitamin A, RAE.....mcg_RAE	48		0	NC	4		103		
Retinol.....mcg	34		0	NC	4		74		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.371		1		1		2.975		
Fatty acids, total monounsaturated.....g	0.810		1		1		1.758		
Fatty acids, total polyunsaturated.....g	0.219		1		1		0.475		
Fatty acids, total trans.....g									
Cholesterol.....mg	45		2		1		98		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.047		0		1		0.102		
Threonine.....g	0.157		0		1		0.341		
Isoleucine.....g	0.230		0		1		0.499		
Leucine.....g	0.318		0		1		0.690		
Lysine.....g	0.276		0		1		0.599		
Methionine.....g	0.092		0		1		0.200		
Cystine.....g	0.047		0		1		0.102		

NDB No. 21053

Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Phenylalanine.....g	0.191		0		1		0.414		
Tyrosine.....g	0.152		0		1		0.330		
Valine.....g	0.243		0		1		0.527		
Arginine.....g	0.185		0		1		0.401		
Histidine.....g	0.104		0		1		0.226		
Alanine.....g	0.153		0		1		0.332		
Aspartic acid.....g	0.337		0		1		0.731		
Glutamic acid.....g	0.760		0		1		1.649		
Glycine.....g	0.106		0		1		0.230		
Proline.....g	0.272		0		1		0.590		
Serine.....g	0.215		0		1		0.467		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 217g: 1.5 cup

Calories Factors: Protein 3.87

Fat 8.82

Carbohydrate 3.62

Food Group: 21 Fast Foods

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

NDB No. 21054

Fast foods, salad, vegetable, tossed, without dressing, with chicken

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	87.05		1		4		189.77		
Energy.....kcal	48		0	NC	4		105		
Energy.....kj	201				4		438		
Protein (N x 6.25).....g	8.00		1		1		17.44		
Total lipid (fat).....g	1.00		1		1		2.18		
Ash.....g	0.70		1		4		1.53		
Carbohydrate, by difference.....g	1.71		0	NC	4		3.73		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	17		1		1		37		
Iron, Fe.....mg	0.50		1		1		1.09		
Magnesium, Mg.....mg	15		1		4		33		
Phosphorus, P.....mg	78		1		4		170		
Potassium, K.....mg	205		1		4		447		
Sodium, Na.....mg	96		1		1		209		
Zinc, Zn.....mg	0.41		1		4		0.89		
Copper, Cu.....mg	0.043		1		4		0.094		
Manganese, Mn.....mg	0.114		1		4		0.249		
Selenium, Se.....mcg	7.1		0	RK	4		15.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	8.0		1		1		17.4		
Thiamin.....mg	0.050		1		1		0.109		
Riboflavin.....mg	0.060		1		1		0.131		
Niacin.....mg	2.700		1		1		5.886		
Pantothenic acid.....mg	0.270		1		4		0.589		
Vitamin B-6.....mg	0.200		1		4		0.436		
Folate, total.....mcg	31		1		4		68		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	31		1		4		68		
Folate, DFE.....mcg_DFE	31		0	NC	4		68		
Vitamin B-12.....mcg	0.09		1		4		0.20		
Vitamin A, IU.....IU	429		1		1		935		
Vitamin A, RAE.....mcg_RAE	24		0	NC	4		52		
Retinol.....mcg	3		0	NC	4		7		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.265		1		1		0.578		
Fatty acids, total monounsaturated.....g	0.311		1		1		0.678		
Fatty acids, total polyunsaturated.....g	0.255		1		1		0.556		
Fatty acids, total trans.....g									
Cholesterol.....mg	33		1		1		72		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.091		0		1		0.198		
Threonine.....g	0.337		0		1		0.735		
Isoleucine.....g	0.424		0		1		0.924		
Leucine.....g	0.589		0		1		1.284		
Lysine.....g	0.663		0		1		1.445		
Methionine.....g	0.211		0		1		0.460		
Cystine.....g	0.102		0		1		0.222		

NDB No. 21054

Fast foods, salad, vegetable, tossed, without dressing, with chicken

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine.....g	0.316		0		1		0.689		
Tyrosine.....g	0.264		0		1		0.576		
Valine.....g	0.396		0		1		0.863		
Arginine.....g	0.475		0		1		1.036		
Histidine.....g	0.239		0		1		0.521		
Alanine.....g	0.428		0		1		0.933		
Aspartic acid.....g	0.732		0		1		1.596		
Glutamic acid.....g	1.208		0		1		2.633		
Glycine.....g	0.388		0		1		0.846		
Proline.....g	0.325		0		1		0.709		
Serine.....g	0.273		0		1		0.595		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 218g: 1.5 cup

Calories Factors: Protein 4.16

Fat 8.97

Carbohydrate 3.59

Food Group: 21 Fast Foods

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

NDB No. 21055

Fast foods, salad, vegetable, tossed, without dressing, with pasta and seafood

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	80.37		1		4		335.14		
Energy.....kcal	91		0	NC	4		379		
Energy.....kj	381				4		1588		
Protein (N x 6.16).....g	3.94		1		1		16.43		
Total lipid (fat).....g	5.00		1		1		20.85		
Ash.....g	1.12		1		4		4.67		
Carbohydrate, by difference.....g	7.67		0	NC	4		31.98		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	17		1		4		71		
Iron, Fe.....mg	0.76		1		4		3.17		
Magnesium, Mg.....mg	12		1		4		50		
Phosphorus, P.....mg	49		1		4		204		
Potassium, K.....mg	144		1		4		600		
Sodium, Na.....mg	377		1		1		1572		
Zinc, Zn.....mg	0.40		1		4		1.67		
Copper, Cu.....mg	0.087		1		4		0.363		
Manganese, Mn.....mg	0.160		1		4		0.667		
Selenium, Se.....mcg	10.7		0	RK	4		44.6		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	9.2		1		4		38.4		
Thiamin.....mg	0.070		1		4		0.292		
Riboflavin.....mg	0.050		1		4		0.209		
Niacin.....mg	0.850		1		4		3.545		
Pantothenic acid.....mg	0.090		1		4		0.375		
Vitamin B-6.....mg	0.080		1		4		0.334		
Folate, total.....mcg	45		0	RK	4		188		
Folic acid.....mcg	21		0	NC	4		88		
Folate, food.....mcg	24		0		4		100		
Folate, DFE.....mcg_DFE	60		0	NC	4		249		
Vitamin B-12.....mcg	0.41		1		4		1.71		
Vitamin A, IU.....IU	1498		1		4		6247		
Vitamin A, RAE.....mcg_RAE	76		0	NC	4		315		
Retinol.....mcg	1		0	NC	4		4		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.616		1		1		2.569		
Fatty acids, total monounsaturated.....g	1.156		1		1		4.821		
Fatty acids, total polyunsaturated.....g	2.178		1		1		9.082		
Fatty acids, total trans.....g									
Cholesterol.....mg	12		1		1		50		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.046		0		1		0.192		
Threonine.....g	0.147		0		1		0.613		
Isoleucine.....g	0.179		0		1		0.746		
Leucine.....g	0.287		0		1		1.197		
Lysine.....g	0.254		0		1		1.059		
Methionine.....g	0.088		0		1		0.367		
Cystine.....g	0.061		0		1		0.254		

NDB No. 21055

Fast foods, salad, vegetable, tossed, without dressing, with pasta and seafood

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	<u>measures of food</u>			Measure 1	Measure 2	Measure 3
			Number of Data Points	Deriv Code	Source Code	Confidence Code		
Phenylalanine.....g	0.165		0		1		0.688	
Tyrosine.....g	0.118		0		1		0.492	
Valine.....g	0.187		0		1		0.780	
Arginine.....g	0.224		0		1		0.934	
Histidine.....g	0.092		0		1		0.384	
Alanine.....g	0.186		0		1		0.776	
Aspartic acid.....g	0.337		0		1		1.405	
Glutamic acid.....g	0.829		0		1		3.457	
Glycine.....g	0.172		0		1		0.717	
Proline.....g	0.224		0		1		0.934	
Serine.....g	0.161		0		1		0.671	
Hydroxyproline.....g								

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

Common Measures:

Measure 1 = 417g: 1.5 cup

Calories Factors: Protein 4.15

Fat 8.8

Carbohydrate 4

Food Group: 21 Fast Foods

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

NDB No. 21056

Fast foods, salad, vegetable, tossed, without dressing, with shrimp

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	89.10		1		1		210.28		
Energy.....kcal	45		0	NC	4		106		
Energy.....kj	188				4		444		
Protein (N x 6.25).....g	6.15		2		1		14.51		
Total lipid (fat).....g	1.05		2		1		2.48		
Ash.....g	0.90		1		1		2.12		
Carbohydrate, by difference.....g	2.80		0	NC	4		6.61		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	25		2		1		59		
Iron, Fe.....mg	0.38		2		1		0.90		
Magnesium, Mg.....mg	16		1		1		38		
Phosphorus, P.....mg	68		1		1		160		
Potassium, K.....mg	171		1		1		404		
Sodium, Na.....mg	207		2		1		489		
Zinc, Zn.....mg	0.54		1		1		1.27		
Copper, Cu.....mg	0.068		1		1		0.160		
Manganese, Mn.....mg	0.060		1		4		0.142		
Selenium, Se.....mcg	16.2		0	RK	4		38.2		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	3.9		2		1		9.2		
Thiamin.....mg	0.050		2		1		0.118		
Riboflavin.....mg	0.070		2		1		0.165		
Niacin.....mg	0.490		2		1		1.156		
Pantothenic acid.....mg	0.210		1		1		0.496		
Vitamin B-6.....mg	0.060		1		1		0.142		
Folate, total.....mcg	37		1		1		87		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	37		1		1		87		
Folate, DFE.....mcg_DFE	37		0	NC	4		87		
Vitamin B-12.....mcg	1.60		1		1		3.78		
Vitamin A, IU.....IU	335		2		1		791		
Vitamin A, RAE.....mcg_RAE	17		0	NC	4		40		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.276		1		1		0.651		
Fatty acids, total monounsaturated.....g	0.348		1		1		0.821		
Fatty acids, total polyunsaturated.....g	0.205		1		1		0.484		
Fatty acids, total trans.....g									
Cholesterol.....mg	76		2		1		179		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.084		0		1		0.198		
Threonine.....g	0.256		0		1		0.604		
Isoleucine.....g	0.311		0		1		0.734		
Leucine.....g	0.476		0		1		1.123		
Lysine.....g	0.487		0		1		1.149		
Methionine.....g	0.166		0		1		0.392		
Cystine.....g	0.084		0		1		0.198		

NDB No. 21056

Fast foods, salad, vegetable, tossed, without dressing, with shrimp

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
Phenylalanine.....g	0.270		0		1		0.637		
Tyrosine.....g	0.206		0		1		0.486		
Valine.....g	0.314		0		1		0.741		
Arginine.....g	0.479		0		1		1.130		
Histidine.....g	0.126		0		1		0.297		
Alanine.....g	0.337		0		1		0.795		
Aspartic acid.....g	0.635		0		1		1.499		
Glutamic acid.....g	1.028		0		1		2.426		
Glycine.....g	0.321		0		1		0.758		
Proline.....g	0.207		0		1		0.489		
Serine.....g	0.277		0		1		0.654		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 236g: 1.5 cup

Calories Factors: Protein 4.18

Fat 8.92

Carbohydrate 3.7

Food Group: 21 Fast Foods

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

NDB No. 21057

Fast foods, salad, vegetables tossed, without dressing, with turkey, ham and cheese

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	82.45		1		4		268.79		
Energy.....kcal	82		0	NC	4		267		
Energy.....kj	343				4		1118		
Protein (N x 6.28).....g	7.98	0.627	3		1		26.01		
Total lipid (fat).....g	4.93	0.070	3		1		16.07		
Ash.....g	1.29		1		4		4.21		
Carbohydrate, by difference.....g	1.45		2		9		4.73		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	72		2		1		235		
Iron, Fe.....mg	0.60		2		1		1.96		
Magnesium, Mg.....mg	15		1		4		49		
Phosphorus, P.....mg	123		1		4		401		
Potassium, K.....mg	123		1		1		401		
Sodium, Na.....mg	228	45.549	3		1		743		
Zinc, Zn.....mg	0.96		1		4		3.13		
Copper, Cu.....mg	0.051		1		4		0.166		
Manganese, Mn.....mg	0.110		1		4		0.359		
Selenium, Se.....mcg	11.3		0	RK	4		36.8		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	5.0		2		1		16.3		
Thiamin.....mg	0.120		2		1		0.391		
Riboflavin.....mg	0.120		2		1		0.391		
Niacin.....mg	1.830		2		1		5.966		
Pantothenic acid.....mg	0.280		1		4		0.913		
Vitamin B-6.....mg	0.130		1		4		0.424		
Folate, total.....mcg	31		1		4		101		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	31		1		4		101		
Folate, DFE.....mcg_DFE	31		0	NC	4		101		
Vitamin B-12.....mcg	0.26		1		4		0.85		
Vitamin A, IU.....IU	323		2		1		1053		
Vitamin A, RAE.....mcg_RAE	45		0	NC	4		145		
Retinol.....mcg	34		0	NC	4		111		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	2.508		1		1		8.176		
Fatty acids, total monounsaturated.....g	1.585		1		1		5.167		
Fatty acids, total polyunsaturated.....g	0.443		1		1		1.444		
Fatty acids, total trans.....g									
Cholesterol.....mg	43	7.191	3		1		140		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.093		0		1		0.303		
Threonine.....g	0.329		0		1		1.073		
Isoleucine.....g	0.412		0		1		1.343		
Leucine.....g	0.641		0		1		2.090		
Lysine.....g	0.657		0		1		2.142		
Methionine.....g	0.207		0		1		0.675		
Cystine.....g	0.088		0		1		0.287		

NDB No. 21057

Fast foods, salad, vegetables tossed, without dressing, with turkey, ham and cheese

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Phenylalanine.....g	0.348		0		1		1.134		
Tyrosine.....g	0.303		0		1		0.988		
Valine.....g	0.426		0		1		1.389		
Arginine.....g	0.456		0		1		1.487		
Histidine.....g	0.248		0		1		0.808		
Alanine.....g	0.397		0		1		1.294		
Aspartic acid.....g	0.698		0		1		2.275		
Glutamic acid.....g	1.420		0		1		4.629		
Glycine.....g	0.314		0		1		1.024		
Proline.....g	0.456		0		1		1.487		
Serine.....g	0.375		0		1		1.223		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 326g: 1.5 cup

Calories Factors: Protein 4.15

Fat 8.85

Carbohydrate 3.62

Food Group: 21 Fast Foods

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

NDB No. 21058
Fast foods, scallops, breaded and fried

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	8.718		0		1		12.554		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.202		1		1		0.291		
17:1.....g									
18:1 undifferentiated.....g	8.517		1		1		12.264		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.420		0		1		0.605		
18:2 undifferentiated.....g	0.284		1		1		0.409		
18:3 undifferentiated.....g	0.135		1		1		0.194		
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	75		1		4		108		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.129		0		1		0.186		
Threonine.....g	0.423		0		1		0.609		
Isoleucine.....g	0.468		0		1		0.674		
Leucine.....g	0.770		0		1		1.109		
Lysine.....g	0.636		0		1		0.916		
Methionine.....g	0.238		0		1		0.343		
Cystine.....g	0.174		0		1		0.251		
Phenylalanine.....g	0.453		0		1		0.652		
Tyrosine.....g	0.343		0		1		0.494		
Valine.....g	0.502		0		1		0.723		
Arginine.....g	0.671		0		1		0.966		
Histidine.....g	0.220		0		1		0.317		
Alanine.....g	0.562		0		1		0.809		
Aspartic acid.....g	0.880		0		1		1.267		
Glutamic acid.....g	2.027		0		1		2.919		
Glycine.....g	0.553		0		1		0.796		
Proline.....g	0.653		0		1		0.940		
Serine.....g	0.535		0		1		0.770		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 144g: 6 pieces

Calories Factors: Protein 4.22

Fat 8.82

Carbohydrate 3.86

Food Group: 21 Fast Foods

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

NDB No. 21059
Fast foods, shrimp, breaded and fried

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	10.597		0		1		17.379		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.310		1		1		0.508		
17:1.....g									
18:1 undifferentiated.....g	10.286		1		1		16.869		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.393		0		1		0.645		
18:2 undifferentiated.....g	0.368		1		1		0.604		
18:3 undifferentiated.....g	0.026		1		1		0.043		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	122		1		4		200		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.154		0		1		0.253		
Threonine.....g	0.431		0		1		0.707		
Isoleucine.....g	0.529		0		1		0.868		
Leucine.....g	0.874		0		1		1.433		
Lysine.....g	0.774		0		1		1.269		
Methionine.....g	0.291		0		1		0.477		
Cystine.....g	0.167		0		1		0.274		
Phenylalanine.....g	0.516		0		1		0.846		
Tyrosine.....g	0.370		0		1		0.607		
Valine.....g	0.550		0		1		0.902		
Arginine.....g	0.822		0		1		1.348		
Histidine.....g	0.239		0		1		0.392		
Alanine.....g	0.572		0		1		0.938		
Aspartic acid.....g	0.992		0		1		1.627		
Glutamic acid.....g	2.326		0		1		3.815		
Glycine.....g	0.579		0		1		0.950		
Proline.....g	0.611		0		1		1.002		
Serine.....g	0.520		0		1		0.853		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 164g: 1 6-8 shrimp

Calories Factors: Protein 4.23

Fat 8.89

Carbohydrate 3.83

Food Group: 21 Fast Foods

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

NDB No. 21124

Fast foods, submarine sandwich, with cold cuts

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	57.80	0.236	15		1		131.78		
Energy.....kcal	200		0		1		456		
Energy.....kj	837				1		1908		
Protein (N x 6.09).....g	9.58	0.750	15		1		21.84		
Total lipid (fat).....g	8.17	0.374	15		1		18.63		
Ash.....g	2.07	0.100	15		1		4.72		
Carbohydrate, by difference.....g	22.39		0	NC	4		51.05		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	83	12.079	15		1		189		
Iron, Fe.....mg	1.10	0.074	15		1		2.51		
Magnesium, Mg.....mg	30	2.524	15		1		68		
Phosphorus, P.....mg	126	11.162	15		1		287		
Potassium, K.....mg	173	11.403	15		1		394		
Sodium, Na.....mg	724	91.486	15		1		1651		
Zinc, Zn.....mg	1.13	0.112	15		1		2.58		
Copper, Cu.....mg	0.133	0.013	15		1		0.303		
Manganese, Mn.....mg	0.233	0.013	15		1		0.531		
Selenium, Se.....mcg	13.5		0	RK	4		30.8		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	5.4		1		4		12.3		
Thiamin.....mg	0.440		1		1		1.003		
Riboflavin.....mg	0.350		1		1		0.798		
Niacin.....mg	2.410		1		4		5.495		
Pantothenic acid.....mg	0.390		1		4		0.889		
Vitamin B-6.....mg	0.060		1		1		0.137		
Folate, total.....mcg	38		0	RK	4		87		
Folic acid.....mcg	14		0	NC	4		32		
Folate, food.....mcg	24		0		4		55		
Folate, DFE.....mcg_DFE	48		0	NC	4		109		
Vitamin B-12.....mcg	0.48		1		4		1.09		
Vitamin A, IU.....IU	186		1		4		424		
Vitamin A, RAE.....mcg_RAE	31		0	NC	4		71		
Retinol.....mcg	26		0	NC	4		59		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	2.986		1		1		6.808		
Fatty acids, total monounsaturated.....g	3.608		1		1		8.226		
Fatty acids, total polyunsaturated.....g	1.001		1		1		2.282		
Fatty acids, total trans.....g									
Cholesterol.....mg	16		1		4		36		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.109		0		1		0.249		
Threonine.....g	0.326		0		1		0.743		
Isoleucine.....g	0.396		0		1		0.903		
Leucine.....g	0.697		0		1		1.589		
Lysine.....g	0.565		0		1		1.288		
Methionine.....g	0.192		0		1		0.438		
Cystine.....g	0.126		0		1		0.287		

NDB No. 21124
Fast foods, submarine sandwich, with cold cuts

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	<u>measures of food</u>			Measure 1	Measure 2	Measure 3
			Number of Data Points	Deriv Code	Source Code	Confidence Code		
Phenylalanine.....g	0.433		0		1		0.987	
Tyrosine.....g	0.329		0		1		0.750	
Valine.....g	0.481		0		1		1.097	
Arginine.....g	0.445		0		1		1.015	
Histidine.....g	0.272		0		1		0.620	
Alanine.....g	0.379		0		1		0.864	
Aspartic acid.....g	0.640		0		1		1.459	
Glutamic acid.....g	2.327		0		1		5.306	
Glycine.....g	0.387		0		1		0.882	
Proline.....g	0.839		0		1		1.913	
Serine.....g	0.455		0		1		1.037	
Hydroxyproline.....g								

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

Common Measures:
 Measure 1 = 228g: 1 submarine

Calories Factors: **Protein** 4.12 **Fat** 8.85 **Carbohydrate** 3.94

Food Group: 21 Fast Foods

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

NDB No. 21125

Fast foods, submarine sandwich, with roast beef

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	58.97	1.494	15		1		127.38		
Energy.....kcal	190		0		1		410		
Energy.....kj	795				1		1717		
Protein (N x 6.17).....g	13.26	0.896	15		1		28.64		
Total lipid (fat).....g	6.00	1.112	15		1		12.96		
Ash.....g	1.27	0.029	15		1		2.74		
Carbohydrate, by difference.....g	20.51		0	NC	4		44.30		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	19	1.091	15		1		41		
Iron, Fe.....mg	1.30	0.144	15		1		2.81		
Magnesium, Mg.....mg	31	3.642	15		1		67		
Phosphorus, P.....mg	89	6.035	15		1		192		
Potassium, K.....mg	153	18.396	15		1		330		
Sodium, Na.....mg	391	37.697	15		1		845		
Zinc, Zn.....mg	2.03	0.089	15		1		4.38		
Copper, Cu.....mg	0.167	0.013	15		1		0.361		
Manganese, Mn.....mg	0.200	0.000	15		1		0.432		
Selenium, Se.....mcg	11.9		0	RK	4		25.7		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2.6		1		4		5.6		
Thiamin.....mg	0.190		1		4		0.410		
Riboflavin.....mg	0.190		1		4		0.410		
Niacin.....mg	2.760		1		4		5.962		
Pantothenic acid.....mg	0.360		1		4		0.778		
Vitamin B-6.....mg	0.150		1		4		0.324		
Folate, total.....mcg	33		0	RK	4		71		
Folic acid.....mcg	12		0	NC	4		26		
Folate, food.....mcg	21		0		4		45		
Folate, DFE.....mcg_DFE	41		0	NC	4		89		
Vitamin B-12.....mcg	0.84		1		4		1.81		
Vitamin A, IU.....IU	191		1		4		413		
Vitamin A, RAE.....mcg_RAE	14		0	NC	4		29		
Retinol.....mcg	5		0	NC	4		11		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	3.281		1		1		7.087		
Fatty acids, total monounsaturated.....g	0.850		1		1		1.836		
Fatty acids, total polyunsaturated.....g	1.209		1		1		2.611		
Fatty acids, total trans.....g									
Cholesterol.....mg	34		1		4		73		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.150		0		1		0.324		
Threonine.....g	0.531		0		1		1.147		
Isoleucine.....g	0.578		0		1		1.248		
Leucine.....g	1.008		0		1		2.177		
Lysine.....g	0.916		0		1		1.979		
Methionine.....g	0.305		0		1		0.659		
Cystine.....g	0.168		0		1		0.363		

NDB No. 21125

Fast foods, submarine sandwich, with roast beef

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data						
			Points	Code	Code	Code			
Phenylalanine.....g	0.546		0		1		1.179		
Tyrosine.....g	0.411		0		1		0.888		
Valine.....g	0.645		0		1		1.393		
Arginine.....g	0.759		0		1		1.639		
Histidine.....g	0.408		0		1		0.881		
Alanine.....g	0.716		0		1		1.547		
Aspartic acid.....g	1.092		0		1		2.359		
Glutamic acid.....g	2.502		0		1		5.404		
Glycine.....g	0.666		0		1		1.439		
Proline.....g	0.774		0		1		1.672		
Serine.....g	0.544		0		1		1.175		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 216g: 1 submarine

Calories Factors: Protein 4.2

Fat 8.95

Carbohydrate 3.95

Food Group: 21 Fast Foods

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

NDB No. 21126

Fast foods, submarine sandwich, with tuna salad

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	54.31	1.174	17		1		139.03		
Energy.....kcal	228		0		1		584		
Energy.....kj	954				1		2442		
Protein (N x 6.05).....g	11.60	0.674	17		1		29.70		
Total lipid (fat).....g	10.93	0.510	15		1		27.98		
Ash.....g	1.53	0.045	15		1		3.92		
Carbohydrate, by difference.....g	21.63		0	NC	4		55.37		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	29	1.630	15		1		74		
Iron, Fe.....mg	1.03	0.111	15		1		2.64		
Magnesium, Mg.....mg	31	3.634	15		1		79		
Phosphorus, P.....mg	86	2.845	15		1		220		
Potassium, K.....mg	131	16.641	15		1		335		
Sodium, Na.....mg	505	28.566	15		1		1293		
Zinc, Zn.....mg	0.73	0.023	15		1		1.87		
Copper, Cu.....mg	0.167	0.013	15		1		0.428		
Manganese, Mn.....mg	0.200	0.000	15		1		0.512		
Selenium, Se.....mcg	23.5		0	RK	4		60.2		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.4		1		4		3.6		
Thiamin.....mg	0.180		1		4		0.461		
Riboflavin.....mg	0.130		1		4		0.333		
Niacin.....mg	4.430		1		4		11.341		
Pantothenic acid.....mg	0.730		1		1		1.869		
Vitamin B-6.....mg	0.090		1		1		0.230		
Folate, total.....mcg	40		0	RK	4		102		
Folic acid.....mcg	18		0	NC	4		46		
Folate, food.....mcg	22		0		4		56		
Folate, DFE.....mcg_DFE	53		0	NC	4		135		
Vitamin B-12.....mcg	0.63		1		1		1.61		
Vitamin A, IU.....IU	73		1		4		187		
Vitamin A, RAE.....mcg_RAE	18		0	NC	4		46		
Retinol.....mcg	17		0	NC	4		44		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	2.082		1		1		5.330		
Fatty acids, total monounsaturated.....g	5.235		1		1		13.402		
Fatty acids, total polyunsaturated.....g	2.850		1		1		7.296		
Fatty acids, total trans.....g									
Cholesterol.....mg	19		1		4		49		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.134		0		1		0.343		
Threonine.....g	0.462		0		1		1.183		
Isoleucine.....g	0.521		0		1		1.334		
Leucine.....g	0.907		0		1		2.322		
Lysine.....g	0.842		0		1		2.156		
Methionine.....g	0.295		0		1		0.755		
Cystine.....g	0.150		0		1		0.384		

NDB No. 21126

Fast foods, submarine sandwich, with tuna salad

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	<u>measures of food</u>			Measure 1	Measure 2	Measure 3
			Number of Data Points	Deriv Code	Source Code	Confidence Code		
Phenylalanine.....g	0.495		0		1		1.267	
Tyrosine.....g	0.359		0		1		0.919	
Valine.....g	0.596		0		1		1.526	
Arginine.....g	0.633		0		1		1.620	
Histidine.....g	0.314		0		1		0.804	
Alanine.....g	0.619		0		1		1.585	
Aspartic acid.....g	1.022		0		1		2.616	
Glutamic acid.....g	2.324		0		1		5.949	
Glycine.....g	0.531		0		1		1.359	
Proline.....g	0.669		0		1		1.713	
Serine.....g	0.512		0		1		1.311	
Hydroxyproline.....g								

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Common Measures:

Measure 1 = 256g: 1 submarine

Calories Factors: Protein 4.09

Fat 8.74

Carbohydrate 3.93

Food Group: 21 Fast Foods

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

NDB No. 21032
Fast foods, sundae, caramel

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	1.957		0		1		3.033		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.129		1		1		0.200		
17:1.....g									
18:1 undifferentiated.....g	1.754		1		1		2.719		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.653		0		1		1.012		
18:2 undifferentiated.....g	0.552		1		1		0.856		
18:3 undifferentiated.....g	0.074		1		1		0.115		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.028		1		1		0.043		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	16		2		1		25		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.063		0		1		0.098		
Threonine.....g	0.202		0		1		0.313		
Isoleucine.....g	0.272		0		1		0.422		
Leucine.....g	0.439		0		1		0.680		
Lysine.....g	0.355		0		1		0.550		
Methionine.....g	0.112		0		1		0.174		
Cystine.....g	0.041		0		1		0.064		
Phenylalanine.....g	0.217		0		1		0.336		
Tyrosine.....g	0.217		0		1		0.336		
Valine.....g	0.301		0		1		0.467		
Arginine.....g	0.162		0		1		0.251		
Histidine.....g	0.123		0		1		0.191		
Alanine.....g	0.154		0		1		0.239		
Aspartic acid.....g	0.340		0		1		0.527		
Glutamic acid.....g	0.939		0		1		1.455		
Glycine.....g	0.095		0		1		0.147		
Proline.....g	0.434		0		1		0.673		
Serine.....g	0.244		0		1		0.378		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 155g: 1 sundae

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 21 Fast Foods

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

NDB No. 21033
Fast foods, sundae, hot fudge

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Fatty acids, total monounsaturated.....g	1.475		0		1		2.331		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.081		1		1		0.128		
17:1.....g									
18:1 undifferentiated.....g	1.350		1		1		2.133		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.511		0		1		0.807		
18:2 undifferentiated.....g	0.445		1		1		0.703		
18:3 undifferentiated.....g	0.051		1		1		0.081		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.015		1		1		0.024		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	13		2		1		21		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.045		0		1		0.071		
Threonine.....g	0.137		0		1		0.216		
Isoleucine.....g	0.172		0		1		0.272		
Leucine.....g	0.276		0		1		0.436		
Lysine.....g	0.224		0		1		0.354		
Methionine.....g	0.066		0		1		0.104		
Cystine.....g	0.032		0		1		0.051		
Phenylalanine.....g	0.152		0		1		0.240		
Tyrosine.....g	0.143		0		1		0.226		
Valine.....g	0.205		0		1		0.324		
Arginine.....g	0.132		0		1		0.209		
Histidine.....g	0.077		0		1		0.122		
Alanine.....g	0.119		0		1		0.188		
Aspartic acid.....g	0.260		0		1		0.411		
Glutamic acid.....g	0.607		0		1		0.959		
Glycine.....g	0.087		0		1		0.137		
Proline.....g	0.257		0		1		0.406		
Serine.....g	0.162		0		1		0.256		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g									
Caffeine.....mg	1		0	RK	4		2		
Theobromine.....mg	49		0	RK	4		77		

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Common Measures:

Measure 1 = 158g: 1 sundae

Calories Factors: Protein 4.27

Fat 8.79

Carbohydrate 3.87

Food Group: 21 Fast Foods

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

NDB No. 21034
Fast foods, sundae, strawberry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.739		0		1		2.661		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.093		2		1		0.142		
17:1.....g									
18:1 undifferentiated.....g	1.564		2		1		2.393		
20:1.....g	0.029		2		1		0.044		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.667		0		1		1.021		
18:2 undifferentiated.....g	0.594		2		1		0.909		
18:3 undifferentiated.....g	0.050		2		1		0.077		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.023		2		1		0.035		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	14	1.222	3		1		21		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.054		0		1		0.083		
Threonine.....g	0.174		0		1		0.266		
Isoleucine.....g	0.230		0		1		0.352		
Leucine.....g	0.373		0		1		0.571		
Lysine.....g	0.302		0		1		0.462		
Methionine.....g	0.094		0		1		0.144		
Cystine.....g	0.036		0		1		0.055		
Phenylalanine.....g	0.185		0		1		0.283		
Tyrosine.....g	0.186		0		1		0.285		
Valine.....g	0.255		0		1		0.390		
Arginine.....g	0.142		0		1		0.217		
Histidine.....g	0.105		0		1		0.161		
Alanine.....g	0.136		0		1		0.208		
Aspartic acid.....g	0.321		0		1		0.491		
Glutamic acid.....g	0.805		0		1		1.232		
Glycine.....g	0.085		0		1		0.130		
Proline.....g	0.366		0		1		0.560		
Serine.....g	0.209		0		1		0.320		
Hydroxyproline.....g									

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Common Measures:
 Measure 1 = 153g: 1 sundae

Calories Factors: Protein 4.27 Fat 8.79 Carbohydrate 3.87

Food Group: 21 Fast Foods

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

NDB No. 21082
Fast foods, taco

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	3.846		0		1		10.115	6.577	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	3.846		7		1		10.115	6.577	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.561		0		1		1.475	0.959	
18:2 undifferentiated.....g	0.512		7		1		1.347	0.876	
18:3 undifferentiated.....g	0.049		7		1		0.129	0.084	
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	33	4.178	12		1		87	56	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.134		0		1		0.352	0.229	
Threonine.....g	0.447		0		1		1.176	0.764	
Isoleucine.....g	0.565		0		1		1.486	0.966	
Leucine.....g	1.039		0		1		2.733	1.777	
Lysine.....g	0.855		0		1		2.249	1.462	
Methionine.....g	0.269		0		1		0.707	0.460	
Cystine.....g	0.106		0		1		0.279	0.181	
Phenylalanine.....g	0.517		0		1		1.360	0.884	
Tyrosine.....g	0.444		0		1		1.168	0.759	
Valine.....g	0.634		0		1		1.667	1.084	
Arginine.....g	0.618		0		1		1.625	1.057	
Histidine.....g	0.373		0		1		0.981	0.638	
Alanine.....g	0.599		0		1		1.575	1.024	
Aspartic acid.....g	0.939		0		1		2.470	1.606	
Glutamic acid.....g	2.383		0		1		6.267	4.075	
Glycine.....g	0.538		0		1		1.415	0.920	
Proline.....g	0.899		0		1		2.364	1.537	
Serine.....g	0.542		0		1		1.425	0.927	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 263g: 1 large

Measure 2 = 171g: 1 small

Calories Factors: Protein 4.05

Fat 8.78

Carbohydrate 3.97

Food Group: 21 Fast Foods

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

NDB No. 21083
Fast foods, taco salad

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	2.606		0		1		5.160		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	2.606		3		1		5.160		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.883		0		1		1.748		
18:2 undifferentiated.....g	0.838		3		1		1.659		
18:3 undifferentiated.....g	0.045		3		1		0.089		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	22	5.770	4		1		44		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.075		0		1		0.149		
Threonine.....g	0.254		0		1		0.503		
Isoleucine.....g	0.311		0		1		0.616		
Leucine.....g	0.549		0		1		1.087		
Lysine.....g	0.486		0		1		0.962		
Methionine.....g	0.145		0		1		0.287		
Cystine.....g	0.060		0		1		0.119		
Phenylalanine.....g	0.277		0		1		0.548		
Tyrosine.....g	0.232		0		1		0.459		
Valine.....g	0.343		0		1		0.679		
Arginine.....g	0.357		0		1		0.707		
Histidine.....g	0.201		0		1		0.398		
Alanine.....g	0.339		0		1		0.671		
Aspartic acid.....g	0.554		0		1		1.097		
Glutamic acid.....g	1.291		0		1		2.556		
Glycine.....g	0.326		0		1		0.645		
Proline.....g	0.452		0		1		0.895		
Serine.....g	0.287		0		1		0.568		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 198g: 1.5 cup

Calories Factors: Protein 4.05

Fat 8.73

Carbohydrate 4.07

Food Group: 21 Fast Foods

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

NDB No. 21084
Fast foods, taco salad with chili con carne

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	1.739		0		1		4.539		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	1.739		3		1		4.539		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.589		0		1		1.537		
18:2 undifferentiated.....g	0.559		3		1		1.459		
18:3 undifferentiated.....g	0.030		3		1		0.078		
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	2		1		1		5		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.074		0		1		0.193		
Threonine.....g	0.248		0		1		0.647		
Isoleucine.....g	0.313		0		1		0.817		
Leucine.....g	0.555		0		1		1.449		
Lysine.....g	0.466		0		1		1.216		
Methionine.....g	0.139		0		1		0.363		
Cystine.....g	0.061		0		1		0.159		
Phenylalanine.....g	0.295		0		1		0.770		
Tyrosine.....g	0.235		0		1		0.613		
Valine.....g	0.349		0		1		0.911		
Arginine.....g	0.338		0		1		0.882		
Histidine.....g	0.199		0		1		0.519		
Alanine.....g	0.307		0		1		0.801		
Aspartic acid.....g	0.570		0		1		1.488		
Glutamic acid.....g	1.313		0		1		3.427		
Glycine.....g	0.275		0		1		0.718		
Proline.....g	0.463		0		1		1.208		
Serine.....g	0.306		0		1		0.799		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 261g: 1.5 cup

Calories Factors: Protein 3.83 Fat 8.76 Carbohydrate 4.02

Food Group: 21 Fast Foods

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

NDB No. 21085
Fast foods, tostada, with beans and cheese

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	2.121		0		1		3.054		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	2.121		3		1		3.054		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.520		0		1		0.749		
18:2 undifferentiated.....g	0.479		3		1		0.690		
18:3 undifferentiated.....g	0.041		3		1		0.059		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	21	2.869	3		1		30		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.070		0		1		0.101		
Threonine.....g	0.245		0		1		0.353		
Isoleucine.....g	0.301		0		1		0.433		
Leucine.....g	0.574		0		1		0.827		
Lysine.....g	0.403		0		1		0.580		
Methionine.....g	0.122		0		1		0.176		
Cystine.....g	0.067		0		1		0.096		
Phenylalanine.....g	0.323		0		1		0.465		
Tyrosine.....g	0.231		0		1		0.333		
Valine.....g	0.349		0		1		0.503		
Arginine.....g	0.323		0		1		0.465		
Histidine.....g	0.191		0		1		0.275		
Alanine.....g	0.280		0		1		0.403		
Aspartic acid.....g	0.606		0		1		0.873		
Glutamic acid.....g	1.336		0		1		1.924		
Glycine.....g	0.203		0		1		0.292		
Proline.....g	0.460		0		1		0.662		
Serine.....g	0.334		0		1		0.481		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 144g: 1 piece

Calories Factors: Protein 3.58 Fat 8.51 Carbohydrate 3.96

Food Group: 21 Fast Foods

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

NDB No. 21086
Fast foods, tostada, with beans, beef, and cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.561		0		1		3.512		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	1.561		1		1		3.512		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.265		0		1		0.596		
18:2 undifferentiated.....g	0.239		1		1		0.538		
18:3 undifferentiated.....g	0.026		1		1		0.059		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	33		1		1		74		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.077		0		1		0.173		
Threonine.....g	0.266		0		1		0.599		
Isoleucine.....g	0.320		0		1		0.720		
Leucine.....g	0.609		0		1		1.370		
Lysine.....g	0.466		0		1		1.049		
Methionine.....g	0.143		0		1		0.322		
Cystine.....g	0.071		0		1		0.160		
Phenylalanine.....g	0.321		0		1		0.722		
Tyrosine.....g	0.247		0		1		0.556		
Valine.....g	0.367		0		1		0.826		
Arginine.....g	0.369		0		1		0.830		
Histidine.....g	0.211		0		1		0.475		
Alanine.....g	0.343		0		1		0.772		
Aspartic acid.....g	0.623		0		1		1.402		
Glutamic acid.....g	1.408		0		1		3.168		
Glycine.....g	0.290		0		1		0.653		
Proline.....g	0.484		0		1		1.089		
Serine.....g	0.333		0		1		0.749		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 225g: 1 piece

Calories Factors: Protein 4.05 Fat 8.73 Carbohydrate 4.08

Food Group: 21 Fast Foods

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

NDB No. 21087
Fast foods, tostada, with beef and cheese

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	2.052		0		1		3.345		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	2.052		3		1		3.345		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.598		0		1		0.975		
18:2 undifferentiated.....g	0.541		3		1		0.882		
18:3 undifferentiated.....g	0.057		3		1		0.093		
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	25		1		1		41		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.134		0		1		0.218		
Threonine.....g	0.453		0		1		0.738		
Isoleucine.....g	0.511		0		1		0.833		
Leucine.....g	0.970		0		1		1.581		
Lysine.....g	0.860		0		1		1.402		
Methionine.....g	0.260		0		1		0.424		
Cystine.....g	0.112		0		1		0.183		
Phenylalanine.....g	0.468		0		1		0.763		
Tyrosine.....g	0.392		0		1		0.639		
Valine.....g	0.580		0		1		0.945		
Arginine.....g	0.678		0		1		1.105		
Histidine.....g	0.361		0		1		0.588		
Alanine.....g	0.667		0		1		1.087		
Aspartic acid.....g	0.991		0		1		1.615		
Glutamic acid.....g	2.132		0		1		3.475		
Glycine.....g	0.669		0		1		1.090		
Proline.....g	0.727		0		1		1.185		
Serine.....g	0.485		0		1		0.791		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 163g: 1 piece

Calories Factors: Protein 4.12

Fat 8.8

Carbohydrate 4.08

Food Group: 21 Fast Foods

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

NDB No. 22536
HOT POCKETS Pepperoni Pizza Stuffed Sandwich, frozen

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Proximates:									
Water.....g	42.80		1	A	1		109.57	54.78	
Energy.....kcal	287		0	NC	4		735	367	
Energy.....kj	1201				4		3074	1537	
Protein.....g	10.60		1	A	1		27.14	13.57	
Total lipid (fat).....g	13.80		1	A	1		35.33	17.66	
Ash.....g	2.60		1	A	1		6.66	3.33	
Carbohydrate, by difference.....g	30.20		0	NC	4		77.31	38.66	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	219		1	A	1		561	280	
Iron, Fe.....mg	2.47		1	A	1		6.32	3.16	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	528		1	A	1		1352	676	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Lipids:									
Fatty acids, total saturated.....g	5.180		1	A	1		13.261	6.630	
Fatty acids, total monounsaturated.....g	4.960		1	A	1		12.698	6.349	
Fatty acids, total polyunsaturated.....g	1.560		1	A	1		3.994	1.997	
Fatty acids, total trans.....g									
Cholesterol.....mg	32		1	A	1		82	41	
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 = 256g: 1 package yields

Measure 2 = 128g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

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

NDB No. 22543
JACK'S GREAT COMBINATIONS Sausage & Pepperoni Pizza, frozen

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Proximates:									
Water.....g	50.20		1	A	1		274.59	68.77	
Energy.....kcal	254		0	NC	4		1389	348	
Energy.....kj	1063				4		5813	1456	
Protein.....g	12.70		1	A	1		69.47	17.40	
Total lipid (fat).....g	12.80		1	A	1		70.02	17.54	
Ash.....g	2.30		1	A	1		12.58	3.15	
Carbohydrate, by difference.....g	22.00		0	NC	4		120.34	30.14	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	164		1	A	1		897	225	
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	517		1	A	1		2828	708	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Lipids:									
Fatty acids, total saturated.....g	4.820		1	A	1		26.365	6.603	
Fatty acids, total monounsaturated.....g	4.470		1	A	1		24.451	6.124	
Fatty acids, total polyunsaturated.....g	1.660		1	A	1		9.080	2.274	
Fatty acids, total trans.....g									
Cholesterol.....mg	32		1	A	1		175	44	
Phytosterols.....mg									
Carotenoids:									
Carotene, beta.....mcg	90		1	A	1		492.300	123.300	
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 = 547g: 1 package yields

Measure 2 = 137g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

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

NDB No. 22544
JACK'S ORIGINAL Pepperoni Pizza, frozen

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Proximates:									
Water.....g	47.90		1	A	1		232.79	58.44	
Energy.....kcal	265		0	NC	4		1288	323	
Energy.....kj	1109				4		5389	1353	
Protein.....g	12.30		1	A	1		59.78	15.01	
Total lipid (fat).....g	13.20		1	A	1		64.15	16.10	
Ash.....g	2.40		1	A	1		11.66	2.93	
Carbohydrate, by difference.....g	24.20		0	NC	4		117.61	29.52	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	181		1	A	1		880	221	
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	502		1	A	1		2440	612	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Lipids:									
Fatty acids, total saturated.....g	5.100		1	A	1		24.786	6.222	
Fatty acids, total monounsaturated.....g	4.290		1	A	1		20.849	5.234	
Fatty acids, total polyunsaturated.....g	1.700		1	A	1		8.262	2.074	
Fatty acids, total trans.....g									
Cholesterol.....mg	33		1	A	1		160	40	
Phytosterols.....mg									
Carotenoids:									
Carotene, beta.....mcg	80		1	A	1		388.800	97.600	
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 = 486g: 1 package yields

Measure 2 = 122g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

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

NDB No. 22545
 JENO'S CRISP 'N TASTY Combination Pizza, Sausage & Pepperoni, frozen

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points						
Proximates:									
Water.....g	51.00		1	A	1		100.98	100.98	
Energy.....kcal	248		0	NC	4		491	491	
Energy.....kj	1038				4		2055	2055	
Protein.....g	8.50		1	A	1		16.83	16.83	
Total lipid (fat).....g	12.20		1	A	1		24.16	24.16	
Ash.....g	2.20		1	A	1		4.36	4.36	
Carbohydrate, by difference.....g	26.10		0	NC	4		51.68	51.68	
Fiber, total dietary.....g	1.4		1	A	1		2.8	2.8	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	84		1	A	1		166	166	
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	626		1	A	1		1239	1239	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Lipids:									
Fatty acids, total saturated.....g	2.880		1	A	1		5.702	5.702	
Fatty acids, total monounsaturated.....g	6.020		1	A	1		11.920	11.920	
Fatty acids, total polyunsaturated.....g	1.550		1	A	1		3.069	3.069	
Fatty acids, total trans.....g									
Cholesterol.....mg	13		1	A	1		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 = 198g: 1 package yields
 Measure 2 = 198g: 1 serving

NDB No. 22546
JENO'S CRISP 'N TASTY Pepperoni Pizza, frozen

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Proximates:									
Water.....g	48.90		1	A	1		93.89	93.89	
Energy.....kcal	269		0	NC	4		516	516	
Energy.....kj	1125				4		2161	2161	
Protein.....g	9.70		1	A	1		18.62	18.62	
Total lipid (fat).....g	15.00		1	A	1		28.80	28.80	
Ash.....g	2.50		1	A	1		4.80	4.80	
Carbohydrate, by difference.....g	23.90		0	NC	4		45.89	45.89	
Fiber, total dietary.....g	1.6		1	A	1		3.1	3.1	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	106		1	A	1		204	204	
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	636		1	A	1		1221	1221	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Lipids:									
Fatty acids, total saturated.....g	3.370		1	A	1		6.470	6.470	
Fatty acids, total monounsaturated.....g	7.570		1	A	1		14.534	14.534	
Fatty acids, total polyunsaturated.....g	2.030		1	A	1		3.898	3.898	
Fatty acids, total trans.....g									
Cholesterol.....mg	12		1	A	1		23	23	
Phytosterols.....mg									

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

Common Measures:
Measure 1 = 192g: 1 package yields
Measure 2 = 192g: 1 serving

Calories Factors:
Protein
Fat
Carbohydrate

Food Group: 21 Fast Foods

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Proximates:									
Water.....g	32.21	0.946	4	A	1		36.72	55.08	23.84
Energy.....kcal	361		0	NC	4		411	616	267
Energy.....kj	1508		0	NC	4		1720	2579	1116
Protein.....g	3.90	0.210	4	A	1		4.45	6.67	2.89
Total lipid (fat).....g	19.27	0.743	4	A	1		21.97	32.96	14.26
Ash.....g	1.75	0.107	4	A	1		2.00	3.00	1.30
Carbohydrate, by difference.....g	42.86		0	NC	4		48.86	73.29	31.72
Fiber, total dietary.....g	3.8	0.065	4	A	1		4.4	6.6	2.8
Sugars, total.....g									
Sucrose.....g	0.15	0.000	4	A	1		0.17	0.25	0.11
Glucose (dextrose).....g	0.15	0.000	4	A	1		0.17	0.25	0.11
Fructose.....g	0.15	0.000	4	A	1		0.17	0.25	0.11
Lactose.....g	0.15	0.000	4	A	1		0.17	0.25	0.11
Maltose.....g	0.15	0.000	4	A	1		0.17	0.25	0.11
Galactose.....g									
Starch.....g	38.60	0.884	4	A	1		44.00	66.01	28.56
Minerals:									
Calcium, Ca.....mg	17	1.869	4	A	1		19	28	12
Iron, Fe.....mg	0.88	0.043	4	A	1		1.01	1.51	0.65
Magnesium, Mg.....mg	37	1.710	4	A	1		43	64	28
Phosphorus, P.....mg	133	5.831	4	A	1		152	227	98
Potassium, K.....mg	603	38.443	4	A	1		688	1032	446
Sodium, Na.....mg	171	17.036	4	A	1		195	292	126
Zinc, Zn.....mg	0.55	0.050	4	A	1		0.63	0.94	0.41
Copper, Cu.....mg	0.138	0.031	4	A	1		0.157	0.235	0.102
Manganese, Mn.....mg	0.218	0.006	4	A	1		0.248	0.373	0.161
Selenium, Se.....mcg	0.4		2	A	1		0.4	0.6	0.3
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2.1	0.644	4	A	1		2.4	3.7	1.6
Thiamin.....mg	0.173	0.013	4	A	1		0.197	0.295	0.128
Riboflavin.....mg	0.108	0.032	4	A	1		0.123	0.184	0.080
Niacin.....mg	2.665	0.128	4	A	1		3.038	4.557	1.972
Pantothenic acid.....mg	0.805	0.112	4	A	1		0.918	1.377	0.596
Vitamin B-6.....mg	0.572	0.051	4	A	1		0.652	0.978	0.423
Folate, total.....mcg	8	0.000	4	A	1		9	14	6
Folic acid.....mcg									
Folate, food.....mcg	8	0.000	4	A	1		9	14	6
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		0	AS	1		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	0
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.78	0.035	4	A	1		0.89	1.33	0.58
Tocopherol, beta.....mg	0.03	0.003	4	A	1		0.03	0.05	0.02
Tocopherol, gamma.....mg	2.60	0.388	4	A	1		2.97	4.45	1.93
Tocopherol, delta.....mg	1.43	0.160	4	A	1		1.63	2.45	1.06
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	16.0	0.588	4	A	1		18.3	27.4	11.9
Lipids:									
Fatty acids, total saturated.....g	4.327	0.163	4	NC	4		4.933	7.400	3.202
4:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
6:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
8:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
10:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
12:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.020	0.002	4	A	1		0.023	0.035	0.015
15:0.....g									

NDB No. 21238
McDONALD'S, French Fries (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	2.195	0.087	4	A	1		2.503	3.754	1.625
17:0.....g	0.024	0.002	4	A	1		0.027	0.041	0.018
18:0.....g	1.910	0.072	4	A	1		2.178	3.266	1.413
20:0.....g	0.082	0.004	4	A	1		0.093	0.140	0.061
22:0.....g	0.065	0.002	4	A	1		0.074	0.111	0.048
24:0.....g	0.031	0.001	4	A	1		0.035	0.053	0.023
Fatty acids, total monounsaturated.....g	10.138	0.329	4	NC	4		11.557	17.335	7.502
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.014	0.000	4	AS	1		0.016	0.024	0.010
16:1 c.....g	0.014	0.000	4	A	1		0.016	0.024	0.010
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	10.102	0.329	4	AS	1		11.517	17.275	7.476
18:1 c.....g	6.240	0.194	4	A	1		7.114	10.671	4.618
18:1 t.....g	3.862	0.154	4	A	1		4.403	6.604	2.858
20:1.....g	0.021	0.001	4	A	1		0.024	0.036	0.016
22:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.887	0.259	4	NC	4		4.431	6.647	2.876
18:2 undifferentiated.....g	3.719	0.243	4	AS	1		4.240	6.360	2.752
18:2 n-6 c,c.....g	3.060	0.232	4	A	1		3.488	5.233	2.264
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.659	0.044	4	A	1		0.751	1.127	0.488
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.168	0.021	4	A	1		0.192	0.287	0.124
18:4.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	4.521	0.175	4	NC	4		5.154	7.731	3.346
Fatty acids, total trans-monoenoic.....g	3.862	0.154	4	NC	4		4.403	6.604	2.858
Fatty acids, total trans-polyenoic.....g	0.659	0.044	4	NC	4		0.751	1.127	0.488
Cholesterol.....mg									
Phytosterols.....mg									
Carotenoids:									
Carotene, beta.....mcg	0		2	A	1		0.000	0.000	0.000
Carotene, alpha.....mcg	0		2	A	1		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		2	A	1		0.000	0.000	0.000
Lycopene.....mcg	0		2	A	1		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	27		2	A	1		30.210	45.315	19.610

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

Common Measures:

Measure 1 = 114g: 1 medium

Measure 2 = 171g: 1 large

Measure 3 = 74g: 1 small

Footnotes

1 Samples purchased Fall 2001.

NDB No. 21238
McDONALD'S, French Fries (1)

Calories Factors: Protein 4 Fat 9 Carbohydrate 4 Food Group: 21 Fast Foods
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 21228
McDONALD'S, Hamburger (1)
McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	45.49	0.298	4	A	1		47.76		
Energy.....kcal	257		0	NC	4		269		
Energy.....kj	1073		0	NC	4		1127		
Protein.....g	12.41	0.337	4	A	1		13.04		
Total lipid (fat).....g	9.30	0.493	4	A	1		9.76		
Ash.....g	2.00	0.036	4	A	1		2.10		
Carbohydrate, by difference.....g	30.80		0	NC	4		32.34		
Fiber, total dietary.....g	1.6	0.095	4	A	1		1.7		
Sugars, total.....g									
Sucrose.....g	0.15	0.000	4	A	1		0.16		
Glucose (dextrose).....g	1.94	0.231	4	A	1		2.03		
Fructose.....g	2.16	0.068	4	A	1		2.27		
Lactose.....g	0.18	0.035	4	A	1		0.19		
Maltose.....g	0.56	0.058	4	A	1		0.59		
Galactose.....g									
Starch.....g	21.75	0.350	4	A	1		22.84		
Minerals:									
Calcium, Ca.....mg	124	6.343	4	A	1		130		
Iron, Fe.....mg	1.70	0.250	4	A	1		1.79		
Magnesium, Mg.....mg	24	1.403	4	A	1		25		
Phosphorus, P.....mg	107	3.476	4	A	1		112		
Potassium, K.....mg	194	4.385	4	A	1		203		
Sodium, Na.....mg	478	26.427	4	A	1		502		
Zinc, Zn.....mg	1.93	0.117	4	A	1		2.03		
Copper, Cu.....mg	0.107	0.012	4	A	1		0.112		
Manganese, Mn.....mg	0.255	0.009	4	A	1		0.268		
Selenium, Se.....mcg	26.2	4.123	4	A	1		27.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3	0.000	4	A	1		0.3		
Thiamin.....mg	0.292	0.033	4	A	1		0.307		
Riboflavin.....mg	0.065	0.030	3	A	1		0.069		
Niacin.....mg	4.347	0.192	4	A	1		4.565		
Pantothenic acid.....mg	0.540	0.114	4	A	1		0.567		
Vitamin B-6.....mg	0.099	0.015	4	A	1		0.104		
Folate, total.....mcg	28	4.173	4	A	1		29		
Folic acid.....mcg	21	2.901	4	A	1		22		
Folate, food.....mcg	7	1.581	4	AS	1		7		
Folate, DFE.....mcg_DFE	42		0	NC	4		44		
Vitamin B-12.....mcg	1.12	0.086	3	A	1		1.18		
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.10	0.012	4	A	1		0.10		
Tocopherol, beta.....mg	0.01	0.009	4	A	1		0.01		
Tocopherol, gamma.....mg	0.22	0.077	4	A	1		0.23		
Tocopherol, delta.....mg	0.09	0.034	4	A	1		0.10		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	4.7	1.233	4	A	1		5.0		
Lipids:									
Fatty acids, total saturated.....g	3.467	0.104	4	NC	4		3.640		
4:0.....g									
6:0.....g									
8:0.....g	0.000	0.000	4	A	1		0.000		
10:0.....g	0.000	0.000	4	A	1		0.000		
12:0.....g	0.000	0.000	4	A	1		0.000		
13:0.....g									
14:0.....g	0.237	0.010	4	A	1		0.249		
15:0.....g	0.037	0.003	4	A	1		0.039		

NDB No. 21228
McDONALD'S, Hamburger (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	1.975	0.053	4	A	1		2.074		
17:0.....g	0.085	0.005	4	A	1		0.089		
18:0.....g	1.122	0.040	4	A	1		1.179		
20:0.....g	0.010	0.000	4	A	1		0.010		
22:0.....g	0.000	0.000	4	A	1		0.000		
24:0.....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total monounsaturated.....g	3.865	0.135	4	NC	4		4.058		
14:1.....g	0.060	0.000	4	A	1		0.063		
15:1.....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated.....g	0.282	0.002	4	A	1		0.297		
17:1.....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated.....g	3.467	0.124	4	A	1		3.641		
20:1.....g	0.037	0.005	4	A	1		0.039		
22:1 undifferentiated.....g	0.017	0.009	4	A	1		0.018		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.212	0.068	4	NC	4		1.273		
18:2 undifferentiated.....g	1.020	0.068	4	A	1		1.071		
18:3 undifferentiated.....g	0.122	0.007	4	A	1		0.129		
18:4.....g	0.042	0.003	4	A	1		0.045		
20:2 n-6 c,c.....g	0.010	0.010	4	A	1		0.010		
20:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
20:4 undifferentiated.....g	0.017	0.003	4	A	1		0.018		
20:5 n-3.....g	0.000	0.000	4	A	1		0.000		
22:5 n-3.....g	0.000	0.000	4	A	1		0.000		
22:6 n-3.....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	26	0.950	4	A	1		27		
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 = 105g: 1 serving

Footnotes

1 Samples purchased Fall 2001.

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 21 Fast Foods

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

NDB No. 21236
McDONALD'S, BIG MAC, no cheese (1)
McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	50.30		1	A	1		96.07		
Energy.....kcal	259		0	NC	4		495		
Energy.....kj	1084		0	NC	4		2071		
Protein (N x 6.25).....g	12.17		1	A	1		23.24		
Total lipid (fat).....g	13.30		1	A	1		25.40		
Ash.....g	1.54		1	A	1		2.94		
Carbohydrate, by difference.....g	22.69		0	NC	4		43.34		
Fiber, total dietary.....g	1.4		1	A	1		2.7		
Sugars, total.....g									
Sucrose.....g	0.15		1	A	1		0.28		
Glucose (dextrose).....g	1.26		1	A	1		2.41		
Fructose.....g	1.43		1	A	1		2.73		
Lactose.....g	0.15		1	A	1		0.28		
Maltose.....g	0.39		1	A	1		0.74		
Galactose.....g									
Starch.....g	16.10		1	A	1		30.75		
Minerals:									
Calcium, Ca.....mg	103		1	A	1		197		
Iron, Fe.....mg	2.07		1	A	1		3.95		
Magnesium, Mg.....mg	24		1	A	1		46		
Phosphorus, P.....mg	112		1	A	1		214		
Potassium, K.....mg	194		1	A	1		371		
Sodium, Na.....mg	386		1	A	1		737		
Zinc, Zn.....mg	2.38		1	A	1		4.55		
Copper, Cu.....mg	0.101		1	A	1		0.193		
Manganese, Mn.....mg	0.235		1	A	1		0.449		
Selenium, Se.....mcg	25.3		1	A	1		48.3		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		1	A	1		0.6		
Thiamin.....mg	0.231		1	A	1		0.441		
Riboflavin.....mg	0.227		1	A	1		0.433		
Niacin.....mg	3.940		1	A	1		7.525		
Pantothenic acid.....mg	0.463		1	A	1		0.884		
Vitamin B-6.....mg	0.076		1	A	1		0.145		
Folate, total.....mcg	22		1	A	1		42		
Folic acid.....mcg	17		1	A	1		32		
Folate, food.....mcg	5		1	AS	1		10		
Folate, DFE.....mcg_DFE	34		0	NC	4		65		
Vitamin B-12.....mcg	1.23		1	A	1		2.35		
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.09		1	A	1		0.17		
Tocopherol, beta.....mg	0.00		1	A	1		0.00		
Tocopherol, gamma.....mg	1.60		1	A	1		3.06		
Tocopherol, delta.....mg	0.83		1	A	1		1.59		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	23.4		1	A	1		44.7		
Lipids:									
Fatty acids, total saturated.....g	4.240		0	NC	4		8.098		
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.240		1	A	1		0.458		
15:0.....g	0.040		1	A	1		0.076		

NDB No. 21236
McDONALD'S, BIG MAC, no cheese (1)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
16:0.....g	2.490		1	A	1		4.756		
17:0.....g	0.090		1	A	1		0.172		
18:0.....g	1.320		1	A	1		2.521		
20:0.....g	0.030		1	A	1		0.057		
22:0.....g	0.030		1	A	1		0.057		
24:0.....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated.....g	5.070		0	NC	4		9.683		
14:1.....g	0.060		1	A	1		0.114		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.290		1	A	1		0.554		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	4.650		1	A	1		8.882		
20:1.....g	0.050		1	A	1		0.096		
22:1 undifferentiated.....g	0.020		1	A	1		0.038		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.100		0	NC	4		7.830		
18:2 undifferentiated.....g	3.560		1	A	1		6.799		
18:3 undifferentiated.....g	0.480		1	A	1		0.917		
18:4.....g	0.040		1	A	1		0.076		
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 undifferentiated.....g	0.020		1	A	1		0.038		
20:5 n-3.....g	0.000		1	A	1		0.000		
22:5 n-3.....g	0.000		1	A	1		0.000		
22:6 n-3.....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	32		1	A	1		61		
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 = 191g: 1 item

Footnotes
1 Samples purchased Fall 2001.

Calories Factors: Protein 4 Fat 9 Carbohydrate 4

Food Group: 21 Fast Foods
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 21237
McDONALD'S, BIG MAC, with cheese (1)
McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Proximates:									
Water.....g	50.54		1	A	1		110.68		
Energy.....kcal	261		0	NC	4		571		
Energy.....kj	1091		0	NC	4		2390		
Protein (N x 6.25).....g	11.94		1	A	1		26.15		
Total lipid (fat).....g	14.10		1	A	1		30.88		
Ash.....g	1.89		1	A	1		4.14		
Carbohydrate, by difference.....g	21.53		0	NC	4		47.15		
Fiber, total dietary.....g	1.4		1	A	1		3.1		
Sugars, total.....g									
Sucrose.....g	0.32		1	A	1		0.70		
Glucose (dextrose).....g	1.10		1	A	1		2.41		
Fructose.....g	1.30		1	A	1		2.85		
Lactose.....g	0.29		1	A	1		0.63		
Maltose.....g	0.25		1	A	1		0.55		
Galactose.....g									
Starch.....g	14.10		1	A	1		30.88		
Minerals:									
Calcium, Ca.....mg	127		1	A	1		278		
Iron, Fe.....mg	1.40		1	A	1		3.07		
Magnesium, Mg.....mg	25		1	A	1		55		
Phosphorus, P.....mg	136		1	A	1		298		
Potassium, K.....mg	182		1	A	1		399		
Sodium, Na.....mg	485		1	A	1		1062		
Zinc, Zn.....mg	2.16		1	A	1		4.73		
Copper, Cu.....mg	0.131		1	A	1		0.287		
Manganese, Mn.....mg	0.212		1	A	1		0.464		
Selenium, Se.....mcg	25.9		1	A	1		56.7		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		1	A	1		0.7		
Thiamin.....mg	0.184		1	A	1		0.403		
Riboflavin.....mg	0.201		1	A	1		0.440		
Niacin.....mg	3.630		1	A	1		7.950		
Pantothenic acid.....mg	0.441		1	A	1		0.966		
Vitamin B-6.....mg	0.170		1	A	1		0.372		
Folate, total.....mcg	27		1	A	1		59		
Folic acid.....mcg	18		1	A	1		39		
Folate, food.....mcg	9		1	AS	1		20		
Folate, DFE.....mcg_DFE	40		0	NC	4		87		
Vitamin B-12.....mcg	1.27		1	A	1		2.78		
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.06		1	A	1		0.13		
Tocopherol, beta.....mg	0.00		1	A	1		0.00		
Tocopherol, gamma.....mg	1.00		1	A	1		2.19		
Tocopherol, delta.....mg	0.87		1	A	1		1.91		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	16.4		1	A	1		35.9		
Lipids:									
Fatty acids, total saturated.....g	4.999		0	NC	4		10.949		
4:0.....g									
6:0.....g									
8:0.....g	0.020		1	A	1		0.044		
10:0.....g	0.050		1	A	1		0.110		
12:0.....g	0.060		1	A	1		0.131		
13:0.....g									
14:0.....g	0.410		1	A	1		0.898		
15:0.....g	0.050		1	A	1		0.110		

NDB No. 21237
McDONALD'S, BIG MAC, with cheese (1)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
16:0.....g	2.820		1	A	1		6.176		
17:0.....g	0.090		1	A	1		0.197		
18:0.....g	1.450		1	A	1		3.176		
20:0.....g	0.030		1	A	1		0.065		
22:0.....g	0.020		1	A	1		0.044		
24:0.....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated.....g	5.160		0	NC	4		11.300		
14:1.....g	0.070		1	A	1		0.153		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.290		1	A	1		0.635		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	4.730		1	A	1		10.359		
20:1.....g	0.050		1	A	1		0.110		
22:1 undifferentiated.....g	0.020		1	A	1		0.044		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.880		0	NC	4		8.497		
18:2 undifferentiated.....g	3.350		1	A	1		7.336		
18:3 undifferentiated.....g	0.460		1	A	1		1.007		
18:4.....g	0.050		1	A	1		0.110		
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 undifferentiated.....g	0.020		1	A	1		0.044		
20:5 n-3.....g	0.000		1	A	1		0.000		
22:5 n-3.....g	0.000		1	A	1		0.000		
22:6 n-3.....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	36		1	A	1		78		
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 = 219g: 1 serving

Footnotes

1 Samples purchased Fall 2001.

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 21 Fast Foods

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

NDB No. 21231
McDONALD'S, CHICKEN McGRILL (1)
McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	57.70		1	A	1		122.90		
Energy.....kcal	198		0	NC	4		422		
Energy.....kj	829		0	NC	4		1766		
Protein (N x 6.25).....g	14.46		1	A	1		30.80		
Total lipid (fat).....g	7.40		1	A	1		15.76		
Ash.....g	2.00		1	A	1		4.26		
Carbohydrate, by difference.....g	18.44		0	NC	4		39.28		
Fiber, total dietary.....g	1.3		1	A	1		2.8		
Sugars, total.....g									
Sucrose.....g	0.15		1	A	1		0.32		
Glucose (dextrose).....g	0.88		1	A	1		1.87		
Fructose.....g	1.21		1	A	1		2.58		
Lactose.....g	0.15		1	A	1		0.32		
Maltose.....g	0.38		1	A	1		0.81		
Galactose.....g									
Starch.....g	12.70		1	A	1		27.05		
Minerals:									
Calcium, Ca.....mg	82		1	A	1		175		
Iron, Fe.....mg	1.12		1	A	1		2.39		
Magnesium, Mg.....mg	28		1	A	1		59		
Phosphorus, P.....mg	161		1	A	1		343		
Potassium, K.....mg	237		1	A	1		505		
Sodium, Na.....mg	582		1	A	1		1240		
Zinc, Zn.....mg	0.57		1	A	1		1.21		
Copper, Cu.....mg	0.075		1	A	1		0.159		
Manganese, Mn.....mg	0.205		1	A	1		0.436		
Selenium, Se.....mcg	26.7		1	A	1		56.9		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		1	A	1		0.7		
Thiamin.....mg	0.176		1	A	1		0.375		
Riboflavin.....mg	0.169		1	A	1		0.360		
Niacin.....mg	5.310		1	A	1		11.310		
Pantothenic acid.....mg	0.767		1	A	1		1.634		
Vitamin B-6.....mg	0.132		1	A	1		0.281		
Folate, total.....mcg	27		1	A	1		58		
Folic acid.....mcg	19		1	A	1		40		
Folate, food.....mcg	8		1	AS	1		17		
Folate, DFE.....mcg_DFE	40		0	NC	4		86		
Vitamin B-12.....mcg	0.33		1	A	1		0.70		
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.40		1	A	1		0.85		
Tocopherol, beta.....mg	1.24		1	A	1		2.64		
Tocopherol, gamma.....mg	3.70		1	A	1		7.88		
Tocopherol, delta.....mg	1.07		1	A	1		2.28		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	19.9		1	A	1		42.4		
Lipids:									
Fatty acids, total saturated.....g	1.550		0	NC	4		3.300		
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.010		1	A	1		0.021		
15:0.....g	0.000		1	A	1		0.000		

NDB No. 21231
McDONALD'S, CHICKEN McGRILL (1)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	1.060		1	A	1		2.258		
17:0.....g	0.000		1	A	1		0.000		
18:0.....g	0.440		1	A	1		0.937		
20:0.....g	0.020		1	A	1		0.042		
22:0.....g	0.020		1	A	1		0.042		
24:0.....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated.....g	2.290		0	NC	4		4.877		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.070		1	A	1		0.149		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	2.200		1	A	1		4.686		
20:1.....g	0.020		1	A	1		0.042		
22:1 undifferentiated.....g	0.000		1	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.130		0	NC	4		8.797		
18:2 undifferentiated.....g	3.640		1	A	1		7.753		
18:3 undifferentiated.....g	0.460		1	A	1		0.980		
18:4.....g	0.000		1	A	1		0.000		
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 undifferentiated.....g	0.030		1	A	1		0.064		
20:5 n-3.....g	0.000		1	A	1		0.000		
22:5 n-3.....g	0.000		1	A	1		0.000		
22:6 n-3.....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	33		1	A	1		71		
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 = 213g: 1 serving

Footnotes

1 Samples purchased Fall 2001.

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 21 Fast Foods

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

NDB No. 21233
McDONALD'S, Cheeseburger (1)
McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	44.68		1	A	1		53.17		
Energy.....kcal	274		0	NC	4		326		
Energy.....kj	1145		0	NC	4		1363		
Protein (N x 6.25).....g	12.83		1	A	1		15.27		
Total lipid (fat).....g	12.40		1	A	1		14.76		
Ash.....g	2.40		1	A	1		2.86		
Carbohydrate, by difference.....g	27.69		0	NC	4		32.95		
Fiber, total dietary.....g	1.5		1	A	1		1.8		
Sugars, total.....g									
Sucrose.....g	0.15		1	A	1		0.18		
Glucose (dextrose).....g	3.29		1	A	1		3.91		
Fructose.....g	1.85		1	A	1		2.20		
Lactose.....g	0.43		1	A	1		0.51		
Maltose.....g	0.55		1	A	1		0.65		
Galactose.....g									
Starch.....g	19.30		1	A	1		22.97		
Minerals:									
Calcium, Ca.....mg	184		1	A	1		219		
Iron, Fe.....mg	1.47		1	A	1		1.75		
Magnesium, Mg.....mg	25		1	A	1		29		
Phosphorus, P.....mg	150		1	A	1		179		
Potassium, K.....mg	197		1	A	1		234		
Sodium, Na.....mg	621		1	A	1		739		
Zinc, Zn.....mg	2.05		1	A	1		2.44		
Copper, Cu.....mg	0.075		1	A	1		0.089		
Manganese, Mn.....mg	0.231		1	A	1		0.275		
Selenium, Se.....mcg	21.8		1	A	1		25.9		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		1	A	1		0.4		
Thiamin.....mg	0.295		1	A	1		0.351		
Riboflavin.....mg	0.158		1	A	1		0.188		
Niacin.....mg	4.050		1	A	1		4.820		
Pantothenic acid.....mg	0.720		1	A	1		0.857		
Vitamin B-6.....mg	0.075		1	A	1		0.089		
Folate, total.....mcg	26		1	A	1		31		
Folic acid.....mcg	19		1	A	1		23		
Folate, food.....mcg	7		1	AS	1		8		
Folate, DFE.....mcg_DFE	39		0	NC	4		47		
Vitamin B-12.....mcg	1.32		1	A	1		1.57		
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.08		1	A	1		0.10		
Tocopherol, beta.....mg	0.00		1	A	1		0.00		
Tocopherol, gamma.....mg	0.20		1	A	1		0.24		
Tocopherol, delta.....mg	0.05		1	A	1		0.06		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	6.5		1	A	1		7.7		
Lipids:									
Fatty acids, total saturated.....g	5.219		0	NC	4		6.211		
4:0.....g									
6:0.....g									
8:0.....g	0.040		1	A	1		0.047		
10:0.....g	0.090		1	A	1		0.107		
12:0.....g	0.110		1	A	1		0.131		
13:0.....g									
14:0.....g	0.570		1	A	1		0.678		
15:0.....g	0.070		1	A	1		0.083		

NDB No. 21233
McDONALD'S, Cheeseburger (1)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
16:0.....g	2.750		1	A	1		3.273		
17:0.....g	0.110		1	A	1		0.131		
18:0.....g	1.450		1	A	1		1.726		
20:0.....g	0.020		1	A	1		0.024		
22:0.....g	0.010		1	A	1		0.012		
24:0.....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated.....g	4.380		0	NC	4		5.212		
14:1.....g	0.080		1	A	1		0.095		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.310		1	A	1		0.369		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	3.940		1	A	1		4.689		
20:1.....g	0.040		1	A	1		0.047		
22:1 undifferentiated.....g	0.010		1	A	1		0.012		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.250		0	NC	4		1.487		
18:2 undifferentiated.....g	1.020		1	A	1		1.214		
18:3 undifferentiated.....g	0.130		1	A	1		0.155		
18:4.....g	0.070		1	A	1		0.083		
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.010		1	A	1		0.012		
20:4 undifferentiated.....g	0.020		1	A	1		0.024		
20:5 n-3.....g	0.000		1	A	1		0.000		
22:5 n-3.....g	0.000		1	A	1		0.000		
22:6 n-3.....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	35		1	A	1		42		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 119g: 1 serving

Footnotes

1 Samples purchased Fall 2001.

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 21 Fast Foods

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

NDB No. 21230
McDONALD'S, Crispy Chicken (1)
McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	51.06		1	A	1		111.82		
Energy.....kcal	245		0	NC	4		536		
Energy.....kj	1024		0	NC	4		2243		
Protein (N x 6.25).....g	12.42		1	A	1		27.20		
Total lipid (fat).....g	11.70		1	A	1		25.62		
Ash.....g	2.36		1	A	1		5.17		
Carbohydrate, by difference.....g	22.46		0	NC	4		49.19		
Fiber, total dietary.....g	1.4		1	A	1		3.1		
Sugars, total.....g									
Sucrose.....g	0.15		1	A	1		0.33		
Glucose (dextrose).....g	0.94		1	A	1		2.06		
Fructose.....g	1.09		1	A	1		2.39		
Lactose.....g	0.15		1	A	1		0.33		
Maltose.....g	0.15		1	A	1		0.33		
Galactose.....g									
Starch.....g	17.80		1	A	1		38.98		
Minerals:									
Calcium, Ca.....mg	78		1	A	1		171		
Iron, Fe.....mg	1.23		1	A	1		2.69		
Magnesium, Mg.....mg	28		1	A	1		60		
Phosphorus, P.....mg	161		1	A	1		353		
Potassium, K.....mg	205		1	A	1		449		
Sodium, Na.....mg	650		1	A	1		1424		
Zinc, Zn.....mg	1.00		1	A	1		2.19		
Copper, Cu.....mg	0.145		1	A	1		0.317		
Manganese, Mn.....mg	0.255		1	A	1		0.558		
Selenium, Se.....mcg	19.3		1	A	1		42.3		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		1	A	1		0.7		
Thiamin.....mg	0.160		1	A	1		0.350		
Riboflavin.....mg	0.183		1	A	1		0.401		
Niacin.....mg	5.110		1	A	1		11.191		
Pantothenic acid.....mg	0.804		1	A	1		1.761		
Vitamin B-6.....mg	0.126		1	A	1		0.276		
Folate, total.....mcg	29		1	A	1		64		
Folic acid.....mcg	20		1	A	1		44		
Folate, food.....mcg	9		1	AS	1		20		
Folate, DFE.....mcg_DFE	43		0	NC	4		94		
Vitamin B-12.....mcg	0.33		1	A	1		0.72		
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.69		1	A	1		1.51		
Tocopherol, beta.....mg	1.94		1	A	1		4.25		
Tocopherol, gamma.....mg	4.84		1	A	1		10.60		
Tocopherol, delta.....mg	1.51		1	A	1		3.31		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	4.6		1	A	1		10.1		
Lipids:									
Fatty acids, total saturated.....g	2.119		0	NC	4		4.641		
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.010		1	A	1		0.022		
15:0.....g	0.000		1	A	1		0.000		

NDB No. 21230
McDONALD'S, Crispy Chicken (1)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
16:0.....g	1.390		1	A	1		3.044		
17:0.....g	0.010		1	A	1		0.022		
18:0.....g	0.630		1	A	1		1.379		
20:0.....g	0.040		1	A	1		0.087		
22:0.....g	0.040		1	A	1		0.087		
24:0.....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated.....g	3.740		0	NC	4		8.190		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.060		1	A	1		0.131		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	3.610		1	A	1		7.906		
20:1.....g	0.040		1	A	1		0.087		
22:1 undifferentiated.....g	0.030		1	A	1		0.065		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.470		0	NC	4		11.979		
18:2 undifferentiated.....g	4.910		1	A	1		10.753		
18:3 undifferentiated.....g	0.540		1	A	1		1.183		
18:4.....g	0.000		1	A	1		0.000		
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 undifferentiated.....g	0.020		1	A	1		0.044		
20:5 n-3.....g	0.000		1	A	1		0.000		
22:5 n-3.....g	0.000		1	A	1		0.000		
22:6 n-3.....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	29		1	A	1		63		
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 = 219g: 1 serving

Footnotes

1 Samples purchased Fall 2001.

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 21 Fast Foods

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

NDB No. 21232
McDONALD'S, FILET-O-FISH (1)
McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	43.38		1	A	1		61.17		
Energy.....kcal	294		0	NC	4		415		
Energy.....kj	1231		0	NC	4		1736		
Protein (N x 6.25).....g	11.36		1	A	1		16.02		
Total lipid (fat).....g	15.10		1	A	1		21.29		
Ash.....g	1.94		1	A	1		2.74		
Carbohydrate, by difference.....g	28.22		0	NC	4		39.79		
Fiber, total dietary.....g	1.4		1	A	1		2.0		
Sugars, total.....g									
Sucrose.....g	0.15		1	A	1		0.21		
Glucose (dextrose).....g	0.83		1	A	1		1.17		
Fructose.....g	1.09		1	A	1		1.54		
Lactose.....g	0.15		1	A	1		0.21		
Maltose.....g	0.24		1	A	1		0.34		
Galactose.....g									
Starch.....g	22.60		1	A	1		31.87		
Minerals:									
Calcium, Ca.....mg	109		1	A	1		154		
Iron, Fe.....mg	0.65		1	A	1		0.92		
Magnesium, Mg.....mg	27		1	A	1		39		
Phosphorus, P.....mg	131		1	A	1		185		
Potassium, K.....mg	196		1	A	1		276		
Sodium, Na.....mg	470		1	A	1		663		
Zinc, Zn.....mg	0.56		1	A	1		0.79		
Copper, Cu.....mg	0.100		1	A	1		0.141		
Manganese, Mn.....mg	0.187		1	A	1		0.264		
Selenium, Se.....mcg	25.5		1	A	1		36.0		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		1	A	1		0.5		
Thiamin.....mg	0.211		1	A	1		0.297		
Riboflavin.....mg	0.130		1	A	1		0.183		
Niacin.....mg	2.220		1	A	1		3.130		
Pantothenic acid.....mg	0.207		1	A	1		0.292		
Vitamin B-6.....mg	0.043		1	A	1		0.060		
Folate, total.....mcg	21		1	A	1		30		
Folic acid.....mcg	17		1	A	1		24		
Folate, food.....mcg	4		1	AS	1		6		
Folate, DFE.....mcg_DFE	33		0	NC	4		46		
Vitamin B-12.....mcg	1.08		1	A	1		1.52		
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg	1.17		1	A	1		1.65		
Tocopherol, beta.....mg	0.10		1	A	1		0.14		
Tocopherol, gamma.....mg	6.56		1	A	1		9.25		
Tocopherol, delta.....mg	2.15		1	A	1		3.03		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	4.9		1	A	1		6.9		
Lipids:									
Fatty acids, total saturated.....g	3.319		0	NC	4		4.680		
4:0.....g									
6:0.....g									
8:0.....g	0.020		1	A	1		0.028		
10:0.....g	0.040		1	A	1		0.056		
12:0.....g	0.040		1	A	1		0.056		
13:0.....g									
14:0.....g	0.160		1	A	1		0.225		
15:0.....g	0.020		1	A	1		0.028		

NDB No. 21232
McDONALD'S, FILET-O-FISH (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	2.030		1	A	1		2.862		
17:0.....g	0.020		1	A	1		0.028		
18:0.....g	0.890		1	A	1		1.255		
20:0.....g	0.050		1	A	1		0.071		
22:0.....g	0.050		1	A	1		0.071		
24:0.....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated.....g	4.540		0	NC	4		6.401		
14:1.....g	0.010		1	A	1		0.014		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.050		1	A	1		0.071		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	4.410		1	A	1		6.218		
20:1.....g	0.060		1	A	1		0.084		
22:1 undifferentiated.....g	0.010		1	A	1		0.014		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.190		0	NC	4		10.138		
18:2 undifferentiated.....g	6.400		1	A	1		9.024		
18:3 undifferentiated.....g	0.750		1	A	1		1.058		
18:4.....g	0.040		1	A	1		0.056		
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:5 n-3.....g	0.000		1	A	1		0.000		
22:5 n-3.....g	0.000		1	A	1		0.000		
22:6 n-3.....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	32		1	A	1		46		
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 = 141g: 1 serving

Footnotes

1 Samples purchased Fall 2001.

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 21 Fast Foods

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

NDB No. 21234
McDONALD'S, QUARTER POUNDER, no cheese (1)
McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	48.81		1	A	1		83.47		
Energy.....kcal	256		0	NC	4		437		
Energy.....kj	1070		0	NC	4		1829		
Protein (N x 6.25).....g	15.68		1	A	1		26.81		
Total lipid (fat).....g	11.60		1	A	1		19.84		
Ash.....g	1.77		1	A	1		3.03		
Carbohydrate, by difference.....g	22.14		0	NC	4		37.86		
Fiber, total dietary.....g	1.1		1	A	1		1.9		
Sugars, total.....g									
Sucrose.....g	0.15		1	A	1		0.25		
Glucose (dextrose).....g	1.14		1	A	1		1.95		
Fructose.....g	1.86		1	A	1		3.18		
Lactose.....g	0.15		1	A	1		0.25		
Maltose.....g	0.37		1	A	1		0.63		
Galactose.....g									
Starch.....g	14.90		1	A	1		25.48		
Minerals:									
Calcium, Ca.....mg	87		1	A	1		148		
Iron, Fe.....mg	1.73		1	A	1		2.96		
Magnesium, Mg.....mg	24		1	A	1		41		
Phosphorus, P.....mg	121		1	A	1		207		
Potassium, K.....mg	225		1	A	1		385		
Sodium, Na.....mg	374		1	A	1		640		
Zinc, Zn.....mg	3.04		1	A	1		5.20		
Copper, Cu.....mg	0.101		1	A	1		0.173		
Manganese, Mn.....mg	0.193		1	A	1		0.330		
Selenium, Se.....mcg	24.8		1	A	1		42.4		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		1	A	1		0.6		
Thiamin.....mg	0.160		1	A	1		0.273		
Riboflavin.....mg	0.201		1	A	1		0.344		
Niacin.....mg	4.650		1	A	1		7.952		
Pantothenic acid.....mg	0.394		1	A	1		0.674		
Vitamin B-6.....mg	0.148		1	A	1		0.253		
Folate, total.....mcg	22		1	A	1		38		
Folic acid.....mcg	13		1	A	1		22		
Folate, food.....mcg	9		1	AS	1		15		
Folate, DFE.....mcg_DFE	31		0	NC	4		53		
Vitamin B-12.....mcg	1.66		1	A	1		2.84		
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.06		1	A	1		0.10		
Tocopherol, beta.....mg	1.12		1	A	1		1.92		
Tocopherol, gamma.....mg	0.13		1	A	1		0.22		
Tocopherol, delta.....mg	0.02		1	A	1		0.03		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	5.0		1	A	1		8.6		
Lipids:									
Fatty acids, total saturated.....g	5.030		0	NC	4		8.601		
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.370		1	A	1		0.633		
15:0.....g	0.050		1	A	1		0.086		

NDB No. 21234
McDONALD'S, QUARTER POUNDER, no cheese (1)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	2.880		1	A	1		4.925		
17:0.....g	0.120		1	A	1		0.205		
18:0.....g	1.590		1	A	1		2.719		
20:0.....g	0.020		1	A	1		0.034		
22:0.....g	0.000		1	A	1		0.000		
24:0.....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated.....g	5.680		0	NC	4		9.712		
14:1.....g	0.100		1	A	1		0.171		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.460		1	A	1		0.787		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	5.080		1	A	1		8.687		
20:1.....g	0.040		1	A	1		0.068		
22:1 undifferentiated.....g	0.000		1	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.240		0	NC	4		2.120		
18:2 undifferentiated.....g	1.050		1	A	1		1.795		
18:3 undifferentiated.....g	0.110		1	A	1		0.188		
18:4.....g	0.060		1	A	1		0.102		
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:4 undifferentiated.....g	0.020		1	A	1		0.034		
20:5 n-3.....g	0.000		1	A	1		0.000		
22:5 n-3.....g	0.000		1	A	1		0.000		
22:6 n-3.....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	40		1	A	1		69		
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 = 171g: 1 serving

Footnotes

1 Samples purchased Fall 2001.

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 21 Fast Foods

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

NDB No. 21235
McDONALD'S, QUARTER POUNDER, with cheese (1)
McDonald's Corporation

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Proximates:									
Water.....g	48.36		1	A	1		96.24		
Energy.....kcal	269		0	NC	4		536		
Energy.....kj	1127		0	NC	4		2242		
Protein (N x 6.25).....g	15.21		1	A	1		30.27		
Total lipid (fat).....g	14.40		1	A	1		28.66		
Ash.....g	2.31		1	A	1		4.60		
Carbohydrate, by difference.....g	19.72		0	NC	4		39.24		
Fiber, total dietary.....g	1.2		1	A	1		2.4		
Sugars, total.....g									
Sucrose.....g	0.15		1	A	1		0.30		
Glucose (dextrose).....g	0.93		1	A	1		1.85		
Fructose.....g	1.29		1	A	1		2.57		
Lactose.....g	0.47		1	A	1		0.94		
Maltose.....g	0.76		1	A	1		1.51		
Galactose.....g									
Starch.....g	13.00		1	A	1		25.87		
Minerals:									
Calcium, Ca.....mg	179		1	A	1		356		
Iron, Fe.....mg	1.02		1	A	1		2.03		
Magnesium, Mg.....mg	26		1	A	1		52		
Phosphorus, P.....mg	183		1	A	1		364		
Potassium, K.....mg	223		1	A	1		444		
Sodium, Na.....mg	591		1	A	1		1176		
Zinc, Zn.....mg	2.83		1	A	1		5.63		
Copper, Cu.....mg	0.075		1	A	1		0.148		
Manganese, Mn.....mg	0.163		1	A	1		0.324		
Selenium, Se.....mcg	24.7		1	A	1		49.2		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		1	A	1		0.7		
Thiamin.....mg	0.119		1	A	1		0.237		
Riboflavin.....mg	0.260		1	A	1		0.517		
Niacin.....mg	4.050		1	A	1		8.060		
Pantothenic acid.....mg	0.590		1	A	1		1.174		
Vitamin B-6.....mg	0.093		1	A	1		0.185		
Folate, total.....mcg	16		1	A	1		32		
Folic acid.....mcg	12		1	A	1		24		
Folate, food.....mcg	4		1	AS	1		8		
Folate, DFE.....mcg_DFE	24		0	NC	4		49		
Vitamin B-12.....mcg	1.75		1	A	1		3.48		
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.20		1	A	1		0.40		
Tocopherol, beta.....mg	2.76		1	A	1		5.49		
Tocopherol, gamma.....mg	0.32		1	A	1		0.64		
Tocopherol, delta.....mg	0.06		1	A	1		0.12		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	4.4		1	A	1		8.8		
Lipids:									
Fatty acids, total saturated.....g	6.910		0	NC	4		13.750		
4:0.....g									
6:0.....g									
8:0.....g	0.050		1	A	1		0.100		
10:0.....g	0.110		1	A	1		0.219		
12:0.....g	0.130		1	A	1		0.259		
13:0.....g									
14:0.....g	0.740		1	A	1		1.473		
15:0.....g	0.090		1	A	1		0.179		

NDB No. 21235
McDONALD'S, QUARTER POUNDER, with cheese (1)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
16:0.....g	3.700		1	A	1		7.363		
17:0.....g	0.140		1	A	1		0.279		
18:0.....g	1.930		1	A	1		3.841		
20:0.....g	0.020		1	A	1		0.040		
22:0.....g	0.000		1	A	1		0.000		
24:0.....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated.....g	6.080		0	NC	4		12.099		
14:1.....g	0.110		1	A	1		0.219		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.470		1	A	1		0.935		
17:1.....g	0.000		1	A	1		0.000		
18:1 undifferentiated.....g	5.450		1	A	1		10.845		
20:1.....g	0.050		1	A	1		0.100		
22:1 undifferentiated.....g	0.000		1	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.290		0	NC	4		2.566		
18:2 undifferentiated.....g	1.030		1	A	1		2.050		
18:3 undifferentiated.....g	0.130		1	A	1		0.259		
18:4.....g	0.080		1	A	1		0.159		
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.020		1	A	1		0.040		
20:4 undifferentiated.....g	0.030		1	A	1		0.060		
20:5 n-3.....g	0.000		1	A	1		0.000		
22:5 n-3.....g	0.000		1	A	1		0.000		
22:6 n-3.....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	48		1	A	1		95		
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 = 199g: 1 serving

Footnotes

1 Samples purchased Fall 2001.

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 21 Fast Foods

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

NDB No. 22548
PAPPALO'S FOR ONE, Deep Dish Pepperoni Pizza, frozen

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
<u>Proximates:</u>									
Water.....g	44.30		1	A	1		88.16	88.16	
Energy.....kcal	264		0	NC	4		525	525	
Energy.....kj	1105				4		2198	2198	
Protein.....g	11.40		1	A	1		22.69	22.69	
Total lipid (fat).....g	9.80		1	A	1		19.50	19.50	
Ash.....g	2.00		1	A	1		3.98	3.98	
Carbohydrate, by difference.....g	32.50		0	NC	4		64.68	64.68	
Fiber, total dietary.....g	1.6		1	A	1		3.2	3.2	
Sugars, total.....g									
Starch.....g									
<u>Minerals:</u>									
Calcium, Ca.....mg	125		1	A	1		249	249	
Iron, Fe.....mg	1.81		1	A	1		3.60	3.60	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	494		1	A	1		983	983	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<u>Lipids:</u>									
Fatty acids, total saturated.....g	3.690		1	A	1		7.343	7.343	
Fatty acids, total monounsaturated.....g	3.650		1	A	1		7.264	7.264	
Fatty acids, total polyunsaturated.....g	0.950		1	A	1		1.891	1.891	
Fatty acids, total trans.....g									
Cholesterol.....mg	19		1	A	1		38	38	
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 = 199g: 1 package yields

Measure 2 = 199g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

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

Pizza, cheese, regular crust, frozen

	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	46.28	1.360	8	A	1		336.49	209.20	135.61
Energy.....kcal	268		0	NC	4		1949	1211	785
Energy.....kj	1121		0	NC	4		8153	5069	3286
Protein.....g	10.36	0.264	8	A	1		75.30	46.82	30.35
Total lipid (fat).....g	12.28	0.685	8	A	1		89.26	55.49	35.97
Ash.....g	2.06	0.045	8	A	1		14.95	9.30	6.03
Carbohydrate, by difference.....g	29.02		0	NC	4		211.00	131.19	85.04
Fiber, total dietary.....g	2.2	0.080	3	A	1		16.0	9.9	6.4
Sugars, total.....g									
Sucrose.....g	0.31		2	A	1		2.23	1.39	0.90
Glucose (dextrose).....g	0.93	0.028	4	A	1		6.74	4.19	2.72
Fructose.....g	1.20	0.077	4	A	1		8.74	5.43	3.52
Lactose.....g	0.39	0.003	3	A	1		2.83	1.76	1.14
Maltose.....g	0.74	0.104	4	A	1		5.39	3.35	2.17
Galactose.....g									
Starch.....g	18.74	0.302	4	A	1		136.26	84.72	54.92
Minerals:									
Calcium, Ca.....mg	179	5.176	8	A	1		1303	810	525
Iron, Fe.....mg	2.27	0.262	8	A	1		16.54	10.28	6.67
Magnesium, Mg.....mg	23	0.334	8	A	1		169	105	68
Phosphorus, P.....mg	179	3.463	8	A	1		1301	809	524
Potassium, K.....mg	152	6.458	8	A	1		1105	687	446
Sodium, Na.....mg	447	8.589	8	A	1		3250	2021	1310
Zinc, Zn.....mg	1.32	0.038	8	A	1		9.62	5.98	3.88
Copper, Cu.....mg	0.227	0.019	3	A	1		1.648	1.025	0.664
Manganese, Mn.....mg	0.291	0.037	8	A	1		2.117	1.316	0.853
Selenium, Se.....mcg	21.5	4.481	4	A	1		156.3	97.2	63.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.2	0.127	3	A	1		9.1	5.6	3.7
Thiamin.....mg	0.211	0.016	5	A	1		1.531	0.952	0.617
Riboflavin.....mg	0.258	0.008	5	A	1		1.879	1.168	0.757
Niacin.....mg	2.196	0.276	5	A	1		15.966	9.927	6.435
Pantothenic acid.....mg	0.219		2	A	1		1.592	0.990	0.642
Vitamin B-6.....mg	0.083	0.005	5	A	1		0.603	0.375	0.243
Folate, total.....mcg	38	2.348	8	A	1		277	172	112
Folic acid.....mcg									
Folate, food.....mcg	38	2.348	8	A	1		277	172	112
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.78		2	A	1		5.70	3.55	2.30
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	3.758	0.315	8	NC	4		27.321	16.986	11.011
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g	0.112		2	A	1		0.814	0.506	0.328
12:0.....g	0.152	0.005	7	A	1		1.102	0.685	0.444
13:0.....g			</						

NDB No. 21224

Pizza, cheese, regular crust, frozen

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	2.039	0.145	8	A	1		14.824	9.217	5.975
17:0.....g									
18:0.....g	1.105	0.134	8	A	1		8.032	4.994	3.237
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.205	0.519	8	NC	4		30.571	19.007	12.321
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.129	0.011	7	A	1		0.941	0.585	0.379
17:1.....g									
18:1 undifferentiated.....g	4.092	0.517	8	A	1		29.748	18.495	11.989
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.826	0.208	8	NC	4		13.276	8.254	5.351
18:2 undifferentiated.....g	1.680	0.180	8	A	1		12.214	7.594	4.922
18:3 undifferentiated.....g	0.167	0.025	7	A	1		1.214	0.755	0.489
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	0.369	5	A	1		105	65	42
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.170		2	A	1		1.232	0.766	0.497
Threonine.....g	0.379		2	A	1		2.755	1.713	1.110
Isoleucine.....g	0.469		2	A	1		3.406	2.118	1.373
Leucine.....g	0.871		2	A	1		6.329	3.935	2.551
Lysine.....g	0.589		2	A	1		4.278	2.660	1.724
Methionine.....g	0.184		2	A	1		1.338	0.832	0.539
Cystine.....g	0.106		2	A	1		0.767	0.477	0.309
Phenylalanine.....g	0.529		2	A	1		3.846	2.391	1.550
Tyrosine.....g	0.320		2	A	1		2.326	1.446	0.938
Valine.....g	0.596		2	A	1		4.333	2.694	1.746
Arginine.....g	0.398		2	A	1		2.893	1.799	1.166
Histidine.....g	0.279		2	A	1		2.025	1.259	0.816
Alanine.....g	0.328		2	A	1		2.381	1.480	0.960
Aspartic acid.....g	0.645		2	A	1		4.686	2.913	1.888
Glutamic acid.....g	2.852		2	A	1		20.730	12.889	8.355
Glycine.....g	0.272		2	A	1		1.974	1.227	0.795
Proline.....g	1.243		2	A	1		9.033	5.616	3.641
Serine.....g	0.558		2	A	1		4.053	2.520	1.633
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 727g: 1 package 24 oz pizza

Measure 2 = 452g: 1 package 15.1 oz pizza

Measure 3 = 293g: 1 package 9.8 oz pizza

Calories Factors: Protein 4**Fat 9****Carbohydrate 4**

NDB No. 21224
Pizza, cheese, regular crust, frozen

Food Group: 21 Fast Foods
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Pizza, cheese, rising crust, frozen

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	43.46	0.610	4	A	1		362.48	258.61	60.41
Energy.....kcal	260		0	NC	4		2170	1548	362
Energy.....kj	1088		0	NC	4		9078	6476	1513
Protein.....g	12.37	0.397	4	A	1		103.13	73.57	17.19
Total lipid (fat).....g	8.78	0.484	4	A	1		73.26	52.27	12.21
Ash.....g	2.48	0.108	4	A	1		20.69	14.76	3.45
Carbohydrate, by difference.....g	32.91		0	NC	4		274.44	195.79	45.74
Fiber, total dietary.....g	2.5	0.126	4	A	1		20.8	14.8	3.5
Sugars, total.....g									
Sucrose.....g									
Glucose (dextrose).....g	1.16	0.161	4	A	1		9.65	6.88	1.61
Fructose.....g	1.50	0.197	4	A	1		12.55	8.95	2.09
Lactose.....g									
Maltose.....g	2.43	1.203	4	A	1		20.27	14.46	3.38
Galactose.....g									
Starch.....g	20.46	1.010	4	A	1		170.62	121.73	28.44
Minerals:									
Calcium, Ca.....mg	177	11.942	4	A	1		1473	1051	246
Iron, Fe.....mg	1.77	0.176	4	A	1		14.79	10.55	2.46
Magnesium, Mg.....mg	26	1.234	4	A	1		218	156	36
Phosphorus, P.....mg	238	4.691	4	A	1		1985	1416	331
Potassium, K.....mg	175	10.388	4	A	1		1459	1041	243
Sodium, Na.....mg	556	22.427	4	A	1		4635	3307	773
Zinc, Zn.....mg	1.32	0.070	4	A	1		11.00	7.85	1.83
Copper, Cu.....mg	0.255		2	A	1		2.127	1.517	0.354
Manganese, Mn.....mg	0.428	0.043	4	A	1		3.565	2.544	0.594
Selenium, Se.....mcg	34.8	5.266	4	A	1		289.8	206.8	48.3
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.9		2	A	1		15.8	11.3	2.6
Thiamin.....mg	0.241	0.031	4	A	1		2.008	1.432	0.335
Riboflavin.....mg	0.246	0.019	4	A	1		2.050	1.462	0.342
Niacin.....mg	1.985	0.361	4	A	1		16.553	11.809	2.759
Pantothenic acid.....mg	0.256		2	A	1		2.131	1.520	0.355
Vitamin B-6.....mg	0.092	0.006	4	A	1		0.765	0.546	0.128
Folate, total.....mcg	37	11.296	4	A	1		311	222	52
Folic acid.....mcg									
Folate, food.....mcg	37	11.296	4	A	1		311	222	52
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.70	0.044	4	A	1		5.82	4.15	0.97
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	3.500	0.233	4	NC	4		29.190	20.825	4.865
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g	0.122	0.012	3	A	1		1.015	0.724	0.169
12:0.....g	0.164	0.016	4	A	1		1.370	0.977	0.228
13:0.....g									
14:0.....g	0.517	0.040	4	A	1	</			

NDB No. 21225
Pizza, cheese, rising crust, frozen

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	1.820	0.127	4	A	1		15.181	10.830	2.530
17:0.....g									
18:0.....g	0.907	0.056	4	A	1		7.564	5.397	1.261
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.150	0.190	4	NC	4		17.929	12.791	2.988
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.121	0.009	3	A	1		1.009	0.720	0.168
17:1.....g									
18:1 undifferentiated.....g	2.059	0.163	4	A	1		17.172	12.251	2.862
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.201	0.212	4	NC	4		10.018	7.147	1.670
18:2 undifferentiated.....g	1.155	0.185	4	A	1		9.629	6.869	1.605
18:3 undifferentiated.....g	0.187		1	A	1		1.560	1.113	0.260
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	1.238	4	A	1		137	97	23
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.188		2	A	1		1.568	1.119	0.261
Threonine.....g	0.451		2	A	1		3.761	2.683	0.627
Isoleucine.....g	0.576		2	A	1		4.804	3.427	0.801
Leucine.....g	1.077		2	A	1		8.978	6.405	1.496
Lysine.....g	0.649		2	A	1		5.408	3.859	0.901
Methionine.....g	0.207		2	A	1		1.726	1.232	0.288
Cystine.....g	0.131		2	A	1		1.093	0.779	0.182
Phenylalanine.....g	0.661		2	A	1		5.509	3.930	0.918
Tyrosine.....g	0.382		2	A	1		3.182	2.270	0.530
Valine.....g	0.713		2	A	1		5.942	4.239	0.990
Arginine.....g	0.474		2	A	1		3.953	2.820	0.659
Histidine.....g	0.330		2	A	1		2.748	1.961	0.458
Alanine.....g	0.412		2	A	1		3.436	2.451	0.573
Aspartic acid.....g	0.754		2	A	1		6.284	4.483	1.047
Glutamic acid.....g	3.727		2	A	1		31.083	22.176	5.181
Glycine.....g	0.345		2	A	1		2.873	2.050	0.479
Proline.....g	1.557		2	A	1		12.981	9.261	2.164
Serine.....g	0.684		2	A	1		5.705	4.070	0.951
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 834g: 1 package 29.25 oz pizza

Measure 2 = 595g: 1 package 19.7 oz pizza

Measure 3 = 139g: 1 serving 6 servings per 29.25 oz package

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

NDB No. 21225
Pizza, cheese, rising crust, frozen

Food Group: 21 Fast Foods
USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Pizza, meat and vegetable, regular crust, frozen

	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	46.71	0.900	5	A	1		333.04	300.81	165.35
Energy.....kcal	276		0	NC	4		1965	1775	975
Energy.....kj	1153		0	NC	4		8220	7425	4081
Protein.....g	11.28	0.267	5	A	1		80.42	72.64	39.93
Total lipid (fat).....g	14.43	0.177	5	A	1		102.89	92.94	51.09
Ash.....g	2.44	0.090	5	A	1		17.39	15.71	8.63
Carbohydrate, by difference.....g	25.14		0	NC	4		179.25	161.91	89.00
Fiber, total dietary.....g	2.2	0.142	5	A	1		15.7	14.2	7.8
Sugars, total.....g									
Sucrose.....g									
Glucose (dextrose).....g	2.51	0.099	5	A	1		17.91	16.18	8.89
Fructose.....g	1.32	0.107	5	A	1		9.43	8.52	4.68
Lactose.....g									
Maltose.....g	0.87	0.093	5	A	1		6.22	5.62	3.09
Galactose.....g	0.14	0.022	5	A	1		1.00	0.90	0.49
Starch.....g	19.76	0.846	5	A	1		140.90	127.27	69.96
Minerals:									
Calcium, Ca.....mg	152	11.120	5	A	1		1086	981	539
Iron, Fe.....mg	1.36	0.079	5	A	1		9.66	8.73	4.80
Magnesium, Mg.....mg	25	0.760	5	A	1		176	159	88
Phosphorus, P.....mg	181	11.879	5	A	1		1292	1167	642
Potassium, K.....mg	209	13.378	5	A	1		1487	1343	738
Sodium, Na.....mg	555	17.982	5	A	1		3959	3575	1965
Zinc, Zn.....mg	1.71	0.072	5	A	1		12.21	11.03	6.06
Copper, Cu.....mg	0.170	0.011	5	A	1		1.211	1.094	0.601
Manganese, Mn.....mg	0.323	0.016	5	A	1		2.304	2.081	1.144
Selenium, Se.....mcg	9.0	1.422	3	A	1		64.2	58.0	31.9
Vitamins:									
Vitamin C, total ascorbic acid.....mg	3.4	0.259	5	A	1		23.9	21.6	11.9
Thiamin.....mg	0.216	0.032	5	A	1		1.537	1.388	0.763
Riboflavin.....mg	0.233	0.009	5	A	1		1.660	1.499	0.824
Niacin.....mg	2.379	0.084	5	A	1		16.962	15.321	8.422
Pantothenic acid.....mg	0.332	0.017	5	A	1		2.369	2.139	1.176
Vitamin B-6.....mg	0.149	0.013	3	A	1		1.062	0.960	0.527
Folate, total.....mcg	34	4.540	5	A	1		239	216	119
Folic acid.....mcg									
Folate, food.....mcg	34	4.540	5	A	1		239	216	119
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.62	0.054	5	A	1		4.41	3.99	2.19
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	4.686	0.166	5	NC	4		33.410	30.177	16.588
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g	0.112		1	A	1		0.799	0.721	0.396
12:0.....g	0.121	0.009	4	A	1		0.861	0.778	0.427
13:0.....g									
14:0.....g	0.442	0.026</							

NDB No. 21226

Pizza, meat and vegetable, regular crust, frozen

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	2.663	0.044	5	A	1		18.984	17.147	9.426
17:0.....g									
18:0.....g	1.462	0.074	5	A	1		10.423	9.414	5.175
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.832	0.242	5	NC	4		41.584	37.559	20.646
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.273	0.011	5	A	1		1.945	1.757	0.966
17:1.....g									
18:1 undifferentiated.....g	5.559	0.241	5	A	1		39.639	35.803	19.680
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.467	0.266	5	NC	4		17.588	15.886	8.732
18:2 undifferentiated.....g	2.291	0.226	5	A	1		16.335	14.754	8.110
18:3 undifferentiated.....g	0.220	0.056	4	A	1		1.567	1.415	0.778
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	2.147	3	A	1		116	105	58
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 = 713g: 1 package 24.2 oz pizza

Measure 2 = 644g: 1 package 22.85 oz pizza

Measure 3 = 354g: 1 package 10.9 oz pizza

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 21 Fast Foods

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

Pizza, meat and vegetable, rising crust, frozen

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
Proximates:									
Water.....g	44.24		2	A	1		451.23	394.16	183.59
Energy.....kcal	271		0	NC	4		2768	2418	1126
Energy.....kj	1135		0	NC	4		11581	10116	4712
Protein.....g	12.63		2	A	1		128.82	112.52	52.41
Total lipid (fat).....g	11.75		2	A	1		119.83	104.68	48.76
Ash.....g	2.61		2	A	1		26.60	23.23	10.82
Carbohydrate, by difference.....g	28.78		0	NC	4		293.53	256.40	119.42
Fiber, total dietary.....g	2.3		2	A	1		23.4	20.5	9.5
Sugars, total.....g									
Sucrose.....g									
Glucose (dextrose).....g	3.00		2	A	1		30.60	26.73	12.45
Fructose.....g	1.70		2	A	1		17.37	15.17	7.07
Lactose.....g									
Maltose.....g	2.40		2	A	1		24.43	21.34	9.94
Galactose.....g	0.16		2	A	1		1.61	1.41	0.66
Starch.....g	19.76		2	A	1		201.50	176.02	81.98
Minerals:									
Calcium, Ca.....mg	155		2	A	1		1584	1383	644
Iron, Fe.....mg	1.36		2	A	1		13.85	12.10	5.63
Magnesium, Mg.....mg	27		2	A	1		276	241	112
Phosphorus, P.....mg	211		2	A	1		2147	1876	874
Potassium, K.....mg	189		2	A	1		1928	1684	784
Sodium, Na.....mg	640		2	A	1		6524	5699	2654
Zinc, Zn.....mg	1.87		2	A	1		19.09	16.68	7.77
Copper, Cu.....mg	0.210		2	A	1		2.142	1.871	0.872
Manganese, Mn.....mg	0.323		2	A	1		3.295	2.878	1.340
Selenium, Se.....mcg	11.6		1	A	1		118.3	103.4	48.1
Vitamins:									
Vitamin C, total ascorbic acid.....mg	4.2		2	A	1		42.7	37.3	17.4
Thiamin.....mg	0.250		2	A	1		2.550	2.228	1.038
Riboflavin.....mg	0.206		2	A	1		2.096	1.831	0.853
Niacin.....mg	2.155		2	A	1		21.976	19.197	8.941
Pantothenic acid.....mg	0.435		2	A	1		4.437	3.876	1.805
Vitamin B-6.....mg	0.140		1	A	1		1.428	1.247	0.581
Folate, total.....mcg	28		2	A	1		286	249	116
Folic acid.....mcg									
Folate, food.....mcg	28		2	A	1		286	249	116
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.80		2	A	1		8.19	7.15	3.33
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	4.192		2	NC	4		42.758	37.351	17.397
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.126		1	A	1		1.285	1.123	0.523
13:0.....g									
14:0.....g	0.426		2	A	1		4.340		

NDB No. 21227
Pizza, meat and vegetable, rising crust, frozen

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
16:0.....g	2.418		2	A	1		24.664	21.544	10.035
17:0.....g									
18:0.....g	1.286		2	A	1		13.112	11.454	5.335
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.296		2	NC	4		43.819	38.277	17.828
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.281		2	A	1		2.866	2.504	1.166
17:1.....g									
18:1 undifferentiated.....g	4.015		2	A	1		40.953	35.774	16.662
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.836		2	NC	4		18.722	16.354	7.617
18:2 undifferentiated.....g	1.669		2	A	1		17.024	14.871	6.926
18:3 undifferentiated.....g	0.167		2	A	1		1.698	1.484	0.691
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	19		1	A	1		198	173	81
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 = 1020g: 1 package 34.98 oz pizza

Measure 2 = 891g: 1 package 30.7 oz pizza

Measure 3 = 415g: 1 package 14.3 oz pizza

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 21 Fast Foods

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

NDB No. 22903

Pizza, pepperoni, regular crust, frozen

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	42.44	0.550	9	A	1		61.97	181.65	
Energy.....kcal	296		0	NC	4		432	1266	
Energy.....kj	1237		0	NC	4		1807	5296	
Protein.....g	11.21	0.290	9	A	1		16.37	47.99	
Total lipid (fat).....g	15.20	0.278	9	A	1		22.20	65.08	
Ash.....g	2.63	0.035	9	A	1		3.84	11.26	
Carbohydrate, by difference.....g	28.51		0	NC	4		41.62	122.02	
Fiber, total dietary.....g	2.2	0.095	9	A	1		3.2	9.4	
Sugars, total.....g									
Sucrose.....g	0.34	0.112	4	A	1		0.50	1.45	
Glucose (dextrose).....g	1.59	0.033	9	A	1		2.32	6.79	
Fructose.....g	1.06	0.057	9	A	1		1.54	4.52	
Lactose.....g	0.23	0.010	3	A	1		0.34	0.98	
Maltose.....g	0.75	0.065	9	A	1		1.10	3.22	
Galactose.....g									
Starch.....g	21.04	0.410	9	A	1		30.72	90.06	
Minerals:									
Calcium, Ca.....mg	151	10.813	9	A	1		220	646	
Iron, Fe.....mg	2.41	0.173	9	A	1		3.53	10.33	
Magnesium, Mg.....mg	24	0.803	9	A	1		34	101	
Phosphorus, P.....mg	207	3.979	9	A	1		303	887	
Potassium, K.....mg	198	9.048	9	A	1		288	846	
Sodium, Na.....mg	618	8.506	9	A	1		902	2644	
Zinc, Zn.....mg	1.48	0.036	9	A	1		2.16	6.32	
Copper, Cu.....mg	0.105	0.015	9	A	1		0.153	0.447	
Manganese, Mn.....mg	0.319	0.023	9	A	1		0.466	1.365	
Selenium, Se.....mcg	19.6	1.304	9	A	1		28.6	83.9	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.9	0.245	9	A	1		2.8	8.2	
Thiamin.....mg	0.224	0.006	9	A	1		0.327	0.960	
Riboflavin.....mg	0.230	0.003	9	A	1		0.336	0.986	
Niacin.....mg	2.470	0.126	9	A	1		3.606	10.571	
Pantothenic acid.....mg	0.274	0.006	5	A	1		0.399	1.171	
Vitamin B-6.....mg	0.099	0.002	9	A	1		0.145	0.424	
Folate, total.....mcg	47	2.903	9	A	1		68	199	
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.57	0.039	9	A	1		0.83	2.42	
Vitamin A, IU.....IU	209	36.810	4	A	1		305	895	
Vitamin A, RAE.....mcg_RAE	0		3	AS	1		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	4.792	0.271	9	NC	4		6.997	20.511	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.135	0.004	4	A	1		0.197	0.579	
13:0.....g									
14:0.....g	0.398	0.052	9	A	1		0.581	1.702	
15:0.....g									
16:0.....g	2.726	0.113	9	A	1		3.980	11.667	
17:0.....g									
18:0.....g	1.608	0.099	9	A	1		2.348	6.884	

NDB No. 22903

Pizza, pepperoni, regular crust, frozen

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.865	0.236	9	NC	4		10.024	29.384	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.257	0.012	9	A	1		0.376	1.101	
17:1.....g									
18:1 undifferentiated.....g	6.608	0.242	9	A	1		9.648	28.283	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.356	0.050	9	NC	4		3.440	10.084	
18:2 undifferentiated.....g	2.161	0.053	9	A	1		3.155	9.250	
18:3 undifferentiated.....g	0.195	0.015	9	A	1		0.284	0.834	
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	15	1.385	9	A	1		21	63	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									
Carotenoids:									
Carotene, beta.....mcg	0	0.020	3	A	1		0.000	0.000	
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 = 146g: 1 serving

Measure 2 = 428g: 1 pizza

Calories Factors: Protein 4**Fat 9****Carbohydrate 4****Food Group: 21 Fast Foods**

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

NDB No. 22549
RED BARON Pepperoni Pizza, frozen

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Proximates:									
Water.....g	46.00		1	A	1		286.58	70.84	
Energy.....kcal	287		0	NC	4		1788	442	
Energy.....kj	1201				4		7481	1849	
Protein.....g	11.70		1	A	1		72.89	18.02	
Total lipid (fat).....g	16.30		1	A	1		101.55	25.10	
Ash.....g	2.60		1	A	1		16.20	4.00	
Carbohydrate, by difference.....g	23.40		0	NC	4		145.78	36.04	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	142		1	A	1		885	219	
Iron, Fe.....mg	1.97		1	A	1		12.27	3.03	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	664		1	A	1		4137	1023	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Lipids:									
Fatty acids, total saturated.....g	5.870		1	A	1		36.570	9.040	
Fatty acids, total monounsaturated.....g	6.600		1	A	1		41.118	10.164	
Fatty acids, total polyunsaturated.....g	1.660		1	A	1		10.342	2.556	
Fatty acids, total trans.....g									
Cholesterol.....mg	24		1	A	1		150	37	
Phytosterols.....mg									
Carotenoids:									
Carotene, beta.....mcg	90		1	A	1		560.700	138.600	
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 = 623g: 1 package yields

Measure 2 = 154g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

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

NDB No. 22551
RED BARON Premium Deep Dish Singles, Pepperoni Pizza, frozen

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Proximates:									
Water.....g	45.00		1	A	1		151.20	75.60	
Energy.....kcal	286		0	NC	4		961	480	
Energy.....kj	1197				4		4021	2010	
Protein.....g	9.50		1	A	1		31.92	15.96	
Total lipid (fat).....g	14.90		1	A	1		50.06	25.03	
Ash.....g	2.10		1	A	1		7.06	3.53	
Carbohydrate, by difference.....g	28.50		0	NC	4		95.76	47.88	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	91		1	A	1		306	153	
Iron, Fe.....mg	2.06		1	A	1		6.92	3.46	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	529		1	A	1		1777	889	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Lipids:									
Fatty acids, total saturated.....g	4.880		1	A	1		16.397	8.198	
Fatty acids, total monounsaturated.....g	6.410		1	A	1		21.538	10.769	
Fatty acids, total polyunsaturated.....g	1.660		1	A	1		5.578	2.789	
Fatty acids, total trans.....g									
Cholesterol.....mg	17		1	A	1		57	29	
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 = 336g: 1 package yields

Measure 2 = 168g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

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

NDB No. 22550

RED BARON Special Deluxe Pizza, Two Cheeses, Sausage, Pepperoni & Onions, frozen

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
Proximates:									
Water.....g	49.80		1	A	1		333.16	64.24	
Energy.....kcal	261		0	NC	4		1746	337	
Energy.....kj	1092				4		7306	1409	
Protein.....g	9.30		1	A	1		62.22	12.00	
Total lipid (fat).....g	13.80		1	A	1		92.32	17.80	
Ash.....g	2.30		1	A	1		15.39	2.97	
Carbohydrate, by difference.....g	24.80		0	NC	4		165.91	31.99	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	114		1	A	1		763	147	
Iron, Fe.....mg	1.97		1	A	1		13.18	2.54	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	546		1	A	1		3653	704	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Lipids:									
Fatty acids, total saturated.....g	4.860		1	A	1		32.513	6.269	
Fatty acids, total monounsaturated.....g	5.350		1	A	1		35.792	6.902	
Fatty acids, total polyunsaturated.....g	1.760		1	A	1		11.774	2.270	
Fatty acids, total trans.....g									
Cholesterol.....mg	19		1	A	1		127	25	
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 = 669g: 1 package yields

Measure 2 = 129g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

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

NDB No. 22598
RED BARON Supreme Pizza, Sausage, Mushrooms, Pepperoni, frozen

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Proximates:									
Water.....g	50.90		1	A	1		349.17	69.22	
Energy.....kcal	253		0	NC	4		1736	344	
Energy.....kj	1059				4		7262	1440	
Protein.....g	10.00		1	A	1		68.60	13.60	
Total lipid (fat).....g	13.30		1	A	1		91.24	18.09	
Ash.....g	2.40		1	A	1		16.46	3.26	
Carbohydrate, by difference.....g	23.40		0	NC	4		160.52	31.82	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	164		1	A	1		1125	223	
Iron, Fe.....mg	1.68		1	A	1		11.52	2.28	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	543		1	A	1		3725	738	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Lipids:									
Fatty acids, total saturated.....g	4.480		1	A	1		30.733	6.093	
Fatty acids, total monounsaturated.....g	5.270		1	A	1		36.152	7.167	
Fatty acids, total polyunsaturated.....g	1.820		1	A	1		12.485	2.475	
Fatty acids, total trans.....g									
Cholesterol.....mg	17		1	A	1		117	23	
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 686g: 1 package yields

Measure 2 = 136g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

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

NDB No. 22554

STOUFFER'S Deluxe French Bread Pizza with Sausage, Pepperoni & Mushroom, frozen

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	51.70		1	A	1		180.95	90.48	
Energy.....kcal	245		0	NC	4		858	429	
Energy.....kj	1025				4		3588	1794	
Protein.....g	9.20		1	A	1		32.20	16.10	
Total lipid (fat).....g	11.80		1	A	1		41.30	20.65	
Ash.....g	1.90		1	A	1		6.65	3.33	
Carbohydrate, by difference.....g	25.40		0	NC	4		88.90	44.45	
Fiber, total dietary.....g	2.0		1	A	1		7.0	3.5	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	132		1	A	1		462	231	
Iron, Fe.....mg	1.55		1	A	1		5.43	2.71	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	480		1	A	1		1680	840	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	17.1		1	A	1		59.9	29.9	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	246		1	A	1		861	431	
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.....g	3.640		1	A	1		12.740	6.370	
Fatty acids, total monounsaturated.....g	4.980		1	A	1		17.430	8.715	
Fatty acids, total polyunsaturated.....g	1.440		1	A	1		5.040	2.520	
Fatty acids, total trans.....g									
Cholesterol.....mg	19		1	A	1		67	33	
Phytosterols.....mg									
Carotenoids:									
Carotene, beta.....mcg	50		1	A	1		175.000	87.500	
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.

NDB No. 22554

STOUFFER'S Deluxe French Bread Pizza with Sausage, Pepperoni & Mushroom, frozen

Common Measures:

Measure 1 = 350g: 1 package yields

Measure 2 = 175g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

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

NDB No. 22553
STOUFFER'S French Bread Pizza with Sausage & Pepperoni, frozen

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
Proximates:									
Water.....g	50.70		1	A	1		179.48	89.74	
Energy.....kcal	253		0	NC	4		896	448	
Energy.....kj	1059				4		3747	1874	
Protein.....g	10.00		1	A	1		35.40	17.70	
Total lipid (fat).....g	12.70		1	A	1		44.96	22.48	
Ash.....g	2.00		1	A	1		7.08	3.54	
Carbohydrate, by difference.....g	24.60		0	NC	4		87.08	43.54	
Fiber, total dietary.....g	1.4		1	A	1		5.0	2.5	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	87		1	A	1		308	154	
Iron, Fe.....mg	1.69		1	A	1		5.98	2.99	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	486		1	A	1		1720	860	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Lipids:									
Fatty acids, total saturated.....g	4.030		1	A	1		14.266	7.133	
Fatty acids, total monounsaturated.....g	5.240		1	A	1		18.550	9.275	
Fatty acids, total polyunsaturated.....g	1.580		1	A	1		5.593	2.797	
Fatty acids, total trans.....g									
Cholesterol.....mg	21		1	A	1		74	37	
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 = 354g: 1 package yields

Measure 2 = 177g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

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

NDB No. 21096

Sandwiches and burgers, cheeseburger, large, single meat patty, plain

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Proximates:									
Water.....g	38.65		2		1		71.50		
Energy.....kcal	329		0		1		609		
Energy.....kj	1377				1		2547		
Protein (N x 6.2).....g	16.29	0.861	3		1		30.14		
Total lipid (fat).....g	17.83	1.312	5		1		32.99		
Ash.....g	1.60		1		1		2.96		
Carbohydrate, by difference.....g	25.63		0	NC	4		47.42		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	49		2		1		91		
Iron, Fe.....mg	2.95		2		1		5.46		
Magnesium, Mg.....mg	21		1		4		39		
Phosphorus, P.....mg	228		1		4		422		
Potassium, K.....mg	348		2		1		644		
Sodium, Na.....mg	859	85.453	3		1		1589		
Zinc, Zn.....mg	3.00		1		4		5.55		
Copper, Cu.....mg	0.085		1		4		0.157		
Manganese, Mn.....mg	0.167		1		4		0.309		
Selenium, Se.....mcg	21.0		0	RK	4		38.9		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0		
Thiamin.....mg	0.260		2		1		0.481		
Riboflavin.....mg	0.310		2		1		0.574		
Niacin.....mg	6.040		2		1		11.174		
Pantothenic acid.....mg	0.400		1		4		0.740		
Vitamin B-6.....mg	0.150		1		4		0.278		
Folate, total.....mcg	40		0	RK	4		74		
Folic acid.....mcg	19		0	NC	4		35		
Folate, food.....mcg	21		0		4		39		
Folate, DFE.....mcg_DFE	53		0	NC	4		99		
Vitamin B-12.....mcg	1.37		1		4		2.53		
Vitamin A, IU.....IU	333		2		1		616		
Vitamin A, RAE.....mcg_RAE	100		0	NC	4		185		
Retinol.....mcg	100		0	NC	4		185		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	12.000		0	T	4		22.200		
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	8.024		1		1		14.844		
Fatty acids, total monounsaturated.....g	6.887		1		1		12.741		
Fatty acids, total polyunsaturated.....g	1.318		1		1		2.438		
Fatty acids, total trans.....g									
Cholesterol.....mg	52	7.741	5		1		96		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.205		0		1		0.379		
Threonine.....g	0.609		0		1		1.127		
Isoleucine.....g	0.699		0		1		1.293		
Leucine.....g	1.295		0		1		2.396		
Lysine.....g	1.240		0		1		2.294		
Methionine.....g	0.365		0		1		0.675		
Cystine.....g	0.168		0		1		0.311		

NDB No. 21096
Sandwiches and burgers, cheeseburger, large, single meat patty, plain

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Phenylalanine.....g	0.691		0		1		1.278		
Tyrosine.....g	0.565		0		1		1.045		
Valine.....g	0.827		0		1		1.530		
Arginine.....g	0.927		0		1		1.715		
Histidine.....g	0.515		0		1		0.953		
Alanine.....g	0.833		0		1		1.541		
Aspartic acid.....g	1.263		0		1		2.337		
Glutamic acid.....g	3.170		0		1		5.865		
Glycine.....g	0.901		0		1		1.667		
Proline.....g	1.161		0		1		2.148		
Serine.....g	0.628		0		1		1.162		
Hydroxyproline.....g									

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Common Measures:
 Measure 1 = 185g: 1 sandwich

Calories Factors: **Protein** 4.2 **Fat** 8.92 **Carbohydrate** 3.95

Food Group: 21 Fast Foods

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

NDB No. 21097

Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	43.60		1		1		85.02		
Energy.....kcal	312		0		1		608		
Energy.....kj	1305				1		2546		
Protein (N x 6.2).....g	16.41	0.960	8		1		32.00		
Total lipid (fat).....g	18.85	0.835	7		1		36.76		
Ash.....g	2.10		1		1		4.10		
Carbohydrate, by difference.....g	19.04		0	NC	4		37.13		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	83	10.187	4		1		162		
Iron, Fe.....mg	2.43	0.074	4		1		4.74		
Magnesium, Mg.....mg	23		1		1		45		
Phosphorus, P.....mg	205		2		1		400		
Potassium, K.....mg	170	52.243	4		1		332		
Sodium, Na.....mg	535	80.113	5		1		1043		
Zinc, Zn.....mg	3.50		1		1		6.83		
Copper, Cu.....mg	0.081		1		1		0.158		
Manganese, Mn.....mg	0.170		1		1		0.332		
Selenium, Se.....mcg	16.9		0	RK	4		33.0		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.1		2		1		2.1		
Thiamin.....mg	0.160	0.052	4		1		0.312		
Riboflavin.....mg	0.210	0.023	4		1		0.410		
Niacin.....mg	3.400	0.295	4		1		6.630		
Pantothenic acid.....mg	0.180		1		1		0.351		
Vitamin B-6.....mg	0.160		1		1		0.312		
Folate, total.....mcg	44		0	RK	4		86		
Folic acid.....mcg	27		0	NC	4		53		
Folate, food.....mcg	17		1		1		33		
Folate, DFE.....mcg_DFE	63		0	NC	4		123		
Vitamin B-12.....mcg	1.20		1		1		2.34		
Vitamin A, IU.....IU	208	53.497	4		1		406		
Vitamin A, RAE.....mcg_RAE	42		0	NC	4		82		
Retinol.....mcg	38		0	NC	4		74		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	8.330		0		1		16.244		
Fatty acids, total monounsaturated.....g	7.430		0		1		14.489		
Fatty acids, total polyunsaturated.....g	1.390		0		1		2.711		
Fatty acids, total trans.....g									
Cholesterol.....mg	57	11.530	7		1		111		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.199		0		1		0.388		
Threonine.....g	0.617		0		1		1.203		
Isoleucine.....g	0.696		0		1		1.357		
Leucine.....g	1.271		0		1		2.478		
Lysine.....g	1.239		0		1		2.416		
Methionine.....g	0.365		0		1		0.712		
Cystine.....g	0.169		0		1		0.330		

NDB No. 21097

Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine.....g	0.683		0		1		1.332		
Tyrosine.....g	0.551		0		1		1.074		
Valine.....g	0.826		0		1		1.611		
Arginine.....g	0.948		0		1		1.849		
Histidine.....g	0.508		0		1		0.991		
Alanine.....g	0.852		0		1		1.661		
Aspartic acid.....g	1.292		0		1		2.519		
Glutamic acid.....g	3.034		0		1		5.916		
Glycine.....g	0.956		0		1		1.864		
Proline.....g	1.112		0		1		2.168		
Serine.....g	0.630		0		1		1.229		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 195g: 1 sandwich

Calories Factors: Protein 4.2

Fat 8.92

Carbohydrate 3.95

Food Group: 21 Fast Foods

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

NDB No. 21089

Sandwiches and burgers, cheeseburger, regular, single meat patty, plain

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	37.30	0.603	3		1		38.05		
Energy.....kcal	313		0		1		319		
Energy.....kj	1310				1		1336		
Protein (N x 6.11).....g	14.48		1		1		14.77		
Total lipid (fat).....g	14.85	0.904	4		1		15.15		
Ash.....g	2.24		0		1		2.28		
Carbohydrate, by difference.....g	31.13		0	NC	4		31.75		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	138		0		4		141		
Iron, Fe.....mg	2.39		0		4		2.44		
Magnesium, Mg.....mg	21		0		4		21		
Phosphorus, P.....mg	192		0		4		196		
Potassium, K.....mg	161		0		4		164		
Sodium, Na.....mg	490		1		1		500		
Zinc, Zn.....mg	2.32		0		4		2.37		
Copper, Cu.....mg	0.092		0		4		0.094		
Manganese, Mn.....mg	0.221		0		4		0.225		
Selenium, Se.....mcg	22.2		0	RK	4		22.6		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	0.390		1		1		0.398		
Riboflavin.....mg	0.390		1		1		0.398		
Niacin.....mg	3.630		0		4		3.703		
Pantothenic acid.....mg	0.420		0		4		0.428		
Vitamin B-6.....mg	0.090		1		1		0.092		
Folate, total.....mcg	53		0	RK	4		54		
Folic acid.....mcg	27		0	NC	4		28		
Folate, food.....mcg	26		0		4		27		
Folate, DFE.....mcg_DFE	72		0	NC	4		73		
Vitamin B-12.....mcg	0.95		0		4		0.97		
Vitamin A, IU.....IU	150		0		4		153		
Vitamin A, RAE.....mcg_RAE	45		0	NC	4		46		
Retinol.....mcg	45		0	NC	4		46		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	12.000		0	T	4		12.240		
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	6.340		0		4		6.467		
Fatty acids, total monounsaturated.....g	5.660		0		4		5.773		
Fatty acids, total polyunsaturated.....g	1.510		0		4		1.540		
Fatty acids, total trans.....g									
Cholesterol.....mg	49	5.188	4		1		50		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.182		0		1		0.186		
Threonine.....g	0.524		0		1		0.534		
Isoleucine.....g	0.618		0		1		0.630		
Leucine.....g	1.135		0		1		1.158		
Lysine.....g	0.998		0		1		1.018		
Methionine.....g	0.310		0		1		0.316		
Cystine.....g	0.164		0		1		0.167		

NDB No. 21089

Sandwiches and burgers, cheeseburger, regular, single meat patty, plain

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Phenylalanine.....g	0.635		0		1		0.648		
Tyrosine.....g	0.483		0		1		0.493		
Valine.....g	0.739		0		1		0.754		
Arginine.....g	0.787		0		1		0.803		
Histidine.....g	0.438		0		1		0.447		
Alanine.....g	0.701		0		1		0.715		
Aspartic acid.....g	1.064		0		1		1.085		
Glutamic acid.....g	3.102		0		1		3.164		
Glycine.....g	0.756		0		1		0.771		
Proline.....g	1.128		0		1		1.151		
Serine.....g	0.592		0		1		0.604		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 102g: 1 sandwich

Calories Factors: Protein 4.12

Fat 8.8

Carbohydrate 3.95

Food Group: 21 Fast Foods

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

NDB No. 21112

Sandwiches and burgers, hamburger, large, single meat patty, plain

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	42.10	1.069	3		1		57.68		
Energy.....kcal	311		0		1		426		
Energy.....kj	1301				1		1783		
Protein (N x 6.2).....g	16.51		1		1		22.62		
Total lipid (fat).....g	16.73	1.026	4		1		22.92		
Ash.....g	1.50		1		1		2.06		
Carbohydrate, by difference.....g	23.16		0	NC	4		31.73		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	54		0		4		74		
Iron, Fe.....mg	2.61		0		4		3.58		
Magnesium, Mg.....mg	20		0		4		27		
Phosphorus, P.....mg	128		0		4		175		
Potassium, K.....mg	195		0		4		267		
Sodium, Na.....mg	346		1		1		474		
Zinc, Zn.....mg	3.00		0		4		4.11		
Copper, Cu.....mg	0.095		0		4		0.130		
Manganese, Mn.....mg	0.178		0		4		0.244		
Selenium, Se.....mcg	19.8	1.150	18	A	1		27.1		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	0.210		0		4		0.288		
Riboflavin.....mg	0.210		0		4		0.288		
Niacin.....mg	4.560		0		4		6.247		
Pantothenic acid.....mg	0.390		0		4		0.534		
Vitamin B-6.....mg	0.170		0		4		0.233		
Folate, total.....mcg	44		0	RK	4		60		
Folic acid.....mcg	21		0	NC	4		29		
Folate, food.....mcg	23		0		4		32		
Folate, DFE.....mcg_DFE	59		0	NC	4		80		
Vitamin B-12.....mcg	1.50		0		4		2.06		
Vitamin A, IU.....IU	0		0		4		0		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	16.000		0	T	4		21.920		
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	6.120		0		1		8.384		
Fatty acids, total monounsaturated.....g	7.210		0		1		9.878		
Fatty acids, total polyunsaturated.....g	1.560		0		1		2.137		
Fatty acids, total trans.....g									
Cholesterol.....mg	52	2.694	5		1		71		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.200		0		1		0.274		
Threonine.....g	0.639		0		1		0.875		
Isoleucine.....g	0.692		0		1		0.948		
Leucine.....g	1.270		0		1		1.740		
Lysine.....g	1.153		0		1		1.580		
Methionine.....g	0.354		0		1		0.485		
Cystine.....g	0.186		0		1		0.255		

NDB No. 21112
Sandwiches and burgers, hamburger, large, single meat patty, plain

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	<u>measures of food</u>		
							Measure 1	Measure 2	Measure 3
Phenylalanine.....g	0.663		0		1		0.908		
Tyrosine.....g	0.482		0		1		0.660		
Valine.....g	0.799		0		1		1.095		
Arginine.....g	1.004		0		1		1.375		
Histidine.....g	0.482		0		1		0.660		
Alanine.....g	0.956		0		1		1.310		
Aspartic acid.....g	1.347		0		1		1.845		
Glutamic acid.....g	3.150		0		1		4.316		
Glycine.....g	1.081		0		1		1.481		
Proline.....g	1.041		0		1		1.426		
Serine.....g	0.679		0		1		0.930		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 137g: 1 sandwich

Calories Factors: Protein 4.2

Fat 8.95

Carbohydrate 3.95

Food Group: 21 Fast Foods

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

NDB No. 21113

Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.240		0		1		11.423		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.430		5		1		0.937		
17:1.....g									
18:1 undifferentiated.....g	4.650		5		1		10.137		
20:1.....g	0.040		5		1		0.087		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.010		0		1		2.202		
18:2 undifferentiated.....g	0.880		5		1		1.918		
18:3 undifferentiated.....g	0.110		5		1		0.240		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.020		5		1		0.044		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	40	2.788	8		1		87		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.141		0		1		0.307		
Threonine.....g	0.455		0		1		0.992		
Isoleucine.....g	0.491		0		1		1.070		
Leucine.....g	0.896		0		1		1.953		
Lysine.....g	0.814		0		1		1.775		
Methionine.....g	0.248		0		1		0.541		
Cystine.....g	0.134		0		1		0.292		
Phenylalanine.....g	0.472		0		1		1.029		
Tyrosine.....g	0.340		0		1		0.741		
Valine.....g	0.566		0		1		1.234		
Arginine.....g	0.709		0		1		1.546		
Histidine.....g	0.340		0		1		0.741		
Alanine.....g	0.676		0		1		1.474		
Aspartic acid.....g	0.982		0		1		2.141		
Glutamic acid.....g	2.317		0		1		5.051		
Glycine.....g	0.760		0		1		1.657		
Proline.....g	0.732		0		1		1.596		
Serine.....g	0.481		0		1		1.049		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 218g: 1 sandwich

Calories Factors: Protein 4.2

Fat 8.95

Carbohydrate 3.95

Food Group: 21 Fast Foods

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

NDB No. 21122

Sandwiches and burgers, roast beef sandwich with cheese

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	43.50		0		1		76.56		
Energy.....kcal	269		0		1		473		
Energy.....kj	1125				1		1981		
Protein (N x 6.21).....g	18.31		2		1		32.23		
Total lipid (fat).....g	10.23		2		1		18.00		
Ash.....g	2.18		0		1		3.84		
Carbohydrate, by difference.....g	25.78		0	NC	4		45.37		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	104		0		4		183		
Iron, Fe.....mg	2.87		0		4		5.05		
Magnesium, Mg.....mg	23		0		4		40		
Phosphorus, P.....mg	228		0		4		401		
Potassium, K.....mg	196		0		4		345		
Sodium, Na.....mg	928		2		1		1633		
Zinc, Zn.....mg	3.05		0		4		5.37		
Copper, Cu.....mg	0.113		0		4		0.199		
Manganese, Mn.....mg	0.177		0		4		0.312		
Selenium, Se.....mcg	19.5		0	RK	4		34.3		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	0.220		0		4		0.387		
Riboflavin.....mg	0.260		0		4		0.458		
Niacin.....mg	3.350		0		4		5.896		
Pantothenic acid.....mg	0.390		0		4		0.686		
Vitamin B-6.....mg	0.190		0		4		0.334		
Folate, total.....mcg	36		0	RK	4		63		
Folic acid.....mcg	13		0	NC	4		23		
Folate, food.....mcg	23		0		4		40		
Folate, DFE.....mcg_DFE	45		0	NC	4		79		
Vitamin B-12.....mcg	1.17		0		4		2.06		
Vitamin A, IU.....IU	110		0		4		194		
Vitamin A, RAE.....mcg_RAE	33		0	NC	4		58		
Retinol.....mcg	33		0	NC	4		58		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	5.130		0		1		9.029		
Fatty acids, total monounsaturated.....g	2.080		0		1		3.661		
Fatty acids, total polyunsaturated.....g	1.990		0		1		3.502		
Fatty acids, total trans.....g									
Cholesterol.....mg	44		2		1		77		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.212		0		1		0.373		
Threonine.....g	0.728		0		1		1.281		
Isoleucine.....g	0.805		0		1		1.417		
Leucine.....g	1.424		0		1		2.506		
Lysine.....g	1.359		0		1		2.392		
Methionine.....g	0.433		0		1		0.762		
Cystine.....g	0.215		0		1		0.378		

NDB No. 21122

Sandwiches and burgers, roast beef sandwich with cheese

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data						
			Points						
Phenylalanine.....g	0.764		0		1		1.345		
Tyrosine.....g	0.616		0		1		1.084		
Valine.....g	0.908		0		1		1.598		
Arginine.....g	1.038		0		1		1.827		
Histidine.....g	0.593		0		1		1.044		
Alanine.....g	0.952		0		1		1.676		
Aspartic acid.....g	1.480		0		1		2.605		
Glutamic acid.....g	3.358		0		1		5.910		
Glycine.....g	0.873		0		1		1.536		
Proline.....g	1.111		0		1		1.955		
Serine.....g	0.755		0		1		1.329		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 176g: 1 sandwich

Calories Factors: Protein 4.22

Fat 8.83

Carbohydrate 3.95

Food Group: 21 Fast Foods

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

NDB No. 21123

Sandwiches and burgers, steak sandwich

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	51.07	3.029	6		1		104.18		
Energy.....kcal	225		0		1		459		
Energy.....kj	941				1		1920		
Protein (N x 6.17).....g	14.87	0.700	6		1		30.33		
Total lipid (fat).....g	6.90	0.939	5		1		14.08		
Ash.....g	1.70	0.077	5		1		3.47		
Carbohydrate, by difference.....g	25.47		0	NC	4		51.96		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	45	9.920	6		1		92		
Iron, Fe.....mg	2.53	0.328	6		1		5.16		
Magnesium, Mg.....mg	24	1.127	5		1		49		
Phosphorus, P.....mg	146	8.896	6		1		298		
Potassium, K.....mg	257	14.420	5		1		524		
Sodium, Na.....mg	391	17.471	5		1		798		
Zinc, Zn.....mg	2.22	0.150	5		1		4.53		
Copper, Cu.....mg	0.108	0.004	5		1		0.220		
Manganese, Mn.....mg	0.180		1		1		0.367		
Selenium, Se.....mcg	20.6		0	RK	4		42.0		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2.7		1		1		5.5		
Thiamin.....mg	0.200	0.016	5		1		0.408		
Riboflavin.....mg	0.180	0.008	5		1		0.367		
Niacin.....mg	3.580	0.240	5		1		7.303		
Pantothenic acid.....mg	0.450		2		1		0.918		
Vitamin B-6.....mg	0.180		2		1		0.367		
Folate, total.....mcg	44		0	RK	4		90		
Folic acid.....mcg	27		0	RA	4		55		
Folate, food.....mcg	17		0	NC	4		35		
Folate, DFE.....mcg_DFE	63		0	NC	4		128		
Vitamin B-12.....mcg	0.77		2		1		1.57		
Vitamin A, IU.....IU	180		1		1		367		
Vitamin A, RAE.....mcg_RAE	10		0	NC	4		20		
Retinol.....mcg	1		0	NC	4		2		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.870		0		1		3.815		
Fatty acids, total monounsaturated.....g	2.620		0		1		5.345		
Fatty acids, total polyunsaturated.....g	1.640		0		1		3.346		
Fatty acids, total trans.....g									
Cholesterol.....mg	36		1		1		73		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.181		0		1		0.369		
Threonine.....g	0.590		0		1		1.204		
Isoleucine.....g	0.631		0		1		1.287		
Leucine.....g	1.157		0		1		2.360		
Lysine.....g	1.087		0		1		2.217		
Methionine.....g	0.325		0		1		0.663		
Cystine.....g	0.164		0		1		0.335		

NDB No. 21123
Sandwiches and burgers, steak sandwich

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine.....g	0.593		0		1		1.210		
Tyrosine.....g	0.443		0		1		0.904		
Valine.....g	0.723		0		1		1.475		
Arginine.....g	0.928		0		1		1.893		
Histidine.....g	0.443		0		1		0.904		
Alanine.....g	0.887		0		1		1.809		
Aspartic acid.....g	1.263		0		1		2.577		
Glutamic acid.....g	2.760		0		1		5.630		
Glycine.....g	1.003		0		1		2.046		
Proline.....g	0.894		0		1		1.824		
Serine.....g	0.607		0		1		1.238		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 204g: 1 sandwich

Calories Factors: Protein 4.2

Fat 8.95

Carbohydrate 3.95

Food Group: 21 Fast Foods

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

NDB No. 21140
Side dishes, potato salad

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	1.690		0		1		1.606		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.120		2		1		0.114		
17:1.....g									
18:1 undifferentiated.....g	1.550		2		1		1.473		
20:1.....g									
22:1 undifferentiated.....g	0.020		2		1		0.019		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.020		0		1		2.869		
18:2 undifferentiated.....g	2.720		2		1		2.584		
18:3 undifferentiated.....g	0.300		2		1		0.285		
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	60		2		1		57		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.017		0		1		0.016		
Threonine.....g	0.073		0		1		0.069		
Isoleucine.....g	0.082		0		1		0.078		
Leucine.....g	0.137		0		1		0.130		
Lysine.....g	0.101		0		1		0.096		
Methionine.....g	0.036		0		1		0.034		
Cystine.....g	0.023		0		1		0.022		
Phenylalanine.....g	0.104		0		1		0.099		
Tyrosine.....g	0.069		0		1		0.066		
Valine.....g	0.090		0		1		0.086		
Arginine.....g	0.086		0		1		0.082		
Histidine.....g	0.037		0		1		0.035		
Alanine.....g	0.072		0		1		0.068		
Aspartic acid.....g	0.233		0		1		0.221		
Glutamic acid.....g	0.209		0		1		0.199		
Glycine.....g	0.059		0		1		0.056		
Proline.....g	0.065		0		1		0.062		
Serine.....g	0.080		0		1		0.076		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 95g: .333 cup

Calories Factors: Protein 3.6

Fat 8.9

Carbohydrate 4.06

Food Group: 21 Fast Foods

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

NDB No. 22560
TOMBSTONE Original Pepperoni & Sausage Pizza, frozen

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Proximates:									
Water.....g	48.60		1	A	1		172.04	57.35	
Energy.....kcal	269		0	NC	4		952	317	
Energy.....kj	1125				4		3984	1328	
Protein.....g	11.30		1	A	1		40.00	13.33	
Total lipid (fat).....g	14.60		1	A	1		51.68	17.23	
Ash.....g	2.40		1	A	1		8.50	2.83	
Carbohydrate, by difference.....g	23.10		0	NC	4		81.77	27.26	
Fiber, total dietary.....g	1.4		1	A	1		5.0	1.7	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	156		1	A	1		552	184	
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	617		1	A	1		2184	728	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Lipids:									
Fatty acids, total saturated.....g	5.340		1	A	1		18.904	6.301	
Fatty acids, total monounsaturated.....g	4.930		1	A	1		17.452	5.817	
Fatty acids, total polyunsaturated.....g	2.040		1	A	1		7.222	2.407	
Fatty acids, total trans.....g									
Cholesterol.....mg	27		1	A	1		96	32	
Phytosterols.....mg									
Carotenoids:									
Carotene, beta.....mcg	120		1	A	1		424.800	141.600	
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 = 354g: 1 package yields

Measure 2 = 118g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

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

NDB No. 22556
TOMBSTONE Original Pepperoni Pizza, frozen, 12 inch

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Proximates:									
Water.....g	46.10		1	A	1		156.74	52.09	
Energy.....kcal	276		0	NC	4		938	312	
Energy.....kj	1155				4		3926	1305	
Protein.....g	12.80		1	A	1		43.52	14.46	
Total lipid (fat).....g	13.90		1	A	1		47.26	15.71	
Ash.....g	2.20		1	A	1		7.48	2.49	
Carbohydrate, by difference.....g	25.00		0	NC	4		85.00	28.25	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	179		1	A	1		609	202	
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	488		1	A	1		1659	551	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Lipids:									
Fatty acids, total saturated.....g	5.310		1	A	1		18.054	6.000	
Fatty acids, total monounsaturated.....g	4.700		1	A	1		15.980	5.311	
Fatty acids, total polyunsaturated.....g	1.810		1	A	1		6.154	2.045	
Fatty acids, total trans.....g									
Cholesterol.....mg	28		1	A	1		95	32	
Phytosterols.....mg									
Carotenoids:									
Carotene, beta.....mcg	100		1	A	1		340.000	113.000	
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 = 340g: 1 package yields

Measure 2 = 113g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

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

NDB No. 22555
TOMBSTONE Original Pepperoni Pizza, frozen, 9 inch

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Proximates:									
Water.....g	46.70		1	A	1		284.87	70.98	
Energy.....kcal	272		0	NC	4		1659	413	
Energy.....kj	1138				4		6942	1730	
Protein.....g	11.70		1	A	1		71.37	17.78	
Total lipid (fat).....g	13.70		1	A	1		83.57	20.82	
Ash.....g	2.50		1	A	1		15.25	3.80	
Carbohydrate, by difference.....g	25.40		0	NC	4		154.94	38.61	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	179		1	A	1		1092	272	
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	572		1	A	1		3489	869	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Lipids:									
Fatty acids, total saturated.....g	5.160		1	A	1		31.476	7.843	
Fatty acids, total monounsaturated.....g	4.690		1	A	1		28.609	7.129	
Fatty acids, total polyunsaturated.....g	1.560		1	A	1		9.516	2.371	
Fatty acids, total trans.....g									
Cholesterol.....mg	27		1	A	1		165	41	
Phytosterols.....mg									
Carotenoids:									
Carotene, beta.....mcg	0		1	A	1		0.000	0.000	
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 = 610g: 1 package yields

Measure 2 = 152g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

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

NDB No. 22557
TOMBSTONE Original Sausage & Mushroom Pizza, frozen

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Proximates:									
Water.....g	52.80		1	A	1		340.56	69.70	
Energy.....kcal	232		0	NC	4		1496	306	
Energy.....kj	971				4		6261	1281	
Protein.....g	10.90		1	A	1		70.31	14.39	
Total lipid (fat).....g	10.40		1	A	1		67.08	13.73	
Ash.....g	2.30		1	A	1		14.84	3.04	
Carbohydrate, by difference.....g	23.60		0	NC	4		152.22	31.15	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	152		1	A	1		980	201	
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	544		1	A	1		3509	718	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Lipids:									
Fatty acids, total saturated.....g	3.840		1	A	1		24.768	5.069	
Fatty acids, total monounsaturated.....g	3.360		1	A	1		21.672	4.435	
Fatty acids, total polyunsaturated.....g	1.580		1	A	1		10.191	2.086	
Fatty acids, total trans.....g									
Cholesterol.....mg	20		1	A	1		129	26	
Phytosterols.....mg									
Carotenoids:									
Carotene, beta.....mcg	110		1	A	1		709.500	145.200	
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 = 645g: 1 package yields

Measure 2 = 132g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

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

NDB No. 22559
TOMBSTONE Original Sausage & Pepperoni Pizza, frozen

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
Proximates:									
Water.....g	48.60		1	A	1		303.26	60.75	
Energy.....kcal	262		0	NC	4		1635	328	
Energy.....kj	1096				4		6840	1370	
Protein.....g	11.50		1	A	1		71.76	14.38	
Total lipid (fat).....g	13.10		1	A	1		81.74	16.38	
Ash.....g	2.30		1	A	1		14.35	2.88	
Carbohydrate, by difference.....g	24.50		0	NC	4		152.88	30.63	
Fiber, total dietary.....g	1.7		1	A	1		10.6	2.1	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	143		1	A	1		892	179	
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	632		1	A	1		3944	790	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Lipids:									
Fatty acids, total saturated.....g	4.870		1	A	1		30.389	6.088	
Fatty acids, total monounsaturated.....g	4.500		1	A	1		28.080	5.625	
Fatty acids, total polyunsaturated.....g	1.840		1	A	1		11.482	2.300	
Fatty acids, total trans.....g									
Cholesterol.....mg	25		1	A	1		156	31	
Phytosterols.....mg									
Carotenoids:									
Carotene, beta.....mcg	90		1	A	1		561.600	112.500	
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 = 624g: 1 package yields

Measure 2 = 125g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

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

NDB No. 22565
TONY'S D'PRIMO Deep Dish Sausage Pizza, frozen

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Proximates:									
Water.....g	46.00		1	A	1		261.74	64.86	
Energy.....kcal	277		0	NC	4		1576	391	
Energy.....kj	1159				4		6595	1634	
Protein.....g	8.80		1	A	1		50.07	12.41	
Total lipid (fat).....g	14.10		1	A	1		80.23	19.88	
Ash.....g	2.30		1	A	1		13.09	3.24	
Carbohydrate, by difference.....g	28.80		0	NC	4		163.87	40.61	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	101		1	A	1		575	142	
Iron, Fe.....mg	2.06		1	A	1		11.72	2.90	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	589		1	A	1		3351	830	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Lipids:									
Fatty acids, total saturated.....g	4.070		1	A	1		23.158	5.739	
Fatty acids, total monounsaturated.....g	5.150		1	A	1		29.304	7.262	
Fatty acids, total polyunsaturated.....g	2.990		1	A	1		17.013	4.216	
Fatty acids, total trans.....g									
Cholesterol.....mg	11		1	A	1		63	16	
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 = 569g: 1 package yields

Measure 2 = 141g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

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

NDB No. 22562

TONY'S Pepperoni Pizza with Italian Style Pastry Crust, frozen

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
Proximates:									
Water.....g	44.10		1	A	1		184.78	60.86	
Energy.....kcal	294		0	NC	4		1232	406	
Energy.....kj	1230				4		5154	1698	
Protein.....g	10.80		1	A	1		45.25	14.90	
Total lipid (fat).....g	16.20		1	A	1		67.88	22.36	
Ash.....g	2.60		1	A	1		10.89	3.59	
Carbohydrate, by difference.....g	26.30		0	NC	4		110.20	36.29	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	156		1	A	1		654	215	
Iron, Fe.....mg	2.02		1	A	1		8.46	2.79	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	604		1	A	1		2531	834	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Lipids:									
Fatty acids, total saturated.....g	5.530		1	A	1		23.171	7.631	
Fatty acids, total monounsaturated.....g	6.580		1	A	1		27.570	9.080	
Fatty acids, total polyunsaturated.....g	1.870		1	A	1		7.835	2.581	
Fatty acids, total trans.....g									
Cholesterol.....mg	23		1	A	1		96	32	
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 419g: 1 package yields

Measure 2 = 138g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

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

NDB No. 22563
TONY'S Sausage & Pepperoni Pizza with Italian Style Pastry Crust, frozen

Refuse: 0%

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common</u> <u>measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
<u>Proximates:</u>									
Water.....g	43.70		1	A	1		195.34	64.24	
Energy.....kcal	295		0	NC	4		1319	434	
Energy.....kj	1234				4		5517	1814	
Protein.....g	10.20		1	A	1		45.59	14.99	
Total lipid (fat).....g	15.70		1	A	1		70.18	23.08	
Ash.....g	2.20		1	A	1		9.83	3.23	
Carbohydrate, by difference.....g	28.20		0	NC	4		126.05	41.45	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<u>Minerals:</u>									
Calcium, Ca.....mg	115		1	A	1		514	169	
Iron, Fe.....mg	2.14		1	A	1		9.57	3.15	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	489		1	A	1		2186	719	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<u>Lipids:</u>									
Fatty acids, total saturated.....g	4.670		1	A	1		20.875	6.865	
Fatty acids, total monounsaturated.....g	6.360		1	A	1		28.429	9.349	
Fatty acids, total polyunsaturated.....g	2.040		1	A	1		9.119	2.999	
Fatty acids, total trans.....g									
Cholesterol.....mg	16		1	A	1		72	24	
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 = 447g: 1 package yields

Measure 2 = 147g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

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

NDB No. 22561

TONY'S Supreme Pizza, Italian Style Pastry Crust, Sausage, Pepperoni, Mushrooms, Green Peppers, Red Peppers, Onions, frozen

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
measures of food									
Proximates:									
Water.....g	49.40		1	A	1		232.18	76.57	
Energy.....kcal	258		0	NC	4		1213	400	
Energy.....kj	1079				4		5074	1673	
Protein.....g	10.20		1	A	1		47.94	15.81	
Total lipid (fat).....g	12.90		1	A	1		60.63	20.00	
Ash.....g	2.30		1	A	1		10.81	3.57	
Carbohydrate, by difference.....g	25.20		0	NC	4		118.44	39.06	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	137		1	A	1		644	212	
Iron, Fe.....mg	1.90		1	A	1		8.93	2.95	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	498		1	A	1		2341	772	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Lipids:									
Fatty acids, total saturated.....g	4.440		1	A	1		20.868	6.882	
Fatty acids, total monounsaturated.....g	5.090		1	A	1		23.923	7.890	
Fatty acids, total polyunsaturated.....g	1.800		1	A	1		8.460	2.790	
Fatty acids, total trans.....g									
Cholesterol.....mg	18		1	A	1		85	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 = 470g: 1 package yields

Measure 2 = 155g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

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

NDB No. 22564

TONY'S Taco Style Pizza, Mexican Style Sausage & Tangy Taco Sauce on a Corn Style Crust, frozen

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
Proximates:									
Water.....g	45.70		1	A	1		213.42	70.38	
Energy.....kcal	284		0	NC	4		1326	437	
Energy.....kj	1188				4		5549	1830	
Protein.....g	9.30		1	A	1		43.43	14.32	
Total lipid (fat).....g	15.10		1	A	1		70.52	23.25	
Ash.....g	2.10		1	A	1		9.81	3.23	
Carbohydrate, by difference.....g	27.80		0	NC	4		129.83	42.81	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	122		1	A	1		570	188	
Iron, Fe.....mg	1.65		1	A	1		7.71	2.54	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	491		1	A	1		2293	756	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Lipids:									
Fatty acids, total saturated.....g	5.030		1	A	1		23.490	7.746	
Fatty acids, total monounsaturated.....g	5.780		1	A	1		26.993	8.901	
Fatty acids, total polyunsaturated.....g	2.260		1	A	1		10.554	3.480	
Fatty acids, total trans.....g									
Cholesterol.....mg	18		1	A	1		84	28	
Phytosterols.....mg									
Carotenoids:									
Carotene, beta.....mcg	110		1	A	1		513.700	169.400	
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 = 467g: 1 package yields

Measure 2 = 154g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

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

NDB No. 22566

TOTINO'S PARTY PIZZA Crisp Crust Combination Sausage and Pepperoni Pizza, frozen

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
Proximates:									
Water.....g	50.90		1	A	1		154.74	77.37	
Energy.....kcal	253		0	NC	4		769	385	
Energy.....kj	1059				4		3218	1609	
Protein.....g	9.30		1	A	1		28.27	14.14	
Total lipid (fat).....g	13.40		1	A	1		40.74	20.37	
Ash.....g	2.70		1	A	1		8.21	4.10	
Carbohydrate, by difference.....g	23.70		0	NC	4		72.05	36.02	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	138		1	A	1		420	210	
Iron, Fe.....mg	1.75		1	A	1		5.32	2.66	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	685		1	A	1		2082	1041	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Lipids:									
Fatty acids, total saturated.....g	2.910		1	A	1		8.846	4.423	
Fatty acids, total monounsaturated.....g	6.780		1	A	1		20.611	10.306	
Fatty acids, total polyunsaturated.....g	1.630		1	A	1		4.955	2.478	
Fatty acids, total trans.....g									
Cholesterol.....mg	8		1	A	1		24	12	
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 = 304g: 1 package yields

Measure 2 = 152g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

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

NDB No. 22568
TOTINO'S PARTY PIZZA Crisp Crust Pepperoni, frozen

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Proximates:									
Water.....g	51.50		1	A	1		149.35	74.68	
Energy.....kcal	251		0	NC	4		728	364	
Energy.....kj	1050				4		3046	1523	
Protein.....g	8.80		1	A	1		25.52	12.76	
Total lipid (fat).....g	13.40		1	A	1		38.86	19.43	
Ash.....g	2.50		1	A	1		7.25	3.63	
Carbohydrate, by difference.....g	23.80		0	NC	4		69.02	34.51	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	162		1	A	1		470	235	
Iron, Fe.....mg	1.50		1	A	1		4.35	2.18	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	671		1	A	1		1946	973	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Lipids:									
Fatty acids, total saturated.....g	2.620		1	A	1		7.598	3.799	
Fatty acids, total monounsaturated.....g	7.150		1	A	1		20.735	10.368	
Fatty acids, total polyunsaturated.....g	1.600		1	A	1		4.640	2.320	
Fatty acids, total trans.....g									
Cholesterol.....mg	8		1	A	1		23	12	
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 = 290g: 1 package yields

Measure 2 = 145g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

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

NDB No. 22531
TOTINO'S PIZZA ROLLS Pizza Snacks, Hamburger, frozen

Refuse: 0%

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
<u>Proximates:</u>									
Water.....g	44.40		1	A	1		94.13	37.74	
Energy.....kcal	272		0	NC	4		577	231	
Energy.....kj	1138				4		2413	967	
Protein.....g	11.00		1	A	1		23.32	9.35	
Total lipid (fat).....g	11.50		1	A	1		24.38	9.78	
Ash.....g	2.00		1	A	1		4.24	1.70	
Carbohydrate, by difference.....g	31.10		0	NC	4		65.93	26.44	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<u>Minerals:</u>									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	491		1	A	1		1041	417	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....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 = 212g: 1 package yields

Measure 2 = 85g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

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

NDB No. 22533
TOTINO'S PIZZA ROLLS Pizza Snacks, Pepperoni. frozen

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Proximates:									
Water.....g	46.30		1	A	1		98.16	65.28	
Energy.....kcal	273		0	NC	4		579	385	
Energy.....kj	1142				4		2422	1611	
Protein.....g	10.20		1	A	1		21.62	14.38	
Total lipid (fat).....g	13.40		1	A	1		28.41	18.89	
Ash.....g	2.10		1	A	1		4.45	2.96	
Carbohydrate, by difference.....g	28.00		0	NC	4		59.36	39.48	
Fiber, total dietary.....g	1.6		1	A	1		3.4	2.3	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	73		1	A	1		155	103	
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	614		1	A	1		1302	866	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Lipids:									
Fatty acids, total saturated.....g	3.540		1	A	1		7.505	4.991	
Fatty acids, total monounsaturated.....g	6.550		1	A	1		13.886	9.236	
Fatty acids, total polyunsaturated.....g	1.570		1	A	1		3.328	2.214	
Fatty acids, total trans.....g									
Cholesterol.....mg	22		1	A	1		47	31	
Phytosterols.....mg									

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Common Measures:

Measure 1 = 212g: 1 package yields

Measure 2 = 141g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

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

NDB No. 22532
TOTINO'S PIZZA ROLLS Pizza Snacks, Sausage, frozen

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Proximates:									
Water.....g	49.10		1	A	1		104.09	69.23	
Energy.....kcal	249		0	NC	4		528	351	
Energy.....kj	1042				4		2209	1469	
Protein.....g	10.00		1	A	1		21.20	14.10	
Total lipid (fat).....g	10.60		1	A	1		22.47	14.95	
Ash.....g	1.80		1	A	1		3.82	2.54	
Carbohydrate, by difference.....g	28.50		0	NC	4		60.42	40.19	
Fiber, total dietary.....g	2.0		1	A	1		4.2	2.8	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	72		1	A	1		153	102	
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	448		1	A	1		950	632	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Lipids:									
Fatty acids, total saturated.....g	2.450		1	A	1		5.194	3.455	
Fatty acids, total monounsaturated.....g	5.090		1	A	1		10.791	7.177	
Fatty acids, total polyunsaturated.....g	1.540		1	A	1		3.265	2.171	
Fatty acids, total trans.....g									
Cholesterol.....mg	17		1	A	1		36	24	
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 = 212g: 1 package yields

Measure 2 = 141g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 21 Fast Foods

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

Refuse: 0%

[illegible]

NDB No. 21088
Tostada with guacamole

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	3.250		0		1		8.483		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	3.250		2		1		8.483		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.170		0		1		3.054		
18:2 undifferentiated.....g	1.110		2		1		2.897		
18:3 undifferentiated.....g	0.060		2		1		0.157		
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	15		2		1		39		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.047		0		1		0.123		
Threonine.....g	0.159		0		1		0.415		
Isoleucine.....g	0.213		0		1		0.556		
Leucine.....g	0.411		0		1		1.073		
Lysine.....g	0.259		0		1		0.676		
Methionine.....g	0.096		0		1		0.251		
Cystine.....g	0.046		0		1		0.120		
Phenylalanine.....g	0.207		0		1		0.540		
Tyrosine.....g	0.175		0		1		0.457		
Valine.....g	0.247		0		1		0.645		
Arginine.....g	0.185		0		1		0.483		
Histidine.....g	0.129		0		1		0.337		
Alanine.....g	0.213		0		1		0.556		
Aspartic acid.....g	0.392		0		1		1.023		
Glutamic acid.....g	1.027		0		1		2.680		
Glycine.....g	0.131		0		1		0.342		
Proline.....g	0.378		0		1		0.987		
Serine.....g	0.221		0		1		0.577		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 261g: 2 pieces

Calories Factors: Protein 3.54

Fat 8.44

Carbohydrate 3.73

Food Group: 21 Fast Foods

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